

# Cook's Delight

*with*



A Bit of Sweden

## DEDICATION

To our mothers and grandmothers who, with their culinary art and kind hospitality made their homes a sanctuary to their own and the stranger who was entertained at their table.

## EXPRESSION OF APPRECIATION

We want to thank all those people who submitted recipes; without their help this book would not have been possible.

We also want to thank the committee who gave so generously of their time and energy in collecting, compiling and publishing this book for your enjoyment.

COVER AND ILLUSTRATIONS  
BY  
ARLIE VEIS

Compiled and published by  
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Sacramento, California

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1967

### RECIPE FOR HAPPINESS

One-half cup of friendship  
One cup of thoughtfulness  
Creamed together with a pinch of powdered tenderness  
Very lightly beaten in a bowl of loyalty,  
With one cup of faith and one of hope:  
Also one of charity.  
Be sure to add a spoonful each of gaiety that sings,  
also the ability to laugh at little things.  
Moisten with sudden tears of heartfelt sympathy.  
Bake in a good natured pan.  
Serve repeatedly.  
Try this recipe  
It is very good.

### ELEPHANT STEW

1 elephant  
salt and pepper to taste  
2 rabbits (optional)

Cut elephant into small bite-size pieces (this should take about two months). Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees. This will serve 3800 people. If more are expected, the two rabbits may be added. But do this only if necessary, as most people do not like to find hare in their stew.

### TAKE TIME FOR 10 THINGS

1. Take time to Work--  
it is the price of success.
2. Take time to Think--  
it is the source of power.
3. Take time to Play--  
it is the secret of youth.
4. Take time to Read--  
it is the foundation of knowledge.
5. Take time to Worship--  
it is the highway of reverence and washes  
the dust of earth from our eyes.
6. Take time to Help and Enjoy Friends--  
it is the source of happiness.
7. Take time to Love--  
it is the one sacrament of life.
8. Take time to Dream--  
it hitches the soul to the stars.
9. Take time to Laugh--  
it is the singing that helps with life's loads.
10. Take time to Plan--  
it is the secret of being able to have time to  
take time for the first nine things.

### SWEDISH SMÖRGÅSBORD

pickled herring	assorted cheeses
spiced beets	ripe olives
cold meat platter	stuffed eggs
radish roses	smoked salmon
herring salad	anchovies
jellied veal	potato sausage
meat balls	brown beans
rice pudding	parsley buttered potatoes
carrot strips	tomato aspic
fresh celery	flat bread (rye and white)
molded fruit ring	hard tack
krumkakor	spritsar
	coffee

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Smörgåsbord is our graceful gesture of hospitality given to us from our ancestors of the land of the midnight sun, SWEDEN.

Though altered somewhat for our America, it still holds the tang and zest of the north country that's like a dash of spice to our more simple dining.

Thus, we have dedicated this book to our great-hearted ancestors who have handed down to us this charming tradition.

Appetizers  
Beverages Dips



PICKLED FRESH CUCUMBER  
(FARSK GURKA)

1 lg cucumber	1/2 C vinegar
2 tbsp water	2 tbsp sugar
1/4 tsp salt	dash of white pepper
1 tbsp parsley, chopped	

*OR DILLWEED*

Slice cucumber without peeling and place in dish. Mix vinegar, water, salt and white pepper thoroughly, pour over cucumber and sprinkle with parsley. Allow to stand 2-3 hrs in refrigerator before serving.  
Olga Fredrickson

CHEESE SANDWICH

Use medium grinder and grind the following together:

1 pkg tillomook or cheddar cheese (1 lb)  
2-3 hard boiled eggs  
1 med green pepper  
1 med size jar pimento green olives  
1 med sweet onion  
1 sm can tomato sauce  
1 tbsp olive oil

Put in sealed container and refrigerate overnight. Spread on English muffins sliced into three sections. Heat in oven at 350° for 20-30 minutes.  
Eleanor Vine

CRABMEAT FANCY SANDWICHES

1 pkg 8-oz cream cheese	1/4 tsp salt
4 tsp lemon juice	1/4 tsp tabasco sauce
3 pimentos	

Stir all together until smooth and creamy.  
Add: 3 C shredded cooked crab meat  
2 tbsp chopped chives

Spread on bread diamonds or cut 2 loaves unsliced bread into 5 or 6 slices lengthwise. Spread mix on slices and roll up like jelly roll from narrow end. Place in refrigerator, cover with damp towel for few hours or over night. Slice as needed into thin round sandwiches.

Lillian Stafford

TOASTED WALNUT CLAM ROLL  
(HOLIDAY DIP)

1 can 7-1/2 oz minced clams  
2 pkg 8-oz cream cheese  
2 tbsp finely chopped onions  
2 tbsp lemon juice  
1-1/4 C chopped toasted walnuts  
garlic salt to taste

Drain clams well. Soften cheese. Beat together until smooth. Add onion, lemon, salt and 1/2 C nuts. Turn mixture onto wax paper. Shape into 1 or 2 logs 1-3/4 inches in diameter by rolling back and forth in paper. Then roll in remaining nuts until surface is coated. Cover with foil and chill several hours until firm. Cut in slices or serve with knife and crackers.

To toast walnuts, drop kernels into boiling water 3 minutes, drain well and spread in shallow pan and toast at 350° for 15 min. Stir until golden all over.

Lillian Stafford

GLOGG

In large pan, add:

1 gallon port wine  
1 C raisins  
few almonds

1-1/2 C sugar  
peel of one orange

Tie in a cloth bag:

4 sticks cinnamon  
few whole cloves  
1 tsp. mustard seeds

4 lumps ginger  
25 crushed cardamum seeds

Bring above ingredients to a boil and simmer slowly for 1-1/2 hrs. Cover, leave bag in, and let set over night. Pour back into gallon bottle until ready to use.

When serving for a crowd, add 1 pint of brandy to above. Heat but do not boil. Serve hot, in cups or mugs with a spoon of raisins and an almond.

If serving only a few drinks at a time, add 1/2 oz brandy per serving.

Lillian Stafford

### COCKTAIL MEAT BALLS

1 egg	1/2 tsp pepper
1 C crackers	1 tbsp chopped onion
1 C milk	1-1/2 lb ground beef
1-1/2 tsp salt	

Mix together and form balls, brown in 1 tbsp fat. Place in baking dish.

### SAUCE

1/4 onion minced	1 tsp dry mustard
2 tbsp butter	1/2 tsp worcestershire
1 can tomato sauce	dash tabasco
1 tsp chill powder	

Mix together and heat in pan. Pour over meat balls and bake at 325° for 1 hr.

Darlene Njord

### SALAMI ROLLS

1/2 lb pkg Kraft American Cheese  
3/4 lb lg cooked salami in a chunk  
6 french rolls  
mayonnaise to hold

Grind cheese and salami alternating. Cut end off rolls, dig most of the bread out of center. Add a little of bread (1/2 dug from one roll) to cheese-meat mixture, mix in mayonnaise. Stuff rolls tight, put end back on. Wrap, chill, cut and serve.

Barbara Erickson

### CHEESE NUT ROLL

2 8-oz pkg Philadelphia Cream cheese  
1 4-oz pkg blue cheese  
sliced green stuffed olives

Mix well, roll in crushed walnuts. Chill, serve with crackers.

Barbara Erickson

HORS D'OEUVRES: Appetizing side dishes such as olives, radishes, celery and pickles



### SWEDISH GLOGG

1/2 gal port wine	1 qt whiskey 90% proof
1 qt grape juice (not necessary)	
1 C sugar	1 lb raisins
1/4 lb sweet almonds (blanched)	
8 cloves	1 stick cinnamon
several dry orange peel	6 cardamom seeds

Put spices in cheesecloth bag or square cloth tied like a bag. Cook in 1-1/2 pt water for 10 min. Add grape juice, sugar, whiskey, raisins and wine. Heat good, but don't boil. Stir a little, so sugar melts. Put flame to it but only for a second. Put lid on to put out flame. Remove spice bag. Put glogg in jars. Serve warm.  
Note: blanch almonds before starting by putting them in enough boiling water to cover. Drain and remove skins.

Barbara Erickson

### KAH LJA

4 C sugar	2 oz instant coffee
1 pt distilled water (tap water can be used)	

Bring to a light boil, making sure all sugar is dissolved. Add vanilla bean cut into four parts. Cool to room temperature. Add: 1 pt brandy. Pour into 1/2 gallon jug and shake well every day for 8 days or more. At the end of 30 days remove vanilla bean. Drink.

Barbara Erickson

### BOBBING APPLE PUNCH

1 tsp cinnamon	1 tsp nutmeg
1/2 C sugar	1 piece lemon rind
1 1" stick cinnamon	2 qts apple cider
5 whole cloves	1 qt cranberry juice
	1 tsp vanilla extract

Let stand 6 hours or overnight. Float 12 small crab-apples in punch. Could be spiked with Vodka or Gin.

Millie Johnson



SWEDISH PEA SOUP

(ARTSOPPA)

1-1/2 C Swedish yellow round peas (soak over night)  
2-1/4 qt water  
1 or 2 onions, diced  
1 lb salt pork, diced

Place peas in water and heat to boiling temperature. Remove pea shells that have floated to surface. Add salt pork and onions. Cover and simmer about 3 hours or until thick, stirring often. Add more water if needed.

Lillian Stafford

JELLO SALAD

2 pkgs lemon jello  
4 C hot water  
Dissolve jello in hot water, let set.

Add:

1 C grated sharp cheddar cheese  
1 small can crushed pineapple  
1 pint whipping cream (whipped)

Vera Anderson

COTTAGE CHEESE-LIME JELLO SALAD

1 pkg lime jello	1 small onion, diced
3/4 C hot water	1 C cottage cheese
1 tbs lemon juice	2/3 C mayonnaise
2 C finely diced celery	1 C chopped nuts

Dissolve jello in hot water, let cool. Mix all ingredients together and mold. (I put this in the ring mold and then in the center I serve mayonnaise in a dish.)

Thelma Badgley

ORANGE JELLO SALAD

1 family size orange jello  
1-1/4 C boiling water  
2-1/2 C orange sherbert  
1 can mandarin orange slices, drained  
3 bananas or more, sliced

Combine all ingredients and chill overnight.

Patricia Doscher

### JELLO CRAB SALAD

2 cans crab	1-1/2 C boiling water
2 pkgs lemon jello	2 bunches green onions
3 C tomato juice	1 small bunch celery
dash of salt	

Bring water and tomato juice to a boil. In a large bowl put lemon jello, add hot tomato juice and dash of salt. Let cool a little, then add the crab, green onions cut fine and celery chopped thin. Put into a greased ring mold and when you unmold, put mayonnaise on the top and then grated hard cooked egg yolk. Top with a little paprika. Barbara Erickson

### SALAD DELIGHT

1 env Knox Gelatine	1-1/2 C celery, diced
1/4 C cold water	1 C grated carrots
2 pkg lemon jello	2 C small marshmallows
#2 can crushed pineapple	1 C mayonnaise
2 C water	1-1/2 C whipped cream

Dissolve gelatine in cold water. Dissolve jello in boiling water. Drain juice from crushed pineapple and add cold water to make 1-1/2 C liquid. Combine liquids and cool until thickened. Beat, then add pineapple, celery, grated carrots and marshmallows. Fold together whipped cream and mayonnaise, add to salad - saving 1/2 C for topping when ready to serve. Place in refrigerator. Serves 15 or more. Viola Hallen

### SWEET AND SOUR BEAN SALAD

1 #303 can French-cut green beans	
1 #303 can red kidney beans	
1 #303 can wax beans	1/2 C sliced onions
1 #303 can garbanzo beans	1/2 C diced bell pepper

Drain all liquid and wash beans. Mix with 1/2 C onions and bell pepper. Pour following dressing over above:

2/3 C sugar	1 tsp salt
1/2 C salad oil	1/4 tsp pepper
1/2 C vinegar	

Dissolve sugar in vinegar, add oil and seasonings. Pour over ingredients - chill. Stir once or twice a day for 3 days. Will keep 2 weeks - refrigerated. Barbara Erickson

### CRAB LOUIE

1 tbsp horseradish	1 tbsp chopped green
1/4 C chili sauce	onion
2 tbsp chopped green pepper	1 tbsp lemon juice
2 tbsp chopped sour pickle	1/2 C mayonnaise

Combine above ingredients and season with salt, pepper and a dash of worcestershire sauce. Place chilled crab on a plate of lettuce. Pour sauce over crab. May also be served in avocado halves or scooped out tomato cups.

Millie Johnson

### EMERALD SALAD

1 pkg lemon jello  
1 pkg lime jello  
2 C liquid pineapple juice and water  
1 C crushed pineapple (drained)  
1 C mayonnaise  
1 C cottage cheese  
1 C evaporated milk  
1 C chopped nuts

Heat liquid and dissolve jello in it. Allow jello to set, then whip and fold in remaining ingredients. Set in large mold and allow to set. It is nice to serve in individual ring molds with center filled with fruit cocktail. Makes 12 servings.

Cecelia Segerstedt

### JELLIED CRANBERRY SALAD

1 pkg raspberry jello  
1 C hot water  
Dissolve jello in hot water, add 1/2 C cold water; chill until partially set.

Fold in:

1 small orange, peeled and diced  
1/2 C crushed pineapple (drained)  
1 lb can whole cranberry sauce  
1/4 C chopped nuts

Chill until firm. Cut in squares - "tie" with cream cheese.

Lillian Stafford

### MANDARIN FRUIT SAUCE FOR HAM

1 can Mandarin oranges	1/4 tsp nutmeg
1-1/2 tsp cornstarch	2 tbsp sugar
1/8 tsp cloves	1/2 C pineapple juice
1/4 tsp cinnamon	1 tbsp butter

Combine cornstarch, spices, sugar, orange syrup, and pineapple juice in saucepan, Cook and stir until it comes to a boil. Simmer 3 minutes, stirring constantly. Add butter and Mandarin oranges.

Millie Johnson

### HERRING SALAD

3 good sized herring  
3 good sized potatoes  
3 good sized apples  
Little sugar, vinegar and pepper  
pickled beets (same amount as apples)  
1 small onion  
3 or 4 hard-boiled eggs  
Whipped cream, enough to moisten.

Make into mold and decorate with beets, white and yolk of eggs, chopped fine.

Barbara Erickson

### JELLO SALAD

#### Bottom Layer

1 pkg pink jello. Mix according to package and let stand until syrupy.

#### Top Layer

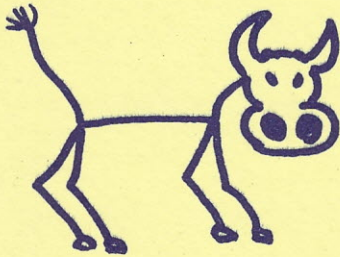
1 pkg orange jello  
1 C hot water  
Keep stirring over low heat and add 1/2 lb little marshmallows until melted. Let cool. Then add:  
1 C crushed pineapple, well drained  
1 C mayonnaise  
1-1/2 grated sharp cheddar cheese  
1 C whipped cream. Pour over bottom mixture.

Put in 9-13 pan and let stand until set.

Eleanor Vine

# MEATS

Meat



Fish

Poultry



### BAKED CHICKEN IN FOIL

4 chicken breasts	3 tbsp parsley
4 chopped green onions	3 tbsp white wine
1 tsp thyme	salt & pepper
1 tsp tarragon	1 can mushroom soup

Mix above ingredients and pour over chicken. Wrap in foil. Bake in oven 350° - 1 hour.

Didrik Anderson

### JELLIED VEAL

(KALV SYLTA)

2 lb veal shank	1 tbsp salt
1 lb veal shoulder	10 peppercorns
2 qt water	1 bay leaf

Bring to boil, skim off any foam, cook about 2 hrs. Remove meat from broth and set aside. Strain broth, return to sauce pot and bring to boil. Meanwhile, remove meat from bones and put through food chopper, add meat to the broth with 3/4 tsp ginger and 1/4 tsp pepper. Turn into a loaf pan and set aside to cool. Chill in refrigerator until firm. Slice and serve with lingonberries or pickled beets.

Svea Hickom

### PICKLED HERRING

3 lg salt herring	3/4 C vinegar
1-1/4 C water	3 tbsp sugar
1/3 tsp white pepper	1 red onion

The herring should be fat and the flesh white. Clean and cut them into fillets, soaking in plenty of water from 18-20 hours. Then skin them, removing all the bones, cut in 1" pieces and let lie in pickled preparation above, which is prepared as follows: Dissolve sugar in water, add vinegar, pepper and onion thinly sliced. Let stand in cold place a few hours before serving.

Mrs. Alma K. Erickson



### FISH BAKED IN PARCHMENT

Fish baked in parchment should be thoroughly washed in cold water, drain and wipe dry with a damp cloth, cut parchment paper about three times the size of the fish, about two in. longer. Rub fish well with butter. Sprinkle with salt, lemon juice, paprika and chopped parsley. Fold neatly over the fish finishing with a hem around three edges which can be secured with wire clip. Bake in moderate oven at 350° about 25 min, depending on the size of the fish. When done, slide fish onto hot plate. Cut away parchment and remove, letting juices flow over the fish. Serve with lemon wedges, cucumber slices or whatever vegetables happens to be in season.

Inez Norling

### BOILED LUT FISK

"Lut Fisk" is the dried spring cod which, after having been soaked in lime, or ashes, is ready to be cooked and is obtainable especially at Christmas time. Good lut fisk is recognized by its white flaky appearance. Now, of course, you can buy frozen lut fisk. Bring water to boil. Enclose lut fisk in cheesecloth bag. Add salt to taste. Boil 5 to 10 min, or until fish flakes. Serve with sauce.

### WHITE SAUCE FOR LUT FISK

1 C hot milk	1/4 tsp salt
2 tbsp butter	whole allspice coarsely
2 tbsp flour	ground

Melt butter over low heat. Add and blend in flour. Stir in slowly hot milk. Season, cook and stir the sauce until smooth and boiling. Serve hot over fish and boiled potatoes.

Mrs. Alma K. Erickson

### COOKING TIP

Brush your roasts, hamburgers or steaks with (Teriyaki). This is a marinade sauce you buy at your store. This sauce makes your steak or other meats tender and adds a different delicious flavor.

Ethel Hubbell

### CHINESE HAMBURGER

1-1/2 lb ground meat	1 can creamed chicken soup
1/4 C onions	1 can Chinese noodles
1/2 C celery	1 can creamed mushroom soup
1/4 C green pepper	1/4 C soy sauce
1-1/2 C water	
1 C uncooked rice	

Cook vegetables and meat a little, then add rest of ingredients. Bake in oven about 25 min covered. Then cover with noodles and bake about 20 min more, uncovered.

Rita Frederiksen

### BARBECUED SPARERIBS (ZESTY)

2 lbs spareribs	1/4 C tomato catsup
1/4 C brown sugar	1 tbsp worcestershire sauce
1/4 C soy sauce	

Sprinkle garlic salt on ribs. Mix the remaining four ingredients and spread on ribs with a brush. Place ribs on aluminum foil lined pan and place in 425° oven. Baste with remaining sauce every 15 min. Turn ribs after 30 min. Cut between ribs to test for doneness. Complete cooking time is usually about one hour.

Eleanor Vine

### BEEF STROGANOFF

1-1/2 lb round steak (cut into strips)	1 can mushrooms
1/2 C onions, chopped	1/2 pt sour cream
1 clove garlic	1 can tomato soup
1/2 C chopped green pepper	dash tabasco sauce
salt and pepper	1 tbsp worcestershire

Roll steak strips in flour and brown in 3 tbsp butter. Remove and saute onions, garlic and green pepper until tender. Add browned beef, tomato soup and tabasco and simmer 1-1/2 hrs. The last 15 min of cooking time, add mushrooms, worcestershire sauce. Before serving, add sour cream. Serve over rice.

Millie Johnson

### JELLIED SALMON

Dill (fresh if possible)	few whole allspice
1 onion slice	bay leaf
1 tbsv vinegar	carrot
salt	

Cook piece fresh salmon with dill in water for about 15 min. Remove fish from broth, skin and bone and strain through cloth. (save broth) Dissolve Knox gelatine in broth according to directions on package. Cook 2 hard eggs. Slice lengthwise and place in bottom of dish. Decorate with dill and carrot in bottom of dish. Add salmon. Pour broth over fish and chill. Turn upside down on platter and serve.

Viola Hallen

### BARBECUED CHICKEN

Cut up frying chicken	1 tsp salt
1 C flour	2 tsp paprika
1/2 tsp pepper	

Mix dry ingredients together, place in paper bag. Add chicken, 3 or 4 pieces at a time, shake in bag to coat chicken thoroughly. Brown chicken in hot shortening. Place pieces of chicken in baking pan. Cover with barbecue sauce and bake in 350° oven about 30 to 40 mins, or until tender.

### BARBECUE SAUCE FOR CHICKEN

1 tsp salt	1/2 C water
1 tbsv paprika	1/3 C lemon juice
1/2 tsp pepper	1 C catsup
1/2 tsp garlic salt	1 tbsv worcestershire sauce
1 onion, minced	
1/4 C margarine	

Blend dry ingredients, add catsup, garlic, onion and water. Heat to boiling. Remove from heat and add lemon juice, margarine and worcestershire sauce. (you will not use all this sauce, it keeps well in refrigerator)

Thelma Badgley

### SWEDISH LAMB

8 lamb shanks	5 fresh dill sprays
4 peppercorns	or 1/2 tsp dried
1 bay leaf	dill weed.

Cover lamb shanks with measured boiling water. Add 1 tbsp salt for each qt of water used. Add peppercorns, bay leaf and dill. Cover, simmer 1 hour or until lamb is tender. Drain, reserve 1-1/2 C of the seasoned cooking fluid for preparing the sauce. To serve, arrange the lamb shanks on a attractive serving dish and pour the dill sauce evenly over them. Garnish with fresh dill. Makes 4 generous servings.

### DILL SAUCE

3 tbsp butter	salt to taste
3 tbsp flour	1 egg yolk slightly
1-1/2 C hot stock	beaten
1/2 C half and half	2 tbsp chopped fresh
2 tbsp vinegar	dill or 2 tsp dried
2 tsp sugar	dill weed

Melt butter, blend in flour. Combine stock and half and half, gradually add to flour mixture. Cook and stir over medium heat until smooth and thickened, simmer 10 min. Add dill, vinegar, sugar and salt. Pour a little of the hot sauce into egg yolk, return to remaining sauce, blend. Heat stirring for 1 min. (do not boil) Makes about 2 C sauce.

Eva Allred

### BAKED SPARE RIBS AND SAUERKRAUT

2 to 3 lb spare ribs	1-1/2 lg can sauerkraut
salt and pepper to taste	

Place half of the spare ribs in a flat pan. Cover the spare ribs with the sauerkraut, salt and pepper to taste. Then cover the sauerkraut with the other half of the spare ribs. Bake in a slow oven until the ribs are tender. 2-1/2 to 3-1/2 hrs. The sauerkraut will be a dark yellow in color.

Ehbel Hubbell

SVENSK POTATIS KORV  
(SWEDISH POTATO SAUSAGE)

5 lb raw potatoes	2 lb fresh ground round
1/2 lb fresh ground pork	3 lrg onions
salt and pepper to taste	1 tbsp crushed whole
1/4 lb casing	allspice

Peel and coarse grind potatoes and onions together. Add meat, spices and salt, mixing very well. In stuffing casing use the tube of an angel food cake pan. Place casing on end of tube, stuffing by hand. DO NOT STUFF TOO FULL, try to press air out. Bring a large kettle of water to a boil, place sausage therein, let boil 5 min. Turn heat off, but let sausage stay in water for 30 min. Place sausages in roaster pan, bake in 300° oven until golden brown. NOTE: This could be baked in casserole until golden brown, rather than place in casings. But, casing is better.

Mrs Alma K Erickson

RICE DRESSING

2 C rice	1 tbsp poultry seasoning
1 med sized onion (minced)	salt and pepper
giblets	

Measure 2 C rice and cook until nearly done. Put giblets and onion through food chopper. (Cook giblets first until tender) Season and mix together using water from cooked giblets to moisten dressing. Stuff bird.

Helen Forsty

HAMBURGER HEAVEN

Brown in skillet:

1 lb ground meat	1 onion chopped
salt and pepper	

In same pan add the following in layers

- 1/2 lb cheddar cheese (grated)
- 1-1/2 C diced celery
- 1/2 C sliced ripe olives (optional)
- 2 C fine egg noodles (raw)
- 1 lg can stewed tomatoes
- 1 C water

Bring to a boil, cover and simmer 40 min. Do not stir  
Amanda Calleen

### COD FISH PUDDING

1 lb codfish (soak over night)  
1 cup rice, cook with milk and water, like mush,  
(grot thin) add cod fish, cut up in small pieces or  
grind.  
Add 2 or 3 eggs, beaten, pepper and sugar to taste.  
Melt half cube of butter. Top with crumbs. Bake  
one hour at 350° in casserole.

Viola Hallen

### SWEDISH MEATBALLS

2 lbs ground beef  
2-1/2 slices white bread  
1-1/2 cups milk  
2 eggs  
1 medium onion  
1 tbspc sugar  
2 level tsp salt  
1/4 tsp white pepper

Remove crusts from bread, and soak in milk. Saute  
finely chopped onion, beat eggs slightly, add all  
together with spices to meat and mix well. Form  
into small balls and fry gently in shortening or  
bacon fat. When all browned add 1 can Bouillon  
soup and simmer about 1/2 hour. Take out meatballs  
and add flour and water mixture to make gravy

Margaret Linn

Casseroles



BROWN BEANS

(BRUNA BONOR)

2-1/3 C brown beans, about 1 lb.  
1-1/2 qts water  
Cover and simmer for 2 hrs, until beans are tender.

Add:

1 C dark syrup

1 tbsp salt

Cook uncovered for 45 min.

Serve hot with Swedish meatballs.

Svea Hickom

RISGRYNSGROT

(CHRISTMAS PORRIDGE)

This dish is generally served to begin the meal. A favorite practice in serving this dish is as follows: One almond is hidden in the porridge and, according to Swedish belief, the one who finds it in his dish will be the first in the family to marry.

Wash 1 C rice, add 1 qt rich milk. Cook very slowly, stirring often until done and milk is absorbed. (Can be cooked in a double boiler.) Add 1 tsp salt, 1 tbsp sugar and the lone almond and mix well. Serve with sugar, cinnamon and milk, or cream.

Mrs. Alma Erickson

BAKED CHOP SUEY

1 C minute rice

2-1/2 C water

1/2 lb ground beef

1/2 lb ground pork

2 C chopped celery

2 large onions,

coarsely cut

1/2 C soya sauce

1 can mushroom soup

1-1/2 can water

1 can mushrooms

Cook rice in water. Brown meats, add celery and onions. Let simmer 5 min, add soya sauce, soup and mushrooms. Drain rice and mix with other ingredients. Bake in large casserole. Cover and bake for 1-1/2 hr. - 350°.

Maude Engberg



### MEAT ROLLS

Sift 2/3 C flour and 1/2 tsp salt  
Add 2 slightly beaten eggs to 1 C milk  
Add to flour and beat  
Cook like griddle cakes. Allow 1 tbsp to each and  
make them about 3 x 4". Brown both sides.

#### Filling:

1 onion chopped	1/2 lb ground round beef
1 clove garlic minced	1/4 C sausage
2 tbsp oil	1 C cooked chopped spinach
1/2 C grated American Cheese	1/2 tsp salt

Fry onion, garlic in oil. When partly cooked add  
spinach and season to taste. Add cheese. Use one  
heaping tsp for each cake. Roll and fasten with tooth-  
pick. Put in pan and cover with tomato sauce, soup,  
or catsup. Sprinkle with cheese. Bake 350° - 30 min

Barbara Erickson

### CASHEW NOODLE CASSEROLE

1 can Chow Mein noodles (3 oz)  
1 can cream of chicken soup  
1 C water  
1 can tuna or cut up chicken  
1/3 C cashew nuts  
1 C chopped celery  
1/4 C finely chopped onion (medium size)

Save 1/2 C noodles to sprinkle on top of casserole. Add  
Mei Yen seasoning. Bake 40 min - 350°

Helen Forsty

### HOT CRAB SOUFFLE

8 slices bread	1/4 C celery
1/2 C mayonnaise	2 C crab or shrimp
1 green pepper chopped	1 onion chopped
3 C milk	1 can mushroom soup
4 eggs	grated parmesan cheese
paprika	salt

Dice 1/2 of the bread in flat pan. Mix crab, mayonnaise,  
onion, green pepper and celery. Spread over diced bread.  
Trim crusts from rest of bread and place over crab mix-  
ture. Mix eggs and milk and pour over mixture.

Refrigerate over night. Bake 325° for 15 min, remove

(Continued)

### HOT CRAB SOUFFLE (Continued)

from oven and spoon soup over and sprinkle with paprika and cheese. Bake 1 hr. at 325. Serves 12. Very good lucheon dish as can be made the night before.

Eleanor Vine

### RICE CASSEROLE

1 C diced celery	1 C uncooked rice
1 small onion	1-1/2 C diced meat or
3 tbsp margarine	1 lb ground beef
1 can cream mushroom soup	cooked
4 C water	salt to taste

Simmer celery, onion in margarine till tender. Add soup, water and rice, mix well. Cook over moderate heat 15 min. Stir in meat. Pour in greased casserole. Bake uncovered at 350 for 45 min. Serves 4 to 6.

Viola Hallen

### CHILES RELLENOS

Toast on an ungreased griddle long, green chiles and peel skins off. Stuff with Monterey Jack cheese. Beat egg whites until stiff; then add yolks and beat some more. Add salt to taste. Heat oil in frying pan over medium heat. Dip stuffed chiles into flour, then eggs and fry, turning to cook on both sides. Set aside while making sauce.

SAUCE: About 1 tbsp oil or lard  
1 small clove garlic  
1/2 C chopped onion  
1 can solid pack tomatoes (or 2 cups)  
1/2 tsp oregano  
salt to taste

Heat oil or lard, add onion and saute until transparent. Put tomatoes and garlic through blender, then add to cooked onions. Add oregano and salt to taste and cook 20 to 40 minutes.

Keep chiles hot, pour sauce over them and serve.

\*Serve with re-fried beans and Spanish rice.

Barbara Erickson

### BAKE CRAB MEAT AND SHRIMP

1 medium green pepper	1 6-1/2 oz can of shrimp
1 medium size onion chopped	1/2 tsp salt
1 C chopped celery	1/8 tsp worcestershire
1 6-1/2 oz can crab meat flaked	1 C mayonnaise
	1 C buttered crumbs (save a few for topping)

Mix all together and bake 350° 30 min.

Eleanor Vine

### CHICKEN ALMOND

1 Lipton noodle soup	1/2 stalk celery (chopped)
1 C chicken (diced)	
1 C rice	1/2 lb sausage
1 green pepper	1/2 C bl. almonds
1 onion (chopped)	1/2 can undiluted cream of mushroom soup

To 3 C boiling water, add 1 pkg soup, cook 6 min. Add rice, cook 8 min. Brown sausage, onions, celery, pepper (add these last) and cook until done. Add mushroom soup and serve hot. If making the day before don't completely cook rice and veg. Reheat in low oven next day until done.

Rita Frederiksen

### CHEESE CASSEROLE

1/2 lb cheese  
Bread slices  
2 eggs beaten  
2 C milk  
salt and paprika

Place buttered bread in bottom of buttered casserole, next layer of cheese, end with bread on top. Pour egg and milk mixture on top of bread. Bake in water 375° for 1 hr. Keep covered first 1/2 hour then let brown.

Viola Hallen

### TAMALE PIE

PLACE IN A LARGE FRYING PAN OR DUTCH OVEN:

4 tbsp drippings or shortening  
1 clove garlic, minced  
1/2 C chopped onion  
1 lb hamburger, or chopped cooked meat (2 C)

COOK UNTIL THE MEAT IS SLIGHTLY BROWNED. ADD:

1 can cream style corn (No. 2-1/2 can)  
1 can tomatoes (No. 2-1/2 can)  
Dash Cayenne  
1 tbsp chili powder  
3 tsp salt

LET MIXTURE SIMMER FOR 20 MINUTES. THEN ADD SLOWLY,  
STIRRING TO BLEND WELL:

2 C yellow corn meal, uncooked  
2 C tomato juice (No. 1 can)  
1 can pitted ripe olives

POUR MIXTURE INTO A LARGE GREASED BAKING PAN OR  
CASSEROLE AND BAKE FOR 30 MINUTES IN PRE-HEATED  
MODERATE OVEN 350° - 8 servings

Barbara Erickson

### EGG SAUSAGE FONDUE

1-1/2 lb bulk sausage	12 slices of bread
2 tbsp onions	without crust
1/4 can pimientos (save some strips for top)	6 eggs beaten
salt and pepper	3 C milk
1 tsp dry mustard	2 tsp worcestershire

Brown sausage, add onions, pimientos, salt and pepper, mustard. Grease 8 X 12 dish, put 6 slices of bread in dish and put sausage mixture over bread and put remaining 6 slices over the mixture. Combine eggs, milk, worcestershire and pour over the bread. Put in the refrigerator over night. Bake in water 325 for 1 hr and 15 min. Very good for company for breakfast as can be made ahead of time. Serves 8 to 10.

Eleanor Vine

### STUFFED CABBAGE

1 lb ground beef  
1 C boiled rice  
salt, pepper  
allspice

1 lb ground pork  
1 med. sized onion  
minced  
1 head of cabbage

Season meat, add rice and onions and mix well. Core cabbage, pluck off leaves separately and wilt in boiling water about 5 min. Form meat mixture patties and carefully wrap with cabbage leaves so as to cover well, fasten with toothpicks. Butter pan and place patties side by side and let brown. Baste with butter occasionally and bake about one hour in slow oven. Remove from pan. Mix 1 tbsp flour and 1/2 C cream and add to juice in pan, cook until smooth. Return rolls to gravy to reheat.

Cecelia Segerstedt

### DINNER IN THE DISH

2 green peppers  
4 tomatoes peeled and sliced  
3 tbsp butter  
1/2 tsp salt  
1 onion

2 C fresh corn  
1 lb hamburger  
2 eggs  
1/4 tsp pepper  
1/2 C bread crumbs

Remove seeds from peppers. Dice onion and peppers and cook 3 minutes in butter. Mix hamburger with salt and pepper then put in onions and peppers and cook 3 min. Remove from stove. Beat eggs and put in meat mixture. In casserole, put a layer of corn, then meat, then sliced tomatoes. Continue until all is used, put bread crumbs over top and bake 30 min - 350°

Maude Engberg

### TACO DISH

1 onion  
3 cloves garlic  
3 lbs ground round (brown)  
1 can Las Palmas Red Chili Sauce  
1 Can Hot Sauce

1 can Golden Grain  
Marinara sauce  
1 lb Jack cheese  
1 pkg corn tortillas

Add marinara sauce, salt and pepper to meat mixture. In sauce pan heat 1 can Las Palmas sauce and 1 can water, add 1/2 of this to hamburger. Make layers - hamburger sauce, grated Jack cheese. Dip each corn tortilla in hot Los Palmas sauce before adding to layers. Pour rest of sauce on top. Bake 325 - 40 min.

Estrid Doscher

### COMPANY CASSEROLE

4 C noodles (1/2 lb)	1 8-oz pkg soft cream cheese
1 tbsp margarine	1/4 C sour cream
1 lb ground chuck	1/3 C minced scallions
2 8-oz cans tomato sauce	1 tbsp minced green peppers
1 C cottage cheese (1/2 lb)	2 tbsp margarine

Cook noodles, drain. In skillet, saute chuck in margarine until browned. Stir in tomato sauce. Remove from heat. Combine cottage cheese, sour cream, scallions and green peppers. In a 2 qt casserole spread half of noodles, cover with cheese mixture, then cover with rest of noodles. Pour melted butter over noodles, then tomato-meat sauce. Bake 375° 45 minutes.

Lillian Stafford

### ANCHOVIS LÅDA

2 eggs	10 oz can of whole anchovies
2 C milk	in spiced sauce

Filet anchovies.

Lay in bottom of buttered 9" pie pan.

(Beat eggs and stir in milk)

Cover with eggs and milk.

Dot with butter.

Bake 350° oven about 40 minutes, till bubbly and light brown on top.

Lillian Sandstrom

### EASY BAKED BEANS

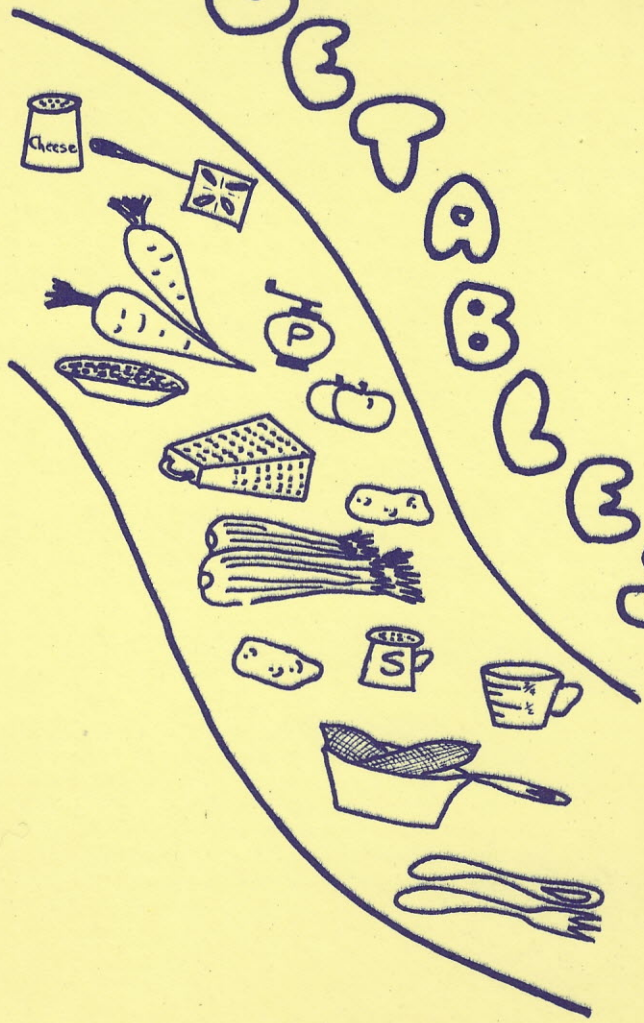
1/2 cube butter	1 tsp dry mustard
1/4 C chopped onion	1/4 C catsup
1/4 C chopped bell pepper	1 large can pork and beans
3 tbsp brown sugar	2 or 3 strips bacon
1 tbsp flour	(uncooked)

Melt butter in small fry pan, add onion and bell pepper and saute, add brown sugar and flour, mix well.

In baking dish add together beans, mustard and catsup then mix in onion, pepper mixture. Place bacon across top of beans and bake at 350° for 45 min.

Darlene Njord

# VEGETABLES



### SWISS BEANS

1 # 2 can green string beans	1 tsp sugar
2 tbspg margarine	1 tsp grated onion
2 tbspg flour	1/2 pt sour cream
1 tsp salt	1/4 tsp pepper
1 can mushrooms	1/2 lb processed Swiss cheese, grated

Drain beans, melt butter, blend in flour, salt, pepper, sugar and onions. Add 1 C sour cream gradually, cook till thickened. Fold in mushrooms and green beans. (save a few green beans) Pour green beans mixture into a greased 1-1/2 qt casserole. Grate cheese and sprinkle top. Then put a handful of beans in center of casserole. Bake 5 or 10 min until cheese is melted and casserole is hot.

Eleanor Vine

### ZUCCHINI

3 C grated zucchini	1/3 C grated cheese
1 C biscuit mix	1 egg beaten
1 clove garlic	pepper

Mix together the first four items. Put garlic through garlic press and add to first mixture along with pepper to taste. Drop by spoonful into skillet with 1/4 in hot shortening. Fry on each side.

Eleanor Vine

### ZUCCHINI PARMESAN

1 small onion chopped  
5 zucchini squash sliced thin  
2 tbspg butter

Brown onion in butter. Add zucchini and brown a little. Add 1/4 C water. Mix. Sprinkle parmesan cheese over. Cover and simmer 5 min.

Barbara Erickson



Happiness

is



Rolls

Breads

Pastries

### CARROT BREAD

Put in large mixing bowl:

1 C sugar	1 C grated carrots
3/4 C salad oil	2 eggs

Sift together and add:

1-1/2 C flour	1 tsp soda
1/4 tsp salt	1 tsp baking powder
	1 tsp cinnamon

Mix and stir in 1 C chopped walnuts. Put in greased loaf pan (9 x 5) and bake at 350° about 1 hr.

Barbara Olson

### FLAT BROD

4 C white flour	1 C warm buttermilk
2 C graham flour	1/2 C sugar
1/2 C melted butter	1 tsp soda
1 C water	2 tsp baking powder
1/2 tsp salt	

Heat water and buttermilk, add butter and stir into dry ingredients. Mix well and roll out thin. Bake 350° about 10 min.

Maude Engberg

### HONEY BREAD

10 C flour	1/4 C oil
4 tbsp honey	2 pkg dry yeast
3 tsp salt	4 C warm water

Dissolve yeast in 1 C warm water. In large pan put 3 C real warm water, honey, oil and salt and stir until honey dissolves. Add flour, mix and knead for about 10 min on floured board. Place in oiled large bowl and cover and put in warm place until raised double in bulk. Turn out on floured board, cut in 3 sections, roll lightly and put in greased pans. Rise, bake in 350° oven 1 hour. Grease top of loaves after bread is out of pans to cool.

Margaret Linn

## SWEDISH TEA RING (Continued)

(KRANS)

3/4 C firmly packed light brown sugar  
1-1/2 tbsp cinnamon  
1/2 C dark seedless raisins

Beginning with the longer side, roll dough tightly. Press edges to seal. Lightly grease two baking sheets. Place uncut roll, sealed edge down, on the greased baking sheet. Pull ends together to form a ring, pressing slightly to seal ends. With scissors, snip at 1" intervals through ring almost to center. Turn each cut section on it's side. Repeat procedure for the second ring. Brush rings lightly with melted butter. Cover and let rise about 45 min., or until doubled. Bake at 350° 20 to 25 min.

Meanwhile, blend together (for frosting):

1/2 C sifted confectioners' sugar  
1 tbsp milk  
1/2 tsp vanilla extract

When tea rings are done, remove to cooling racks and frost while still warm. Makes 2 tea rings.

Brita N. Gunberg

## BEST BATTER BREAD

1 can cream of mushroom soup	1/4 C butter
2 eggs, well beaten	1 tsp instant minced onion
2 tbsp oil	1/4 C Parmesan cheese
2 C biscuit mix	celery or sesame seed

Put undiluted soup, eggs and oil in mixing bowl, add onions and biscuit mix and stir until blended. Melt butter in heat proof baking dish, pour in batter, sprinkle top with cheese and seeds. Bake 25 min in 400°. To serve, cut into wedges. Serve hot.

Brita N. Gunberg

### SWEDISH TEA BRAID

Make basic sweet dough--divide in half

Add:

1 tsp grated lemon rind	1/2 C sliced blanched
1/2 tsp lemon flavoring	Almonds
1/8 tsp mace	1/2 C raisins

Now divide 1/2 of the recipe into 3 parts. Roll each into a strand of 14".

Braid the dough beginning at the middle and rolling toward either end.

Cover and let rise until right or double in bulk  
20 - 30 min

Brush on slightly beaten egg and sprinkle with sugar and or slivered or sliced blanched almonds. Bake until golden brown 350° 35 - 40 min

Jean Biehler

### SPOON CORN BREAD

1 C yellow corn meal	1 qt milk
3 eggs well beaten	2 rounded tbsp flour
3 tbsp sugar	1 can whole corn
1 tsp salt	(drained)

Heat milk, add corn meal, boil 10 min. Let cool, add rest of ingredients. Butter casserole and bake at 350° for about 1 hour.

Viola Hallen

### SWEDISH LIMPA

Mix together

1-1/2 C luke warm water	1/3 C sugar
1/4 C molasses	1 tbsp salt

Finely grated rind of 2 oranges. Crumble in 2 cakes yeast and stir until dissolved. Add 2 tbsp soft shortening. Mix with spoon then with hand

2-1/2 C sifted rye flour  
2-1/2 to 3 C sifted white flour

Knead and let rise twice. Shape into two loaves. Place into lightly greased baking pan. Let rise until double (45 to 60 min) Bake 30 to 40 min.

Mrs. Alma Erickson

### CHERRY CUSTARD SHORTBREAD

1/2 C butter  
1-1/4 C flour

2 tbsp sugar

Cut butter into flour and the sugar until the mixture resembles corn meal. Pack this firmly into a 6 x 10 baking dish. Bake 15 min. 370°. Top with 1 pkg vanilla pudding. Top this with 1 No. 2 can pitted cherries thickened with 2 tbsp corn starch and 1/4 C sugar. Serve with whipped cream.

Ruth Veis

### CRANBERRY JELLY BANANA BREAD

1-1/2 C sifted flour  
2 tsp baking powder  
1/2 tsp baking soda  
3/4 C sugar  
1/2 C chopped nuts  
16 pecan halves or  
walnuts

1 C mashed ripe  
bananas (3 or 4)  
1 egg, lightly beaten  
1/2 C melted shortening  
4 slices canned cran-  
berry jelly (each 1/4"  
thick)

Preheat oven to 400. Grease an 8" sq pan. Sift into mixing bowl: the flour, baking powder, baking soda, salt and 1/2 C of the sugar. Add chopped nuts and mix well. Combine bananas, egg, shortening. Stir into dry ingredients and mix until smooth. Pour batter into prepared pan. Cut slices of cranberry jelly into squares and arrange pieces evenly on top of batter. Put a pecan half on top of each piece of jelly and sprinkle with remaining sugar. Bake 30 min. Cool and cut in squares to serve. Serves 16 - 20.

Birgitta Ellis

### SAFFRONSBRÖD

1-1/2 C milk  
1 yeast cake  
3/4 C sugar  
6-1/2 C sifted flour  
2 tbsp cream  
6 tbsp sugar

1/2 C butter  
3 eggs  
1/4 tsp salt  
2 tsp saffron (soak  
in 1/4 C brandy)

Scald milk, let cool to lukewarm, crumble yeast into milk, add 1 tbsp of sugar. Beat in 3 C flour and beat until smooth, let raise, add remaining flour, soft butter, sugar, salt, eggs, and saffron and mix thoroughly - let raise 1/2 hr. Cut into 3 parts, make braids, sprinkle with sugar - bake 375

Maude Engberg

### SWEDISH PANCAKES

1 C flour	3 eggs
2 tbsp sugar	3 C milk
1/4 tsp salt	

Sift flour into bowl. Add sugar and salt, add eggs to milk gradually, stirring until well blended. Let stand 2 hrs (or longer). Heat pancake pan and butter well. Beat batter again, pour into sections on pan (thin like) and fry on both sides until brown. Place on hot platter and serve immediately; with lingonberries.

Amanda Calleen

### DATE BREAD

1-1/2 C sugar	2 C boiling water
1/2 sq butter	1 C dates, cut
2 eggs	2-3/4 flour
1 tsp vanilla	1/2 tsp salt
	1 C nuts, chopped

Pour boiling water over dates, add 2 tsp baking soda, and set aside to cool. Cream sugar and butter, add eggs. Alternate flour mix and dates and nuts. Bake 1 hour at 350°. Candied fruit can be added.

Viola Hallen

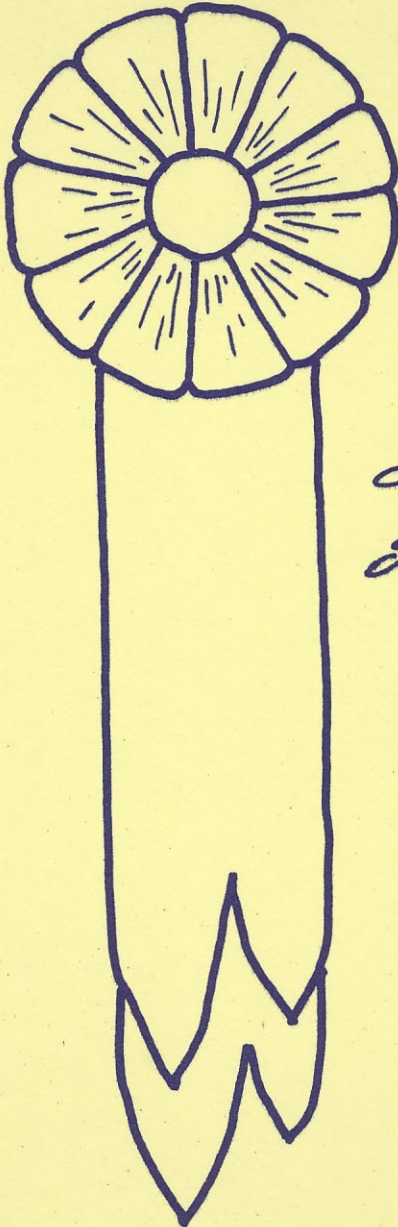
### BANANA NUT BREAD

2 C flour	1 C mashed bananas
1/2 tsp baking soda	1 tsp baking powder
1 cube butter	1/2 tsp salt
1 C sugar	2 eggs
	1/2 C chopped nuts

Sift together flour and other dry ingredients. Cream butter, add sugar, add eggs one at a time, beating well after each addition.

Add bananas. Mix well. Blend in dry ingredients, fold in nuts. Pour in greased loaf pan. Bake 350° 60 to 70 min.

Patricia Doscher



*Blue  
Ribbon*

Cakes

RAW FRESH GRATED APPLE CAKE

Cream together	Add
1 C sugar	1 egg (beaten)
1/3 C shortening	1-1/2 C flour, 1 tsp soda and 1/4 tsp salt, sifted

Mix together and stir in  
2 C grated fresh apples.

Top with-Brown sugar, cinnamon & nuts  
Bake 35-40 min. 350°  
Serve warm with or without whipped cream

Helen Forsty

TOSCA TARTA  
(SWEDISH CAKE)

2 eggs	Topping
1 C sugar	1/4 C butter
1/4 C melted butter	1/4 C sugar
1 C flour	2 oz almonds(course)
1/2 C milk	3/4 tbsp milk
2 t <del>s</del> ps baking powder	1 tbsp flour

Beat eggs and sugar. Melt butter and let it cool off. Add butter and milk to the batter. Blend in flour and baking powder. Pour into a greased 9" pan. While the cake is in the oven put the ingredients for the topping in a sauce pan and blend them over low heat. When the cake is almost done take it out of the oven and spread on the topping. Place under broiler until top is golden brown and bubbling. Bake 350°.

Violet Smith

DATE AND NUT BARS

1 C brown sugar	2 eggs beaten
1 C flour	1 C pitted & chopped dates
1 C chopped nuts	1 tsp baking powder

Soak dates in 4 tbsp boiling hot water. Add sugar flour & baking powder to beaten eggs. Add nuts and mashed dates. Flavor with vanilla if desired. Bake in shallow greased pan about 20 min. 350° oven. Cut in desired pieces when still warm and sprinkle with powdered sugar.

Bernice Gleason



### COFFEE CAKE

1 C brown sugar	3/4 C salad oil
1 C white sugar	2 tsp nutmeg
2-1/2 C sifted flour	1/2 tsp salt

Take from 1st mixture 3/4 C and add 1 tsp cinnamon and 1/2 C nuts.

To remaining part of 1st mixture add one beaten egg. 1 C buttermilk or sour milk (1 tsp soda dissolved in milk). Pour in a baking pan 9x14 and cover with 1st mixture. Bake-350° for about 1 hour.

Ruth Veis

### APPLE CAKE

2 eggs	2 tsp soda
1/2 C oil	2 tsp cinnamon
2 C sugar	2 C flour
dash salt	1 C walnuts
2 tsp vanilla	4 C diced unpeeled apples

Mix well-Bake 325° - 1-1/2 hr- 9x13 pan

Topping

4 tbsp butter	1 tsp vanilla
1-1/2 C powdered sugar	1 large pkg cream cheese

Sigrid Benson

### SWEDISH APPLE CAKE (APPELKAKA)

1-1/2 C thinly sliced apples	1-1/2 tbsp butter
1/2 C light brown sugar	1/2 C sifted flour
1 egg	1 tsp baking powder
1/3 C sugar	1/4 C milk

Spread butter over 8" pan, mix apples and brown sugar and spread evenly in pan. Beat eggs, sugar, flour, baking powder and milk together. Pour batter over apples in pan. Bake 350° 30 to 35 minutes. Turn out up side down on cake plate, serve warm with Whipped cream.

Maude Engberg

CARROT CAKE

2 C sugar  
1-1/2 C wesson oil

Cream until fluffy

Add-4 eggs, one at a time and cream well

Sift together and add to first mixture

2 C flour	1 tsp cinnamon
2 tsp baking soda	1/2 tsp allspice
1/2 tsp salt	1/4 tsp cloves

Add 3 cups grated raw carrots and 1 cup chopped walnuts. Bake in 8 x 13 pan which has been greased and floured. Bake 300° for 1 hour.

Cream Cheese Frosting.

1/2 cube butter  
4 oz cream cheese  
2 C powdered sugar  
1 tsp vanilla

Estrid Doscher

VERY GOOD FROSTING

1 C milk  
1 tbsps Swans Down Cake Flour

Cook over medium heat, stirring all the time with wire whip, until thick like pudding. Cover and cool.

Cream 1-1/2 cube butter and 1 cup sugar, add pudding and beat, add 1 tsp vanilla.

Make a chocolate malt cake. Bake in 8 inch pan and cut layers in half. Spread frosting between layers. It is easy and good.

Estrid Doscher

### SHERRY OR RUM CAKE

- 1 pkg Duncan Hines yellow cake mix
- 1 pkg Jello vanilla pudding (regular)
- 4 eggs beaten
- 1/2 to 3/4 C of sherry or rum. ( I use 1/2 c)
- 1 tsp nutmeg
- 3/4 C Liquid shortening

Mix dry ingredients together. Blend liquids together and add to dry ingredients. Pour into ungreased angel food pan. Bake at 350° for 40 - 50 minutes. Remove from oven and let cool for 5 minutes, then turn out on dish. Dust with powdered sugar.

Thelma Badgley

### MAYONNAISE CAKE

- |                       |                    |
|-----------------------|--------------------|
| 1 C chopped nuts      | Add 1 C sugar      |
| 1 C chopped dates     | 1 C mayonnaise     |
| 1 C boiling water     | 1/2 tsp salt       |
| 3 tbsp shaved choc.   | 2 C flour          |
| 1 tsp soda            | 1 tsp vanilla      |
| (let stand for 5 min) | Mix well-Bake 350° |

#### Frosting

- 1 C sour cream
- 1 C sugar
- (cook for about 10 min)

Sigrid Benson

### PUMPKIN CAKE

- |                     |                  |
|---------------------|------------------|
| 3 tbsp shortening   | 3/4 C milk       |
| 1-1/2 C sugar       | 2 C flour        |
| 2 eggs (separated)  | 1 tsp soda, salt |
| 1 C pumpkin         | nutmeg, ginger   |
| 3 tsp baking powder | and cinnamon     |

Mix all ingredients together. Mix the baking soda with the pumpkin before it is added. Beat egg whites and fold into the batter. Bake for 45 min 375°. For cupcakes bake 30 minutes.

Cecelia Segerstedt

### FRUIT COCKTAIL CAKE

2 C sugar	2 tbsp melted butter
2 C flour	1 #2 can fruit cocktail
1 tsp soda	2 eggs
1 tsp salt	2 tsp vanilla

Mix all together and pour into pan, greased. Mix 1 C brown sugar and  $\frac{1}{2}$  C nuts and spread on top of batter and bake  $350^{\circ}$  - 45 min to 1 hour.

Top with whipping cream if desired.

Barbara Olson

### FRUIT COCKTAIL CAKE

1- $\frac{1}{2}$ C sugar	2 eggs
2 C flour	1 Can #303 fruit Cocktail w/juice
2 tsp soda	$\frac{1}{2}$ C nuts
$\frac{1}{4}$ tsp salt	$\frac{1}{2}$ C brown sugar

Mix sugar, flour, salt and soda together. Add eggs and fruit cocktail w/juice and pour into a greased floured pan. Sprinkle batter with nuts and brown sugar. Bake approx. 35 to 40 min. in a  $350^{\circ}$  oven. When cake is done poke holes on top with fork tines.

Topping:

$\frac{3}{4}$ C white sugar	1 cube butter
$\frac{1}{2}$ can condensed milk	1 C shredded coconut

Boil sugar, milk and butter 2 min. Add shredded coconut and spread on cake.

Jo Cregan

### RASBERRY OR STRAWBERRY DESSERT'

30 Marshmallows, large size  
 $\frac{1}{3}$  C orange juice  
1 pkg frozen raspberries or strawberries  
1 C whipped cream  
1 pkg Knox gelatine

Heat marshmallows and orange juice until marshmallows are melted. Dissolve Knox gelatine in a little cold water and add to the melted marshmallows. Set aside to cool. When cool add berries, fold in whipped cream

Bernice Gleason

CHEESE CAKE  
"SWISS"

Crust

Combine 1-1/2 C graham cracker crumbs. 1/4 C powdered sugar, 1 tsp allspice and 1/3 C melted butter. Spread in bottom of a 9 inch spring form pan-pressing some up the sides to form a rim about 1/2 in to 3/4 in. high.

Filling

2 (8oz) pkg cream cheese (room temp)

2 eggs-beaten slightly

2/3 C sugar

2 tsp vanilla

Stir cheese until soft and creamy. Add eggs, sugar and vanilla. Beat until thoroughly creamed and smooth. Pour into crust. Bake 350° - 25 minutes.

Topping

1-1/2 C sour cream

4 tbsp sugar

2 tsp vanilla

Mix together, pour on top, return to oven. Increase temperature to 450° and bake 7 minutes. Cool then chill. Serve very small slices.

Barbara Erickson

CHEESE CAKE

Make 24 hours before serving

1 pkg lemon jello

1 C hot water

(cool)

Add 8 oz cream cheese (soft)

1 C sugar

1 tsp vanilla

Add- 1 large can cold whipped pet milk

Crust - 1-1/3 stick butter

1/2 box graham crackers (24 crackers)

Bake 350° - 10 minutes

Vera Anderson

APPELKAKA  
(SWEDISH APPLE CAKE)

1 loaf white bread (not fresh)	2 tbsp sugar
1 C butter	1 can applesauce
3/4 tsp cinnamon	1 C milk or lt. cream
1 tsp vanilla	3 egg yolks
	1/2 tsp cornstarch

Put bread through food chopper, mix with sugar, cinnamon and butter and bake in oven 20 minutes. Fill bottom of shallow dish with crumb mixture, then add a thick layer of sweetened apple sauce and then another layer of crumbs. Bake in moderate oven for 30 minutes. Serve with following sauce.

Scald milk and add 1 tbsp sugar, mix cornstarch with a little water and add to milk, then add slightly beaten egg yolks. Let simmer 2 minutes stirring continuously. Strain and serve hot with apple cake.

Cecelia Segerstedt

PEPPARKAKA  
(SWEDISH SPICE CAKE)

Beat together  
3 C brown sugar  
3 eggs  
Add  
1-1/2 C cream  
1 tsp soda  
3 C flour (all-purpose)  
1 C melted butter  
1 tsp each of crushed cardamon, cinnamon, ginger and cloves.

Butter tube pan and sprinkle with crushed toast crumbs. Bake 1 hour in slow to moderate oven. Needs no frosting.

Alma K Erickson

### CHEESE CAKE

1-1/2 C rolled dry toast  
1 C melted butter  
1 tsp cinnamon  
Mix well-line bottom and sides of pan

Filling  
6 egg yolks  
1/2 pt of cream-whipped  
Juice of 1 lemon

Mix in order given  
6 beaten egg whites add 1 C sugar  
1 tsp vanilla 1 C melted butter  
1 tsp salt 1-1/2 C cottage cheese  
6 level tbsp flour (small curd)

Fill pan and bake in moderate oven-350° 1 hour.  
Leave in oven until cool. Sprinkle powder sugar  
on top.

Maude Engberg

### CARROT CAKE

1-1/2 C salad oil  
2 C sugar  
Mix well, add 4 eggs,  
one at a time.

Add dry ingredients  
2 C flour  
1 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
1 tsp cinnamon  
Mix well

Add 2 C grated carrots-bake in 3 layer 8" pans  
that have been greased and floured. Set oven at  
350° for 50 or 60 minutes.

### NUT ICING

Beat until fluffy  
1/2 C butter  
1 8 oz pkg cream cheese  
Add  
1 pkg powdered sugar  
1 tsp vanilla  
1 C shopped nuts

Thelma Badgley

# Desserts

## Pies · Puddings





### FRUKTKRAM

#### (SWEDISH FRUIT PUDDING)

Cook any ripe berries or fruit, with water to cover, until the fruit is tender. Force through a puree strainer, etc. Add 3 to 6 tbsp. cornstarch, or potato flour, first mixed with a little cold water. Cook until clear. Serve cold with plain cream. Note: other fruits, such as rhubarb, raspberries, currants and gooseberries may be used.

Alma K. Erickson

### LEMON RICE CUSTARD PUDDING

2 C milk	1 tsp grated lemon rind
4 eggs	2 tbsp lemon juice
dash salt	1-1/4 C cooked rice
1/2 C sugar	

Scald milk. Beat eggs slightly. Stir in salt, sugar, lemon rind and lemon juice. Gradually stir in scalded milk. Add rice. Pour into buttered 1-1/2 qt. casserole, set the casserole in a pan of hot water, about 1/4 up the side of the casserole. Bake at 325° for 50 min., or until custard is set when tested near the center. Serve it warm or chilled.

Olga Fredrickson

### SODA CRACKER DESSERT

3 egg whites  
1 C sugar  
12 soda crackers crushed (if small, use 24)  
1 tbsp vanilla  
1 tbsp baking powder  
1/2 C nuts (cut)

Beat egg whites stiff. Add sugar and beat. Add rest of ingredients. Put in 9" greased pan. Bake at 350° for 30 min. Five hours before serving, top with whipping cream, or let stand overnight. Serves 6.

Viola Hallen

FRUKTSOPPA  
(SWEDISH FRUIT SOUP)

Base Recipe:

Set out a large sauce pot having a tight-fitting cover.

Rinse well in cold water:

1 C (about 6 oz.) dried apricots  
3/4 C (about 3 oz.) dried apples  
1/2 C (about 3 oz.) dried peaches  
1/2 C (about 3 1/2 oz.) prunes  
1/2 C dark seedless raisins

With a sharp knife, remove pits from prunes. Put fruits into sauce pot with 2 qt. water, cover and soak 2 to 3 hrs.

Add to sauce pot:

1/4 C sugar  
3 tbsp tapioca  
3-in. piece stick cinnamon  
1 tsp grated orange peel

Bring to boil. Reduce heat, cover and simmer about one hour or until fruit is tender. (An extra good 1/2 hr. adds flavor.)

Add 1 C red raspberry fruit syrup or a glass of raspberry jelly.

Can be eaten hot or cold. Keep refrigerated. Can be served with whipped cream and slivered blanched almonds.

Anna K. Lewis

RASPBERRY PIE

Graham Cracker Crust

2 pkgs frozen raspberries  
1/2 C juice (heat to a bubble)  
Add 1/2 C marshmallows: cool  
Add 1/2 pt. whipped cream  
Mix raspberries. Refrigerate.

Ruth Veis

### BROWNIE ALASKA

1 pkg brownie mix (or make 1 recipe brownies)  
2 qt ice cream

Follow package directions for brownies. Bake in 8" round cake pan 35 min. at 350. Let cool 10 min. and turn out on cake rack. Line 1 qt. bowl with aluminum foil. Pack ice cream into bowl. Put into freezer to freeze solid. When ready to assemble, place brownie layer on cookie sheet, unmold ice cream on top of brownies. Cover ice cream and brownies with meringue. Put Alaska into preheated oven at 500 for 3 min.

Meringue: 6 egg whites  
          1/4 tsp cream of tartar  
          3/4 C sugar

Beat egg whites and cream of tartar with electric mixer until frothy on high speed. Turn to low speed and gradually add sugar, 2 tbsp at a time. After all sugar has been added, turn back to high speed and continue beating until stiff and glossy.

Jean Biehler

### SODA CRACKER PIE

Place 4 egg whites in large mixing bowl. Add 1-1/4 C sugar gradually to egg whites to make stiff meringue.

Add 18 single soda crackers crushed very fine  
3 tsp baking powder  
1 C chopped nuts  
1 tsp vanilla  
3/4 tsp vinegar

to meringue mixture. Fold in carefully and thoroughly. Put in well greased pie pan. Bake 35 min. at 350. Let cool and then top with 1/2 pint whipped cream and let stand in refrigerator for several hours before serving.

Barbara Erickson

### GRASSHOPPER PIE

32 large marshmallows  
1/2 C milk  
3 tbsp Creme de Cacao (white)  
3 tbsp green Creme de Menthe  
1 C whipped cream

Melt marshmallows and 1/2 Cup milk in double boiler. Let cool - add liquors. Add a couple drops of green coloring. Whip cream until stiff and fold into marshmallow mixture. Pour in pie crust.

#### Pie Crust

20 Hydrox chocolate cookies (scrape out filling) do not use. Crush cookies and add 4 tbsp butter. Press firmly in greased 9 inch pie pan. Bake 10 minutes 350° oven.

Estrid Doscher

### BANANA CREAM PIE

3 bananas  
3/4 C sugar  
1 tbsp butter  
2 egg yolks  
1/8 tsp salt  
1/3 C flour  
3/4 C boiling water  
1/4 tsp vanilla

Lined baked pie shell with bananas, add egg yolks-beaten slightly to flour and boiling water stirring constantly until thickened. Cool slightly and add vanilla. Alternate layers of bananas and pudding mixture. Spread on meringue and bake in oven until brown on top.

Leta Kennedy

### COCONUT LEMON PIE

1-1/4 C sugar	3 eggs
2 tbsp flour	1 C shredded coconut
dash salt	1/2 C water
1/4 C soft butter	2 tsp grated lemon rind
	1/4 C lemon juice

Pastry for 2-crust 9" pie

1 tbsp sugar

Mix 1-1/4 C sugar with flour and salt. Blend in butter. Break eggs into a bowl. Set aside 1 tsp of the egg white. Beat eggs. Add to sugar mixture and blend well. Add coconut. Then mix in water, lemon rind and juice. Pour into pastry lined pie pan. Moisten edge of crust. Cut slits in top crust. Place top crust over filling. Brush top crust with reserved egg whites and sprinkle with 1 tbsp sugar. Bake at 400 for 25 min. and 10 min. at 375 or until crust is golden brown.

Olga Fredrickson

### OATMEAL PIE

3/4 C raw oatmeal (quick kind)  
3/4 C white sugar  
3/4 C maple syrup  
1 cube melted butter or margarine  
2 eggs slightly beaten

Mix all the above together well. Pour into 9-inch pie crust unbaked. Place in 375 oven for 10 min., then lower to 350 and bake for 35 min. or until cooked through.

Barbara Erickson

### BUTTERMILK PIE

Mix well  
1 C butter  
4 C sugar  
6 tbsp flour  
6 eggs  
2 C Buttermilk

Bake 1 hour, 300°. Pie is done when knife inserted in center of pie comes out clean. This will make 2,9" pies. Cut thin slices. very rich.

Margaret Linn

### COCONUT LEMON PIE

1-1/4 C sugar  
2 tbsp flour  
dash salt  
1/4 C soft butter

3 eggs  
1 C shredded coconut  
1/2 C water  
2 tsp grated lemon rind  
1/4 C lemon juice

Pastry for 2-crust 9" pie

1 tbsp sugar

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Margaret Linn



Did somebody say

*Cookies*

### PINEAPPLE CRUNCHIES

1 #2 can crushed pineapple	1/4 C sugar
1-1/2 C flour	1 tsp vanilla
1 tsp soda	1-3/4 C corn flakes (crushed)
3/4 C brown sugar	1/2 C nuts chopped
3/4 C butter	1/2 tsp salt

Drain pineapple, reserve syrup. Sift flour, soda and salt together. Cream butter and sugar, add flour mixture, vanilla and 1 tsp pineapple syrup. Stir in corn flakes.

Press into balls as small as can make, about 1 in. diameter. Place on cookie sheet and make an indention in each each with thumb. Fill with crushed pineapple, sprinkle with chopped nuts. Bake at 350° for 12 minutes. Watch carefully.

Estrid Doscher

### NO BAKE COOKIES

5 level tbsp cocoa	1 C shredded coconut
2 C sugar	1 tsp vanilla
1/2 c or 1 cube butter	
3 C oats (either old fashion or quick)	
1/2 C whole milk	

Put cocoa, sugar, milk and butter in sauce pan; bring to a rolling boil, boil 2 min. Dump oats and coconut in and mix good, then drop by spoon on wax paper. Chopped nuts may be added if desired.

Barbara Erickson



### SWEDISH NUT BALLS

2/3 C butter  
1 C ground nut meats  
1 C flour

3 tbsp sugar  
1 tsp vanilla

Cream the butter, add other ingredients and work with fingers until well blended. Roll dough into balls about the size of marbles. Bake on a slightly buttered cookie sheet, in a moderate hot oven, about 375° for 10 min. Roll while hot in powdered sugar. Makes about sixty.

Anna K. Lewis

### DANISH TEA CAKES

1/2 C butter  
1/2 C brown sugar  
1 C flour  
2 tbsp flour  
1/4 tsp salt

2 eggs  
1 C brown sugar  
1 tsp vanilla  
1/2 tsp baking powder  
1-1/2 C coconut  
1 C chopped nuts

Combine butter with 1 C flour and 1/2 C brown sugar and spread on a cookie sheet and bake 10 min. Mean while sift 2 tbsp flour, baking powder and salt over the coconut and nuts. Beat eggs, add 1 C brown sugar and vanilla and beat until light and fluffy. Mix all together and spread on baked crust. Bake 20 minutes in moderate oven - cool and cut into bars. Hope you like this, I always double this and bake in large cookie sheet.

Maude Engberg

### CHOCOLATE COOKIES

3 tbs cocoa  
3 tbs butter

1/4 C gran. sugar  
1/4 C Lt. corn syrup

Bring to a rolling boil, 30 seconds. Add vanilla and 1/2 cup chopped nuts. Pour over 2 cups sugar frosted flakes. Drop on wax paper.

Ruth Veis

### OATMEAL COOKIES

1/2 C Crisco	3/4 C sifted flour
1/2 C brown sugar	1/2 tsp soda
1/2 C gran. sugar	1/2 tsp salt
1 beaten egg	1-1/2 C quick oats
1 tbsp water	1/2 C coconut
1/2 tsp vanilla	

Cream shortening and sugars thoroughly. Stir in beaten egg, water and vanilla. Add sifted dry ingredients, oats and coconut. Drop from a teaspoon on greased cookie sheet. Bake in 350° oven for 15 minutes.

Margaret Linn

### DREAMS (DROMMAR)

3/4 C sugar	2 C sifted flour
1 C butter	1 tsp baking powder
2 tsp vanilla	

Cream together sugar and butter. Add other ingredients and mix well. Shape dough into small balls, place on cookie sheets. Press one whole almond into the center of each cookie. Bake at 325° for 20 minutes until golden brown. Makes 3 dozen.

Svea Hickom

### GLITTER BUG COOKIES

1 C butter  
2 C flour  
Add 2 tbsp milk- mix

Separate egg and add egg yoke to first mixture. Roll out dough to an oblong shape. Beat egg white and 3/4C sugar and a little vanilla. Spread meringue on dough and roll. Put in refrigerator until cold. Cut and bake 350°. (Watch

Estrid Doscher

VRIDNA STUDENTER  
(STARLITE DELIGHT)

3-1/2 C flour	2 Eggs
1 C crisco	1 tsp salt
1 yeast cake	1 tsp vanilla
1 C sour cream	1 C sugar

Mix flour with crisco. Crumble yeast cake into the sour cream, add to flour mixture. Add eggs, salt and vanilla, knead dough until stiff. Let rise 2 hours or more in refrigerator. Divide sugar into thirds. Sprinkle part on board and roll dough out. Fold over dough and sprinkle, repeat. Cut pieces into 1/2 x 4 inches and twist. Bake at 350° for about 20 minutes or until brown.

Viola Hallen

CHOKLADBROD  
(COCOA BUTTER STICKS)

Cream:	Sift together:
3/4 C butter	1-3/4 C sifted flour
3/4 C sugar	1/4 C chocolate mix
	1 tsp baking powder
	1/2 tsp salt

Beat 1 egg and save 1 tbsp, add remainder to butter sugar mixture.

Blend in dry ingredients. Place on floured surface, divide into 4 parts, shape into a long roll. Place 4 inches apart on cookie sheet. Flatten to 1/4 in with floured fork. Blend 1 tsp water with reserved egg and brush over dough. Combine: 3 tbsp chopped nuts and 2 tsp sugar and sprinkle over dough. Bake 400° for 12 minutes until set. Cool 1 minute and cut into 1 inch bars. Makes 6 dozen.

Svea Hickom

SYLTKAKAR  
(SWEDISH JAM COOKIES)

Cream together:

3/4 C butter  
1 C sugar  
2 eggs well beaten  
1 tsp vanilla

Mix in:

3-1/2 C flour  
3 tsp baking powder  
1/3 C light cream  
or milk

Chill- Roll out on floured board to 1/8 in thickness. Cut with 2-1/2" cutter. Put 1/2 teaspoon raspberry jam on half the cookies, top with the remaining cookies and press around edges with a fork. Bake at 375° for 12 minutes. Makes 7 doz.

Svea Hickom

SANDBAKELSER  
(SAND TARTS)

1/3 C blanched almonds  
4 unblanched almonds  
7/8 C soft butter

3/4 C sugar  
1 egg white  
1-3/4 C sifted  
flour

Put almonds through fine knife of food grinder twice. Mix in butter, sugar and unbeaten egg white thoroughly. Stir in flour. Chill dough. Press dough into sandbakels molds, or tiny fluted tart forms, to coat inside. Place on ungreased baking sheet. Bake until very delicately browned. Tap molds on table to loosen cookies and turn them out of the molds. Bake for 12-15 minutes in 350° oven. Makes about 3 dozen cookies.

Ethel Hubbell

OLD FASHIONED SUGAR COOKIES

1 C butter  
1 C brown sugar  
1 C white sugar  
2 eggs  
4 C flour  
1 tsp soda

1 tsp Nutmeg  
1 tsp salt  
2 tsp baking powder  
1 C buttermilk  
1 tsp vanilla

Mix together:

Bake on ungreased cookie sheet. Bake 400°

Maude Engberg

PEPPAR KAKOR  
(SPICE COOKIES)

1 C brown sugar	3 tsp baking powder
1 C butter	1 tsp cinnamon
1 C dark syrup	3/4 tsp ginger
3 eggs well beaten	3/4 tsp nutmeg
4 tbsp whipped cream	1/2 tsp cloves
4-1/2 C flour	1/2 tsp salt

Boil sugar, syrup and butter together for 5 minutes. Cool and add eggs and cream. Sift dry ingredients and add to other mixture. Chill thoroughly, roll out dough and cut as desired. Bake for 8 - 10 min. at 400°. Makes 60 cookies.

Hilma Oberg

BLONDE BROWNIES

1 C flour	1/3 C butter
1/2 tsp Baking powder	1 C brown sugar
1/8 tsp baking soda	1 egg (slightly beaten)
1/2 tsp salt	1 Tsp vanilla
	1 C nuts

Sift flour. Add baking powder, baking soda and salt. Sift again and add nuts. Melt butter in saucepan, stir in sugar. Cool. Add egg, vanilla and stir in flour mixture, a small amount at a time. Mix well. Spread in greased pan 9 x 9 x 2. Bake 20 - 25 min. at 350°. Cut 24 bars.

Ruth Uffens

COFFEE TIME TASSIES

1 3oz cream cheese	3/4 C brown sugar
1/2 C butter or marg.	1 tbsp butter
1 C sifted flour	1 tsp vanilla
1 egg	dash of salt

2/3 pecans (coarsley broken)

Cheese Pastry: Blend softened cheese and 1/2 C butter. Stir in flour and chill, 1 hr. Shape into 24 one inch balls. Place in tiny ungreased 1-3/4 in muffin cups. Press dough on bottom and side of cups.

Pecan Filling: Beat together egg, sugar, 1 tbsp butter, vanilla and salt until smooth. Place half the pecans in pastry-lined cups, add egg mixture and top with remaining pecans. Bake 25 min. at 350°. Cool. Remove from pans.

Ruth Uffens

### SWEDISH CAKE

Stir together & let stand 2 hours

4 C sugar  
4 C flour  
2 C sour milk

Add and mix well

2 eggs  
2 tsp cinnamon  
2 tsp ginger  
1 tsp cloves  
10 cardamon seeds (crushes)  
(optional)

Add

2 tbsp baking soda mixed with 1/2 tbsp warm water.

Pour in buttered and crumbed forms. Bake for 40 min. or less in 375°. Better after a few days. Add nuts and raisens from "Jul Glogg"

Viola Hallen

### CHRISTINES KAKA

2 eggs  
3/4 C sugar  
1/2 sq. butter  
3/4 C flour  
1 tsp almond extract

Mix with fork and bake in buttered pie plate for 25 min at 325°. Sprinkle sugar or sliced almonds on top.

Viola Hallen

### SWEDISH SPRITS

1-1/2 C butter or marg.    2 tsp vanilla  
1 C sugar    4 C sifted flour  
1 well-beaten egg    1 tsp baking powder

Thoroughly cream butter, sugar; add egg, vanilla. Beat well. Sift dry ingredients; add to creamed mixture, mix to smooth dough. Force through cooky press. Bake on ungreased cooky sheet in hot oven 400° about 8 to 10 minutes. Makes 4 dozen.

Margaret Linn

# Candy



### SWEDISH NUTS

2 C walnuts  
dash of salt  
1/2 C butter

1 C sugar  
2 egg whites

Toast walnuts until light brown. Fold together sugar, salt and the egg whites beaten stiff. Melt butter slowly, pour into baking dish. Spread nut mixture over butter. Bake in slow oven (350) about 30 min., stirring every 10 min. or till nuts are coated with brown covering and no butter remains in pan. Cool.

Eva Allred

### SUGARED NUTS

1 C sugar  
1/2 C brown sugar  
1/2 C water

3 C nuts  
1/4 C white karo syrup

Cook until mixture will form a soft ball when dropped into cold water. Add 1 tsp. butter and 1/2 tsp vanilla. Add nuts and stir until thick. Spread on wax paper and separate. Let cool.

Estrid Doscher

### P\*NUT BRITTLE

2 Cups white karo (bottle)  
1 Cup white sugar  
2 Cups p-Nuts (1 large can)  
1/2 Cup water

1 tbsp butter  
vanilla  
1/2 tsp soda

Cook sugar, syrup and water till reaches 246°. Add nuts, butter and cook stirring till 290°. Remove, add vanilla and soda. Pour on greased sheet and stretch.

Margaret Linn



### ENGLISH TOFFEE

2 C butter (1 lb)    2 C sugar  
1/4 C water    2 tbsp light corn syrup  
enough grated semi-sweet chocolate to lightly cover  
bottom of pan.

Melt butter in electric frying pan. Add sugar and stir until sugar is dissolved. Add water and corn syrup. Continue cooking till 290, brittle stage or until it is a light caramel color. Stir slowly to prevent scorching. Spread grated chocolate on the bottom of the pan then ground nuts. Pour in mixture then put grated chocolate and nuts over the top, press lightly with fork.

Patricia Doscher

### CHOCOLATE FUDGE

Measure in mixing bowl:  
1 C chocolate chips (10 oz. pkg)  
1 tsp vanilla  
1/4 cube butter

Have ready: 9 x 9 buttered pan and 1 C chopped nuts.

Stir over medium heat until marshmallows are melted:

2 C sugar    10 marshmallows (lg)  
2/3 C evaporated milk

Pour over chocolate chip and beat until smooth or all chips are melted. Add chopped nuts and pour quickly into pan.

Store in refrigerator until ready to cut.

Vera Anderson

### BAKING HINTS

Do not grease the sides of cake pans. How would you like to climb a greased pole?

Baking Pans: For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cup cakes at 375 for 18 to 20 min.; layer cakes at 350 for 30 to 35 min., and loaf cakes at 350 for 40 to 45 min.

### ROCKY ROAD FUDGE SQUARES

1 C sifted flour  
1 tsp vanilla  
1 C granulated sugar  
2 sq. unsweetened chocolate (melt)

1/2 tsp salt  
2 eggs  
2/3 C soft shortening

#### For topping:

1/2 C chopped walnuts or other  
24 marshmallows snipped into quarters or use minatures  
1 pkg semi sweet chocolate pieces (6 oz.)

Preheat oven to 350

Grease 12 x 12 x 1/2 pan

Sift together flour, salt and sugar. Beat eggs until light and fluffy and add the shortening to this mixture. Blend in the vanilla and chocolate. Stir in walnuts and turn into oiled pan. Bake 20 to 25 minutes or until tester comes out clean. Immediately cover with marshmallows. Cool in pan. Melt chocolate pieces over hot (not boiling) water. Pour over marshmallows. Cool.

Jean Biehler

### DIVINITY

2-1/2 C white sugar  
1/2 C white karo  
1/2 C water

1 tsp vanilla  
1 C nuts  
2 egg whites

Put sugar, karo and water on to boil. Boil until it spins a thread when dropped from spoon held a few inches above pan. About 10 min., test often for overcooked syrup will not beat with egg whites. Start beating egg whites as soon as you put syrup on to cook. Beat till stiff. When syrup is cooked, remove from fire and add a tablespoon at a time to egg whites. Add vanilla. Continue beating until firm, about 12 min. Add nuts when almost ready to turn out. Drop on buttered cookie sheet in spoonfuls.

Barbara Erickson

