

Index

Calorie Tally 405-407
Cooking Terms . . 408-409
**Creative Uses for
Leftovers** 404

Index 412-435
Seasoning Guide . 410-411
Appetizers 410
Breads 410
Cheese 410

Desserts 411
Eggs 410
Meats, Poultry, Fish . 411
Pasta 410
Soups 410
Vegetables 411

CREATIVE USES FOR LEFTOVERS

Beef

- Best Oven Hash 8•198
- French Ragout 8•198
- Sandwiches
 - Stroganoff 2•41

Breads and Cereals

- Banana Bran
 - Muffins 4•100
- Bread Pudding 9•212
- Bread Stuffing 12•289
- Cheddar Bran
 - Muffins 4•101
- Cheese Fondue
 - Bake 12•307
- Cheese Puffs 3•69
- Chicken Strata 12•288
- Cornflake Crust 11•265
- Crunch Sticks 2•51
- Curried Wheat
 - Snacks 3•70
- French Toast 4•94
- Graham Cracker
 - Pudding 9•214
- Meatballs, Meatloaves
(See index) 18•425
- Molasses Corn
 - Muffins 4•103
- Orange Crunch
 - Muffins 4•101
- Parmesan Rice
 - Squares 3•69
- Regal Plum
 - Pudding 9•214
- Salmon Loaf 12•298
- Seeded Crackers 3•69

Buttermilk

- Boston Brown
 - Bread 4•97
- Cakes 5•130, 132-133
- Cheddar Bran
 - Muffins 4•101
- Cornmeal Griddle
 - Cakes 4•107
- Cornmeal Waffles 4•108
- Cowboy Coffee Cake 4•96
- Oatmeal Cookies 5•116
- Sour-Milk Muffins 4•100

Egg Whites

- Angel Cakes 5•139
- Baked Alaska 9•220
- Berry Meringue
 - Torte 9•217
- Black Forest Cake 5•133
- Brownie Torte 9•224

Egg Whites (Contd.)

- Chilled Prune Whip 9•213
- Coconut Kisses 5•117
- Divinity 6•152
- Frostings 5•143-144
- Fudge Ribbon Pie 11•270
- Low-Fat Muffins 4•100
- Macaroons 5•117
- Marshmallows 6•154
- Meringue 11•267
- Meringue Shell 9•216
- Nougat 6•152
- Petits Fours 5•131
- Sea Foam 6•153
- Sherbets 9•220
- Snow Pudding 9•212
- Strawberry Squares 9•218
- White Cake
 - Supreme 5•131

Egg Yolks

- Bearnaise Sauce 14•343
- Brussels Sprouts
 - Polonaise 15•358
- Butter Sponge 5•140
- Cheesecake
 - Supreme 9•216
- Cooked Dressing 13•329
- Dessert Sauces 14•347-348
- Fillings 5•146
- Hollandaise
 - Sauces 14•342
- Mayonnaise 13•330
- Pineapple Topper 5•146
- Pots de Creme 9•213
- Sauce Moorea 14•343
- 24-Hour Salad 13•325
- Vanilla Pudding 9•212

Ham

- Broiled Ham Dinner 2•44
- Chef's Salad Bowl 13•321
- Green Beans
 - Deluxe 15•357
- Ham-Cheese
 - Delight 8•200
- Ham Salad Filling 4•110
- Ham-Squash
 - Skillet 8•200
- Rice and Ham
 - Salad 13•321

Poultry

- Chicken Chip Bake 12•288
- Chicken Croquettes 12•287
- Chicken Curry 8•202
- Chicken Fried Rice 8•203

Poultry (Contd.)

- Chicken Pie 12•286
- Chicken Puffs 3•67
- Chicken Strata 12•288
- Chicken Velvet
 - Soup 14•335
- Club Chicken
 - Casserole 8•203
- Club Sandwich 4•111
- Salads 13•321
- Turkey-Noodle
 - Bake 12•293

Sour Cream

- Apricot Cream Pie 2•55
- Baked Seafood
 - Salad 12•300
- Blintz Pancakes 4•107
- Cantonese Casserole 8•201
- Cherry Cream Pie 2•55
- Company Creamed
 - Tuna 8•204
- Cream Goddess
 - Dressing 13•328
- Frank and Potato
 - Salad 2•44
- Hamburger-Cheese
 - Bake 8•196
- Hot Deviled Potatoes 2•49
- Jiffy Hollandaise 14•342
- No-Bake Almond
 - Balls 2•58
- Onion Supper Bread 2•50
- Peach Kuchen 2•56
- Pineapple Cream
 - Pie 11•267
- Sandwiches
 - Stroganoff 2•41

- Spicy Apricot Mold 13•323
- Spicy Raisin Coffee
 - Cake 4•96

- Taos Salad Toss 13•317
- Two-Berry Parfaits 9•213

Vegetables

- Best Oven Hash 8•198
- Calico Vegetable
 - Bowl 13•319
- Cream of Potato
 - Soup 14•335
- French Ragout 8•198
- Hamburger Pie 8•196
- Hashed-Brown
 - Omelet 12•311
- Potato Patties 15•362
- Potato Rolls 4•88

CALORIE TALLY

Whether it's maintaining weight, gaining weight, or losing weight, calories can make the difference. What are calories? The food we eat is burned (oxidized) by basic body functions and activity, or stored by the body. When food is burned it forms heat energy which is measured in units called calories; when stored, it forms fat body tissue and causes a gain in weight.

The daily balance of calories eaten and burned by the body can be figured by following these steps:

1. Estimate your desirable weight for height by consulting a weight chart.

2. Multiply your desirable weight by the number 15.6 if you are a woman and 17.5 if you are a man. (These numbers are based on light amounts of physical activity. Additional calories will be needed by those who regularly engage in strenuous activities. Since many people tend to overestimate their energy requirements, the above is a satisfactory guide for most of today's occupations.)

3. Subtract 10 calories for each year of age over 22. (Desired weight at age 22 should be maintained throughout life. As you grow older, fewer calories are required to maintain this weight.)

A	Calories	Calories	Calories
Apple Baked, sweetened, 1 medium ... 188 Fresh, 1 medium (2½-inch diameter) 70 Juice, canned, 1 cup 120 Apple brown Betty, 1 cup 345 Applesauce, canned sweetened, 1 cup 230 Unsweetened, 1 cup 100 Apricots Canned, ½ cup in syrup 110 Dried, cooked, unsweetened, ½ cup in juice 120 Fresh, 3 55 Nectar, ½ cup 70 Asparagus Canned spears, green, medium, 6 spears 20 Cooked, 1 cup cut spears 35 Frozen, 6 spears 23 Avocado, peeled, ½ (3½x4¼ inches) 185		Beef cuts, cooked Corned, canned, 3 slices (3x2x¼ inch) 185 Hamburger, 1 patty (4 ounces uncooked) 245 Pot roast, lean and fat, 3 ounces 245 Rib roast, 3 ounces 375 Round steak, 3 ounces 220 Sirloin steak, broiled, 3 ounces 330 Beef liver, fried, 2 ounces 130 Beef tongue, braised, 3 ounces 210 Beets, cooked, diced, 1 cup 50 Biscuit, baking powder, 1 (2½-inch diameter) 140 Blueberries, raw, 1 cup 85 Bread Boston brown, 1 slice (3x¾ inch) 100 Raisin, 1 slice 60 Rye, 1 slice 55 White, 1 slice 60 Whole wheat, 1 slice 55 Broccoli, spears, cooked, 1 cup ... 40 Brussels sprouts, cooked, 1 cup ... 45 Butter or margarine, 1 tablespoon 100	Cake, cont. Cupcake, plain, chocolate icing, 1 (2¼-inch diameter) ... 185 Gingerbread, 2x2x2 inches 175 Plain, 2 layers, chocolate icing, 2-inch wedge 370 Pound, 1 slice (2¾x3x¾-inch) 140 Sponge, 2-inch wedge 120 Candy Caramel, 1 ounce 115 Chocolate creams, 1 51 Chocolate, milk, 1 ounce 150 Chocolate, mints, 1 medium (20 per pound) 87 Gumdrops, 8 small 33 Jelly beans, 5 33 Peanut brittle, 1 piece (2½x2½x¾ inch) 110 Cantaloupe, ½ (5-inch diameter) 60 Carrots, cooked, diced, 1 cup 45 Catsup, 1 tablespoon 15 Cauliflower, cooked flowerets, 1 cup 25 Celery, raw, 2 stalks (8 inches long) 10 Cereals, cooked Oatmeal, 1 cup 130 Wheat, rolled, 1 cup 175 Cereals, ready-to-eat Bran flakes, 1 ounce 85 Cornflakes, 1 ounce 110 Oats, puffed, 1 ounce 115 Rice, puffed, 1 cup 55 Wheat flakes, 1 ounce 100 Wheat, puffed, 1 ounce 105 Wheat, shredded, 1 ounce 100
B Bacon, 2 crisp strips 100 Bacon, Canadian, 3 slices 195 Banana, 1 medium (6x1½ inches) 85 Beans Baked, with tomato sauce and pork, ½ cup 160 Green, snap, cooked, 1 cup 30 Lima, baby, cooked, 1 cup 180 Yellow or wax, cooked, 1 cup 22		C Cabbage, cooked, 1 cup 35 Cake Angel, 2-inch wedge 110 Chocolate, 2 layers, chocolate icing, 2-inch wedge 445	

	Calories	
Cheese		
American, process, 1 ounce	105	
Blue, 1 ounce	105	
Camembert, 1 ounce	84	
Cheddar, 1-inch cube	70	
Cottage, from skim milk, cream-style, 1 cup	240	
Cream cheese, 1 ounce	105	
Parmesan, grated, 3 tablespoons	55	
Swiss, 1 ounce	105	
Cherries, canned (water-packed) tart, red, ½ cup		43
Fresh, sweet, ½ cup	40	
Chicken		
Broiled, skinned and boned, 3 ounces	115	
Fried, breast, ½	155	
Fried, drumstick, 1	90	
Chicken potpie, 1 individual (4¼-inch diameter)	535	
Chili con carne with beans, canned, ½ cup	167	
Chili sauce, 1 tablespoon	20	
Chocolate syrup, thin-type, 1 tablespoon	50	
Clams, canned, ½ cup in liquor	52	
Cocoa (all milk), 1 cup	235	
Coconut, shredded, dried, sweetened, 2 tablespoons	43	
Coffee or tea	0	
Cola, carbonated beverage, 1 cup	95	
Coleslaw, no lettuce, ¾ cup	68	
Collards, cooked, 1 cup	55	
Cookie, plain (3-inch diameter)	120	
Corn, canned, whole kernel, 1 cup	170	
Sweet, cooked, 1 ear (5x1¾-inch)	70	
Corn syrup, 1 tablespoon	60	
Crab meat, canned, flaked, ½ cup	85	
Crackers		
Graham, 4 small or 2 medium squares	55	
Oyster, 10	45	
Rye wafers, crisp, 2 (1½x3½ inches)	45	
Saltines, 2 (2-inch square)	35	
Soda, 2 (2½-inch square)	50	
Cranberry juice cocktail, canned, ½ cup	80	
Cranberry sauce, sweetened, canned, 1 cup	405	
Cream		
Half-and-half, 1 tablespoon	20	
Heavy or whipping, 1 tablespoon	55	
Light, 1 tablespoon	30	
Whipped, unsweetened, 1 tablespoon	28	
Cucumber, 6 slices (2x½ inch)	5	
Custard, baked, 1 cup	285	

	Calories	
D-F		
Dates, fresh and dried, pitted, 1 cup	490	
Doughnut, cake type, 1	125	
Eggs		
Fried, 1 medium	108	
Omelet, plain, 2-egg	214	
Poached, hard or soft-cooked, 1	80	
Scrambled with milk and butter, 1	110	
Figs, canned, with syrup, 3 medium	84	
Dried, 1 large	60	
Fish		
Halibut, broiled, 3 ounces	155	
Mackerel, broiled, 3 ounces	200	
Ocean perch, breaded, fried, 3 ounces	195	
Fish stick, breaded, cooked, 1	40	
Frankfurter, cooked, 1	155	
Fruit cocktail, canned, with syrup, 1 cup	195	
Fruitcake, dark, 1 piece (2x2x½ inch)	115	
G		
Gelatin dessert		
Fruit added, ready-to-serve, 1 cup	160	
Plain, ready-to-serve, 1 cup	140	
Gelatin, dry, unflavored, 1 tablespoon		35
Ginger ale, 1 cup	70	
Grapefruit		
Canned, sections, white with syrup, 1 cup	175	
Fresh, pink, ½ medium	60	
Fresh, white, ½ medium	55	
Juice, canned, unsweetened, ½ cup	50	
Juice, frozen, unsweetened, water added, ½ cup	50	
Grapes		
Concord, fresh, 1 cup	65	
Juice, canned, 1 cup	165	
Seedless green or Tokay, fresh, 1 cup	95	
Griddle cake, 1 (4-inch diameter)	60	
Buckwheat, 1 (4-inch diameter)	55	
H-J		
Ham, fully cooked, 3 ounces	245	
Hard sauce, 2 tablespoons	97	
Honey, strained, 1 tablespoon	65	

	Calories	
Honeydew melon, ¼ small (5-inch diameter)		33
Ice cream, vanilla, 1 slice (½ quart)	145	
Ice milk, 1 cup	285	
Jam, marmalade, preserves, 1 tablespoon	55	
Jelly, 1 tablespoon	55	
K-M		
Kale, cooked, 1 cup	30	
Lamb, chops, broiled, 4 ounces	400	
Leg roast, 3 ounces	235	
Lemon, 1 medium	20	
Juice, 1 tablespoon	5	
Lemonade, frozen, sweetened, water added, 1 cup	110	
Lettuce		
Boston, ¼ medium head	8	
Iceberg, ¼ medium compact head	15	
Leaves, 2 large or 4 small	10	
Liverwurst, 1 slice (3-inch diameter, ¼ inch thick)	79	
Lobster, canned, ½ cup	75	
Luncheon meat		
Bologna, 1 thin slice (4-inch diameter)	86	
Ham, boiled, 1 ounce	68	
Salami, 1 slice (3¾-inch diameter, ¼ inch thick)	130	
Macaroni, cooked, ½ cup	78	
Macaroni and cheese, baked, ½ cup	235	
Malted milk, 1 cup	280	
Maple syrup, 1 tablespoon	50	
Marshmallows, 1 ounce	90	
Meat loaf, beef and pork, 1 slice (4x3x¾ inch)	264	
Melba toast, 1 thin slice	15	
Milk		
Buttermilk, 1 cup	90	
Chocolate, drink, 1 cup	190	
Condensed, sweetened, undiluted, ½ cup	490	
Evaporated, undiluted, ½ cup	173	
Skim, 1 cup	90	
Whole, 1 cup	160	
Molasses, light, 1 tablespoon	50	
Muffin, corn, 1 (2¾-inch diameter)	150	
Plain, 1 (2¾-inch diameter)	140	
Mushrooms, canned, ½ cup	20	
N-O		
Noodles, cooked, ½ cup	100	
Nuts		
Almonds, dried, salted, unblanched, 12 to 15	93	

	Calories
<i>Nuts cont.</i>	
Brazil nuts, 4	97
Cashews, roasted, 6 to 8	88
Peanuts, roasted, shelled, chopped, 1 tablespoon	55
Pecans, chopped, 1 tablespoon	50
Walnuts, chopped, 1 tablespoon	50
Okra, cooked, 8 pods (3x $\frac{3}{4}$ inch)	25
Olives, green, 4 medium	15
Ripe, 3 small	15
Onion, cooked, $\frac{1}{2}$ cup	30
Green, 6 small without tops	20
Orange, Navel, 1 medium (2 $\frac{1}{2}$ -inch diameter)	60
Orange juice, canned, unsweetened, 1 cup	120
Fresh, California, 1 cup	115
Frozen, water added, 1 cup	110
Oyster stew, 1 cup (3 to 4 oysters)	200
Oysters, raw, $\frac{1}{2}$ cup (6 to 10 medium)	80

P

Parsnips, cooked, $\frac{1}{2}$ cup	50
<i>Peaches</i>	
Canned, 2 medium halves and 2 tablespoons syrup	90
Fresh, 1 medium	35
Frozen, 12-ounce package	300
Peanut butter, 1 tablespoon	95
Pears, canned, 2 medium halves and 2 tablespoons syrup	90
Fresh, 1 medium (3x2 $\frac{1}{2}$ -inch diameter)	100
Peas, green, cooked, 1 cup	115
Pepper, green, raw, 1 medium	15
Pickles, dill, 1 large (4x1 $\frac{1}{4}$ inch)	15
Sweet, 1 medium (2 $\frac{1}{4}$ x $\frac{3}{4}$ inch)	30
<i>Pie, $\frac{1}{7}$ of 9-inch pie</i>	
Apple	345
Cherry	355
Custard	280
Lemon meringue	305
Mince	365
Pumpkin	275
Pimiento, canned, 1 medium	10
Pineapple, canned, 2 small or 1 large slice and 2 tablespoons juice	90
Fresh, diced, 1 cup	75
Juice, canned, 1 cup	135
Pizza, cheese, $\frac{1}{8}$ of 14-inch pie	185
Plums, canned, 3 whole and 2 tablespoons juice	100
Fresh, 1 (2-inch diameter)	25
Popcorn, 1 cup	65
<i>Pork</i>	
Chop, cooked, 3 $\frac{1}{2}$ ounces	250

Pork cont.

Roast, 3 $\frac{1}{2}$ ounces	283
Sausage, cooked, links or patty, 3 $\frac{1}{2}$ ounces	421
Spareribs, roasted, meat from 3 medium ribs	123
Potato chips, 10 medium	115
Potato salad, $\frac{1}{2}$ cup	99
<i>Potatoes</i>	
Baked, 1 medium	90
Boiled, 1 medium	80
French fried, 10 medium	155
French fried, frozen, over- heated, 10 medium	125
Hash browned, $\frac{1}{2}$ cup	229
Mashed with milk, 1 cup	125
Sweet, baked, 1 medium	155
Candied, 1 medium	295
Canned, 1 cup	235
Pretzels, 5 small sticks	20
Prunes, dried, cooked, unsweetened, 1 cup	295
Juice, canned, $\frac{1}{2}$ cup	100
Pudding, vanilla, 1 cup	275
Pumpkin, canned, 1 cup	75

R

Radishes, raw, 4 small	5
Raisins, dried, 1 cup	460
Raspberries, red, fresh, $\frac{1}{2}$ cup	35
Frozen, 10-ounce package	275
Rhubarb, cooked, sweetened, 1 cup	385
Rice, cooked, $\frac{1}{2}$ cup	93
<i>Rolls</i>	
Hamburger, 1 medium	89
Hard, 1 medium	160
Plain, 1 medium	115
Sweet, 1 medium	135
Rutabagas, cooked, diced, $\frac{1}{2}$ cup	35

S

<i>Salad dressings</i>	
Blue cheese, 1 tablespoon	80
Commercial, plain (mayon- naise type) 1 tablespoon	65
French, 1 tablespoon	60
Home-cooked, 1 tablespoon	30
Mayonnaise, 1 tablespoon	110
Thousand Island, 1 tablespoon	75
Salad oil, 1 tablespoon	125
Salmon, broiled or baked, 3 ounces	154
Canned, pink, 3 ounces	120
Sardines, canned in oil, 3 ounces	175
Sauerkraut, canned, 1 cup	45
Sherbet, orange, $\frac{1}{2}$ cup	130

Calories

Shrimp, canned, 3 ounces	100
French fried, 3 ounces	191
<i>Soup, canned condensed, diluted with water unless specified otherwise</i>	
Bean with pork, 1 cup	170
Beef bouillon, broth, consomme, 1 cup	30
Beef noodle, 1 cup	70
Chicken noodle, 1 cup	65
Clam chowder, Manhattan- style, 1 cup	85
Cream of asparagus, diluted with milk, 1 cup	140
Cream of celery, diluted with milk, 1 cup	166
Cream of mushroom, diluted with milk, 1 cup	211
Split-pea, 1 cup	145
Tomato, 1 cup	90
Vegetable with beef broth, 1 cup	80
Spaghetti, cooked, $\frac{1}{2}$ cup	78
Spaghetti with meatballs in tomato sauce, homemade, 1 cup	335
Spanish rice, 1 cup	130
Spinach, cooked, 1 cup	40
<i>Squash, summer, cooked, diced, 1 cup</i>	
Winter, baked, mashed, 1 cup	130
Strawberries, fresh, 1 cup	55
Frozen, 10-ounce package	310
<i>Sugar</i>	
Brown, firm-packed, 1 tablespoon	50
Confectioners', 1 tablespoon	30
Granulated, 1 tablespoon	45

T-Y

Tangerine, 1 medium (2 $\frac{1}{2}$ - inch diameter)	40
Tartare sauce, 1 tablespoon	95
<i>Tomatoes</i>	
Canned, $\frac{1}{2}$ cup	25
Fresh, 1 medium (2x2 $\frac{1}{2}$ inch)	35
Juice, canned, 1 cup	45
Tuna, canned in oil, drained, 3 ounces	170
Turkey, roasted, 3 slices (3x2 $\frac{1}{2}$ x $\frac{1}{4}$ inch)	200
Turnip greens, cooked, 1 cup	30
Turnips, cooked, diced, 1 cup	35
Veal, cutlet, broiled, 3 ounces	185
Roast, medium done, 3 ounces	230
Vinegar, 1 tablespoon	2
Waffle, 1 (5 $\frac{1}{2}$ x4 $\frac{1}{2}$ x $\frac{1}{2}$ inch)	210
Watermelon, 1 wedge (4x8 inch)	115
White sauce, medium, $\frac{1}{2}$ cup	215
Yogurt, 1 cup	120

Calories

COOKING TERMS

- Antipasto**—A first course of assorted relishes, smoked, or pickled meats or fish.
- Au gratin**—Topped with bread crumbs or shredded cheese and browned.
- Au jus**—Served in natural meat juices from roasting.
- Bake**—To cook covered or uncovered in an oven or oven-type appliance. For meats cooked uncovered, it's called roasting.
- Baste**—To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.
- Beat**—To make mixture smooth by adding air with a brisk whipping or stirring motion using spoon or electric mixer.
- Bechamel**—Rich, white cream sauce.
- Bisque**—A thick cream soup containing fish or game; or pureed vegetables.
- Blanch**—To precook in boiling water or steam to prepare foods for canning or freezing, or to loosen skin.
- Blend**—To thoroughly mix two or more ingredients until smooth and uniform.
- Boil**—To cook in liquid at boiling temperature (212° at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.
- Braise**—To cook slowly with a small amount of liquid in tightly covered pan on top of range or in oven.
- Bread**—To coat with bread crumbs before cooking.
- Broil**—To cook by direct heat, usually in broiler, or over coals.
- Candied**—To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till translucent and well coated.
- Caramelize**—To melt sugar slowly over low heat until it becomes brown in color.
- Chill**—To place in refrigerator to reduce temperature.
- Chop**—To cut in pieces about the size of peas with knife, chopper, or blender.
- Cool**—To remove from heat and let stand at room temperature.
- Coq au vin**—Chicken in red wine sauce.
- Court bouillon**—A broth flavored with meat, fish, and various vegetables. Used for poaching and for sauce.
- Cream**—To beat with spoon or electric mixer till mixture is soft and smooth. When applied to blending shortening and sugar, mixture is beaten till light and fluffy.
- Crepe Suzette**—A thin sweet pancake usually served rolled with hot orange sauce flavored with curaçao or other liqueurs. Usually set aflame before serving.
- Croissant**—Flaky, crescent-shaped roll.
- Crouton**—A small cube of dry toasted bread served atop soup or salad.
- Cut in**—To mix shortening with dry ingredients using pastry blender or knives.
- Dice**—To cut food in small cubes of uniform size and shape.
- Dissolve**—To disperse a dry substance in a liquid to form a solution.
- Dredge**—To sprinkle or coat with flour or other fine substance.
- Fillet**—A strip of lean meat or of fish without bone.
- Flake**—To break lightly into small pieces.
- Fold**—To add ingredients gently to a mixture. Using a spatula, cut down through mixture; go across bottom of bowl and up and over, close to surface. Turn bowl frequently for even distribution.
- Fricassee**—A stew of meat or poultry in gravy.
- Fry**—To cook in hot shortening. Pan-frying is to cook in a small amount of shortening. Deep-fat frying is to cook immersed in large amount of shortening.
- Garnish**—To trim with small pieces of colorful foods (pepper, pimiento, lemon).
- Gazpacho**—A cold soup made of raw chopped vegetables; Spanish.
- Glaze**—A mixture applied to food which hardens or becomes firm and/or adds flavor and a glossy appearance.
- Grate**—To rub on a grater that separates the food into very fine particles.
- Julienne**—Match-like strips of vegetables, fruits, or meats.
- Knead**—To work the dough with the heel of the hand with a pressing, folding motion.
- Lyonnaise**—A dish, usually potatoes, cooked with onions.
- Marinate**—To allow a food to stand in a liquid to tenderize or to add flavor.
- Mince**—To chop food in very small pieces.

Minestrone—A thick vegetable soup.

Mix—To combine ingredients, usually by stirring, till evenly distributed.

Mocha—Chocolate-coffee flavor.

Mornay—A cheese-flavored white sauce.

Mousse—Sweetened, flavored whipped cream, sometimes with gelatin, frozen without stirring and served as a dessert.

Paella—Classic saffron rice dish made with chicken, seafood, and vegetables.

Panbroil—To cook uncovered on hot surface, removing fat as it accumulates.

Pan fry—To cook in small amount of hot shortening.

Partially set—To chill gelatin until the consistency of egg white.

Petit four—Small tea cake, frosted and often decorated with frosting flowers.

Pilaf—A rice dish with meat or poultry and vegetables, or raisins and spices. Fried in oil, then steamed and seasoned.

Pit—To remove pits from fruits.

Poach—To cook in hot liquid, being careful that food holds its shape while cooking.

Polenta—Thick cornmeal mush, often served with sauce, gravy, or stew. May be cooked firm and sliced; or cooked just till consistency of mashed potatoes.

Pots de creme—Delicate chilled dessert pudding, often chocolate, served in cups.

Poulet—Chicken; French.

Praline—Flat sugar candy with nuts.

Precook—To cook food partially or completely before final cooking or reheating.

Puree—A paste or thick liquid suspension of food.

Quiche Lorraine—Savory hot custard tart containing bacon, onions, and cheese.

Ragout—A highly seasoned stew of meat and vegetables.

Ratatouille—A stew of eggplant, green pepper, tomatoes, and squash, seasoned with garlic and other condiments. Sometimes meat is added. Serve hot or cold.

Roast—To cook uncovered without water added, usually in an oven.

Roulade—A thin slice of meat rolled up with or without stuffing, then cooked.

Roux—A mixture of flour and fat that is cooked, sometimes till the flour browns, and is used to thicken soups and sauces.

Sauerbraten—Pot roast of beef marinated in vinegar-spice mixture, then braised.

Saute—To brown or cook in a small amount of hot shortening.

Scald—To bring to a temperature just below the boiling point where tiny bubbles form at the edge of the pan.

Scallop—To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

Score—To cut narrow grooves or slits partway through the outer surface of food.

Sear—To brown the surface of meat very quickly by intense heat.

Shred—To rub on a shredder to form small, long narrow pieces.

Sift—To put one or more dry ingredients through a sieve or sifter.

Simmer—To cook in liquid over low heat at a temperature of 185° to 210° where bubbles form at a slow rate and burst before reaching the surface.

Soft peaks—To beat egg whites or whipping cream till peaks are formed when beaters are lifted, but tips curl over.

Souffle—A puffy egg dish with a white sauce base having seasonings and added ingredients, such as cheese, tuna, or chocolate.

Steam—To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

Steep—To extract color, flavor, or other qualities from a substance by leaving it in liquid just below the boiling point.

Sterilize—To destroy microorganisms by boiling, dry heat, or steam.

Stew—To simmer slowly in a small amount of liquid.

Stiff peaks—To beat egg whites till peaks stand up straight when beaters are lifted, but are still moist and glossy.

Stir—To mix ingredients with a circular motion until well blended.

Stroganoff—Usually beef sliced thin and cooked with sauce of broth, sour cream, and seasonings.

Toss—To mix ingredients lightly.

Truss—To secure fowl or other meat with skewers to hold its shape during cooking.

Welsh rarebit—Melted cheese, usually mixed with milk, ale, or beer, and served over toast or crackers.

Whip—To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

Wiener schnitzel—Thin breaded veal cutlet.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, $\frac{1}{4}$ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Freeze fresh herbs and enjoy them all winter long. Wash, then blanch the herbs in boiling water for 10 seconds. Chill in ice water 1 minute; pat dry. Package in small moisture-vaporproof bags or foil; seal; label. Freeze. Use while frosty.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
<p>CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled.</p>	<p>BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.</p>	<p>BAKED EGGS: Sprinkle dash of thyme or paprika over the top.</p>
<p>FRUIT COCKTAIL: Try adding mint or rosemary.</p>	<p>BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.</p>	<p>CREAMED EGGS: Add mace.</p>
<p>STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.</p>	<p>COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.</p>	<p>DEVEILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.</p>
<p>TOMATO COCKTAIL: Add $\frac{1}{4}$ teaspoon dried basil, per cup.</p>	<p>CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome; add $\frac{1}{2}$ teaspoon rosemary to batter.</p>	<p>OMELET: Try with dash of marjoram or rosemary (go easy!).</p>
<p>CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.</p>	<p>CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.</p>	<p>SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasonings near the end of cooking.</p>
<p>CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.</p>	<p>DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar.</p>	<p>SOUFFLE: Add $\frac{1}{4}$ teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.</p>
<p>CONSOMME: Dash in basil, marjoram, savory, or tarragon.</p>	<p>DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.</p>	<p>CHEESE CASSEROLES: Spark with dash sage or marjoram.</p>
<p>FISH CHOWDER: Add bay leaves, curry powder, or dill.</p>	<p>MUFFINS: Blueberry—add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.</p>	<p>CHEESE FONDUE: Try adding a dash of basil or nutmeg.</p>
<p>MUSHROOM SOUP: Season with curry, oregano, or marjoram.</p>	<p>NOODLES: Butter, then sprinkle with poppy seed.</p>	<p>CHEESE RAREBIT: Try with mace or mustard.</p>
<p>ONION SOUP: Add marjoram.</p>	<p>ROLLS: Add caraway seed. Or, sprinkle with sesame seed.</p>	<p>CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.</p>
<p>OYSTER STEW: Lightly add cayenne, mace, or marjoram.</p>	<p>SPAGHETTI: Toss with butter, Parmesan, and snipped chives.</p>	<p>CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted process cheese.</p>
<p>POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.</p>	<p>WAFFLES: Add poultry seasoning to batter; serve with creamed chicken. Or, add cardamom to honey; pour over waffles.</p>	<p>COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.</p>
<p>SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.</p>		<p>CREAM CHEESE: Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.</p>

Meats, Poultry, Fish	Vegetables	Desserts
<p>BEEF STEW: Add subtle flavor with allspice, basil, celery seed, or oregano. Or, add bouquet garni of chives, savory, and thyme; remove before serving.</p>	<p>ASPARAGUS: Add caraway seed, dill, mustard, nutmeg, sesame seed, or tarragon.</p>	<p>APPLE PIE: Add cinnamon to the crust. To the filling add aniseed, cardamom, or nutmeg.</p>
<p>BEEF POT ROAST: Season 3-pound pot roast with ¼ teaspoon each dry mustard, marjoram, rosemary, and thyme.</p>	<p>BEETS: Sprinkle with allspice, bay leaves, celery seed, cloves, dill, or ginger before cooking.</p>	<p>BANANAS: Slice; pour cream over. Sprinkle with nutmeg.</p>
<p>HAM LOAF: Add ground cloves or ginger.</p>	<p>BROCCOLI: Flavor with mustard, oregano, or tarragon butter.</p>	<p>CHERRY PIE: Add dash mace.</p>
<p>LAMB CHOPS: Dash with marjoram; broil. Or, sprinkle with dill near end of broiling.</p>	<p>CABBAGE: Cook with basil, dill, mustard, savory, or tarragon.</p>	<p>CHOCOLATE CAKE: Add a dash of ground cinnamon.</p>
<p>LAMB STEW: Add bouquet garni of rosemary, parsley, and celery, or parsley, thyme, and basil. Remove before serving.</p>	<p>CARROTS: Dash with chili powder, ginger, mace, marjoram, or poppy seed for a variation.</p>	<p>CHOCOLATE PUDDING: Add a dash of allspice, cloves, or mace.</p>
<p>MEAT LOAF: Add dash of oregano and basil.</p>	<p>CAULIFLOWER: Season with curry powder, dill, mustard, nutmeg, savory, or tarragon.</p>	<p>CUSTARDS: Sprinkle with nutmeg, cinnamon, or cardamom.</p>
<p>PORK CHOPS: Sprinkle lightly with sage, thyme, or cloves.</p>	<p>CORN: Add celery seed, chili powder, chives, or curry powder.</p>	<p>DESSERT COFFEE: Place 1 crushed cardamom seed in each demitasse cup. Fill with demitasse coffee. Or, place cinnamon stick in coffee grounds; perk.</p>
<p>PORK ROAST: Combine rosemary and parsley; sprinkle over.</p>	<p>EGGPLANT: Add allspice, basil, chili powder, or thyme.</p>	<p>MELON OR FRUIT CUP: Chill; sprinkle with cardamom seed.</p>
<p>VEAL CUTLETS: Pound in mixture of basil and marjoram.</p>	<p>GREEN BEANS: Perk up with basil, bay leaves, dill, marjoram, mustard, oregano, or sesame seed.</p>	<p>PEACH COBBLER: Add nutmeg to the biscuit topper.</p>
<p>VEAL ROAST: Combine bay leaf, parsley, and thyme; sprinkle atop.</p>	<p>ONIONS: Season with ginger, mustard, nutmeg, oregano, poppy seed, sage, or thyme.</p>	<p>PEACH PIE: Add generous shake of cinnamon or nutmeg.</p>
<p>CHICKEN, BROILED: Sprinkle lightly with marjoram, rosemary, or savory; broil.</p>	<p>PEAS: Add chili powder, dill, marjoram, mint, mustard, oregano, poppy seed, or savory.</p>	<p>PEARS: Dot fresh or canned pear halves with butter; sprinkle with sugar and cinnamon. Broil.</p>
<p>CHICKEN PIE: Add poultry seasoning or sage to crust; or, season filling with dill or ginger.</p>	<p>POTATOES, SWEET: Season with allspice, cardamom, cinnamon, ginger, or nutmeg.</p>	<p>PUMPKIN PIE: Add allspice, cardamom, ginger, or nutmeg.</p>
<p>CHICKEN, STEWED: Add dash of basil, bay leaf, or cumin.</p>	<p>POTATOES, WHITE: Sprinkle in caraway seed, chives, dill, mace, mint, poppy seed, or thyme.</p>	<p>RHUBARB SAUCE: Add dash of ground nutmeg.</p>
<p>CHICKEN STUFFING: For variety, add basil, celery seed, marjoram, oregano, poppy seed, or thyme.</p>	<p>RICE: Season with cumin, curry powder, parsley, or saffron.</p>	<p>RICE PUDDING: Season with cloves, ginger, or nutmeg.</p>
<p>DUCK: Add celery seed, rosemary, or oregano to stuffing.</p>	<p>SQUASH, SUMMER: Season with basil, mace, marjoram, or mustard.</p>	<p>SPICY ICE CREAM: Blend 1 teaspoon cinnamon into 1 quart softened ice cream. Freeze. Spoon over sliced peaches or apple crisp.</p>
<p>FISH FILLETS: Sprinkle with marjoram, savory, tarragon, or thyme; or paprika for color.</p>	<p>SQUASH, WINTER: While it cooks add a dash of allspice, basil, cinnamon, cloves, or ginger.</p>	<p>SPRITZ COOKIES: Add ½ teaspoon cardamom to dough.</p>
<p>SALMON OR TUNA CASSE-ROLE: Add dash dill or parsley.</p>	<p>TOMATOES: Sprinkle fresh with basil, celery seed, dill, or thyme. Season stewed tomatoes with parsley, chives, oregano, or some herb-seasoned croutons.</p>	<p>STEWED PRUNES: Add a stick of cinnamon while cooking.</p>
		<p>SUGAR COOKIES: Stir aniseed into dry ingredients.</p>
		<p>YELLOW CAKE: To favorite recipe, add mace or ½ teaspoon nutmeg and ¼ teaspoon allspice.</p>

INDEX

A

Alaskas

- Baked Alaska 9•220
Peppermint Alaskas 2•54

Almonds

- Almond Butter Crunch 6•155
Almond Chicken 8•203
Chinese Almond
 Cookies 5•122
Choco-Almond Velvet 9•219
Deviled Almonds 3•70
Glazed Almonds 6•154
Green Beans Almond 15•357
No-Bake Almond
 Balls 2•58
Turkey-Almond Bake 12•294
Ambrosia 9•218
Anchovy Dip 3•72
Angel Cakes 5•139
 Angel Loaf Cake 5•139
 Choco-Angel Dessert .. 2•53
 Chocolate Angel Cake 5•139
 Lemon-Angel Dessert .. 9•223
 Tips 5•139
Angel Sweets 6•156

Appetizers

- Appetizer Ham Ball 3•70
Appetizer Juices 3•65
Appetizer Kabobs 3•66
Appetizer Pie 4•110
Quick Meal
 Beginnings 2•41

Apples

- Apple Betty 9•226
Apple Butter 7•164
Apple-Cherry Juice 7•165
Apple Cobbler 9•225
Apple Crumb Pie 11•271
Apple Custard Pie 11•271
Apple Dumplings 9•224
Apple Fritters 1•14
Apple-Ham Open-
 Facers 1•20
Apple-Oatmeal
 Cookies 5•121
Apple-Orange Toss 2•48
Apple Pancakes 4•106
Apple-Peach Conserve 7•180
Apple Pie Filling 7•164
Apple-Tuna Toss 13•322
Baked Apples 9•225
Canning Apples 7•163
Cheese Stuffed Apples .. 3•69
Cinnamon Apple Jelly 7•177
Cinnamon Apple
 Rings 13•327

Apples (continued)

- Cinnamon Apples 6•155
Cinnamon-Apple
 Salad 13•324
Curried Apple
 Relish 13•327
Date Apple Torte 2•56
Double Apple Salad .. 13•324
Freezing Apples .. 7•181, 183
Ginger-Apple Bars 2•57
Honey Baked Apples ... 1•22
Mint-Apple Jelly 7•177
Perfect Apple Pie 11•271
Rutabaga and Apple .. 15•364
Applesauce 14•347
 Applesauce Beef
 Loaf 10•240
 Applesauce Bread
 Pudding 1•25
 Applesauce Cake 5•131
 Applesauce Cream 2•53
 Spiced Applesauce 1•24
 Squash and
 Applesauce 15•365

Apricots

- Apricot Bars 5•123
Apricot Cream Pie 2•55
Apricot Foldovers 5•121
Apricot Jam 7•179
Apricot Mousse 2•53
Apricot Nectar 7•165
Apricot-Orange
 Butter 7•164
Apricot-Pineapple
 Jam 7•177
Apricot Swizzle 3•74
Banana-Apricot Pie ... 11•268
Canning Apricots 7•163
Freezing Apricots 7•183
Frozen Apricot Torte ... 2•54
Orange-Apricot
 Freeze 13•326
 Spicy Apricot Mold .. 13•323
Armenian Shish Kabobs .. 2•38

Artichokes

- Artichoke Velvet 15•356
Cooking Artichokes ... 15•353
Crab-Artichoke Bake 12•299
Marinated Artichokes ... 3•67

Asparagus

- Asparagus Dress-Ups 15•356
Canning Asparagus ... 7•171
Chilled Asparagus
 Soup 14•341
Cooking Asparagus ... 15•353
Freezing Asparagus ... 7•185

Avocado

- Avocado Bowl 13•326
Avocado-Cranberry
 Salad 2•48
Avocado Dressing 13•329

B

- Bacon** 10•250
 Bacon Cornettes 4•101
 Bacon-Hominy
 Scramble 12•305
 Canadian-Style
 Bacon 10•250
 Crab-Bacon Rolls 3•66
 Crispy Eggs and
 Bacon 12•307

Baked

- Baked Acorn Squash 15•365
Baked Alaska 9•220
Baked Apples 9•225
Baked Beans 15•357
Baked Canadian
 Bacon 10•250
Baked Custard 9•215
Baked Potatoes 15•363
Baked Potato
 Toppers 15•363
Baked Seafood Salad 12•300
Baked Sweet
 Potatoes 15•363
Baked Tomatoes 15•366
Stuffed Baked
 Potatoes 15•363
Baking Powder Biscuits .. 4•105

Bananas

- Banana-Apricot Pie ... 11•268
Banana Bran Muffins ... 4•100
Banana Cake 5•130
Banana Coffee Bread ... 4•96
Banana Cream Pie 11•269
Banana Nut Bread 4•99
Banana-Nut Salad 13•326
Cherry-Banana Cobbler 1•22
Special Banana
 Pudding 2•53

Barbecued

- Barbecue Breads 2•40
Barbecued Chicken ... 12•284
Barbecue Desserts 2•40
Barbecued Kabobs .. 2•38, 39
Barbecued Lamb
 Riblets 10•256
Barbecued Meats 2•31-37
Barbecued Pork
 Chops 10•249
Barbecued Ribs 2•33
Barbecued Short Ribs ... 2•33
Barbecued Shrimp 2•37
Barbecued Spareribs ... 1•17
Barbecued Vegetables .. 2•40
Barbecue Grill Tips ... 2•30
Barbecue Sandwiches .. 1•24
Bar-B-Q Meat Loaves ... 2•36
Basic Broiled Chicken .. 12•284
Basic Roll Dough 4•88
Basic Scrambled Eggs ... 12•306

Basil Carrots **15**•359
 Basil Jelly **7**•177
Beans
 Baked Beans **15**•357
 Bean Fix-Ups **15**•357
 Beans in Tomato
 Sauce **7**•172
 Bean Soup **14**•337
 Canning Beans **7**•171
 Cooking Beans **15**•353
 Easy Baked Beans **15**•357
 Freezing Beans **7**•185
 Hot Five-Bean
 Salad **13**•319
 New England Baked
 Beans **15**•357
 Pork and Bean Bake ... **2**•43
 Three-Bean Salad **13**•319
 Wiener-Bean Bake **2**•45
Green
 Creole Green Beans ... **2**•49
 Green Beans Almond **15**•357
 Green Beans Deluxe **15**•357
 Herbed Green Beans **15**•357
 Snappy Green Beans **15**•357
Lima
 Lima-Cheese Bake ... **15**•357
 Pork and Lima
 Skillet **2**•43
 Succotash **7**•172, **15**•357
 Bearnaise Sauce **14**•343
Beef (See also *Casseroles*,
Meatballs, *Meat Loaves*.)
 Barbecued Short Ribs ... **2**•33
 Beef and Kidney Pie ... **10**•258
 Beef and Pork Ring ... **1**•20
 Beef Cuts **10**•232-233
 Beef Fondue **10**•238
 Beef Mushroom Loaf ... **2**•42
 Beef Stroganoff **10**•238
 Beef with Dumplings **10**•235
 Braised Short Ribs ... **10**•239
 Canning Beef **7**•174
 Chipped Beef Puff ... **12**•309
 Corned Beef and
 Noodles **8**•198
 Corned Beef Dinner ... **10**•239
 Creamed Dried Beef ... **10**•239
 Dried Beef Log **3**•70
 Fiesta Beef Kabobs ... **2**•38
 Freezing Beef **7**•186, 187
 Fresh Brisket Feast ... **10**•239
 Ginger-Sauced
 Tongue **10**•259
 Individual Pot Roasts ... **1**•23
 London Broil **10**•236
 Marinated Beef Strips ... **3**•68
 Menus **16**•372
 New England Dinner ... **1**•16
 Old-Time Beef Stew ... **10**•238
 Pizza Cubed Steaks ... **1**•17

Beef (continued)
 Quick Beef Stroganoff .. **2**•41
 Roasting Chart **10**•231
 Sauerbraten **10**•238
 Storage **16**•384
 Stuffed Burger
 Bundles **2**•41
 Stuffed Tenderloin ... **10**•234
 Swedish Pot Roast **1**•12
 Teriyaki **2**•38
 Teriyaki Miniatures ... **3**•66
 Vegetable-Beef Soup **14**•335
Hamburgers **10**•241
 Blue Cheese Burgers ... **2**•35
 Dilly Hamburgers ... **2**•34
 Outdoor Burgers **2**•35
 Pizza in a Burger **2**•34
 Pocketburgers **2**•35
 Special Hamburgers ... **10**•241
Roasts
 Beef Pot Roast **10**•235
 Braised Tip Roast **10**•234
 Fruited Pot Roast **10**•235
 Grilled Rib Eye Roast ... **2**•31
 Oven Pot Roast **2**•43
 Pot Roast
 Variations **10**•235
 Roast Beef
 Tenderloin **10**•230
 Roast Peppered Rib
 Eye **10**•234
Steaks
 Beef Cubed Steaks ... **10**•236
 Braised Flank Steak ... **10**•230
 Broiled Beef Steak ... **10**•236
 Cheese Round Steak ... **10**•237
 Chicken-Fried Steak ... **10**•237
 Deviled Swiss Steak ... **10**•237
 Lemon Chuck Steak ... **2**•31
 Outdoor Steaks **2**•31
 Panbroiled Steak ... **10**•236
 Panfried Round
 Steak **10**•237
 Planked Steak **10**•236
 Stuffed Flank
 Steaks **10**•236
 Swank Porterhouse ... **2**•31
 Swiss Steak **10**•237
 Tenderized Steak ... **10**•236
Beets
 Beet Favorites **15**•358
 Beets in Cream **15**•358
 Beets with
 Pineapple **15**•358
 Beet-Topped Lettuce ... **2**•48
 Canning Beets **7**•171
 Cooking Beets **15**•353
 Cranberry-Sauced
 Beets **15**•358
 Freezing Beets **7**•185
 Harvard Beets **15**•358

Beets (continued)
 Orange-Glazed
 Beets **15**•358
 Pickled Beets **13**•327
 Sparkling Beet Cups ... **13**•320
 Tropical Beets **7**•173
Berries
 Berry Cheesecake Pie ... **2**•55
 Berry Floating
 Island **9**•215
 Berry-Glazed
 Loaves **10**•240
 Berry Meringue Torte ... **9**•217
 Canning Berries **7**•163
 Double Berry Dessert ... **2**•53
 Double Berry Jam **7**•178
 Two-Berry Parfaits ... **9**•213
Best
 Best-Ever Muffins **4**•100
 Best Hamdogs **2**•35
 Best Nut Loaf **4**•98
 Best Oven Hash **8**•198
 Best Two-Egg Cake **5**•128
 Biscuit Pizza Crust ... **8**•195
Biscuits
 Baking Powder
 Biscuits **4**•105
 Biscuits Supreme **4**•104
 Buttermilk Biscuits ... **4**•105
 Cheese Swirls **4**•105
 Cheese Topped
 Biscuits **2**•52
 Drop Biscuits **4**•105
 Freezing Biscuits ... **7**•188
 Parmesan Biscuits ... **2**•51
 Pinwheel Biscuits ... **4**•105
 Tips **4**•104
 Whole Wheat
 Biscuits **4**•105
 Blackberries, Freezing ... **7**•183
 Black Bottom Pie **11**•277
 Black Forest Cake ... **5**•133
 Blender Broccoli Soup ... **14**•341
 Blender Hollandaise ... **14**•342
 Blintz Pancakes **4**•107
Blueberries
 Blueberry Buckle **4**•96
 Blueberry Cream
 Salad **2**•48
 Blueberry
 Marmalade **7**•180
 Blueberry Muffins ... **4**•100
 Blueberry Pancakes ... **4**•106
 Blueberry Pie **11**•273
 Blueberry
 Sauce **4**•108, **14**•347
 Blueberry Strata
 Pie **11**•273
 Double Berry Jam **7**•178
 Freezing
 Blueberries ... **7**•181, 183

Blue Cheese

- Blue Cheese Bites 3•68
- Blue Cheese Burgers 2•35
- Blue Cheese
 - Dressing 13•330
- Blue-Cheese French
 - Dressing 13•328
- Blue Cheese Salad
 - Bowl 13•317
- Blue Ribbon Fudge 6•150
- Boiled Frosting 5•144
- Boiled Hard-Shell
 - Crab 12•302
- Boiled Potatoes 15•362
- Bombe, Raspberry 9•222
- Bordelaise Sauce 14•344
- Borsch, Cabbage 7•173
- Borsch, Russian 14•334
- Borsch, Sparkling 14•341
- Boston Brown Bread 4•97
- Boysenberries,
 - Freezing 7•183

Braised

- Braised Flank Steak .. 10•230
- Braised Liver 10•259
- Braised Pork 10•249
- Braised Short Ribs 10•239
- Braised Tip Roast 10•234
- Braised Veal
 - Shoulder 10•244

Bran Refrigerator

- Rolls 4•91
- Braunschweiger Glace ... 3•70
- Brazilian Pie 11•276
- Bread Pudding 9•212

Breads

- Barbecue Breads 2•40
- Boston Brown Bread 4•97
- Cardamom Braid 4•86
- Cinnamon Crescents ... 4•86
- Cinnamon Swirl Bread .. 4•84
- Cranberry Orange
 - Bread 4•98
- Freezing Breads 7•188
- French Bread 4•84
- French Bread Fix-Ups ... 2•51
- Fruit Bread 4•97
- Herb Bread 4•86
- Herb-Buttered Bread ... 2•51
- Midget Date Loaves 4•99
- No-Knead Oatmeal
 - Bread 4•86
- Onion Supper Bread 2•50
- Parsleyed Bread
 - Slices 2•51
- Perfect Corn Bread 4•99
- Perfect White Bread 4•83
- Poppy Seed Cheese
 - Bread 2•51
- Quick Bread Tips 4•95
- Quick Coffee Breads ... 2•50

Breads (continued)

- Raisin Loaves 4•84
- Raisin Orange Bread ... 4•98
- Rye Bread 4•85
- Sourdough Bread 4•84
- Spoon Bread 4•99
- Sugarplum Loaves 4•83
- Toasted Cheese Loaf ... 2•51
- Toasty Garlic Bread ... 2•51
- Whole Wheat Bread 4•83
- Breadsticks** 4•91
- Caraway Fingers 2•51
- Crunch Sticks 2•51
- Easy Breadsticks 2•50

Nut

- Banana Nut Bread 4•99
- Best Nut Loaf 4•98
- Glazed Lemon Nut
 - Bread 4•98
- Orange Nut Bread 4•99
- Prune Nut Bread 4•98
- Pumpkin Nut Bread 4•97

- Bread Stuffing 12•289
- Breakfast Cocoa 3•77
- Breakfast Menus 16•380
- Brioche 4•93

Broccoli

- Blender Broccoli
 - Soup 14•341
- Broccoli Casserole ... 15•358
- Broccoli Parmesan 2•49
- Broccoli Souffle 12•312
- Broccoli Specials 15•358
- Cooking Broccoli 15•353
- Freezing Broccoli 7•185

Broiled

- Broiled Bacon 10•250
- Broiled Beef Steak 10•236
- Broiled Coconut
 - Topper 5•145
- Broiled Cornish Hen ... 12•295
- Broiled Fish 12•296
- Broiled Grapefruit 3•65
- Broiled Hamburgers ... 10•241
- Broiled Ham
 - Dinner 2•44
- Broiled Ham Slices ... 10•253
- Broiled Lamb Chops ... 10•256
- Broiled Liver 10•259
- Broiled Luncheon
 - Meat Sandwiches ... 4•111
- Broiled Party Cake 2•56
- Broiled Tomatoes 15•366
- Broiled Venison
 - Steaks 10•258
- Broiler Tuna Burgers ... 4•111

Brown

- Browned Butter
 - Nuggets 2•57
- Browned Rice 15•364
- Brown Sauce 14•344

Brown (continued)

- Brown Stock 14•334
- Brown Sugar Nut
 - Roll 6•152

Brownies

- Brownie Mint Treats ... 2•53
- Brownie Pudding 9•214
- Brownie Torte 9•224
- Buttermilk Brownies ... 5•124
- Cheese-Marbled
 - Brownies 5•124
- Chocolate Syrup
 - Brownies 5•124
- Fudge Brownies 5•124
- Mint-Top Brownies 2•58

Brussels Sprouts

- Brussels Sprouts
 - Fix-Ups 15•358
- Brussels Sprouts
 - Polonaise 15•358
- Cooking Brussels
 - Sprouts 15•353
- Freezing Brussels
 - Sprouts 7•185

Buckwheat Griddle

- Cakes 4•106
- Buffet Tables 17•402
- Busy-Day Cake 5•128

Butter

- Apple Butter 7•164
- Butter-Baked Rice 15•364
- Butter Frosting 5•143
- Butter Sponge 5•140
- Caper Butter 14•343
- Cranberry-Orange
 - Butter 4•108
- Freezing Butter 7•187
- Garlic Butter 14•343
- Herb Butter 15•360
- Honey Butter 4•108
- Lemon Butter 14•343
- Orange Butter 4•108
- Parsley Butter 14•343
- Tangy Butter Sauce ... 14•348
- Whipped Butter 4•108
- Zippy Butter 15•360
- Butterfly Leg of Lamb ... 2•32
- Butterhorns 4•90

Buttermilk

- Buttermilk Biscuits ... 4•105
- Buttermilk Brownies ... 5•124
- Buttermilk Chicken 2•46
- Buttermilk Doughnuts ... 4•94
- Buttermilk Pancakes ... 4•106
- Buttermilk Waffles 4•107

Butterscotch

- Butterscotch Bars 5•125
- Butterscotch Cookies ... 5•118
- Butterscotch Filling ... 5•146
- Butterscotch Fudge 1•18
- Butterscotch Pie 11•269

Butterscotch (continued)

- Butterscotch Pudding . . . **9**•212
- Butterscotch Sauce . . . **14**•348
- Buying Guide, Chicken . . . **8**•202
- Buying Guide, Poultry . . . **12**•290

C

Cabbage

- Cabbage Borsch **7**•173
- Company Cabbage . . . **15**•359
- Cooking Cabbage . . . **15**•353
- Corn and Cabbage
 Combo **1**•21
- Pennsylvania Red
 Cabbage **15**•359
- Sauerkraut **7**•169
- Caesar Salad,
 Original **13**•318
- Cafe au Lait **3**•76

Cakes (See also *Angel Cakes, Chiffon Cakes, Chocolate Cakes, Cupcakes, Sponge Cakes.*)

- Applesauce Cake **5**•131
- Banana Cake **5**•130
- Best Two-Egg Cake . . . **5**•128
- Broiled Party Cake . . . **2**•56
- Busy-Day Cake **5**•128
- Cake Kabobs **2**•40
- Cake Making Tips . . . **5**•127
- Caramel Cakewiches . . . **2**•52
- Caramel Topped Cake . . **2**•56
- Carrot-Pineapple Cake . **5**•130
- Cherry Sauced Cake . . . **2**•55
- Citrus Yellow Cake . . . **5**•129
- Cutting Tips **5**•142
- Daisy Marble Cake . . . **5**•140
- Date Cake **5**•129
- Date Pudding Cake **1**•22
- Freezing Cake **7**•188-189
- Frosting Tips **5**•142
- Gingerbread **5**•130
- Gingerscotch Cake **2**•55
- High-Altitude
 Changes **5**•128
- Jelly Roll **5**•141
- Lady Baltimore Cake . . . **5**•131
- Loaf Pound Cake **5**•129
- Nutmeg Feather Cake . . . **5**•130
- Petits Fours **5**•131
- Pineapple Fluff Cake . . . **5**•140
- Pineapple Upside-Down
 Cake **5**•129
- Quick Upside-Down
 Cake **2**•53
- Rhubarb Cake **2**•56
- Snow-Capped Lemon
 Roll **5**•141
- Spice Nut Cake **5**•130
- Spicy Pumpkin Cake . . . **2**•55

Cakes (continued)

- Walnut Cream Roll **5**•141
- White Cake Supreme . . . **5**•131
- Yellow Cake **5**•128
- Calico Chicken **12**•288
- Calico Vegetable
 Bowl **13**•319
- Calorie Tally **18**•405-407
- Canadian Smoked Limas . . **1**•14
- Canadian-Style Bacon . . **10**•250
- Canapes**
 Caviar Canapes **3**•66
- Hot Steak Canapes **3**•68
- Lobster Canapes **3**•66

Candied

- Candied Orange Peel . . . **6**•155
- Candied Squash
 Rings **15**•365
- Candied Sweets **15**•363

Candies

- Angel Sweets **6**•156
- Chocolates **6**•153
- Cinnamon Apples **6**•155
- Creamy Pralines **6**•154
- Divinity **6**•152
- Fondant **6**•153
- Marshmallows **6**•154
- Molasses Taffy **6**•154
- No-Bake Fruit
 Squares **6**•156
- Nougat **6**•152
- Peanut Cereal Candy . . . **2**•59
- Pecan Roll **2**•59
- Penuche **6**•152
- Pink Peppermint
 Fondant **6**•153
- Quick Walnut
 Penuche **6**•152
- Salt Water Taffy **6**•154
- Scotch Crunchies **2**•59
- Sea Foam **6**•153
- Small Mints **6**•154
- Stuffed Dates **6**•156
- Temperatures and Tests
 for Candy **6**•150
- Vanilla Fondant **6**•153

Caramels

- Caramel Snappers **2**•59
- Chocolate Caramels . . . **6**•153
- Raisin Caramels **6**•153
- Fudge**
 Blue Ribbon Fudge **6**•150
- Butterscotch Fudge **1**•18
- Easy Chocolate Fudge . . . **2**•59
- Opera Fudge **6**•150
- Peanut Butter Fudge **6**•152
- Remarkable Fudge **6**•150
- Rocky Road **2**•59

Nuts

- Almond Butter Crunch . . **6**•155
- Brown Sugar Nut Roll . . . **6**•152

Nuts (continued)

- Coffee Walnuts **6**•155
- Glazed Almonds **6**•154
- Peanut Brittle **6**•155

Popcorn

- Caramel Popcorn
 Balls **6**•156
- Old-Time Popcorn
 Balls **6**•156
- Popcorn Pops **6**•156

Canned Soup

- Combos **14**•340
- Canning **7**•160-180
- Cantonese Casserole **8**•201
- Caper Butter **14**•343
- Caper Mayonnaise **14**•343

Caramel

- Caramel Cakewiches **2**•52
- Caramel Candy
 Frosting **5**•144
- Caramel-Coffee Ring **2**•50
- Caramel Cookies **2**•58
- Caramel Custard **9**•215
- Caramel Popcorn
 Balls **6**•156
- Caramel Rolls **4**•89
- Caramels **6**•153
- Caramel Snappers **2**•59
- Caramel Topped
 Cake **2**•56
- Chocolate Caramels **6**•153
- Raisin Caramels **6**•153
- Caraway Fingers **2**•51
- Cardamom Braid **4**•86

Carrots

- Basil Carrots **15**•359
- Canning Carrots **7**•171
- Carrot-Pineapple
 Cake **5**•130
- Carrots Piquant **2**•49
- Carrot Winners **15**•359
- Cooking Carrots **15**•354
- Freezing Carrots **7**•185
- Glazed Carrots **15**•359
- Minted Carrots **15**•359
- Pineapple-Carrot
 Toss **13**•326
- Skillet Carrots **15**•359
- Sunshine Carrots **15**•359

Casseroles

- Beef Casseroles **8**•194-198
- Cheese Casseroles **8**•207-208
- Chicken Casseroles **2**•46, 47;
 12•284-288; **8**•202-203
- Egg Casseroles **8**•206;
 12•308, 309
- Frankfurter
 Casseroles **2**•44, 45
- Freezing
 Casseroles **7**•190

Casseroles (continued)

- Ground Meat
 - Casseroles **2**•42; **8**•194-198
- Pork Casseroles **2**•43; **8**•200-201; **10**•250
- Seafood Casseroles **2**•45-46; **8**•204-205; **12**•298-302
- Turkey Casseroles ... **12**•293, 294
- Veal Casseroles ... **8**•199-200
- Zucchini Casserole **1**•21
- Catsup, Tomato **7**•168

Cauliflower

- Cauliflower Medley .. **15**•359
- Cheesed
 - Cauliflower **15**•359
 - Cooking Cauliflower **15**•354
 - Freezing Cauliflower ... **7**•185
- Caviar Canapes **3**•66
- Celery**
 - Celery Oriental **15**•360
 - Celery Seed
 - Dressing **13**•328
 - Celery Stuffing **12**•289
 - Cooking Celery **15**•354
 - Cream of Celery
 - Soup **14**•335

- Centerpieces **17**•399
- Cereal-Peanut Bars **5**•125
- Champagne Punch **3**•75
- Charlotte Russe,
 - Chocolate **9**•217

- Cheddar Bran Muffins ... **4**•101
- Cheddar Squash Bake .. **15**•365

Cheese

- Blue Cheese Bites **3**•68
- Blue Cheese Burgers ... **2**•35
- Blue Cheese Salad
 - Bowl **13**•317
- Cheese and Onion
 - Scrambled Eggs **12**•306
- Cheese-Caraway
 - Muffins **4**•100
- Cheese Chowder **14**•336
- Cheesed
 - Cauliflower **15**•359
- Cheese Fondue
 - Bake **12**•307
- Cheese-Marbled
 - Brownies **5**•124
- Cheese-Marinated
 - Onions **13**•327
- Cheese-Peach
 - "Sandwiches" **2**•48
- Cheese Puffs **3**•69
- Cheese Round Steak .. **10**•237
- Cheese Sauces **14**•345
- Cheese Scrambled
 - Eggs **12**•306
- Cheese Souffle **12**•312

Cheese (continued)

- Cheese Stuffed
 - Apples **3**•69
- Cheese Swirls **4**•105
- Cheese Topped
 - Biscuits **2**•51
- Cheese-Topped
 - Lettuce **2**•48
- Cheese Waffles **4**•107
- Chef's Salad Bowl **13**•321
- Clam Cheese Dip **3**•71
- Classic Cheese
 - Fondue **8**•207
- Classic Cheese
 - Strata **8**•207
- Cucumber-Cheese
 - Ring **13**•320
- Frosted Cheese Mold **13**•322
- Golden Cheese Bake .. **8**•208
- Hamburger-Cheese
 - Bake **8**•196
- Ham-Cheese Delight .. **8**•200
- Hot Cheese and Crab
 - Dip **3**•71
- Lima-Cheese Bake ... **15**•357
- Macaroni and Cheese **8**•208
- Macaroni-Cheese
 - Puff **8**•208
- Macaroni-Cheese
 - Salad **13**•322
- Olive-Cheese Ball **3**•71
- Onion Cheese Loaf **2**•40
- Onion-Cheese Soup .. **14**•336
- Pear-Cheese Salad **2**•48
- Poppy Seed Cheese
 - Bread **2**•51
- Snappy Cheese Sticks ... **3**•69
- Toasted Cheese Loaf ... **2**•51

Cheesecakes

- Berry Cheesecake Pie .. **2**•55
- Cheesecake Supreme .. **9**•216
- Company Cheesecake **9**•217
- Lemon Cheesecake **9**•217
- Cheesed Spuds **2**•40
- Chef's Salad Bowl **13**•321

Cherries

- Apple-Cherry Juice **7**•165
- Canning Cherries **7**•163
- Cherries Jubilee **9**•226
- Cherry Cobbler **9**•225
- Cherry Parfaits **2**•54
- Cherry Puff **9**•223
- Cherry Sauce **14**•348
- Cherry Sauced Cake ... **2**•55
- Cherry-Strawberry
 - Jam **7**•178
- Freezing Cherries **7**•183
- Spicy Cherry Sauce .. **14**•346

Pies

- Cherry Burgundy Pie **11**•269
- Cherry Cream Pie **2**•55

Cherries (continued)

- Cherry-Raspberry
 - Pie **11**•272
- Fresh Cherry Pie **11**•271
- Red Cherry Pie **11**•271
- Two-Crust Cherry
 - Pie **11**•271
- Chess Pie **11**•278
- Chestnut Stuffing **12**•289
- Chicken** (See also *Casseroles*.)
 - Barbecued Chicken .. **12**•284
 - Basic Broiled
 - Chicken **12**•284
 - Buttermilk Chicken ... **2**•46
 - Buying Guide **12**•290; **8**•202
 - Calico Chicken **12**•288
 - Canning Chicken **7**•174
 - Chicken a la King ... **7**•175; **12**•284
 - Chicken Almond **8**•203
 - Chicken and Biscuit
 - Pie **2**•47
 - Chicken Cacciatore .. **12**•284
 - Chicken Cassoulet **1**•23
 - Chicken Chip Bake ... **12**•288
 - Chicken Croquettes ... **12**•287
 - Chicken Curry **8**•202
 - Chicken-Curry Soup .. **14**•340
 - Chicken Dinner
 - Omelet **2**•47
 - Chicken Fried Rice ... **8**•203
 - Chicken Glossary **12**•290
 - Chicken in Golden
 - Sauce **1**•14
 - Chicken Kiev **12**•286
 - Chicken-Mushroom
 - Soup **14**•340
 - Chicken-Noodle
 - Soup **14**•340
 - Chicken Parisienne ... **12**•284
 - Chicken Parmesan ... **12**•282
 - Chicken Pie **12**•286
 - Chicken Puffs **3**•67
 - Chicken-Rice Soup ... **14**•340
 - Chicken Salad **13**•321
 - Chicken Soup,
 - Homemade **14**•338
 - Chicken Soups **14**•340
 - Chicken Strata **12**•288
 - Chicken Supreme **12**•282
 - Chicken Velvet Soup **14**•335
 - Chicken Whirlbirds ... **2**•36
 - Chicken with
 - Dumplings **12**•287
- City Chicken **10**•245
- Classic Chicken
 - Divan **8**•202
- Club Chicken
 - Casserole **8**•203
- Coq au Vin **12**•287

Chicken (continued)

- Cornish Game Hens **2•36**
 Corn 'n Chicken
 Scallop **2•46**
 Freezing Chicken **7•187**
 Golden Grilled
 Chicken **2•36**
 Herbed Chicken
 Bake **8•203**
 How to Stuff
 Poultry **12•290**
 Island Broiled
 Chicken **12•284**
 Jellied Chicken
 Salad **13•321**
 Marinated Drumsticks . . **2•36**
 Maryland Fried
 Chicken **12•282**
 Menus **16•376**
 Orange Chicken **12•283**
 Oriental Chicken **1•20**
 Oven Fried Chicken . . **12•282**
 Peppy Italian Chicken . . **1•20**
 Perfect Fried
 Chicken **12•282**
 Roasting Poultry **12•291**
 Saucy Chicken
 Squares **12•288**
 Spanish Paella **12•286**
 Stewed Chicken **12•287**
 Storage **12•290; 16•384**
 Sweet-Sour Chicken . . **12•283**
 Test for Doneness **12•291**
 Thawing Poultry **12•290**
 To Cook Giblets **12•286**
Liver
 Chicken Liver Paté **3•71**
 Chicken Livers and
 Rice **12•288**
 Chicken-Fried Heart . . . **10•258**
 Chicken-Fried Pork
 Chops **10•249**
 Chicken-Fried Steak . . . **10•237**
Chiffon Cakes
 Chocolate Chiffon
 Cake **5•137**
 Golden Chiffon Cake . . **5•138**
 Maple Chiffon Cake . . . **5•137**
 Marble Chiffon Cake . . **5•136**
 Mocha Chiffon Cake . . **5•138**
 Orange Sunshine
 Cake **5•137**
 Pineapple Chiffon
 Cake **5•137**
Chili
 Chili Beef Skillet **1•12**
 Chili Con Carne **8•196**
 Chili Mayonnaise **13•330**
 Chili Sauce **7•168**
 Sausage Chili **1•26**
 Tomato-Chili Stew . . . **14•340**

Chilled Asparagus

- Soup **14•341**
 Chilled Prune Whip **9•213**
Chinese Almond
 Cookies **5•122**
 Chinese Spinach **15•365**
 Chipped Beef Puff **12•309**
 Chive Mayonnaise **13•330**

Choco

- Choco-Almond Velvet . . **9•219**
 Choco-Angel Dessert . . . **2•53**
 Choco-Date Cake **5•129**
 Choco-Mint
 Shortcakes **2•52**

Chocolate

- Chocolate Butter
 Frosting **5•143**
 Chocolate Caramels . . . **6•153**
 Chocolate Charlotte
 Russe **9•217**
 Chocolate Chiffon
 Pie **11•276**
 Chocolate Chippers . . . **5•116**
 Chocolate Coffee **3•77**
 Chocolate Cream
 Pie **11•269**
 Chocolate Crinkles **5•119**
 Chocolate Filling **5•146**
 Chocolate Frosting **5•143**
 Chocolate Gloss **5•141**
 Chocolate Mint
 Dessert **9•218**
 Chocolate-Mint
 Fondue **9•223**
 Chocolate Pudding **9•212**
 Chocolate Roll **5•141**
 Chocolates **6•153**
 Chocolate Souffle **9•223**
 Chocolate Syrup **3•77**
 Chocolate Syrup
 Brownies **5•124**
 Chocolate-Wafer
 Crust **11•265**
 Chocolate Waffles **4•108**
 Easy Chocolate Fudge . . **2•59**
 Hot Chocolate **3•77**
 Mexican Chocolate **3•77**
Cakes
 Black Forest Cake **5•133**
 Cherry Sauced Cake **2•55**
 Choco-Date Cake **5•129**
 Chocolate Angel Cake . . **5•139**
 Chocolate Chiffon
 Cake **5•137**
 Chocolate Fudge
 Cake **5•132**
 Chocolate Marble
 Cake **5•133**
 Chocolate Roll **5•141**
 Cocoa Fudge Cake **5•132**
 Devil's Food Cake **5•132**

Cakes (continued)

- Feathery Fudge Cake . . . **5•132**
 Prize Chocolate Cake . . **5•132**
 Sweet Chocolate Cake . . **5•133**
 Chopstick Tuna **8•204**
 Chopstick Veal Bake **8•200**
 Chop Suey, Speedy **1•16**

Chowders

- Cheese Chowder **14•336**
 Corn-Potato
 Chowder **14•337**
 Manhattan Clam
 Chowder **14•336**
 New England Clam
 Chowder **14•336**
 Pacific Chowder **14•337**
 Chow Mein, Pork **8•200**
 Cider, Hot Mulled **3•75**

Cinnamon

- Cinnamon Apple
 Jelly **7•177**
 Cinnamon Apple
 Rings **13•327**
 Cinnamon Apples **6•155**
 Cinnamon Apple
 Salad **13•324**
 Cinnamon Crescents . . . **4•86**
 Cinnamon-Raisin
 Bars **5•125**
 Cinnamon Swirl Bread . . **4•84**
 Cinnamon Toast **4•94**
 Citrus Yellow Cake **5•129**
 City Chicken **10•245**

Clams

- Clam Cheese Dip **3•71**
 Clam Fritters **12•300**
 Clams on the Half
 Shell **3•65**
 Clam-Stuffed Shrimp . . . **12•299**
 Creole Clam Bisque **14•340**
 Freezing Clams **7•187**
 Manhattan Clam
 Chowder **14•336**
 New England Clam
 Chowder **14•336**
 Steamed Clams **12•299**

Classic

- Classic Cheese
 Fondue **8•207**
 Classic Cheese
 Strata **8•207**
 Classic Chicken
 Divan **8•202**
 Classic Hollandaise . . . **14•342**
 Classic Waldorf
 Salad **13•326**
 Club Chicken Casserole . . **8•203**
 Club Sandwich **4•111**

Cobblers

- Apple Cobbler **9•225**
 Cherry-Banana Cobbler . . **1•22**

Cobblers (continued)

- Cherry Cobbler 9•225
- Crunchy Peach Cobbler 2•56
- Peach Cobbler 9•225
- Rhubarb Cobbler 9•225

Cocktail

- Cocktail Sauce 3•65
- Cocktail Wieners 3•68
- Crab Cocktail 3•65
- Frosted Cocktail 3•64
- Fruit-Crab Cocktail 3•65
- Ginger Fruit Cocktail ... 3•64
- Oyster Cocktail 3•65
- Seafood Cocktails 3•65
- Shrimp Cocktail 3•65
- Two-Tone Cocktail 3•65
- Cocoa, Breakfast 3•77
- Cocoa Fudge Cake 5•132
- Cocoa Ripple Ring 4•95

Coconut

- Coconut Cream Pie .. 11•269
- Coconut Crust 11•265
- Coconut Diamonds ... 5•125
- Coconut Frosting 5•145
- Coconut Kisses 5•117
- Coconut Macaroons ... 5•117
- Coconut-Mallow Topper 2•53
- Coconut Tarts 11•278
- Coconut Topped Cupcakes 5•134
- Coddled Eggs 12•305
- Codfish Balls 12•299

Coffee

- Cafe au Lait 3•76
- Chocolate Coffee 3•77
- Coffee Ice Cream 9•219
- Coffee-Mallow Towers 9•213
- Coffee Walnuts 6•155
- Demitasse 3•76
- Drip Coffee 3•76
- Iced Coffee 3•76
- Instant Coffee 3•76
- Kona Coffee Torte 9•224
- Percolator Coffee 3•76
- Swedish Egg Coffee ... 3•76
- Vacuum Coffee 3•76

Coffee Cake

- Banana Coffee Bread ... 4•96
- Blueberry Buckle 4•96
- Caramel Coffee Ring ... 2•50
- Cocoa Ripple Ring 4•95
- Coffee Cake Muffins ... 4•102
- Cowboy Coffee Cake ... 4•96
- Cranberry Kuchen 4•96
- English Tea Ring 4•93
- Golden Bubble Ring ... 4•93
- Honey Crunch Loaf ... 2•50
- Kaffe Kuchen 4•97

Coffee Cakes (continued)

- Pear Coffee Cake 2•50
- Spicy Raisin Coffee Cake 4•96
- Streusel Coffee Cake ... 4•92
- Cold Water Iced Tea ... 3•76
- Coleslaw 13•318
- Company Cabbage 15•359
- Company Cheesecake ... 9•217
- Company Creamed Tuna 8•204

Compotes

- Golden Fruit Compote .. 1•24
- Hot Fruit Compote 9•226
- Mixed Fruit Compote ... 1•22
- Ruby Fruit Compote ... 9•218
- Winter Fruit Compote ... 2•54
- Concord Grape Pie 11•272
- Coney Islands 10•258
- Confectioners' Icing ... 5•143
- Confetti Rice Ring 8•202
- Confetti Squash 15•366

Conserves

- Apple-Peach Conserve 7•180
- Canning Procedure ... 7•176
- Grape Conserve 7•180
- Peach Conserve 7•180
- Plum Conserve 7•180
- Consomme, Hot Sherried 3•65
- Consomme, Jellied 14•340
- Cooked Dressing 13•329

Cookies

- Apple-Oatmeal Cookies 5•121
- Apricot Bars 5•123
- Apricot Foldovers 5•121
- Bar Cookies 5•123-125
- Browned Butter Nuggets 2•57
- Butterscotch Bars 5•125
- Butterscotch Cookies .. 5•118
- Caramel Cookies 2•58
- Cereal-Peanut Bars ... 5•125
- Chinese Almond Cookies 5•122
- Chocolate Chippers ... 5•116
- Chocolate Crinkles ... 5•119
- Cinnamon-Raisin Bars 5•125
- Coconut Diamonds ... 5•125
- Coconut Kisses 5•117
- Coconut Macaroons ... 5•117
- Cookie Trims 5•122
- Date-Filled Cookies ... 5•121
- Date Orange Bars 5•125
- Drop Cookies 5•116-118
- Drop Sugar Cookies ... 5•118
- Easy Macaroons 2•58
- Easy Peanut Chews 2•58
- Fig Bars 5•123
- Filled Cookies 5•120-121
- Freezing Cookies 7•189

Cookies (continued)

- Fudge Brownies 5•124
- Ginger-Apple Bars 2•57
- Gingersnaps 5•118
- Glorified Grahams 2•57
- Gumdrop Cookies 5•117
- Gumdrop Gems 5•120
- Jam Shortbread 5•121
- Jam Thumbprints 5•118
- Layer Bar Cookies 2•57
- Lebkuchen 5•122
- Lemon Pecan Dainties 5•120
- Lemon Tea Cookies ... 5•118
- Mint-Top Brownies ... 2•58
- Mocha Frosted Drops ... 5•117
- Molasses Cake Bars ... 5•123
- No-Bake Almond Balls .. 2•58
- Oatmeal Cookies 5•116
- Oatmeal Rounds 5•120
- Orange Drop Cookies 5•118
- Peanut Butter Cookies 5•119
- Pecan Crispies 5•117
- Pecan Tassies 5•120
- Pfeffernuesse 5•119
- Quick Sandwich Cookies 2•57
- Raisin Oatmeal Cookies 2•58
- Raspberry Foldovers ... 2•57
- Refrigerator Cookies 5•120
- Refrigerator Crisps ... 5•120
- Rolled Cookies ... 5•122-123
- Rolled Ginger Cookies 5•123
- Sandies 5•119
- Scotch Crunchies 2•59
- Scotch Shortbread 5•123
- Shaped Cookies ... 5•118-119
- Spicy Hermits 5•116
- Spritz 5•119
- Sugar Cookies 5•122
- Toffee Bars 5•124
- Vanilla Crisps 5•119
- Coq au Vin 12•287

Corn

- Canning Corn 7•171
- Cooking Corn 15•354
- Corn and Cabbage Combo 1•21
- Corn-Aspic Salad 2•48
- Corn Bread Stuffing ... 12•289
- Corn Fritters 4•99
- Corn 'n Chicken Scallop 2•46
- Corn on the Cob Ideas 15•360
- Corn-Oyster Scallop .. 12•302
- Corn-Potato Chowder 14•337
- Corn Pudding 15•360

Corn (continued)

- Corn Relish **7**•168
- Corn Sticks **4**•99
- Corn Stuffing **10**•248
- Corn Waffles **4**•107
- Double Corn Sticks **4**•101
- Foil-Baked Corn **15**•360
- Freezing Corn **7**•185
- Fresh Corn Chowder **14**•339
- Fried Corn and Onions **2**•49
- Hamburger-Corn Bake **8**•196
- Kettle-Cooked Corn **15**•360
- Perfect Corn Bread **4**•99
- Roasted Corn **2**•40
- Scalloped Corn Supreme **15**•360
- Swiss Corn Bake **15**•360
- Corned Beef and Noodles **8**•198
- Corned Beef Chowder **14**•339
- Corned Beef Dinner **10**•239
- Corned Beef in Beer **1**•26
- Cornflake Crust **11**•265
- Cornish Game Hens** **2**•36
- Broiled Cornish Hen **12**•295
- Menu **16**•376
- Roasting Cornish Hen **12**•291
- Stuffed Cornish Hen .. **12**•294
- Cornmeal**
- Cornmeal Griddle Cakes **4**•107
- Cornmeal Waffles **4**•108
- Fried Cornmeal Mush **4**•108
- Cottage Pudding **9**•212
- Cowboy Coffee Cake **4**•96
- Crab**
- Boiled Hard-Shell Crab **12**•302
- Crab-Artichoke Bake **12**•299
- Crab-Bacon Rolls **3**•66
- Crab Bisque **14**•337
- Crab Cocktail **3**•65
- Crab Louis **13**•322
- Crab Meat Newburg .. **12**•302
- Crab-Shrimp Bake **12**•299
- Freezing Crab **7**•187
- Fried Soft-Shell Blue Crab **12**•302
- Fruit-Crab Cocktail **3**•65
- Hot Cheese and Crab Dip **3**•71
- Swiss and Crab Quiche **8**•205
- Crackers, Seeded **3**•69
- Cranberries**
- Avocado-Cranberry Salad **2**•48
- Cranberry Kuchen **4**•96

Cranberries (continued)

- Cranberry Meat Sauce .. **1**•17
- Cranberry Orange Bread **4**•98
- Cranberry-Orange Butter **4**•108
- Cranberry Pork Chops .. **1**•21
- Cranberry Relish **2**•48
- Cranberry Sauce **14**•347
- Cranberry-Sauced Beets **15**•358
- Frosted Cranberry Salad **13**•325
- Hot Cranberry Punch ... **3**•75
- Tangy Cranberry Sauce **14**•346
- Whole Cranberry Sauce **7**•165
- Cran-Pineapple Jelly **7**•177
- Cran-Raspberry Ring ... **13**•324
- Cream**
- Cream Cheese Frosting **5**•144
- Cream Filling **5**•146
- Cream Goddess Dressing **13**•328
- Cream Gravy **12**•286
- Cream of Celery Soup **14**•335
- Cream of Mushroom Soup **14**•334
- Cream of Onion Soup **14**•335
- Cream of Potato Soup **14**•335
- Cream of Tomato Soup **14**•335
- Cream Puffs **9**•221
- Creamed**
- Creamed Dried Beef .. **10**•239
- Creamed Eggs **12**•306
- Creamed Mushrooms **15**•361
- Creamed Peas and New Potatoes **15**•362
- Creamed Sweetbreads **10**•258
- Creamed Vegetables .. **15**•352
- Quick Creamed Peas **15**•361
- Creamy**
- Creamy Dressing **13**•330
- Creamy Egg Sauce ... **10**•252
- Creamy French Dressing **13**•328
- Creamy Mayonnaise .. **13**•330
- Creamy Mushroom Topper **14**•343
- Creamy Onion Dip **3**•72
- Creamy Pralines **6**•154
- Creme Brulee **9**•215

Creole

- Creole Clam Bisque .. **14**•340
- Creole Green Beans ... **2**•49
- Creole Gumbo **14**•339
- Creole Jambalaya **1**•17
- Creole Sauce **14**•343
- Crepes **4**•107
- Crimson Raspberry Sauce **14**•348
- Crisp Pickle Slices **7**•166
- Crispy Eggs and Bacon **12**•307
- Crisscross Potatoes **2**•49
- Crockery Cooking, Slow **1**•23-26
- Croquettes**
- Chicken Croquettes .. **12**•287
- Egg Croquettes **12**•308
- Ham Croquettes **10**•252
- Crown Roast of Pork ... **10**•248
- Crullers, Quicky **2**•50
- Crunch Sticks **2**•51
- Crunchy Peach Cobbler **2**•56
- Cucumbers**
- Cucumber-Cheese Ring **13**•320
- Cucumber Sauce **14**•346
- Cucumber Soup **14**•341
- Sour Cream Cucumbers **13**•318
- Cumberland Sauce **14**•346
- Cupcakes**
- Coconut Topped Cupcakes **5**•134
- Everyday Cupcakes ... **5**•134
- Fudge Cupcakes **5**•134
- Mocha Cupcakes **5**•134
- Peanut Butter Cupcakes **5**•134
- Curry**
- Chicken Curry **8**•202
- Chicken-Curry Soup .. **14**•340
- Curried Apple Relish **13**•327
- Curried Wheat Snacks .. **3**•70
- Curry Dressing **13**•330
- Herb Curry Dip **3**•72
- Hot Curried Fruit ... **13**•327
- Hurry Seafood Curry ... **2**•45
- Quick Tuna Curry **12**•298
- Quick Turkey Curry ... **2**•46
- Shrimp Curried Eggs ... **8**•206
- Custard**
- Apple Custard Pie ... **11**•271
- Baked Custard **9**•215
- Berry Floating Island **9**•215
- Caramel Custard **9**•215
- Creme Brulee **9**•215
- Custard Pie **11**•277

Custard (continued)

- Custard Sauce .. **14**•347, **2**•53
- Rhubarb Custard
 - Pie **11**•272
- Slipped Custard
 - Pie **11**•277
- Stirred Custard **9**•215

D

- Daffodil Lemon Sauce .. **14**•348
- Daily Food Guide **16**•370
- Daiquiri Punch **3**•75
- Daisy Marble Cake **5**•140
- Dark Fruitcake **5**•135

Dates

- Choco-Date Cake **5**•129
- Date Apple Torte **2**•56
- Date Cake **5**•129
- Date-Filled Cookies ... **5**•121
- Date Muffins **4**•100
- Date-Nut Filling **5**•146
- Date-Nut Pudding **9**•214
- Date Orange Bars **5**•125
- Date Pudding Cake **1**•22
- Midget Date Loaves ... **4**•99
- Stuffed Dates **6**•156

- Deep-Fat Fried Fish ... **12**•296
- Deep Fried Oysters **12**•301
- Deep Fried Scallops ... **12**•301
- Demitasse **3**•76
- Denver Scramble **12**•307
- Dessert Waffles **4**•108
- Devised Almonds **3**•70
- Devised Eggs **12**•307
- Devised Nut Snack **1**•22
- Devised Scrambled Eggs **12**•306
- Devised Swiss Steak ... **10**•237
- Devil's Food Cake **5**•132

Dill

- Dill Dip **3**•72
- Dill Pickles **7**•167
- Dill Sauce ... **14**•346, **10**•256
- Dilly Green
 - Tomatoes **7**•168
- Dilly Hamburgers **2**•34
- Dilly Squash **15**•366
- Kosher Dill Pickles ... **7**•167

Dips

- Anchovy Dip **3**•72
- Clam Cheese Dip **3**•71
- Creamy Onion Dip **3**•72
- Dill Dip **3**•72
- Ginger Dip **3**•72
- Herb Curry Dip **3**•72
- Hot Cheese and Crab
 - Dip **3**•71
- Hot Mexican Bean
 - Dip **3**•71
- Quick Cottage Dip **3**•72

Divans

- Classic Chicken
 - Divan **8**•202
 - Ham and Egg Divan .. **12**•311
 - Veal Rolls Divan **8**•199
- Divinity **6**•152
- Donut Holes **2**•40
- Double Apple Salad ... **13**•324
- Double Berry Dessert ... **2**•53
- Double Corn Sticks ... **4**•101
- Double Potato Bake ... **2**•49

Doughnuts

- Buttermilk Doughnuts .. **4**•94
- Donut Holes **2**•40
- Doughnut Tips **4**•94
- Freezing Doughnuts ... **7**•188
- Jiffy Doughnuts **2**•50
- Raised Doughnuts **4**•94

- Dress-Ups for Peas ... **15**•361
- Dried Beef, Creamed ... **10**•239
- Dried-Beef Log **2**•70
- Dried Fruit, How to Cook **9**•226
- Drip Coffee **3**•76
- Drop Biscuits **4**•105
- Drop Sugar Cookies ... **5**•118
- Duchess Potatoes **15**•363

Duck

- Buying Guide **12**•290
- Canning Duck **7**•174
- Freezing Duck **7**•187
- Menu **16**•376
- Roast Domestic Duck **12**•295
- Roast Wild Duck **12**•295

Dumplings

- Apple Dumplings **9**•224
- Beef with Dumplings **10**•235
- Chicken with Dumplings **12**•287
- Fluffy Dumplings ... **4**•105
- Dutch Glazed Onions .. **15**•361

E

- East Indian Rice Ring ... **8**•202

Easy

- Easy Baked Beans **15**•357
- Easy Breadsticks **2**•50
- Easy Chocolate Fudge .. **2**•59
- Easy Eggs a la King ... **12**•308
- Easy Macaroons **2**•58
- Easy Mexicali Dinner .. **8**•197
- Easy Peanut Chews **2**•58
- Easy Vanilla Filling ... **5**•146
- Eclairs **9**•222
- Eggnog **3**•75

Eggplant

- Cooking Eggplant ... **15**•354
- Panfried Eggplant ... **15**•360

Eggs (See also Omelets, Souffles.)

- Bacon-Hominy Scramble **12**•305
- Basic Scrambled Eggs **12**•306
- Cheese and Onion Scrambled Eggs ... **12**•306
- Cheese Scrambled Eggs **12**•306
- Coddled Eggs **12**•305
- Creamed Eggs **12**•306
- Creamy Egg Sauce ... **10**•252
- Crispy Eggs and Bacon **12**•307
- Denver Scramble **12**•307
- Devised Eggs **12**•307
- Devised Scrambled Eggs **12**•306
- Easy Eggs a la King ... **12**•308
- Egg Croquettes **12**•308
- Egg Salad Filling **4**•110
- Eggs a la King **12**•308
- Eggs Benedict **12**•305
- Eggs Florentine **12**•309
- Fluffy Scrambled Eggs **12**•306
- Frank-Egg Scramble .. **12**•307
- Freezing Eggs **7**•187
- Fried Eggs **12**•305
- Goldenrod Eggs **12**•306
- Ham and Egg Divan .. **12**•311
- Hard-Cooked Eggs ... **12**•306
- Herb Scrambled Eggs .. **12**•306
- Poached Eggs **12**•305
- Rosy Pickled Eggs ... **12**•307
- Sausage-Egg Casserole **8**•206
- Shirred (Baked) Eggs .. **12**•305
- Shrimp Curried Eggs ... **8**•206
- Shrimp Egg Foo Yong **12**•312
- Soft-Cooked Eggs ... **12**•306
- Spanish Eggs **12**•308
- Storage **16**•384
- Tossed Egg Salad ... **13**•317
- Wine Eggs Mornay ... **12**•308
- Elderberries, Freezing ... **7**•183

Electric Skillet Cooking

- Apple Fritters **1**•14
- Canadian Smoked Limas **1**•14
- Chicken in Golden Sauce **1**•14
- Chili Beef Skillet **1**•12
- Garden Skillet
 - Salad **1**•13
 - Glazed Pork Chops ... **1**•12
 - Oriental Pork **1**•15
 - Poached Salmon **1**•12
 - Sassy Zucchini **1**•15

- Eclectic Skillet
 - Cooking (*continued*)
 - Scalloped Potatoes and Ham **1•14**
 - Scallops Amandine **1•15**
 - Sukiyaki **1•15**
 - Swedish Pot Roast **1•12**
 - Veal Paprika **1•13**
- Emerald Salad Dessert **2•54**
- English Muffins **4•91**
- English Tea Ring **4•93**
- Everyday Cupcakes **5•134**
- Everyday Waffles **4•107**

F

- Fast Fudge Frosting **5•145**
- Favorite Beef Loaf **10•240**
- Favorite Pancakes **4•106**
- Feather Pancakes **4•106**
- Feathery Fudge Cake **5•132**
- Festive Lettuce Salad **2•48**
- Fiesta Beef Kabobs **2•38**
- Fig Bars **5•123**
- Fillets Elegante **2•45**

Fillings

- Butterscotch Filling **5•146**
- Chocolate Filling **5•146**
- Cream Filling **5•146**
- Date-Nut Filling **5•146**
- Easy Vanilla Filling **5•146**
- Egg Salad Filling **4•110**
- French Custard Filling **5•146**
- Ham Salad Filling **4•110**
- Lemon Filling **5•146**
- Lime Filling **5•146**
- Orange Filling **5•146**

Fish

- Broiled Fish **12•296**
- Canning Fish **7•174**
- Deep-Fat Fried Fish **12•296**
- Fillets Elegante **2•45**
- Fish Chowder **14•338**
- Fish-Fry Pointers **12•296**
- Fish in a Basket **2•37**
- Flounder Provencale **12•299**
- Freezing Fish **7•187**
- Fried Fish **12•296**
- Fried Soft-Shell Blue Crab **12•302**
- Grilled Halibut **2•37**
- Haddock-Shrimp Bake **12•298**
- Halibut Royale **12•298**
- Herb-Baked Fish **12•298**
- Hickory Fish Bake **2•37**
- Menus **16•376**

Fish (*continued*)

- Oven Fried Fish **12•296**
- Scalloped Fish **12•300**
- Steamed Fish **12•297**
- Stuffed Flounder **12•296**
- Stuffed Whitefish **12•297**
- Tarragon Fish Fillets **1•21**
- Flounder Provencale **12•299**
- Flounder, Stuffed **12•296**
- Flour Storage **16•384**

Fluffy

- Fluffy Citrus Dressing **13•328**
- Fluffy Dumplings **4•105**
- Fluffy Hard Sauce **14•348**
- Fluffy Omelet **12•311**
- Fluffy Scrambled Eggs **12•306**
- Fluffy Tapioca Pudding **9•212**
- Fluffy White Frosting **5•143**
- Foamy Sauce **14•348**
- Foil-Baked Corn **15•360**
- Foil Baked Potatoes **15•363**
- Foiled Potatoes **2•40**
- Foiled Vegetables **2•40**
- Fondant **6•153**

Fondue

- Beef Fondue **10•238**
- Cheese Fondue Bake **12•307**
- Chocolate-Mint Fondue **9•223**
- Classic Cheese Fondue **8•207**

Frankfurters (See also

- Casseroles.*)
- Best Hamdogs **2•35**
- Coney Islands **10•258**
- Frank and Potato Salad **2•44**
- Frank-Burgers **1•18**
- Frank-Egg Scramble **12•307**
- Hilo Franks **2•35**
- Hot Dogs Delicious **2•45**
- Nutty Pups **2•35**
- Swiss and Frank Spirals **3•68**
- To Cook Frankfurters **10•258**
- Wiener-Bean Bake **2•45**
- Freezing **7•181-190**
- Freezing Ice Cream **9•219**

French

- French Bread **4•84**
- French Bread Fix-Ups **2•51**
- French Custard Filling **5•146**
- French Fried Shrimp **12•301**

French (*continued*)

- French Fries **15•362**
- French Green Salad **13•317**
- French Omelet **12•311**
- French Onion Soup **14•334**
- French Ragout **8•198**
- French Toast **4•94**
- French Vichyssoise **14•340**
- French Dressings** **13•328**
- Blue Cheese French Dressing **13•328**
- Creamy French Dressing **13•328**
- Fruit French Dressing **13•328**
- Garlic French Dressing **13•328**
- Fresh Brisket Feast **10•239**
- Fresh Cherry Pie **11•271**
- Fresh Cooked Shrimp **12•301**
- Fresh Corn Chowder **14•339**
- Fresh-Fries **15•362**
- Fresh Fruit Tarts **11•274**
- Fresh Gooseberry Pie **11•272**
- Fresh Mushroom Saute **15•361**
- Fresh Vegetables, Cooking **15•352**

Fried

- Deep-Fat Fried Fish **12•296**
- Fried Bacon **10•250**
- Fried Corn and Onions **2•49**
- Fried Cornmeal Mush **4•108**
- Fried Eggs **12•305**
- Fried Fish **12•296**
- Fried Soft-Shell Blue Crab **12•302**
- Fried Tomatoes **15•366**
- Skillet-Fried Potatoes **15•362**
- Fritters, Apple **1•14**
- Fritters, Corn **4•99**

Frosted

- Frosted Cheese Mold **13•322**
- Frosted Cocktail **3•64**
- Frosted Cranberry Salad **13•325**
- Frosted Luncheon Meat **2•35**
- Frosted Ribbon Loaf **4•110**

Frostings

- Boiled Frosting **5•144**
- Broiled Coconut Topper **5•145**
- Caramel Candy Frosting **5•144**
- Coconut Frosting **5•145**
- Confectioners' Icing **5•143**
- Cream Cheese Frosting **5•144**

Frostings (continued)

- Fluffy White
 - Frosting 5•143
- Jelly Frosting 5•145
- Ornamental Frosting 5•144
- Penuche Frosting 5•144
- Petits Fours Icing 5•131
- Pineapple Topper 5•146
- Royal Frosting 5•144
- Sour Cream Frosting 5•143
- Uncooked Frosting 5•145
- Butter Frosting** 5•143
 - Chocolate Butter
 - Frosting 5•143
 - Golden Butter
 - Frosting 5•144
 - Lemon Butter
 - Frosting 5•143
 - Mocha Butter
 - Frosting 5•143
 - Orange Butter
 - Frosting 5•143
- Chocolate Frosting** 5•143
 - Chocolate Butter
 - Frosting 5•143
 - Fast Fudge Frosting 5•145
 - Fudge Frosting 5•145
 - Rocky-Road
 - Frosting 5•145
 - Shadow Icing 5•145
- Seven Minute Frosting** 5•143
 - Chocolate Frosting 5•143
 - Peppermint-Stick
 - Frosting 5•143
 - Sea Foam Frosting 5•143
 - Tropical Frosting 5•143
- Frozen Apricot Torte 2•54
- Frozen Fruit Slices 13•326
- Frozen Strawberry Jam 7•178
- Fruitcakes**
 - Dark Fruitcake 5•135
 - Fruitcake Pointers 5•135
 - Light Fruitcake 5•135
- Fruited Pot Roast 10•235
- Fruits**
 - Canned Fruit
 - Storage 16•384
 - Canning Fruit
 - Juices 7•163
 - Canning Fruits 7•162-165
 - Dried Fruit Storage 16•384
 - Freezing Fruits 7•181-183
 - Fresh Fruit
 - Storage 16•384
 - Fruit Bowl 7•164
 - Fruit Bread 4•97
 - Fruit Cobblers 9•225
 - Fruit-Crab Cocktail 3•65
 - Fruit Cup
 - Combinations 3•64
 - Fruit Dessert Tray 2•53

Fruits (continued)

- Fruit Filled Squash 1•26
- Fruit French
 - Dressing 13•328
- Fruit Salad Specials .. 13•326
- Fruit Stuffed Pork 10•249
- Ginger Fruit Cocktail .. 3•64
- Golden Fruit Compote .. 1•24
- Ham and Fruit Kabobs .. 2•39
- Hot Fruit Compote 9•226
- How to Cook Dried
 - Fruit 9•226
- Mixed Fruit Compote ... 1•22
- Quantity Fruit Punch ... 3•74
- Ruby Fruit Compote ... 9•218
- Swedish Fruit Soup 9•226
- Tropical Fruit Fluff 3•72
- Fudge**
 - Blue Ribbon Fudge 6•150
 - Butterscotch Fudge 1•18
 - Easy Chocolate Fudge .. 2•59
 - Fudge Brownies 5•124
 - Fudge Cupcakes 5•134
 - Fudge Frosting 5•145
 - Fudge Ribbon Pie 11•270
 - Opera Fudge 6•150
 - Peanut Butter Fudge ... 6•152
 - Quick Fudge Sundaes .. 2•53
 - Remarkable Fudge 6•150
 - Rocky Road 2•59

G

- Game Birds, Canning 7•174
- Garden Skillet Salad 1•13
- Garlic Bread, Toasty 2•51
- Garlic Butter 14•343
- Garlic French Dressing 13•328
- Gazpacho 14•341
- German Potato Salad ... 13•320
- Giblet Gravy 10•259
- Giblets, To Cook 12•286
- Giblet Stuffing 12•289
- Ginger**
 - Ginger-Apple Bars 2•57
 - Ginger Bars 2•53
 - Ginger Dip 3•72
 - Ginger Fruit Cocktail .. 3•64
 - Ginger Fruit Freeze ... 13•326
 - Ginger Muffins 4•101
 - Ginger-Sauced
 - Tongue 10•259
 - Ginger Sugar Puffs ... 4•102
 - Ginger Sundae Sauce 14•347
 - Rolled Ginger Cookies 5•123
 - Gingerbread 5•130
 - Gingered Rhubarb Jam .. 7•179
 - Gingerscotch Cake 2•55
 - Gingersnap Crust 11•265
 - Gingersnaps 5•118
 - Glamorous Rice Ring ... 8•202

- Glassware 17•398
- Glazed Almonds 6•154
- Glazed Carrots 15•359
- Glazed Lemon Nut Bread 4•98
- Glazed Pork Chops 1•12
- Glazed Squash Rings 1•18
- Glorified Gravies 2•57
- Glorified Rice 9•213
- Golden**
 - Golden Bubble Ring ... 4•93
 - Golden Butter Frosting 5•144
 - Golden Cheese Bake ... 8•208
 - Golden Chiffon Cake .. 5•138
 - Golden Fruit Compote .. 1•24
 - Golden Glow Punch ... 3•74
 - Golden Grilled
 - Chicken 2•36
 - Golden Onion Rings 15•361
 - Golden Peach Pie 11•273
 - Golden Peach Plate ... 2•48
 - Golden Pumpkin Rolls .. 4•89
 - Golden Sauce 1•14
- Goldenrod Eggs 12•306
- Gooseberry Pie, Fresh .. 11•272
- Goose, Buying Guide ... 12•290
- Goose, Roast Domestic 12•295
- Goose, Roast Wild 12•295
- Gourmet Onions 15•361
- Gourmet Sauce 14•344
- Graham-Cracker Crust .. 11•265
- Graham Cracker
 - Pudding 9•214
- Grapefruit, Broiled 3•65
- Grapes**
 - Concord Grape Pie ... 11•272
 - Grape Conserve 7•180
 - Grape Juice
 - Concentrate 7•165
 - Spiced Grape Jam 7•179
 - Turkey-Grape Salad .. 13•321
- Gravy**
 - Cream Gravy 12•286
 - Giblet Gravy 10•259
 - Hurry-Up Gravy 10•259
 - Perfect Pan Gravy 10•259
 - Pot Roast Gravy 10•259
 - Sour Cream Gravy ... 10•259
- Green Beans**
 - Canning Green Beans 7•171
 - Cooking Green Beans 15•353
 - Creole Green Beans ... 2•49
 - Freezing Green Beans 7•185
 - Green Beans Almond 15•357
 - Green Beans Deluxe 15•357
 - Herbed Green Beans 15•357
 - Snappy Green Beans 15•357
- Greengage Plum
 - Squares 13•324
- Green Goddess
 - Dressing 13•316
- Green Goddess Salad ... 13•316

Greens

- Canning Greens 7•171
- Cooking
Greens ... 15•353, 354-355
- Freezing Greens 7•185

Grilled

- Grilled Garlic Slices ... 2•40
- Grilled Halibut 2•37
- Grilled Reubens 4•111
- Grilled Rib Eye Roast ... 2•31
- Grilled Sausage Treats .. 2•39
- Grilled Tomatoes 2•40
- Grilled Turkey Pieces ... 2•37
- Guacamole 3•72
- Gumdrop Cookies 5•117
- Gumdrop Gems 5•120

H**Haddock-Shrimp**

- Bake 12•298

Halibut, Grilled 2•37**Halibut Royale** 12•298**Ham**

- Appetizer Ham Ball ... 3•70

Apple-Ham Open-

- Facers 1•20

Broiled Ham Dinner ... 2•44**Broiled Ham Slices** ... 10•253**Ham and Egg Divan** ... 12•311**Ham and Fruit**

- Kabobs 2•39

Ham and Potatoes ... 2•44**Ham and Rye Rounds** .. 3•68**Ham-Cheese Delight** .. 8•200**Ham Croquettes** 10•252**Ham-Lentil Soup** 1•25**Ham Loaf** 10•253**Ham Medley** 8•200**Ham Patties** 10•253**Ham-Potato Salad** 1•26**Ham Salad Filling** 4•110**Ham Salad on Rye** 4•111**Ham-Squash Skillet** ... 8•200**Ham-Turkey Pie** 12•293**Ham Waffles** 4•107**Ham with Cherry**

- Sauce 2•44

Ham with Mustard

- Glaze 10•252

How to Carve Ham .. 10•253**Menus** 16•374**Rice and Ham Salad** 13•321**Roasting Chart** 10•231**Rosy Ham Slice** 2•32**Spinning Ham** 2•32**To Cook Ham Slices** .. 10•253**Veal and Ham Birds** .. 10•245**Hamburger-Cheese Bake** 8•196**Hamburger-Corn Bake** ... 8•196**Hamburger Pie** 8•196**Hamburgers** 10•241**Blue Cheese Burgers** ... 2•35**Broiled Hamburgers** .. 10•241**Dilly Hamburgers** 2•34**Outdoor Burgers** 2•35**Panbroiled****Hamburgers** 10•241**Pizza in a Burger** 2•34**Pocketburgers** 2•35**Special Hamburgers** .. 10•241**Hard-Cooked Eggs** 12•306**Hard Rolls** 4•91**Hard Sauce** 14•348**Harvard Beets** 15•358**Harvest Fruit Mold** 13•324**Hasenpfeffer** 10•258**Hash****Best Oven Hash** 8•198**Hash-Browns** 15•362**Hashed-Brown Omelet** 12•311**Hawaiian Muffins** 4•101**Heart, Chicken-Fried** ... 10•258**Herb****Herb-Baked Fish** 12•298**Herb Bread** 4•86**Herb Butter** 15•360**Herb-Buttered Bread** ... 2•51**Herb Curry Dip** 3•72**Herb Dressing** 13•330**Herb Scrambled Eggs** 12•306**Herb Stuffing** 12•289**Herbed****Herbed Chicken**

- Bake 8•203

Herbed Green

- Beans 15•357

Herbed Lamb Shanks 10•256**Hermits, Spicy** 5•116**Hickory Fish Bake** 2•37**Hickory Smoked Turkey** .. 2•37**Hilo Franks** 2•35**Hollandaise****Blender Hollandaise** .. 14•342**Classic Hollandaise** ... 14•342**Jiffy Hollandaise** 14•342**Homemade Mincemeat** .. 7•175**Homemade Mincemeat**

- Pie 11•272

Homemade Noodles ... 8•198**Hominy Scramble,**

- Bacon- 12•305

Honey Baked Apples 1•22**Honey Butter** 4•108**Honey Crunch Loaf** 2•50**Honey-Lime Dressing** ... 13•329**Horse-radish Sauces** ... 14•344**Hot****Hot Buttered**

- Lemonade 1•26

Hot Cheese and Crab

- Dip 3•71

Hot (continued)**Hot Chocolate** 3•77**Hot Chop-Chop** 13•327**Hot Cranberry Punch** ... 3•75**Hot Cross Buns** 4•92**Hot Curried Potato** 13•327**Hot Deviled Potatoes** ... 2•49**Hot Dogs Delicious** 2•45**Hot Five-Bean Salad** ... 13•319**Hot Fruit Compote** 9•226**Hot Mexican Bean Dip** 3•71**Hot-Milk Sponge Cake** 5•140**Hot Mulled Cider** 3•75**Hot Sherried Consomme** 3•65**Hot Steak Canapes** 3•68**Hot Tea** 3•76**Huckleberries, Freezing** .. 7•183**Hungarian Noodle Bake** 8•208**Hurry Seafood Curry** 2•45**Hurry-Up Gravy** 10•259**I****Ice Cream (See also Sherbet.)****Choco-Almond Velvet** 9•219**Coffee Ice Cream** 9•219**Freezing Ice**

- Cream 9•219

Ice Cream Delight 2•53**Ice Cream Special** 2•53**Ice Cream Surprise** 2•53**Ice Cream Treats** 2•53**Italian Spumoni** 9•221**Peach Ice Cream** 9•220**Peppermint Ice Cream** 9•219**Pineapple Freeze** 2•54**Refrigerator Vanilla**

- Ice Cream 9•220

Strawberry Ice Cream .. 9•219**Tutti-Frutti Tortoni** 9•220**Vanilla Custard**

- Ice Cream 9•219

Vanilla Ice Cream 9•219**Iced Coffee** 3•76**Iced Tea** 3•76**Individual Meringues** ... 9•216**Individual Pot Roasts** ... 1•23**Individual Shortcakes** ... 9•225**Inside-Out Ravioli** 8•197**Instant Coffee** 3•76**Island Broiled Chicken** .. 12•284**Italian****Italian Dressing** 13•328**Italian Meatballs** 8•194**Italian Meat Loaf** 10•240**Italian Meat**

- Sauce 7•175, 8•194

Italian Picnic

- Roast 10•251

Italian Salad Bowl 13•317**Italian Spumoni** 9•221

J

Jam Brown and Serves . . . **2•50**

Jams (See also *Conserves, Jellies, Marmalades.*)

Apricot Jam **7•179**

Apricot-Pineapple

Jam **7•177**

Canning Jam **7•176**

Cherry-Strawberry Jam **7•178**

Double Berry Jam **7•178**

Frozen Strawberry Jam **7•178**

Gingered Rhubarb

Jam **7•179**

Peach-Plum Jam **7•178**

Peach-Rum Jam **7•178**

Plum Jam **7•179**

Raspberry-Rhubarb

Jam **7•179**

Spiced Grape Jam **7•179**

Strawberry Jam **7•178**

Jam Shortbread

Cookies **5•121**

Jam Thumbprints **5•118**

Jellied Chicken

Salad **13•321**

Jellied Consomme **14•340**

Jellies

Basil Jelly **7•177**

Canning Jelly **7•176**

Cinnamon-Apple Jelly **7•177**

Cran-Pineapple Jelly . . . **7•177**

Mint-Apple Jelly **7•177**

Mint Jelly **7•177**

Poor Product Causes . . . **7•177**

Tips **7•176**

Jelly Frosting **5•145**

Jelly Muffins **4•100**

Jelly Roll (See *Sponge Cakes.*)

Jiffy

Jiffy Doughnuts **2•50**

Jiffy Hollandaise **14•342**

Jiffy Orange Pancakes **4•107**

Jiffy Spaghetti Sauce . . . **1•16**

Jigsaw Sandwiches **4•110**

Jubilee Salad Mold **13•323**

Juices, Appetizer **3•65**

Juices, Canning Fruit **7•163, 165**

Juice, Spiced **3•65**

Juice, Tomato **7•169**

Julienne Vegetable Soup **14•338**

K

Kabobs **2•38-39**

Kabobs, Appetizer **3•66**

Kabobs, Sauced Lamb . . . **10•257**

Kaffee Kuchen **4•97**

Kettle-Cooked Corn **15•360**

Kidney Pie, Beef and **10•258**

Kohlrabi, Cooking **15•354**

Kolache **4•92**

Kona Coffee Torte **9•224**

Kosher Dill Pickles **7•167**

Kuchen, Peach **2•56**

Kumquat Marmalade **7•180**

L

Lady Baltimore Cake **5•131**

Lamb

Armenian Shish

Kabobs **2•38**

Barbecued Lamb

Riblets **10•256**

Broiled Lamb Chops . . . **10•256**

Butterfly Leg of Lamb . . . **2•32**

Canning Lamb **7•174**

Freezing Lamb **7•186, 187**

Herbed Lamb

Shanks **10•256**

Lamb Chops

Supreme **10•256**

Lamb Cuts **10•254-255**

Lamb Shoulder Roll . . . **10•257**

Lamb Stew **10•256**

Lamb with Dill Sauce **10•256**

Menus **16•374**

Roasting Chart **10•231**

Sauced Lamb Kabobs **10•257**

Storage **16•384**

To Carve a Leg of

Lamb **10•257**

Lasagne **8•195**

Lasagne, Lazy Day **2•42**

Layer Bar Cookies **2•57**

Lazy Day Lasagne **2•42**

Lebkuchen **5•122**

Leek Lorraine **3•68**

Leeks, Cooking **15•354**

Leftovers, Creative

Uses for **18•404**

Lemonade **3•74**

Lemonade, Hot Buttered . . **1•26**

Lemon

Daffodil Lemon

Sauce **14•348**

Glazed Lemon Nut

Bread **4•98**

Lemon-Angel Dessert . . . **9•223**

Lemon Angel Torte **9•224**

Lemon Butter **14•343**

Lemon Butter Frosting **5•143**

Lemon Cheesecake **9•217**

Lemon Chiffon Pie **11•275**

Lemon Chuck Steak **2•31**

Lemon Filling **5•146**

Lemon Meringue Pie **11•268**

Lemon Parsleyed

Turnips **15•366**

Lemon Pecan Dainties **5•120**

Lemon Pudding Cake . . . **9•214**

Lemon (*continued*)

Lemon Sherbet **9•220**

Lemon Tea Cookies **5•118**

Lemon Tea Muffins **4•102**

Raspberry-Lemon

Sundae **2•53**

Lentils, Cooking Dried . . . **15•354**

Lentil Soup, Ham- **1•25**

Lentil-Vegetable Soup . . . **14•336**

Lettuce

Beet-Topped Lettuce **2•48**

Cheese-Topped

Lettuce **2•48**

Festive Lettuce Salad . . . **2•48**

Identification **13•316**

Wilted Leaf Lettuce **13•318**

Light Fruitcake **5•135**

Lima Beans

Canadian Smoked

Limas **1•14**

Canning Lima Beans . . . **7•171**

Cooking Lima Beans **15•353**

Freezing Lima Beans . . . **7•185**

Lima-Cheese Bake **15•357**

Milk Baked Limas **1•23**

Pork and Lima Skillet . . . **2•43**

Limeade **3•74**

Limes

Honey-Lime

Dressing **13•329**

Lime Filling **5•146**

Lime Icebergs **3•64**

Lingonberry Sauce **4•108**

Link Sausage **10•250**

Liver **10•259**

Chicken Liver Pate **3•71**

Chicken Livers and

Rice **12•288**

Liver Loaf **10•259**

Loaf Pound Cake **5•129**

Lobster

Boiled Lobster **12•303**

Boiled Rock Lobster

Tails **12•303**

Broiled Lobster **12•303**

Freezing Lobster **7•187**

Lobster Canapes **3•66**

Lobster Newburg **12•302**

Menu **16•376**

Rock Lobster

Tails **12•303**

Lollipops **6•155**

London Broil **10•236**

Louis Dressing **13•322**

Low-Calorie Dressings . . . **13•330**

Low-Fat Muffins **4•100**

Luau Bites **3•67**

Luau Ribs **2•33**

Lunch Box Menus **16•379**

Luncheon Meat Dinner . . . **2•44**

Luncheon Meat, Frosted . . . **2•35**

M

Macaroni

- How to Cook
- Macaroni **8•194**
- Macaroni and Cheese **8•208**
- Macaroni-Cheese Puff **8•208**
- Macaroni-Cheese Salad **13•322**
- Meat-Macaroni Supper **8•201**
- Macaroons, Coconut **5•117**
- Macaroons, Easy **2•58**
- Malted Milk **3•77**
- Manhattan Clam Chowder **14•336**
- Maple Baked Limas **1•23**
- Maple Chiffon Cake **5•137**
- Maple Syrup **4•108**
- Marble Chiffon Cake **5•136**
- Marinated Artichokes **3•67**
- Marinated Beef Strips **3•68**
- Marinated Drumsticks **2•36**

Marmalades

- Blueberry Marmalade .. **7•180**
- Canning Marmalade .. **7•176**
- Kumquat Marmalade .. **7•180**
- Marmalade Plum Pie **11•273**
- Orange Marmalade .. **7•180**
- Marshmallow Dressing **13•330**
- Marshmallows **6•154**
- Maryland Fried Chicken **12•282**
- Mashed Potatoes **15•362**
- Mashed Sweet Potatoes **15•363**

Mayonnaise

- Caper Mayonnaise **14•343**
- Chili Mayonnaise **13•330**
- Chive Mayonnaise **13•330**
- Creamy Mayonnaise .. **13•330**
- Mayonnaise Variations **13•330**
- Pink Fruit Mayonnaise **13•330**

Meal Planning

- Meal Planning **16•371**
- Measure Correctly **17•390**
- Measurements, Before-and-After **17•391-393**

Meat (See also Beef, Ham, Lamb, Pork, Veal.)

- Braising Meat **10•230**
- Broiling Meat **10•230**
- Brown Meat, To **10•235**
- Canning Meat **7•174**
- Cooking Meat in Liquid **10•230**
- Cooking Methods **10•230**
- Freezing Meat **7•186, 187**
- Meat Price Chart **10•260**
- Meat Thermometer **10•230**

Meat (continued)

- Panbroiling Meat **10•230**
- Panfrying Meat **10•230**
- Roasting Chart **10•231**
- Serving Amounts **10•230**
- Soy Products **10•241**
- Stewing Meat **10•230**
- Storage **16•384**

Meatballs

- Italian Meatballs **8•194**
- Meatballs and Spaetzle **8•198**
- Porcupine Meatballs ... **2•42**
- Saucy Meatball Supper **8•197**
- Spaghetti and Meatballs **8•194**
- Swedish Meatballs ... **10•241**
- Sweet-Sour Meatballs ... **2•41, 10•241**

Meat Loaves

- Applesauce Beef Loaf **10•240**
- Bar-B-Q Meat Loaves .. **2•36**
- Beef Mushroom Loaf ... **2•42**
- Berry-Glazed Loaves **10•240**
- Favorite Beef Loaf **10•240**
- Italian Meat Loaf **10•240**
- Meat Loaf Florentine ... **1•25**
- Twin Meat Loaves **10•240**
- Meat-Macaroni Supper .. **8•201**
- Melba Sundaes **2•53**
- Melba Toast **4•94**
- Melons, Freezing **7•183**
- Menus **16•372-383**

Meringue

- Berry Meringue Torte .. **9•217**
- Individual Meringues .. **9•216**
- Meringue Shell **9•216**
- Metrics **17•388-389**
- Mexican Chocolate **3•77**

Microwave Cooking

- Apple-Ham Open-Facers **1•20**
- Barbecued Spareribs ... **1•17**
- Beef and Pork Ring **1•20**
- Butterscotch Fudge **1•18**
- Cherry-Banana Cobbler **1•22**
- Corn and Cabbage Combo **1•21**
- Cranberry Meat Sauce **1•17**
- Cranberry Pork Chops **1•21**
- Creole Jambalaya **1•17**
- Date Pudding Cake **1•22**
- Deviled Nut Snack **1•22**
- Frank-Burgers **1•18**
- Glazed Squash Rings ... **1•18**
- Honey Baked Apples ... **1•22**
- Mixed Fruit Compote ... **1•22**
- Mulled Nectar **1•18**
- Oriental Chicken **1•20**

Microwave Cooking

- (continued)
- Peppy Italian Chicken **1•20**
- Pizza Cubed Steaks **1•17**
- Spareribs Cantonese ... **1•18**
- Tarragon Fish Fillets **1•21**
- Zucchini Casserole ... **1•21**
- Midget Date Loaves ... **4•99**

Milk

- Malted Milk **3•77**
- Milk Shakes **3•77**
- Mincemeat, Homemade **7•175**
- Mincemeat Pie, Homemade **11•272**
- Mincemeat Sundae Sauce **14•347**
- Minestrone **14•338**

Mint

- Brownie Mint Treats ... **2•53**
- Chocolate Mint Dessert **9•218**
- Chocolate-Mint Fondue **9•223**
- Choco-Mint Shortcakes **2•52**
- Mint-Apple Jelly **7•177**
- Minted Carrots **15•359**
- Minted Pears **7•165**
- Minted Peas **15•361**
- Mint Jelly **7•177**
- Mint Sauces for Lamb **14•344**
- Mint-Top Brownies ... **2•58**
- Pineapple-Mint Cup ... **3•64**
- Raspberry Mint Crush ... **3•74**
- Small Mints **6•154**
- Mixed Fruit Compote ... **1•22**
- Mixed Vegetables **7•173**

Mocha

- Mocha Butter Frosting **5•143**
- Mocha Chiffon Cake ... **5•138**
- Mocha Cupcakes **5•134**
- Mocha Frosted Drops .. **5•117**
- Molasses Cake Bars **5•123**
- Molasses Corn Muffins ... **4•103**
- Molasses Taffy **6•154**

Muffins

- Bacon Cornettes **4•101**
- Banana Bran Muffins .. **4•100**
- Best-Ever Muffins **4•100**
- Blueberry Muffins **4•100**
- Cheddar Bran Muffins **4•101**
- Cheese-Caraway Muffins **4•100**
- Coffee Cake Muffins ... **4•102**
- Date Muffins **4•100**
- Double Corn Sticks ... **4•101**
- English Muffins **4•91**
- Freezing Muffins **7•188**
- Ginger Muffins **4•101**

Mu to Ov

Muffins (continued)

- Ginger Sugar Puffs **4•102**
- Hawaiian Muffins **4•101**
- Jelly Muffins **4•100**
- Lemon Tea Muffins **4•102**
- Low-Fat Muffins **4•100**
- Molasses Corn Muffins **4•103**
- Oatmeal Muffins **4•100**
- Orange Crunch Muffins **4•101**
- Peanut Butter Muffins **4•103**
- Raisin Muffins **4•100**
- Rum Muffins **4•103**
- Sour-Milk Muffins **4•100**
- Spicy Fruit Puffs **4•102**
- Mulled Nectar **1•18**

Mushrooms

- Beef Mushroom Loaf **2•42**
- Canning Mushrooms **7•171**
- Chicken-Mushroom
Soup **14•340**
- Cooking Mushrooms **15•354**
- Creamed Mushrooms **15•361**
- Cream of Mushroom
Soup **14•334**
- Creamy Mushroom
Topper **14•343**
- Fresh Mushroom
Saute **15•361**
- Mushroom Features **15•361**
- Mushroom Sauces **1•25,**
14•343
- Mushroom Stuffing **12•289**
- Pickled Mushrooms **3•67**
- Quick Mushroom
Sauce **14•343**
- Stuffed Mushrooms **3•69**
- Wild Rice and
Mushrooms **15•364**
- Wine-Mushroom
Sauce **14•343**

Mustard

- Mustard Pickles **7•167**
- Mustard Sauces **14•344**
- Tangy Mustard Glaze **10•252**

N

- Napoleons **9•221**
- New England Baked
Beans **15•357**
- New England Clam
Chowder **14•336**
- New England Dinner **1•16**
- New Potatoes, Creamed
Peas and **15•362**
- New Potatoes,
Parsleyed **15•362**
- No-Bake Almond Balls **2•58**
- No-Bake Fruit Squares **6•156**
- No-Knead Oatmeal
Bread **4•86**

Noodles

- Chicken-Noodle Soup **14•340**
- Corned Beef and
Noodles **8•198**
- Homemade Noodles **8•198**
- How to Cook Noodles **8•194**
- Hungarian Noodle
Bake **8•208**
- Noodles Romano **8•208**
- Poppy Seed Noodles **2•41**
- Tenderloin-Noodle
Bake **8•200**
- Tuna-Noodle Casserole **8•204**
- Turkey-Noodle Bake **12•293**
- Nougat **6•152**
- Nutmeg Feather Cake **5•130**
- Nutritional Labeling **16•383**
- Nutty Pups **2•35**

O

- Oahu Frappe **3•64**

Oatmeal

- Apple-Oatmeal
Cookies **5•121**
- No-Knead Oatmeal
Bread **4•86**
- Oatmeal Cookies **5•116**
- Oatmeal Muffins **4•100**
- Oatmeal Rounds **5•120**
- Raisin Oatmeal
Cookies **2•58**
- "Oh Boy" Waffles **4•108**
- Oil Pastry **11•265**
- Okra, Cooking **15•354**
- Okra, Tomatoes and **15•366**
- Old-Time Beef Stew **10•238**
- Old-Time Popcorn Balls **6•156**
- Olive-Cheese Ball **3•71**
- Olive Spaghetti Sauce **1•24**

Omelets

- Chicken Dinner
Omelet **2•47**
- Fluffy Omelet **12•311**
- French Omelet **12•311**
- Hashed-Brown
Omelet **12•311**
- Puffy Sandwich
Omelet **12•309**
- 1-2-3 Sauce **2•34**

Onions

- Cheese-Marinated
Onions **13•327**
- Cooking Onions **15•355**
- Cream of Onion Soup **14•335**
- Creamy Onion Dip **3•72**
- Dutch Glazed Onions **15•361**
- French Onion Soup **14•334**
- Fried Corn and
Onions **2•49**
- Golden Onion Rings **15•361**

Onions (continued)

- Gourmet Onions **15•361**
- Onion-Butter Rolls **2•51**
- Onion-Cheese Loaf **2•40**
- Onion-Cheese Soup **14•336**
- Onion-Dressed Salad **2•48**
- Onion Fix-Ups **15•361**
- Onion Supper Bread **2•50**
- Peas and Onions **15•361**
- Pickled Onions **13•327**
- Pimiento-Onion
Relish **13•327**
- Squash with Onions **15•365**
- Swiss Onion Bake **12•309**
- Opera Fudge **6•150**

Oranges

- Apple-Orange Toss **2•48**
- Date Orange Bars **5•125**
- Cranberry Orange Bread **4•98**
- Cranberry-Orange
Butter **4•108**
- Jiffy Orange Pancakes **4•107**
- Orange-Apricot
Freeze **13•326**
- Orange Butter **4•108**
- Orange Butter Frosting **5•143**
- Orange Chicken **12•283**
- Orange Crunch Muffins **4•101**
- Orange Drop Cookies **5•118**
- Orange Filling **5•146**
- Orange-Glazed Beets **15•358**
- Orange-Glazed Ribs **10•251**
- Orange Marmalade **7•180**
- Orange Nut Bread **4•99**
- Orange Rolls **4•89**
- Orange Rosettes **4•90**
- Orange Sauce **4•108**
- Orange Souffle **9•223**
- Orange Sponge Cake **5•140**
- Orange Stuffing **12•289**
- Orange Sunshine Cake **5•137**
- Orange Waffles **4•108**
- Raisin Orange Bread **4•98**
- Winter Orange Bowl **13•326**
- Oriental Chicken **1•20**
- Oriental Pork **1•15**
- Original Caesar Salad **13•318**
- Ornamental Frosting **5•144**
- Outdoor Burgers **2•35**
- Outdoor Steaks **2•31**

Oven

- Oven Barbecued Ribs **10•251**
- Oven-Browned
Potatoes **15•362**
- Oven Fried Chicken **12•282**
- Oven Fried Fish **12•296**
- Oven Fried Turkey **12•292**
- Oven Herb Chicken **12•282**
- Oven Meals **2•60**
- Oven Peas **2•49**
- Oven Pot Roast **2•43**

Oysters

- Corn-Oyster Scallop . . . **12**•302
- Deep Fried Oysters . . . **12**•301
- Freezing Oysters **7**•187
- Oyster Cocktail **3**•65
- Oysters on the Half Shell **3**•65
- Oysters Rockefeller **3**•65
- Oyster Stew **14**•337
- Oyster Stuffing **12**•289
- Scalloped Oysters **12**•301

P-Q

- Pacific Chowder **14**•337

Panbroiled Canadian-

- Style Bacon **10**•250
- Panbroiled Hamburgers **10**•241
- Panbroiled Steak **10**•236

Pancakes

- Apple Pancakes **4**•106
- Blintz Pancakes **4**•107
- Blueberry Pancakes . . . **4**•106
- Buckwheat Griddle
 - Cakes **4**•106
- Buttermilk Pancakes . . . **4**•106
- Cornmeal Griddle Cakes **4**•107
- Crepes **4**•107
- Favorite Pancakes **4**•106
- Feather Pancakes **4**•106
- Jiffy Orange Pancakes **4**•107
- Pancake Toppers **4**•108
- Panfried Eggplant **15**•360
- Panfried Frankfurters . . . **10**•258
- Panfried Ham Slices **10**•253
- Panfried Liver **10**•259
- Panfried Round Steak . . . **10**•237
- Panfried Scallops **12**•302

Parfaits

- Cherry Parfaits **2**•54
 - Coffee-Mallow Towers **9**•213
 - Two-Berry Parfaits **9**•213
 - Parker House Rolls **4**•88
 - Parmesan Biscuits **2**•51
 - Parmesan Rice Squares . . . **3**•69
 - Parsley Butter **14**•343
 - Parsleyed Bread Slices . . . **2**•51
 - Parsleyed New Potatoes **15**•362
 - Parsnips **15**•361
 - Parsnips, Cooking **15**•355
- ### Pastry
- Oil Pastry **11**•265
 - Pastry Petal Cups **12**•302
 - Pastry Trims **11**•266
 - Plain Pastry **11**•264
 - Puff Pastry **9**•221
 - Pate, Chicken Liver **3**•71

Peaches

- Apple-Peach Conserve **7**•180
- Canning Peaches **7**•163
- Cheese-Peach
 - "Sandwiches" **2**•48

Peaches (continued)

- Crunchy Peach
 - Cobbler **2**•56
- Freezing Peaches **7**•181, 183
- Golden Peach Pie **11**•273
- Golden Peach Plate **2**•48
- Peach Cobbler **9**•225
- Peach Conserve **7**•180
- Peach Ice Cream **9**•220
- Peach Kuchen **2**•56
- Peach Pie **11**•273
- Peach-Plum Jam **7**•178
- Peach-Rum Jam **7**•178
- Spiced Peaches **7**•168

Peanuts

- Cereal-Peanut Bars **5**•125
- Easy Peanut Chews **2**•58
- Peanut Brittle **6**•155
- Peanut Brittle Pie **11**•276
- Peanut Butter Cookies **5**•119
- Peanut Butter
 - Cupcakes **5**•134
- Peanut Buttered Pork **2**•32
- Peanut Butter Fudge **6**•152
- Peanut Butter Muffins **4**•103
- Peanut Butter Waffles **4**•107
- Peanut Cereal Candy **2**•59

Pears

- Canning Pears **7**•163
- Freezing Pears **7**•183
- Minted Pears **7**•165
- Pear-Cheese Salad **2**•48
- Pear Coffee Cake **2**•50
- Pear Crumble Pie **11**•274
- Pears Deluxe **2**•53

Peas

- Canning Green Peas **7**•171
- Cooking Peas **15**•355
- Creamed Peas and
 - New Potatoes **15**•362
- Dress-Ups for Peas **15**•361
- Freezing Peas **7**•185
- Minted Peas **15**•361
- Oven Peas **2**•49
- Pea Pods Oriental **15**•362
- Peas and Onions **15**•361
- Peas in Cream **15**•361
- Pea Soup Royale **14**•340
- Quick Creamed
 - Peas **15**•361
- Split Pea Soup **14**•335
- Springtime Peas **15**•361

Pecans

- Lemon Pecan
 - Dainties **5**•120
- Pecan Crispies **5**•117
- Pecan Popovers **4**•103
- Pecan Roll **2**•59
- Pecan Tassies **5**•120
- Pecan Waffles **4**•107
- Southern Pecan Pie **11**•278

Pennsylvania Red

- Cabbage **15**•359
- Penuche **6**•152
- Penuche Frosting **5**•144
- Penuche, Quick Walnut **6**•152
- Pepper Cups, Stuffed **8**•195
- Peppermint Alaskas **2**•54
- Peppermint Ice Cream **9**•219
- Peppermint-Stick
 - Frosting **5**•143
- Peppy Italian Chicken **1**•20
- Percolator Coffee **3**•76
- Perfect Apple Pie **11**•271
- Perfect Corn Bread **4**•99
- Perfect Fried Chicken **12**•282
- Perfection Salad **13**•320
- Perfect Pan Gravy **10**•259
- Perfect White Bread **4**•83
- Petits Fours **5**•131
- Petits Fours Icing **5**•131
- Pfeffernuesse **5**•119
- Pheasant, Roast **12**•295
- Pheasant with Apples **12**•294
- Pickled Beets **13**•327
- Pickled Mushrooms **3**•67
- Pickled Onions **13**•327
- Pickled Shrimp, Swedish . . . **3**•66

Pickles

- Canning Pickles **7**•166-168
- Crisp Pickle Slices **7**•166
- Dill Pickles **7**•167
- Kosher Dill Pickles **7**•167
- Mustard Pickles **7**•167
- Sweet Pickles **7**•166
- Sweet-Sour Pickles **7**•167
- Watermelon Pickles **7**•167

Pie Crusts

- Chocolate-Wafer
 - Crust **11**•265
- Coconut Crust **11**•265
- Cornflake Crust **11**•265
- Gingersnap Crust **11**•265
- Graham-Cracker
 - Crust **11**•265
- Oil Pastry **11**•265
- Plain Pastry **11**•264
- Tart Shells **11**•265
- Vanilla-Wafer Crust **11**•265
- Zwieback Crust **11**•265

Pies

- Apricot Cream Pie **2**•55
- Banana-Apricot Pie **11**•268
- Banana Cream Pie **11**•269
- Berry Cheesecake Pie **2**•55
- Black Bottom Pie **11**•277
- Blueberry Pie **11**•273
- Blueberry Strata Pie **11**•273
- Brazilian Pie **11**•276
- Butterscotch Pie **11**•269
- Chess Pie **11**•278
- Chocolate Chiffon Pie **11**•276

Pi to Po

Pies (continued)

- Chocolate Cream Pie **11•269**
- Coconut Cream Pie .. **11•269**
- Coconut Tarts **11•278**
- Concord Grape Pie ... **11•272**
- Custard Pie **11•277**
- Freezing Pies **7•189**
- Fresh Fruit Tarts **11•274**
- Fresh Gooseberry
Pie **11•272**
- Fudge Ribbon Pie **11•270**
- Golden Peach Pie **11•273**
- Homemade
Mincemeat Pie **11•272**
- How to Cook Cream
Pie Fillings **11•268**
- Lemon Chiffon Pie ... **11•275**
- Lemon Meringue Pie **11•268**
- Marmalade Plum
Pie **11•273**
- Peach Pie **11•273**
- Peanut Brittle Pie **11•276**
- Pear Crumble Pie **11•274**
- Pineapple Cream Pie .. **11•267**
- Raisin Crisscross Pie .. **11•274**
- Raisin Pie **11•278**
- Rhubarb Custard Pie .. **11•272**
- Rhubarb Pie **11•272**
- Slipped Custard Pie .. **11•277**
- Southern Pecan Pie .. **11•278**
- Vanilla Cream Pie **11•269**

Apple

- Apple Crumb Pie **11•271**
- Apple Custard Pie **11•271**
- Apple Pie Filling **7•164**
- Perfect Apple Pie **11•271**

Cherry

- Cherry Burgundy Pie **11•269**
- Cherry Cream Pie **2•55**
- Cherry-Raspberry
Pie **11•272**
- Fresh Cherry Pie **11•271**
- Red Cherry Pie **11•271**
- Two-Crust Cherry Pie **11•271**

Main Dish

- Beef and Kidney Pie .. **10•258**
- Chicken and Biscuit
Pie **2•47**
- Chicken Pie **12•286**
- Hamburger Pie **8•196**
- Ham-Turkey Pie **12•293**
- Rice and Tuna Pie **8•204**
- Salmon Pie **8•205**
- Swiss Pie **8•207**
- Tamale Pie **8•197**
- Tuna Pie **8•205**

Pumpkin

- Pumpkin Chiffon Pie .. **11•276**
- Pumpkin Meringue
Pie **11•267**
- Pumpkin Pie **11•278**

Pies (continued)

Strawberry

- Strawberry Chiffon
Pie **11•275**
- Strawberry Frozen Pie **11•269**
- Strawberry Glaze Pie **11•274**
- Strawberry Parfait Pie **11•269**
- Strawberry-Rhubarb
Pie **11•274**
- Pimiento-Onion Relish .. **13•327**

Pineapple

- Apricot-Pineapple Jam **7•177**
- Beets with Pineapple **15•358**
- Cran-Pineapple Jelly ... **7•177**
- Pineapple Boat **13•326**
- Pineapple-Carrot Toss **13•326**
- Pineapple Chiffon Cake **5•137**
- Pineapple Cream Loaf **9•218**
- Pineapple Cream Pie **11•267**
- Pineapple Dressing ... **13•329**
- Pineapple Fluff **14•348**
- Pineapple Fluff Cake .. **5•140**
- Pineapple Freeze **2•54**
- Pineapple-Mint Cup ... **3•64**
- Pineapple on a Spit ... **2•40**
- Pineapple Sherbet **9•220**
- Pineapple Spears **7•164**
- Pineapple Topper **5•146**
- Pineapple Upside-Down
Cake **5•129**

- Pink Fruit Dessert **2•52**
- Pink Fruit Mayonnaise .. **13•330**
- Pink Peppermint Fondant **6•153**
- Pinwheel Biscuits **4•105**

Pizza

- Pizza Cubed Steaks **1•17**
- Pizza in a Burger **2•34**
- Pizza Pork Chops **10•249**
- Pizza Snacks **3•69**
- Pizza Toppers **8•195**
- Sausage Pizza **8•195**
- Plain Pastry **11•264**
- Plain Rice **15•364**
- Planked Steak **10•236**

Plums

- Canning Plums **7•163**
- Freezing Plums ... **7•181, 183**
- Marmalade Plum Pie **11•273**
- Peach-Plum Jam **7•178**
- Plum Conserve **7•180**
- Plum Jam **7•179**
- Regal Plum Pudding ... **9•214**
- Poached Eggs **12•305**
- Poached Salmon **1•12**
- Pocketburgers **2•35**
- Polka-Dot Waffles **4•108**

Popcorn

- Caramel Popcorn Balls **6•156**
- Old-Time Popcorn
Balls **6•156**
- Popcorn Pops **6•156**

- Popovers **4•103**

- Poppy Seed Cheese
Bread **2•51**
- Poppy Seed Dressing ... **13•330**
- Poppy Seed Noodles **2•41**
- Porcupine Meatballs **2•42**
- Pork** (See also Bacon, Casseroles,
Ham, Sausage.)

- Braised Pork **10•249**
- Canning Pork **7•174**
- Crown Roast of Pork **10•248**
- Freezing Pork ... **7•186, 187**
- Fruit Stuffed Pork **10•249**
- Italian Picnic
Roast **10•251**
- Menus **16•374**
- Oriental Pork **1•15**
- Peanut Buttered Pork ... **2•32**
- Pork and Bean Bake **2•43**
- Pork and Lima Skillet .. **2•43**
- Pork Chow Mein **8•200**
- Pork Cuts **10•246-247**
- Pork Stroganoff **1•25**
- Roasting Chart **10•231**
- Smoked Pork Dinner **10•248**
- Storage **16•384**
- Stuffed Pork Shoulder **10•248**
- Stuffed Pork
Tenderloin **10•250**
- Sweet-Sour Pork **10•251**
- Tenderloins in Cream **10•250**

Chops

- Barbecued Pork
Chops **10•249**
- Chicken-Fried Pork
Chops **10•249**
- Cranberry Pork Chops .. **1•21**
- Glazed Pork Chops **1•12**
- Pizza Pork Chops **10•249**
- Pork Chop Cacciatore .. **2•43**
- Pork Chops on Rice **2•43**
- Pork Chop Spanish
Rice **8•201**
- Pork Chop Supper **1•16**
- Roast Pork Chops **2•32**
- Saucy Pork Chops **2•43**

Ribs

- Barbecued Ribs **2•33**
- Barbecued Spareribs ... **1•17**
- Luau Ribs **2•33**
- Orange-Glazed Ribs .. **10•251**
- Oven Barbecued Ribs **10•251**
- Smoky Ribs **2•33**
- Spareribs with Kraut .. **10•251**

Potatoes

- Baked Potatoes **15•363**
- Baked Potato Toppers **15•363**
- Boiled Potatoes **15•362**
- Canning New White
Potatoes **7•172**
- Cheesed Spuds **2•40**

Potatoes (continued)

- Cooking Potatoes 15•355
- Creamed Peas and
New Potatoes 15•362
- Cream of Potato Soup 14•335
- Crisscross Potatoes 2•49
- Double Potato Bake 2•49
- Duchess Potatoes 15•363
- Foiled Potatoes 2•40
- French Fries 15•362
- Fresh-Fries 15•362
- Ham and Potatoes 2•44
- Hash-Browns 15•362
- Hot Deviled Potatoes ... 2•49
- Mashed Potatoes 15•362
- Oven-Browned
Potatoes 15•362
- Parsleyed New
Potatoes 15•362
- Potato Patties 15•362
- Potato Rolls 4•88
- Scalloped Potatoes ... 15•363
- Scalloped Potatoes
and Ham 1•14
- Skillet-Fried Potatoes 15•362
- Stuffed Baked
Potatoes 15•363
- Volcano Potatoes 15•363

Salads

- Frank and Potato
Salad 2•44
- German Potato Salad 13•320
- Ham-Potato Salad 1•26
- Potluck Potato Salad 13•319
- Sour Cream Potato
Salad 13•319

Sweet Potatoes

- Baked Sweet
Potatoes 15•363
- Candied Sweets 15•363
- Canning Sweet
Potatoes 7•172
- Cooking Sweet
Potatoes 15•355
- Freezing Sweet
Potatoes 7•185
- Mashed Sweet
Potatoes 15•363
- Sweet Potato Treats ... 15•363
- Potluck Potato Salad ... 13•319
- Pot Roast Gravy 10•259
- Pot Roasts, Individual 1•23
- Pot Roast Variations 10•235
- Pots de Creme 9•213
- Preparation Tips 4•7
- Pressure Pan Cooking 1•16
- Prize Chocolate Cake ... 5•132

Prunes

- Chilled Prune Whip ... 9•213
- Prune Nut Bread 4•98
- Stuffed Prune Salad ... 13•326

Puddings

- Applesauce Bread
Pudding 1•25
- Bread Pudding 9•212
- Brownie Pudding 9•214
- Butterscotch Pudding .. 9•212
- Chilled Prune Whip ... 9•213
- Chocolate Pudding 9•212
- Corn Pudding 15•360
- Cottage Pudding 9•212
- Date-Nut Pudding 9•214
- Fluffy Tapioca Pudding 9•212
- Glorified Rice 9•213
- Graham Cracker
Pudding 9•214
- Lemon Pudding Cake .. 9•214
- Pots de Creme 9•213
- Regal Plum Pudding ... 9•214
- Rice Pudding 9•213
- Snow Pudding 9•212
- Special Banana
Pudding 2•53
- Vanilla Pudding 9•212
- Puff Pastry 9•221
- Puffy Sandwich Omelet 12•309

Pumpkin

- Canning Pumpkin 7•172
- Pumpkin Chiffon Pie 11•276
- Pumpkin Meringue
Pie 11•267
- Pumpkin Nut Bread ... 4•97
- Pumpkin Pie 11•278
- Spicy Pumpkin Cake ... 2•55

Punches

- Champagne Punch 3•75
- Daiquiri Punch 3•75
- Golden Glow Punch ... 3•74
- Hot Cranberry Punch ... 3•75
- Quantity Fruit Punch ... 3•74
- Quick Punch 3•74
- Ruby Wine Punch 3•73
- Sangria 3•75
- Sparkle Punch 3•73
- Trader's Punch 3•74
- Quail, Smothered 12•295
- Quiche, Swiss and
Crab 8•205

Quick

- Quick Beef Stroganoff ... 2•41
- Quick Coffee Breads ... 2•50
- Quick Cottage Dip ... 3•72
- Quick Creamed Peas 15•361
- Quick Fudge Sundaes ... 2•53
- Quick Jubilee Sauce .. 14•347
- Quick Meat Broth 14•334
- Quick Mushroom
Sauce 14•343
- Quick Pecan Rolls ... 4•105
- Quick Punch 3•74
- Quick Sandwich
Cookies 2•57

Quick (continued)

- Quick Tuna Curry 12•298
- Quick Turkey Curry ... 2•46
- Quick Upside-Down
Cake 2•53
- Quick Vichyssoise ... 14•340
- Quick Walnut Penuche 6•152
- Quick Western
Rabbit 2•45
- Quicky Crullers 2•50

R

- Raised Doughnuts 4•94

Raisins

- Cinnamon-Raisin Bars 5•125
- Raisin Caramels 6•153
- Raisin-Cinnamon Rolls . 4•89
- Raisin Crisscross Pie .. 11•274
- Raisin Loaves 4•84
- Raisin Muffins 4•100
- Raisin Oatmeal
Cookies 2•58
- Raisin Orange Bread ... 4•98
- Raisin Pie 11•278
- Raisin Sauce 14•346
- Raisin Stuffing 12•289
- Spicy Raisin Coffee
Cake 4•96
- Rabbit, Quick Western ... 2•45
- Rabbit, Welsh 8•207

Raspberries

- Cherry-Raspberry
Pie 11•272
- Cran-Raspberry Ring 13•324
- Crimson Raspberry
Sauce 14•348
- Double Berry Jam 7•178
- Freezing
Raspberries 7•181, 183
- Raspberry Bombe 9•222
- Raspberry Cooler 3•74
- Raspberry Foldovers ... 2•57
- Raspberry-Lemon
Sundae 2•53
- Raspberry Mint Crush ... 3•74
- Raspberry-Rhubarb
Jam 7•179
- Ravigote Sauce 14•345
- Ravioli, Inside-Out 8•197
- Red Cabbage,
Pennsylvania 15•359
- Red Cherry Pie 11•271
- Refrigerator Crisps 5•120
- Refrigerator Rolls 4•88
- Refrigerator Vanilla Ice
Cream 9•220
- Regal Plum Pudding 9•214

Relishes

- Cheese-Marinated
Onions 13•327

Relishes (continued)

- Cinnamon Apple Rings 13•327
- Corn Relish 7•168
- Cranberry Relish 2•48
- Cranberry Sauce 14•347
- Curried Apple Relish 13•327
- Hot Chop-Chop 13•327
- Hot Curried Fruit 13•327
- Pickled Beets 13•327
- Pickled Onions 13•327
- Pimiento-Onion Relish 13•327
- Svengali Tomatoes ... 13•327
- Vegetable Relish 7•167

Remarkable Fudge 6•150

Rhubarb

- Canning Rhubarb 7•163
- Freezing Rhubarb 7•181, 183
- Gingered Rhubarb Jam 7•179
- Raspberry-Rhubarb Jam 7•179
- Rhubarb Cake 2•56
- Rhubarb Cobbler 9•225
- Rhubarb Custard Pie 11•272
- Rhubarb Pie 11•272
- Rhubarb Sauce 14•347
- Strawberry-Rhubarb Pie 11•274
- Ribbon Sandwiches 4•110
- Ribs and Kraut 1•23

Rice

- Browned Rice 15•364
- Butter-Baked Rice 15•364
- Chicken Fried Rice ... 8•203
- Confetti Rice Ring ... 8•202
- East Indian Rice Ring . 8•202
- Glamorous Rice Ring .. 8•202
- Glorified Rice 9•213
- Plain Rice 15•364
- Pork Chop Spanish Rice 8•201
- Rice and Ham Salad 13•321
- Rice and Tuna Pie 8•204
- Rice Pudding 9•213
- Rice Tips 15•364
- Spanish Tomato Rice .. 8•201
- Wild Rice and Mushrooms 15•364

Roast (See also individual meats.)

- Roast Beef Tenderloin 10•230
- Roast Domestic Duck 12•295
- Roast Domestic Goose 12•295
- Roast Peppered Rib Eye 10•234
- Roast Pheasant 12•295
- Roast Pork Chops 2•32
- Roast Wild Duck 12•295
- Roast Wild Goose 12•295

- Roasted Corn 2•40
- Roasting Meat 10•231
- Roasting Poultry 12•291
- Rock Lobster Tails 12•303
- Rocky Road 2•59
- Rocky-Road Frosting ... 5•145
- Rolled Ginger Cookies ... 5•123

Rolls

- Basic Roll dough 4•88
- Bowknots 4•90
- Bran Refrigerator Rolls . 4•91
- Breadsticks 4•91
- Brioche 4•93
- Butter Fans 4•90
- Butterhorns 4•90
- Caramel Rolls 4•89
- Cloverleaf Rolls 4•89
- Corkscrew Rolls 4•88
- Crab-Bacon Rolls 3•66
- Crescents 4•90
- Freezing Rolls 7•188
- Golden Pumpkin Rolls .. 4•89
- Hard Rolls 4•91
- Hot Cross Buns 4•92
- Jam Brown and Serves .. 2•50
- Jiffy Cloverleaf Rolls ... 4•88
- Kolache 4•92
- Onion-Butter Rolls 2•51
- Orange Rolls 4•89
- Orange Rosettes 4•90
- Parker House Rolls 4•88
- Potato Rolls 4•88
- Quick Pecan Rolls 4•105
- Quicky Crullers 2•50
- Raisin-Cinnamon Rolls .. 4•89
- Refrigerator Rolls 4•88
- Rolls on a Spit 2•40
- Rosettes 4•90
- Rosy Ham Slice 2•32
- Rosy Pickled Eggs 12•307
- Rosy Strawberry Ring ... 13•324
- Royal Frosting 5•144
- Ruby Fruit Compote 9•218
- Ruby Wine Punch 3•73
- Rum Muffins 4•103
- Russian Borsch 14•334
- Russian Dressing 13•329
- Rutabaga and Apple 15•364
- Rutabagas, Cooking 15•355
- Rutabagas, Freezing 7•185
- Rye Bread 4•85

S

Salad Dressings

- Avocado Dressing 13•329
- Blue Cheese Dressing 13•330
- Celery Seed Dressing 13•328
- Cooked Dressing 13•329
- Cream Goddess Dressing 13•328

Salad Dressings

(continued)

- Creamy Dressing 13•330
- Curry Dressing 13•330
- Fluffy Citrus Dressing 13•328
- Green Goddess Dressing 13•316
- Herb Dressing 13•330
- Honey-Lime Dressing 13•329
- Italian Dressing 13•328
- Louis Dressing 13•322
- Low-Calorie Dressings 13•330
- Marshmallow Dressing 13•330
- Pineapple Dressing ... 13•329
- Poppy Seed Dressing 13•330
- Russian Dressing 13•329
- Shawano Dressing ... 13•329
- Slim-Trim Dressing ... 13•330
- Thousand Island Dressing 13•330
- Tomato Dressing 13•330
- Tomato Soup Dressing 13•330
- Vinaigrette Dressing .. 13•328
- Yogurt Dressing 13•330
- French Dressing** 13•328
- Blue-Cheese French Dressing 13•328
- Creamy French Dressing 13•328
- Fruit French Dressing 13•328
- Garlic French Dressing 13•328
- Mayonnaise** 13•330
- Chili Mayonnaise 13•330
- Chive Mayonnaise ... 13•330
- Creamy Mayonnaise .. 13•330
- Pink Fruit Mayonnaise 13•330

Salads

Fast Salad Ideas 2•48

Fruit

- Apple-Orange Toss 2•48
- Avocado Bowl 13•326
- Avocado-Cranberry Salad 2•48
- Banana-Nut Salad 13•326
- Blueberry Cream Salad 2•48
- Cheese-Peach "Sandwiches" 2•48
- Cinnamon-Apple Salad 13•324
- Classic Waldorf Salad 13•326
- Cran-Raspberry Ring 13•324
- Double Apple Salad .. 13•324
- Frosted Cranberry Salad 13•325
- Frozen Fruit Slices ... 13•326
- Ginger Fruit Freeze ... 13•326

Salads (continued)

- Golden Peach Plate **2•48**
- Greengage Plum Squares **13•324**
- Harvest Fruit Mold **13•324**
- Jubilee Salad Mold **13•323**
- Orange-Apricot Freeze **13•326**
- Pear-Cheese Salad **2•48**
- Pineapple Boat **13•326**
- Pineapple-Carrot Toss **13•326**
- Rosy Strawberry Ring **13•324**
- Spicy Apricot Mold **13•323**
- Stuffed Prune Salad **13•326**
- 24-Hour Salad **13•325**
- Winter Orange Bowl **13•326**

Main-Dish

- Apple-Tuna Toss **13•322**
- Baked Seafood Salad **12•300**
- Chef's Salad Bowl **13•321**
- Chicken Salad **13•321**
- Crab Louis **13•322**
- Frank and Potato Salad **2•44**
- Frosted Cheese Mold **13•322**
- Garden Skillet Salad **1•13**
- Ham-Potato Salad **1•26**
- Jellied Chicken Salad **13•321**
- Macaroni-Cheese Salad **13•322**
- Rice and Ham Salad **13•321**
- Shrimp Remoulade **13•322**
- Summer Tuna Mold **13•322**
- Taco Salad **13•321**
- Turkey-Grape Salad **13•321**

Vegetable

- Beet-Topped Lettuce **2•48**
- Blue Cheese Salad Bowl **13•317**
- Calico Vegetable Bowl **13•319**
- Cheese-Topped Lettuce **2•48**
- Coleslaw **13•318**
- Cucumber-Cheese Ring **13•320**
- Festive Lettuce Salad **2•48**
- French Green Salad **13•317**
- German Potato Salad **13•320**
- Green Goddess Salad **13•316**
- Hot Five-Bean Salad **13•319**
- Italian Salad Bowl **13•317**
- Onion-Dressed Salad **2•48**
- Original Caesar Salad **13•318**
- Perfection Salad **13•320**
- Pineapple-Carrot Toss **13•326**
- Potluck Potato Salad **13•319**

Salads (continued)

- Sour Cream Cucumbers **13•318**
- Sour Cream-Potato Salad **13•319**
- Sparkling Beet Cups **13•320**
- Stuffed Tomatoes **13•319**
- Sunshine Salad **13•320**
- Taos Salad Toss **13•317**
- Three-Bean Salad **13•319**
- Tomato Aspici **13•320**
- Tossed Egg Salad **13•317**
- Wilted Leaf Lettuce **13•318**
- Wilted Spinach Salad **13•318**
- Salad Sandwich Tower **4•112**
- Salmon Loaf **12•298**
- Salmon Party Log **3•71**
- Salmon Pie **8•205**
- Salmon, Poached **1•12**
- Salmon Steaks **12•297**
- Salt Water Taffy **6•154**
- Sandies **5•119**

Sandwiches

- Appetizer Pie **4•110**
- Barbecue Sandwiches **1•24**
- Broiled Luncheon Meat Sandwiches **4•111**
- Broiler Tuna Burgers **4•111**
- Checkerboards **4•110**
- Club Sandwich **4•111**
- Double Rounds **4•110**
- Egg Salad Filling **4•110**
- Freezing Sandwiches **7•190**
- Frosted Ribbon Loaf **4•110**
- Grilled Reubens **4•111**
- Ham Salad Filling **4•110**
- Ham Salad on Rye **4•111**
- Jigsaw Sandwiches **4•110**
- Ribbon Sandwiches **4•110**
- Salad Sandwich Tower **4•112**
- Sandwich Ideas **4•112**
- Sandwiches Stroganoff **2•41**
- Skilletburgers **4•112**
- Spring Sandwich Puff **4•111**
- Stripes **4•110**
- Submarine Sandwiches **4•111**
- Teatime Sandwiches **4•111**
- Watercress Pinwheels **4•109**
- Wiener Doubles **4•112**

- Sangria **3•75**
- Sassy Zucchini **1•15**
- Sauced Lamb Kabobs **10•257**

Sauces

- Applesauce **14•347**
- Bearnaise Sauce **14•343**
- Blueberry Sauce **4•108, 14•347**
- Bordelaise Sauce **14•344**
- Brandy Hard Sauce **14•348**
- Brown Sauce **14•344**

Sauces (continued)

- Butterscotch Sauce **14•348**
- Caper Mayonnaise **14•343**
- Cheese Sauces **14•345**
- Cherries Jubilee **9•226**
- Cherry Sauce **14•348**
- Chili Sauce **7•168**
- Cocktail Sauce **3•65**
- Cranberry Meat Sauce **1•17**
- Cranberry Sauce **14•347**
- Creamy Egg Sauce **10•252**
- Creole Sauce **14•343**
- Crimson Raspberry Sauce **14•348**
- Cucumber Sauce **14•346**
- Cumberland Sauce **14•346**
- Custard Sauce **2•53, 14•347**
- Daffodil Lemon Sauce **14•348**
- Dill Sauce **10•256, 14•346**
- Foamy Sauce **14•348**
- Ginger Sundae Sauce **14•347**
- Golden Sauce **1•14**
- Gourmet Sauce **14•344**
- Hard Sauce **14•348**
- Horseradish Sauces **14•344**
- Italian Meat Sauce **8•194**
- Jiffy Spaghetti Sauce **1•16**
- Lingonberry Sauce **4•108**
- Maple Syrup **4•108**
- Mince-meat Sundae Sauce **14•347**
- Mint Sauces for Lamb **14•344**
- Mustard Sauces **14•344**
- Olive Spaghetti Sauce **1•24**
- 1-2-3 Sauce **2•34**
- Orange Sauce **4•108**
- Pineapple Fluff **14•348**
- Quick Jubilee Sauce **14•347**
- Raisin Sauce **14•346**
- Ravigote Sauce **14•345**
- Regal Chocolate Sauce **14•348**
- Rhubarb Sauce **14•347**
- Sauce Diable **14•344**
- Sauce Moorea **14•343**
- Sauce Mousseline **14•342**
- Sauce Provencale **14•342**
- Sauterne Sauce **14•344**
- Shrimp Sauce **14•346**
- Spicy Cherry Sauce **14•346**
- Spring Fruit Sauce **14•347**
- Sweet-Sour Sauce **14•346**
- Tangy Butter Sauce **14•348**
- Tangy Cranberry Sauce **14•346**
- Tartare Sauce **14•346**
- White Sauce **14•345**
- Whole Cranberry Sauce **7•165**

Sau to So

Sauces (continued)

- Hollandaise**
- Blender Hollandaise .. 14•342
- Classic Hollandaise .. 14•342
- Jiffy Hollandaise .. 14•342
- Mushroom**
- Creamy Mushroom
- Topper .. 14•343
- Mushroom Sauce .. 1•25
- Quick Mushroom
- Sauce .. 14•343
- Wine-Mushroom
- Sauce .. 14•343
- Saucy Meatball Supper .. 8•197
- Saucy Pork Chops .. 2•43
- Sauerbraten .. 10•238
- Sauerkraut .. 7•169
- Sauerkraut
- Provencale .. 15•364
- Sausage** .. 10•250
- Grilled Sausage
- Treats .. 2•39
- Sausage Chili .. 1•26
- Sausage-Egg
- Casserole .. 8•206
- Sausage Kabobs .. 2•39
- Sausage Links .. 10•250
- Sausage Patties .. 10•250
- Sausage Pizza .. 8•195
- Sausage Squash
- Special .. 8•201
- Sausage-Stuffing
- Bake .. 10•250
- Squash and Sausage .. 15•365
- Sauterne Sauce .. 14•344
- Savory Tomato Soup .. 14•339
- Scallop Casserole .. 8•205
- Scallop-Cheese Bake .. 12•300
- Scalloped**
- Scalloped Corn
- Supreme .. 15•360
- Scalloped Fish .. 12•300
- Scalloped Oysters .. 12•301
- Scalloped Potatoes .. 15•363
- Scalloped Potatoes
- and Ham .. 1•14
- Scalloped Tomatoes .. 15•366
- Scalloped
- Vegetables .. 15•352
- Scallops Amandine .. 1•15
- Scallops, Deep Fried .. 12•301
- Scallops, Freezing .. 7•187
- Scallops, Panfried .. 12•302
- Scotch Crunchies .. 2•59
- Scotch Shortbread .. 5•123
- Scramble .. 3•70
- Sea Foam .. 6•153
- Sea Foam Frosting .. 5•143
- Seafood**
- Baked Seafood Salad .. 12•300
- Hurry Seafood Curry .. 2•45

Seafood (continued)

- Seafood Cocktails .. 3•65
- Seafood Pilaf .. 8•205
- Seasoning Guide .. 18•410-411
- Seeded Crackers .. 3•69
- Seven-Minute Frosting .. 5•143
- Shadow Icing .. 5•145
- Shawano Dressing .. 13•329
- Sherbet, Lemon .. 9•220
- Sherbet, Pineapple .. 9•220
- Shirred (Baked) Eggs .. 12•305
- Shortcakes**
- Choco-Mint
- Shortcakes .. 2•52
- Individual Shortcakes .. 9•225
- Sponge Shortcake .. 9•225
- Strawberry Shortcake .. 9•225
- Shrimp**
- Barbecued Shrimp .. 2•37
- Buying Guide .. 12•301
- Clam-Stuffed Shrimp .. 12•299
- Crab-Shrimp Bake .. 12•299
- Freezing Shrimp .. 7•187
- French Fried Shrimp .. 12•301
- Fresh Cooked Shrimp .. 12•301
- Haddock-Shrimp
- Bake .. 12•298
- Shrimp and Rice
- Deluxe .. 2•45
- Shrimp Cocktail .. 3•65
- Shrimp Curried Eggs .. 8•206
- Shrimp de Jonghe .. 12•301
- Shrimp Egg Foo Yong .. 12•312
- Shrimp Newburg .. 12•302
- Shrimp Remoulade .. 13•322
- Shrimp Sauce .. 14•346
- Swedish Pickled Shrimp .. 3•66
- Skillet**
- Electric Skillet
- Cooking .. 1•12-15
- Skilletburgers .. 4•112
- Skillet Carrots .. 15•359
- Skillet-Fried
- Potatoes .. 15•362
- Skillet Spaghetti .. 2•42
- Slim-Trim Dressing .. 13•330
- Slipped Custard Pie .. 11•277
- Slow Crockery Cooking**
- Applesauce Bread
- Pudding .. 1•25
- Barbecue Sandwiches .. 1•24
- Chicken Cassoulet .. 1•23
- Corned Beef in Beer .. 1•26
- Fruit Filled Squash .. 1•26
- Golden Fruit Compote .. 1•24
- Ham-Lentil Soup .. 1•25
- Ham-Potato Salad .. 1•26
- Hot Buttered
- Lemonade .. 1•26
- Individual Pot
- Roasts .. 1•23

Slow Crockery Cooking

- (continued)
- Maple Baked Limas .. 1•23
- Meat Loaf
- Florentine .. 1•25
- Olive Spaghetti Sauce .. 1•24
- Pork Stroganoff .. 1•25
- Ribs and Kraut .. 1•23
- Sausage Chili .. 1•26
- Spiced Applesauce .. 1•24
- Small Mints .. 6•154
- Smoked Pork Dinner .. 10•248
- Smoky Ribs .. 2•33
- S'Mores .. 2•40
- Smothered Quail .. 12•295
- Snappy Cheese Sticks .. 3•69
- Snappy Green Beans .. 15•357
- Snow-Capped Lemon
- Roll .. 5•141
- Snow Pudding .. 9•212
- Sodas .. 3•77
- Soft-Cooked Eggs .. 12•306
- Souffles**
- Broccoli Souffle .. 12•312
- Cheese Souffle .. 12•312
- Chocolate Souffle .. 9•223
- Orange Souffle .. 9•223
- Turkey Souffle .. 12•312
- Soups**
- Bean Soup .. 14•337
- Blender Broccoli
- Soup .. 14•341
- Brown Stock .. 14•334
- Cheese Chowder .. 14•336
- Chilled Asparagus
- Soup .. 14•341
- Corned Beef Chowder .. 14•339
- Corn-Potato Chowder .. 14•337
- Crab Bisque .. 14•337
- Cream of Celery
- Soup .. 14•335
- Cream of Mushroom
- Soup .. 14•334
- Cream of Potato
- Soup .. 14•335
- Creole Gumbo .. 14•339
- Cucumber Soup .. 14•341
- Fish Chowder .. 14•338
- Freezing Soups .. 7•190
- French Vichyssoise .. 14•340
- Fresh Corn Chowder .. 14•339
- Jellied Consomme .. 14•340
- Julienne Vegetable
- Soup .. 14•338
- Lentil-Vegetable
- Soup .. 14•336
- Minestrone .. 14•338
- Oyster Stew .. 14•337
- Pacific Chowder .. 14•337
- Pea Soup Royale .. 14•340
- Quick Meat Broth .. 14•334

Soups (continued)

- Quick Vichyssoise ... **14**•340
- Russian Borsch **14**•334
- Soup
 - Accompaniments .. **14**•340
- Soup Garnishes **14**•337
- Soup-Making **10**•230
- Sparkling Borsch **14**•341
- Split Pea Soup **14**•335
- Swedish Fruit Soup ... **9**•226
- Vegetable-Beef Soup **14**•335
- Vegetable Soup **7**•173
- White Stock **14**•334

Chicken

- Chicken-Curry Soup .. **14**•340
- Chicken-Mushroom
 - Soup **14**•340
- Chicken-Noodle Soup **14**•340
- Chicken-Rice Soup ... **14**•340
- Chicken Velvet Soup **14**•335
- Homemade Chicken
 - Soup **14**•338

Clam

- Creole Clam Bisque .. **14**•340
- Manhattan Clam
 - Chowder **14**•336
- New England Clam
 - Chowder **14**•336

Onion

- Cream of Onion Soup **14**•335
- French Onion Soup .. **14**•334
- Onion-Cheese Soup .. **14**•336

Tomato

- Cream of Tomato
 - Soup **14**•335
- Savory Tomato Soup **14**•339
- Tomato-Chili Stew ... **14**•340
- Tomato-Rice Soup ... **14**•340
- Tomato Soupshake ... **14**•341
- Sour Cream Cucumbers **13**•318
- Sour Cream Frosting ... **5**•143
- Sour Cream Gravy ... **10**•259
- Sour Cream-Potato
 - Salad **13**•319

- Sourdough Bread **4**•84
- Sour-Milk Muffins **4**•100
- Southern Pecan Pie ... **11**•278
- Spaetzle, Meatballs and .. **8**•198

Soy Products Tips **10**•241

Spaghetti

- Freezing Spaghetti
 - Sauce **7**•190
- How to Cook
 - Spaghetti **8**•194
- Skillet Spaghetti **2**•42
- Spaghetti and
 - Meatballs **8**•194

Spaghetti Sauces

- Italian Meat Sauce ... **7**•175
- Jiffy Spaghetti Sauce ... **1**•16
- Olive Spaghetti Sauce .. **1**•24

Spanish

- Pork Chop Spanish
 - Rice **8**•201
- Spanish Eggs **12**•308
- Spanish Paella **12**•286
- Spanish Tomato Rice .. **8**•201
- Spareribs Cantonese **1**•18
- Spareribs with Kraut ... **10**•251
- Sparkle Punch **3**•73
- Sparkling Beet Cups ... **13**•320
- Sparkling Borsch **14**•341
- Special Banana
 - Pudding **2**•53
- Special Hamburgers ... **10**•241
- Special Helps **17**•385-402
- Speedy Chop Suey **1**•16
- Speedy Relishes **13**•327
- Speedy Tuna Skillet ... **2**•46

Spiced

- Spiced Applesauce ... **1**•24
- Spiced Grape Jam **7**•179
- Spiced Juice **3**•65
- Spiced Peaches **7**•168
- Spiced Tea **3**•77
- Spice Nut Cake **5**•130

Spicy

- Spicy Apricot Mold .. **13**•323
- Spicy Cherry Sauce ... **14**•346
- Spicy Fruit Puffs **4**•102
- Spicy Hermits **5**•116
- Spicy Pumpkin Cake ... **2**•55
- Spicy Raisin Coffee
 - Cake **4**•96

Spinach

- Chinese Spinach **15**•365
- Cooking Spinach **15**•355
- Spinach Elegante **15**•365
- Spinach Ideas **15**•365
- Spinach Surprise **15**•365
- Wilted Spinach Salad **13**•318
- Spinning Ham **2**•32
- Split Pea Soup **14**•335

Sponge Cakes

- Butter Sponge **5**•140
- Chocolate Roll **5**•141
- Daisy Marble Cake ... **5**•140
- Hot-Milk Sponge Cake **5**•140
- Jelly Roll **5**•141
- Orange Sponge Cake .. **5**•140
- Pineapple Fluff Cake .. **5**•140
- Snow-Capped Lemon
 - Roll **5**•141
- Sponge Shortcake ... **9**•225
- Walnut Cream Roll ... **5**•141
- Spoon Bread **4**•99
- Spring Fruit Sauce ... **14**•347
- Spring Sandwich Puff ... **4**•111
- Springtime Peas **15**•361
- Spritz **5**•119
- Spumoni, Italian **9**•221
- Squab **12**•295

Squash

- Baked Acorn Squash **15**•365
- Candied Squash
 - Rings **15**•365
- Canning Winter
 - Squash **7**•172
- Cheddar Squash Bake **15**•365
- Confetti Squash **15**•366
- Cooking Squash **15**•355
- Dilly Squash **15**•366
- Freezing Squash **7**•185
- Fruit Filled Squash ... **1**•26
- Glazed Squash Rings ... **1**•18
- Ham-Squash Skillet ... **8**•200
- Sausage Squash
 - Special **8**•201
- Squash and
 - Applesauce **15**•365
- Squash and Sausage .. **15**•365
- Squash Squares in
 - Sour Cream **15**•365
- Squash with Onions .. **15**•365
- Summer Squash Ideas **15**•366
- Zucchini Half Shells .. **15**•366
- Zucchini Parmesan ... **15**•366

Steak (See Beef.)

- Steamed Clams **12**•299
- Steamed Fish **12**•297

Stews

- Freezing Stew **7**•190
- Lamb Stew **10**•256
- Old-Time Beef Stew ... **10**•238
- Oyster Stew **14**•337
- Tomato-Chili Stew ... **14**•340
- Veal Stew 'n
 - Dumplings **10**•244

- Stewed Chicken **12**•287

- Stirred Custard **9**•215

- Stock, Brown **14**•334

- Stock, White **14**•334

- Storage Guide **16**•384

Strawberries

- Cherry-Strawberry Jam **7**•178
- Freezing
 - Strawberries ... **7**•181, 183

- Frozen Strawberry Jam **7**•178

- Rosy Strawberry Ring **13**•324

- Strawberry Chiffon
 - Pie **11**•275

- Strawberry Cream **2**•53

- Strawberry Frozen Pie **11**•269

- Strawberry Glaze Pie **11**•274

- Strawberry Ice Cream .. **9**•219

- Strawberry Jam **7**•178

- Strawberry Parfait Pie **11**•269

- Strawberry-Rhubarb
 - Pie **11**•274

- Strawberry Shortcake .. **9**•225

- Strawberry Squares ... **9**•218

- Strawberry Syrup **7**•165

- Streusel Coffee Cake ... **4**•92

St to To

Stroganoff

- Beef Stroganoff **10**•238
- Pork Stroganoff **1**•25
- Quick Beef Stroganoff .. **2**•41
- Sandwiches
 - Stroganoff **2**•41

Stuffed

- Stuffed Baked
 - Potatoes **15**•363
- Stuffed Breast of Veal **10**•244
- Stuffed Burger
 - Bundles **2**•41
- Stuffed Cornish Hens **12**•294
- Stuffed Dates **6**•156
- Stuffed Edam **3**•69
- Stuffed Flank Steaks .. **10**•236
- Stuffed Flounder **12**•296
- Stuffed Mushrooms **3**•69
- Stuffed Pepper Cups ... **8**•195
- Stuffed Pork Shoulder **10**•248
- Stuffed Pork
 - Tenderloin **10**•250
- Stuffed Prune Salad .. **13**•326
- Stuffed Tenderloin **10**•234
- Stuffed Tomatoes **13**•319
- Stuffed Whitefish **12**•297

Stuffings

- Bread Stuffing **12**•289
- Celery Stuffing **12**•289
- Chestnut Stuffing **12**•289
- Corn Bread Stuffing .. **12**•289
- Corn Stuffing **10**•248
- Giblet Stuffing **12**•289
- Herb Stuffing **12**•289
- Mushroom Stuffing ... **12**•289
- Orange Stuffing **12**•289
- Oyster Stuffing **12**•289
- Raisin Stuffing **12**•289
- Sausage-Stuffing
 - Bake **10**•250

- Submarine Sandwiches .. **4**•111
- Succotash **7**•172, **15**•357
- Sugar Cookies **5**•122
- Sugarplum Loaves **4**•83
- Sukiyaki **1**•15
- Summer Squash Ideas .. **15**•366
- Summer Tuna Mold **13**•322

Sundaes

- Melba Sundaes **2**•53
- Quick Fudge Sundaes .. **2**•53
- Raspberry-Lemon
 - Sundae **2**•53
- Sundae Sauces .. **14**•347, 348
- Sunshine Carrots **15**•359
- Sunshine Salad **13**•320
- Svengali Tomatoes **13**•327
- Swank Porterhouse **2**•31

Swedish

- Swedish Egg Coffee ... **3**•76
- Swedish Fruit Soup ... **9**•226
- Swedish Meatballs ... **10**•241

Swedish (continued)

- Swedish Pickled Shrimp **3**•66
- Swedish Pot Roast **1**•12
- Swedish Timbale Cases **4**•103
- Sweetbreads, Creamed .. **10**•258
- Sweet Chocolate Cake ... **5**•133
- Sweet Pickles **7**•166

Sweet Potatoes

- Baked Sweet
 - Potatoes **15**•363
- Candied Sweets **15**•363
- Canning Sweet
 - Potatoes **7**•172
- Cooking Sweet
 - Potatoes **15**•355
- Freezing Sweet
 - Potatoes **7**•185
- Mashed Sweet
 - Potatoes **15**•363
- Sweet Potato Treats .. **15**•363

Sweet-Sour

- Oriental Pork **1**•15
- Sweet-Sour Chicken .. **12**•283
- Sweet-Sour
 - Meatballs **2**•41, **10**•241
- Sweet-Sour Pickles ... **7**•167
- Sweet-Sour Pork **10**•251
- Sweet-Sour Sauce **14**•346
- Sweet-Sour Surprises ... **3**•67
- Sweet-Sour Tuna **8**•204

Swiss

- Swiss and Crab Quiche **8**•205
- Swiss and Frank Spirals **3**•68
- Swiss Chard, Cooking **15**•354
- Swiss Corn Bake **15**•360
- Swiss Onion Bake **12**•309
- Swiss Pie **8**•207
- Swiss Steak **10**•237

T

- Table Settings **17**•396
- Taco Salad **13**•321
- Taffy, Molasses **6**•154
- Taffy, Salt Water **6**•154
- Tamale Pie **8**•197
- Tangy Butter Sauce **14**•348
- Tangy Cranberry Sauce **14**•346
- Tangy Mustard Glaze ... **10**•252
- Taos Salad Toss **13**•317
- Tapioca Pudding, Fluffy .. **9**•212
- Tarragon Fish Fillets ... **1**•21
- Tartare Sauce **14**•346

Tarts

- Coconut Tarts **11**•278
- Fresh Fruit Tarts **11**•274
- Tart Shells **11**•265
- Tasty Bran Waffles **4**•108

Tea

- Cold Water Iced Tea ... **3**•76
- Hot Tea **3**•76

Tea (continued)

- Iced Tea **3**•76
- Spiced Tea **3**•77
- Teas and Receptions ... **16**•380, **17**•401

- Teatime Sandwiches **4**•111
- Tempura Vegetables ... **15**•352
- Tenderized Steak **10**•236
- Tenderloin-Noodle Bake **8**•200
- Tenderloins in Cream ... **10**•250
- Tenderloin, Stuffed
 - Pork **10**•250

- Teriyaki **2**•38
- Teriyaki Miniatures **3**•66
- Thousand Island
 - Dressing **13**•330

- Three-Bean Salad **13**•319
- Timbale Cases, Swedish **4**•103

Toast

- Cinnamon Toast **4**•94
- French Toast **4**•94
- Melba Toast **4**•94
- Toasted Cheese Loaf ... **2**•51
- Toasted Croutons **4**•94
- Toasty Garlic Bread ... **2**•51
- Toffee Bars **5**•124

Tomatoes

- Baked Tomatoes **15**•366
- Broiled Tomatoes **15**•366
- Canning Tomatoes **7**•169
- Cooking Tomatoes ... **15**•355
- Cream of Tomato
 - Soup **14**•335
- Dilly Green Tomatoes .. **7**•168
- Fried Tomatoes **15**•366
- Grilled Tomatoes **2**•40
- Savory Tomato Soup .. **14**•339
- Scalloped Tomatoes ... **15**•366
- Spanish Tomato Rice .. **8**•201
- Stuffed Tomatoes **13**•319
- Svengali Tomatoes ... **13**•327
- Tomato Aspice **13**•320
- Tomato Catsup **7**•168
- Tomato-Chili Stew **14**•340
- Tomato Dressing **13**•330
- Tomato Dress-Ups ... **15**•366
- Tomatoes and Okra ... **15**•366
- Tomato Juice **7**•169
- Tomato Refresher **3**•65
- Tomato-Rice Soup **14**•340
- Tomato Soup
 - Dressing **13**•330
- Tomato Soupshake ... **14**•341
- Tongue, Ginger-Sauced **10**•259

Tortes

- Berry Meringue Torte .. **9**•217
- Brownie Torte **9**•224
- Date Apple Torte **2**•56
- Frozen Apricot Torte ... **2**•54
- Kona Coffee Torte **9**•224
- Lemon Angel Torte **9**•224

- Tossed Egg Salad **13**•317
- Trader's Punch **3**•74
- Triple Fruit Dessert **2**•52
- Tropical Beets **7**•173
- Tropical Frosting **5**•143
- Tropical Fruit Fluff **3**•72

Tuna

- Apple-Tuna Toss **13**•322
- Chopstick Tuna **8**•204
- Company Creamed
Tuna **8**•204
- Menu **16**•376
- Quick Tuna Curry **12**•298
- Rice and Tuna Pie **8**•204
- Speedy Tuna Skillet ... **2**•46
- Summer Tuna Mold .. **13**•322
- Sweet-Sour Tuna **8**•204
- Tuna Jackstraw Bake ... **2**•46
- Tuna-Noodle Casserole **8**•204
- Tuna Pie **8**•205
- Tuna Rice Casserole ... **2**•46
- Tuna Salad Bake **12**•298

Turkey (See also Casseroles.)

- Buying Guide **12**•290
- Canning Turkey **7**•174
- Freezing Turkey **7**•187
- Grilled Turkey Pieces ... **2**•37
- Ham-Turkey Pie **12**•293
- Hickory Smoked Turkey **2**•37
- How to Carve Turkey **12**•292
- How to Stuff Poultry .. **12**•290
- Menus **16**•376
- Oven Fried Turkey **12**•292
- Quick Turkey Curry ... **2**•46
- Roasting Poultry **12**•291
- Storage **16**•384
- Storing and Thawing **12**•290
- Turkey-Almond Bake **12**•294
- Turkey-Grape Salad .. **13**•321
- Turkey Hash—
Oven-Style **12**•293
- Turkey-Noodle Bake .. **12**•293
- Turkey Souffle **12**•312
- Turkey Spoon Bread .. **12**•294
- Turkey-Tomato Bake .. **12**•293

Turnips

- Cooking Turnips **15**•355
- Freezing Turnips **7**•185
- Lemon Parsleyed
Turnips **15**•366
- Tutti-Frutti Tortoni **9**•220
- 24-Hour Salad **13**•325
- Twin Meat Loaves **10**•240
- Two-Berry Parfaits **9**•213
- Two-Crust Cherry Pie ... **11**•271
- Two-Tone Cocktail **3**•65

U-V

- Uncooked Frosting **5**•145
- Vacuum Coffee **3**•76

Vanilla

- Refrigerator Vanilla
Ice Cream **9**•220
- Vanilla Cream Pie **11**•269
- Vanilla Crisps **5**•119
- Vanilla Custard Ice
Cream **9**•219
- Vanilla Fondant **6**•153
- Vanilla Ice Cream **9**•219
- Vanilla Pudding **9**•212
- Vanilla-Wafer Crust ... **11**•265

Veal (See also Casseroles.)

- Braised Veal
Shoulder **10**•244
- Canning Veal **7**•174
- Chopstick Veal Bake .. **8**•200
- City Chicken **10**•245
- Freezing Veal **7**•186, 187
- Menus **16**•372
- Roasting Chart **10**•231
- Storage **16**•384
- Stuffed Breast of Veal **10**•244
- Veal and Ham Birds .. **10**•245
- Veal Chops **10**•244
- Veal Cuts **10**•242-243
- Veal Paprika **1**•13
- Veal Parmigiano **10**•245
- Veal Roast **10**•244
- Veal Rolls Divan **8**•199
- Veal Scallopini **10**•244
- Veal Stew 'n
Dumplings **10**•244
- Wiener Schnitzel **10**•245

Vegetables (See also individual vegetables.)

- Canning
Vegetables **7**•169-173
- Cooking
Vegetables **15**•353-355
- Creamed Vegetables .. **15**•352
- Foiled Vegetables **2**•40
- Freezing
Vegetables **7**•184, 185
- Freezing Cooked
Vegetables **7**•190
- Freezing Mixed
Vegetables **7**•185
- Fresh Vegetable
Storage **16**•384
- Julienne Vegetable
Soup **14**•338
- Lentil-Vegetable Soup **14**•336
- Mixed Vegetables **7**•173
- Scalloped Vegetables **15**•352
- Tempura Vegetables .. **15**•352
- Vegetable-Beef Soup **14**•335
- Vegetable Relish **7**•167
- Vegetables au Gratin **15**•352
- Vegetable Soup **7**•173
- Vegetable Toppers ... **15**•356
- Venison, Canning **7**•174

- Venison Steaks,
Broiled **10**•258
- Vichyssoise, French ... **14**•340
- Vichyssoise, Quick **14**•340
- Vinaigrette Dressing ... **13**•328
- Volcano Potatoes **15**•363

W

Waffles

- Buttermilk Waffles **4**•107
- Cheese Waffles **4**•107
- Chocolate Waffles **4**•108
- Cornmeal Waffles **4**•108
- Corn Waffles **4**•107
- Dessert Waffles **4**•108
- Everyday Waffles **4**•107
- Ham Waffles **4**•107
- "Oh Boy" Waffles **4**•108
- Orange Waffles **4**•108
- Peanut Butter Waffles .. **4**•107
- Pecan Waffles **4**•107
- Polka-Dot Waffles **4**•108
- Tasty Bran Waffles **4**•108
- Waffle Toppers **4**•108
- Waldorf Salad, Classic .. **13**•326
- Walnut Cream Roll **5**•141
- Walnut Snack **3**•70
- Watercress Pinwheels ... **4**•109
- Watermelon Pickles **7**•167
- Welsh Rarebit **8**•207
- Whipped Butter **4**•108
- White Cake Supreme ... **5**•131
- White Sauce **14**•345
- White Stock **14**•334
- Whole Cranberry Sauce .. **7**•165
- Whole Wheat Biscuits ... **4**•105
- Whole Wheat Bread **4**•83
- Wiener-Bean Bake **2**•45
- Wiener Doubles **4**•112
- Wiener Schnitzel **10**•245
- Wild Rice and
Mushrooms **15**•364
- Wilted Leaf Lettuce **13**•318
- Wilted Spinach Salad ... **13**•318
- Wine Eggs Mornay **12**•308
- Wine Guide **3**•78
- Wine-Mushroom Sauce **14**•343
- Winter Fruit Compote ... **2**•54
- Winter Orange Bowl ... **13**•326

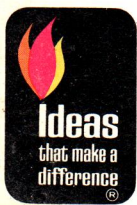
Y-Z

- Yellow Cakes **5**•128-130
- Yogurt Dressing **13**•330
- Zippy Butter **15**•360
- Zucchini Casserole **1**•21
- Zucchini Half Shells ... **15**•366
- Zucchini Parmesan **15**•366
- Zucchini, Sassy **1**•15
- Zwieback Crust **11**•265



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