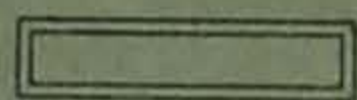


The Des Moines Women's Club

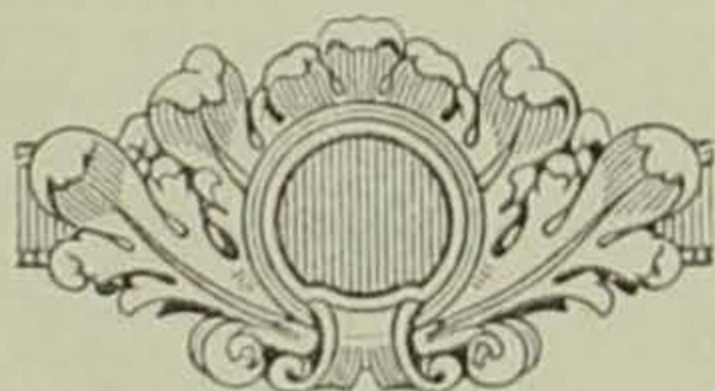


1920 Year Group

COOK BOOK



The 1920 Year Group
of the
Des Moines Women's Club
Presents
The Club Cook Book



Prepared by these women in a spirit of friendly rivalry
for the best there is in tested recipes.

The 1920 group feels very grateful to the many women
who so kindly contributed their recipes, and if any house-
keeper shall gain inspiration that will assist her in providing
for the daily wants of those whom she delights to serve,
our little book will have accomplished its mission.

"Be to its virtues very kind,
Be to its faults a little blind."

If wishes made dishes and all hopes came true
There'd be no use of this book for you!
But alas and alack! sister mine, I do say
I fear you nor I will e'er see the day
When by arts now unknown, or mystical magic,
Our food will grow cooked, and that without tragic!
So use this my dear, and be ye contented
For food of that kind will ne'er be invented.

Mrs. W. M. Black

Officers of Des Moines Women's Club

President	Mrs. Eugene Cutler
First Vice President	Mrs. Henry E. Elliott
Second Vice President	Mrs. R. M. Galbraith
Recording Secretary	Mrs. A. H. Marshall
Secretary	Mrs. Frank Armstrong
Treasurer	Mrs. Clyde Brenton

Officers of 1920 Year Group

President	Mrs. Chas. E. Saverude
Secretary-Treasurer	Mrs. H. S. Hoyt
Vice Chairmen	Mrs. Eugene Kell
	Mrs. Frederick Fries
	Mrs. Harry Harris
	Mrs. Lloyd Ross
	Mrs. W. M. Black
	Mrs. A. D. Castle

Committee on Cook Book

Mrs. Walker M. Black, Chairman

Mrs. Chas. E. Saverude	Mrs. Frank C. Moorehouse
Mrs. Eugene Kell	Mrs. H. S. Hoyt
Mrs. Frederick Fries	Mrs. Harriet L. Dana
Mrs. Lloyd D. Ross	Mrs. Frank Skinner
Mrs. A. D. Castle	Mrs. Forest Geneva
Mrs. Clayton W. Graham	Mrs. H. H. Summey
Miss Emma Luthe	Mrs. Earl Kooker
Mrs. Sam R. Cohen	Mrs. F. H. Kincaid

FOR GOOD RESULTS IN COOKING
AND TASTY MEALS USE

HALLIGAN'S PURE QUILL

COFFEE, SPICES, EXTRACTS,
MUSTARD, PEANUT BUTTER
AND CANNED FOODS

Pure Quill products are known for the lasting quality of their piquant flavor. For this reason Pure Quill spices and extracts are especially adapted for use in cooking. All Halligan products are made under the most sanitary conditions and are guaranteed to be pure and wholesome.

ASK YOUR GROCER FOR PURE QUILL BRAND

THE HALLIGAN COMPANY

DAVENPORT

IOWA

DES MOINES

Des Moines Office 322-26 S. W. Third Street

PHONE WALNUT 658

KNOX GELATINE comes in two packages---PLAIN and ACIDULATED---Lemon Flavor

FAVORITE RECIPES OF SOME OF OUR PAST PRESIDENTS

LIGHT ROLLS

One cup flour, one cup mashed potatoes, three-fourths cup lard or butter, one cup sweet milk, two eggs, one-half cup sugar, salt to taste, one cake Fleischman's yeast dissolved in one-half cup warm water.

Mix flour, lard, potatoes, sugar, salt, eggs and then the milk, then yeast. Set to rise in a warm place for two hours. Mix in a soft dough by adding five or six cups of flour. Set to rise again and when very light make into rolls. Let rise and bake.

Mrs. Frank C. Travers

VIENNA SALAD

1 T sugar, 1 teaspoon mustard, 1 T flour, $\frac{1}{2}$ teaspoon salt, mixed dry and stirred into 1 pint milk and cooked until slightly thick. Add 2 T Knox gelatin, stir until dissolved. When cold fold in 1 quart white cherries, 1 large can pineapple, 2 small bottles maraschino cherries (all fruit cut up), 1 quart whipped cream and $\frac{1}{2}$ lb. blanched and shredded almonds. Mound and serve with a cooked salad dressing that has been thinned with whipped cream.

To insure perfect success measurements should be accurate, the fruit drained of its juice and the salad allowed to stand at least five hours in a cool place before using. This amount serves twenty people and is equally good with less whipped cream.

The recipe came from a famous Austrian cook.

Mrs. Fred Weitz

LOAF CAKE

1 $\frac{3}{4}$ cups sugar, 1 cup butter, 3 eggs beaten separately, 3 cups flour, 1 cup milk, 1 heaping tsp baking powder, pinch of salt, lemon and vanilla flavoring. Makes a very rich cake, almost like a pound cake.

Mrs. Frank R. Green

THE 1920 YEAR GROUP

KNOX ACIDULATED package contains Lemon Flavoring

GRAHAM GEMS

One rounded tablespoon sugar mixed with butter size of a walnut, slightly beaten yolk of one egg and pinch of salt, one cup milk. Then stir in one cup graham flour, one cup white flour sifted with one heaping teaspoon baking powder. Lastly add one egg white beaten stiff. Have gem irons quite hot and bake immediately in hot oven. If batter is too stiff add more milk. It must just drop off the spoon, not run.

Mrs. Gardner Cowles

SPONGE

To each egg take one-third cup flour, one-third cup sugar, one tablespoon cold or boiling water, one-half tablespoon lemon juice, one-third teaspoon baking powder.

Beat egg yolks, cream them with sugar, add beaten whites and stir together lightly, add water and lemon juice, and lastly flour in which baking powder has been sifted.

Bake in moderate oven.

Mary Helen Peters

GRAHAM PUDDING

1½ cups graham flour, 1 cup sweet milk, 1 cup ground raisins, ½ cup molasses, pinch of salt, 1 tsp soda (level). Stir molasses and soda together thoroughly until mixture turns white. Add milk, then the fruit mixed with flour. Fill baking powder cans and steam one hour. Serve with following sauce.

SAUCE—Cream ½ cup butter with 1 cup sugar, add 1 tsp vanilla or any fruit flavoring. When ready to serve add stiffly beaten white of 1 egg and ½ cup boiling water. Serve at once.

Mrs. C. E. Hunn

LIGHT ROLLS

1 tbsp lard, 1 tbsp sugar creamed, 2 eggs beaten well, 1 cup hot potatoes mashed, 2 cups milk. Add flour until you have a thick sponge. Add 1 cake compressed yeast which has been dissolved. Beat well. After six hours add flour enough to dough to make stiff enough to handle. Cut like biscuits, grease with plenty of melted butter and fold. Let rise and bake in quick oven.

Mrs. B. F. Elbert

KNOX GELATINE is GUARANTEED to please or money back

DATE PUDDING

One cup bread crumbs, one cup sugar, one cup chopped dates, one cup milk, one-half cup English walnuts, one egg, one teaspoon baking powder.

Mix sugar, bread crumbs and baking powder, add chopped dates and nuts, beat egg and add to milk, mix with dry ingredients. Pour into buttered baking dish and bake twenty minutes in moderate oven. Serve with whipped cream.

Mrs. Louis C. Kertz

CHEESE SOUP

Heat three cups milk, take one cup milk and blend with it three tablespoons of flour, cook until thickened. Add pepper, salt, one teaspoon onion juice, one teaspoon sugar, two teaspoons minced celery leaves, one cup grated cheese. Stir until cheese is melted and serve with squares of toast.

Mrs. Ernest Brown

APPLE PUDDING

Cook apple sauce, sweeten and flavor to taste. Place while hot in deep baking dish. Cover with a rich biscuit dough.

BISCUIT DOUGH—2 cups flour, 4 tsp baking powder, 2 tbsp shortening, $\frac{1}{4}$ tsp salt, $\frac{3}{4}$ cup milk. Sift flour, baking powder and salt; add shortening and mix thoroughly; add liquid slowly to make soft dough. Roll on flour board to 1 inch in thickness, prick with fork and place on heated fruit. Bake in hot oven about 20 minutes. Serve while warm with cream. This recipe equally good for peaches, cherries and berries.

Mrs. W. W. Littell

SPANISH RICE

2 cups cooked rice, 2 cups canned tomatoes, 2 cups (one-half pound) grated cheese, 1 cup thick white sauce.

Arrange in a buttered baking dish in layers, rice, tomatoes, white sauce, cheese, two layers of each ingredient, seasoning well with salt, pepper and paprika. Bake about half an hour.

Or more quickly, the ingredients may be cooked together in a sauce pan until the cheese is melted.

Good for a one-dish meal with a fruit salad.

Miss B. M. Gilcrest

THE 1920 YEAR GROUP

Give KNOX GELATINE to Children---Ask your Physician

DOUGHNUTS

2 eggs, 1 cup sugar, 1 cup milk, 2 tsp melted lard, 2 tsp baking powder sifted in 1 cup flour, pinch of salt added to eggs, half tsp nutmeg, few drops vanilla extract, flour to mix as soft a dough as you can handle. Lard should be hot enough so that doughnuts come to the top at once. Turn immediately. When brown enough on under side, turn over.

Mrs. J. C. Cummins

PEAR SALAD

One pear for each person, peeled, leaving stem on. Hollow out seeds at blossom end. Fill cavity with cream cheese. Mix a little lemon juice and thin cream and put over pear. Top pear with whipped cream and over all put barley de luc or currant preserves.

Mrs. H. L. Carrell

FRESH PINEAPPLE SALAD

Remove skin and eyes from pineapple, chip pulp into thin small slices, dress with honey dressing and let stand 30 minutes. Serve on lettuce leaf.

HONEY DRESSING— $\frac{1}{4}$ cup olive oil, 3 tbsp honey, 2 tbsp lemon juice, few grains salt. Mix together until frothy. Use at once.

Mrs. C. H. Morris

THE DES MOINES WOMEN'S CLUB COOK BOOK

**WHEN YOU NEED PRINTING
PHONE DRAKE 3383-W**

LET US SUBMIT A BID ON YOUR NEXT JOB

Memorandum

THE 1920 YEAR GROUP

**WHEN YOU NEED PRINTING
PHONE DRAKE 3383-W**

LET US SUBMIT A BID ON YOUR NEXT JOB

Memorandum

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

SOUPS

"Now good digestion wait on appetite,
And health on both."

VEGETABLE SOUP

Take two pounds of brisket, with extra piece of suet, or a soup bone. Cook in large soup kettle, covered well with water, for about one hour. Then add 1 large can tomatoes, 5 good sized onions, 1 bunch celery, $\frac{1}{2}$ head cabbage (small), 8 carrots, 1 can corn, $\frac{1}{2}$ cup uncooked rice. After cooking one-half hour, add two more cans of tomatoes and cook until done, stirring often. Salt to taste. This soup is even better next day.

Mrs. Geo. Breck

DUTCHESS SOUP

$3\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup water from vegetables, $\frac{1}{2}$ cup chopped carrots, 2 tablespoons chopped onion, 2 tablespoons butter, 2 tablespoons flour, $\frac{1}{2}$ cup grated cheese, 2 teaspoons salt, 2 egg yolks, $\frac{1}{8}$ teaspoon pepper. Cook vegetables in boiling water and save water. Melt butter, add dry ingredients. Blend and cook through, add liquid and cook until thick, add cheese. stir until melted. Pour gradually upon beated egg yolks and heat. Two boullion cubes may be dissolved in hot water and added if desired.

Mrs. A. I. Boreman

OX-TAIL SOUP

3 lbs. lean beef, 2 ox tails, 6 quarts water, 3 carrots, $\frac{1}{4}$ diced celery, 1 tablespoon chopped parsley, 1 tablespoon flour, 2 tablespoons fat. Have ox-tails split and cut into small pieces and fry lightly in fat. Put meat and ox-tails in soup kettle, pour over the water, salt and let come slowly to a boil, then let cook slowly but steadily 4 hours or longer. Add the vegetables, boil one hour longer and reduce the stock nearly one-half. Heat 1 tablespoon fat, add flour, brown and gradually pour on a cup of the soup stock, Stir into remaining stock and return the diced carrots. Serve hot with croutons.

Mrs. Sam R. Cohen

THE 1920 YEAR GROUP

Use KNOX GELATINE if you would be sure of results.

CREAM OF SPINACH SOUP

1 can spinach, 2 tablespoons butter, $1\frac{1}{2}$ tsp flour, 3 cups milk, salt and pepper to taste.

Drain and chop spinach, put through seive. Salt, thicken and season milk. stir in spinach. Bacon fat may be used instead of butter. Grated cheese may be added before serving. Use fresh or canned spinach.

Mrs. Will D. Bowles

CREAM OF CHICKEN RICE SOUP

Cook $\frac{1}{4}$ cup of washed rice and $1\frac{1}{2}$ cups of diced potatoes in enough chicken broth to cover, until tender. Add $1\frac{1}{2}$ cups hot milk, 1 tablespoon butter, and salt and pepper to taste. Add 1 teaspoon chopped parsley, and serve with croutons. This is a nice soup to serve for luncheon.

Mrs. Roy Briar

CREAM OF CORN SOUP

6 Servings

1 No. 2 can corn, $2\frac{1}{2}$ caps corn cut from cob, 1 pint boiling water, 1 slice onion, tablespoon salt, $\frac{1}{4}$ teaspoon pepper, 2 cups milk, 2 tablespoons fat, 2 tablespoons flour.

Simmer, covered, the corn and onion with water $\frac{1}{2}$ hour. Rub corn through coarse strainer, dilute to one cup. Make white sauce of fat, flour, seasonings and milk. Combine with corn pulp. Season to taste. Serve hot with croutons. Bits of parsley are attractive as garnish.

Mrs. J. A. Bramhall

CLAM CHOWDER

1 qt. clams, 4 cups potatoes cut in dice, 2 in. square fat salt pork, 1 slice onion, 1 tsp salt, $\frac{1}{8}$ tsp pepper, 4 tsp butter, 4 cups milk, 8 crackers.

Pick over and drain the clams. Cut pork into fine pieces, fry out, add the onion, fry five minutes, add cubed potatoes, clam liquid, and water enough to cover. Cook until nearly tender, pour into a sauce pan and add milk, butter, pepper and salt. When potatoes are done, the milk boiling, add clams, and lastly the crackers. The clams may be whole or cut up. They should not be cooked longer than three minutes, as long cooking toughens them.

THE DES MOINES WOMEN'S CLUB COOK BOOK

All you add is water and sugar to the KNOX ACIDULATED package

CONSOMME

2 lbs. lean beef, middle of round, 2 lbs veal bone or 3 lbs. chicken, 4 qts. cold water, $\frac{1}{3}$ cup, each, carrot, onion, celery; 1 tbsp salt, 1 tsp pepper, $\frac{1}{4}$ tsp grated nutmeg.

Cut beef in small pieces and brown, remove to soup kettle. Add the cold water, let simmer slowly for 5 hours. Fry vegetables in 1 tbsp fat, add and let boil 1 hour longer. Strain and season to taste.

Mrs. Sam R. Cohen

BOUILLON

4 lbs. lean beef, 1 shin bone, 1 carrot, cut, 1 potato, cut, 1-16 tsp red pepper, $\frac{1}{4}$ cup celery, cut, 1 small onion, 1 bay leaf, 4 qts. water, a few dried onion peels.

Place meat and bone in soup kettle, add cold water and let stand one hour. Let slowly come to the boiling point and simmer slowly four hours.

CREAM OF MUSHROOM SOUP

1 qt. veal stock. Let cool and skim. Finely chop 1 can mushrooms, add and simmer until tender. Just before serving add 1 pt. thin cream, butter size of an egg, salt and pepper, 2 tbsp flour blended with a little water. Serve with spoon of whipped cream in each cup.

Mrs. Harry Harris

POTATO SOUP

3 potatoes cut small, 2 tsp chopped onion, $\frac{1}{2}$ tsp salt, 1 qt. boiling water, $\frac{1}{8}$ tsp white pepper, 2 tsp chopped celery, 2 tsp. chopped parsley, 2 tbsp butter, 1 tbsp flour.

Heat 1 tbsp butter, add onions and celery and let simmer ten minutes. Add potato, cover and cook two minutes, add water and let boil one hour. Add more boiling water as it evaporates. Blend flour and remaining butter and add some potato liquid and cook. Combine the mixture and serve hot with croutons.

LOBSTER BISQUE

2 lbs. lobster, 2 cups cold water, 4 cups milk, $\frac{1}{4}$ cup flour, $1\frac{1}{2}$ tsp salt, a few grains cayenne.

Finely chop lobster. Make white sauce and add.

Mrs. Sam R. Cohen

THE 1920 YEAR GROUP

For Dainty, Delicious Desserts use KNOX GELATINE

CORNLET CREAM SOUP

1 cup cornlet, 1 pt. water, 1 qt. milk, 1 tbsp chopped onion, $\frac{1}{4}$ cup flour, $\frac{1}{4}$ cup butter, 2 tsp salt, $\frac{1}{4}$ tsp white pepper, yolks of two eggs.

Cook cornlet with cold water twenty minutes. Cook onion in butter until light brown, add flour and seasoning and milk, gradually, then cornlet, strain and reheat, beat yolks and pour soup slowly over them and serve immediately.

Mrs. Crom Bowen

CREAM OF TOMATO SOUP

$\frac{1}{2}$ can tomatoes, $\frac{1}{4}$ tsp soda, 1 sliced onion, 1 tsp salt, 2 tsp sugar, $\frac{1}{4}$ tsp pepper, 2 tbsp flour, 2 tbsp butter, 1 qt. milk or milk and water mixed.

Cook onion with milk. Heat butter, add flour and seasonings, $\frac{2}{3}$ cup hot milk, then the rest gradually. Heat strained tomatoes, add soda, then add tomatoes to the white sauce.

KNOX GELATINE---the Highest Quality for Health

BREAD

“Here is bread, which strengthens man's heart, and therefore called the staff of life.”

NUT BREAD

1½ cups sour milk, 2 tbsp molasses in cup half filled with sour milk, 1 tsp lard, 1 cup white flour, ½ cup nuts, Graham flour enough for desired thickness.

Mrs. Mary J. Connell
Superior, Wisconsin

BROWN BREAD

2 cups sour milk, ½ cup sugar, ¼ cup molasses, 2 level tsp soda, 1 cup white flour, 2 cups Graham flour, 1 cup raisins, 1 tsp salt. Let raise twenty minutes and bake forty minutes in moderate oven.

Mrs. R. B. Dennis

BUNS

2 cups yeast sponge, 1 cup sugar, 2 cups warm water, 1 cup butter or lard, 1 level tbsp salt. Mix as for bread. Put dough in two gallon jar and set in ice box. Can use for buns after one day old. Dough can be kept for several days if worked down morning and evening.

Mrs. H. H. Decker

THE 1920 YEAR GROUP

**WHEN YOU NEED PRINTING
PHONE DRAKE 3383-W
LET US SUBMIT A BID ON YOUR NEXT JOB**

Memorandum

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed

MEATS and FISH

"Something hard to beat
Is nice, tender meat."

VEAL LOAF

1½ lbs. veal, ¼ lb. salt pork, 2 eggs, 1 cup cracker crumbs, ½ cup cream, 1 tsp poultry seasoning, salt, onion and paprika to taste, 2 slices of bacon on top.

Grind together veal and pork, add eggs, cracker crumbs, cream and seasoning. Make into a loaf and place the bacon on top. Steam for one hour.

Mrs. W. M. Black

HAM LOAF

1 lb. smoked ham, 1 lb. round steak, ½ lb. fresh pork, 4 eggs, ¼ loaf bread.

Grind the meat and mix with the eggs. Make the bread quite moist with water. Mix together into a loaf and put in pan. Bake for one hour, having the meat covered the first half hour. Place a pan of water in the oven while meat is baking. This will serve twenty people.

Mrs. James Bright

MEAT PORK LOAF

1½ lbs. pork butts, 1 egg, 1 cup chopped potatoes, 1 cup bread crumbs, pepper and salt to taste.

Bake two hours, add water while baking. Grind the meat, add egg, potato: bread crumbs, seasoning. After meat has been removed from pan delicious gravy can be made to serve with it by using the liquid left in the pan.

Mrs. A. E. Clark

BAKED HAM

For a ten pound ham, Put ham in a boiler or large utensil, cover with water and boil slowly for two hours. Then rub thoroughly with brown sugar, stick in about 20 whole cloves, place in a double roaster and bake slowly for 2 or more hours. Keep adding water to prevent burning.

Mrs. O. G. Chesley

THE 1920 YEAR GROUP

KNOX GELATINE is highest quality and worth its price

BAKED FLANK STEAK

A flank steak, 1 pt. tomatoes, 1 large onion, 1 cup bread or cracker crumbs.

Have the flank steak well scored on both sides, place it in a greased pan, season with salt and pepper. Cover the steak with the following dressing;

DRESSING—Mince the onion, add tomatoes and crumbs. Season to taste. Mix thoroughly.

Place the steak, covered with the dressing and with small pieces of butter on top, in a pan with one-half cup of hot water and bake forty minutes.

Mrs. A. L. Clark

FILLETS OF HALIBUT

Clean fish and cut in long fillets, roll and fasten with small wooden skewers. Sprinkle fillets with salt and pepper. Dip in egg and crumbs. Fry in deep fat and drain on brown paper. Serve with Sauce Tartare.

SAUCE TARTARE—1 tbsp vinegar, 1 tbsp Worcestershire sauce, $\frac{1}{4}$ tsp salt, 1 tsp lemon juice, $\frac{1}{3}$ cup butter.

Heat first four ingredients over hot water. Brown butter and strain into this mixture.

Mrs. J. M. Burrows

FRIED OYSTERS

Wash the oysters two or three hours before wanted. Dip them in rolled crackers that have been salted a little. Let them lay in that until wanted. Beat two eggs with one teacup milk, salt, then dip oysters into egg, then into rolled crackers again. Have in a flat spider equal parts lard and butter about $\frac{1}{4}$ inch deep. When very hot, put the oysters in and fry brown on both sides. This is for one can oysters.

Mrs. Courtney Casebeer

BAKED PORK CHOPS

For six people. Place 6 or more pork chops, $\frac{1}{2}$ inch thick, in a flat baking dish, season with salt and pepper. Place a thin slice of onion and 1 tbsp cooked rice on each chop. Place slice of tomato and small piece of butter on top. Bake 45 minutes. Brown a little before serving.

Mrs. Katherine Brice

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX GELATINE will help the delicate child

CHICKEN WITH MUSHROOMS AND RICE

Boil chicken until tender. Pick off from bones and cut in small pieces. 1 can mushrooms, 2 cups cooked rice, pimento to taste, gravy made from liquid of chicken, cracker crumbs.

Drain mushrooms, add to chicken, rice and pimento. Moisten well with gravy and cover with buttered cracker crumbs. Bake $\frac{1}{2}$ hour in buttered baking dish or pan.

Mrs. Wilbur S. Conkling

DROP DUMPLINGS

To serve with stewed chicken. 1 pt. flour, butter size of an egg, 1 heaping tsp baking powder, salt.

Beat white of 1 egg in cup, add yolk and beat again. Add milk to overflow cup and mix into flour and butter. Drop from spoon into meat or chicken liquid. Mrs. Wilbur S. Conkling

HAM BAKED IN CREAM

Slice of ham $1\frac{1}{2}$ inches thick. Put on in cold water and let come to a boil. If very salt pour this off and boil again for 30 minutes. Mix 1 tsp prepared mustard and 1 tsp sugar. Rub into meat. Place in pan and pour over this $\frac{1}{2}$ pt. cream. Bake until cream is absorbed and ham nicely browned.

Mrs. Gerry Clark

BAKED PORK CHOPS WITH APPLE

Select chops from the loin or ribs, cut about $\frac{3}{4}$ inch thick. Roll in flour or egg and bread crumbs. Brown quickly in skillet with plenty of hot fat. Remove chops and place in baking dish, salt and pepper. Place on each chop $\frac{1}{2}$ a red apple. Cut cross-wise, cored but not pared. Pour over the chops 1 pt. hot water. Bake 1 hour in a moderately hot oven. Serve with a sprig of parsley.

Mrs. W. J. Chapman

BAKED HALIBUT

4 lbs. halibut in one piece. Place in pan, season with salt and pepper, add 1 qt. milk and bake $1\frac{1}{2}$ hours. Serve with a white sauce and garnish with slices of hard boiled eggs.

Mrs. W. J. Chapman

THE 1920 YEAR GROUP

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons

BREADED VEAL

Cut round steak into pieces and roll in egg and cracker crumbs. Brown this in skillet, then cover with milk and bake one hour.

Mrs. Charles Christy

CHICKEN BAKED IN MILK

Cut chicken as for frying. Roll in flour and brown in skillet. Salt and pepper. Put chicken in roaster, pour milk into grease left in skillet, mix this well and pour over chicken. Use a covered roaster and cook slowly.

Mrs. Geo. C. Carpenter

BREADED VEAL

Cut round steak into pieces for serving, roll in egg and cracker crumbs. Brown on top of stove. Salt and pepper. Almost cover with milk and bake in slow oven for one hour.

Mrs. E. E. Carter

FISH PLANKED, SHAD

Put fish (opened) on board, melted butter over top of fish, broil 20 minutes. Serve with asparagus tips put in carrot rings—slices of carrots with the center removed. Make a white sauce of 2 tbsp butter, 2 tbsp flour, 1 cup milk. When cooked let asparagus and carrots warm in it.

Mrs. Roy Briar

HAM LOAF

2½ lbs. ground ham, 1½ lbs. lean fresh pork, 2 cups cracker crumbs, 3 eggs, 1 pt. milk, pepper. Bake very slowly for three hours. Serves 20 people.

Mrs. Rufus Chase

SWISS STEAK

Made with cheaper cuts of meat. Take a shoulder round, 2 inches thick, pound into it ¼ cup flour. Brown on both sides in suet fat. Season to taste with salt, pepper, and onion if you like. Put in ½ cup hot water and let it cook slowly on top of stove, covered. Can also be cooked in oven or fireless cooker after it has been browned.

Mrs. Roy Briar

THE DES MOINES WOMEN'S CLUB COOK BOOK

Where recipes call for Gelatine use KNOX SPARKLING GELATINE

BEEF TIMBALS

1½ cups cooked beef (or any kind of meat) put through meat chopper, 1½ cups bread crumbs, ½ level tsp chopped onion, ½ level tsp celery salt, ¼ level tsp paprika. 1 level tsp salt, 1 egg well beaten, ⅔ cup sweet milk, 1 tbsp shortening.

Mix all together and pour into well greased cups or muffin pan. Set in pan of hot water and bake 30 minutes. When done unmold, put on platter with tomato sauce.

SAUCE—1 cup canned or fresh tomato juice, 1 level tbsp butter, 2 level tbsp flour, 1 tsp salt, 1 tsp chopped onion, 1 tsp chopped parsley. Melt butter, add flour and salt and mix well. Add parsley, onion and tomatoes. Cook until creamy then pour around meat and serve.

Mrs. J. W. Cokenower

ESCALLOPED FISH

Butter a baking dish, put in a thin layer of cracker crumbs, a layer of cooked fish with a layer of oysters, salt, pepper and bits of butter. A layer of cracker crumbs, another layer of fish and oysters, topped with buttered cracker crumbs. Pour over all 1 cup milk or more depending on size of dish. Bake in a hot oven.

Mrs. Roy Briar

BAKED HAM

1 ten pound ham put in boiling water and boiled 4 hours. Take off the rind and cover the fat as follows: A sprinkle of cloves, cinnamon, allspice, nutmeg, black pepper, paprika, bread crumbs and 4 English walnuts (cut fine). Place can in covered roaster in 1 pint sweet cider. Bake slowly two hours. Baste often with the cider.

Mrs. F. C. Moorehouse

JELLIED CHICKEN

Stew one large chicken, add a pinch of soda and a tsp salt while cooking. Remove bones, soak ¼ box Knox gelatine and add to the liquid after the liquid has been boiled down until it will just cover the meat. Add one small bunch of celery chopped and a generous dash of paprika. Put in a granite pan and set on the ice until it hardens.

Mrs. James A. Hallett

THE 1920 YEAR GROUP

KNOX GELATINE aids the Digestion of other foods

BAKED HAM

Wash thoroughly a 9 pound ham and place it in a kettle with enough cold water to cover. Add a medium sized onion, $\frac{1}{2}$ doz. outside stalks celery, 4 bay leaves, $\frac{1}{2}$ doz. cloves and $\frac{1}{3}$ cup vinegar. Let this come to boiling point and boil slowly three hours. Let ham stand in water until cold, then remove the skin and cover with a paste made of $\frac{3}{4}$ cup C sugar, 2 tsp mustard, $\frac{1}{4}$ tsp pepper, 2 tbsp flour, enough water to make a paste. Stick cloves 2 inches apart, sprinkle bread crumbs over all and bake in a very slow oven two hours. Baste occasionally with some of the liquid.

Mrs. R. M. Collins

MEAT LOAF PORK BUTTS

2 lbs pork butts, 1 cup mashed potatoes or cooked rice, 1 onion, 2 tsp salt, 2 tsp sage, 1 tsp white pepper, $\frac{1}{2}$ tsp alspice. 1 cup milk.

Put meat and onion through meat chopper, add potato or rice and the seasoning, form in loaf and roll in cracker crumbs or cornflakes or cornmeal, put in pan and pour milk over it and bake one hour. It's fine with white onions baked around it. Make a white sauce from juice and pour around it to serve.

Mrs. J. W. Cokenower

Each package of KNOX GELATINE makes FOUR PINTS of jelly

VEGETABLES

We remember the leeks and the onions and the cucumbers
and the garlic. (Num. 11:5)

THE ONION

Of all the vegetables from the garden, length to length,
He is the one most mighty Epitome of Strength.

STUFFED ONIONS

Pick medium sized onions, punch out the hearts, mince a little cold beef or mutton, parsley and bread crumbs, add one beaten egg, salt and pepper to taste. Stuff onions with this and lay in baking dish with a little gravy. Bake till the onions are tender and serve hot.

Mrs. W. M. Black

BOILED RICE

2 cups water, 2 cups milk, 1 cup rice, butter size of walnut, pinch salt. When milk and water are scalding hot add rice and cook 45 minutes, stir occasionally with fork, add butter and salt, serve hot.

Mrs. Wilbur Conkling

CORN OYSTERS

1 pt. grated corn, 1 egg, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup butter, salt and pepper to taste, stir all together. Drop by spoonful on hot buttered griddle so they resemble fried oysters.

Mrs. A. C. Hanger

ESCALLOPED EGG PLANT

Slice a medium sized egg plant, soak in salt water 2 hours, pour off water, put on hot water, boil until tender, drain, mash with silver fork. Put in caserole a layer of egg plant, small amount butter, $\frac{1}{2}$ cup cream, pepper, and $\frac{1}{2}$ cup cracker or bread crumbs. Add layers in the same way until all is used. Bake 30 minutes and serve hot.

Mrs. Ralph Parker

THE 1920 YEAR GROUP

KNOX GELATINE solves the problem of "What to have for dessert"?

STEWED CARROTS

To serve six. Scrape 1 doz. medium sized carrots and slice thin. Cook until tender, salt, white pepper, 2 tbsp butter, then sprinkle sparingly of flour and simmer 10 minutes.

Mrs. Guy Logan

BRUSSELLS SPROUTS

One box brussels spouts, prepared. let stand in salt water 15 minutes, steam 30 minutes, drain and serve with drawn butter. 2 tbsp melted butter, tsp chopped parsley, dash of pepper, pour over sprouts.

Mrs. H. C. Hansen

CREAMED CAULIFLOWER

Trim off all the outside leaves, soak head in cold water one hour with flower side down, tie in piece of cheese cloth, drop in kettle of boiling salt water, boil rapidly for 2 or 3 minutes, simmer 30 minutes, drain, dish, serve with cream sauce.

Mrs. Leslie Francis

SPINACH AND BEETS

4 lbs. spinach, 2 cans beets, chop together in bowl, add one heaping tbsp butter, salt and pepper to taste, 1 tsp sugar, 10 or 15 drops lemon, serve hot with hard boiled eggs cut in form of water lily around platter.

Mrs. Louis G. Lasher

SCALLOPED SWEET POTATOES

Southern Style

Four portions. 4 medium sized sweet potatoes, 1 small cup water, 2 level tsp flour, 6 slices thin bacon, 2 level tsp sugar, $\frac{1}{2}$ tsp salt. Wash and boil potatoes 15 minutes, drain peel and slice. Cover bottom of casserole with bacon cut in small pieces, add layer of potatoes, sprinkle with flour and sugar. Repeat the layers and last add 1 cup of water. Bake in slow oven 45 minutes.

Mrs. Edgar Heashman

BAKED SQUASH

Take small squash and cut in halves, scoop out seeds,. In each half put large piece butter, salt, a little brown sugar and fill with water. Bake in slow oven.

Mrs. C. M. Kennedy

Babies will thrive on KNOX gelatine-ized milk

CREOLE TOMATOES

Take 4 ripe tomatoes, 2 green peppers, 1 small onion, 1 tbsp butter. Peel tomatoes, add chopped green peppers, onion and butter, put in casserole and bake while making sauce.

Melt 2 tbsp butter in sauce pan, 2 tbsp flour, enough paprika to make it pink, add 1 cup thin cream, let come to boil and pour over mixture and cover with 1 cup bread crumbs, bake 30 minutes.

Mrs. H. L. Swensen

A LA ASPARAGUS

1 bunch asparagus cooked in salt water until tender, drain, heat platter and arrange asparagus on it. Take 1 large tbsp butter, put 1 cup cracker crumbs in butter and fry a light brown then pour over platter and serve.

Mrs. Alvin Hammer

SPANISH MACARONI

Chop 1 good sized onion and 1 large or 2 small green peppers. Fry onion in any good drippings until nearly done then add peppers. When both onions and peppers are cooked, add 1 heaping tbsp flour to thicken, then 1 can tomatoes, salt, 2 tsp Spanish chili powder, can mushrooms. Chicken giblets chopped coarsley are a nice addition. Cook and rinse 1 pkg. macaroni. When done place on platter and pour over it Spanish sauce, sprinkle grated cheese over top.

Mrs. Charles Saverude

ESCALLOPED ONIONS

Peel onions and if large quarter them, boil until tender, put in shallow pan and cover with white sauce with small cup bread crumbs on top. Brown nicely.

Mrs. W. L. Harding

STUFFED BAKED POTATOES

Select 6 large smooth potatoes, wash clean, bake in hot oven until well done, cut a thin slice from top and remove center being careful not to break shell. Wash thoroughly and add $1\frac{1}{2}$ cups hot milk, 2 tbsp butter, salt to taste. Beat until light, refill shells, dot with butter and sprinkle with paprika. Place in hot oven for about 15 minutes.

Mrs. J. E. Swalley

THE 1920 YEAR GROUP

KNOX stands for Quality and Quantity in Gelatine

ESCALLOPED CABBAGE

Boil a firm, white cabbage 15 minutes changing the water then pour more from the boiling tea kettle; when tender, drain and set aside until perfectly cool. Chop fine and add 2 beaten eggs, 1 tbsp butter, pepper, salt and 3 tbsp rich milk or cream. Stir together and bake in buttered dish until brown and serve hot.

Mrs. L. D. Ross

HOT CABBAGE SLAW

Cut cabbage real fine, add 1 onion cut fine, cut bacon into bits and brown, add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup vinegar, $\frac{1}{2}$ cup water, salt, boil and pour over cabbage.

Mrs. A. B. Thompson

CORN FRITTERS

$\frac{1}{2}$ can corn, 1 egg, tsp sugar, 2 tbsp cream, flour to make thin batter. Drop by spoonfulls into hot lard and serve with maple syrup.

Mrs. Wm. M. Bryan

ITALIAN SPAGHETTI

One pound Italian spaghetti, boil in salt water 15 minutes then put in cold water 30 minutes.

SAUCE—Grind and cook 1 lb. beef; when done have 3 cups broth, 1 can Italian tomato sauce, 1 round hot pepper, 3 cloves of garlic, salt to taste, 2 tbsp flour, 3 tbsp Italian cheese grated, mix together then mix spaghetti and bake 45 minutes to 1 hour.

Mrs. Milton Bateham

SPANISH RICE

1 tbsp lard, 1 tbsp melted butter, cut fine 1 onion and 1 green pepper, 1 can tomatoes, 1 tbsp salt, 1 cup dry rice. Put all in skillet and cook slowly 1 hour on top of stove.

Huldah McCune

POTATO PUFF

Beat 3 eggs very light, gradually beat in 2 cups mashed potatoes, beat in 1 cup sifted flour to which has been added 2 level tsp baking powder, add 1 tsp salt. Drop by teaspoonfulls into hot fat, cook until golden brown. Nice served with fish.

Mrs. Wm. M. Bryan

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX ACIDULATED GELATINE---no bother---no trouble---no squeezing lemons

CORN SOUFFLE

$\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup flour, $\frac{2}{3}$ cup milk, 1 cup corn, 3 eggs, salt and pepper.

Melt butter, add flour, salt, pepper and milk gradually, add corn and yolks of eggs, beat whites of eggs and add. Turn into baking dish and sprinkle with rolled post-toasties, bake slowly. This serves six.

Mrs. A. B. Thompson

QUICK BAKED POTATOES

Select smooth medium sized potatoes, wash, using vegetable brush, cut lengthwise in half inch slices. Brush both sides with melted butter and place in pan. Bake in hot oven until soft, turn once. Spread with grated cream cheese with a dash of paprika. Place a bit of parsley on each slice and serve at once on hot platter as border around steak. Mrs. Clarence P. Cook

GREEN PEPPERS STUFFED WITH CORN

4 green peppers, 1 cup corn, $\frac{1}{2}$ cup bread crumbs, 1 tsp salt, $\frac{1}{4}$ tsp celery salt, 2 tbsp melted butter, 1 slice bacon.

Remove stem and all the inside from peppers, rinse well and stuff with above dressing, placing a small piece of bacon on top of each pepper. Place peppers close in small pan, add 1 inch of water and bake in moderate oven 30 minutes.

Mrs. H. E. Wormhoudt

POTATOES AND HAM

Smoked ham cut in slices 1 inch thick. Put layer of sliced potatoes in casserole, then layer of ham, then potatoes, etc. Sprinkle a little flour between the layers. Cover with milk and cook in oven.

Mrs. F. H. Potter

CARROTS BAKED WITH BACON

Cook carrots on top of stove until half done, then cut in slices and place in casserole, cover with bacon and cook until carrots are tender and bacon is browned crisp.

Mrs. A. B. Thompson

THE 1920 YEAR GROUP

KNOX GELATINE is Pure---Ask your Physician

SWEET POTATO PUDDING

Boil potatoes, mash with plenty of milk and butter, put into baking dish, bake 20 minutes. Add layer of marshmallows and brown.

Mrs. E. Bomhard

EGG PLANT

Cut one egg-plant in halves, scoop out contents leaving shell whole. Cook contents until tender and mash. Fry 1 small onion and $\frac{1}{2}$ green pepper in butter and add to egg-plant, stir well, then add 1 egg and 1 cup bread crumbs. Fill shells bake until brown.

G. N. Robinson

PARSNIP BALLS

Cook 4 large parsnips until tender, mash, add 2 tbsp cream, $\frac{1}{2}$ tsp salt, $\frac{1}{8}$ tsp pepper, return to fire and cook until it bubbles. Remove and add 1 beaten egg, form in balls, roll in crumbs and fry in deep fat.

Miss Florence Harsh

SPAGHETTI

Boil 3 pkgs. spaghetti until tender. Sauce—3 cans tomato soup, 2 cloves, 2 onions chopped fine, 2 cloves garlic cut very fine. Put sauce in double boiler and cook until onions are done. Make $\frac{1}{2}$ lb. hamburger into small balls, fry in butter. Put spaghetti, hamburger and sauce in baking dish with small pieces of bacon over the top and bake 45 minutes.

Mrs. T. P. Sharpnack

CAULIFLOWER AU GRATIN

Take medium size head of cauliflower, remove all the leaves, break in small pieces, let stand in salt water $\frac{1}{2}$ hour, cook 20 minutes and drain. Prepare white sauce by taking 2 tbsp butter, 2 tbsp flour rubbed together, gradually pour on two cups boiling milk, return to double boiler; 2 tbsp grated cheese, $\frac{1}{2}$ tsp salt. Arrange cauliflower in baking dish and pour sauce over it, bake 15 minutes.

Dr. Mae Habenicht

THE DES MOINES WOMEN'S CLUB COOK BOOK

Four separate Desserts or Salads from one package of KNOX GELATINE

ESCALLOPED SWEET POTATOES WITH APPLES

Boil sweet potatoes, mash and season same as Irish potatoes. Grease baking dish, put in a layer of apples, slices $\frac{1}{4}$ inch thick, then a layer of potatoes, etc., a little sugar and butter on the top and bake until done.

Mrs. Ellis Engelbeck

BAKED BEANS

Soak 1 qt. navy beans over night, parboil with pinch salt, change water and add 1 lb. pork butts, $\frac{1}{2}$ tbsp mustard, 1 tbsp salt, 2 tbsp molasses, $\frac{1}{2}$ cup sugar. Bake in slow oven 5 hours.

Mrs. George O'Dea

ONIONS AU GRATIN

Cook onions until tender, make cream sauce and add $\frac{1}{2}$ cup grated cheese, pour over onions, place in baking dish, sprinkle buttered cracker crumbs over top and bake until brown.

Mrs. A. T. Abbott

LIMA BEANS EN CASSEROLE

Soak 1 cup lima beans in water over night. Next morning drain, put into kettle with $\frac{1}{2}$ tsp soda, cover well with cold water, let come to a boil, remove from fire at once and drain, cover with a quantity of cold water, let boil again, drain put in casserole with $\frac{1}{2}$ tsp salt, 2 thin pork chops, cover with water and cook slowly in oven 2 hours.

Mrs. John Abramson

COOKED TOMATOES

1 green pepper, 1 red pepper, 1 onion, 4 or 5 strips bacon run through chopper, bread crumbs, 1 large can tomatoes cooked and seasoned, bake 40 minutes.

Mrs. Homer Zook

Los Angeles, Calif.

THE 1920 YEAR GROUP

**WHEN YOU NEED PRINTING
PHONE DRAKE 3383-W**

LET US SUBMIT A BID ON YOUR NEXT JOB

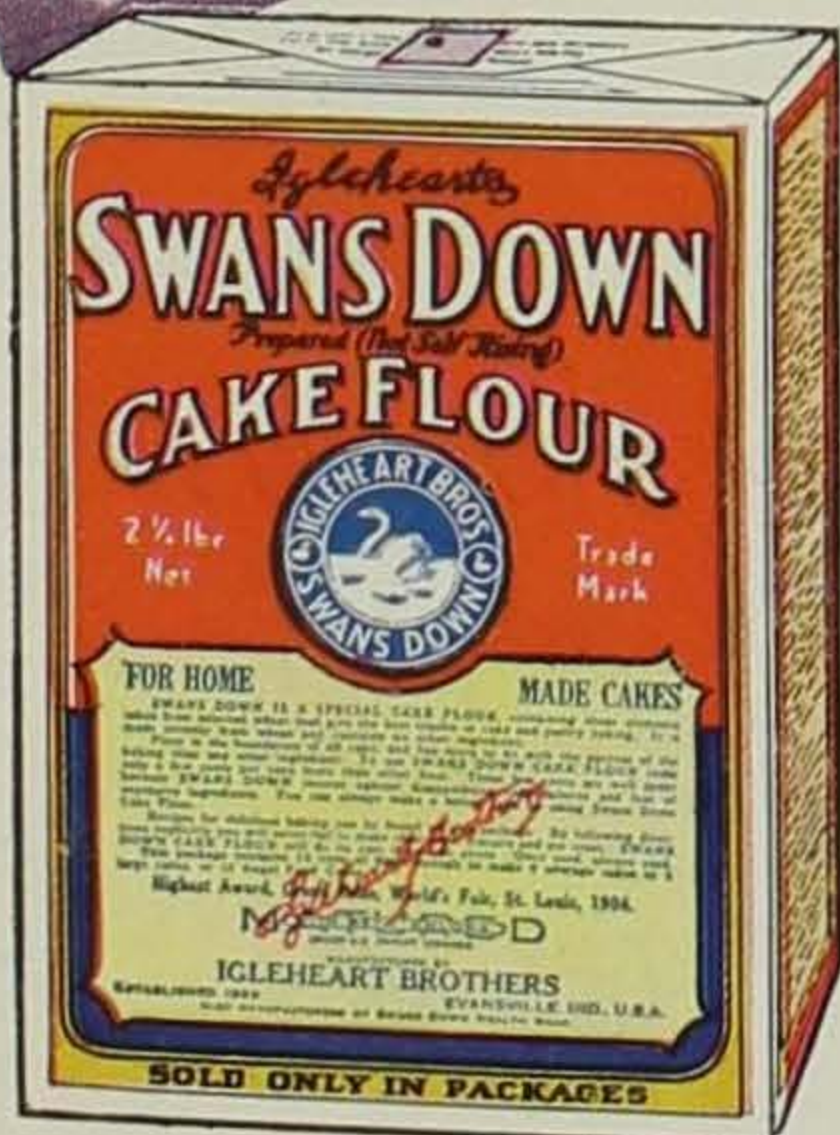
Memorandum



When you make cake



RECIPES FOR MANY tempting and delicious cakes are given in "Cake Secrets." A dime (in coin or stamps) will bring you this famous recipe book about which a woman recently wrote us: "I wouldn't sell mine for a dollar if I knew I couldn't get another copy."



Preferred by Housewives for 30 years

NOTHING gives such wonderful results in home made cakes as Swans Down Cake Flour! Try it and prove it to yourself. You can have lighter, whiter, finer, better cake—pie crust—pastry, just as you long to have it.

Swans Down is true economy; it saves all the costly waste of cake disappointments.

Swans Down has been the grocers' choice for 30 years.

IGLEHEART BROTHERS
EVANSVILLE, INDIANA
ESTABLISHED 1856

Also manufacturers of
SWANS DOWN WHEAT BRAN
NATURE'S LAXATIVE FOOD

YOUR GROCER CAN SUPPLY YOU

You pay for Swans Down whether you use it or not

Do you ever have the feeling that SWANS DOWN CAKE FLOUR is a sort of luxury which you need to save for special occasions? You might just as well have the satisfaction of having the results it assures every time you make cake—you pay for SWANS DOWN whether you use it or not.

You can easily prove this for yourself. Compare your own favorite bread flour recipes with SWANS DOWN CAKE FLOUR recipes for the amount of egg, shortening, and baking powder used. The chances are you'll find that you are using considerably more of these ingredients than is necessary when you use SWANS DOWN.

Take one of your own recipes for cake made with bread flour and make the cake using SWANS DOWN CAKE FLOUR instead of bread flour. In addition to this substitution, omit one egg, saving from 2 to 5 cents, depending upon the price of eggs. You have more than saved the cost of the flour, and you have a lighter texture, a finer grain and a better flavor. Had you used bread flour instead of SWANS DOWN, your cake would have cost just as much, because it is necessary to use the additional egg to acquire the lightness, and you still haven't the quality of a SWANS DOWN cake.

So you see, whether you use it or not, you pay for

SWANS DOWN

Prepared (Not Self-Rising)

CAKE FLOUR

Preferred by Housewives for 30 years

KNOX GELATINE added to milk increases its Nourishment by about 23%

CAKES, COOKIES, DOUGHNUTS

LAYER SPICED CAKE

1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup sour or buttermilk, 2 eggs, 2 cups flour, 1 tsp. cinnamon, $\frac{1}{3}$ tsp. cloves, $\frac{1}{4}$ tsp. nutmeg (if desired), 1 tsp. soda put in buttermilk, 1 tsp. baking powder, 1 cup chopped raisins or dates.

Beat butter and sugar together, add eggs and beat again, then add buttermilk and soda and two cups of flour. Put in spices and fruit. Add baking powder last. Put in two layer cake pans, let stand twenty minutes, then bake slowly. Mrs. James A. Hallett.

FRUIT CAKE

6 cups flour, 3 cups butter, $2\frac{1}{2}$ cups sugar, 1 lb. raisins, $1\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. candied cherries cut fine, 3 cups lemon or citron peel sliced fine, 1 cup chopped nuts, 12 eggs, 2 oranges, juice and grated rind, 1 dessert spoon of nutmeg and cinnamon mixed, 1 tsp. salt, $\frac{1}{2}$ pint fruit juice (usually use grape juice).

Prepare fruit and nuts day before, cream butter and sugar, add well beaten eggs, grated rind and juice of oranges and fruit juice, stir in flour and beat well. Add fruits and nuts gradually. Bake one and one-half hours in moderate oven. Makes two large loaves.

Mrs. Grant McPherrin.

APPLE FRITTERS

2 eggs, 1 cup sweet milk, 3 cups flour, 3 tsp. baking powder, 1 tsp. salt, 2 cups chopped apples.

Mix and drop by spoonful into boiling lard. Eat with butter or maple syrup.

Mrs. C. J. Luthe.

GOLD DROP CAKES

Cream $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup sugar, add $\frac{1}{4}$ cup milk, 1 cup pastry flour.

Sift several times with one tsp. baking powder, yolks 4 eggs beaten lightly, salt and extract. This makes 12 large cakes or 24 small ones. Bake in gem pans.

Mrs. George Messenger.

THE 1920 YEAR GROUP

KNOX GELATINE is economical---one package makes FOUR PINTS of jelly

DATE COOKIES

$\frac{2}{3}$ cup butter, $1\frac{1}{2}$ cups light brown sugar, $\frac{1}{3}$ tsp. salt, 2 eggs, $\frac{1}{2}$ cup milk, 1 tsp. vanilla, $2\frac{1}{2}$ cups flour, 2 tsp. baking powder, 1 cup chopped dates, $\frac{1}{2}$ cup nut meats.

Cream fat, then cream butter and sugar, add salt, eggs, milk and vanilla. Beat two minutes, add rest of the ingredients and drop from spoon on well greased baking sheet. Bake 12 minutes.

Mrs. J. W. Studebaker.

ICE BOX CAKE

$\frac{1}{4}$ cup water, $\frac{1}{2}$ cup sugar, 2 squares chocolate, 4 egg yolks, 1 cup butter, 1 cup powdered sugar, 1 tsp. vanilla, 4 egg whites stiffly beaten, 2 dozen lady fingers.

Mix sugar chocolate and water and cook in double boiler until mixture is creamy. Add beaten yolks, cook one minute stirring steadily during cooking. Add sugar and butter which have been creamed when well mixed, add beaten whites and vanilla, cool and pour into round or square cake pan which has been lined with waxed paper, also lined with split lady fingers. Add layer of split lady fingers then layer of chocolate mixture. Put in ice box for ten hours or more. Mould by lifting waxed paper and slipping cake on platter. Serve with whipped cream or fruit.

Mrs. L. W. Lyons.

GOLDEN CAKE

1 heaping measuring cup egg whites beaten as for angel loaf, as you beat them add $\frac{1}{4}$ tsp. salt and good $\frac{1}{2}$ tsp. cream of tartar, $1\frac{1}{4}$ cups of sugar sifted, 1 cup Swans Down cake flour sifted five times before measuring. Into this fold, do not beat, the well beaten yolks of four eggs. Flavor with lemon and almond. Bake in angel loaf pan same temperature and same length of time as angel loaf.

Mrs. Bert McKee.

SUGAR COOKIES

1 cup butter, 2 cups sugar, 3 cups flour, $\frac{1}{2}$ tsp. nutmeg, 3 tbsp. milk, 1 level tsp. soda, pinch salt, 3 eggs, vanilla flavoring.

Dust sugar over tops before baking. Mrs. H. T. Summey.

THE DES MOINES WOMEN'S CLUB COOK BOOK

Desserts can be made in a short time with KNOX GELATINE

PRUNE CAKE

1 cup brown sugar, $\frac{1}{2}$ cup butter, 3 eggs, 1 cup sour milk, $\frac{1}{2}$ tsp. each of cloves, cinnamon, nutmeg, 1 cup cooked chopped prunes, 1 tsp. soda stirred into sour milk, 2 cups flour.

Bake in loaf pan in slow oven 45 minutes. Miss Emma Luthe.

EGGLESS CAKE

2 cups sugar, 1 cup butter, 2 cups buttermilk, 2 level tsp. soda, 1 tsp. each of nutmeg, cinnamon and allspice and cloves, 4 cups flour, 2 cups raisins, 1 cup nuts cut fine.

Mix and add raisins and nuts last.

Mrs. Guy Logan.

BURNT SUGAR CAKE

$1\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 1 cup water, 2 eggs beaten together, $2\frac{1}{2}$ cups flour, 2 tsp. baking powder, 3 tsp. of above caramel syrup, 1 tsp. vanilla.

Bake in two layers in moderate oven.

Caramel Liquid

One-half cup granulated sugar, put in granite sauce pan over fire, cook until softens then melts, then becomes liquid and throws an intense smoke almost burning. Have one-half cup boiling water ready, remove from fire add water then cook until thick like molasses. You may bottle this for this amount will make three cakes.

Icing

$1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water.

Place over fire until sugar dissolves, boil quickly until syrup will spin a thread, add beaten whites of two eggs. If you care for caramel flavor, add two tsp. of caramel syrup. Mrs. Guy Logan.

ICE BOX COOKIES

1 scant cup butter, 1 cup sugar, 1 cup medium sea sugar, 2 eggs, 1 level tsp. soda dissolved in hot water, $\frac{1}{4}$ tsp. salt, $3\frac{1}{2}$ cups flour, 1 cup walnut meats, 1 tsp. vanilla.

Cream butter, add the sugar, beat in eggs, one at a time, add flour, soda, nut meats. Mould and set in ice box over night. Slice very thin. Bake in moderate oven. Mrs. A. P. Stoner.

THE 1920 YEAR GROUP

A KNOX GELATINE Dessert or Salad is attractive and appetizing

SUGAR COOKIES

1 cup butter (heaping), 2 cups sugar (cream this), 1 cup sour cream (thick), 1 tsp. nutmeg, 2 eggs well beaten, 1 tsp. soda (in cream).

Flour to make a soft dough. Bake in hot oven.

Mrs. Homer R. Miller.

NORWEGIAN COOKIES (WREATHS)

Sift together six cups flour, and one cup sugar. Place on a mixing board. Stir together the yolks of three hard boiled eggs with the yolks of four raw eggs. Stir with the flour and sugar. Then add one pound of butter, and knead until all is well mixed. Take a piece of dough the size of a walnut, roll and shape into wreaths, dip in the beaten mixture of eggs and then into very coarse sugar. Bake in moderate oven. This makes 150.

Birgsjab Tillisch.

OATMEAL DROPS

2 cups sugar, $\frac{1}{2}$ cup butter and lard, 3 eggs, $\frac{1}{2}$ tsp. salt, $1\frac{1}{2}$ cups sour cream, 2 tsp. soda, 2 cups oatmeal, 1 level tsp. each of cinnamon, nutmeg and cloves, $2\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup walnut meats.

Cream sugar and shortening, beat eggs and add, dissolve soda to sour cream, add oatmeal, spices and salt, add half of flour then the raisins and nuts and remainder of flour. Drop from spoon and bake in moderate oven.

Mrs. H. A. Metcalfe.

MOCHA CAKE

3 eggs, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup cold water, 1 tsp. vanilla, $1\frac{3}{4}$ cups flour, 2 tsp. baking powder, 1 tbsp. cinnamon, $\frac{1}{2}$ cup cocoa.

Beat yolks, add sugar, water and vanilla, beat well, add flour, baking powder, cocoa, and cinnamon sifted together. Fold in whites, bake slowly for thirty minutes in square tins.

Filling

1 cup powdered sugar, $\frac{1}{2}$ cup melted butter, 2 tbsp. cocoa, 2 tbsp. cold coffee, 2 tsp. vanilla.

Sift powdered sugar over top of cake. Mrs. H. A. Metcalfe.

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX GELATINE---Economy with highest Quality

CAKE

1 cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup milk, cream butter first, then add sugar, 2 whole eggs beaten well, 2 squares of chocolate melted, 1 cup of nut meats.

Bake in square cake pan for twenty minutes. Cover with fudge frosting. No baking powder used. Mrs. Davy.

WHITE CAKE

$1\frac{1}{2}$ cups of Swansdown pastry flour sifted 5 times, add 1 tsp. baking powder and sift again, add 1 cup granulated sugar.

Put whites of two eggs in cup, add enough melted butter to make $\frac{1}{2}$ cup, fill rest of cup with milk. Add extract and beat five minutes. Bake in moderate oven. Mrs. A. P. Stoner.

SPICE CAKE

3 eggs, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, 1 cup cold water, $2\frac{1}{2}$ cups flour, $2\frac{1}{2}$ tsp. baking powder, 1 tsp. vanilla, 1 tsp. cloves, 1 tsp. mace, 2 tsp. cinnamon. Mrs. Walter L. Bierring.

Filling For Spice Cake

$1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water.

Cook until threads. Have ready whites of two eggs beaten to stiff froth. Pour syrup in slowly, beating all the time. Add one-half cup marshmallows cut fine, add while icing is warm. Beat until nearly cool. Add vanilla and spread.

Mrs. Walter L. Bierring.

SUGAR COOKIES

2 cups sugar, 1 cup lard, 2 eggs, 1 cup sweet milk, 1 tsp. soda, 2 tsp. baking powder.

Flour salt and flavoring. Roll and cut. Bake in moderate oven.

Mrs. Walter L. Bierring.

MOTHER'S POUND CAKE

Beat $\frac{3}{4}$ lb. of butter until light, 1 lb. of pulverized sugar, 1 lb. of flour, 10 eggs beaten separately, 1 tsp. of baking powder.

Just before mixing cake, add the baking powder to the yolks of eggs. Mrs. Walter L. Bierring.

THE 1920 YEAR GROUP

KNOX GELATINE is the one dessert for all appetites

ICE BOX COOKIES

2 cups dark brown sugar, $\frac{1}{2}$ cup shortening, 2 eggs, 1 tsp. soda, 1 tsp. cream of tartar, 1 tsp. cinnamon, 1 tsp. vanilla, about $3\frac{1}{2}$ cups flour.

Melt shortening, pour in sugar, then beaten eggs. Sift flour, soda, cream of tartar, and cinnamon then add. Mix with hands into a loaf. Put into greased pan, next morning turn out on moulding board, cut into thin slices, and bake in moderate oven about fifteen minutes.

Mrs. I. H. Hammond.

CHOCOLATE CAKE

1 cup sour cream, 1 cup sugar, $\frac{1}{2}$ cup of grated chocolate dissolved in hot water, 1 egg, $\frac{1}{2}$ tsp. soda, dissolved in water, $1\frac{1}{2}$ cup pastry flour, cover with fudge icing.

Mrs. A. P. Stoner.

ROCKS

1 cup melted butter and lard, 2 cups oatmeal stirred into butter, while hot, 1 cup sugar, 2 eggs, 4 tbsp. sour milk, 2 cups flour, 1 cup seeded raisins, $\frac{1}{2}$ cup chopped nut meats, $\frac{1}{4}$ tsp. salt, $\frac{3}{4}$ tsp. soda dissolved in hot water, $\frac{1}{2}$ tsp. cinnamon and cloves.

Mrs. W. E. Davy.

CHOCOLATE COOKIES

1 cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup milk, 1 cup sugar.

Cream butter first, add the sugar, two whole eggs well beaten, two squares of chocolate melted, one cup of nut meats. Bake in square cake pan twenty minutes. Cover with fudge frosting. No baking powder used.

Mrs. Thos. McCurnin.

APPLESAUCE CAKE

1 cup sugar, $\frac{1}{2}$ cup butter and lard (salt), $1\frac{1}{2}$ cups apple sauce, 1 cup raisins, 1 cup nuts, 2 cups flour, 2 tsp. cinnamon, 1 small tsp. cloves, 1 tsp. soda.

Icing

$\frac{1}{2}$ cup butter, 3 tsp. cocoa, 2 tbsp. coffee, 1 tsp. vanilla, add powdered sugar until stiff enough to spread.

Mrs. J. W. Martin.

THE DES MOINES WOMEN'S CLUB COOK BOOK

See that the name K-N-O-X is on each package of gelatine you buy

DATE BARS

1 package dates cooked with 1 cup hot water, 1 cup nuts chopped, 1 cup sugar, $\frac{1}{4}$ cup butter, $1\frac{1}{2}$ cups flour, 1 level tsp. soda, 1 egg.
Mrs. J. W. Martin.

WHITE CAKE

1 cup sugar, $\frac{1}{2}$ cup butter creamed, $\frac{1}{2}$ cup water, $1\frac{3}{4}$ cup pastry flour, 1 rounding tsp. baking powder, whites of 3 eggs beaten stiff.
When eggs are high, vary by using yellows of two whites of one, leaving one white for icing.
Mrs. Fred H. Potter.

DOUGHNUTS

2 eggs beaten very light, 1 cup sugar, $\frac{1}{2}$ tsp. salt, 1 cup milk, 2 tbsp. melted butter, 4 cups flour, 4 tsp. baking powder.
Cut out and let stand two hours. Fry in deep fat.
Mrs. Fred H. Potter.

SUET PUDDING

$1\frac{1}{2}$ cups sugar, 1 cup beef suet, 1 cup raisins, 1 cup currants, 1 cup English walnuts, 1 cup milk, 1 tsp. cinnamon, 1 tsp. cloves, 3 eggs, $2\frac{1}{2}$ to 3 cups flour, 2 heaping tsp. baking powder, 1 tsp. vanilla. Steam three hours.
Mrs. Frank Cotten.

CHOCOLATE CAKE

2 eggs beaten very light, 2 level cups sugar, 1 cup melted butter, $\frac{1}{2}$ cup cocoa, $\frac{1}{2}$ cup sour milk.
Mix above thoroughly, add one cup boiling water which should be measured when beginning to mix cake, and let stand until ready to add two level cups flour, one level teaspoon soda dissolved in a little water.
Mrs. L. H. Ingham.

YANKEE DOUGHNUTS

2 eggs, 1 cup sugar, 1 large tbsp. butter, 1 cup sweet milk, $\frac{1}{4}$ tsp. cinnamon, small pinch nutmeg, 4 tsp. baking powder sifted in, 3 cups flour.
Use enough flour to make soft dough as can be handled, possibly four cups.
Mrs. W. H. McHenry.

THE 1920 YEAR GROUP

KNOX GELATINE is measured ready for use---two envelopes in each package

CHOCOLATE CAKE

2 egg yolks, 2 squares chocolate, 1 cup milk, 1 cup sugar, 3 tbsp. melted butter, 1 tsp. soda, $1\frac{2}{3}$ cups flour, $\frac{1}{2}$ tsp. salt.

Grate chocolate and rub into yolks of eggs. Add one half of the milk and cook gently until smooth, stirring constantly. Remove from fire and add sugar, salt and remaining one-half cup of milk into which the soda has been dissolved. Beat in flour until smooth, stir in melted butter. Make two small layers or one layer cake.

Mrs. George Means.

Icing

$1\frac{1}{4}$ cups sugar, $\frac{1}{3}$ cup hot water.

Boil until it threads, then pour over the beaten whites. Never fails.

Mrs. George Means.

SOUR CREAM CAKE

1 cup sour cream, 1 cup sugar, 2 eggs beaten separately, $\frac{1}{2}$ tsp. soda, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ tsp. baking powder, 1 tsp. flavoring.

Mrs. Richard Homann.

Cake Filling

1 cup powdered sugar, 1 tbsp. cocoa, 2 tbsp. melted butter, 1 tbsp. cold coffee, flavor to taste.

Mrs. Richard Homann.

SUNSHINE CAKE

Whites of 11 eggs, yolks of 5 eggs, beat both separately very stiff, $1\frac{1}{2}$ tumbler full granulated sugar, 1 tumbler pastry flour, 1 tsp. cream of tartar, 1 tsp. vanilla.

Beat whites stiff and add cream of tartar, slowly add sugar, beat until very stiff. Fold in flour and vanilla, add last five yolks which have been beaten very light. Bake 60 minutes in slow oven.

Miss Emma Luthe.

PLAIN FRITTERS

3 eggs, $1\frac{1}{2}$ cup sweet milk, 3 heaping tsp. baking powder.

Salt flour enough to make batter stiff enough to drop off end of spoon. Fry in deep lard.

Mrs. Charles S. Medbury.

Free cook book offer in each package of KNOX GELATINE

DOUGHNUTS

1 cup sugar, 2 eggs, $\frac{1}{3}$ cup sour cream, fill up with thin sour milk, 1 tsp. soda, season with nutmeg, 1 tsp. baking powder in flour, flour enough to make soft dough. Mrs. H. H. Decker.

WAFFLES

1 egg, beat separately, 1 tbsp. sugar beaten with yolk of egg, 1 cup milk, 1 cup flour, $\frac{1}{4}$ tsp. salt, 1 tbsp. melted butter, 3 level tsp. baking powder. Luene Saverude.

CORN MEAL MUFFINS

$\frac{1}{3}$ cup shortening, 1 egg beat light, $\frac{1}{3}$ cup sugar, $\frac{1}{4}$ level tsp. salt, $1\frac{1}{4}$ cups sweet milk, 1 cup white flour, 1 cup corn meal, 4 level tsp. baking powder.

Cream shortening, beat in egg, sugar, salt and milk. Add flour and meal sifted with baking powder. Bake twenty-five minutes. Also makes a good loaf. Mrs. R. B. Dennis.

DELICIOUS WAFFLES

$1\frac{1}{2}$ cups flour, 1 tbsp. baking powder, $\frac{1}{4}$ tsp. salt, 2 tbsp. sugar, 2 eggs, 1 cup milk, 3 tbsp. melted butter.

Mix and sift all the dry ingredients, add beaten egg yolks and milk, melted butter. Fold and beat egg whites.

Mrs. J. W. Studebaker.

THE 1920 YEAR GROUP

The Artcraft Printery

LET US SUBMIT A BID ON YOUR NEXT JOB

Memorandum

All you add is water and sugar to the KNOX ACIDULATED package

PASTRY

VINEGAR PIE

3 cups boiling water, 1 cup sugar, $\frac{1}{2}$ cup butter, 3 tbsp. vinegar, 1 tbsp. essence lemon, 1 tbsp. corn starch, 3 eggs.

Mix sugar and butter in the hot water, then add the corn starch and boil until thick, stirring constantly. Then add the beaten yolks of eggs and essence. Whites of eggs are beaten and spread on the top of the pies after they are baked. This is enough filling for two pies.

Mrs. Mylo Lee.

BUTTER PIE

To 2 tbsp. of flour take $\frac{1}{2}$ cup sugar, 1 cup milk, and a heaping tbsp. of butter. Flavor with vanilla. Bake in an open crust.

Mrs. Mylo Lee.

PINEAPPLE PIE

1 cup sugar, $1\frac{1}{2}$ tbsp. flour, 3 eggs, 1 cup sour cream, 1 cup finely chopped or grated pineapple.

Mix flour and sugar, add yolks and one white of egg. Beat slightly, add sour cream and pineapple. Place in double boiler, cook until spoon is coated. Fill baked pie shell, add meringue, brown in oven.

Mrs. George Mahnke.

RHUBARB PIE

2 eggs, $1\frac{1}{4}$ cups sugar, 1 tbsp. flour, 2 or $2\frac{1}{2}$ cups rhubarb cut fine.

Beat eggs, add sugar, flour and rhubarb. Put in an unbaked rich crust, sprinkle with nutmeg.

Mrs. L. H. Ingram.

LEMON PIE

1 cup water, 1 cup sugar, 1 lemon grated rind and juice, 2 heaping tsp. corn starch, 1 lump butter size of walnut, yolks of 2 eggs.

Put water, sugar and lemon juice and rind on stove and bring to boil. Add butter, corn starch and yolks of eggs beaten. When thick, pour in crust.

Mrs. S. P. Johnston.

THE 1920 YEAR GROUP

For Dainty Delicious Disserts use KNOX GELATINE

"LIZBETH'S PIE FILLING"

Filling for two pies (Sweet Potato).

4 eggs (beaten well), $1\frac{1}{2}$ cups mashed hot sweet potato, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ tsp. cinnamon, ground, $\frac{1}{2}$ tsp. nutmeg, ground, $\frac{1}{2}$ tsp. cloves, ground, $\frac{1}{3}$ tsp. ginger, ground, $1\frac{1}{2}$ tbsp. melted butter, $1\frac{1}{2}$ cups milk.

Vanilla or lemon may be added to suit taste. Soup beans, navy, pulp if cooked without meat may be used the same as the sweet potatoes in making this filling for an under crust pie. These two vegetables are a substitute for pumpkin filling to be baked the same way.

Mrs. Nate Kendall.

BANANA PIE

1 pint milk, 1 tbsp. flour, 1 egg yolks, $\frac{1}{2}$ tsp. vanilla, $\frac{1}{2}$ teacup sugar, heaping tsp. corn starch, pinch salt, 1 tbsp. butter.

Heat milk and add dry ingredients. Beat egg yolks and butter. Add to milk and cook until thick in double boiler. Put a layer of bananas and pour cooked custard over and bake.

Crust

1 cup flour, $\frac{1}{3}$ cup lard, pinch salt and enough water to make soft dough.

Mrs. W. A. Lilja.

LEMON PIE

3 egg yolks, 1 cup sugar, $\frac{1}{3}$ cup flour, $\frac{1}{8}$ tsp. salt, juice and rind of large lemon, $1\frac{1}{2}$ cups water, 1 tsp. butter.

Beat egg yolks slowly. Add sugar and beat two minutes. Add flour, salt, lemon juice and rind. Add water and cook in double boiler until creamy. Add butter and pour on baked pie crust. Cover with following meringue: Beat egg whites until stiff. Add slowly sugar and beat one minute. Pile on top of pie and bake ten minutes.

Mrs. J. A. Lapham.

APPLE PIE

Pare and dice 4 large apples, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ tsp. vanilla, few drops lemon extract, $\frac{1}{2}$ tsp. cinnamon, small piece butter.

Mix together and bake.

Mrs. Alfa Kirk.

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX GELATINE---the Highest Quality for Health

PINEAPPLE PIE

1 small can pineapple (pour juice in cup and fill up with water),
 $\frac{1}{2}$ cup sugar, small lump butter, yolks of 2 eggs, 2 tbsp. corn starch.

Cook till thick and add pineapple. Pour in baked shell. Whites
of eggs on top. Brown. Mrs. A. J. Pepperd.

CHERRY PIE

$2\frac{1}{2}$ cups fresh seeded or canned cherries, $1\frac{1}{3}$ cups sugar, 3 tsp.
flour.

Have pie pan lined with pie crust rubbed over with flour. Blend
flour and sugar and mix with cherries. Put this filling in pie, adding
three teaspoons butter if desired. Put on pie crust, cover in usual
way and bake at 425° for forty-five minutes.

Mrs. W. H. Leckliter.

CRANBERRY PIE

Filling

$\frac{1}{8}$ cup corn starch, 1 cup sugar. Mix together. Pour into $\frac{1}{2}$
cup boiling water. Cook starch thoroughly. Add $\frac{1}{4}$ cup maple
syrup, $\frac{1}{4}$ tsp. salt, 1 pint raw cranberries chopped fine. Cook about
fifteen minutes then add 1 tbsp. butter. Cool. (Can use any kind
of molasses or caramel). Put in baked crust.

Crust

1 cup pastry flour, 3 oz. butter or 6 level tbsp.

Chop flour and butter together, then pat with knife until butter
is in flakes. Make hole in center. Add three tablespoons ice water
(one at a time), roll very tightly, put in pan and put on ice for three
hours. Bake. Do not touch dough with the hands.

Sarah Wharton Moore.

LEMON PIE

$\frac{3}{4}$ cup sugar, pinch salt, 1 cup boiling water, yolks of 2 eggs,
grated rind of 1 lemon, 3 level tsp. cornstarch dissolved in $\frac{1}{4}$ cup
cold water. Cook until thick then add juice of 1 lemon.

Put in crust and cover with meringue made from whites of eggs
with $\frac{1}{4}$ cup sugar added. Brown in quick oven.

Mrs. Leslie Miller.

THE 1920 YEAR GROUP

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed

BUTTER SCOTCH PIE

Yolk of 1 egg, 1 cup brown sugar, 1 tbsp. butter, 1 pint sweet milk, 2 heaping tbsp. flour.

Mix and cook until thoroughly done. Pour in a rich pie crust which has been previously baked. Cover with the beaten white of egg and let it brown lightly.

Mrs. H. Strack.

LEMON PIE

4 yolks, $\frac{1}{2}$ cup sugar, juice and rind of 1 lemon, pinch salt, 3 tbsp. hot water.

Cook in double boiler till thickens. Let cool and add four stiffly beaten whites and one-half cup sugar added to whites. Put in crust and bake in medium oven.

Mrs. M. O. Kahn.

PRUNE PIE

Crust

$\frac{2}{3}$ cup flour, $\frac{1}{4}$ tsp. salt, $\frac{1}{3}$ cup lard, water (cold). Bake.

Filling

$\frac{1}{2}$ lb. prunes, 1 cup thin cream, yolks, 2 eggs, $\frac{1}{2}$ cup sugar, rounding tbsp. corn starch.

Wet corn starch with little milk, scald cream. Beat egg yolks. Add sugar. Beat and add to cream, then add corn starch and lastly prunes cooked and sweetened to taste. Cook good after adding corn starch. Put in the pie shell. Cover with meringue and brown or use whipped cream on top.

Mrs. Roy Briar.

CHOCOLATE PIE

Crust

$\frac{2}{3}$ cup flour, $\frac{1}{4}$ tsp. salt, $\frac{1}{3}$ cup lard, cold water. Bake.

Filling

$\frac{1}{2}$ cup sugar, 1 cup milk, butter size of hickory nut, when hot, add $1\frac{1}{2}$ tbsp. chocolate grated.

Beat yolks of eggs and stir in mixture. Dissolve two table-spoons corn starch in some milk. Add to above and stir on fire until smooth and thick. Flavor with vanilla. Pour on baked shell. Cover with beaten whites of eggs and one tablespoon sugar. Brown lightly in oven.

Mrs. Roy Briar.

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX GELATINE is highest quality and worth its price

FRESH GRAPE PIE

1½ cups seeded grapes, 1½ cups sugar, 1 tbsp. flour, 1 egg, 1 tbsp. melted butter. Mix together.

Crust

8 tbsp. flour, 4 tbsp. water, 2 tbsp. lard, ½ tsp. salt. Upper and lower crust. Mrs. Chas. Saverude.

BOSTON CREAM PIE

3 tbsp. butter, 8 tbsp. (½ cup sugar), 1 egg, ¼ cup milk, ⅞ cup flour, 1½ tsp. baking powder, ¼ tsp. vanilla.

Cream the butter, add the egg. Mix well. Add the sugar and mix thoroughly. Add the milk alternately with the flour and baking powder. Mix thoroughly. Add the flavorings. Bake in two layer cake pans, fitted with waxed paper, in a moderate oven for twenty minutes. Spread the following filling between the layers.

Filling

7 tbsp. sugar, 3 tbsp. flour, ⅛ tsp. salt, 1 egg yolk, 1 cup milk, ½ tsp. vanilla.

Mix the sugar, flour and salt. Add slowly the egg yolk, beaten, and the milk. Stir well. Cook ten minutes in a double boiler, stirring occasionally to prevent lumping. Add vanilla and remove from the fire. When partially cool, spread part of the filling over one layer of the cake. Allow to stand five minutes and then add more filling. Allow to stand two minutes. Place the other layer on the top. Spread a meringue over the whole and place in a hot oven long enough to brown it delicately.

Meringue

1 egg white, ⅛ tsp. salt, 2 tbsp. sugar, ⅛ tsp. baking powder.

Add salt to the egg, beat until thick and fluffy. Add the sugar and baking powder and beat one minute. Mrs. John Little.

CARAMEL CUSTARD

4 cups scalded milk, 4 eggs, ¼ tsp. salt, 1 tsp. vanilla, ½ cup sugar.

Place sugar in pan over fire and stir constantly until melted to a syrup of light brown. Add milk gradually. Add eggs beaten lightly. Flavor and salt. Mrs. Ira F. Nelson.

THE 1920 YEAR GROUP

KNOX GELATINE will help the delicate child

RAISIN PIE

1 cup water, 1 cup sugar, 1 cup raisins, 1 egg, 1 tbsp. flour, juice of lemon to taste.

Beat sugar and flour into egg. Add other ingredients and cook before putting between two crusts to bake.

Mrs. H. H. Crenshaw.

LEMON PIE

Make and bake the pie shell.

1 lemon, $\frac{1}{2}$ cup water, 1 tsp. butter, 1 tbsp. flour, yolks of 3 eggs, whites of 3 eggs for meringue on top.

Grate rind and all juice of lemon. Add flour to sugar. Mix well and combine with lemon. Add water and egg yolks and butter and cook until thick and smooth. Pour in shell. Add beaten whites sweetened with powdered sugar and brown in broiler, turning carefully to make even browning.

Mrs. L. E. Kelley.

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons

PUDDINGS

TAPIOCA PUDDING

1 pint milk, 2 eggs, 2 tbsp. Minute tapioca, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tsp. salt, 1 tsp. vanilla.

Put milk, tapioca, salt, egg yolks and sugar in double boiler and cook ten minutes or until it thickens. Remove from fire, beat whites of eggs stiff and fold into mixture; add vanilla last. Place in custard cups and serve cold with plain or whipped cream.

Mrs. F. L. Miner.

PLAIN PLUM PUDDING

4 cups flour, 1 lb. currants, 2 cups sugar, 1 lb. raisins, $\frac{1}{2}$ lb. candied lemon peel, chopped fine, 1 lb. suet, chopped fine, 1 tsp. baking powder, nutmeg and cinnamon.

Sift the flour, baking powder, spices and salt. Add other ingredients. When well mixed, add sufficient cold water to make a batter just thick enough to spoon into mold. Leave room for it to rise. Cover closely and boil six hours. Mrs. W. C. Murphy.

BREAD PUDDING

2 cups bread crumbs (dry), $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup molasses, 1 cup raisins, $\frac{1}{2}$ cup nut meats, 1 cup milk, 1 egg, $\frac{1}{2}$ tsp. soda, $\frac{1}{2}$ tsp. cloves, 1 tsp. cinnamon, $\frac{1}{4}$ tsp. salt.

Mix crumbs, spices, raisins and nuts. Melt butter and add to mixture. Beat egg, add to milk and other ingredients. Let mixture stand one-half hour and steam one hour. Nylina E. Minick.

DATE PUDDING

1 cup Richelieu dates pitted and cut in quarters, 1 cup broken walnut meats, 1 cup sugar, 2 eggs, 1 tsp. baking powder, 1 tbsp. flour, pinch salt.

Beat eggs, sugar and salt. Add baking powder to flour. Roll nuts in flour, then add dates. Mix well and bake three-fourths of an hour in very slow oven. Serve with whipped cream or vanilla sauce. Mrs. Arthur Newmann.

THE 1920 YEAR GROUP

Where recipes call for Gelatine use KNOX SPARKLING GELATINE

BLACK PUDDING

1 cup raisins or dates, 1 cup hot water, 2 eggs, 1 tsp. cloves, 1 cup syrup, 3 cups flour, 1 tsp. cinnamon, 1 level tsp. soda.

Steam one and one-half hours.

Sauce

4 eggs beaten light, $1\frac{1}{2}$ cups sugar and beat, season with lemon or vanilla, set in a pan of hot water or double boiler and stir occasionally until hot and like syrup. Let stand in double boiler for about fifteen minutes after it gets hot. Serve hot over pudding. It is delicious and looks very pretty.

Mrs. W. J. Souder.

SUET PUDDING

1 cup suet, 1 cup raisins, 1 cup nut meats, 1 cup sugar, 1 cup sour cream or milk, 1 tsp. soda dissolved in cream, 2 cups flour, 1 egg.

Steam two hours.

Sauce

1 cup butter, 2 cups powdered sugar, 1 egg, 1 tsp. vanilla.

Mrs. L. A. Mullins.

HONQUIN PUDDING

1 cup molasses, $\frac{2}{3}$ cup melted butter, 1 cup cold water, 3 cups flour, 1 tsp. soda, 1 cup raisins.

Steam three hours. Serve hot with sauce as follows:

Sauce

1 cup sugar, 1 cup butter, 1 egg.

Stir well just before putting on the pudding. Add tablespoon of cold water. About a tablespoon is placed on steaming hot pudding, which causes it to dissolve.

Mrs. Walter L. Biering.

DATE PUDDING

1 cup sugar, 6 tbsp. flour, 1 tsp. baking powder, 2 tbsp. milk, 3 eggs, 1 cup dates, chopped, 1 cup walnuts, $\frac{1}{4}$ tsp. vanilla.

Beat eggs separately. Add rest of ingredients to yolks and whites last. Bake thirty minutes in a slow oven.

Mrs. W. T. Moss.

KNOX GELATINE aids the Digestion of other foods

CHRISTMAS PLUM PUDDING

2 cups flour, 1 cup brown sugar, 1 cup finely cut suet, $\frac{1}{2}$ cup molasses, 1 cup milk, 2 eggs, well beaten, 1 tsp. vanilla, 1 cup bread crumbs, 2 tsp. cinnamon, 1 tsp. cloves, 1 tsp. mace, $\frac{1}{2}$ tsp. nutmeg, 1 tsp. soda, 1 tsp. baking powder, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ cup candied citron, 1 cup dates, 1 cup raisins, 1 cup English walnut meats.

Chop the fruits and nuts, mix with dry ingredients, mix all and blend thoroughly, put in buttered moulds, filling half full. Cover tightly and steam two and one-half hours.

Sauce

White of 1 egg, 1 tsp. vanilla, 1 tsp. lemon, $\frac{1}{2}$ pint whipping cream, 1 cup powdered sugar.

Beat egg white stiff, add extract and whipped cream slowly. Add powdered sugar. Beat until mixture is stiff. Mrs. C. B. Minnis.

DATE PUDDING

1 cup dry bread crumbs, 3 eggs, 3 tbsp. water, 1 pinch salt, 1 cup chopped dates, 1 cup chopped nut meats, 1 tsp. baking powder, $1\frac{1}{2}$ cups sugar, 1 tsp. vanilla.

Mix bread crumbs, baking powder, salt and sugar, then yolks of eggs, water, dates and nuts. Last, beaten whites gently folded in. Bake in buttered pan slowly one hour. Put a pan of water in oven. Serve cold with whipped cream. Eight portions.

Mrs. R. G. Miller.

MRS. HARNED'S CHERRY PUDDING

1 cup sugar, butter size of an egg, 1 cup sweet milk, 2 tsp. baking powder, flour to make a stiff batter. Pour in baking dish.

$1\frac{1}{2}$ cups drained cherries, 1 cup sugar, small piece of butter, $1\frac{1}{2}$ cups water (boiling). Mix and pour over top of batter. Bake three-fourths of an hour.

Sauce

1 cup sugar, 1 tbsp. butter, 1 tbsp. flour, 1 pint of hot water.

Cook a few minutes and flavor. Makes a large pudding.

Mrs. Roy Briar.

THE 1920 YEAR GROUP

Each package of KNOX GELATINE makes FOUR PINTS of jelly

FIG PUDDING

1 cup water, 1 cup New Orleans molasses, 2 tbsp. butter, 1 tsp. soda, $\frac{1}{2}$ lb. chopped figs, 1 cup raisins, 1 tsp. ground cloves, 1 tsp. ground cinnamon, nutmeg, 1 tsp. salt, 2 eggs.

Dissolve soda in water, and stir in molasses. Add eggs and stir in flour to make as thick as cake. Be very careful not to put in too much, better a little too thin than too thick. Add butter, fruit and spices and steam three hours.

Foaming Sauce

1 cup of sugar, $\frac{1}{2}$ cup butter, 1 egg, 3 tbsp. boiling water. Cook in double boiler and stir constantly.

Mrs. Pleasant J. Mills.

PUDDING

1 cup finely chopped beef suet, 2 cups bread crumbs, 1 cup molasses, 1 cup raisins, 1 cup currants, 1 tsp. salt, 1 tsp. each cloves, cinnamon, allspice, 1 tsp. soda, 1 cup milk, flour enough to make stiff batter.

Fill can two-thirds full. Steam three hours.

Sauce for Pudding

$\frac{1}{2}$ cup sugar, 1 tbsp. corn starch, $\frac{1}{4}$ tsp. salt, 1 cup boiling water, 2 tsp. butter, 1 tsp. vanilla.

Mix dry ingredients. Add water gradually, stirring constantly. Boil five minutes. Remove from fire and add butter and vanilla. Serve hot.

Mrs. C. C. Shope.

ENGLISH PLUM PUDDING

1 lb bread crumbs, $\frac{3}{4}$ lb. suet, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb raisins, 2 oz. brown sugar, 2 oz. mixed peel, 2 large tbsp. molasses, $\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. mixed spice, 1 tsp. baking powder, 1 lemon, 2 eggs, a little milk and pinch salt.

Mix bread crumbs, sugar, suet and fruit. Lemon rind grated, baking powder, salt and spices. Beat eggs. Add a little milk. Add molasses and lemon juice to dry ingredients. Mix all into a soft paste, adding more milk if required. Steam or boil four hours. Eight servings.

Mrs. T. A. Murphy.

KNOX GELATINE solves the problem of "What to have for dessert?"

DESSERTS and ICES

ORANGE MILK SHERBET

Juice and pulp of 3 lemons, juice and pulp of 4 oranges, 1 qt. milk, 1 pint sugar.

Stir together and put in freezer, stir in beaten white of 1 egg and freeze. Mrs. F. C. Moorehouse.

JAMES SHERBET

Juice of 2 lemons, 1 can shredded pineapple, 2 cups sugar, 1 pint milk, 1 pint cream, white of 1 egg.

Mix juice of lemon, pineapple with sugar, stirring constantly, while slowly adding milk and cream. When partly frozen add beaten white of egg. Freeze and serve. Serves twelve persons.

Mrs. D. E. Moon.

DATE WHIP

1 lb. dates cut in small pieces, $1\frac{1}{4}$ cups powdered sugar, beaten whites of 4 eggs, $\frac{1}{4}$ lb. chopped pecans, 1 tsp. vanilla, 1 tsp. baking powder.

Beat sugar and whites of eggs together. Add baking powder. Sprinkle into this nuts. Add dates and vanilla. Put into a flat shallow baking pan. Cook in a very moderate oven thirty minutes. Do not cover. It will rise very high and should be left in oven until it falls of its own accord. To serve, break into bits and mix with whipped cream. Pile extra whipped cream on top. This can be made two or three days before serving. Mrs. John Mulvaney.

FIVE THREES

3 cups sugar, 3 cups water, juice of 3 oranges, juice of 3 lemons, 3 bananas, 3 cups thick sweet cream.

Boil sugar and water to make syrup. Cool. Add strained juice of fruit and bananas put through ricer. Freeze to a mush and add cream, and finish freezing. Use cracked ice and salt. One cup of salt to two of ice. Only requires five minutes to freeze. Serves twenty. Mrs. R. B. Mitchell.

THE 1920 YEAR GROUP

Babies will thrive on KNOX gelatine-ized milk

CARAMEL MOUSSE

Brown $1\frac{1}{4}$ cups sugar, dissolve to a brown syrup, 1 egg beaten light, 2 level tbsp. corn starch, scant cup sugar, $1\frac{1}{2}$ cups milk, boil in double boiler.

When cooked add sugar syrup, stirring briskly. Add one pint cream and freeze.

Mrs. R. R. Morden.

FRUIT WHIP

1 cup fresh fruit pulp, thick, 1 cup powdered sugar, 1 egg white, beaten, juice of 1 lemon, f. g. salt.

Put ingredients in deep bowl and beat with wire whisk until stiff enough to hold in shape, about 30 minutes. Chill two hours. Put in dish, garnish with fresh fruit. Serve with lady fingers. 6 servings.

Katherine O'Connell.

FROZEN MIXTURES

Proportions—Ice 4 to ice cream salt 1, produces fine grained, smooth mixture.

Directions for Freezing

a. Scald can, cover, and dasher of freezer thoroughly, and chill. Adjust can cover and dasher in freezer. Crush ice finely in heavy bag; pack three inches around can. Sprinkle with salt and repeat until nearly to top of can. Fit cork in hole at side of freezer. When inside of can is frost covered, fill $\frac{2}{3}$ full with mixture to be frozen. Cover and adjust, being sure that the dasher turns with the crank. Turn crank slowly for three or four minutes to facilitate chilling of mixture. Then turn rapidly and steadily, noting change in appearance and volume of mixture being frozen. When mixture is at greatest point of swell and crank turns hard, the mixture is ready to pack. Remove dasher. Adjust cork in cover. Remove cork placed in the side of the freezer that brine may drain off. Pack freezer with fresh ice and salt. Cover with heavy carpet. Let "ripen" at least one hour to improve flavor.

b. Mixture can be frozen without stirring, in baking powder cans, packed in snow or ice and salt.

Mrs. M. J. O'Connell.

KNOX ACIDULATED GELATINE---no bother---no trouble---no squeezing lemons

FRUIT SHERBET

1/2 cup water, boiling, 1 cup sugar, 1 1/2 cups water, cold, juice of 1 lemon, f. g salt, 1 tbsp. gelatin, fruit juice of any of following: 6 lemons, diluted to make 1 pint, 6 oranges diluted to make 1 pint, 1 pint pineapple, grated, 1 pint raspberry juice, 1 pint strawberry juice. Variation—Substitute 1 egg white for 1 tbsp. gelatine.

Follow directions for preparation of freezer. (See Frozen Mixtures). Soften gelatin in 1/2 cup cold water for five minutes. Add boiling water, stir until dissolved, then stir in the sugar. Add remaining one cup cold water, lemon and fruit juices. Variation—(a) Dissolve sugar in boiling water, boil without stirring until syrup spins a thread. Pour gradually over stiffly beaten egg white, beating constantly. Combine with cold water, lemon and fruit juices.

(b) Dissolve sugar in boiling water, add cold water, lemon and fruit juices. When half frozen, stir in stiffly beaten egg white.

Mrs. M. J. O'Connell.

PINEAPPLE TAPIOCA

1 cup tapioca, 4 cups water, soak over night, boil till clear, remove and add 1/2 cup boiling water, juice of 1 lemon, medium size, 1 pint of pineapple, 1 1/2 cups sugar.

Keep hot while beating whites of three eggs. Add to mixture and let cool. Serve cold.

Mrs. D. W. Morehouse.

CRANBERRY SHERBET

1 pint prepared cranberry juice, 1 pint water, 1 pint sugar, juice of 2 lemons.

Add beaten whites of two eggs when nearly frozen. Fine with turkey course.

Mrs. W. E. Miller.

MINT SHERBET

1 bunch mint, squeeze over it the juice of 2 lemons and let stand 1/2 hour in covered dish, 2 cups sugar and 1 pint water, boil till it threads.

When cool add one cup of orange juice and the lemon squeezed from the mint. Freeze. When half frozen add small pieces of mint (I snip pieces with scissors) and whites of two eggs well beaten. Makes a quart of sherbet.

Mrs. W. E. Miller.

THE 1920 YEAR GROUP

KNOX stands for Quality and Quantity in Gelatine

Recipes Not Classified

SOFT GINGERBREAD

1 cup molasses, $\frac{1}{2}$ cup butter and lard mixed, $\frac{1}{2}$ cup sugar, 1 egg, 1 cup sour milk, 3 cups flour, 1 tsp. soda, season with ginger and cloves.

Mrs. H. H. Decker.

GRAHAM BREAD

1 qt. water, 1 tbsp. sugar, 1 tbsp. salt, 1tbsp lard, 1 cake compressed yeast, $4\frac{1}{2}$ cups white flour, 4 cups Certainty graham flour, $\frac{1}{2}$ cup Kellogg's krumbled bran.

Dissolve yeast cake in part of the water. Make sponge, stirring all ingredients together. Let raise till double in bulk. Pour into three bread pans, fill half. Let raise till double again. Bake thoroughly.

Mrs. L. K. Bolton.

CREAM OF CORN SOUP

1 can corn, 3 cups water. Simmer one hour. Press through sieve. Scald 3 cups milk, add corn pulp to this. 1 tbsp. butter rubbed through with 1 tbsp. flour, add salt and pepper and celery extract. Add $\frac{1}{2}$ cup cream and stir until heated. Take from fire, add beaten yolk of egg and serve at once.

BEET RELISH

1 qt. raw cabbage, 1 qt. chopped cooked beets, 2 cups sugar, 1 cup horseradish, 1 tbsp. salt, $\frac{1}{2}$ tsp. black pepper, $\frac{1}{2}$ tsp. red pepper.

Mix well and cover with vinegar.

Mrs. Leslie Miller.

JIM JAM

1 qt. currant juice, 1 qt. raspberry juice, 1 lb. chopped raisins, 2 oranges, ground.

Boil juice together one-half hour. Add rasins, etc.; and 5 lbs. sugar. Boil until like jelly.

Mrs. Leslie Miller.

KNOX GELATINE is Pure---Ask your Physician

CHEESE DISHES

CHEESE SOUFFLE

2 tbsp. butter, 3 tbsp. flour, $\frac{1}{2}$ tsp. salt, 3 eggs, $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup grated cheese, dash of Cayenne.

Make white sauce of butter, flour, milk, salt and Cayenne. Add cheese, stir until smooth. Remove from fire. Add yolks of eggs, beaten until lemon color, cool, then fold in beaten whites. Turn into buttered baking dish. Bake twenty to thirty minutes in moderate oven. Serve immediately. Mrs. G. W. Bogardus.

MACARONI AND CHEESE

1 cup macaroni boiled in usual way, $\frac{1}{3}$ cup of cheese put through chopper.

White Sauce

$1\frac{1}{2}$ cups of milk, 1 tbsp. butter, 2 tbsp. flour, salt to taste.

When white sauce is hot add cheese and macaroni. Place in baking dish. Sprinkle bread crumbs and cheese on top. Bake twenty minutes. Mrs. L. K. Bolton.

TOMATO EGGS

Scoop out a medium sized tomato, break an egg into it. Sprinkle top with seasoned bread crumbs. Bake in moderate oven twenty minutes. Serve as many as desired. Mrs. L. K. Bolton.

CHEESE AND TOMATO ON TOAST

1 can of Campbell's soup, $\frac{1}{2}$ lb. N. Y. cheese, 2 tbsp. butter, 1 tbsp. Worcestershire sauce, 2 eggs.

Place soup in double boiler. When hot add diced cheese, butter and Worcestershire sauce. When cheese is melted, remove from fire. Add eggs whole. Beat until smooth. Serve on hot toast.

Mrs. Frances L. Scofield.

MACAROONS

1 lb. sugar, $\frac{1}{2}$ lb. shelled almonds chopped, whites of 6 eggs beaten very stiff, $\frac{1}{2}$ tsp. cinnamon.

Drop on paper and bake slowly.

Mrs. H. H. Decker.

THE 1920 YEAR GROUP

Four separate Desserts or Salads from one package of KNOX GELATINE

CHEESE FONDU

1½ cups milk, 1 tbsp. butter, salt and pepper, 4 egg yolks, 1 cup cheese, 1 cup bread crumbs, 4 egg whites.

Grate cheese and mix with bread crumbs. Add salt, pepper and butter and then beat the yolk with this. Add heated milk to mixture, then the beaten whites of eggs. Bake in pan of water.

Mrs. Geo. H. Messenger.

CHEESE PASTE

½ lb. Roquefort cheese, 1 cake Philadelphia cream cheese, ¼ tsp. salt, ½ tsp. Worcestershire sauce, 2 tbsp. cream, 3 tbsp. whipped cream.

Rub the cheese together until quite smooth. Add the salt, Worcestershire sauce and cream. Beat all thoroughly and add the whipped cream last. This is enough for six persons.

Lyda Bayliss.

CHEESE BALLS

Knead full cream cheese until soft. Roll into balls with tiny pieces of green pepper or pimento, all through this. Let stand a few minutes and then roll between corrugated paddles.

Mrs. Geo. H. Messenger.

CHEESE BON BONS

Cream pimento cheese and make into balls. Roll in nut meats that have been put through food chopper. Place half of nut meat on top.

Mrs. Geo. H. Messenger.

KANA JRES

1 lb. grated cheese, 1 cup milk, salt, paprika, Worcestershire sauce to taste, 2 eggs, 1 tbsp. corn starch. This filling is better made day before using.

Cook in double boiler. Add cheese slowly to milk when hot. The eggs well beaten with the corn starch, also Worcestershire sauce. Paprika and salt to taste. Make white bread sandwiches filled with cheese mixture. Toast in oven on both sides. Serve hot.

Mrs. Harriette L. Dana.

KNOX GELATINE added to milk increases its Nourishment by about 23%

PRESERVES and PICKLES

COLD PICKLES

1 gal. vinegar (dilute), 4 cups sugar, $\frac{1}{2}$ cup salt, 1 box ground mustard, 1 tsp. whole mustard seed, 1 tsp. celery seed, 1 tsp. whole cloves, 1 tsp. cassia bark.

Mix ground mustard and vinegar, add other ingredients. Pack medium sized cucumbers in stone jar, pour on vinegar mixture. Cover with plate. Ready to use in one week. Mrs. J. C. Petty.

PEACH PRESERVES

Peel peaches. Run them through large grinder. 1 cup sugar to 1 cup peach pulp. Cook down until thick. Seal in glasses.

Mrs. C. A. Phares.

PICKLED PEACHES

Scald peaches. Blanche in cold water. Remove skins. Place 2 cloves in each peach. Steam until tender. Boil together vinegar and sugar in equal parts. Stick cinnamon in syrup. Pack peaches in jars. Pour hot syrup over and seal. Mrs. J. E. W. Prescott.

CHUTNEY SAUCE

1 doz. ripe tomatoes, 1 doz. apples, 1 lb. raisins, 2 green peppers, 2 onions.

Run above through grinder and add: 1 tsp. cinnamon, 1 tsp. allspice, 1 tsp. ground cloves, 2 tsp. salt, 1 cup brown sugar, 3 cups vinegar (diluted).

Cook about one hour. Seal in jars or bottles. Mrs. J. C. Petty.

GRAPE CONSERVE

5 lbs. Concord grapes, 5 lbs. sugar, 5 oranges, pulp cut up, skins chopped and parboiled; 2 lbs. seeded raisins.

Pop inside of grapes into kettle. Save skins in another pan. Cook inside of grapes till seeds loosen and pulp can be poured off. Mix with skins and orange pulp. Add orange skins and raisins. Boil ten minutes before adding sugar. Add sugar and boil to consistency of jam. Not necessary to seal airtight.

Mrs. Chas. N. Pierce.

THE DES MOINES WOMEN'S CLUB COOK BOOK

Desserts can be made in a short time with KNOX GELATINE

OLIVE OIL PICKLES

100 small cucumbers, 1 qt. small onions. Slice fine. Add 1 cup salt and let stand 1 hour. Then add $\frac{1}{2}$ cup celery seed, $\frac{1}{3}$ cup sugar, 1 cup olive oil.

Mix all together and cover with boiled, cooled vinegar, partly diluted.
Mrs. Armand Gero.

STRAWBERRY PRESERVES

Prepare berries as for canning. To each pound of berries add one pound of sugar. Put in a preserving kettle over slow fire. Do not stir, but shake kettle frequently as when popping corn. Gradually sugar dissolves and liquid covers berries. When this point is reached, increase heat slowly to boiling point. Boil slowly fifteen minutes. Place in jars and seal.
Mrs. George Richey.

SOUR CUCUMBER PICKLES

Pack jars with small cucumbers. Add 1 tbsp. salt and 1 tbsp. sugar to each quart jar. Fill jars to overflowing with vinegar. If vinegar is very strong, dilute with half water. Seal.

Miss Edna Rounds.

WAX BEAN PICKLE

String and cut in small pieces 1 peck of wax beans. Soak in salt water over night and drain in the morning.

3 pts. cider vinegar. $2\frac{1}{2}$ lbs. sugar, 1 cup flour, 2 tbsp. celery seed, 2 tbsp. tumeric, 1 cup mustard.

Boil all together until thick. Boil beans until tender, and then add them to the above mixture. Seal. Mrs. Loraine B. Rothwell.

MARMALADE

2 oranges, 2 lemons, 12 cups water.

Wash fruit thoroughly and cut as small as possible with a knife. Cover with the water and let come to a boil, then boil for fifty minutes. Let stand twenty-four hours. Measure cup of this to a cup of sugar. Boil fifty minutes again. Pour into glasses. Stir from time to time in the glasses as the marmalade cools, so the jelly and the fruit are mixed.

Mrs. W. W. Pressley

THE 1920 YEAR GROUP

KNOX GELATINE is economical---one package makes FOUR PINTS of jelly

CANNING RED PEPPERS

Wash the peppers carefully. Cut a slice from the stem ends. Remove pulp and seeds. Cover with boiling water and let stand two minutes. Remove and cover with ice water. Let stand for ten minutes. Pack firmly in small jars. Cover with boiling vinegar mixture.

Vinegar Mixture

1 qt. vinegar, 1 cup water, 2 cups sugar.

Boil ingredients without stirring for ten minutes. Pour over peppers packed in sterilized jars. Adjust covers and store in cool place.

Mrs. George Mahnke.

MIXED PICKLES

2 qts. small cucumbers, 2 qts. small onions, 2 qts. string beans, 3 qts. green tomatoes, 2 heads cauliflower, 6 red peppers. Chop or cut quite fine all these, then add: 4 tbsp. mustard seed, 2 tbsp. celery seed, 2 tbsp. whole allspice, 1 tbsp. cloves, 1 cup sugar, $\frac{2}{3}$ cup ground mustard.

Pour over enough vinegar to cover. Cook until tender. Better results will be obtained by cooking the beans a little before adding the other ingredients.

Miss Edna Rounds.

PEPPER HASH

1 doz. green peppers, 1 doz. red peppers, 1 doz. white onions.

Chop all the above. Pour boiling water over and drain. Take one pint vinegar, one small cup sugar, one tablespoon salt. Pour over the chopped ingredients and bring to a boil. This makes two quarts.

Mrs. E. H. Royer.

FRENCH PICKLE

1 peck green tomatoes, sliced; 6 lbs. red onions, sliced or chopped; cover with 1 teacup of salt and let stand over night. Drain well. Boil 1 qt. vinegar and 1 qt. water for fifteen minutes and pour over mixture. Take 4 qts. vinegar, 2 lbs. brown sugar, $\frac{1}{2}$ lb. white mustard seed, 2 tbsp. allspice, 2 tbsp. cinnamon, 2 tbsp. cloves, 2 tbsp. ginger and 2 tbsp. ground mustard.

Boil all together for fifteen minutes and seal.

Mrs. E. H. Royer.

THE DES MOINES WOMEN'S CLUB COOK BOOK

See that the name K-N-O-X is on each package of gelatine you buy

PINEAPPLE CONSERVE

1 large can pineapple, 1 lb. dried apricots, 2 qts. sugar.

Cook apricots till soft. Mash in the liquid in which they were cooked and add sugar and shredded pineapple. Cook until thick enough to spread. Seal. Mrs. L. H. Reno.

CHOW-CHOW

3 pie tins full chopped green tomatoes (put through food chopper), 3 pie tins of chopped cabbage. Soak together over night with $\frac{1}{2}$ cup salt. The following morning squeeze out the liquid from this mixture. Then add $1\frac{1}{2}$ pie tins of ripe pared tomatoes, 3 chopped green peppers, 1 cup chopped onions, 1 tbsp. mustard, 1 tbsp. celery seed, 1 tsp. black pepper, 4 cups sugar. Also add 1 tbsp. whole cinnamon and 1 tbsp. whole cloves in cheese cloth bag and boil for flavoring in the chow-chow.

Cover with vinegar and cook one-half hour. Mrs. Russel Reel.

MIXED PICKLES—MUSTARD

1 qt. cucumbers, diced; 3 qts. small cucumbers, 3 qts. green tomatoes, diced; 3 qts. small onions, 2 heads cauliflower, broken; 3 green peppers, 3 red peppers.

Heat a brine of 4 qts. of water and 1 pt. of salt. Heat just enough to scald and pour over all. Let stand 24 hours. Drain through a colander.

Into 1 gal. of cider vinegar put 1 oz. of tumeric powder, $\frac{1}{2}$ lb. ground mustard, $3\frac{1}{2}$ cups sugar, 1 cup flour. Let boil. When smooth add vegetables and cook until heated through. Seal in glass jars. Mrs. Paul A. Reinke.

PICKLES

2 gals. sliced cucumbers, 3 or 4 large onions sliced.

Cover with water, adding 1 cup salt and let stand over night. Drain, cover with vinegar. Add 2 cups brown sugar.

1 tbsp. each, cloves, cinnamon, celery and mustard seed. Cook on slow fire until hot through. Put in jars and seal.

Mrs. G. W. Richey.

THE DES MOINES WOMEN'S CLUB COOK BOOK

Free cook book offer in each package of KNOX GELATINE

CHILI SAUCE

1/2 bu. ripe tomatoes, 12 green sweet peppers, 4 bunches celery, with a few of the green leaves, 12 onions.

Cut of chop all the above, and add 2 tbsp. of cinnamon and 4 cups of vinegar. Cook down until it is the right consistency, then add 2 tbsp. of whole black pepper, mashed, 6 tbsp. of salt, 1 scant tsp. of red pepper, and 3 sweet red peppers cut fine. Bring all to a boil again and can.

Mrs. I. A. Potwin.

RED RASPBERRY AND CURRANT JELLY

To 1/2 glass each of red raspberry and currant juice, well strained, add 1 scant cup of sugar. Proceed as for currant jelly.

Mrs. R. R. Peters.

WATERMELON PICKLES

Cut off rind and cut in pieces about two inches long. Soak in salt water over night. Pour off and boil in clear water until transparent. Take 2 cups sugar, 1 cup vinegar, 1 cup water and a bag of spices (cinnamon and cloves). Drain melon well and cook in the above mixture until tender. Then put your melon in jars. Boil the syrup till thick, pour over melon and seal

Mrs. Fred H. Potter.

SLICED CUCUMBER PICKLES

6 pts. of small cucumbers, 2 dozen raw onions, 3 large green peppers.

Slice thin and salt down in layers. Let stand three hours, then drain well and add 2 1/2 qts. vinegar, diluted, 4 cups sugar, 1/4 cup of white mustard seed, 1 1/2 tsp. of tumeric. Heat all this well but do not boil. Put in jars and seal.

Mrs. Geo. R. Perley.

APRICOT CONSERVE

1 lb. dried apricots, 1 large can of pineapple.

Soak apricots for twelve hours, cook until soft, then put through a sieve. Add the pineapple, cut fine, and the juice. To this add two-thirds as much sugar as fruit. Cook one hour, then seal.

Mrs. Geo. B. Rex.

THE 1920 YEAR GROUP

KNOX ACIDULATED package contains Lemon Flavoring

PICKLED PEACHES

For 7 lbs. of fruit take 3 lbs. sugar, $1\frac{1}{2}$ pints of vinegar, spices to taste. Cook sugar, vinegar and spices in 1 qt. water; when boiling, add fruit and cook until it can be pierced with a straw; remove fruit, cook sauce down quite thick, pour over peaches in jars and seal.

Pears and sweet apples can be pickled in this way.

Mrs. John F. Riggs.

ORANGE COMPOTE

5 naval oranges, 1 lemon.

Cut off thick ends. Slice thin, then quarter. To each pint of fruit add 3 pints of cold water and let stand twenty-four hours. Then boil forty-five minutes and let stand another twenty-four hours. Add 1 pint of sugar and the juice of 1 lemon to each pint of fruit. Boil forty-five minutes again, or until it jellies. Pour in jelly glasses.

Mrs. P. A. Reinke.

RASPBERRY JAM

"An Old '76 Cook Book Recepte"

To 1 lb. of currant juice, take 5 lbs. of raspberries and 5 lbs. of sugar. Put sugar and berries in layers, mash and let stand one hour. Add the currant juice and boil half an hour. Put in glasses.

Mrs. C. A. Rawson.

CANTALOUPE SWEET PICKLE

Take good ripe cantaloupes, peel and cut into suitable pieces. Take weakened vinegar and pour over enough to cover well, having it scalding hot. Next morning pour off vinegar, heat it and return it to the fruit, repeating this process for three mornings. On the fourth morning take fresh vinegar and a bag of sweet spices, and 3 lbs. of sugar for every 5 lbs. of cantaloupe, boil and pour in the fruit and cook until the pickle looks clear, and is tender. Remove pickle and boil down syrup until thick enough. Then pour over fruit, seal.

Mrs. H. S. Hoyt.

KNOX GELATINE---Economy with highest Quality

CUCUMBER PICKLES

Select medium sized cucumbers. Soak three hours in cold water. Cut lengthwise into strips and pack in quart jars. Crowd in as many slices of onion and pieces of celery as possible. Pour over the jars 1 quart of diluted vinegar, scalded with 1 cup of sugar and $\frac{1}{2}$ cup salt. Seal.

Mrs. O. O. Roe.

SPICED CUCUMBER PICKLES

Cover 100 cucumbers with 1 pint of cold water. Soak five days, each day stirring well from the bottom. Rinse in hot water and let stand until cold. Wipe dry. Scald vinegar enough to cover. Add 1 cup sugar, lump of alum half size of an egg, and spices to suit the taste. Pack in jars.

Mrs. W. J. Pilkington.

"MOTHER FORD'S" GREEN TOMATO RELISH

12 lbs. green tomatoes sliced, 1 tbsp. salt. Let stand over night, then drain and put in kettle. Add 3 lbs. granulated sugar, and enough cider vinegar to cover. Cook until a little soft. Put the following ingredients in a bag and boil: 3 oz. broken nutmeg, 2 oz. cinnamon, 2 oz. mace, 1 oz. cloves.

Cook until tender, remove bag of spices and seal.

Mrs. Wm. Rothwell.

YELLOW TOMATO PRESERVES

1 peck yellow tomatoes. Peel and cut small hole through which you squeeze out the seeds. Weigh, and add equal parts sugar. Sprinkle sugar over tomatoes and let stand over night. In morning, drain off syrup and heat. Add two lemons sliced thin. Cook until clear. Pack in jars and seal.

Miss Edna Rounds.

DILL PICKLES

1 cup salt and 1 gallon water boiled together and cooled. Wash large cucumbers and pack in jars. To each one-half gallon jar, add 1 tsp. pepper, 1 piece horseradish root about two inches long, and a lot of dill. Cover with salt water and put grape leaf on top and seal.

Anonymous.

THE 1920 YEAR GROUP

Use KNOX GELATINE if you would be sure of results.

CORN HASH

4 cups fresh corn, 1 small head cabbage, 2 green peppers, 4 white onions, 1 pint vinegar, $\frac{1}{2}$ cup salt, 2 cups sugar, $\frac{1}{4}$ cup mustard and $\frac{1}{2}$ cup flour sifted together, 1 tsp. tumeric, $1\frac{1}{2}$ tbsp. celery seed.

Make a paste by adding vinegar slowly to all the dry ingredients. Add corn and boil thirty minutes, then pack in jars.

Mrs. E. H. Royer.

OLIVE OIL PICKLES—MUSTARD

2 dozen small cucumbers, 8 onions.

Slice in crock. Cover with 1 cup salt and let stand three hours. Rinse well in cold water. Add 2 cups white mustard seed, $\frac{1}{2}$ cup black mustard seed, 1 tbsp. celery seed, $\frac{1}{2}$ tsp. red pepper, $\frac{1}{2}$ cup olive oil and 1 qt. vinegar. Let stand forty-eight hours. Stir often and put in small jars. Do not use tin.

Mrs. I. A. Potwin.

WATERMELON MARMALADE

$\frac{1}{2}$ of the red part of a watermelon, 4 oranges, 2 lemons.

Run through food chopper. Add equal parts of sugar. Cook one and one-half hours. Seal.

Mrs. Armand Gero.

PEACH PRESERVE

Halve the peaches, peel and remove seeds.

Take 3 cups sugar and 3 cups water. Boil twenty minutes. Drop in the peaches and boil until tender. Remove with fork taking care not to break peaches. Fill jars with the syrup and seal.

Mrs. R. E. Barrowman.

PEACH CONSERVE

4 lbs. peaches, peeled, 3 cups sugar, $\frac{1}{2}$ cup English walnut meats, 3 oranges.

Remove seeds from orange and run rind and pulp through meat grinder. Boil thirty minutes. Weigh peaches, run through sieve and cook till tender. Add sugar and oranges. Boil thirty minutes, add nut meats and cook eight minutes longer. Seal.

Mrs. E. H. Royer.

KNOX SPARKLING GELATINE improves Soups and Gravies

SALADS AND SALAD DRESSING

TOMATO ASPIC

1 quart can tomatoes put through strainer or seive; place on stove to boil with one or two cloves and a bay leaf. When boiling, add a pinch of soda, then add salt, paprika, a lump of butter the size of a large walnut, and about a teaspoonful of sugar. When boiling, add one envelope of Knox gelatine, take off stove and stir until gelatine dissolves. Pour into moulds and serve on lettuce leaf with mayonnaise dressing. This amount should make eight or nine portions.

Mrs. Walter L. Bierring.

SHRIMP SALAD

2 cups shrimp, 1 cup shredded cabbage, 1 small green pepper, 2 hard boiled eggs.

Mix with mayonnaise dressing and serve on lettuce hearts.

Mrs. Richard Homann.

PINEAPPLE CREAM SALAD

1/2 box of Knox pink gelatine, 1 cup milk, 1 pint whipped cream, 1 can sliced pineapple, 1 cup sugar, pinch salt.

Soak the gelatine in the milk for half an hour. Then set bowl in pan of hot water until gelatine is dissolved. When gelatine is dissolved, add sugar and salt and stir until sugar is dissolved. Then strain and mix with the whipped cream. Pour this in the moulds over the diced pineapple and let it get solid. Serve on lettuce leaf.

Mrs. John F. Hyland.

HONEY DEW SALAD

Crisp lettuce, honey dew cut into balls, grape fruit, celery and nuts.

For one portion allow three sections of grape fruit; seven little balls of honey dew; three or more tablespoons of celery curls sprinkled about. Place all on crisp lettuce. This salad may be varied by serving with either a good French dressing or a combination made from equal parts of oil mayonnaise and whipped cream. Top salad with a green cherry.

Mrs. R. W. Huttenlocker.

THE 1920 YEAR GROUP

Ask your Grocer for KNOX GELATINE---take no other

FRUIT SALAD DRESSING

3 eggs (yolks), 2 tsp. flour, $\frac{3}{4}$ cup sugar, 1 cup orange juice, 1 cup pineapple juice, $\frac{1}{2}$ cup lemon juice, 1 cup whipping cream, 1 cup marshmallows, $\frac{1}{2}$ cup nut meats.

Mix in order given; cook in double boiler; fold in whipped cream; add the marshmallows and nuts and serve on fruit salad.

Mrs. Robert Finch.

CABBAGE SALAD

Shred one-half small cabbage. Put in ice water, and let stand one hour. Drain thoroughly, and add ten cents worth of marshmallows, two-thirds cup English walnuts, and one small can pineapple diced. Mix with salad dressing, and serve on lettuce leaf.

Mrs. W. L. Hinds.

ICE BOX SALAD

1 pound of white grapes or 1 can of white cherries, 1 pint can sliced pineapple cut in small pieces, $\frac{1}{2}$ pound blanched almonds cut in small pieces, 2 cups marshmallows cut in cubes.

Dressing

1 cup milk, 4 egg yolks, $\frac{1}{2}$ tsp. mustard, 1 tsp. salt, cook in double boiler; when cold add juice of 1 lemon and $\frac{1}{2}$ pint of whipped cream. Pour over fruit. Let stand twelve hours in ice box and serve on lettuce leaf. Will serve eighteen people.

Mrs. George A. Wells.

PINEAPPLE AND ASPARAGUS SALAD

On a crisp leaf of head lettuce, lay a thick slice of pineapple. Cut rings through green peppers and stand up on the pineapple. Through these rings draw three bleached asparagus tips. Serve with the following dressing:

1 tsp. salt, 2 tsp. flour, heaping, 3 tsp. sugar, shake together, add $\frac{1}{2}$ cup of vinegar, a very tiny bit at first so it will be smooth. then a cup of water, put in 2 well beaten eggs, cook until as thick as cream, set aside to cool and when ready to serve mix whipped cream.

Mrs. W. M. Black.

KNOX GELATINE comes in two packages---PLAIN and ACIDULATED---Lemon Flavor

VEAL SALAD

4 cups veal, 2 cups celery cut small, $\frac{1}{2}$ pound of white grapes or a medium sized can of pineapple diced, 2 hard boiled eggs cut into small pieces. Mix with the following dressing and serve on crisp lettuce leaf:

1 whole egg well beaten, 1 cup of mazola or olive oil beaten into the egg by degrees, 2 tablespoons vinegar, or more if one's taste desires it, 1 tsp. salt, little pepper, paprika and $\frac{1}{2}$ tsp. mustard.

The bowl and ingredients should be cold to beat up quickly.

Mrs. Eugene Kell.

WHITE GRAPE SALAD

Take equal parts seeded white grapes, chopped English walnuts, chopped celery, and marshmallows cut in pieces. Mix all with salad dressing. Serve on lettuce leaves, and garnish with Maraschino cherries.

Mrs. C. B. Hextell.

MILWAUKEE SALAD DRESSING

$\frac{1}{2}$ cup sugar, 2 well beaten eggs, 1 tsp. salt, 2 tsp. flour, 1 tsp. mustard, 1 cup white wine vinegar.

Mix well and cook two minutes in double boiler. Whipped cream may be added later.

Mrs. Robert Finch.

PERFECTION SALAD

Soak 1 envelope Knox granulated gelatine in 1 cup cold water five minutes, add $\frac{1}{3}$ cup vinegar, $\frac{1}{4}$ cup sugar and 1 tsp. salt, add $1\frac{1}{2}$ cups boiling water, chill, then add 1 cup shredded cabbage, 2 tbsp. chopped pimento, and $\frac{1}{4}$ cup sour pickles.

Put in mold to set. Serve on lettuce leaf.

Mrs. G. H. Hill.

ORANGE SALAD WITH CELERY

Cut 3 oranges in sections and carefully remove seeds and skin. Chill. Line a salad bowl with lettuce leaves and place fruit in the center. Pour over $\frac{1}{2}$ cup of French dressing made with lemon juice. Garnish with sticks of celery filled with cream cheese and peanut butter. (Using 2 tbsp. cream cheese and 1 tbsp. peanut butter and a pinch of salt).

Mrs. J. R. Howard.

THE 1920 YEAR GROUP

KNOX GELATINE is GUARANTEED to please or money back

BRAZILIAN SALAD

1 cup white celery diced, 1 cup white grapes seeded, $1\frac{1}{2}$ cups apples diced, $\frac{1}{2}$ cup sliced pineapple diced, 1 cup Brazil nuts, $\frac{1}{4}$ tsp salt.

Mix with mayonnaise dressing and serve very cold.

Mrs. Lisle V. Hites.

FRUIT SALAD

Dice 1 medium can pineapple, 1 pound white grapes, 1 pound marshmallows, 3 bananas, 3 apples, $\frac{1}{2}$ cup nut meats. To 1 cup of mayonnaise, add $\frac{1}{2}$ pint whipped cream.

Mix with fruit and serve very cold on lettuce leaf.

Mrs. W. C. Hoff.

LETTUCE COMBINATION SALAD

1 head lettuce, 4 medium sized tomatoes, 1 small cucumber, 2 tbsp. vinegar, $\frac{1}{4}$ tsp. Worcestershire sauce, 4 green onions, 6 radishes, 4 tbsp. salad dressing, Roquefort cheese.

Line salad bowl with the crisped lettuce, peel and quarter the tomatoes, slice and crisp the cucumbers, and slice the onions and radishes in very thin slices. Arrange the vegetables on the lettuce, mix the vinegar with the salad dressing, and pour over the salad. A little Roquefort cheese crumbled and mixed with the dressing is fine. Excellent served with steak.

Mrs. W. E. Kooker.

GRAPE FRUIT SALAD

Remove pulp from grape fruit, breaking as little as possible. Add one-fourth orange sliced in thin small pieces. Marinate with following dressing, and serve on lettuce leaf.

1 tbsp. horseradish, 2 tbsp. olive oil, 1 tbsp. lemon juice, 1 dstsp. sugar, pinch of salt.

Mrs. C. L. Herring.

CABBAGE PINEAPPLE SALAD

2 cups shredded cabbage, 1 cup diced pineapple, 1 cup cut marshmallows, $\frac{1}{2}$ cup celery, $\frac{1}{2}$ cup nut meats.

Mix with cooked or oil dressing. Serve on lettuce, and garnish with Maraschino cherries.

Mrs. F. R. Hoar.

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX ACIDULATED package contains Lemon Flavoring

PEAR SALAD

Place pimento cheese between two halves of small canned pears. In stem end, insert rose stem with one or two leaves, and in other end place clove. With pink coloring make blush on cheek of pear. Arrange in cup of crisp head lettuce, and serve with sweetened French dressing or Mayonnaise. Mrs. W. B. Hight.

CARROT SALAD

3 cups very cold crisp carrots put through food grinder, 1 cup cold crisp celery cut fine, 1 cup seeded raisins, 1 cup pecans cut fine.

Mix with Thousand Island dressing and serve on lettuce leaf. Mrs. J. A. Howe.

FRUIT SALAD

1 package dates cut fine, 1 pound white grapes seeded and cut in half, $\frac{1}{2}$ pound nuts cut, 4 unpeeled apples cut in small pieces. Serve with French dressing on lettuce leaf.

Mrs. J. B. Claiborn.

SALAD

Prepare two packages of lemon jello in the usual way. When cool, add one can of Campbell's tomato soup. Also two cups of celery cut fine. Mould in cups or squares and serve on lettuce leaf with mayonnaise dressing. (Serves fourteen).

Mrs. Harry G. Wallace.

TWENTY-FOUR HOUR SALAD

1 pound white grapes seeded and shredded, $\frac{1}{4}$ pound blanched almonds cut fine, 1 cup pineapple cut fine, 2 packages marshmallows.

Add salad dressing and put in pan. Let stand over night and serve in squares.

Salad Dressing For Twenty-four Hour Salad

4 egg yolks, $\frac{1}{4}$ cup cream, juice of 1 lemon.

Cook in double boiler. When cool add $\frac{1}{2}$ cup whipped cream.

Emma B. Luthe.

THE 1920 YEAR GROUP

Give KNOX GELATINE to Children---Ask your Physician

PEAR SALAD

Stuff pimento or green peppers with cottage cheese. Chill and cut in strips. Place strips on one-half of a pear. Serve on lettuce leaf with Thousand Island dressing. Mrs. F. I. McGraw.

OIL SALAD DRESSING (That never fails)

1 cup olive oil, $\frac{1}{2}$ cup vinegar and lemon juice, 1 tsp. mustard, 1 tsp. salt, 1 tbsp. sugar, yolks of 3 eggs.

WHITE SAUCE

3 tbsp. butter, 4 tbsp. flour, enough water to mix.

Cook in double boiler and while hot pour over other ingredients and beat until thick. Combine with whipped cream if liked and use on cabbage, lettuce, or any salad. Mrs. John Hopkins.

FRUIT SALAD

3 apples cut fine, 1 pound pecans, 3 pounds white grapes cut in half and seeded, 1 cans pineapple cut fine.

Dressing

2 tsp. salt, 1 level tsp. mustard, 2 heaping tsp. flour, 4 tbsp. sugar, 4 tbsp. melted butter, 4 tbsp. cream, 4 yolks of eggs, $\frac{1}{2}$ cup of vinegar.

Mix and cook until thick. When ready to serve add one pint whipped cream. Stir fruit into dressing and serve on lettuce leaf. (Serves twenty-five). Mrs. E. S. Hunn.

BUTTERFLY SALAD

Arrange half circles of pineapple, cottage cheese, and strips of green pepper like a butterfly. Serve with club dressing.

Club Dressing

Rub garlic over bowl, add medium onion grated, a dash of clove, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tsp. salt, 1 tsp. Worcestershire sauce, $\frac{1}{3}$ cup catsup, $\frac{1}{4}$ cup vinegar, 1 cup Mazola. Beat with Dover beater until thick and smooth.

This keeps well and is excellent with asparagus, pears, beets or lettuce hearts. Mrs. Wm. Hoffman.

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

ASPARAGUS SALAD

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper, one-third inch wide. Place three or four stalks in each ring.

Arrange on lettuce leaves and serve with French dressing to which add one-half tablespoon of tomato catsup.

Elizabeth Holland Hughes.

QUICK SALAD DRESSING

Break 3 eggs into a double broiler, beat very light, add a mixture of 1 tbsp. sugar, 1 tsp. salt, scant tsp. mustard, and $\frac{1}{2}$ tsp. paprika. Then add $\frac{1}{2}$ cup of olive oil or scant $\frac{1}{2}$ cup of mazola oil, $\frac{1}{2}$ cup of vinegar, and 1 cup of milk. Stir all gently together and place over water already boiling. Remove as soon as mixture begins to grow creamy and thickens.

Should it separate or curdle, beat smooth with egg beater while the broiler stands in cold water.

Mrs. Scott Hunter.

TENNESSEE CHERRY SALAD

1 pint can cherry juice, 1 cup canned cherries, 1 dozen stuffed, olives, cut in rings, 1 cup diced celery, $\frac{1}{2}$ cup black walnuts (meats), 1 envelope Knox powdered gelatine.

Heat cherry juice to boiling point, over gelatine pour three table-spoonsful hot juice, stir until dissolved, then add remaining juice. When cold and just beginning to thicken, add all of the other ingredients. Pour into either oblong pan or small moulds. If pan is used, cut into squares, serve on lettuce leaves with whipped cream dressing or cream dressing.

Mrs. George W. Hughes.

CREAM SALAD DRESSING

$\frac{1}{2}$ tsp. mustard, 1 tsp. salt, 2 tbsp. flour, $1\frac{1}{2}$ tsp. powdered sugar, 1 pinch cayenne, 1 tsp. melted butter, yolk of 1 egg, $\frac{1}{2}$ cup hot vinegar, $\frac{1}{2}$ cup thick cream.

Mix dry ingredients. Add butter, egg, and vinegar slowly. Cook slowly, stirring constantly until thickened, cool and add to cream which has been beaten very light. Bottle tightly to keep several days.

Mrs. George W. Hughes.

THE 1920 YEAR GROUP

Use KNOX GELATINE if you would be sure of results.

EGG SALAD

Place 1 slice of fresh tomato on a lettuce leaf. On top of the tomato place $\frac{1}{2}$ of a hard boiled egg, garnished with cottage cheese. Serve with Thousand Island dressing. Mrs. H. J. Tillia.

HOT OYSTER SALAD

1 can canned oysters, 3 hard boiled eggs, 3 or 4 large stalks celery, same quantity of crumbled crackers as oysters, butter the size of an egg.

Chop the egg whites, oysters and celery separately, season with salt, pepper, little chopped onion and celery salt. Mix lightly with fork. Mash yolks very fine with butter, add two-thirds pint vinegar, (dilute if too strong), and one-half teaspoonful prepared mustard. Let come to a boil, stirring constantly. Pour over the mixture. Serve at once on lettuce leaves. A Sunday night special.

Mrs. George W. Hughes.

A KNOX GELATINE Dessert or Salad is attractive and appetizing

CONFECTIONERIES

FONDANT

3 cups granulated sugar, 1 cup water, $\frac{1}{2}$ level tsp. cream tartar. Boil until it threads or forms in soft ball. When partly cool flavor and beat until white and stiff. Shape as desired with nuts and fruit.

Mrs. Frank H. Kincaid.

MAPLE FONDANT

$1\frac{1}{2}$ lbs. maple sugar, $1\frac{1}{2}$ lbs. granulated sugar, 1 cup water, $\frac{1}{4}$ tsp. cream of tartar. Break maple sugar into pieces, add remaining ingredients, boil and work same as white Fondant.

Mrs. E. L. Allen.

GRILLED ALMONDS

Blanch 1 cup almonds, dry thoroughly. Boil 1 cup sugar and $\frac{1}{4}$ cup water until it hairs, then throw in almonds. Let them fry, as it were, in this syrup, stirring them occasionally, they will turn a faint yellow brown before the sugar changes color. Do not wait an instant once this change of color begins or they will lose flavor. Remove from fire, stir until syrup turns back to sugar and clings to nuts.

Mrs. W. E. Anderson.

BUTTER SCOTCH

2 cups sugar, 2 tbsp. water, 2 tbsp. butter. Boil without stirring until brittle when tested in cold water. Pour on buttered plate to cool.

Mrs. E. P. Brinker.

NUT KISSES

4 egg whites, few grains salt, $\frac{3}{4}$ cup finely chopped nut meats, 1 cup sugar, $\frac{1}{3}$ tsp. vanilla, $\frac{1}{4}$ cup water.

Combine sugar, salt and water and cook until soft ball forms in cold water. Beat egg whites stiff, flavor and beat in the hot cooked syrup, whipping constantly. Add nut meats and beat until almost cold. Drop by tsp. into pans lined with oiled paper and bake slowly about 20 minutes in moderate oven.

Mrs. H. L. Hills.

THE 1920 YEAR GROUP

KNOX GELATINE---Economy with highest Quality

CHOCOLATE PRALINES

3 cups sugar, 1 cup cream, 1 cup sugar cooked to caramel, 2 cups chocolate, 3 cups pecan meats.

Stir sugar and cream over fire until sugar is melted, let boil to a soft ball degree. Add chocolate melted or shaved fine, beat, pour onto cup sugar cooked to caramel, let mixture boil up once then remove from fire, add nut meats, beat until mass begins to thicken. When cold enough to hold shape drop onto oil cloth or marble, tsp. in place and set half nut meat on each. Two persons are needed to make these pralines, one to drop the mixture, other to decorate with halves of nuts. The mixture becomes smooth and firm almost instantly. Maple or brown sugar may be used.

Mrs. C. W. Harned.

FUDGE

2 cups sugar, 1 cup milk or cream, 3 tbsp. cocoa. Let sugar dissolve before cooking. Boil until soft ball forms in cold water. Set in pan of cool water, beat, add vanilla and nut meats.

Mrs. H. T. Summey.

CREAM NUT BARS

Use above Maple Fondant. Melt and flavor and stir in any kind of nut meats; cut in pieces. Turn in an oiled pan and cut in bars with sharp knife.

Mrs. E. L. Allen.

GLACE

2 cups sugar, few grains cream of tartar, $\frac{3}{4}$ cup water.

Combine the ingredients stirring until the sugar is dissolved. Cook until it is extremely brittle when a little is tried in very cold water. Place the pan containing the glace at once in boiling water so it will not harden; then dip in it immediately, the nuts or whatever is being used, one at a time, using a candy dipping fork, a twisted wire, or a sharp hat pin. Place at once on a table oil cloth to dry.

Glaze may be used in various ways, not only as a coating for nuts, but for certain fruits from which the juice does not escape, as sections of orange with the membrane left on, or Malaga grapes; as a basis for plain lollipops.

Mrs. Clayton Graham.

See that the name K-N-O-X is on each package of gelatine you buy

GLACED NUTS

3 cups sugar, 1 cup water with tbsp. vinegar. Boil without stirring until amber or crisp tested in cold water. Pour over fresh shelled English walnuts laid closely in pan, let harden. This makes two pounds.

Mrs. Henry Frankel.

SUGAR BOWL PENUCHE

3 cups sugar, $\frac{3}{4}$ cup undiluted evaporated milk, $\frac{1}{4}$ cup boiling water, 1 tbsp. butter, $\frac{1}{2}$ tsp. vanilla, few grains salt.

Melt in medium sized, very clean frying pan $\frac{1}{2}$ cup sugar, dark golden brown in color; add boiling water and cook until caramel is entirely liquified, then add remaining $2\frac{1}{2}$ cups sugar, milk, butter and salt. Cook gently to 238 degrees by candy thermometer or when soft ball forms in cold water—about 12 minutes. Remove, add vanilla, beat slowly and steadily until creamy. Turn into buttered pan and when nearly cold cut in squares.

Mrs. R. R. Morden.

WALNUT PENUCHI

3 cups white sugar, 1 cup white syrup, 1 cup hot water.

Boil the above until it threads, then add to the beaten whites of three eggs and stir until cool. Add black walnuts.

Mrs. A. J. Feder.

COOKED FONDANT

3 cups sugar, $\frac{1}{4}$ tsp. cream of tartar, $2\frac{1}{4}$ cups water, $1\frac{1}{2}$ tsp. flavoring.

Combine the sugar, water and cream of tartar. Stir until the sugar is dissolved, place over a slow heat and boil gently until a little when tried in cold water forms a soft ball. Fondant must not be stirred as this causes it to granulate. Any crystals which may accumulate on the sides of the kettle should be wiped away with a damp cloth. Pour the fondant on a slightly buttered, large platter, and cool until it can be dented with finger. Flavor, and with spatula work candy back and forth until creamy and white. It is then ready for use.

Mrs. A. L. Cook.

THE 1920 YEAR GROUP

KNOX GELATINE is the one dessert for all appetites

PLAIN CARAMELS

1 cup sugar, $\frac{2}{3}$ cup undiluted evaporated milk, $\frac{1}{4}$ tsp. salt, 1 cup white or brown corn syrup, 1 tsp. butter, 1 tsp. vanilla.

Combine the syrup, salt, sugar and half of the evaporated milk in a sauce pan. Stir until boiling and cook until mixture seems a little thick. Add the remaining milk, a little at a time. Do not stop the boiling. Stir in the butter and cook until a little tried in cold water forms a chewy ball. Remove from the heat, flavor, pour into a buttered bread pan. When nearly cold, cut into squares with a knife which has been buttered. Mrs. M. A. Hunnicutt.

PUFFED RICE CANDY

1 cup sugar, 1 cup corn starch, $\frac{1}{2}$ cup water, 1 tsp. salt, 1 tsp. vinegar.

Boil to thread, add one box puffed rice. Mrs. Ivan Coolidge.

POPCORN BALLS

Makes 8 balls. 2 qts. freshly popped corn, 2 level tsp. salt, $\frac{3}{4}$ cup light brown sugar, $\frac{3}{4}$ cup white sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup water, 2 tsp. butter, 1 tbsp. vinegar, $\frac{1}{4}$ tsp. soda.

Pop corn and sprinkle with salt. Mix the brown sugar, white sugar, molasses, water, butter and vinegar. Cook without stirring until candy when tested in cold water "clicks" against cup. Remove from fire, add soda and mix well. Pour over corn in big pan, mix well. Moisten hands with cold water and press into balls when cool. Mrs. A. J. Feder.

PEPPERMINT PATTIES

2 cups sugar, few grains cream of tartar, $\frac{1}{2}$ cup hot water, 5 drops oil of peppermint.

Combine the sugar, water and cream of tartar and stir until sugar is partly dissolved. Place over moderate heat and boil gently about eight minutes until a little when tried in cold water forms a soft ball. Do not stir as the candy will be grainy. Remove, cool slightly, add the peppermint and beat until creamy. Drop by small teaspoonfuls on waxed paper and let stand until firm.

Mrs. H. H. Crenshaw.

KNOX GELATINE is measured ready for use---two envelopes in each package

VANILLA CREAM TAFFY

2 cups sugar, 3 tbsp. butter, $\frac{3}{4}$ cup boiling water, 1 tsp. cream of tartar, $\frac{1}{2}$ tsp. vanilla.

Combine the sugar, water, butter and cream of tartar and boil steadily until a little tried in cold water forms a hard ball. Add the vanilla, pour on to a buttered platter and cool until it can be pulled, occasionally turning the edges toward the middle so that they will not become brittle. Pull until white and creamy. Stretch into a rope, cut into pieces with scissors. Roll in waxed paper.

Mrs. J. H. Mathews.

**For A Good Medium Priced Line Of
FURNITURE**

**BOTH IN
NEW AND USED
SEE**

**IOWA FURNITURE
STORE
217 - 219 WALNUT STREET**

**Use Our Trade-In Department. Get new pieces in trade
for old useless ones.**

**YOUR SATISFACTION—OUR SUCCESS
PHONE WALNUT 2351**

THE 1920 YEAR GROUP

Free cook book offer in each package of KNOX GELATINE

HOUSEHOLD HINTS

1. To remove mildew, dip the stained clothes in buttermilk and lay in the sun.
2. If you scorch white clothes while ironing, moisten a white cloth with peroxide and rub on the scorched place, then rinse in water. Do not use on colors as it will remove the color.
3. If you drop a portion of egg yolk into whites when separating them, moisten a cloth with cold water, touch to yolk and it will adhere to it.
4. Dredge the top of a cake with flour before icing and the icing will not run off.
5. A little camphor put in the water will make cut flowers last much longer.
6. One can keep lettuce crisp and fresh for several days if it is washed and separated and closed air tight in a tin bucket.
7. To chop suet easily sprinkle it with flour, it prevents matting together.
8. If you would first dip knife in water you can cut hard boiled eggs without breaking yolks.
9. A pinch of powdered sugar and another of corn starch beaten in with the yolks of eggs will keep an omelet from collapsing.
10. Salt and vinegar will remove tea stains from china.
11. If silverware becomes tarnished, place it in potato water, let it stand one hour, take out and wash. It will look like new.
12. A few drops of lemon juice added to a piece of tough meat when it begins to boil, will make it not only tender but add a delicate taste.
13. Here are two secrets for making boiled frosting: If you find your frosting is too thin and runny, add powdered sugar by degrees until it is just right. If your frosting turned out too thick and stubborn, soften it with a few spoonfuls of cream, added gradually and stirred and stirred. Nobody will know and you can always have it just right.

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX SPARKLING GELATINE improves Soups and Gravies

14. Add a slice of lemon to the water in which old potatoes are boiling. It will keep them from becoming discolored.
15. Salt rubbed on the hands after peeling onions will entirely remove the odor.
16. When clothes become shiny, rub the spots with a slice of raw potato or with very fine black emery paper.
17. A handful of salt added to the rinsing water will prevent clothes from freezing to the line in cold weather.
18. Do not dampen pongee when ironing. It will remain soft and lustrous and make more satisfactory results.
19. Boil clothespins when new to toughen them. They will not split so easily.
20. Clean your carpet sweeper brush with gasoline or ammonia and notice how much brighter your carpets will be.
21. If you cover oranges with boiling water a few minutes before peeling, the skins and also the white lining will come off clean, leaving no bitter taste.
22. Never place meringue on hot pies. It will flatten and shrink. Let pie cool first.
23. To separate the leaves from a head of lettuce without breaking, cut out the stem an inch or so and let cold water run into the hole. The leaves will separate themselves.
24. To remove scorch dampen with peroxide of hydrogen, press and lay in the sun.
25. For scalds and burns, take oatmeal mixed with cold water and make a poultice.
26. To remove tarnish from silver, place an aluminum pie tin in a galvanized kettle. To each quart of water used add 1 teaspoon of salt and one teaspoon of soda. When the solution reaches the boiling point put in your silver, a few pieces at a time. By use of a long fork or spoon take care that each piece of silver touches the aluminum pie tin. The silver will soon look like new. One should have a special pie tin for this as it will become very black.

Soilap to clean corns

THE 1920 YEAR GROUP

Ask your Grocer for KNOX GELATINE---take no other

- 27. To keep canned pimientos from spoiling after having been opened, cover with vinegar. They will last many days.
- 28. Olives will keep almost indefinitely if covered with olive oil.
- 29. To prevent milk from sticking to the bottom when boiled, rinse the pan with a little hot water first.
- 30. To prevent odor when fruit juice runs out in an oven, throw salt upon it.
- 31. A little lemon juice added to cream that is hard to whip will make it whip quickly.
- 32. Mildew or peach stains can easily be removed if rubbed with lemon juice and salt.
- 33. Clothes will be whiter and more easily washed if a little ammonia be added to the boiling water.
- 34. Clean your rugs thoroughly with vacuum cleaner and then wipe up with cloth wrung out of water in which is a little ammonia, and see how near like new they look.

THE DES MOINES WOMEN'S CLUB COOK BOOK

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

FAVORITE FOOD FOR WILD BIRDS

All year round:

*Water.

*Suet (tied to branch of tree or nailed to trunk).

*Sunflower seed.

*Cracked nuts and chopped peanuts.

Hemp seed, chicken feed, cracked corn, rice, mill screenings,
bacon rind, soup bones, are also good.

Birds to be seen at food in winter:

Chickadee

Nuthatch

Brown Creeper

Blue Jay

Cardinal

Tufted titmouse

Junco

Downy Woodpecker

Hairy Woodpecker

Red Headed Woodpecker

Summer food (in addition to suet and seed):

Soaked bread

Cooked cereals

*Cornmeal mush

Eaten by:

Bluebird

Grosbeak

Blue Jay

Robin

Brown Thrasher

Titmouse

Oriole

Catbird

Planting for birds.

*Choke cherry

*Mulberry (Charles Downing)

*Crab Apple

*Elderberry

Dogwoods

Regel's Privet

Mountain Ash (to attract

Cedar Waxwings)

High Bush Cranberry

Wild Roses

*Setigera Roses

Sumac

*Bittersweet

Wild Grape

*Wild Gooseberry

For best information see "How To Make Friends With Birds,"
by Niel Morrow Ladd, published by Doubleday, Page & Company.

Mrs. Henry Frankel,
Chairman Birds and Flowers, Iowa Federation of Women's Clubs.

THE 1920 YEAR GROUP



Flynn Milk

Is perfectly pasteurized
in Glass

"A bottle of Flynn
Is a bottle of Health"

Ice Cream and Sherbets

The Flynn Dairy Company
SEVENTH AND UNIVERSITY PHONE MARKET 1046

Des Moines Mattress Co.

1707 Washington Ave.

New Mattresses at Factory Prices
Mattresses Remade and Made to Order
Box Springs Rebuilt

Phone Drake 4665-W

INDEX

- I. Favorite Recipes of Our Past Presidents.
- II. Soups, Bullions and Consommés.
- III. Bread.
- IV. Meats and Fish.
- V. Vegetables.
- VI. Cakes, Cookies and Doughnuts.
- VII. Pastry.
- VIII. Puddings.
- IX. Desserts and Ices.
- X. Recipes Not Classified.
- XI. Cheese Dishes.
- XII. Preserves and Pickles.
- XIII. Salads and Salad Dressing.
- XIV. Confectioneries.
- XV. Household Hints.
- XVI. How to Feed the Birds. Mrs. Frankel.

THE 1920 YEAR GROUP

For Your Next Job
Of Printing

Phone The Artcraft Printery

Living Wage
Guaranteed Work

Mi-Lady's Beauty Shop
1601 6th Avenue

For Appointments Phone Walnut 810 W

Open Evenings

Parisian Beauty Shop
1438 West Grand

PHONE WALNUT 3134-W

Open Evenings

D

New

M

F

