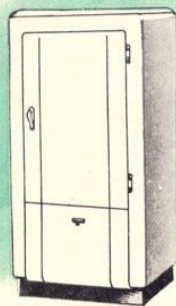


The  
Westinghouse  
*Kitchen-Proved*  
Refrigerator Book



# YOUR WESTINGHOUSE KITCHEN-PROVED REFRIGERATOR..



● You will find your Westinghouse Refrigerator easy and economical to use, and simple to care for. Tests on it have been made in engineering laboratories, in Westinghouse Kitchens, and also by Westinghouse Proving Kitchen Hostesses in home kitchens similar to yours.

Results of these tests show several very important Westinghouse advantages. The first is **ECONOMY**. You will find that your Westinghouse uses very little electricity. This is due to (1) the efficiency of the unit; and (2) the insulation which protects the food compartment against outside heat. The second is completely dependable **FOOD PROTECTION**. Your Westinghouse has the necessary **POWER** to provide safe food protection temperatures even in the hottest weather. Added to this is the safeguard of the famous Built-in Watchman, an exclusive Westinghouse feature, which turns off the unit in case of unusual power line disturbances which may be caused by thunder storms, and turns it on automatically when the danger has passed. A third is **CONVENIENCE**. The shelves are so arranged that you can store large amounts of food and reach everything easily when needed. This means you can save on perishable foods by buying in larger quantities and on bargain days. A fourth is the **FAST FREEZING** of ice and desserts.

To get the greatest possible enjoyment, as well as profit, from your Westinghouse, you will want to use its facilities as completely as possible.

In the pages that follow, you will find brief instructions for the storage of foods, and for the use of the temperature regulator followed by general suggestions and specific recipes to use in preparing frozen desserts, chilled desserts, beverages, breads, leftovers and salads.

The ideas offered are kitchen tested. Those for frozen desserts have been improved to meet the changes and improvements in Westinghouse Refrigerators. The fast freezing which is now possible enables you to make simple frozen desserts containing no cream or thin cream, which surpass those which could previously be made only with expensive whipped cream. All the recipes in this book may be so easily prepared that even an inexperienced cook may make them.

This is your book and we hope that it will help you to enjoy using your Westinghouse Refrigerator.

EDNA I. SPARKMAN, *Director*  
*Refrigerator Home Economics,*  
Westinghouse Electric & Manufacturing Co.  
Mansfield, Ohio.





# TO KNOW AND USE YOUR WESTINGHOUSE

● The systematic storage of food in your Westinghouse as well as the proper use of the temperature regulator assures the best preservation. Foods such as milk, meat, fish, soups and leftover creamed dishes should be placed in the coldest parts of any refrigerator, because they spoil more quickly than fruits and vegetables. Since cold air drops, these foods should be stored close to the side or beneath the froster where the low temperatures will prevent rapid bacterial multiplication. The meat storage pans supplied with some models and the chill trays of others are the ideal places in which to store small cuts of meat. Roasts or fowl should be unwrapped, and covered lightly. Place on a plate beneath the super-froster or in the multi-service freezing tray in the froster.

## HELPFUL HINTS

Lettuce, celery, and other vegetables keep best when cold, and taste best when crisp. They should be trimmed, washed, soaked in cold water, if wilted, then drained and placed in HUMIDRAWER, Crisping pan or other covered container. Do not use a wet lettuce bag.

Mayonnaise and salad oils are best when not too cold and should be placed close to the left wall. Never place bananas in your refrigerator. Green ones become indigestible and those which are very ripe when stored deteriorate rapidly.

Cantaloupe, pineapples and other foods which have very strong odors should be carefully wrapped before being placed in the food compartment.

Berries should not be washed until just before they are to be served. Very ripe raspberries will keep for several days if placed on a platter and lightly covered.

Foods should never be placed in the refrigerator in their original market packages, as this prevents quick chilling.

Use of covered pottery, such as the food saver dishes, glass or enameled dishes, or bowls covered with wax paper, cellophane, parchment, or aluminum foil, prevents loss of moisture from the food.

Do not overcrowd shelves as cold air must circulate freely or the temperature may rise above the 50° F. danger point.

## ECONOMY BUYING

Your Westinghouse Refrigerator is economical. Our Kitchen Proving Hostesses tell us that by buying at week-end economy prices they are able to save an average of 85 cents a week. They buy perishable vegetables when fresh and in sufficient quantity to effect savings. Buy meats as roasts rather than chops or steaks. The rate per pound is lower, there is less waste, and roasts go farther. Also buy large cans of fruits and vegetables as the price is less, and there will be no spoilage if leftovers are stored in a Westinghouse. Our hostesses tell us further that their savings on leftovers average another 85 cent saving, a total for both, of about \$90 a year. Savings on food plus savings over previous refrigeration costs gave a further saving of about \$20. These easy savings amount to an average of \$110 a year.

Following are the sizes of cans which are to be found in most grocery stores with the quantity to be found in each. We suggest that you buy the larger sizes. 8 oz. cans contain 8 oz. — 1 cupful. No. 1 cans contain 11 oz. — 1½ cupfuls. No. 2 cans contain 1 lb. 4 oz. — 2½ cupfuls. No. 2½ cans contain 1 lb. 12 oz. — 3½ cupfuls. No. 3 cans contain 2 lbs. 1 oz. — 4 cupfuls.

**NOTE:** All of the quantities used in the recipes of this book are standard. One cup, liquid, equals ½ pound. One tablespoon is  $\frac{1}{16}$  of a cup. One teaspoon is  $\frac{1}{8}$  of a tablespoon. These abbreviations have been used: **t.** equals teaspoon. **tb.** equals tablespoon. **pkge.** equals package.

# OPERATING INSTRUCTIONS

● The Temperature Regulators of Westinghouse Refrigerators provide for changing refrigerator temperatures to suit various needs. Food compartment temperatures should range from 35° F. to 45° F. for most satisfactory food preservation under usual kitchen conditions. Nine variations are provided. "Coldest-2-3-4-5-Economy-Vacation-Defrost-Off."

**'COLDEST'** This setting is used for extra fast freezing of ice cubes, for satisfactory freezing of desserts and for fast initial chilling of the cabinet. It gives full refrigerating power and continuous motor operation. This and other low settings for short periods cost little extra. Turn to higher numbers when freezing is complete.

**NORMAL OPERATION** Usually, No. 4 and No. 5 positions automatically maintain satisfactory temperatures and produce ice cubes rapidly. If large quantities of food are being stored so that shelves are crowded or when ice is needed *extra fast*, set the regulator to the lower numbers.

**STORAGE OF FROZEN DESSERTS** Set at numbers 2, 3 or 4. Sweet desserts need lower temperatures to keep them frozen than does ice. Creamless and very sweet ones need lower settings than ice creams, mousses and parfaits.

**'ECONOMY'** operation gives low cost refrigeration since little power is consumed. This setting is recommended when little food is to be stored and when ice requirements are low. Frost may not cover the whole super-froster at this setting and some moisture may collect in the chill tray, so do not store food in it.

**'VACATION'** operation — is for greatest economy during week-end vacations, when doors are seldom opened or in winter if the refrigerator is in a cold pantry. Frost may cover only the lower part of the super-froster and moisture may collect in the chill tray.

**'DEFROST'** Turn to this position when frost is about one-fourth inch thick, and remove food from the chill tray. Set at 'Defrost' in the evening, and the frost will melt over night.

*For quick defrosting* or to remove frost which may remain after overnight defrosting, turn dial to 'off,' remove ice cubes from freezing trays (they may be

temporarily stored in a bowl), fill trays with warm, never hot, water and replace. This causes quick melting of frost. *Always melt frost — never use an ice pick.*

Frost on the super-froster is an accumulation of moisture from the air in the food compartment. Most of it comes from room air, when doors are open, though some comes from foods. In summer when the humidity is high, it collects more rapidly than in winter. Opening doors frequently, leaving them open and placing quantities of uncovered foods in a refrigerator cause rapid accumulation of frost and increase cost of operation.

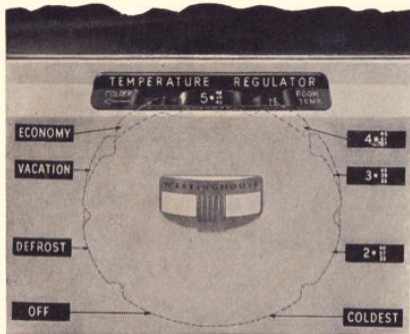
**DE LUXE TEMPERATURE REGULATORS** are provided in Aristocrat and Emperor Westinghouse Refrigerators to indicate the approximate food compartment temperatures which will prevail with varying room temperatures. These refrigerators are therefore provided with

1. A special room thermometer with the letters A, B and C indicating different zones of temperatures.
2. A De Luxe temperature regulator dial with the same numbers which appear on the standard dial and with additional figures on the settings from 2 to 5 to show the food compartment temperature which will prevail at the room temperature zones A, B or C.
3. A food compartment safety zone temperature indicator which is attached to the door.

To select the correct temperature regulator setting, refer to the room thermometer, note the zone in which the temperature falls and then turn the temperature regulator dial until the desired cabinet temperature numeral appears opposite the room temperature zone letter which is shown on the right side of the temperature regulator. If the room temperature is 100° and a 40° cabinet temperature is desired, turn the temperature regulator dial to No. 3. If the room temperature recedes to 70°, reset the regulator to No. 5 for a 40° cabinet. Food keeps best when cabinet temperatures are between 35° and 45° F. Overcrowded food compartment shelves and very frequent opening of the door will raise the inside temperature, necessitating colder temperature regulator settings.



*Note: Cabinet temperatures should be read only after doors have been closed long enough for warm foods to chill and the temperature in the food compartment to stabilize. Read safety zone indicator as soon as the door is opened.*



*De Luxe Temperature Regulator. Concealed part of Dial is in dotted lines.*

## CLEANING

**CABINET INTERIOR** Before chilling any new refrigerator, wash shelves and freezing trays. Wash the food compartment walls and super-froster with warm water containing two tablespoons of soda or borax to each quart. Weekly cleaning and defrosting are desirable, regardless of the thickness of frost. A clean, cold Westinghouse Refrigerator is odorless. Do not put cold refrigerator dishes in hot water.

**CABINET EXTERIOR** To preserve the lustre of cabinets finished in Dulux, apply a very thin coat of wax to cabinet and hardware. Apply through cheese cloth, wax small areas, and polish immediately. Finger marks show up less on glossy waxed Dulux so that it needs less of the cleaning and scouring which wear surfaces.

**CONDENSER** Once a year, preferably before hot weather, dust should be cleaned from condensers. Open the refrigerator door, turn dial to 'Off' and remove the lower panel by pulling out from the bottom. Remove screws from inside panel and clean condenser. Detailed directions are found in the Installation In-

structions, or you may call your dealer for this service.

## GENERAL SUGGESTIONS

**MEAT STORAGE PANS** Meat storage pans are provided in De luxe models. In them meat may be conveniently kept very cold. Meat keeps longest when stored at very low temperatures, because bacteria multiply slowly; therefore, if it is to be stored for *more* than a few days, set the temperature regulator to No. 4 or a lower number. To store, place the meat on the rack which is provided. If you want to defrost while meat is in the pan, lift it on the rack and place it on the inverted cover. Do not use 'Economy' or 'Vacation' temperature regulator settings when meat is being stored in meat pans, since slight defrosting is apt to occur at these settings. Clean meat pans and racks frequently with hot soapy water. In refrigerators not equipped with meat pans, meat may be stored in the chill tray, lightly covered with waxed paper.

**TO MAKE ICE CUBES** Ice cubes will normally freeze between meals. To freeze them *extra* fast, fill pans three-fourths full of water, set the temperature regulator to 'Coldest' and be sure that the freezing tray is in close contact with a refrigerated shelf. If there are ice ridges on a shelf or if there is no frost whatever there, a little water may be placed under the ice tray or it may be left wet on the bottom. This is not usually desirable since it causes the trays to freeze fast to the shelves.

**EX-PRESS TRAY LIFTS** To break the seal between freezing trays and shelves, press back on the top of the levers which are on the front of trays.

**TO REMOVE ICE CUBES FROM EJECT-O-CUBE TRAYS**, lift back the two handles to remove all cubes from the tray, then grasp them and twist and bend the flexible grids to release the individual cubes. If only a few cubes are needed, twist only one handle. To remove cubes from other trays, run a little hot water over the top and bottom of the trays. Ice may always be removed most easily from trays which have stood at room temperature for a few minutes.

# HELPFUL HINTS FOR MAKING FROZEN DESSERTS

● Inexpensive, easily prepared, and refreshing desserts are among the extra benefits available to the owners of Westinghouse Refrigerators. No longer is it necessary to use quantities of whipped cream, gelatin, or a thick custard base to get satisfactory results. **Fast freezing** of desserts in Westinghouse Refrigerators enables you to obtain a fine texture. It also decreases the number of times that it is necessary to stir desserts. If desserts are chilled before they are placed in the froster, one stirring will be sufficient, but if not, they should be stirred once after about ten minutes, and again when they are half frozen. (Always turn the temperature selector to 'Coldest' setting when freezing desserts, and reset to 'No. 2' or 'No. 3' when hard.)

**STIRRING FROZEN DESSERTS** Desserts are stirred or beaten for two purposes. One to make them smooth and break up ice crystals and the other to blend beaten egg whites or cream which may rise to the top and fruit which may sink to the bottom of the tray during the freezing period. After the final beating the mixture should be about the consistency of a thick custard. Beat in the freezing tray with a wooden spoon, since it is easy to hold, does not transfer heat from your hand to the mixture and because it will not scratch metal trays. Beating may also be done in a chilled bowl by an electric food mixer or with other rotary beaters. Thick custard ice creams, mousses and parfaits need not be stirred.

**TO OBTAIN SMOOTH TEXTURES** in water ices and sherbets, sugar should be boiled to a syrup and then chilled. Substituting one-third white corn syrup for part of the sugar syrup still further improves them. The dextrose of the corn syrup helps to keep the ice crystals small and since ices and sherbets are more apt to be grainy than creamy, it is of particular advantage to use syrup in them. It may also be used in other frozen desserts.

**TO OBTAIN LIGHT FLUFFY FROZEN DESSERTS** beaten egg whites are folded in. The addition of two tablespoons of sugar to each beaten egg white, making a meringue, is a further help toward keeping them light.

**CREAM** for any frozen dessert or salad should be beaten until it reaches the consistency of a thick custard but not until it is stiff. Over-beating reduces the volume and may make the cream buttery before it is blended with the other ingredients.

**COFFEE CREAM** or top milk which is at least a day old may be chilled in a freezing tray until almost frozen and then it will whip. Unless such whipped cream is to be used at once, it is advisable to add a little gelatin to it. Use one teaspoonful to one-half pint of cream, soaking the gelatin in one tablespoon of cold water and then melting it over hot water. Add cream to the gelatin a little at a time.

**EVAPORATED MILK** may be whipped and substituted for whipped cream in most recipes. Best results are obtained if it is scalded in the top of a double boiler for about ten minutes and then one-half teaspoon of gelatin which has been soaked in two teaspoons of cold water is melted in it. Evaporated milk must always be chilled until very cold before whipping. It is necessary to chill both bowl and beater or to set them in crushed ice and water while beating.

**GELATIN** in the proportion of one-half to one teaspoon to each cup of liquid may be added to all classes of desserts. With quick freezing it is not a necessary ingredient but it will prevent rapid melting of desserts as they are served.

**SUGAR** should always be used in controlled amounts. Too much will retard freezing. Too little allows a flaky texture. When canned fruit is substituted for fresh, reduce the amount of sugar as the preserved fruit is sweetened at the cannery.



# SERVING AND GARNISHING SUGGESTIONS

● The large capacity of the food storage compartments will store a supply of garnishes to give the color that transforms a drab-looking dish to one with a party aspect.

**DESSERTS** such as mousses and parfaits may be frozen in silver or paper cups, and each portion decorated with plain or tinted whipped cream. Fresh or candied flowers and mint leaves, or flower sprays made from gum drop sticks add color. To make the latter, with scissors cut strips from green gum drops for stems, diagonal pieces for leaves and horizontal pieces of other colors for flower petals.

Ice creams or other desserts may be frozen extra hard in narrow ice trays, removed as a brick and sliced. To remove a brick, loosen around the edges with a knife, invert and press on the bottom of the tray.

Fruit Garnishes for individual portions are simple, but may be made very effective. Two slices of pineapple may be cut in half and the four pieces placed around an individual portion of ice cream. Raspberries or strawberries added in a ring give a festive appearance. A garnish of sliced orange or lemon with cherries, around a mound of ice cream or a molded dessert is effective.

**MERINGUE GLACÉ** is ice cream served with meringue shells. If large ones are used, crush the center slightly, top with ice cream and add fruit, chocolate or caramel sauce; small meringues may be placed on top, or two at the sides.

**BAKED ALASKA** is made by placing ice cream (frozen hard) on a piece of sponge cake, placed on a board and completely covering it with a meringue made by

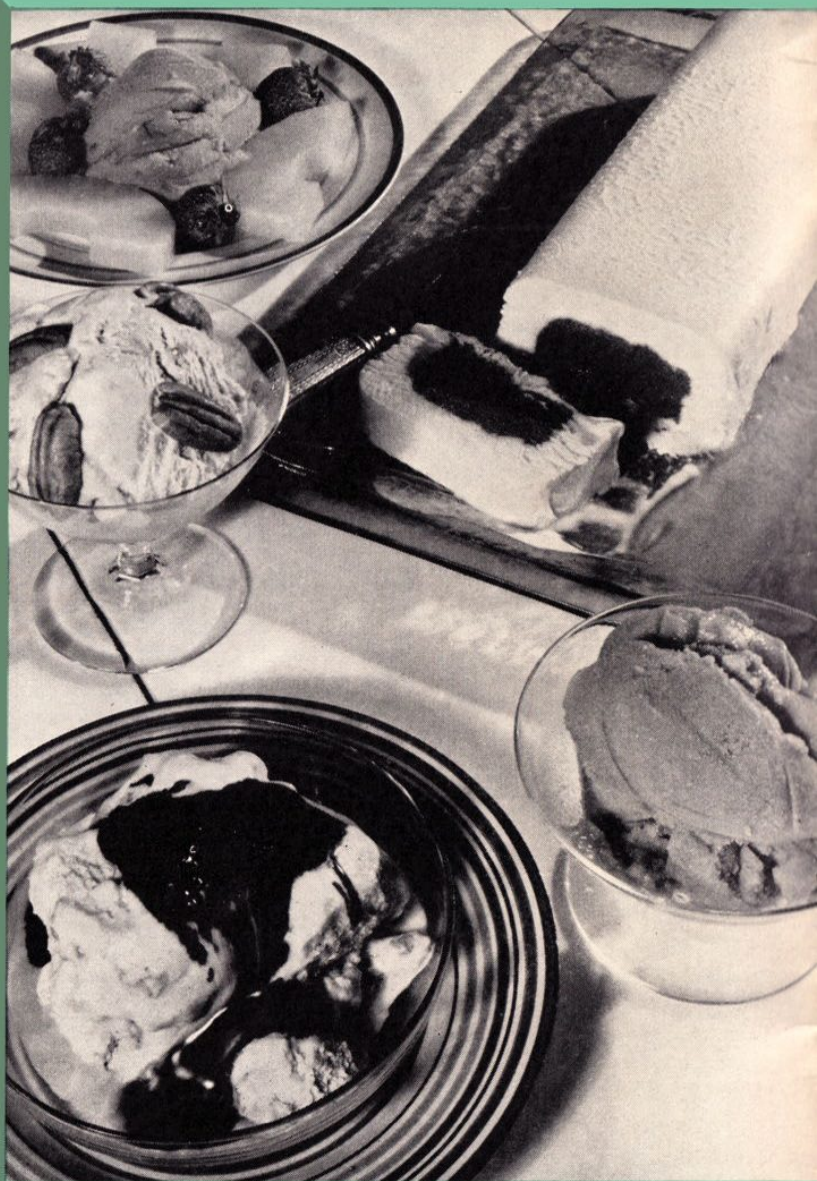
adding three tablespoons of sugar to each beaten egg white. Brown lightly in a 425° oven.

**CHOCOLATE CREAM CAKE** is made with vanilla ice cream and a piece of chocolate cake cut to fit the pan, placed over it. Turn out and sprinkle with chocolate speckles.

**FRUIT SURPRISE PIE** Place a layer of sweetened strawberries, raspberries or peaches in a pastry shell, add ice cream, a second layer of fruit and top with a meringue as in Baked Alaska.

**PINEAPPLE SUPREME** is made by cutting a pineapple in half, lengthwise, removing the fruit to within half an inch of the shell and filling this with sherbet or ice cream.

**GARNISHES FOR LEFTOVER DISHES AND SALAD** The clever use of contrasting colors for decorating foods, gives attractive results with very little effort. When lettuce is pale in color, add a spray of water cress or parsley. Around a platter, add slices of oranges topped with a bit of currant, or mint jelly. Molded salads may be garnished on top with floral effects. A canned red pimento with a little shredded lettuce inside makes a tulip, the stem and leaves may be cut from cucumber rind or green pepper. Pimento may also make a Poinsettia by cutting it into petal shaped pieces, laying them in the form of the flower and placing a thin slice of small carrot on top. The leaves and stem should be made of parsley. Fish molds may be garnished with slices of cucumber and tomato or with green pepper circles with a shrimp in the center.



frozen desserts



# CREAMLESS DESSERTS

## Fruit Ices and Sherbets

**1 cup sugar**  
**1 cup warm water**  
**½ cup white**  
**corn syrup**

**Fruit (see below)**  
**2 egg whites**  
**2 tb. sugar (use**  
**for sherbets)**

To make the smoothest ices and sherbets, use sugar syrup plus one third white corn syrup with the fruit juices as suggested below, though sugar syrup made of one and one half cups of sugar and one cup of warm water may be used. TO MAKE SUGAR SYRUP, dissolve the sugar in warm water and boil for five minutes. Add corn syrup and chill before adding the fresh fruits. (This syrup may be made up in quantity and stored in the refrigerator for sweetening frozen desserts, lemonade, etc.). If GELATIN is to be used, soak 2 teaspoons in 2 tablespoons cold water, melt over hot water and dilute with a little of the fruit juice before combining with the cold mixture. FOR ICES, use the syrup and fruit alone. FOR SHERBETS, use the syrup, add the fruit and finally fold in the egg whites which have been beaten until light but not dry before adding the extra two tablespoons of sugar. FREEZE with the Temperature Regulator turned to 'Coldest' until half frozen, then beat with a wooden spoon, or place in a well chilled bowl and beat with rotary beaters. Melt as little as possible. Return to the froster and freeze until hard and then reset the Temperature Regulator to 'No. 3.' Sherbet recipes serve 8, ices serve 6.

### Variations of Ices and Sherbets

**Apricot** — 2 cups dried apricots, ½ cup orange juice. Wash apricots, soak over night and simmer in the same water until tender. Add enough water to the apricot juice to make 2 cups and boil with 1½ cups sugar, substituting for syrup. Press apricots through a potato ricer.

**Cider** — To one half the above recipe add 2 cups cider and ½ cup orange juice.

**Cranberry** — 1 quart cranberries, 1 cup water, ¼ cup orange juice. Simmer the cranberries in the water. Press through potato ricer, add syrup and orange juice, then chill.

**Grapefruit** — 2 cups grapefruit juice.

**Grape Juice** — ½ above syrup recipe, 2 cups grape juice, ½ cup orange juice, 2 tablespoons lemon juice, ½ cup water.

**Lemon** — 1 cup water, ¾ to 1 cup lemon juice.

**Lime Rickey Freeze** — 1 quart limeade, ½ cup sugar syrup.

**Mint** — Green coloring and ⅛ teaspoon of mint extract added to either grapefruit or lemon recipes.

**Orange** — 2 cups orange juice, 1 pared orange rind, ¼ cup lemon juice. Add rind to hot syrup while chilling it.

**Strawberry** — 2 cups crushed strawberries, which have been put through a ricer, ¼ cup orange juice.

**Tangerine** — 2 cups tangerine juice, 1 teaspoon grated rind, 2 tablespoons lemon juice.

## Apricot Marlobet

**4 oz. dried apricots**  
**2 cups water**  
**¼ cup orange juice**

**18 marshmallows**  
**¼ cup egg whites**  
**2 tb. sugar**

Wash apricots and soak over night in 2 cups water. Simmer until tender in same water and press through a strainer. (There should be ¾ cup pulp and 1 cup juice.) Mix apricot and orange juice. Melt marshmallows over hot water, in the fruit juice, stirring frequently. Add the pulp and chill until slightly thickened. Beat the egg whites, add sugar. Blend the two mixtures. This may be frozen either without stirring or stirring once after it has frozen solid for about one inch from the edge of the tray. Set the Temperature Regulator at 'Coldest' until frozen and then reset to 'No. 3' or '4.'

## Buttermilk Sherbet

**2 cups buttermilk**  
**⅔ cup sugar**  
**Dash of salt**

**1 cup crushed**  
**pineapple**  
**1 t. vanilla**  
**1 egg white**

Mix buttermilk, ⅔ of the sugar, the salt, pineapple and vanilla and freeze until about half frozen. Whip egg whites until stiff, add remaining sugar and fold into the well-beaten pineapple mixture. Freeze without further stirring with Temperature Regulator at 'Coldest.' When frozen, reset to 'No. 2' or '3.'

## Fruit Juice Ice

- |                                 |                              |
|---------------------------------|------------------------------|
| 3/4 cup canned peach juice      | 1 cup canned pineapple juice |
| 1/4 cup maraschino cherry juice | 1/4 cup white corn syrup     |
| 2 cups ginger ale               | 2 tb. lemon juice            |

Blend all together, pour into dessert freezing tray and freeze with the Temperature Regulator turned to 'Coldest' until mixture is about half frozen. Beat with a wooden spoon until well blended, but do not allow to melt much. As soon as completely frozen, reset the Temperature Regulator to 'No. 3' to store. Serve for dessert with cake or with meat course. Serves 4 to 6.

## Fruit Milk Sherbet

- |                          |   |
|--------------------------|---|
| 1/4 cup orange juice     | 3/4 cup crushed strawberries or raspberries,      |
| 1/4 cup lemon juice      | apricots, peaches or mashed banana or apple sauce |
| 1 cup sugar              |   |
| 1/4 cup white corn syrup |   |
| 1 pint milk              |   |

Add sugar and corn syrup to mixed fruits. Stir this mixture into the milk when sugar is melted, pour into freezing tray and freeze with Temperature Regulator set at 'Coldest.' If granite texture is desired, do not stir, otherwise when half frozen beat with a wooden spoon and return to the Westinghouse. When hard, reset the Temperature Regulator to 'No. 3' or '4.' Serves 6.

## Pineapple Milk Sherbet

- |                              |                 |
|------------------------------|-----------------|
| 1 1/4 cups crushed pineapple | 1 pint milk     |
| (1/2 No. 2 can)              | 1 cup sugar     |
| Juice 1/2 orange             | Juice 1/2 lemon |

Combine all ingredients, stirring occasionally until the sugar is completely dissolved. FREEZE with the Temperature Regulator set at 'Coldest' until half frozen or until solid for about one inch from the edge of the freezing tray. Beat quickly with a wooden spoon until smooth, but not long enough to melt. When frozen, serve, or reset Temperature Regulator to 'No. 3.' Serves 6 to 8.

## Grape Frappé

- |                      |                   |
|----------------------|-------------------|
| 20 marshmallows      | 2 tb. lemon juice |
| 1 cup grape juice    | 2 egg whites      |
| 1/2 cup orange juice | 1/2 tb. sugar     |
- Add marshmallows and 1/2 cup grape

juice to top of double boiler to melt, stirring frequently. Add rest of grape juice, fruit juices, and a little grated rind of orange and lemon, then chill. Beat the egg whites with the sugar until very stiff. Fold into the fruit mixture and FREEZE. This may be frozen without stirring, but will have a slightly better texture if stirred once when about half frozen. Set the Temperature Regulator at 'Coldest' until frozen and then reset to 'No. 3' or '4.' Serves 6.

## Rhubarb Sherbet Supreme

- |                          |                         |
|--------------------------|-------------------------|
| 4 cups cubed raw rhubarb | 1/4 cup orange juice    |
| 1 cup water              | 1/4 cup pineapple juice |
| 1 cup sugar              | 2 tb. lemon juice       |
| 1 cup water              | 2 egg whites            |
| 1/2 cup white corn syrup | 2 tb. sugar             |

Cook the rhubarb with one cup of water until tender. Boil one cup of sugar and one cup of water together for five minutes to make a syrup, and add corn syrup. Combine the fruits, using 2 cups of rhubarb pulp, with the syrup and chill before folding in the beaten egg whites which have been whipped until light before the extra two tablespoons of sugar are beaten in. FREEZE with the Regulator set at 'Coldest' until half frozen. Remove from freezing compartment and beat with a wooden spoon until smooth, but not long enough to melt. Return to freezing compartment and when frozen, reset dial to 'No. 3.' Serves 8 to 10.

## Spiced Cider Sherbet

- |                             |                  |
|-----------------------------|------------------|
| 1 cup sugar                 | 1/2 t. clove     |
| 1/2 cup water               | 2 t. orange rind |
| 3 inches stick cinnamon, or | 2 cups cider     |
| 1 t. ground cinnamon        | 2 egg whites     |
|                             | 2 tb. sugar      |

Boil sugar, water, spices and grated orange rind together for 5 minutes. Chill. Strain through cloth if ground spices are used before adding to cider. Beat egg whites until light, beat in sugar, then blend with the spiced cider. FREEZE with the Temperature Regulator turned to 'Coldest.' When half frozen, beat until smooth with either a wooden spoon or a rotary egg beater using chilled bowl. When frozen, reset the Temperature Regulator to 'No. 3.' Serve with roast goose or duck with cubes of orange pulp as a first course, or with cookies for dessert. Serves 8.



# ICE CREAMS

## Rich Ice Cream

### Basic Recipe

1 $\frac{1}{3}$ cups top milk or evaporated milk	Dash of salt
$\frac{1}{2}$ cup sugar	1 cup whipping cream
2 eggs	1 t. vanilla or variations sug-
2 tb. sugar	gested below

Add the milk, sugar, salt and egg yolks to a large bowl. Whip the egg whites until light but not dry before sprinkling in the extra two tablespoons of sugar. With the same beaters, blend the sugar, milk and egg yolks, add the whipped egg whites folding in. Whip the cream in a small bowl. Fold all together with the flavoring. FREEZE with the Temperature Regulator turned to 'Coldest' until the ice cream is half frozen. Stir once and when frozen, reset the Temperature Regulator to 'No. 3.' Serves 6 to 8.

### Variations of Rich Ice Cream

**Banana** — Add two crushed bananas, 1 tablespoon lemon and 1  $\frac{1}{2}$  teaspoons vanilla.

**Chocolate** — Cook over hot water, two ounces shaved chocolate, sugar, and milk of above recipe, stirring constantly until chocolate is melted. Chill, add 1 teaspoon vanilla, then proceed as above.

**Cocoa** — Mix  $\frac{1}{2}$  cup cocoa and the sugar listed above. Add the milk very slowly to make a paste and  $\frac{1}{2}$  teaspoon vanilla. Combine with eggs, cream, etc.

**Mint** — Substitute  $\frac{1}{2}$  teaspoon mint extract for the vanilla.

**Maple Nut** — Add 6 drops Mapleine and  $\frac{1}{2}$  cup chopped walnuts.

**Nesselrode Pudding** — Add  $\frac{1}{2}$  cup chopped nuts, 10 chopped maraschino cherries,  $\frac{1}{4}$  cup each ground seedless raisins, currants, pineapple.  $\frac{1}{4}$  cup sherry.

**Peanut Brittle** — Substitute 1 cup crushed peanut brittle for sugar; add 1 teaspoon vanilla.

**Peach** — Crush peaches through a potato ricer and substitute 1 cup of the pulp for 1 cup of milk. Add  $\frac{1}{4}$  cup sugar and  $\frac{1}{2}$  teaspoon of almond extract.

**Pineapple** — Substitute 1 cup of crushed, canned pineapple and either two tablespoons of lemon juice or 1 teaspoon of vanilla for 1 cup of milk in the above. Reduce sugar to 1 tablespoon.

**Strawberry** — Substitute 1 cup of crushed strawberries (1 pint uncrushed) for 1 cup of milk. Add  $\frac{1}{4}$  cup sugar and a little pink coloring.

## Economy Ice Cream

$\frac{1}{4}$ cup sugar	2 eggs
$\frac{1}{4}$ cup white corn syrup	1 cup top milk
	1 cup light cream
1 t. vanilla	

Beat egg yolks until light and lemon colored before gradually adding the sugar and corn syrup. Add milk and cream and blend thoroughly. Beat egg whites until light, add two tablespoons of sugar and continue beating until stiff. Fold this into above mixture with the flavoring and freeze with Temperature Regulator set at 'Coldest' until practically frozen. Remove from pan and beat with rotary egg beater or Westinghouse Food Crafter until a smooth mixture is obtained. Do not permit to melt. Return to freezer and when frozen, reset the Temperature Regulator to 'No. 3.' Serves 6.

For variations see Rich Ice Cream

## Easy Ice Cream

$\frac{2}{3}$ cup sweetened condensed milk	1 cup whipping cream
$\frac{1}{2}$ cup water	Flavoring

Dilute condensed milk with the water, add salt and flavoring. Whip cream until thick but not stiff, and combine. Freeze until solid one inch from edge of freezing tray or until half frozen with the Temperature Regulator set at 'Coldest.' Beat quickly until smooth, continue freezing. Serve, or, reset Temperature Regulator to 'No. 3' or '4.'

### Variations of Easy Ice Cream

Add  $\frac{1}{8}$  teaspoon ALMOND extract; blend  $\frac{1}{2}$  cup PEANUT BUTTER with condensed milk; add  $\frac{1}{4}$  cup finely chopped GINGER;  $\frac{1}{8}$  teaspoon MAPLE flavoring and  $\frac{1}{4}$  cup chopped nuts; substitute  $\frac{1}{2}$  cup ORANGE juice for water and add  $\frac{1}{2}$  teaspoon orange extract; add condensed milk to 1  $\frac{1}{2}$  ounces melted CHOCOLATE and flavor further with either  $\frac{1}{2}$  teaspoon vanilla or 3 drops oil of peppermint; 1 cup crushed PEPPERMINT sticks.

# Custard Ice Cream

## Basic Recipe

2 cups milk  
 $\frac{2}{3}$  cup sugar  
2 tb. cornstarch  
Dash of salt

3 eggs  
1 cup whipping cream  
1 t. vanilla

Scald  $1\frac{1}{2}$  cups milk and all but 2 tablespoons sugar in top of double boiler. Add cornstarch and salt to  $\frac{1}{2}$  cup cold milk. Add to hot milk and cook for 25 minutes, stirring occasionally. Beat 3 egg yolks and 1 white, add the hot custard, return to the double boiler and cook for five minutes. Chill over ice cubes and water. Whip 2 egg whites until stiff and beat in the 2 tablespoons sugar, add the vanilla and finally the cream which has been whipped until thick but not stiff. Freeze without stirring with the Temperature Regulator turned to 'Coldest.' When frozen, reset to 'No. 3' or '4.' Serves 6 to 8.

## Variations of Custard Ice Cream

**Banana** — Crush three bananas through a potato ricer, adding two tablespoons of lemon. Add to the custard before adding the egg white.

**Caramel** — Heat the sugar of above recipe in heavy fry pan, stirring until melted and light brown in color. Add  $\frac{1}{4}$  cup hot water and stir until smooth. Cook the cornstarch with the milk and salt and add the caramel plus one tablespoon of sugar. Proceed as above.

**Chocolate** — Melt  $1\frac{1}{2}$  to 2 ounces of chocolate over hot water, adding to the custard while hot.

**Cocoa Ice Cream** — Mix  $\frac{1}{2}$  cup cocoa with cornstarch, then with milk.

**Coffee** — Scald  $\frac{1}{3}$  cup finely ground coffee in the milk, then strain through 3 thicknesses of cheesecloth. Proceed as above, adding  $\frac{1}{2}$  teaspoon almond extract.

**Lemon** — Add 3 tablespoons of lemon juice and  $\frac{1}{8}$  teaspoon grated rind to the hot custard. Reduce vanilla to  $\frac{1}{4}$  teaspoon.

**Mint** — Substitute  $\frac{1}{8}$  teaspoon mint extract for vanilla. Tint custard a light green.

**Orange** — Add  $\frac{1}{4}$  cup orange juice, 1 tablespoon lemon juice, grated rind of  $\frac{1}{2}$  orange, and 2 to 3 tablespoons sugar to the hot custard. Omit vanilla.

**Peach** — One cup crushed peaches,  $\frac{1}{3}$  cup sugar and  $\frac{1}{4}$  teaspoon almond extract. Omit vanilla.

**Peanut Brittle** — Reduce sugar to  $\frac{1}{3}$  cup, add  $\frac{3}{4}$  cup peanut brittle which has been

rolled fine.

**Peppermint Stick** — Reduce sugar to 2 tablespoons, add  $\frac{1}{3}$  lb. crushed peppermint sticks, melting in the hot custard.

**Pineapple** — Reserve  $\frac{1}{4}$  cup of sugar from basic recipe and add to 1 cup fresh ground pineapple. Add  $1\frac{1}{2}$  teaspoons lemon juice. Reduce sugar if canned fruit is used.

**Spumone** — Make custard ice cream, reserve one cup of custard and freeze the rest in a narrow ice tray until solid for about one inch from the edge of the tray. Scoop out the unfrozen center to about  $\frac{1}{2}$  inch of tray, mix with  $\frac{1}{3}$  cup of cocoa and return to the center of the freezing tray. Add the extra custard to the top. Freeze very hard. To serve, turn out of tray by loosening the edges with a case knife, inverting the tray and pressing on the bottom. Cut in slices.

**Strawberry** — One cup crushed strawberries,  $\frac{1}{4}$  cup orange juice and  $\frac{1}{3}$  cup sugar, stir until dissolved. Add a little pink coloring for appearance. Omit vanilla.

## Honey Ice Cream

$\frac{1}{2}$  cup honey  
1 cup top milk  
1 t. vanilla

1 cup coffee or light cream  
2 eggs

2 tb. sugar

Beat egg yolks until light and lemon colored before gradually adding the honey. Add milk and cream and blend thoroughly. Beat egg whites until light, add two tablespoons of sugar and continue beating until glossy. Add egg whites with the vanilla, folding all together. Freeze until half frozen with the Temperature Regulator set at 'Coldest.' Place in a chilled bowl and beat with a rotary beater until smooth. Return to froster and continue freezing. When hard, reset the Regulator to 'No. 3.' Serves 6.

## Orange Marlow

20 marshmallows  
1 tb. water

1 cup orange juice  
1 t. grated rind  
1 cup whipping cream

Melt the marshmallows in the water in the top of a double boiler stirring occasionally. Add the orange juice and the grated rind and chill. When cold and slightly thickened, fold into the cream which has been whipped until quite stiff. Freeze in Westinghouse dessert tray, with the Temperature Regulator turned to 'Coldest.' Do not stir. When hard reset to 'No. 3.' Serves 6.



# MOUSSES AND PARFAITS

## Mousses

### Basic Recipe

2 egg whites	2 cups whipping cream
2 tb. sugar	Dash of salt
1/3 cup white corn syrup	

Beat the egg whites until stiff, beat in the sugar, then add the flavoring sweetened with corn syrup. Beat the cream until thick but not stiff. Fold the two together. Sugar or sugar syrup may replace the corn syrup but the latter gives a better-textured product, particularly with fruit mousses. About 10 marshmallows, cut in eighths, may be added to any of the following variations. FREEZE without stirring, with Temperature Regulator set at 'Coldest,' in either the dessert tray, or in paper or silver cups. When frozen reset to 'No. 3.' Serves 8 to 10.

### Variations of Mousses

**Chocolate** — 2 ounces chocolate, 1/4 cup milk, 1/2 cup sugar, 1 teaspoon vanilla. Melt the chocolate over hot water. Cook sugar, syrup, milk, and salt together, stirring constantly. Pour gradually into the chocolate, stirring until it boils. Chill and proceed as above, adding to egg whites and cream.

**Harvest Mousse** — add 2 cups drained, canned apricots and 2 bananas.

**Peanut Brittle Mousse** — 1 1/4 cups peanut brittle, ground fine, 1 teaspoon vanilla. Eliminate the syrup. Some peanut brittle may be used to line the pan or all may be mixed with the mousse.

**Peach** — 2 cups crushed peaches, 2/3 cup sugar, 1/4 teaspoon almond extract.

**Raspberry** — 2 cups crushed raspberries, 2 tablespoons orange juice, 1/2 cup sugar.

**Strawberry** — 2 cups crushed strawberries, 2/3 cup sugar, 1 to 2 tb. lemon juice.

## White or Angel Parfait

3/4 cup sugar	1 1/2 t. vanilla
1/4 cup water	2 cups whipping cream
2 egg whites	

Cook sugar and water, stirring until sugar is dissolved, then cook without stirring until it spins a thread. Beat egg whites until stiff and add syrup slowly, while continuing to beat. Add flavoring and cream, which has been beaten until thick, but not stiff. Freeze in dessert tray

or paper cups, without stirring, with the Temperature Regulator set at 'Coldest.' When frozen reset to 'No. 3' or '4.' Serves 8 to 10.

## Chantilly Parfait

2 egg whites	3/4 t. vanilla
2 tb. water	1 cup whipping cream
1/2 cup powdered or fine sugar	Dash of salt

Add water to the egg whites, and beat until stiff. Beat in sugar a little at a time and add flavoring. Beat the cream until thick but not stiff and fold the egg and cream mixtures together. FREEZE in the dessert tray, or in individual mousse cups turning Temperature Regulator to 'Coldest.' When frozen, reset to 'No. 4.' Serves 6 to 8.

### Variations of Chantilly Parfait

**Almond** — Substitute 3/4 teaspoon of almond extract for vanilla.

**Fruit Delight** — Add any or all of the following—1/2 cup drained shredded pineapple, 1/4 cup shredded almonds, 1/4 cup pecans, 1/4 cup candied or maraschino cherries, 1 teaspoon almond extract or 1 tablespoon rum or sherry.

**Maple Nut** — 1/4 teaspoon Mapleine, 1/4 cup chopped nuts.

**Pistachio** — 1 teaspoon of pistachio extract or 3/4 teaspoon almond extract with the vanilla, and a little green coloring.

## Golden Parfait

3/4 cup sugar	2 cups whipping cream
8 egg yolks	
1 1/2 t. flavoring	

Cook sugar and egg yolks in top of a double boiler until thick (about four minutes), stirring constantly. Whip over ice water until cold, add flavoring, then fold in cream which has been whipped until thick but not stiff. FREEZE in dessert tray or paper cups, without stirring and with Temperature Regulator at 'Coldest.' When frozen reset to 'No. 3.'

### Variations of Golden Parfait

**Almond, mint, orange, sherry or vanilla** extract may be used for flavoring.

**Biscuit Tortoni** — Flavor Golden Parfait with almond, add 1/2 cup crushed almond macaroons. Freeze in paper cups, filling them to the top. When frozen dip in rolled macaroon crumbs.



chilled desserts



## Almond Refrigerator Cake

$\frac{2}{3}$ cup butter	1 t. orange extract
2 cups powdered sugar	$\frac{1}{2}$ t. almond extract
4 eggs	18 macaroons
$\frac{1}{2}$ cup shredded almonds	Lady fingers

Cream butter and sugar, separate the eggs, add yolks and beat. Add flavorings and almonds. Fold in the stiffly beaten egg whites. Line a mold with lady fingers, add layer of filling, a layer of macaroon crumbs, until three layers of filling are used. Cover with macaroons and chill at least 24 hours.

## Apricot Soufflé

1 lb. gelatin	1 cup canned apricots
$\frac{3}{4}$ cup water	$\frac{3}{4}$ t. vanilla
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup whipping cream
$\frac{1}{4}$ t. salt	
6 tb. lemon juice	
3 eggs	

Soak gelatin in water. Place the sugar, salt, lemon juice and egg yolks in the top of double boiler, then cook, stirring steadily until the eggs thicken like custard. Add gelatin and when melted, add the apricots, cut fine. (If dried apricots are used, add more sugar and less lemon). To cool, place cold water and ice cubes in the bottom of the double boiler. Stir custard until slightly thick. Add the egg whites, which have been beaten until stiff, vanilla, and finally fold in the whipped cream. Pour into a decorative mold or small molds. Serves 6 to 8.

## Chocolate Refrigerator Cake

2 ounces chocolate	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup sugar	1 cup powdered sugar
$\frac{1}{4}$ cup milk	1 t. vanilla
4 eggs	2 doz. lady fingers

Melt the chocolate. Add the granulated sugar, milk, and egg yolks, stirring constantly until thick. Cool. Cream the butter and powdered sugar. Add to the chocolate mixture. Then add vanilla and finally fold in the stiffly beaten egg whites. Line a refrigerator freezing tray with strips of waxed paper to fit, or use a long egg box. Arrange split lady fingers on the bottom and sides with the round side out. Pour in the custard and place more lady fingers on the top. Place in the food compartment for at least 24 hours, though two to three days are better. Turn out on

a platter, remove the paper, and serve with whipped cream. Serves 10 to 14.

## Cranberry Bavarian Cream

1 package lemon gelatin	2 cups thick sweetened cranberry sauce
$\frac{3}{4}$ cup hot water	1 tb. lemon juice
$\frac{1}{2}$ cup ice cubes and water	

Melt lemon flavored gelatin in hot water, add ice and water, lemon juice, then strained cranberry sauce. Add about one inch of this to a decorative mold. Allow this to jelly in your Westinghouse. Place the rest over cracked ice or ice cubes and water, and when cold and syrupy, beat to a thick fine foam. Add to the mold and chill until firm. Unmold on a large platter, decorate with holly or evergreen twigs for a Christmas dessert. Serve with foamy mint sauce or flavored and sweetened whipped cream, tinted a delicate green. Serves 8 to 10.

## Date and Graham Cracker Pudding

1 cup dates, cut fine	$\frac{1}{2}$ cup nut meats
$\frac{1}{3}$ cup maraschino cherries	$\frac{1}{2}$ lb. graham crackers
$\frac{1}{4}$ lb. marshmallows	$\frac{1}{2}$ cup cream or evaporated milk

Cut the dates and cherries fine before measuring. Cut marshmallows in eighths or less and the nuts in small pieces. Roll the graham crackers, reserving one-fourth cup of the crumbs, then mixing the rest with the fruits and nuts. Add the cream, working in very thoroughly. Finally, form into a roll about eight inches long. Roll this in the remaining cracker crumbs, working them in to form an outside crust. Place in a covered bread pan and store in your Westinghouse Refrigerator for at least 12 hours. Cut in slices, serve plain, with cream, or with a well-chilled soft custard. Serves 6 to 8.

## Refrigerator Plum Pudding

2 cups hot water	$\frac{1}{4}$ t. mace
2 packages lemon gelatin	$\frac{1}{8}$ t. cloves
2 cups ice cubes and water	$\frac{1}{4}$ t. nutmeg
$\frac{3}{4}$ cup currants	$\frac{1}{2}$ t. cinnamon
$\frac{3}{4}$ cup raisins	$\frac{1}{4}$ cup maraschino cherries

To two cups of hot water add spices and boil for five minutes. Add the fruit and simmer for five minutes more. Add the

two packages of lemon gelatin, stirring until it is melted. Add two cups of ice water and chill until the gelatin thickens slightly. Pour into a melon or ring mold. If the fruit settles to the bottom of the mold, stir a second time. Chill until jellied and serve with whipped cream, foamy sauce or soft custard.

## Pumpkin Chiffon Pie

1 cup canned pumpkin	cinnamon and salt
1/2 cup milk	3 eggs
1 cup sugar	1 tb. gelatin
3/4 t. each ginger, nutmeg, allspice,	1/4 cup cold water

Heat in a double boiler the pumpkin, milk, two-thirds cup sugar and seasonings, add slightly beaten egg yolks and gelatin which has been soaked in cold water. Cook for five minutes and cool over ice cubes and water. Stir occasionally and when it begins to thicken, beat the egg whites until stiff, beat in the rest of the sugar, and fold into the pumpkin. Pour into a ginger snap crust, or a previously baked pastry shell, and chill in Westinghouse. Garnish with whipped cream. Serves 6.

For ginger snap crust substitute ginger snaps for graham crackers in crust used with Lemon Chiffon Pie.

## Lemon Chiffon Pie

1 tb. gelatin	1/2 cup lemon juice
1 1/4 cups milk	1/2 t. grated lemon rind
3 eggs	
2 3/4 cup sugar	

Soak gelatin in one-fourth cup of cold milk for about 5 minutes. Scald the remaining cup of milk in a small saucepan over very low heat or in a double boiler. Beat egg yolks and gradually add sugar and salt. Add hot milk to egg yolk mixture. Return to heat and stir until slightly thickened. Remove from heat, add lemon juice, grated rind and gelatin and stir until gelatin is melted. Pour into a bowl and chill over ice cubes and water, stirring occasionally until slightly thickened, then fold in the egg whites, beaten until stiff. Pour into graham cracker crust or baked pie shell and place in Westinghouse to stiffen. Serve garnished with whipped cream.

**Graham Cracker Crust** — Cream a scant half cup of butter and add 1/4 cup powdered sugar and 1 1/2 cups of rolled graham crackers. Press this mixture over the sides and bottom of a 9-inch pie plate. Chill and add lemon chiffon filling.

## Refrigerator Cake Ambrosial

2/3 to 1 cup butter	3/4 lb. vanilla wafers
2 cups powdered sugar	1 cup cocoanut (optional)
6 eggs	1 1/2 cup pecans
1 1/2 t. vanilla	3 oz. chocolate

This is a two-layer refrigerator cake, one light with the cocoanut and nuts for flavoring, and the other chocolate. **FOR LIGHT LAYER**, cream half of the butter with one cup of the sugar. Beat three of the egg yolks and add with one teaspoon vanilla, the cocoanut and chopped pecans. Beat the egg whites until light, and then add three extra tablespoons of sugar and fold into the butter mixture. Butter a large bread pan, add one-third of the rolled vanilla wafers, then the light layer, then one-half of the remaining crumbs. **FOR DARK LAYER**, cream butter and sugar and make as above, adding the melted chocolate before adding the egg whites. Place over the light layer and finally add remaining crumbs. Keep at room temperature for about an hour and then store in Westinghouse overnight. Unmold on a platter or decorative tray, garnishing with candied cherries and rosettes of whipped cream. Serve with whipped cream for dessert bridge. Serves 10 to 12.

## Orange Refrigerator Pudding

1 tb. gelatin	2 eggs
1/4 cup cold water	3/4 cup orange juice
2 cups milk	1 t. grated orange rind
2 tb. cornstarch	
3/4 cup sugar	2 doz. lady fingers

Soak the gelatin in water. Add a little cold milk to the cornstarch. Scald the rest in the top of a double boiler. Add sugar to the milk and finally the cornstarch. Cook for 20 minutes, stirring until it thickens, then add the gelatin and orange. Add a little at a time to the slightly beaten egg yolks, then cook for five minutes more. Cool slightly before adding the beaten egg whites, to which have been added four extra tablespoons sugar. Stir until the egg white is well blended with the custard. Cool over ice cubes and water. Arrange a layer of half lady fingers on the bottom of a mold, and stand others around the edge. Add the custard, then lay more lady fingers in a design on top. Just before serving pare rind and white membrane from an orange, cut into individual gores and arrange on top. Serve with or without whipped cream. Serves 8.



# ICE CREAM AND PUDDING SAUCES

## Apricot Cream Sauce

- |                                    |                              |
|------------------------------------|------------------------------|
| $\frac{1}{4}$ cup granulated sugar | 2 egg yolks, slightly beaten |
| $\frac{1}{4}$ cup apricot juice    | 1 cup whipping cream         |

Rind of  $\frac{1}{2}$  lemon

Mix sugar, apricot juice, rind, and beaten yolks, then cook until thick. Chill thoroughly and combine with stiffly whipped cream. This mixture is stiff enough so that it does not run. Serve this sauce very cold on slice of angel or sponge cake.

## Neapolitan Hard Sauce

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 cup butter                    | $\frac{2}{3}$ t. vanilla              |
| 3 cups sugar                    | $\frac{2}{3}$ t. strawberry flavoring |
| XXXX, sifted before measuring   | Red and green vegetable coloring      |
| 3 tb. cream                     |                                       |
| $\frac{1}{2}$ t. rose flavoring |                                       |

Cream the butter, add sugar and cream. Divide into thirds. To one-third add rose flavoring and a touch of green coloring. To another add vanilla and to the third, strawberry flavoring and a speck of red coloring. Cut off the top of a pound butter carton, line with wax paper and pack the sauce in layers. Store in your Westinghouse, then serve cut in slices.

## Foamy Sauce

- |                      |  |
|----------------------|--|
| 3 tb. butter         | $\frac{1}{4}$ grated lemon rind                |
| 1 cup powdered sugar | Few grains of salt                             |
| 2 egg yolks          | $\frac{1}{3}$ cup whipped cream (use optional) |
| 2 egg whites         |  |
| 1 t. lemon juice     |  |

Cream butter and sugar, add the egg yolks. Place over hot water and beat for five minutes. Fold into the hot mixture the stiffly beaten egg whites, lemon juice and rind, salt, vanilla and cream. Serve cold. Three fourths cup cranberry sauce may be substituted for the lemon.

## Chocolate Fudge Sauce

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| $\frac{1}{2}$ ounces of chocolate | $\frac{1}{2}$ cup boiling water |
| 1 tb. butter                      | 1 cup sugar                     |
| 2 tb. corn syrup                  | $\frac{1}{2}$ t. vanilla        |

Melt chocolate over hot water, add

butter, corn syrup, boiling water, sugar, stirring constantly. Finish cooking over direct heat, boiling for 3 minutes. Cool, add vanilla. Serve hot or cold. If this recipe stands over 24 hours and is thicker than desired, melt over hot water.

## Caramel Sauce

- |                                |                                   |
|--------------------------------|-----------------------------------|
| $\frac{2}{3}$ cup corn syrup   | 4 tb. butter                      |
| $\frac{1}{4}$ cups brown sugar | $\frac{3}{4}$ cup evaporated milk |

Cook all together in a double boiler for  $\frac{3}{4}$  hour. Cool and then beat for five minutes. Recipe makes two cups of sauce.

To make caramel almond balls—put about three tablespoons of caramel sauce in the bottom of a dessert dish, make a ball of ice cream with an ice cream scoop or tablespoon, roll quickly in a small bowl of shredded almonds and place on top of sauce.

## Swiss Chocolate Sauce

- |                                |  |
|--------------------------------|--|
| $\frac{1}{2}$ ounces chocolate | $\frac{1}{3}$ cups evaporated milk or coffee cream |
| Few grains of salt             | $\frac{1}{2}$ t. vanilla                           |
| 1 cup sugar                    |  |

Add chocolate, sugar, and salt to top of double boiler. Mix well as chocolate melts. Add evaporated milk or cream gradually and cook for about five minutes. Chill before adding flavoring. Store in refrigerator and heat to serve as a chocolate sauce. It may also be mixed with whipped cream and frozen, or may be mixed with milk and ginger ale and used as a beverage.

## Orange Cream Delight

- |                         |                      |
|-------------------------|----------------------|
| 2 egg yolks             | 1 cup whipping cream |
| $\frac{1}{2}$ cup sugar | Grated orange rind   |
| 1 orange                |                      |

Beat egg yolks until very thick, add the sugar and both the juice and grated rind of one orange. Cook until thick, chill and fold into cream, which has been beaten until thick. Serve with snow pudding, angel or sponge cake, or pour into paper mousse cups or refrigerator dessert tray, and freeze without stirring with the Temperature Regulator set at 'Coldest.' Reset to 'No. 3' or '4'.



breads and cookies



## Baking Powder Biscuits

4 cups flour  
3 tb. baking powder  
2 t. salt  
 $\frac{1}{2}$  cup shortening  
 $1\frac{1}{3}$  cups milk

Sift flour before measuring, and again with the baking powder and salt. Add shortening, cutting in with a pastry blender. This may be stored in the refrigerator for a week or more, measuring just enough of the flour mixture and liquid for the quantity desired. The whole recipe will make 28 biscuits  $1\frac{3}{4}$  inches in diameter. Bake in a hot oven (450°F.) from 10 to 12 minutes.

### Variations of Baking Powder Biscuits

(Quantities are for half of above recipe)

**Butterscotch Biscuits** — Roll out, spread with butter, brown sugar and cinnamon, roll up like jelly roll, cut in slices. Bake at 425°F.

**Cheese Biscuits** — Add one-third cup sharp, finely grated cheese to the dry ingredients, add the liquid. Roll, cut and bake in a hot oven for 10 minutes.

**Drop-Biscuits** — Add one-fourth cup more milk and drop by spoonfuls on lightly greased baking sheet or muffin pans. Bake at 450°F. for 10 to 12 minutes.

**Jam Tea Biscuits** — Roll dough one-fourth inch thick. Cut into rounds and remove centers in half of them with doughnut cutter. Place those with a center hole on top of others, bake in a 425° F. oven for 15 minutes. While hot fill centers with jam.

**Peanut Butter Biscuits** — Substitute four tablespoons peanut butter for two tablespoons shortening. Mix thoroughly. Bake in a hot oven, 450° F. for 10 to 12 minutes. Or, make biscuits as usual, roll out, spread peanut butter over half the dough, place rest of dough on top, cut in triangles, squares, etc., sprinkle sugar on top, and bake in a hot oven, 450° F. for 10 to 12 minutes.

## Cream Puffs

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup water  
4 eggs  
1 cup pastry flour  
Dash of salt

Boil together the butter and water, add the flour and cook until thick, stirring constantly. Remove from the heat and add the eggs one at a time, beating until well blended between each addition. FOR ICE CREAM PUFFS bake on a greased cooky sheet, making each mound about 2 inches in diameter and  $1\frac{1}{2}$

inches high, and spacing about 2 inches apart. Bake in a 425° oven for 35 to 40 minutes, and allow to stand in the open oven for an extra 25 minutes. Then place on wire rack to dry on the bottom. To serve cut almost through with a sharp knife, fill with ice cream, and serve with a butterscotch, chocolate or nesselrode sauce. Serves eight. FOR SALAD PUFFS, use about a teaspoon of dough, space on baking rack one inch apart and bake 25 to 30 minutes. Fill with spicy cheese, ham, chicken or fish salad.

## Bran Butterscotch Cookies

$1\frac{1}{4}$  cups butter  
2 cups brown sugar  
2 eggs, well-beaten  
2 cups All-Bran  
3 cups flour  
2 t. baking powder

Cream the butter and add the sugar, eggs, and All-Bran. Mix well. Sift the flour with the baking powder and add to first mixture. Chill, shape into roll, then wrap in heavy wax paper. Store in the Westinghouse, and when needed slice thin and bake on cooky sheet in hot oven (425° F.) for about 12 minutes. This will make about 8 dozen cookies 2 inches in diameter.

## Ginger Snaps

1 cup molasses  
 $\frac{1}{2}$  cup shortening  
 $3\frac{1}{4}$  cups flour  
 $\frac{1}{2}$  t. soda  
2 t. ginger  
 $1\frac{1}{2}$  t. salt

Heat molasses to boiling point, and add to shortening. Sift the flour, soda, ginger, and salt, then add to the molasses. Shape into a roll about two inches in diameter, wrap in wax paper, and store in Westinghouse until wanted. Slice and bake in a hot oven (400° F.) for 10 to 15 minutes.

## Prize Honey Peanut Cookies

1 cup butter  
 $\frac{1}{2}$  cup honey  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{3}$  cup milk  
2 cups flour  
1 t. soda  
1 t. baking powder  
2 cups quick-cook oats  
1 cup chopped raisins  
1 cup chopped peanuts

Cream the butter, add the honey and brown sugar, then add the rest of the ingredients in the order given. Roll a teaspoon of the dough in the hands, place on an ungreased cooky sheet, flattening a little. Bake in a slow oven (325° F.) for 15 to 20 minutes. This recipe will make from 50 to 60 cookies of delicious flavor.

## Butterscotch Peanut Cookies

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ lb. brown sugar	3 cups flour
2 eggs	$\frac{1}{2}$ t. cream of tartar
$\frac{1}{2}$ t. cinnamon	1 cup chopped
$\frac{1}{2}$ t. salt	peanuts

Cream butter, add sugar, then slightly-beaten egg yolks. Sift cinnamon, salt, cream of tartar, and soda with flour, then mix all together. This may be packed in cooky molds or chilled slightly and formed into long rolls about 2 inches in diameter. When thoroughly chilled, slice about an eighth of an inch thick and bake in a hot oven (400° F. to 425° F.) for 10 to 12 minutes.

## Chocolate Nut Cookies

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ t. salt
1 cup sugar	2 t. baking powder
1 egg	$\frac{1}{4}$ cup milk
2 ounces melted chocolate	1 cup chopped
2 cups pastry or cake flour	English walnuts

Cream shortening, and blend with the sugar. Add the well-beaten egg, melted chocolate, then beat. Add alternately the remaining dry ingredients and milk. Chill the dough in your Westinghouse, and when firm, roll out or form in rolls two inches in diameter. Again chill, then cut into thin slices. Place on greased cooky sheet, bake in moderate oven (370° F.) from 8 to 10 minutes. This makes from 50 to 60 cookies.

## Pinwheel Cookies

1 cup butter	1 t. soda
2 cups brown sugar	1 t. cream of tartar
2 eggs	1 ounce chocolate
2 cups cake or pastry flour, sifted	1 t. vanilla

Cream butter, add sugar and beaten eggs. Sift the flour, soda, and cream of tartar together. Mix thoroughly. Divide the dough in two. To one half add the chocolate which has been melted over hot water. Wrap each mix lightly in wax paper and place in refrigerator for about two hours. Divide white and chocolate dough into four parts, then roll each thin, keeping it as nearly square as possible. Place a chocolate layer over the plain one and roll up as for jelly roll. Wrap in wax paper, return to your Westinghouse to chill, leaving it there for several hours at least, though the unbaked cookies may be stored for a week or more. Slice

cookies as needed and bake in a hot oven (425° F.) for ten to twelve minutes. Recipe makes about eight dozen cookies.

## Raisin Refrigerator Cookies

$\frac{3}{4}$ cup shortening	3 cups cake flour
$1\frac{1}{2}$ cups light brown sugar	$\frac{1}{2}$ t. salt
2 eggs	$\frac{1}{2}$ t. baking powder
1 cup seedless raisins	$\frac{1}{2}$ t. soda
	nutmeg

Wash raisins and cut in small pieces with scissors. Cream sugar and shortening. Add beaten egg and raisins. Sift the flour, measure and sift with salt, baking powder and soda. Mix very thoroughly and chill in refrigerator. When stiff enough to handle, form into rolls about 2 inches in diameter, wrap in wax paper and store in refrigerator. When ready to bake, cut in  $\frac{1}{4}$  inch slices. Place on oiled baking sheet  $1\frac{1}{2}$  inches apart. Bake 10 minutes at 400° F.

## Refrigerator Ginger Bread

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ t. allspice
$\frac{1}{4}$ cup lard	$\frac{1}{2}$ t. cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ t. salt
1 egg	1 t. soda dissolved
$\frac{1}{2}$ cup molasses	in $\frac{1}{2}$ cup hot
2 cups cake flour	water
$\frac{1}{2}$ t. ginger	

Cream the butter and lard. Add sugar and mix thoroughly. Add well-beaten egg, stir, then add the molasses. Sift flour, spices, and salt together, and add alternately with the hot water and soda mixture. Grease cake pan, line bottom of pan with wax paper, grease paper and pour in batter. Bake in a moderate oven (350° F.) for 35 to 45 minutes. This batter may be poured into a bowl, covered, and kept in your Westinghouse for several days.

## Refrigerator Rolls

2 cups boiling water	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ cup sugar	2 beaten eggs
1 tb. salt	8 cups of bread flour, sifted before measuring
2 tb. shortening	
2 cakes yeast	

Mix boiling water,  $\frac{1}{2}$  cup sugar, salt, and shortening together, then cool until lukewarm. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture. Add beaten eggs and stir in 4 cups of flour, then beat very thoroughly. Stir in 4 more cups of flour and mix thoroughly, but it is not necessary to



knead. Brush the top of the dough with melted butter, cover tightly and store in refrigerator until ready to use. Shape as described below and put in a warm place until double in bulk. Bake 15 to 20 minutes in a hot oven 425° F. Two cups of graham or whole wheat flour may be substituted for white flour. Held at the low Westinghouse Refrigerator temperatures, this dough will keep for a week or ten days.

### Variations of Refrigerator Rolls

**Caramel Rolls** — Roll out a rectangle of dough  $\frac{1}{2}$  inch thick and 12 by 6 inches, spread with cinnamon and brown sugar, then roll. Cut in one-inch slices and arrange in a buttered pan. Let rise till double in bulk and bake at 400° F. to 425° F. for 15 to 18 minutes.

While the rolls are baking, make an icing of 2 cups sifted XXXX sugar, 1 tablespoon melted butter,  $\frac{1}{2}$  teaspoon Mapleine flavoring and just enough warm water to make the icing spread. Spread this on the warm rolls.

**Clover Leaf Rolls** — For each roll take three pieces of dough the size of walnuts and shape with greased fingers until smooth and round. Place in muffin tins, cover, then set in warm place to rise until double in bulk. Bake in a hot oven (400° F.) for 15 to 20 minutes.

**Coffee Cake** — Knead dough until soft and shape between the palms of the hands until it is about 20 inches long and about 1  $\frac{1}{2}$  inches in diameter. Hold one end in each hand and twist in opposite direction. Place swirled piece of dough in a greased pan; bring ends together to form a circle.

Allow to double in bulk, brush with melted butter, sprinkle with a mixture of 1 tablespoon sugar and 1 tablespoon cinnamon and bake in 400° F. oven for 20 minutes.

While coffee cake is still warm, spread on a frosting made of 1 tablespoon butter, 2 tablespoons cream, a cup of sifted powdered sugar, and a half cup of nuts.

**Crescent Rolls** — Roll dough about  $\frac{1}{4}$  inch thick. Cut into 5-inch squares with a sharp knife, and then into triangles. Brush with shortening and roll from the cut side toward the point. Press the point down firmly, roll into a crescent and

place on a well-greased baking sheet. Allow to rise until doubled in bulk. Brush with a mixture of egg white and water and bake 8 to 10 minutes in 400° F. oven.

**Luncheon Rolls** — Roll refrigerator dough until  $\frac{1}{2}$  inch thick. Cut in rounds with a small biscuit cutter and cover the top of each with melted butter. With a table knife make a crease on the top of each round. Fold the rounds over, Parkerhouse style, and place in greased baking pan so that they touch each other. Allow to rise till double in bulk and bake at 400° F. for 15 to 18 minutes.

**Orange Rolls** — Follow the directions for luncheon rolls, inserting a small section of sliced orange under the fold. After baking, brush the top of each roll with a thin icing of powdered sugar moistened with orange juice.

**Pecan Cinnamon Rolls** — Roll refrigerator dough until  $\frac{1}{2}$  inch thick, 10 or 12 inches long, and about 6 inches wide. Spread with melted butter and cinnamon. Roll and cut in 1-inch slices.

Cover the bottom of a baking pan with softened butter, then add brown sugar, pecan meats and arrange the rolled slices on top of the nuts. Allow to rise and bake at 400° F. for 15 to 20 minutes.

## Walnut Cookies

1 $\frac{1}{2}$ cups sugar	1 $\frac{1}{2}$ t. cream of tartar
$\frac{1}{2}$ cup fat	1 t. soda
$\frac{1}{4}$ cup water	3 $\frac{1}{4}$ cups flour
2 eggs	$\frac{1}{4}$ cup black walnuts
$\frac{1}{2}$ to $\frac{3}{4}$ t. salt	$\frac{1}{4}$ cup raisins
1 $\frac{1}{2}$ t. vanilla	

Cream the sugar and fat. Add the salt ( $\frac{3}{4}$  teaspoon unless butter is used). Add the unbeaten eggs. Sift the cream of tartar and soda with the flour, add a little to the raisins, then blend the rest of the ingredients. The nuts should be cut fine and sprinkled on top of each cookie just before baking. Drop cookie dough the size of walnuts about two inches apart on a lightly greased cookie sheet. Bake in 425° F. oven for 8 minutes. This dough may be stored in a covered bowl in your refrigerator for several weeks so that fresh hot cookies may be made at a few moments' notice. Makes 8 dozen cookies.





beverages and cocktails



## Broadway Flip

2 to 3 tb. chocolate sauce  
 1/4 cup strong coffee  
 1/2 cup rich milk  
 2 tb. vanilla or chocolate ice cream

### Individual Service

Place the desired quantity of all of the above in a beverage shaker and shake vigorously. If no shaker is available, place in a deep mixing bowl and beat until frothy with a rotary egg beater.

## Cranberry Cocktail

2 quarts cranberries  
 2 cups water  
 1/2 to 1 cup sugar  
 1/2 cup ginger ale

Simmer the cranberries with the water till tender and press through a strainer. Add sugar to taste—not enough to make sweet—and chill in Westinghouse Refrigerator. Just before serving add the ginger ale. This makes a happy change from tomato or sauerkraut cocktails.

## Spiced Cranberry Cocktail

1 quart cranberries  
 3 1/2 cups water  
 3/4 cup sugar  
 2 inches stick cinnamon  
 1/2 t. allspice  
 4 to 6 cloves

Wash cranberries and cook with water until berries have popped. Crush berries, add sugar and spices and cook again for five minutes. Strain and chill. Serve from a cocktail shaker after shaking with crushed ice, in small glasses with crushed ice, or with the addition of a little charged water.

## Country Club Punch

3 cups sugar  
 3 quarts water  
 1 cup strong tea  
 12 lemons  
 12 oranges  
 1 quart grape juice  
 1 small can crushed pineapple  
 2 quarts ginger ale

Boil the sugar and water together for eight minutes, add the tea, then chill. Add the orange, lemon, grape juice, and pineapple. Place in refrigerator to mellow for about 2 hours and before serving, add two quarts of ginger ale and ice cubes. For small parties, this recipe may be divided into thirds. If served in a punch bowl, add quarter slices of orange and lemon and one bottle of maraschino cherries. Serves about 50.

## Cafe au Lait Flip

1 pint milk  
 2 tb. ground coffee  
 2 tb. sugar  
 4 tb. ice cream  
 1 t. vanilla

Scald the milk in a double boiler, add the finely ground coffee and the sugar and allow to stand for 15 minutes. Strain and chill. When ready to serve, place in a beverage shaker with the ice cream and vanilla, then shake.

## Fruit Ice Fizz

1 cup sugar  
 2 cups water  
 Dash of salt  
 2 cups mixed fruit juices or grape juice, orange, lime or lemon  
 (1 cup lemon, 1 cup water)  
 1 qt. ginger ale, strawberry or raspberry carbonated water

Boil the sugar and water together, add a dash of salt and a little grated orange rind. Chill and strain. Add fruits as suggested above and pour into freezing tray. Because of the low sugar content, this mixture will freeze to a granite texture and not to a fine grained water ice texture. To serve, fill a tall glass about half full of the fruit ice and add ginger ale, strawberry or other carbonated water.

## Frosted Mint Chocolate

2 ounces chocolate  
 1 cup water  
 1/2 cup sugar  
 1 quart milk  
 1 t. vanilla  
 1/2 t. peppermint extract  
 1/4 t. salt  
 1/2 pint ice cream

Melt the chocolate and add water, boiling until thick. Add sugar and milk and cook five minutes. Chill, add flavorings, salt, and ice cream, then beat with a rotary egg beater until well blended. Serve in tall glasses with or without the addition of another tablespoon of ice cream.

## Loganberry Cocktail

1/4 cup sugar  
 1 cup water  
 Juice of 1 lemon  
 1 cup orange juice  
 2 cups loganberry juice (1 lb. 5 oz. can Loganberry strained 2 cups)

Boil sugar and water together for 10 minutes. Mix fruit juice and syrup. Strain, cool, and pour into freezing pans. Freeze to a mush. Remove from tray with an ice cream scoop. Serve in sherbet glasses. Garnish with thin slice of orange and mint leaves. Set Temperature Regulator at 'Coldest' for freezing. Serves 8.

## Ginger Ale Delight

- |                    |                    |
|--------------------|--------------------|
| 1½ cups sugar      | 2 cups orange      |
| 1½ cups water      | juice              |
| 5 whole cloves     | 1 cup pineapple    |
| ¼ t. allspice      | or apricot juice   |
| ¼ t. cinnamon      | Juice 1 grapefruit |
| ¼ t. grated nutmeg | 3 pints ginger ale |

Boil sugar and water together for 10 minutes. Add the spices to the hot syrup and allow to stand for an hour and a half. Strain through cheese cloth into the fruit juices, add the ginger ale and serve in glasses containing decorated ice cubes. Serves 12 to 14.

## Jellied Bouillon

- |                  |                  |
|------------------|------------------|
| 2 tb. gelatin    | 1 t. Worcester-  |
| 4 tb. cold water | shire sauce      |
| 1 t. salt        | 2 tb. Tarragon   |
| ½ t. pepper      | vinegar          |
| 2 tb. parsley    | 1 quart beef     |
| 2 small pieces   | bouillon or      |
| bay leaf         | 4 bouillon cubes |
|                  | to 4 cups hot    |
|                  | water            |

Soak gelatin in cold water five minutes. Cook remaining ingredients together 10 minutes. Strain and, while hot, add gelatin. Chill in large or individual molds in Westinghouse until firm. Serve on lettuce leaves and garnish with stuffed olives, or cut into small squares and serve in bouillon cups. Serves 6 to 8.

## Jiffy Punch

- |                    |          |
|--------------------|----------|
| 1 quart ginger ale | 1 orange |
| 1 pint grape juice | ½ lemon  |

Combine ginger ale and grape juice. Slice one-half of the orange, cutting each slice in half or in quarters. Then add these pieces and the juice from the other half of the orange, and from the lemon, to the ginger ale and grape juice. Serve with one section of orange and a Westinghouse ice cube in each glass.

## Raspberry Cup

- |                 |                   |
|-----------------|-------------------|
| 1 cup red rasp- | 1 cup sugar syrup |
| berries         | 3 cups strong tea |
| ¾ cup crushed   | 1 quart bottle    |
| pineapple       | ginger ale        |
| 3 lemons        |                   |

Crush the raspberries, add the pineapple, juice of lemons, syrup and tea. If convenient, allow to stand several hours in your Westinghouse and then strain, forcing as much of the fruit pulp through

the strainer as possible. Just before serving, add the ginger ale and ice cubes. Serves 10 to 12.

## Mint-Grapefruit Cocktail

Pare grapefruit and cut pulp in whole sections. If grapefruit is not in season canned grapefruit may be used. Add a scoop of Mint Ice (see page 7) to sherbet glasses and place several sections of grapefruit on top. A garnish of emrelettes, or maraschino cherries, or mint leaves may be added.

## Reception Punch

- |                  |                    |
|------------------|--------------------|
| ½ cup water      | 6 lemons           |
| 1 cup sugar      | ½ cup creme de     |
| ½ cup grapefruit | menthe             |
| juice            | Rind one-half      |
| ¼ cup crushed    | cucumber           |
| pineapple        | 1 quart ginger ale |
| 6 oranges        |                    |

Boil sugar and water, cool, add fruits, creme de menthe with pared rind of one-half orange and the cucumber rind. Chill in refrigerator for several hours. Remove cucumber and orange rind, add ginger ale and ice cubes. Serves 10 to 12.

## Roman Punch

- |                |                     |
|----------------|---------------------|
| 2 cups water   | 1 cup orange juice  |
| 1 cup sugar    | ⅓ cup lemon juice   |
| 2 cups strong, | 3 tb. rum flavoring |
| cold tea       | Ginger ale          |

Boil together water and sugar for five minutes. Cool. Make strong tea and when cold, add the fruit juices and the rum flavoring. This may be served with ginger ale and ice cubes, or ginger ale may be frozen in the freezing trays and cubes of ginger ale served in the punch. Serves 8 to 10.

## Spiced New Year's Punch

- |                     |                    |
|---------------------|--------------------|
| 1 tb. sliced orange | ¼ t. ground nutmeg |
| rind                | ¼ cup sugar        |
| 1 tb. sliced lemon  | 4 cups strong      |
| rind                | green tea or       |
| ¼ t. cloves         | cider              |

Slice the orange and lemon rind very thin, place in a bowl and add to it the spices, sugar and finally pour hot tea over them. Let stand until cool, strain through cheese cloth, chill and serve over crushed ice. Makes 1 quart. Applejack, gin or brandy may be added to taste. Serves 6 to 8, depending on size of glasses used.



## Summer Fizz

12 sprigs mint	1/2 cup lemon juice
1 cup currant jelly	1 quart ginger ale
1 cup hot water	1 cup cold water
3 cups orange juice	

Crush mint in a bowl with the back of a silver spoon, add boiling water, then a glass of currant jelly. When jelly is melted, add cold water. When cold, strain out the crushed mint. Add the fruit juice and, just before serving, the ginger ale. Serve with sprigs of fresh mint or pour over ice cubes which have had mint leaves frozen in them. Serves 8 to 10.

## Veranda Punch

1/4 cup sugar	Juice 5 oranges
1 pint water	Juice 2 lemons
2 cups loganberry	1 pint ginger ale
juice	

Boil sugar and 1/2 cup water, add loganberry, orange and lemon juice, the rest of the water, and chill. Just before serving add the ginger ale and ice cubes.

## Witch's Punch

1 cup water	1/2 t. powdered
2 4-inch sticks of	mace
cinnamon	1 t. whole cloves
	1 quart cider

Boil the spices in water until the liquid is reduced to about 1/2 cup. Strain and add this to one quart of chilled cider and serve in small glasses as a cocktail. This may be served for a first course at a dinner or it may be used as a beverage at a card party. Serves 6 to 8.

## Tomato Juice Cocktail

2 cups tomatoes	Celery salt
2 tb. sugar	Onion juice
1 t. salt	Ground cloves
1/8 t. pepper	Dash Tabasco

Strain tomatoes, add seasonings, and allow to stand in your Westinghouse for an hour, so that the flavors may mellow. Seasonings may be changed to suit individual preferences such as adding 1/2 bay leaf, 2 tablespoons chopped parsley, 2 teaspoons chili sauce, 2 tablespoons Worcestershire sauce, 2 tablespoons lemon juice. Chill well, shake in a cocktail shaker, or for special occasions freeze

and serve in sherbet glasses, topped with parsley or water cress. Since the fruit solids and sugar content are very low it is desirable, though not essential, that gelatin be added. For this soak two teaspoons of gelatin in a little tomato juice, then melt over hot water, adding to the above tomato mixture. Freeze for about half an hour with Temperature Regulator at 'Coldest.' Remove to a chilled bowl and beat thoroughly with a rotary egg beater. Complete freezing. To make smoother, beat twice while freezing.

## Creme De Menthe Syrup

1 cup sugar	1 t. peppermint
3/4 cup water	2 t. mint flavoring
1/16 t. cream of tartar	Green vegetable coloring

Boil the sugar and water together with the cream of tartar, cool and add the flavorings and coloring. This may be stored closely covered in the refrigerator, and added to fruit punch to taste.

## Fruit Freeze

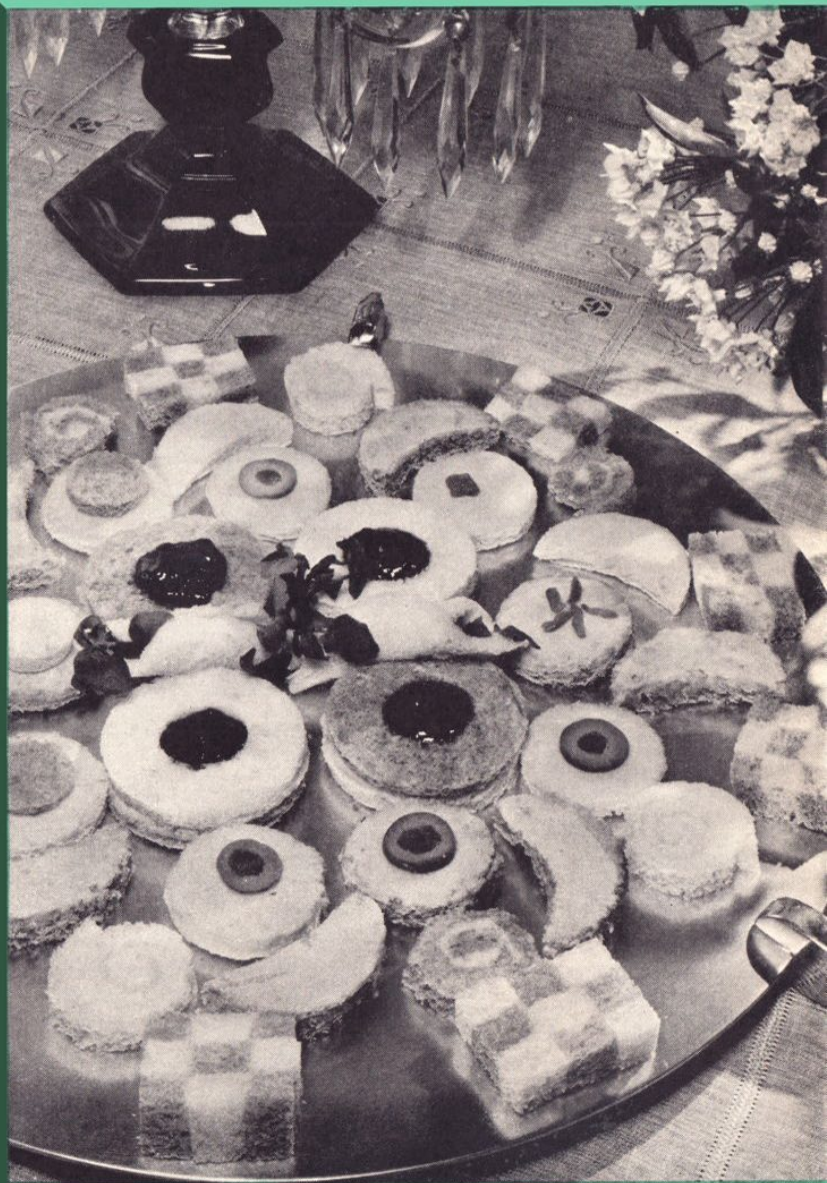
1 fresh pineapple	1 lemon
1/2 to 1 cup of	1 quart of cold
sugar syrup	water

Pare the pineapple, remove eyes and core. Cut into small pieces and put through a food chopper. Sweeten to taste with sugar syrup made of equal parts sugar and water. Chill thoroughly. Add water, lemon juice, and crushed ice. Fill glasses to within a third of the top and add a scoop of raspberry ice. Strawberries may be substituted for the pineapple and orange for the lemon. This should be served with lemon ice. Serves 6 to 8.

## Golden Cup

1 No. 3 can apricots	1 cup sugar syrup
1 orange	3 cups tea
1 lemon	1 quart ginger ale

Make a pulp of the apricots by putting through a meat grinder or potato ricer. Add the juice of the orange and lemon, the syrup and tea. Chill and, if time permits, allow the flavors to mellow in your Westinghouse Refrigerator for several hours. Just before serving, add the ginger ale and ice cubes. Vanilla ice cream may be substituted for ice cubes if a more nourishing beverage is desired. Serves about 12.



canapés and sandwiches



## Checkerboard Sandwiches

White bread      Butter  
Graham bread      Seasoning

Cut graham and white bread into uniform slices about half an inch thick. Spread generously with soft butter which has been seasoned with anchovy paste or minced ham, making two, three-slice sandwiches, one with 2 slices of brown bread and one of white, the other reversing this. Cut away the crusts, chill, cut each sandwich in half-inch slices, putting them together so that the brown and white bread will come in alternate rows. Place in a tightly covered pan or wrap very tightly in heavy wax paper and place in your Westinghouse to harden the butter. When ready to serve cut in half-inch slices.

## Cold Meat Cornucopias

Slice cold baked or boiled ham very thin. Trim neatly into oblongs about  $2\frac{1}{2}$  by 3 inches. Then roll lengthwise into small cornucopias and fasten each firmly with a toothpick. Whip cream till very stiff. Fold in horse-radish. Fill cornucopias with mixture and garnish with sprig of parsley inserted in open end of cornucopia. Other delicious combinations are chicken or turkey breast with chopped sweet pickle, and dried beef with cream cheese. Arrange one of these cornucopias on a plate with a stuffed celery curl, and a tomato and olive hors d'oeuvre for a most appetizing first course at dinner.

## Cream Cheese and Ginger

1 package Philadelphia cream cheese      Top milk  
2 tb. candied ginger

Soften the cheese with a little top milk. Chop ginger fine and add to cheese. Spread between thin slices of buttered white bread. The combination of flavors in this sandwich is very unusual and appetizing.

## Green and Gold Sandwiches

2 hard cooked eggs       $2\frac{1}{2}$  tb. mayonnaise  
 $1\frac{1}{2}$  tb. creamed butter      7 chopped green olives

Mash the yolks of the two eggs, add the creamed butter, mayonnaise, finely-chopped egg whites, and chopped green olives, then mix together. Spread on unbuttered slices of brown bread.

## Hot Luncheon Sandwiches

6 slices bread      Tomato (optional)  
Butter      6 slices bacon  
6 slices cheese

**For Open Faced Sandwiches.** Spread lightly with butter, add a slice of cheese, a slice of tomato and one or two half slices of bacon.

Place on a pan in a hot oven, three to four inches beneath the broiler heat and cook until the bacon is done to taste and the cheese melted.

**For Double Sandwiches.** Fry bacon slightly, add slice of cheese and place between slices of bread. Spread outside of sandwiches with melted butter and saute in a frying pan over a low heat until bread has browned. Turn so that both sides may brown. Serve hot with a shredded raw vegetable salad.

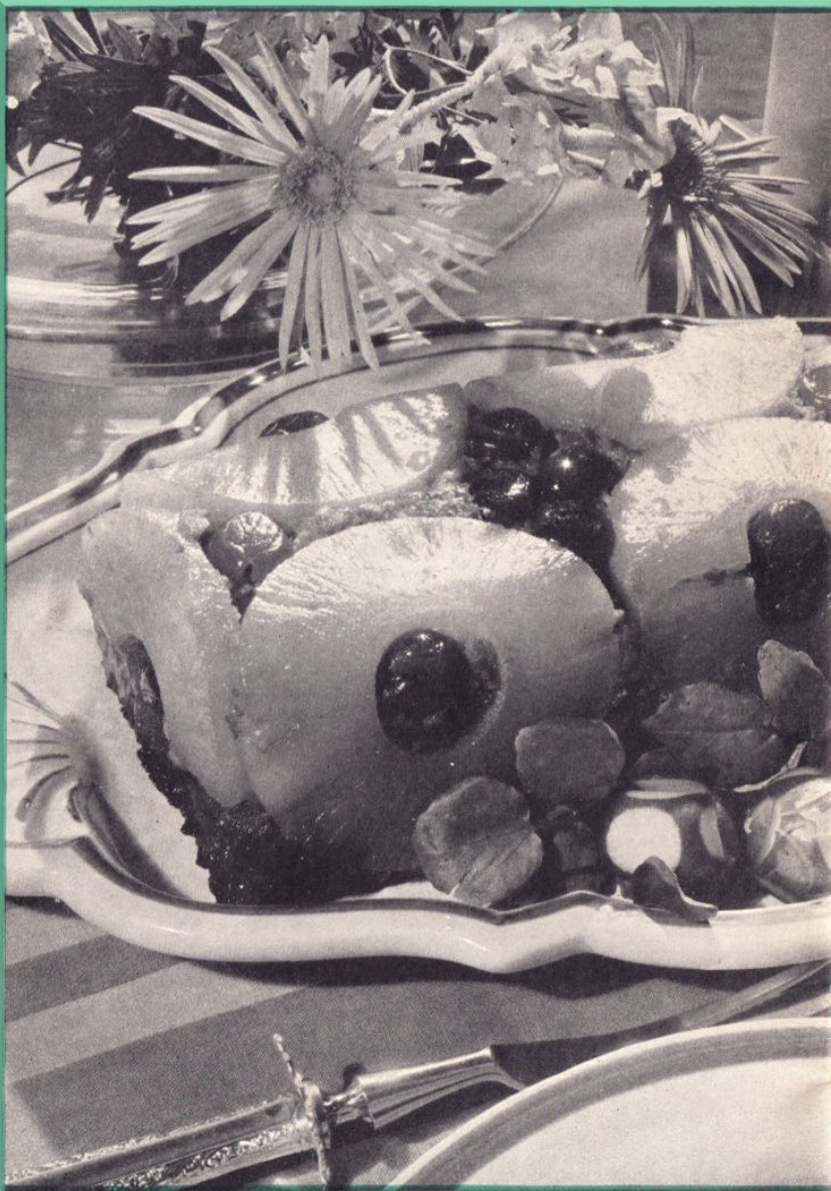
## Lunch Box Sandwich Suggestions

1. Baked beans, or kidney beans crushed and mixed with mayonnaise or chili sauce.
2. Calves liver and bacon.
3. Cottage cheese and minced water cress.
4. Cottage cheese flavored with garlic.
5. Dried beef and American cheese.
6. Egg and Dutch mustard, tuna fish and cucumber pickle, olive, pimento and cream cheese.
7. Fried egg and lettuce.
8. Ground meat and mayonnaise.
9. Ham and Swiss cheese.
10. Peanut butter and sweet pickle.
11. Smoked beef and horse-radish mixed with butter.
12. Walnuts and cottage cheese.

## Roquefort Cheese Filling

1 oz. Roquefort cheese      3 oz. Philadelphia cheese or cottage cheese  
Dash of salt

Press the Roquefort cheese through a fine strainer. Add creamed Philadelphia cheese and salt. This may be used to stuff celery, may be molded in diminutive nut cups and served with fruit salad, or may be used as a spread for canapés. Added seasonings, as chopped stuffed olives, horse-radish, onion juice and a little cream may be added, the cheese beaten until fluffy, and the mixture served, piled lightly in a dish. Crackers, potato chips or small pretzels may be dipped into this at cocktail parties.



leftovers



## Buffet Meat Loaf

### Green Layer

- |                           |                    |
|---------------------------|--------------------|
| 1 package lime gelatin    | 3 tb. vinegar      |
| 1 cup boiling water       | 1 t. salt          |
| ¾ cup ice cubes and water | ½ cup celery       |
|                           | 1 small cucumber   |
|                           | ¼ cup green pepper |

Dissolve the gelatin and salt in hot water. Add cold water and vinegar, then chill until it begins to jelly, stirring occasionally. Add the vegetables, and pour into a fancy mold or into a 9½-inch by 5½-inch bread pan. When stiff, add the following:

### Red Layer

- |                          |   |
|--------------------------|---|
| 1½ tb. gelatin           | 1½ t. salt  |
| ½ cup water              | 2 cups leftover ground meat (veal, pork, or lamb) |
| 1 cup canned tomato soup |   |
| 1 t. onion juice         |   |

Soak the gelatin in water for five minutes, then add the hot tomato soup, onion juice and salt. Chill over ice cubes and water until slightly jellied. Add the meat but do not stir enough to make a paste of the meat. Pour over the lime jelly. When firm, serve on a platter garnished with lettuce or endive. Garnish with a Poinsettia or other flower made of pimento and green pepper, or hard cooked egg and green pepper.

## Chicken Soufflé

- |                             |                        |
|-----------------------------|------------------------|
| 2 cups canned mushroom soup | Few drops onion juice  |
| ½ cup stale bread crumbs    | 2 eggs                 |
| ¾ t. salt                   | 1 cup leftover chicken |
| ¼ t. celery salt            | Shredded almonds       |
| Dash of pepper              | ½ tb. parsley          |

Cook together for two minutes 1¼ cups of the mushroom soup, the bread crumbs and the seasonings. Add the egg yolks and beat thoroughly, then the chopped chicken. Finally fold in the egg whites which have been beaten stiff. Pour the chicken mixture into a buttered baking dish and place in a larger dish containing hot water and bake 50 minutes in a moderate oven (350° F.). Serve at once with a sauce made by thickening the remainder of the canned soup. Shredded almonds which have been fried to a light brown in butter may be served over this loaf. Serves 4 to 6.

## Baked Meat Sandwiches

- |                                |                     |
|--------------------------------|---------------------|
| Toast                          | Pepper              |
| Butter                         | 1 can mushroom soup |
| Turkey or other meat leftovers | Grated cheese       |
| Salt                           | Paprika             |

Make sandwiches of buttered, toasted bread, and turkey or other meat slices or "crumbs," adding salt and pepper to meat. Cut into triangles and place in a buttered baking dish. Pour over them canned mushroom soup. Sprinkle with grated cheese. Bake in a 350° F. oven until the cheese is lightly browned.

## Turkey and Ham Mousse

- |                                 |                  |
|---------------------------------|------------------|
| 2 tb. butter                    | ½ cup cut turkey |
| 2 tb. flour                     | ½ cup ham        |
| 1 cup milk                      | ½ cup celery     |
| 1 cup chicken stock or bouillon | ¼ cup pimento    |
| 1½ t. gelatin                   | 1 egg, cooked    |
| ¼ cup water                     | ½ cup mayonnaise |
|                                 | 1¼ t. salt       |
|                                 | ¼ t. pepper      |

Make white sauce of flour, turkey fat, and butter (if there is not enough turkey fat). With leftover roast turkey, use all milk or canned bouillon and milk in the preparation of the white sauce. Soak the gelatin in cold water and add to the hot sauce. Grind the turkey, ham, and hard cooked egg. Cut the celery and pimento fine, and finally fold all together. Mold in a ring, melon, or chicken mold and serve on a platter with endive and sections of tomato, with slices of pineapple, or with red grapes. Serves 8.

## Hawaiian Macaroni Ring

- |                 |                        |
|-----------------|------------------------|
| 10 oz. macaroni | 1 cup pineapple, diced |
| 3 tb. butter    | 2 cups turkey stew     |

Cook the unbroken macaroni in actively boiling, salted water until tender. Drain, then add the melted butter before adding to a buttered, nine-inch ring mold. Allow to stand in a warm place for at least half an hour before unmolding, or bake in a 375° F. oven for ten minutes. Unmold on a warm platter and fill with leftover turkey which has been heated in turkey gravy with pineapple. Bring the pineapple and gravy to a boil before adding the turkey, and do not boil after it is added. Serves 8.

## Christmas Ring Mold

- |                |                    |
|----------------|--------------------|
| 3 lbs. spinach | 1/2 cup mayonnaise |
| 1 tb. butter   | 2 eggs             |
| 1 tb. flour    | 2 tb. lemon juice  |
| 1/2 cup milk   | Pepper             |
| 1/4 t. salt    | Harvard beets      |

Cook the spinach in 1 cup of water until tender. Add 2 teaspoons salt five minutes before removing from heat. Strain and put through a meat grinder, or chop fine. Make cream sauce by cooking flour and butter and adding milk. When thick add to spinach together with slightly beaten eggs, highly seasoned mayonnaise and lemon juice, then place in a buttered ring mold. Set mold in warm water and bake in a 350° F. oven for 45 minutes. Unmold onto a chop plate, fill the center with Harvard Beets, then surround with sliced roast lamb, beef, etc.

## Curry of Meat Mexican

- |  |                                |
|--|--------------------------------|
| 1 1/2 to 2 cups<br>fresh or left-<br>over meat | 1/2 can apricots               |
| 2 tb. fat                                      | 1/2 cup tomato<br>pulp         |
| 2 tb. curry                                    | 1/2 cup seeded<br>raisins      |
| 2 tb. flour                                    | 2 tb. sherry (use<br>optional) |
| 1 t. salt                                      | 1/2 lb. mushrooms              |
| 2 cups milk                                    |                                |

If fresh meat is used, brown it before making the sauce. Blend and cook the fat, curry, flour, and salt, then slowly add the milk, stirring until the mixture has thickened. Add the finely cut apricots, sliced mushrooms, drained tomato and the raisins, which have been soaked in the sherry. Put the meat in a baking dish, pour the sauce over it, and cook in a 400° F. oven for 35 to 45 minutes. Serves 6.

## Jellied Fish Loaf

- |  |                               |
|--|-------------------------------|
| 2 cups cooked<br>rice (3/4 cup<br>raw)                         | 2 pkgs. salad<br>aspic        |
| 1 3/4 cups fish<br>(Salmon,<br>Shrimp, Hali-<br>but, etc.)     | 2 cups hot water              |
| 1 cup diced<br>celery, peas or<br>other leftover<br>vegetables | 1 t. minced onion             |
|  | 1/2 t. salt                   |
|  | Dash of pepper                |
|  | 1 t. chili powder             |
|  | 1 tb. vinegar                 |
|  | 2 cups ice cubes<br>and water |

Cook the rice, prepare the fish and vegetables while the gelatin is being melted and allowed to slightly jelly. To the hot water for the gelatin add the onion juice, salt, chili powder and vinegar. Pour over the Salad Aspic and when it

has melted, add the ice cubes and water. When cubes have melted, divide the gelatin in two. To half of it add the rice and pour into a fancy mold or bread pan to jelly, placing in your Westinghouse to thicken. Add the fish and celery to the other half and pour over the jellied rice. To serve, remove from the mold by loosening around the edges and dipping into moderately hot water.

## Jellied Meat Loaf

- |   |                                |
|---|--------------------------------|
| 2 pkgs. salad<br>aspic                        | 2 cups diced<br>turkey or veal |
| 2 cups water or<br>stock from<br>turkey bones | 3 hard cooked<br>eggs          |
| 1 1/2 cups ice and<br>water                   | 2 cups peas                    |
| 1 cup mayon-<br>naise                         | 2 cups diced<br>celery         |
|   | 2 tb. pimento                  |
|   | 1 t. salt                      |
|   | 1 t. onion juice               |

Melt aspic in 2 cups hot water, or stock. Add 1 1/2 cups ice and water and blend with the mayonnaise. Add seasoning, meat and vegetables, place in Westinghouse to chill, stirring occasionally, until it begins to thicken, then place in a loaf pan and return to Westinghouse. When jellied, unmold on a platter, garnish with a Poinsettia made of pimento, and surround with individual molds of currant jelly and parsley or watercress.

## Salmon Savory

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 cup salmon<br>(smoked or<br>fresh) | 1 cup cooked<br>onions           |
| 2 cups thin<br>white sauce           | 2 cups canned<br>peas            |
| 1/2 t. salt                          | 2 hard-cooked<br>eggs            |
| 1/4 t. paprika                       | 2 tb. minced<br>parsley          |
| 1/4 t. pepper                        | 1 1/2 cups dried<br>bread crumbs |
| 1 cup cooked<br>celery               | 2 tb. butter                     |

Use leftover vegetables, or partially cook the celery and onions while preparing the white sauce (white sauce made in quantity and stored in your Westinghouse may be used). If smoked salmon is used, freshen by covering with water and bringing the water to a boil, then cut into shreds. Combine the salmon, white sauce, seasonings and vegetables. Pour this mixture over half the bread crumbs which have been placed in a buttered baking dish. Add the rest of the bread crumbs and dot the butter over the top. Bake in a very hot oven (450° F.) until well browned (10 to 15 minutes).



## Mexican Stuffed Squash

- |                             |                                |
|-----------------------------|--------------------------------|
| 2 large crook-necked squash | 2 tb. green peppers            |
| 3 cups leftover meat        | 2 tb. olive oil (or other fat) |
| 1 small onion               | 1 egg                          |
| 2 t. salt                   | 1½ cups stale bread cubes      |
| ½ cup catsup                |                                |
| 2 tb. hot peppers           |                                |

Wash and parboil the whole squash until outside rind may be pierced with a fork (about 30 minutes). Cut in half lengthwise, remove the seeds and fill with the meat mixture prepared in the following manner: Fry onion to a light brown, add the ground meat, seasonings, egg slightly beaten and bread cubes which have been toasted or fried. Cover this with bread crumbs which have been tossed in melted butter and brush the cut surfaces of the squash with melted butter so they will brown. Bake in a 400° F. oven for 30 minutes, or until slightly browned. Serves 6.

## Spicy Meat Pies

- |             |                      |
|-------------|----------------------|
| 1 onion     | 1 cup cooked rice    |
| 1 cup gravy | 2 cups leftover meat |
| Pepper      | 2 stalks celery      |
| Thyme       | Salt                 |
| Allspice    |                      |

Fry the onion in meat drippings or butter until light brown. Add the leftover gravy and spices to taste. Boil for about five minutes before adding the rice, celery and ground meat. Put the spicy meat into individual ramekins. They may then be covered with discs of cooked pastry, which have been well pricked and baked in a 500° F. oven. Serves 6.

## Stuffed Pepper Salad

- |                       |                       |
|-----------------------|-----------------------|
| 1½ cups leftover meat | 4 green peppers       |
| ½ cup celery          | ¼ t. paprika          |
| 2 tb. sweet pickle    | ⅛ t. pepper           |
| 2 tb. pimento         | ½ t. salt             |
| ½ t. onion juice      | ½ to 1 tb. mayonnaise |

Grind leftover meat, celery, pickles, and pimento. Scrape the cut surface of an onion to obtain the juice, then add with other seasonings and just enough mayonnaise to hold all together. Cut tops from green peppers, remove seeds, then stuff with the meat mixture. Cover, place in refrigerator for several hours for the flavors to mellow. Serve three slices on shredded lettuce, placing a mound of mayonnaise in the center and a dash of paprika on top of it.

## Tuesday Meat Roll

- |                    |                       |
|--------------------|-----------------------|
| 2 cups flour       | 4 tb. shortening      |
| ¾ cup water        | 1 t. salt             |
| 4 t. baking powder | 1½ cups leftover meat |

### Leftover gravy

Make first five ingredients into baking powder biscuit and roll to ¼ inch thickness. Spread with ground leftover roast (beef, pork, or ham) which has been highly seasoned and moistened with leftover gravy. Roll like a jelly roll and cut with a sharp knife, placing individual portions in a glass baking dish. Brush with melted butter and bake for 20 minutes in a 450° F. oven. Serve with leftover gravy or a tomato sauce.

## Upside-Down Ham Loaf

- |                              |                        |
|------------------------------|------------------------|
| 2 cups ground ham (leftover) | ⅛ t. pepper            |
| 1½ lb. ground fresh pork     | ¾ cup brown sugar      |
| 2 eggs                       | 1 t. dry mustard       |
| 1 cup milk                   | ¼ cup vinegar          |
| 1 cup cracker crumbs         | 10 Maraschino cherries |
| ½ t. salt                    | 6 slices pineapple     |

Mix together the meat, slightly beaten eggs, milk, salt and pepper. Grease a large rectangular bread pan generously and pour the brown sugar, which has been mixed with the mustard and vinegar, over the bottom. On this press six slices of pineapple with a maraschino cherry in the center and between each slice. Over this spread the meat, packing in place. Bake in a 400° F. oven for 1½ hours. Turn out on a platter and serve with baked or scalloped potatoes. Serves 6 with plenty left over for cold meats or sandwiches.

## Vegetable Pot Pourri

- |   |                                   |
|---|-----------------------------------|
| 3 cups leftover vegetables, onions, baked beans, broccoli, carrots, green beans, peas, etc. | 1 green pepper                    |
|   | ½ lb. cheese                      |
|   | ¼ cup milk                        |
|   | ⅛ t. paprika                      |
|   | 1 cup boiled rice or bread crumbs |

Place the leftover vegetables and finely cut green pepper in a baking dish, then cover with cheese sauce. This may be made of processed cheese, melted with milk, or with shredded cream cheese added to a medium white sauce. Cover with buttered bread crumbs and bake until brown in a 350° F. oven. Serves 6.



## MEAT LEFTOVERS

### Ham

As loaf (see page 29) with horse-radish sauce . . . Creamed on waffles . . . In potato croquettes . . . Minced with green pepper on toast . . . Toasted luncheon sandwich . . . With escalloped potatoes . . . With macaroni. In salads, see pages 33-38.

### Beef, Lamb or Chicken

Croquettes . . . Curried dishes . . . Deep dish pies with biscuit, pastry, or mashed potato crust . . . Individual pies . . . Stuffed peppers mixed with rice, bread crumbs, or mixed vegetables. In salads (see pages 33-38).

### Beef, Veal, Pork, Lamb

Meat Roll (see page 29) . . . Hash baked with egg on top . . . Stew with sweet-sour sauce and dumplings . . . Stuffed tomato. As salad — chopped meats mixed with celery and mayonnaise. Serve on lettuce. Spicy Meat Pie (page 29).

### Chicken, Pork, Veal

Aspic Salad — use meat aspic adding one cup diced meat and one cup diced celery, green pepper, or other vegetable as desired . . . Salad — using diced meat, celery, green pepper, mayonnaise. Buffet Meat Loaf (page 27). Serve with potato chips. Salads (see pages 33-38).

### Chicken, Turkey

Turkey Salad Special . . . Turkey and Ham Mousse . . . Jellied Meat Loaf . . . Chicken Soufflé.



## FISH LEFTOVERS

### Crab, Cod, Flounder, Salmon, Shrimp, Tuna

Cocktail with Russian Dressing . . . Croquettes . . . Fish Cakes . . . Salad with peas, celery, or carrots and mayonnaise, or Russian dressing . . . Salad with lemon or lime gelatin or salad aspic, plus pineapple, pickles, vinegar, celery and carrot . . . Jellied Fish Loaf (page 28). Baked potato stuffed with whipped potato and fish.





## VEGETABLE LEFTOVERS

Potato, Squash,  
Tomato,  
Onions, Turnip,  
Corn, Spinach,  
Carrot, or a  
Mixture of  
Several

Rice

Carrots,  
String Beans

Scalloped . . . Soufflé . . . Sprinkled with grated cheese and baked. Mashed potato as top for meat pies. Served with Cheese Sauce, as Vegetable Pot Pourri (page 29) . . . With meats.

Croquettes with almonds . . . Fritters . . . Fruit Condé . . . Glorified Rice . . . Muffins . . . Rice Ring for creamed dishes . . . Spanish Rice . . . Waffles.

In cream with pimento garnish . . . Salad, marinated with French dressing, garnished with mayonnaise.



## FRUIT LEFTOVERS

Cherries, Pears,  
Peaches,  
Apricots

Apricots,  
Apple Sauce,  
Bananas,  
Strawberries,  
Raspberries

Fruit cocktail . . . Mix with fresh fruits . . . Add thin sugar syrup or syrup from any canned fruit. To canned fruit juices add ginger ale or soda, use in frozen desserts or as sauce over plain creams.

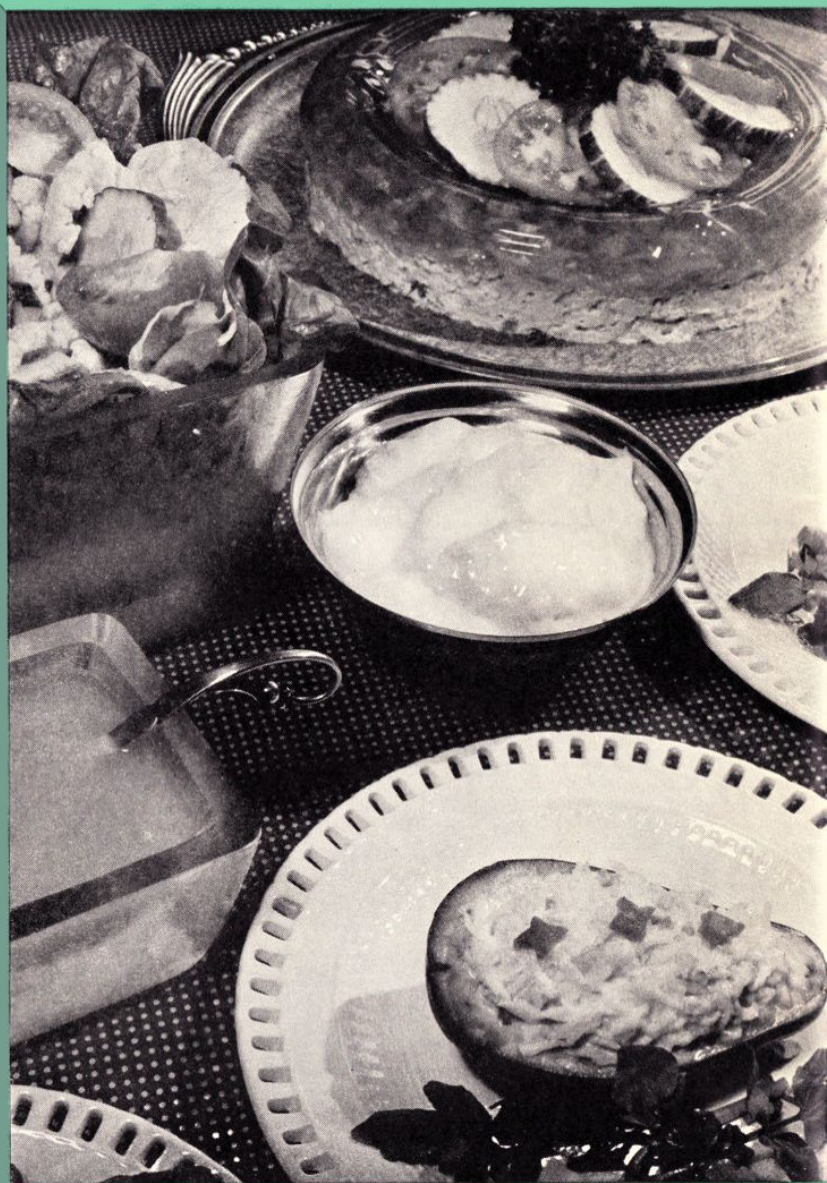
Fritters . . . Fruit Snow or Whip . . . Sherbets . . . Ice Cream . . . Mousses . . . Sauces for cake . . . In gelatin desserts.



## ICE CREAM LEFTOVERS

Ice Cream of  
Any Flavor

Ice cream sandwiches with sponge cake, chocolate cake, or waffles . . . Serve with caramel, chocolate, or Melba sauce . . . Partially melt leftover ice creams, pack in layers in a mold or freezing tray and re-freeze for Tutti-Frutti ice cream.



salads



## Apricot Glacé Salad

1 t. gelatin	1 t. lemon juice
¼ cup cold water	½ cup quince jelly
1 pkg. Philadelphia cream cheese	1 cup whipping cream
	Apricots

Soak gelatin in cold water and melt over hot water. Cream the cheese with the lemon and jelly until smooth. Add the melted gelatin and finally fold in the whipped cream. Pour into a freezing tray, and freeze without stirring with Temperature Regulator at 'Coldest.' When frozen, reset to 'No. 3' or '4'. Arrange three halves of apricot on lettuce, and add a teaspoon of the cheese. Serves 6 to 8.

## Baltimore Salad

4 oranges (large)	3 avocados
3 grapefruit	Leaf lettuce
½ pt. cottage cheese	Strawberries
	French Dressing

With a very sharp knife, peel oranges and grapefruit, removing all membrane to the flesh. Remove individual gores. Pare and cut the avocados in half, slicing each half lengthwise. Fill with seasoned cottage cheese, invert on a lettuce leaf and alternate the orange and grapefruit gores around the avocado like the petals of a flower. Place strawberries between each petal. Serve French dressing. Serves 6.

## California Frozen Salad

⅓ cup figs	1 Philadelphia cream cheese
⅓ cup dates	⅔ cup mayonnaise
⅓ cup seedless raisins	½ cup whipping cream
⅓ cup pineapple, crushed	⅓ cup pecans
6 maraschino cherries	Juice of 1 lemon
	½ t. salt

Chop the fruits fairly fine. If the raisins are at all dry, soak for 15 minutes in scalding hot water and drain. Mix the cream cheese with the mayonnaise and blend until the cheese is smooth. Whip the cream and thoroughly blend all the above ingredients. Pack in a freezing tray or in a fancy mold, and freeze. Set the Temperature Regulator to 'No. 2' for two hours, then back to 'No. 4' until ready to serve. If frozen at too low a temperature or too long, fruits become very hard. If fresh fruit is used, soak in sugar syrup to keep from becoming icy. Serves 6.

## Crab Meat and Pineapple Salad

2 t. gelatin	½ cup grapefruit juice
⅓ cup grapefruit juice	½ cup crushed pineapple
1 t. Tarragon vinegar	1 cup crab meat (6½ oz. can)
½ cup mayonnaise	1 t. salt

Soak the gelatin in grapefruit juice and melt over hot water. Add the vinegar, then when mixed add the mayonnaise, stirring in gradually. Cut grapefruit sections into small pieces and combine fruit, crab meat and mayonnaise mixture. Pour into an oiled mold and chill. To serve, unmold on a rectangular platter and garnish with lettuce, pineapple and tomato slices. Serves 6.

## Crab Meat in Cucumber Boats

2 cucumbers, 6-inch	¾ cup carrot, shredded
1 can crab meat (6½ oz. can)	Mayonnaise
½ cup cucumber pulp	½ t. salt

Select medium size cucumbers about 6 inches long. Cut in half lengthwise, then peel. Remove the seeds by hollowing, then trim the cucumbers to boat shape with a quarter-inch shell. Carefully remove spines from the crab meat, then mix with the cucumber pulp and shredded carrot. Add a little mayonnaise and the salt, mixing well, place in cucumber boats. This may be served on curly endive, or on shredded lettuce, topped with sprigs of water cress. Serves 4.

## Cranberry Jelly Salad

2 packages cherry gelatin	1 orange
2 cups hot water	½ cup sugar
1 cup ice water	½ cup chopped celery
2 cups cranberries	½ t. salt

Add hot water to cherry or strawberry flavored gelatin and when melted, add ice water, setting in Westinghouse Refrigerator to thicken. Grind the raw cranberries and half of the orange. Add the sugar, juice of the other half orange and finely diced celery. When sugar has melted add to the gelatin and when thick enough to keep the fruit from floating, place in an eight-inch ring mold. Serve with chicken salad. Serves 6.

## Cucumber and Pineapple Jelly

- |                              |                                 |
|------------------------------|---------------------------------|
| 2 tb. gelatin                | Juice $\frac{1}{2}$ lemon       |
| $\frac{1}{3}$ cup cold water | 1 cup diced cucumber            |
| 1 cup boiling water          | 1 cup canned shredded pineapple |
| $\frac{1}{4}$ cup sugar      |                                 |
| $\frac{1}{2}$ t. salt        |                                 |
| $\frac{1}{2}$ cup vinegar    |                                 |

Soak gelatin in cold water 5 minutes, then dissolve in boiling water. Add sugar, salt, vinegar, and lemon juice; chill. When the mixture is the consistency of thick syrup, stir in the cucumber and pineapple. Pour into wet individual molds or individual ring mold. Place in food compartment to jelly. Unmold on a slice of pineapple and serve with mayonnaise. Serves 6 to 8.

## DeLuxe Tomato Salad

- |   |                      |
|---|----------------------|
| $1\frac{1}{2}$ tb. gelatin              | 1 minced onion       |
| $\frac{1}{2}$ cup cold water            | 1 cup chopped celery |
| 1 cup canned tomato soup                | 3 tb. lemon juice    |
| $\frac{1}{2}$ lb. American cream cheese | Tomato catsup        |
| 1 chopped green pepper                  | 1 cup mayonnaise     |

Soften the gelatin in the cold water. Bring the soup to a boil and add the cheese. Stir until cheese has melted, then add the gelatin. Chill, add the chopped vegetables, catsup, lemon juice, and mayonnaise. Place in Westinghouse Refrigerator to jelly. Serve on lettuce leaves with a garnish of stuffed olives. Serves 6.

## Frozen Fruit Salad

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 t. gelatin             | 1 cup mayonnaise                 |
| $\frac{1}{4}$ cup milk   | $\frac{1}{2}$ t. salt            |
| 1 cup cottage cheese     | 2 tb. lemon juice                |
| 1 cup mixed canned fruit | $\frac{1}{2}$ cup whipping cream |

Soak the gelatin in the milk, decreasing the quantity slightly if the cottage cheese is very moist. When soft, melt over hot water. Cut the fruit into quarter-inch cubes, blend with the cheese, mayonnaise, salt and lemon juice. Add a little to the melted gelatin before blending with the rest and finally fold in the whipped cream. Pour into a narrow Westinghouse freezing tray and freeze with the Temperature Regulator turned to 'Coldest.' When hard enough to serve, reset to 'No. 4' or '5' until ready to serve. To remove from the tray loosen around the edges and finally press the tray on

the bottom. Cut in slices or cubes to serve. Serves 6 to 8.

## Florida Salad

- |                             |                                       |
|-----------------------------|---------------------------------------|
| $\frac{1}{2}$ avocado pear  | $\frac{1}{4}$ cup sour cream dressing |
| $\frac{1}{2}$ cup crab meat |                                       |
| $\frac{1}{2}$ t. salt       |                                       |

For each portion allow the above ingredients, very thoroughly chilling them all after they are mixed. Use  $\frac{1}{2}$  avocado pear for each serving and fill with the crab meat, salt, and sour cream dressing. (See page 39.) This should be garnished with red and green pepper, and served extremely cold, as you may so easily do by chilling in your Westinghouse Refrigerator.

## Glorified Cabbage Salad

- |                                 |                            |
|---------------------------------|----------------------------|
| $\frac{1}{4}$ cup water         | 1 chopped green pepper     |
| $\frac{1}{3}$ cup cider vinegar | 3 tb. chopped walnut meats |
| 2 tb. sugar                     | 2 tb. chopped pimentos     |
| 2 cups shredded cabbage         | 1 tart red apple           |

Mix the water, vinegar, granulated sugar together. Pour over shredded cabbage. Soak for an hour. Drain off liquid, add chopped pepper, walnut meats, pimentos, and apple that has been cut in slender strips. Place in the food compartment. Chill thoroughly and mix with mayonnaise before serving. Serve on lettuce leaf. Serves 6 to 8.

## Health Salad

- |   |  |
|---|--|
| $\frac{1}{3}$ cup shredded cabbage—plus | $\frac{1}{3}$ of a Philadelphia cream cheese softened with |
| 1 tb. mayonnaise                        | $\frac{1}{2}$ tb. water, milk, or cream, and               |
| $\frac{1}{3}$ cup shredded carrot—plus  | flavored with just a trace of onion                        |
| 1 tb. mayonnaise                        |  |
| $\frac{1}{4}$ cup chopped green pepper  |  |

### Individual Portion

Cut the cabbage and raw carrot into fine shreds and mix each with a level tablespoon of thick mayonnaise. Cut a half-inch slice from a large head of lettuce and place on a salad plate. Sprinkle with French dressing. Place on this a three-inch open biscuit or cookie cutter and add the carrot mixture, then add a layer of the cabbage mixture, and finally the chopped green pepper. Remove the cutter, leaving mold of vegetables. Surround this with the cream cheese which has been moistened, flavored and forced through a pastry tube.



## Jean's Frozen Fruit Salad

1 cup whipping cream  
1 cup mayonnaise  
 $\frac{1}{8}$  t. salt  
2 cups canned fruit salad

Whip the cream stiff. Blend with one cup of stiff mayonnaise. Add salt. Strain syrup from one medium-sized can of fruit salad and mix with above after cutting into half-inch cubes. Freeze with the Temperature Regulator set at 'Coldest,' then reset to 'No. 4.' Serves 6.

## Jellied Beet Salad

3 cups cubed beets  
1 lb. gelatin  
 $\frac{1}{4}$  cup cold water  
 $\frac{1}{2}$  cup vinegar  
 $1\frac{1}{4}$  cups hot water  
2 tb. butter  
1 t. salt  
 $\frac{1}{4}$  cup sugar

Cook the beets without paring or pricking. When tender, rub off the skins, then cut the beets into quarter-inch cubes. Soak the gelatin in  $\frac{1}{4}$  cup cold water, then melt in the  $1\frac{1}{4}$  cups hot water. Add the butter, salt, sugar, and vinegar. Pour over the diced beets and place over ice cubes and water. Stir occasionally until the mixture begins to thicken. When stiff enough to keep beets from settling pour into individual molds, then place in your Westinghouse Refrigerator to jelly. Serve on water cress or on lettuce. Garnish with parsley. Serves 8.

## Jellied Dessert Salad

1 package lime gelatin  
 $\frac{3}{4}$  cup hot water  
1 cup ice cubes and water  
3 tb. lemon juice  
 $\frac{1}{2}$  cup crushed pineapple  
 $\frac{1}{2}$  cup shredded carrot

### Melon balls

Melt the gelatin in  $\frac{3}{4}$  cup hot water and when all melted, add ice and water to make one cup. Add the lemon juice, pineapple, and carrots. Chill over ice and water, stirring occasionally. When quite thick, pour into individual ring molds. To serve, garnish with chicory or lettuce, using watermelon, cantaloupe and honeydew melon balls in the center.

## Lime Pear Salad

2 packages lime gelatin  
 $1\frac{3}{4}$  cups hot water  
2 cups ice cubes and water  
2 tb. lime or lemon juice  
6 maraschino cherries  
6 pear halves

Melt the gelatin in the hot water. When

thoroughly melted, add two cups of ice and water and the lemon juice. Remove ice and grids from Westinghouse Dessert Tray and pour into this enough of the gelatin to make a layer two-thirds of an inch thick. To make this set quickly, place in the froster. When firm, arrange six cherries on it, with halves of pears over them. Space carefully to permit cutting the finished salad in six portions, with a piece of pear in the center of each. Add the rest of the gelatin. Be sure it has a chance to seep under each pear. Serve on lettuce with sections of banana on two sides, and mounds of mayonnaise blended with an equal quantity of whipped cream. Serves 6.

## Lobster Mousse

2 tb. gelatin  
1 cup cold water  
1 cup boiling water  
2 cups shredded lobster  
2 tb. shredded pimento  
1 cup whipping cream  
1 to  $1\frac{1}{2}$  t. salt  
1 cup mayonnaise

Soak gelatin in a little cold water and melt in boiling water. Add the rest of the cold water and chill while preparing lobster and pimento. Mix all together, folding in the whipped cream last. Pour into a melon mold and allow to stand in food compartment 'till ready to serve. Garnish with slices of tomato and cucumber laid alternately against the mousse and with leaves from the heart of lettuce, or with chicory. Serve with a highly seasoned mayonnaise or sour cream and cucumber dressing. Serves 8 to 10.

## Pineapple and Cheese Salad

2 cups fresh pineapple (crushed)  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  t. salt  
2 tb. gelatin  
 $\frac{1}{4}$  cup cold water  
3 tb. lemon juice  
1 cup grated American cheese  
2 tb. green pepper  
2 tb. pimento  
1 cup whipping cream

Heat the pineapple, add sugar and salt, stirring until dissolved. (If canned pineapple is used, eliminate sugar.) Soak gelatin in cold water, then melt in the hot pineapple with salt. Cool, and when it begins to thicken, add the lemon juice, grated cheese, green and red peppers, and finally fold into the whipped cream. Mold in a melon mold, then garnish with tomato slices and cucumber wedges. Serve with mayonnaise and lettuce leaves.

## Pineapple and Orange Salad, Frozen

- |   |                              |
|---|------------------------------|
| $\frac{1}{2}$ cup crushed pineapple           | $\frac{1}{4}$ cup mayonnaise |
| $\frac{1}{4}$ cup maraschino cherries, sliced | 1 package cream cheese       |
| 1 orange                                      | 1 cup cream, lightly whipped |
| $\frac{1}{4}$ t. salt                         |                              |

Drain pineapple and cherries, pare orange, then free sections from membrane. Blend cream cheese and mayonnaise, mix with fruit and salt. Fold in beaten cream, stirring lightly. Pack in round baking powder tin or ice tray and freeze with Temperature Regulator set at 'Coldest' until frozen, then at 'No. 4' until ready to serve. Serve before fruit is frozen hard.

## Prune Cup Salad

- |                               |  |
|-------------------------------|--|
| 1 lb. prunes, cooked          | $\frac{1}{2}$ lb. soft American cheese |
| $1\frac{1}{2}$ tb. fine sugar | $\frac{1}{4}$ cup thin cream           |
| 4 tb. lemon juice             | $\frac{1}{4}$ t. salt                  |
| 1 cup heavy cream             |  |

Cook prunes, remove pits and mash fine. Add sugar and lemon juice. Grate the cheese on a very coarse grater and blend with light cream and salt. Whip heavy cream until just stiff and blend with the cheese mixture. Line large individual paper nut cups with the cheese, leaving a hollow in the center. Fill this with the prune mixture. Freeze with the Temperature Regulator at 'Coldest.' When frozen reset to 'No. 4.' To serve, tear off the paper cups and place the salad on water cress or lettuce. Serves 6.

## Royal Deviled Eggs

- |                               |                         |
|-------------------------------|-------------------------|
| 2 packages prepared aspic     | $\frac{1}{2}$ t. salt   |
| $1\frac{3}{4}$ cups hot water | $\frac{1}{2}$ t. pepper |
| 2 cups ice water              | Few drops onion juice   |
| $\frac{1}{4}$ cup lemon juice | 1 t. prepared mustard   |
| 3 hard cooked eggs            | Lettuce                 |
| 1 tb. chili sauce             | 2 cups chopped beets    |

Melt the prepared aspic in  $1\frac{3}{4}$  cups hot water, then add two cups of ice water and the lemon juice. (One quart home-made aspic may be used.) Pour to a depth of  $\frac{1}{3}$  of an inch into a bread pan, and place in your Westinghouse to chill and jelly. Cut hard cooked eggs in half, lengthwise. Remove the yolks and to them add the seasonings. Return to the egg whites and

arrange on the jellied aspic with the yolk side down. Pour in one-half inch more liquid aspic and replace in the Westinghouse until firm, before adding the rest of the aspic. Turn out on a platter or cut into individual portions. Serve on lettuce with finely-chopped spiced beets and cabbage slaw. Serves 6.

## Salmon Loaf Supreme

### Green Layer

- |                         |                           |
|-------------------------|---------------------------|
| 2 packages lime gelatin | 1 cup ice cubes and water |
| $\frac{3}{4}$ cup water | 1 tb. lemon juice         |
|                         | $\frac{1}{2}$ t. salt     |
| 1 cup cucumber          |                           |

Dissolve the gelatin in hot water, add the ice water, lemon juice, and salt, then cool. When mixture begins to stiffen, add the grated cucumber and pour into a rectangular mold. Place in your Westinghouse to jelly. When stiff add the following mixture:

### Salmon Layer

- |                                  |  |
|----------------------------------|--|
| 1 tb. gelatin                    | $\frac{1}{2}$ cup sweet pickles, chopped |
| 2 tb. cold water                 | $1\frac{1}{2}$ tb. vinegar               |
| $1\frac{3}{4}$ cups red salmon   | 1 cup mayonnaise                         |
| 1 t. salt                        |  |
| $\frac{1}{2}$ cup celery, sliced |  |

Soak the gelatin in cold water, then melt over hot water. Mix with a little of the mayonnaise and finally stir into the salmon from which skin and large bones have been removed. Add the salt, celery, pickles, mayonnaise, and vinegar. Allow to chill several hours. Serve with lettuce cups filled with peas which have been marinated in French dressing, gores of tomato and mayonnaise. Serves 6 to 8.

## Sweetheart Salad

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 2 cups crushed pineapple              | 2 tb. cherry juice                |
| $\frac{1}{2}$ cup sugar               | 6 oz. cream cheese                |
| $1\frac{1}{2}$ tb. granulated gelatin | 12 cherries                       |
| $\frac{1}{4}$ cup cold water          | $\frac{1}{2}$ pint whipping cream |
| 2 tb. lemon juice                     |                                   |

Heat pineapple with sugar, add gelatin which has been softened in a quarter cup of cold water. Stir until melted. Add lemon and cherry juice, and cool. Mash cream cheese, add cherries cut fine, mix with pineapple and chill until slightly thickened. Whip cream and blend with pineapple mixture. Mold and chill. This makes 12 small servings.



## Sioux City Fruit Salad

- |                           |  |
|---------------------------|--|
| 1/2 lb. marshmallows      | 1 1/2 cups crushed pineapple (drained) |
| 2 cups ginger ale         | 1/2 cup maraschino cherries (sliced)   |
| 1 tb. lemon juice         | 1 cup whipping cream                   |
| 2 tb. fruit juice         |  |
| 1 cup mayonnaise          |  |
| 2 cups peaches (cut fine) |  |

Heat marshmallows over low heat until half melted, folding over and over. Chill and blend in ginger ale, lemon juice, fruit juice, mayonnaise and fruits. Whip cream and fold in last. Set Temperature Regulator to 'Coldest,' and freeze without stirring. As soon as frozen, reset control to No. 3. To serve, remove from tray by loosening around the edges, inverting the tray over waxed paper, and pressing the bottom of the tray to remove the whole salad. Cut into individual portions and serve on lettuce or endive. Garnish with orange gores and mayonnaise. Serves 8 to 10.

## Strawberry Cube Salad

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 pkg. lemon flavored gelatin | 18 cleaned, stemmed strawberries |
| 1/2 cup hot water             | 1/4 cup chopped nuts             |
| 1 1/2 cups ginger ale         |                                  |
| 2/3 cup chopped dates         |                                  |

Dissolve 1 package of lemon gelatin in 1/2 cup hot water. Add ginger ale. Chill until the consistency of syrup. Add a thin layer of gelatin to the bottom of an ice tray. Add three strawberries, stems down, for each portion. Chill until firm. Pour in the remaining gelatin to which the nuts and dates have been added. Cut in cubes allowing 3 berries for each portion. Serve with mayonnaise to which whipped cream has been added.

## Stuffed Prune and Orange Salad

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 doz. large cooked prunes | 4 stalks celery, finely chopped |
| Mayonnaise                 | 3 large oranges                 |

Remove stones from cooked prunes. Mix mayonnaise with finely-chopped celery, and stuff the prunes. Pare the oranges, then slice. Arrange three slices of orange in center of lettuce leaf, place large stuffed prune on either side of the orange slices. Chill in the Westinghouse Re-

frigerator until ready to serve. Serve with French dressing. Serves 6.

## Spring Surprise Salad

- |                           |                  |
|---------------------------|------------------|
| 1 pkg. lemon gelatin      | 3 stuffed olives |
| 1 cup hot water           | 1 large cucumber |
| 1 cup ice cubes and water | 3 tomatoes       |
|                           | 1 head lettuce   |
|                           | Mayonnaise       |

Dissolve gelatin in boiling water and fill individual molds 1/3 full (a muffin pan may be used). Place in refrigerator and when firm, decorate with thinly-sliced olives and cucumber. Add just enough gelatin to hold decoration but not enough to let it float. Return to refrigerator. Remove skins from 3 tomatoes and slice in 1-inch slices. Spread one side with mayonnaise, sprinkle with salt, place on salad plate with the mayonnaise side down. Unmold gelatin mixture, place on top of the slice of tomato. Put mayonnaise around the outside of the tomato and completely cover the mayonnaise with shredded lettuce. Serves 6.

## Tomato Aspic

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 2/3 cups strained tomato juice | 1/4 cup vinegar               |
| 1 t. onion juice                 | 1/8 t. white pepper           |
| 1/8 t. cloves                    | 1/4 t. paprika                |
| 1/2 t. salt                      | 1 pkg. lemon-flavored gelatin |

Heat tomato juice and seasonings to boiling and pour over lemon-flavored gelatin. Stir until thoroughly dissolved. Chill. Pour into molds that have stuffed olives cut crosswise or pimento strips in the bottom. Serve with mayonnaise on lettuce. Serves 6.

## Tropical Salad

- |                                  |                       |
|----------------------------------|-----------------------|
| 2 large oranges                  | 6 slices pineapple    |
| 2 small grapefruit               | 6 maraschino cherries |
| 1 pkg. Philadelphia Cream Cheese | 1 green pepper        |
| Mayonnaise                       | Lettuce               |

Select oranges and grapefruit which are the same size and when possible, seedless. Pare with a sharp knife. Then, cutting close to membrane, remove gores in whole pieces. Combine cream cheese with a little mayonnaise and add a mound to the center of the pineapple. Place alternate layers of orange and grapefruit over this to make a two-colored half sphere. Garnish the top with segments of maraschino cherry cut into eighths and small leaf-shaped pieces of green pepper, or use mint leaves. Serves 6.

## Turkey Salad Special

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 lb. gelatin                   | 3 cups turkey                  |
| $\frac{1}{4}$ cup cold water    | 3 stalks celery                |
| 1 chicken bouillon cube         | 4 eggs, hard cooked            |
| $\frac{3}{4}$ cup boiling water | $\frac{1}{2}$ lb. white grapes |
| 1 cup mayonnaise                | 1 t. salt                      |
|                                 | Pepper to taste                |

Cut turkey, celery, and hard-boiled eggs into small pieces. If grapes are of the small seedless variety leave whole; otherwise cut in half and remove seeds. Soak gelatin in water and dissolve in hot bouillon. Cool, add to the mayonnaise and finally mix with the other ingredients. Pour into a large fancy mold or individual molds and, when firm, turn out on lettuce leaves. Be sure to place individual molds on beds of shredded lettuce. Use the big green outside leaves that are so often discarded, yet which contain important vitamins. The shredded lettuce makes it much easier to arrange the small molds on the lettuce leaves. Serves 8.

## Turkish Salad Roll

- |                              |                      |
|------------------------------|----------------------|
| $\frac{3}{4}$ cup ground ham | 4 tb. India Relish   |
| 2 pkgs. cream cheese         | Mayonnaise           |
|                              | Large lettuce leaves |

Add ham and relish to the cream cheese and beat to a smooth paste. If too stiff to spread, a bit of mayonnaise may be added. Spread the mixture on large flattened lettuce leaves, then roll the leaves. To serve, cut in one-inch lengths, placing several in lettuce cups. Ripe olives and gored tomato may be added to each portion. Use either mayonnaise or French dressing. Serves 6.

## Valentine Vitamin Salad

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 pkg. strawberry gelatin             | $\frac{1}{2}$ cup shredded carrot     |
| 1 cup hot water                       | $\frac{1}{2}$ cup celery, sliced fine |
| $\frac{1}{4}$ t. salt                 | 2 ripe bananas                        |
| $\frac{3}{4}$ cup ice cubes and water | 2 tb. lemon juice                     |
|                                       | $\frac{1}{2}$ cup pineapple           |

Dissolve gelatin in hot water and add cold water to cool. Shred carrots, slice celery, and cut bananas in cubes. Sprinkle lemon over the bananas. Add the salt to the hot gelatin. When cool and it begins to thicken, add the vegetables. Mold in decorative molds and serve with mayonnaise on shredded lettuce, garnished with water cress. Serves 6.

## Vegetable Salad Ring

- |  |  |
|--|--|
| 1 pkg. lemon gelatin                   | $\frac{1}{4}$ cup sliced green onions or cabbage |
| 2 tb. vinegar                          | 1 t. salt  |
| $\frac{1}{2}$ cup chopped green pepper | 1 cup chopped cucumber                           |
| $\frac{1}{2}$ cup chopped celery       | $\frac{1}{2}$ cup grated carrot                  |
| 1 pint hot water                       | Green coloring, if desired                       |
| 3 stuffed olives                       |  |

Add water and seasonings to gelatin, then cool. Mix the vegetables with the gelatin and add to either eight-inch molds, or individual molds. Serve with tomatoes on lettuce. Serves 6.

## Cottage Cheese Ring

- |                        |                   |
|------------------------|-------------------|
| 2 tb. gelatin          | 1 t. salt         |
| $\frac{1}{4}$ cup milk | 3 tb. lemon juice |
| 2 cups cottage cheese  | 1 cup light cream |

Soak the gelatin in milk and melt over hot water. Add the salt and lemon juice to the cottage cheese and blend thoroughly, add a little to the melted gelatin and finally fold all together with the whipped cream. Add to an eight-inch ring mold and chill in your Westinghouse Refrigerator. Turn the cheese ring onto a large chop plate and fill the center with a mixture of salad greens, finely-sliced green pepper, two tomatoes cut in quarters which have been marinated in a chiffonade dressing. This is also delicious served with a mixed fruit salad. Serves 6.

## Frozen Pineapple Rings

- |                               |                                    |
|-------------------------------|------------------------------------|
| $\frac{1}{2}$ cup sugar       | $\frac{1}{2}$ cup grapefruit juice |
| 1 cup hot water               | Green coloring                     |
| 2 t. gelatin                  | 1 orange                           |
| $\frac{1}{4}$ cup cold water  | Fresh strawberries                 |
| 1 No. 2 can crushed pineapple | 1 lemon                            |
|                               | Cream cheese                       |

### Chopped nuts

Combine sugar and water and boil 5 minutes. To this add gelatin which has been soaked in the cold water. Cool and add pineapple, fruit juices and green coloring. Freeze with the Temperature Regulator turned to 'Coldest' until solid for one inch from the edge of the freezing tray, or until about half frozen. Beat thoroughly and pack in individual ring molds, or in narrow ice tray, freezing until very hard. Unmold on shredded lettuce and water cress, serve with fresh fruit and mayonnaise. If frozen in freezing tray, unmold, cut into strips, then arrange



around a mound of the fresh fruit salad. Cream cheese balls which have been rolled in finely chopped nuts, or balls made of cream cheese and Roquefort cheese may be served with this salad. Serves 6 to 8.

## Hindoo Salad

Cabbage	Chopped parsley
5 slices of tomato	or cress
1/2 hard boiled egg	Mayonnaise

Individual Portion

Crisp a head of cabbage in Westinghouse

Refrigerator. Shave very thin and arrange on a salad plate. Slice tomato which has been peeled by immersing in boiling water until the skin may be easily removed. Salt and pepper each slice and place 4 slices on the bed of cabbage. On alternate slices sprinkle the finely-chopped egg and chopped parsley or cress. In the center of the salad, place the fifth slice, and on it add a generous mound of mayonnaise which has been pressed through a pastry bag. Top with a small sprig of parsley or a star cut out of red pepper.

## SALAD DRESSINGS

### Boiled Dressing

4 tb. sugar	3 tb. lemon juice
1 t. mustard	1 1/2 cups boiling
1 t. salt	water
2 tb. cornstarch	2 tb. butter
2 tb. vinegar	2 egg yolks

Mix dry ingredients. Add vinegar, lemon juice, water, and butter. Cook until thick in double boiler stirring frequently. Add beaten egg yolks, then cook 1 minute longer. When cool, place in covered jar and keep in refrigerator. Thin as needed with cream, plain or whipped.

### French Dressing

3/4 to 1 tb. vinegar	3 tb. olive oil
1/2 t. salt	1/2 t. sugar
	1/4 t. pepper

Place the above or any multiple of the ingredients in a bottle and shake, or place in a bowl and beat with a silver fork. It is best fresh and cold.

### Variations of French Dressing

Garlic may be pared and rubbed over the bottom of the bowl. If three times the recipe is made, the clove of garlic may be left in the dressing for about an hour.

**Roquefort Cheese** — add in the proportion of about 1/2 teaspoonful to 1/4 cup of French dressing. Press the cheese through a fine strainer, or crumble into small pieces. **Lemon Dressing** is more interesting to use on fruit salads than is a dressing made of vinegar. Substitute lemon for the vinegar in the above French dressing recipe. **Chiffonade Dress-**

**ing** — Use over endive or salad greens. To twice the recipe for French dressing, add the following, finely chopped: 2 tablespoons of parsley, 2 hard cooked eggs, 2 tablespoons red pepper, 1 tablespoon shallot, 1/4 teaspoon of paprika.

### Mayonnaise

1 whole egg	1 t. salt
1/2 t. mustard	3 tb. lemon juice
1/8 t. paprika	2 cups salad oil

Put egg, seasonings, 1 tablespoon lemon juice, and 1/4 cup oil in bowl, then beat with Dover Egg Beater. Add remaining oil, 1/4 cup at a time. Beat well. Remaining lemon juice is added a little at a time during the mixing.

### Tomato French Dressing

1 cantomatosoup	1 t. Worcester-
3/4 cup vinegar	shire sauce
1 1/2 cups oil	1 t. salt
1/4 cup sugar	2 t. mustard
Juice of 1 lemon	Paprika to suit
	taste

Place all ingredients in food mixer bowl and beat until well blended. Store in Westinghouse Refrigerator in a quart jar.

### Sour Cream Dressing

1/4 cup sour cream	Dash of cayenne
1 t. lemon juice	pepper
1/2 t. vinegar	1/8 t. salt

Thoroughly mix all ingredients, then chill. This sour cream dressing is usually served on fish salads, but may be used with equal success on all types of fruit salads.

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