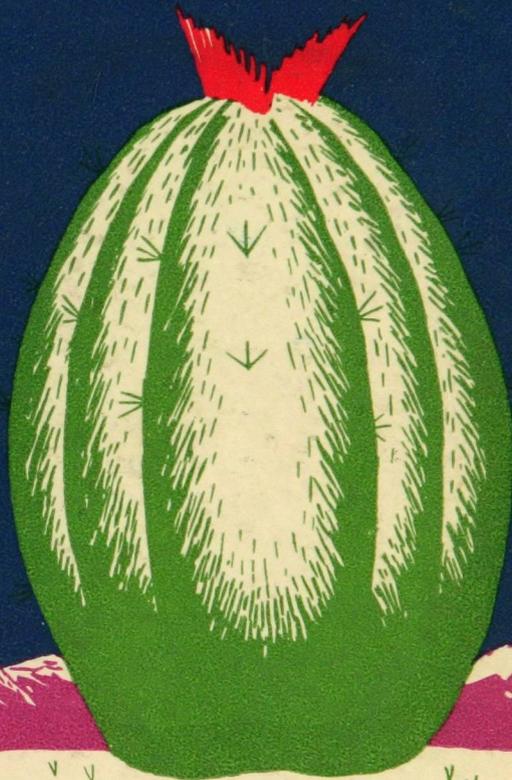


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TREASURER'S CACTUS BARREL

FULL OF

*Arizona Recipes*



*Compliments of*

WILLIAM [BILL] PETERSEN

**I**N the 17th Century, my great, great grandfather was chef by appointment for one of Denmark's princesses. My great grandfather followed in his foot-steps and so the art of following culinary work was handed down through the generations and was taught me in childhood which I followed until due to World War injuries, I was no longer able to continue this work.

But the desire to create new dishes still remains, so in my spare time, I have gathered and written this book, but much praise must be given to those who have contributed their work and their recipes.

WILLIAM (BILL) PETERSEN

650

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*The question will be asked why the barrel cactus was used for the picture on the front of this book. The answer is the story of the wandering prospector on the desert near death from thirst when he stumbled into and fell at the side of the barrel cactus. In a dazed and weakened condition he knew that this barrel cactus was life itself to him. Breaking the surface he found a fine watery pulp. This had a quinine taste but was very nourishing and quickly relieved the thirsty prospector.*

*The writer, who has had this experience, suggests that if you are stranded on the desert and are thirsty, break the top of the plant, use your hand as a cup after mashing the pulp and drink from this juice. Then take some of the pulp, in small pieces with you to keep in your mouth as you travel to your destination. You will be able to survive a long time in the desert on the juice and the pulp of the barrel cactus.*

*The thought to bear in mind is never destroy a desert plant, as it may be the means of saving the life of a person lost in the desert. Many of the other desert plants, as well as the barrel cactus, have a place in the lives of all mankind.*

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Printed By The  
SIMS PRINTING CO.  
Phoenix, Arizona



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## ARIZONA BAKED GRAPEFRUIT

Prepare the grapefruit for serving. Sprinkle with a little salt, sugar and cinnamon. Broil in 400 degree oven for about twenty minutes. Serve hot.

This makes a nice first course for a luncheon.

*It is my pleasure to give the above recipe for Arizona Baked Grapefruit. Especially is it a pleasure, as it was given to me by the First Lady of the United States, Mrs. Eleanor Roosevelt.*

\* \*

## SPOON BREAD

1½ cups corn meal  
3 eggs  
3 cups milk  
1 teaspoon salt  
2 tablespoons melted butter  
2 teaspoons baking powder

Scald meal thoroughly and allow to cool. Beat egg yolks and add milk, then mix with meal. Add salt, baking powder and butter and then fold into a buttered baking dish and cook 45 minutes or until done.

*The above Spoon Bread recipe we gratefully accept and print, as it has been furnished by Mrs. John Nance Garner, wife of the Vice-President of the United States.*

## ARIZONA FEATHER CAKE

1 cup sifted flour  
1 cup powdered sugar  
1 egg  
1 spoonful of butter  
2 spoonfuls of baking powder  
½ cup of milk  
Vanilla or lemon flavoring

The late MRS. HENRY F. ASHURST.

\* \*

## ARIZONA FRUIT PLATE

First chill plate thoroughly. Then cut three inch square of water melon, three inch oblong piece of honey dew melon, half of peach, one ripe peeled fig, two tablespoons of cottage cheese. Place cottage cheese on center of plate. Place fruit around cheese. Then place three strawberries on top of cottage cheese. Whipped cream or other salad dressing can be served with this cold plate. If desired, lettuce leaves could be used first on the plate, placing fruits on top.

MRS. CARL HAYDEN.

\* \*

## SWEET POTATOES A LA ARIZONA

Slice the sweet potatoes. Dice the apples. Butter the casserole. One layer of sweet potatoes. Salt, pepper, butter. One layer of apples. Sugar, nutmeg—generous supply.

Repeat the above layers until you have three layers of each. Bake in moderate oven.

MRS. JOHN R. MURDOCK.

\* \*

*Welcome are the above recipes from the late Mrs. Henry F. Ashurst, Mrs. Carl Hayden and Mrs. John R. Murdock, the wives of our Washington representatives.*

## APACHE COUNTY ELK DINNER

Choose either loin or leg roast of about 4 to 6 pounds of elk. You will note that the majority of elk meat is not fat, therefore, it is advisable to take a larding needle and run strips of pork fat through the elk roast. This will keep the meat from becoming dry and tasteless. Of course, if the elk is fat it will not be necessary to do this.

The elk roast should be placed in a hot oven after you have covered the roast with salt, pepper, paprika and cooking oil and seasoned with all-spice in about the same proportions as you would season American pot roast. It will take from two to four hours to cook elk meat tender. It will all depend on the age of the elk and the length of time it has been killed.

A very delicious way to fix potatoes for your elk dinner is to place them in the same pan that you are roasting the elk meat and let them cook right with the roast. Also onions, celery, and carrots can be added to make the vegetable dish to be served with the elk dinner.

\* \*

## APACHE COUNTY ELK DINNER

### Roast Leg of Elk and Brown Sauce

Oven Brownd Potatoes

Mixed Vegetables

Lettuce and Tomato Salad

Hot Corn Bread and Butter

Apple Pie

Coffee or Milk

MRS. JOHN H. GREER,  
*Wife of Apache County Treasurer.*

*"The pleasures of this table would be enjoyed on every day, in every climate, at all ages and by all conditions of men."*

## APACHE COUNTY WILD DUCK

It is the opinion of a good many people because of the muddy or wild flavor of the wild ducks, they are not good for eating. This flavor however, may be absorbed by using a bread stuffing, quite highly seasoned with sage and chopped onion, and after the duck has been carefully dressed and drawn it should be stuffed with this dressing, trussed, and weighed, and then rub the entire surface with melted butter mixed with salt and pepper. Then place in uncovered roaster and brown on all sides. After duck has been browned on all sides, place strips of bacon and onion over top of duck. Cover the roaster and return to oven and roast 20 minutes per pound until tender.

A difficult and unpleasant task is removing the down from a wild duck. A clever and yet simple method is as follows:

Remove the larger feathers. Melt two cakes of paraffin. Pour liquid over duck. Cool and peel wax and down will come off with wax.

\* \*

## BREAD DRESSING FOR APACHE COUNTY ROAST WILD DUCK

Three quarts of stale bread crumbs or toast, 6 teaspoons salt, 3 tablespoons sage,  $\frac{1}{4}$  teaspoon black or white pepper, 1 medium size onion chopped fine,  $\frac{1}{3}$  cup butter. Combine all ingredients. Add enough warm water (not hot) to moisten bread crumbs. These ingredients and quantity should be ample for stuffing three good size ducks or six teal.

MRS. BYRON F. HUNTER,  
*Wife of Apache ex-County Treasurer.*

\* \*

*"You will never eat your fowl alone with a dainty dish like this."*

## COCHISE COUNTY ROAST RIBS O' BEEF

Roast Rib of Beef

Parsley Potatoes

Baked Squash

Hot Rolls

Relish

Salad

Apricot Tarts

\* \*

### ROAST RIBS OF BEEF

8 pounds rib roast—unboned

2 tablespoons salt

½ teaspoon pepper

Place the meat on a rack in a roaster and sear at 500 degrees from 20 to 30 minutes. Then sprinkle it with salt and pepper. Bake uncovered at 275 degrees for three hours.

For smaller roast, bake 15 minutes per pound, if desired rare; 8 minutes per pound for medium; and, 20 to 22 minutes per pound for well done.

MRS. OAKLEY LUCAS,  
*Wife of Cochise County Treasurer.*

*"The turnpike road to people's hearts I find lies through the mouth or I mistake mankind. Mankind will travel the turnpike road forever to a meal like this."*

## COCONINO COUNTY ROAST DEER

Roast Deer

Brown Gravy

Mashed Potatoes

Baked Squash

Cranberry Sauce

French Dressing

Lettuce

Bran Muffins

Celery

Chocolate Pie

Coffee

\* \*

## ROAST DEER

4 lb. rump roast of deer

4 tablespoons flour

1 clove of garlic

2 teaspoons salt

½ cup hot water

pepper

Make a slit in the roast and put garlic in slit, roll the roast in flour and set on rack over dripping pan. Place in hot oven, sear over all sides, sprinkle salt and pepper over meat and add water, cover meat and cook in moderate oven. Baste every 15 minutes, allow about 20 minutes a pound. Place slices of bacon on roast. This helps keep deer meat from getting too dry, also more water may be added as needed.

MRS. W. E. JOLLY,

*Wife of Coconino County Treasurer.*

*"To be equal physically and mentally to do our day's work depends upon the food we eat. We will be able to do all when we dine at a table like yours."*

## GILA COUNTY QUAIL DINNER

Grapefruit Cocktail

Claret Wine

Quail Saute with Buttered Wild Rice

Broccoli

Mixed Green Salad Bowl

Mock Hollandaise Sauce

Popovers

Fresh Jersey Butter

Ice Cream and Cake

Coffee

\* \*

### QUAIL SAUTE

Allow cleaned quail to stand in cold mild vinegar water—(one-half cup of vinegar to a gallon of water)—for a few hours. Wash in clear water several times. Dry and salt and pepper each quail, roll in flour and fry in deep fat—(one-half inch of melted fat in fryer)—turn until all sides are brown, turn fire low, then add a cup of water, cover and steam for about 1 hour, or until pan is dry of water. Turn fire up and quickly brown a few minutes longer.

MRS. ELTON S. BRYANT,  
*Wife of Gila County Treasurer*

*"One-half the cost of life is the price of food, but who would not be willing to spend all the cost of life for a meal like this."*

## GRAHAM COUNTY ROAST FRESH HAM

Grapefruit Cocktail

Roast Fresh Ham

Brown Gravy

Candied Sweet Potatoes

Beets with Harvard Sauce

Yum-Yum Salad

Stuffed Celery

Pickles

Hot Biscuits

Fresh Creamery Butter

Christmas Pudding and Cream Sauce

Coffee or Milk

\* \*

### YUM-YUM SALAD

Heat 1 can crushed pineapple

$\frac{3}{4}$  cup sugar

Juice of 1 lemon

Add to this hot syrup 1 tablespoon gelatin soaked in  $\frac{1}{2}$  cup cold water. When partially set add 1 cup whipped cream and 1 cup shredded cheese. Serve with dressing on lettuce.

\* \*

### BEETS WITH HARVARD SAUCE

Cook 10 small beets and dice same. Make sauce of  $\frac{1}{4}$  cup vinegar,  $\frac{1}{4}$  cup water,  $\frac{1}{4}$  cup of sugar, 1 tablespoon corn starch. Cook until thick and clear and add beets.

\* \*

### CHRISTMAS PUDDING

1 cup sugar, 1 cup flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon soda, 1 cup shredded potato, 1 cup shredded carrots, 1 cup currants, 1 cup raisins, 1 cup nuts, spices. Sift dry ingredients. Add remainder. Mix well and steam for 2 $\frac{1}{2}$  hours.

MRS. EARL M. LINES,

*Wife of Graham County Treasurer.*

*"As a skillful cook, you will please each guest and with your mixtures you will compound a feast that will be made with due proportions and judicious care."*

## GREENLEE COUNTY BEAR STEAK

Cream of Tomato Soup

Toasted Bread Rounds

Pan-Broiled Bear Steaks

Mashed Potatoes

Creamed Cauliflower

Buttered Carrots

Lettuce and Orange Salad

Caramel Bread Pudding

Coffee

\* \*

## PAN-BROILED BEAR STEAK

Trim fat from steak, also part of bone, if desired. Wipe with damp cloth. Heat frying pan until very hot. Rub surface of pan with little fat. Place steak in pan, searing it quickly, first one side and then the other and turning every 10 seconds. After both sides are seared, reduce heat under the pan and cook steak more slowly after it has been browned. If desired well done, it will require 15 or 20 minutes or more.

MRS. MATT DANENHAUER,  
*Wife of Greenlee County Treasurer.*

*"A wise man seeketh not quantity, but quality and sufficiency—these you have made possible."*

## MARICOPA COUNTY CHUCK WAGON DINNER

Rib Steak

Glazed Pineapple

Baked Potatoes

Corn on the Cob

Dutch Oven Biscuits

Jersey Butter

Ice Cold Watermelon

Iced Tea or Coffee

This is an easy meal to serve at home or makes a simple meal to prepare on a mountain outing omitting the "glazed pineapple."

For the outing trip you can broil the steaks over an open fire, bake the potatoes in hot wood ashes, cook the biscuits in a dutch oven, take the melon from the city wrapped in newspapers and gunny sacks. You can bury the melon in the sand and keep it cool until ready to use.

ED OGLESBY,  
*County Treasurer of Maricopa County.*

*"Thou art a scholar, therefore let us eat and drink with you."*

## MOHAVE COUNTY LAKE MEAD BAKED BASS

Orange and Strawberry Cocktail

Ripe and Green Olives      Celery      Bread Sticks

Lake Mead Baked Bass

Port Wine Sauce

Parsley Potatoes

Fresh String Beans

Cucumber Salad and Sliced Lemon

Hot Butter Rolls

Orange Sherbert

Golden Sponge Cake

Black Coffee

Mints

\* \* \*

## LAKE MEAD BAKED BASS

Clean and prepare the bass in the usual manner and dry thoroughly. 1 large onion chopped finely, 1 regular sized package cheddar cheese, 1½ teaspoons Worcestershire Sauce, 1 teaspoon mustard, 1 teaspoon salt, ½ teaspoon pepper, 1 cup milk, 2½ pounds Lake Mead Bass.

Spread chopped onion and half of the cheddar cheese over bottom of the pan. Place fish over this and sprinkle with the remaining cheese. Add remaining ingredients to milk and pour over bass. Sprinkle with chopped parsley and bake in hot oven 25 to 30 minutes.

\* \* \*

## PORT WINE SAUCE

One-half glass currant jelly, ½ glass port wine, ½ glass stock, ½ teaspoon salt, 2 tablespoons lemon juice, 4 cloves and speck cayenne. Simmer the cloves and stock together for ½ hour. Strain upon the other ingredients and let all melt together. Part of the gravy from the fish may be added to it.

MRS. A. M. COOK,

*Wife of Mohave County Treasurer.*

*"In diet and good food lies the key to nine-tenths of the social and political problems that vex and age with time, but time or people could not vex one another while dining at such a table."*

## NAVAJO COUNTY WILD TURKEY DINNER

Roast Turkey with Sage and Onion Dressing

Candied Sweet Potatoes

Creamed Peas

Hot Rolls with Jersey Butter

Celery, Apple and Nut Salad

Mince Pie

Cream Cheese

Coffee  
or  
Hot Chocolate

\* \*

## NAVAJO COUNTY ROAST WILD TURKEY

After turkey has been dressed and drawn, fill with stuffing. Truss securely in compact shape and lay on its back in roasting pan. Dredge with flour, salt and pepper. Dot with butter as desired. Place in hot oven. As soon as flour is browned, reduce temperature to 350 degrees and then begin to baste with cups of hot water every 10 or 12 minutes. Cook until tender allowing approximately 30 minutes to each pound of turkey.

MRS. VICTOR WESTOVER,  
*Wife of Navajo County Treasurer.*

*"After reading this delicious menu, he that can live upon love deserves to die in the ditch."*

## PIMA COUNTY ROAST LEG O' VEAL

Fruit Cup  
Olives Celery Pickles  
Okra Jumbo Soup  
Tossed Vegetable Salad  
Roast Leg O' Veal Dressing  
Riced Potatoes Buttered Beets  
Peas Gravy  
Hot Biscuits and Butter  
Cheese Jelly Crackers  
Coffee

Wash meat—dry—salt and pepper—flour. Heat oven to 500 degrees. Place meat on rack in roaster. Do not cover. Place in oven for 30 minutes to brown. Sprinkle with salt and pepper and a few dashes of pepper sauce. Cover bottom of pan with boiling water. Cover. Be sure valve in pan is open. Place in oven for 5 minutes. Then change heat to 275 degrees and let cook for three hours. Sprinkle with paprika. Place on hot platter. Garnish with parsley and serve immediately.

MRS. WALLACE S. BRANSFORD,  
*Wife of Pima County Treasurer.*

\* \*

*"With weights and measures, just and true, oven of even heat, well seasoned meats and quiet nerves, success with a meal like this will be complete."*

## PINAL COUNTY WHITE WING DINNER

White Wings and Giblet Gravy

Baked Potatoes

Green Asparagus Tips

Lettuce - Tomato Salad

Hot Biscuits

Honey

Jersey Butter

Arizona Iced Watermelon

Iced Tea or Coffee

Dress twelve birds. Save livers, hearts, gizzards. Rub birds with a mixture of salt, pepper and paprika—1 teaspoonful of each—and cooking oil. Place in a hot skillet. Fry until tender, then remove birds from skillet. Add a little more oil, then place liver, hearts, gizzards (chopped fine) in skillet and saute until tender and make a country gravy to cover them. Serve this on the side with the birds.

MRS. RUTH J. BRANAMAN,  
Pinal County Treasurer.

\* \*

*He who receives friends without himself bestowing some pains upon the repast, preparing for them, does not deserve to have friends, and you have done all for your friends."*

## SANTA CRUZ COUNTY MEXICAN DINNER

One tortilla rolled with chopped onions and cheese inside. 1 tamale, 2 tablespoons of fried beans, 3 green olives,  $\frac{1}{4}$  ripe tomato. Place all in a real hot plate. Pour enchilada sauce over the tamale and enchilada. Garnish plate with small amount of lettuce and serve extra hot. Toasted tortillas are served in place of bread. Sliced pineapple for dessert. Drinks—Black coffee or after dinner wine.

\* \*

## CHICKEN TAMALES

1 chicken  
1  $\frac{1}{2}$  lb. corn dough  
1  $\frac{1}{2}$  cup pure lard  
 $\frac{1}{2}$  lb. corn husks  
Olives if desired

Boil chicken until tender and then mix the chile with the meat and fry chile and meat; add a little flour to thicken and add salt to taste.

Mix corn dough with pure lard and mix well until very light; use the chicken soup to mix it. Spread dough on corn husks and add 1 tablespoon of chicken meat and 1 green olive. Use a little water to steam and cook for about 30 minutes.

MRS. C. MIGNORDOT,  
*Wife of Santa Cruz County Treasurer.*

\* \*

*"Nothing lovelier can be found in woman than one who studies household goods and makes the mouth water for meals such as yours."*

## YAVAPAI COUNTY ROAST LEG O' LAMB

Roast Leg O' Lamb

Mint Sauce

Buttered Garden Peas

New Potatoes with Parsley Butter

Hot Biscuits

Beet Salad

Country Butter

Mince Pie

Coffee or Milk

### ROAST LEG O' LAMB

1 Leg Lamb

½ Lemon

1 Clove Garlic

Salt and Pepper

Rub lamb with lemon juice, salt and pepper to taste. Put in roasting pan or cooker and place garlic, cut in half, on top. Each time meat is turned put garlic back on top. Cook in moderate oven, about 350 degrees until tender. Serve with mint sauce or currant jelly.

\* \*

### MINT SAUCE

Take a few sprigs of fresh mint, strip leaves and chop fine. Put these in small dish and cover with sugar. Let stand until sugar is dissolved, then fill dish with vinegar.

If desired, when making the gravy, add one small can of chopped mushrooms.

PEARL BETHEA,  
*County Treasurer of Yavapai County.*

*The fate of nations depends upon how they are fed. With a meal like this, nations will never fail."*

## YUMA COUNTY ROAST WILD GOOSE

Roast Wild Goose  
Sage Dressing and Wine Sauce  
Baked Potatoes                      Fresh String Beans  
Yuma Head Lettuce with French Dressing  
Fresh Apple Pie                      Coffee or Milk

\* \*

### ROAST WILD GOOSE

Parboil slightly, drain off water and place in roaster. Stuff with the following dressing:

Boil and mash two medium sized potatoes.  
Add crumbs from half loaf of bread.  
¼ cup butter  
½ chopped onion  
1 cup cut up celery  
½ teaspoon sage

Season with salt and pepper. Beat 2 eggs, ½ cup milk and blend with mixture. For a 10-pound goose cook about 4 hours.

\* \*

### SAUCE FOR WILD GOOSE

4 tablespoons currant jelly  
1 wine glass red wine  
1 wine glass lemon juice  
½ cup butter  
dash paprika  
2 tablespoons A-1 sauce  
salt to taste.

Melt jelly, add butter and other ingredients. Just before serving beat in the heated red wine.

MRS. REUBEN C. GEORGE,  
*Wife of Yuma County Treasurer.*

*"The discovery of a new dish does more for the happiness of the human race than the discovery of a new planet and what a dish you have made for us."*

## ARIZONA QUAIL A LA KING

Six quail boiled. Remove meat from bones. Use 1 small can mushrooms,  $\frac{1}{2}$  small can pimento peppers,  $\frac{1}{2}$  bell pepper. Place mushrooms, green peppers in sauce pan. Saute until peppers are tender then add 2 tablespoons of butter and meat from quail and pimento peppers. Saute all together for 5 minutes then add cream sauce. Season to suit taste. Serve very hot on toast.

\* \*

## DEER PATTIES

Two pounds deer meat,  $\frac{1}{4}$  pound pork fat, a dash of pepper and a dash of salt. Grind together and make deer patties. Fry and serve hot with mushroom sauce.

\* \*

## DUCK A LA MEXICO

Make a sauce composed of 2 bell peppers, 3 individual stalks celery, 2 medium size onions, 3 strips bacon. Dice all into  $\frac{1}{4}$  inch cubes, braise in sauce pan with oil or butter until tender. Add 1 No. 2 can tomatoes, crush thoroughly. If sauce is too thin add small amount of flour to thicken. Then brown ducks thoroughly on all sides about 30 minutes (do not burn). When this is done, pour sauce over ducks and be sure they are well covered. Place in covered roaster and cook until tender.

\* \*

## BLACK BASS A LA LAKE ROOSEVELT

Clean thoroughly. Bake in oven until thoroughly cooked. Pour parsley butter sauce over the same. Serve as a balanced dinner menu baked potatoes, fresh garden peas, pineapple-cottage cheese salad and lemon ice.

## MEXICO SEA BASS

Many different dishes can be prepared from this excellent fish but the choice of all, to my belief, is cut filets from the sea bass approximately four inches square and one-half inch thick. Season with a small amount of salt and black pepper. Then dip into the beaten eggs with the yolks. Place in a casserole and place in oven until thoroughly cooked. Serve with hot lemon butter sauce.

\* \*

## ARIZONA CORN BEEF AND CABBAGE

Lay a breast of beef in brine of half salt and set it in a cold room leaving it for 12 days and salt it every two days before cooking. Put the meat in a sauce pan with cold water. Let it boil, skimming it occasionally and place it on the fire letting it simmer slowly for several hours or until meat is thoroughly cooked. Blanch two or three small cabbages. Cut them in fourths, remove the hard centers, and two hours before serving put the cabbage in with the beef. When the meat is done properly, drain and arrange it on a dish. Garnish it with the cabbage and boiled potatoes at either end. Serve extra hot.

\* \*

## ARIZONA VEAL STEW WITH DUMPLINGS

Two pounds veal stew (meat cut in one and a half inch squares) 2 pounds or less raw potatoes,  $\frac{1}{2}$  pound white turnips, 1 pound onions,  $\frac{1}{2}$  pound carrots,  $1\frac{1}{2}$  ounces flour, salt and pepper to season, pinch of celery salt,  $1\frac{1}{2}$  quarts cold water.

Place meat on fire in cold water with the onions, carrots, and turnips cut in large dice. Bring to boil and then turn flame down low and allow to simmer for 1 hour and 10 minutes; then add potatoes cut in large dice also. Finish by adding flour dissolved in cold milk straining so that it is not lumpy. Let come to a boil. Add seasoning before taking from fire.

\* \*

## RECIPT FOR DUMPLINGS

One cup of sifted Arizona Hard Wheat Flour,  $\frac{1}{4}$  teaspoon baking powder and a pinch of salt. Sift all together. Add 2 eggs and enough milk to make a stiff dough. Drip from teaspoon into boiling meat broth. Cover pot and cook 20 minutes slowly. Drain and serve. Sprinkle chopped parsley over the top before serving.

## GILA RIVER ROAST DUCKLING

Clean and then roast a large duckling (4 to 6 pounds) for 40 to 50 minutes. Season well with salt, pepper, and paprika, baste often. When done remove duckling from oven and remove fat from pan. Add a cup of Port wine, let boil for 2 minutes. Strain into a saucepan and a No. 2 can of black pitted cherries. Thicken the sauce with a little cornstarch diluted with some of the cherry juice. Bring to a boil, strain into sauce boat and serve with duckling.

\* \*

## ARIZONA BEEF AND MACARONI

Take 1 pint of cooked corned beef, chopped fine, 1 quart of cooked elbow macaroni,  $\frac{3}{4}$  cup of heavy white sauce,  $\frac{1}{2}$  pound sliced bacon. Mix the corned beef, cooked macaroni and the white sauce. Season with salt and pepper, allow to cool and shape in balls three inches in diameter. Wrap in bacon, secure with toothpick and brown moderately in hot oven. Delicious served with tomato sauce.

\* \*

## GREEN CORN TAMALES

1 dozen large green corn	1 pound green chile
1 pound pure lard	$\frac{1}{2}$ cup tomato
2 pounds cheese	1 package cottage cheese

Mix all ingredients together and beat well. After chile is cooked and peeled, mix with tomato and fry in fat and add 1 cup grated cheese. Add to corn dough and mix well until light enough to spread on green leaves and add green chile sauce and cook in large pan; add a little water to steam and cook for 45 minutes.

## ENCHILADAS

Two dozen corn tortillas

Dip tortillas in very hot lard until soft then take out and dip in red chile sauce and serve with grated cheese and onions. Lettuce chopped very small and an egg may be served with them too.

## TACOS

2 dozen corn tortillas	Chile sauce
1 pound hamburger	Lettuce
½ pound cheese	

Fry hamburger with onion. On each tortilla put some hamburger and then fold it together, stick toothpick to hold, and then fry in very hot lard. To serve add grated cheese, lettuce and chile sauce.

## SPAGHETTI SAUCE

Four or 5 celery stalks, 3 or 4 large onions, small amount of parsley, 1 large bell pepper, 2 or 3 cloves of garlic. Chop all ingredients, fry in half cup of olive oil. Then add 1 large can solid pack tomatoes, 1½ quarts water (boiling), 2 cans tomato paste, 1 medium can mushrooms or ¼ pound dried mushrooms, 2 Japan chiles, pinch powdered cloves, ½ teaspoon Majoram, ½ teaspoon Rosemary leaves, 1 tablespoon sugar, salt and pepper to your taste. Add ½ cup Sherry, Port, or Claret wine when it comes to a boil. Then either add meat balls or 3 or 4 pounds of lamb to sauce until done and serve with spaghetti.

## MEAT BALLS

(To be served with above sauce for eight or ten people)

Save some of chopped celery, onion and parsley and chop real fine. Also add 1 fresh tomato, 1 whole egg, 2 pounds ground round, ¼ pound ground pork, bread crumbs to keep meat together. Salt and pepper. Roll into balls and drop in sauce until it is all done. Be sure you cook your sauce about 4 or 5 hours on a very low fire and stir constantly.

## SPAGHETTI

(For eight or ten people)

Use ½ pound spaghetti to each person.

Cook until tender in hot boiling salted water. Then run cold water through spaghetti to keep from sticking. Sprinkle sauce, add meat sliced or meat balls. Also sprinkle parmiggiano cheese grated on top.

*"Eating is a necessity but cooking is an art."*

## ROAST LEG OR RUMP OF ARIZONA VENISON

Wipe the venison to be roasted with a cloth that has been dampened with vinegar. Sprinkle well with salt, pepper and paprika. Place in a roasting pan a sliced onion and 2 carrots, a piece of salt pork, stalk of celery or some tops of celery, some sprigs of parsley, 2 bay leaves, 2 cloves and a sprig of thyme, then place the venison in the roasting pan with 2 cups of water, cover the meat well with melted lard or butter. Place in a hot oven until brown and crisp on top, turn over and repeat process. Keep basting adding water or stock to keep vegetables from burning, cover and cook until roast is done.

When the roast is done, remove from pan and drain off the fat, and then put in the pan  $\frac{1}{2}$  glass of sherry and reduce until nearly dry. Then add 1 cup of stock and  $\frac{1}{2}$  cup claret wine. Season well and boil until slightly reduced. Season, strain, add teaspoon of Worcestershire sauce and serve with meat. Red currant jelly or cranberry sauce should be served on the side.

Elk, Buffalo and other wild game may be roasted in this same manner.

## ARIZONA SQUAB A LA PETERSEN

Clean squabs and stuff with dressing. Sew up end, season with salt, pepper, paprika and cover with melted butter. Take an Arizona cantaloupe and split lengthwise, clean out seeds and place squab in middle. Cut off slice of cantaloupe at bottom so it stands up straight and put in hot oven as soon as top of squab browns, turn squab over, brown quickly. Then turn over squab, top up, cover with waxed paper and allow 30 minutes to finish cooking, about 1 hour in all.

Draw threads from squab, brown some butter in a pan, pour over the top of squab with some chopped parsley and serve in the cantaloupe. New peas and shoe string potatoes finish off this unusual dish. It is delicious.

## DRESSING FOR SQUABS OR POULTRY

Chop an onion and one stalk of celery fine, a half cup of minced ham or bacon, saute together in a pan. Mix with 1 cup bread crumbs, pepper, salt, a small pinch of poultry dressing, some chopped parsley, and 2 eggs. Mix well and stuff bird after wiping out inside of bird well.

## ARIZONA QUAIL, BROILED ON TOAST

Clean and split the quail or quails, season with salt and pepper, brush with melted butter or oil, and broil. When done place each quail on piece of toast, butter on top of each and garnish with water-cress and Arizona lemons in half.

Squabs, young doves, or white wings are fine prepared in a like manner.

## SADDLE OR ARIZONA RABBIT, SOUR CREAM SAUCE

Take the saddles and hinderquarters of 2 large rabbits, lard them with strips of fat pork. Place them in a granite or agate pan, sprinkle with salt and black pepper, cover with two quarts of sour milk, and allow to stand over night in a cool place. Take out the rabbit and place in a roasting pan with sliced onion and 2 carrots. Sprinkle with paprika and a little butter. Roast for about 15 minutes or until brown, add the sour milk gradually basting continuously until the rabbit is cooked. Remove the rabbit and cook the gravy until about one half, strain and add 1 gill of sour cream. Pour part over the rabbit, serve balance in sauce boat.

## DEVILED DRUMSTICKS

The legs of pre-roasted chicken, turkey or ducks can be used. Take number of legs available and boil in salt water until real tender. See that all tendons have been removed when cold and slit down one side right to the bone and parallel with them. Then stuff the narrow pockets with a paste made of 1 tablespoon each of butter, mixed English mustard, a little Worcestershire Sauce and a half teaspoon of curry powder and a good pinch of salt. This is enough for two turkey drumsticks or four chicken or duck. Cover with wax paper and heat in oven for 15 minutes or heat in chafing dish with butter right at the table. These are delicious served with Melba Toast and Cranberry Preserves.

## STEWED LAMB KIDNEYS

Skin six lamb kidneys and slice thin. Place in a hot pan ready with butter and a small onion chopped fine, frying on a quick fire for a few minutes. Take kidneys from pan, brown the drippings in the pan and add enough flour to make a thin paste, add 1 cup of hot stock or water, season well, and reduce to one-half. Return the kidneys to the sauce, add a little sherry wine and chopped parsley and serve immediately with thin dry toast.

## BRAISED BEEF POT ROAST

Take a six-pound piece of beef, round, brisket or shoulder clod can be used. Season with salt, pepper and paprika. Put in pot with 2 onions cut in fourths, 2 carrots and a piece of lard or butter. Roast in open pot until nice and brown on both sides. Then add 1 large spoon of flour and brown again. Add 1 glass of Claret wine, 1 quart of hot water or stock, 2 tomatoes cut in fourths, or small can of tomatoes, and a Bouquet Garni. Bring to a boil, cover tight and put in oven until very well done. Remove roast, slice, and steam gravy over top. Serve balance separate. Sprinkle with a jardiniere of vegetables.

## ARIZONA RAGOUT OF LAMB (BROWN)

Take three pounds of shoulder or breast of Arizona Lamb, and cut in pieces about 2 inches square. Salt, pepper and put in pan with a little fat or butter, and allow to simmer until nicely brown. Do not cover pan during this process, turning over constantly. Then add a cup of Arizona Wheat Flour and let same become brown. Add a No. 2 can of tomatoes and enough hot water to cover the meat. Mix well until smooth and allow to boil for 10 or 15 minutes. Cut 3 carrots, 3 turnips and 3 onions in medium size dice and parboil in enough water to cover. Add all together and simmer until soft. Potatoes cut in dice may be added just before finishing. Serve in a casserole, sprinkle with chopped parsley and cook fresh peas on top.

(Veal stew or ragout may be made the same way using an equal amount of veal in place of the lamb.)

## ARIZONA VENISON STEW

*A splendid way to use up the shoulder or breast of a deer*

Cut about four pounds of shoulder and breast of deer in pieces about two inches square, place in a pan with quarter pound of lard, season with salt and pepper and saute until nice and brown. Then add 1½ spoonsful of flour and simmer until flour is brown, add 1 pint of claret and 3 pints of hot water, add a pinch of thyme and marjoram, half cup of chopped celery and bring to a boil. Skim, cover and cook slowly until nearly done, clean about a dozen mushrooms with stalks cut in half, and saute in butter, add them to the stew with about 8 small new potatoes or 3 larger potatoes cut in 2-inch dice, cook until soft. Add 1 tablespoon Worcestershire Sauce just before serving.

## COVERED WAGON VENISON PIE

Prepare venison same as above, but have slightly more liquid. Allow to cool. Add 3 hard boiled eggs cut in quarters. Place in a deep baking pan and cover with biscuit dough. Brush with melted butter or milk and bake until crust is done.

## BEEF STEAK—BORDER STYLE

Two pounds round steak, 3 tablespoons cooking oil, enough salt and black pepper to suit taste, 1 medium size onion chopped fine, 1 stalk celery chopped very fine, 1 small green pepper, chopped very fine, 1 No. 2 can of tomatoes crushed thoroughly. The onions, celery, green peppers should be braised separately with a tablespoonful of cooking oil. Then add tomatoes, the salt and pepper and a dash of cayenne pepper. Then let simmer very slowly. Take a separate skillet, placing steaks in skillet when real hot, sear thoroughly on both sides. Then put in roaster. Pour sauce over the top and place in hot oven. Cook slowly until steak is tender.

## ARIZONA BEEF GOULASH

One pound of lean beef—(any of the cheaper cuts may be used),  $\frac{1}{2}$  pound of fat pork, cut in pieces one inch square. Mix a little flour, salt, pepper and plenty of Red Spanish or Hungarian paprika, put in saucepan a tablespoonful of beef or pork drippings, 2 chopped onions, a small kernel of garlic chopped fine and the fat pork. Simmer until brown, then add the beef and flour mixture, 1 cup of water or stock,  $\frac{1}{2}$  can of tomato paste, a little thyme, a little chopped parsley.

Cover tight and cook for three quarters of an hour or until meat is nearly done. It may be necessary to add more water or stock. Then add 3 potatoes cut same as the meat, and cook until done. Serve in casserole and sprinkle with more chopped parsley.

(Veal may be served the same way, but will not take as long to cook, and use lean pork in place of the fat pork.)

The above is excellent served with buttered egg noodles, or macaroni and cheese, or dumplings. The potatoes may be eliminated if served with either of these.

*“Though my stomach was sharp, I could scarcely help regretting to spoil such a delicate picture by eating.”*

## ARIZONA BOILED DINNER

Preferably obtain a piece of the rump of beef with bone. Put in cold water and boil until almost tender. Then add carrots, turnips, onions and season to suit taste. Let all boil until thoroughly cooked. Place meat on platter and garnish with the vegetables. A horse radish sauce is very delicious with this dish.

## SALT RIVER VALLEY BRAISED OX TAIL

Select, in preference, the thickest end of ox tails. Cut them in pieces three inches long so as to strike the joints. Soak for 1 hour. Drain and then put in roast pan. Season with salt, pepper, and paprika and baste thoroughly with cooking oil. Brown thoroughly. Then add flour and water to make a gravy which will probably cover one-third of the ox tails. Allow to cook slowly for 1½ hours. Add 1-inch cubes of carrot, onion, celery, and bell pepper and allow all to cook until done. Serve hot en casserole.

## BEEF STEAK—HAMBURGER STYLE

Grind meat adding a small amount of beef fat with the lean beef. Add 1 medium size onion, 1 small bell pepper. After these have been ground add three eggs and mix thoroughly after seasoning with salt, pepper and paprika. Then make meat patties and cook over hot fire. Be sure to serve very hot.

## WESTERN ROUND STEAK

Have butcher give you one full cut of round steer steak, about one inch thick. Braise thoroughly on both sides. Then add 1 chopped onion, 1 chopped bell pepper, 1 chopped individual stalk of celery, 1 No. 2 can of tomatoes. Crush tomatoes and pour over steak and place in oven until all is thoroughly cooked. If desired grated Swiss cheese can be sprinkled on top when it is ready to serve.

## SPANISH BEEF PATTIES

Combine 1 pound of ground beef with salt and pepper and a pinch of cayenne and celery salt. 1 tablespoon of lemon juice. Mix well. Form into the shape of patties, about 6 to a pound of meat. Dip in a beaten egg and then into ½ cup of bread crumbs mixed with a half cup of grated Parmesan cheese. (This cheese can be bought already grated). Fry in hot shortening until brown and serve with a heavily spiced tomato sauce.

## ARIZONA MEAT LOAF MEXICANNE

One pound of ground beef, 1 pound of ground pork,  $\frac{1}{4}$  pound of minced ham,  $\frac{1}{2}$  cup of bread crumbs, salt and pepper to season, 1 tablespoon minced onion, a small pinch of garlic salt or chopped garlic, 1 teaspoon chili powder, a pinch of cayenne pepper,  $\frac{1}{2}$  cup of tomato ketchup or chili sauce, and 2 eggs.

Mix all ingredients well together, pack into a greased baking pan or mold, cover with waxed paper and place in a pan of water, bake in a hot oven about an hour. Remove from pan of water and allow to bake on bottom about 10 minutes. Remove from pan, served hot with Chili or Tomato Sauce, or it is excellent served cold with potato salad and mixed relish.

## MEXICAN HAM RASHER

One thick slice of center cut ham or 2 end cuts, a chopped green pepper, a pimento and onion all chopped together, not too fine. One No. 2 can of tomatoes or 3 whole tomatoes cut in dice. 4 raw potatoes sliced. Salt and pepper to taste.

Place ham in bottom of baking dish or casserole, cover with sliced potatoes, add seasoning and sprinkle with the chopped green pepper etc. Over this pour the tomatoes with 1 cup of water or if using canned tomatoes only  $\frac{1}{2}$  cup of water. Cover and bake in hot oven until potatoes are tender when pierced with a fork about 1 hour. Remove the cover and sprinkle with some grated Parmesan cheese. Dot with butter, brown top, and serve.

## MEXICAN FLANK STEAK

Take 2 pounds of flank or round steak, score with crisscross marks and cover with a marinade dressing made of a little oil, vinegar, salt and pepper, finely chopped onion. Soak for 2 hours, brown the steak in hot oil or butter. Remove from fire and place in baking dish or casserole. Add to what is left in pan of the marinade dressing, 1 chopped green pepper, 1 chopped pimento, 1 No. 2 can of tomatoes, a tablespoon of chopped parsley and 1 of chopped celery leaves. Cover the steak with this, adding 1 cup of hot water or beef stock. Bake in moderate oven for 2 hours or until the steak is tender. Serve in the casserole or on a platter with the sauce poured over it.

## MEXICAN HOT CHICKEN TAMALES PIE

Take about a 4 pound hen and boil until tender. Remove meat from bones and cut into pieces. Take one pint of ripe olives, stone and slice. 1 can of mushrooms, 1 No. 1 size can creamed corn, 1 cup of chili sauce, 1 cup of chicken stock. Mix together. Season with salt and pepper, also a little celery salt. Place in baking dish or casserole and cover with 6 tamales, split lengthwise. Bake in moderately hot oven about 30 minutes. Sprinkle with grated Parmesan cheese and serve.

## CAPON A LA MEXICO

Large capon or 2 small chickens, 4 large onions, sliced, 6 tablespoons of large raisins, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 6 limes, 2 tablespoons blanched almonds, chopped fine, 8 large olives—green or ripe,  $\frac{1}{2}$  pound butter.

Dress the fowl and lard it inside and out with butter and rub in salt. Mix the onions and raisins well together, and stuff the fowl with the mixture. Put the butter in a casserole, set the limes in the bottom and sprinkle over them the almonds, and the olives, and on top place the fowl. Cover the dish and let it cook in slow oven.

## DEER MEAT A LA CREOLE

4 slices bacon	1 No. 2 can tomatoes
1 medium size onion diced	1 $\frac{1}{2}$ pounds ground beef
1 medium size bell pepper, diced	1 box spaghetti
3 or 4 stalks celery diced	Salt and pepper to taste
1 tablespoon paprika	

Make creole sauce by cutting bacon in small pieces and fry until nicely browned; then remove from pan leaving drippings to fry onion, pepper and celery until partly done. Stir in salt, pepper, paprika and fried bacon. Pour over this tomatoes, cover and cook until vegetables are tender.

Put box of spaghetti in pot of boiling salt water and cook about 20 minutes, or until tender. Drain water off, then place cooked spaghetti in pot of creole sauce and simmer about 10 minutes.

Roll ground deer meat into small balls, salt and pepper lightly; fry in deep fat. Just before serving stir the fried meat balls into spaghetti and creole sauce mixture. This recipe serves about eight people as a main dish.

## ARIZONA SWEET POTATOES—SALT RIVER VALLEY STYLE

Parboil 8 sweet potatoes, peel and slice in thick slices, peel 3 oranges and slice thin, chop 2 large apples. Lay slice of sweet potatoes in buttered pan or casserole. Sprinkle with orange and apples, another layer of sweet potatoes and then add the balance of orange and apples. Cover with balance of sweet potatoes, sprinkle with brown sugar and 1 cup of water. Dot with butter and bake in moderate oven about 30 minutes.

## RINKUM DIDDY—LIGHT DINNER

Make a cream sauce of butter flour and milk sufficient for the number of people to be served. Season with cayenne, salt and paprika. Stir in  $\frac{3}{4}$  or 1 pound of grated cheese until the mixture is smooth.

Heat 1 can of Campbell's tomato soup in another vessel—add a little soda to keep from curdling. Combine the two while hot and serve immediately over crackers.

## NOODLES EN CASSEROLE

One package noodles, cooked till done, but not too soft, 1 can tuna, 1 can mushrooms, 1 can mushroom soup, 1 package ( $\frac{1}{4}$  pound) pimento cheese, 3 hard cooked eggs.

Saute mushrooms (sliced) in 2 tablespoons butter. Add soup; combine with noodles, tuna flaked fine, sliced eggs and sliced cheese and bake in moderate oven till brown.

## SAUSAGE AND MACARONI LOAF

2 lbs. link sausages	1 cup milk
1 cup macaroni	$\frac{1}{4}$ lb grated American cheese
2 tablespoons butter	2 eggs, slightly beaten
2 tablespoons flour	salt

Cook macaroni in boiling salted water until tender, about 20 minutes. Make a white sauce by combining butter and flour, gradually adding milk and cooking until thickened. Melt cheese in white sauce, add slightly beaten eggs and macaroni. Season. Brown link sausages and place in a border around inside of loaf pan. Pour macaroni mixture inside sausage border and bake in a moderate oven (350°F.) until the loaf is set and the sausages done, about 40 minutes.

## ARIZONA ORANGE DRESSING

This is good for all birds, domestic or wild, or with roast pork or veal.

Take 2 cups bread crumbs, 2 slices bacon chopped fine, rind of 2 oranges grated, 1 tablespoon lemon rind grated, pinch of thyme and marjoran, or poultry seasoning, salt and pepper to taste, 1 small onion chopped fine, 2 apples diced fine and 2 eggs. Combine the ingredients in the order given and stuff bird or bake separately about 30 minutes. This is quite a variation from the usual run of dressings—tasty and uses a number of Arizona citrus fruits.

## CHESTNUT DRESSING

Chestnut dressing may be made by adding 1 pound of cooked chestnuts, chopped fine, substituted for citrus fruits in the above "Arizona Orange Dressing."

## APPLE DRESSING

For apple dressing substitute 1 pound of slightly cooked apples instead of the citrus fruits to the "Arizona Orange Dressing."

## OYSTER DRESSING

For oyster dressing add 1 pint of cooked oysters, chopped, to the "Arizona Orange Dressing."

## SONG OF SOLOMON

Song of Solomon 2:5—"*Stay ye me with raisins, refresh me with apples.*"

6:11—"*I went down into the garden of nuts to see the fruits of the valley.*"

## STOCK FOR SOUP, GRAVIES, ETC.

Take 2 pounds of beef bones, shank bone is the best. Two gallons of water, a carrot, onion, a leek, a Bouquet Garni (see above), salt and pepper. Boil for 3 hours, skim off fat and strain.

## BOUQUET GARNI

This is ideal for a seasoning in making gravy or sauce, and some soups, it flavors and seasons at the same time. It is prepared as follows:

Take a piece of celery, a leek, parsley in sprigs, a bay leaf, 2 cloves, a sprig of thyme and if desired, a clove of garlic in the center. Tie this into a bundle or place in a small muslin or cloth—tying this together so that it is loose in the sack. It should be removed before stirring the sauce, etc.

## JARDINERE OF VEGETABLES

This is excellent for serving with pot roast, ox joints, etc., sprinkling liberally over the top before serving or else served separate as a vegetable.

Take 2 turnips and 2 stalks of celery cut in dice about one-half inch square, boil in salt water until tender add a half cup each of string beans and peas. These may be fresh cooked or canned. Season with butter, salt, and pepper. Add a little chopped parsley, just before serving.

## ARIZONA APPLE AND CHEESE SALAD

Mix chopped nuts with half their quantity of cream cheese, add a little thick cream to blend the mixture, season with pepper and salt, and make into tiny balls. Peel good, tart apples, remove the cores, and slice into rings about half an inch thick. Arrange the slices on lettuce leaves, and put a cheese-ball into the centers. Serve with French dressing made with lemon juice.

## SALT RIVER VALLEY SALAD

Cut 3 grapefruit into halves and remove the pulp; peel and quarter 3 green apples, and remove the cores. Peel carefully 3 oranges, and slice lengthwise. Dress half moon apple and orange in a circle around the salad plate, alternately. Fill with the grapefruit pulp. Cover the whole with a good stiff boiled dressing, and garnish the outside and top with different shaped cuts of green pepper and marachino cherries, also a dash of paprika on top of boiled dressing. Serve ice cold.

## BEEF AND STRING BEAN SALAD

Rub the salad bowl well with a clove of garlic, line with sliced beets and string beans, an onion chopped fine, and a few sprigs of parsley. Mix well, and put in a bowl. Pour French dressing over and serve.

## BOILED BEEF SALAD

Cut boiled beef into half inch dice, soak for 2 hours in a mixture of 1 part olive oil, 3 parts vinegar, a teaspoon of lemon juice, salt and pepper to taste. Mix the meat with cold boiled potatoes, cut the same size as the meat, and a small onion chopped fine. Garnish with lettuce leaves and stuffed olives. Pour mayonnaise over just before serving.

## FIG SALAD

Ripe fresh figs quartered and laid for 3 hours to soak in three-quarters of a pint of raspberry or currant juice, and then piled up in a glass bowl and covered with light whipped and flavored cream.

## YUMA FRUIT SALAD

Peel and seed 2 grapefruit, 2 apples, and a bunch of white grapes. Peel 2 bananas and cut in small pieces, adding  $\frac{1}{2}$  cup of chopped nuts, and mix all together. Pour off a little of the juice and add French dressing. Set aside to get very cold before serving.

## FRUIT SALAD—MARICOPA

Slice various kinds of fruit, such as bananas, oranges, grapefruit, apples, peaches, and pineapple. Put in alternate layers in deep glass dish or salad bowl. Sprinkle each layer with powdered sugar, a little sherry, and half as much plain syrup. When all the fruit is in bowl, place on ice for 2 hours. Just before serving pour over the surface a wine glass of marachino, and decorate with marachino cherries.

## GRAPE SALAD

Skin and seed white grapes, stuff them with nut kernels, arrange on white curly lettuce leaves or water cress. Cover with French dressing made with lemon juice.

## GRAPE AND ORANGE SALAD

Cover the individual plates with curly lettuce leaves. Peel and chop the oranges and place on the plates. Cover with seeded white grapes and sprinkle with walnut meats cut fine. Pour over it, a boiled dressing.

## CHICKEN SALAD

Boil a large sized chicken until tender in water that has been thoroughly seasoned with a chopped onion, a chopped carrot, a bay leaf, salt and pepper, and half a teaspoon of celery seed. Boil briskly for 5 minutes, reduce the heat to the simmering point, and cook until the fowl is tender. Remove the meat from the fire, allow to stand until it is cold. Remove the meat from the bones and cut the chicken into dice. Use two-thirds the amount of diced celery that you have of chicken. Garnish the salad bowl with lettuce leaves. Mix the chicken and celery together, and to each quart add salt and pepper to taste, and enough mayonnaise to cover each piece. Stir thoroughly and turn into the salad bowl onto the lettuce leaves. Pour over a little more dressing, garnish the center with the hearts of the celery, and sprinkle over a tablespoon of capers. Decorate with olives and celery tips.

## CHICKEN SALAD IN HAM CIRCLE

An attractive way of serving chicken salad is to place it in a ring of ham jelly. Two cups of the salad should be poured in the ring of jelly after it is placed on the platter. To make the dish attractive, the jelly should rest on lettuce or water cress. For the ham jelly, whip half pint of thick cream until stiff, stir in a cup of aspic jelly, cool a little, and add a jar of potted ham. Adding a few drops of fruit syrup will make the jelly pink.

## FARMER SALAD

Soak half a tablespoon of gelatine in a tablespoon and half of cold water, and dissolve in three-fourths of cup of hot chicken liquor. Strain over 1 cup of chopped ham and stir until the mixture begins to thicken. Fold in 1 cup of thick cream—beaten stiff. Add a pinch of paprika, and salt, if needed. Mould in a border mould, fill in the center with lettuce arranged like a cup, and fill the cup with mayonnaise.

## SWISS CHICKEN SALAD

To the finely cut meat of 1 chicken (cooled), add 1 cucumber chopped, 1 teacup of English walnuts, chopped, 1 can of French peas, and 2 heads of celery cut small. Mayonnaise dressing.

## POLITICIAN SALAD

Peel and chop 4 oranges, and 4 apples; add 4 tablespoons of grated cocoanut, and half a cup of chopped pecan meats. Mix all with mayonnaise dressing, and serve on orange half shells, set on nasturtium leaves and blossoms.

## TOMATO AND CAULIFLOWER SALAD

Cut small ripe, or whole canned tomatoes into quarters, and arrange them on lettuce leaves, with a flowerette of cold cooked cauliflower, which has been soaked for an hour in French dressing, between the quarters. Serve with mayonnaise or cream dressing, sprinkled with finely chopped sweet red peppers.

## TOMATO AND GRAPEFRUIT SALAD

Cut 3 grapefruit into halves, and remove the pulp, taking out the tough inner skin. Peel tomatoes, chop them fine and mix with the grapefruit, and put a large spoonful of mayonnaise dressing on top of each. Garnish with sprays of cress.

## TONGUE SALAD

Boil, skin, trim and slice 1 tongue, cut in dice, add whites of 6 hard boiled eggs and three stalks of celery cut into cubes. Mix thoroughly with cream dressing and serve at once.

## GRAPEFRUIT SALAD

Cut the fruit crosswise, and pick out the pulp. Line the salad dish with white, crisp leaves of head lettuce, put in alternate layers of grapefruit and chopped English walnuts until the dish is full. Pour over French dressing, and serve cold.

## GRAPEFRUIT EN SURPRISE

Fill the outer bowl of a double oyster cocktail glass with fine cracked ice. Insert the smaller cup to chill. Cut a grapefruit crosswise, and remove all the bitter membrane. Put it into the inner cup, and pour over French dressing made with lemon juice. Garnish with sprigs of parsley, and tie a ribbon the color of your table decorations around the stem of each glass before serving.

## GREEN PEPPER AND POTATO SALAD

Chop 4 baked potatoes and a Spanish onion fine. Slice 1 green pepper crosswise so that it makes large rings, place on lettuce leaves. Fill with the potatoes and onions, heap red mayonnaise on top of each and serve.

## HAM SALAD

Chop lean, cold boiled ham until the pieces are the size of peas. Chop fine, half as much celery or lettuce as ham. Line a dish thick with lettuce leaves, and fill with the ham and celery. Cover with dressing and serve cold.

## LAMB MINT SALAD

Take 2 cups of cold cooked lamb out into dice, and half a cup of chopped cabbage. Dress with mayonnaise, and serve on chop-plate garnished with lobes of mint jelly and sprigs of parsley.

## CHEF'S LAST-MINUTE SALAD

Dice 6 cold boiled potatoes, chop a good sized onion, 4 hard boiled eggs, and a small cucumber. Mix with bacon sauce, and serve on lettuce leaves.

## LEMON SALAD

Cut 3 lemons into halves and remove the pulp carefully so as not to break the skins. Strain off some of the juice. Remove all the inner skin from the lemon pulp, and mix it with finely chopped cabbage which has been well seasoned with salt, pepper, and oil. Garnish with fine chopped beets, and serve on lettuce leaves, half a lemon to each person.

## LETTUCE SALAD

Bury a clove of garlic in a two-inch square of bread and place in the bottom of a bowl. Fill with white leaves and the heart of head lettuce, and pour over French Roquefort or Thousand Island dressing.

## ARIZONA ASPARAGUS AND TOMATO SALAD

Select large ripe tomatoes and slice. Place in circle on platter, and lay the asparagus across, first four, then three, then two. Pour a spoon of mayonnaise over, and crisscross two strips of pimento over the top.

## LETTUCE AND BACON SALAD

Rub the salad bowl with garlic, and fill with the white leaves and hearts of two heads of lettuce. Cut three slices of bacon into small bits, and fry. Add a cup of vinegar, a teaspoon of salt, and a pinch of pepper. Pour over the lettuce, and garnish with slices of hard boiled eggs.

## LETTUCE AND CUCUMBER SALAD

Slice cucumbers very thin and heap on a platter garnished with romaine lettuce. Pour over French dressing to which has been added a spoonful of onion juice. Cream dressing is sometimes preferred.

## LETTUCE AND ONION SALAD

Cover a platter with white leaves of head lettuce, shred 2 Spanish onions very fine, and soak them for an hour in cold water in which a little sugar has been dissolved. Lay the onions on the lettuce, and pour over French dressing, or bacon sauce.

## LIMA BEAN SALAD

Cook 2 cups of lima beans in salt water. When done, cool, and put on ice. Take half a dozen medium sized tomatoes, cut off tops, scoop out, and fill with beans, and a teaspoon of mayonnaise dressing on top. Put on ice. When ready to serve, arrange on platter in bed of lettuce, and garnish with parsley.

## MOCK PINEAPPLE SALAD

Pare and core 4 large apples, cut in rings. Peel and slice a little thicker than the apples 4 juicy oranges. Place a slice of orange on each slice of apple, and arrange in circle on serving dish. Pour over juice of an orange and a lemon, and sift white sugar on top.

## PINEAPPLE AND GRAPEFRUIT SALAD

Seed and peel 2 grapefruit, remove all the inner skin, and cut the pulp into small pieces. Shred a fresh pineapple, mix with half a cup of English walnuts and grapefruit. Place all in a bowl, and pour over French dressing. Garnish with parsley.

## COUNTRY CLUB SALAD

Rub the salad dish with garlic and line with a bed of romaine lettuce. Fill in the center with equal parts of cantaloupe and watermelon balls cut out with a Parisienne spoon. Pour over French dressing made with fruit juices, or marachino dressing.

## SPINACH SALAD

Take half a peck of fresh, crisp spinach, wash it thoroughly in several waters, put in steamer, and steam for about 10 minutes, turn into a colander and drain. Chop fine, season with salt, pepper, and 2 tablespoons of melted butter. Mix well and press into small moulds or cups. When cold, place each form on a lettuce leaf, and put a spoonful of mayonnaise dressing on top.

## JELLIED CHICKEN AND CELERY SALAD

Make the chicken jelly and set it in a border mould. Chop 3 bunches of celery, and mix with a can of asparagus tips. When the jelly is cold, set on a platter, and heap the celery and asparagus in the center. Slice 4 hard-boiled eggs and lay around the jelly in little piles, alternating with mayonnaise dressing.

This is also nice made with fruit jelly with fruit in the center, omitting the egg and using French dressing made with lemon instead of the mayonnaise.

## STRAWBERRY SALAD

Choose the heart leaves of head lettuce, heap a few strawberries on each, and dust them lightly with powdered sugar; lay a teaspoon of mayonnaise on each portion and serve cut lemons with it; delicious for lunch.

## GREEN PEPPER SALAD

Rub the salad bowl with garlic, and line with crisp lettuce leaves. Take large green peppers, remove the seeds and let stand in cold water for an hour, fill them with Neufchatel cheese thinned to the right consistency with sweet cream, and cut in slices. Put in salad dish with alternate layers of sliced pineapple, pour over French dressing made with lemon juice, and serve very cold.

## CHERRY SALAD

About 10 cherries should be allowed to each person. Remove the stems, then wash and drain. Make a cut in each cherry, remove stones, and fill the cavities with filbert meats, or bits of pecans. Mix with French dressing to which a tablespoon of grapefruit juice has been added, or marachino dressing, and serve on crisp, white lettuce leaves. Garnish with cherries from which the stems have been removed.

## CABBAGE AND RADISH SALAD

Make radish flowers and soak them in ice water until they blossom. Always leave on two inches of the green stems. Cut the cabbage as for slaw, shave a little onion fine and add to it, put all into a deep bowl and pour boiling water over it. Drain well after a minute in colander and put into ice water until crisp. Build the salad in a bowl with pointed edges, and decorate the corners with parsley and the radishes.

## CARROT SALAD

Wash and boil young carrots until tender, and slice very thin. Line individual salad dishes with a bed of crisp lettuce leaves, and put in each one a spoonful of carrots. Garnish with a spoonful of boiled dressing.

## JELLIED FRUIT SALAD

Soak half a package of gelatine in cold water 10 minutes. Wash and hull a box of strawberries and a box of blackberries, and drain off all the water. Peel and seed two oranges, removing all the inner skin, drain off all the juice, and add a cup of boiling water. Dissolve the gelatine in the hot water and orange juice, and set on the ice to cool. When it begins to thicken, mix in carefully the fruits so as not to crush them, and set back on the ice. When stiff set the jelly on a slab of ice and serve immediately. Serve with fruit dressing.

## JELLIED VEAL SALAD

Wash and cut a veal knuckle into pieces, put into 2 quarts of cold water, and let simmer for 2 hours; then add 10 whole cloves, 1 bay leaf, 1 large slice onion, and half teaspoon of allspice. Simmer for another hour, remove the knuckle, and boil down the liquid to one-half. Remove the skin and the bones from the meat, place in a mould, and pour over the liquid. Salt and pepper to taste, and set on ice to cool. When hard, place on platter garnished with lettuce leaves. Pour over Hollandaise sauce, and serve.

## FRENCH DRESSING

Put 7 tablespoonfuls of olive oil in a bowl, add 3 tablespoonfuls of sharp white wine vinegar, half a teaspoonful of salt, and a little cayenne. Work smooth with beater.

## FRUIT DRESSING

Mix 5 tablespoonfuls of sugar with the juice of 2 lemons and stir constantly until the sugar is dissolved. Then add 3 tablespoonfuls of imported sherry wine. Set on ice to cool before using.

## PINEAPPLE SAUCE

The juice of 1 can of pineapple, 1 cupful of sugar, 1 tablespoonful of cornstarch, 1 cupful of walnuts cut fine, and 1½ cupfuls of water. Mix the cornstarch with a little of the water and add the pineapple juice, sugar, and the remainder of the water. Boil until thick, and after it is cold add 1 cupful of walnuts cut fine. This is nice on any of the fruit salads.

## RED DRESSING

Mix salt and pepper, and add a teaspoonful of onion juice. Peel a tomato, chop fine, draining off most of the juice, and add to the rest of the dressing a red pepper chopped fine, 2 tablespoonfuls of vinegar, and pour in slowly 4 tablespoonfuls of olive oil. Mix thoroughly and set on ice before using.

## RIPE OLIVE DRESSING

Mix a tablespoon each of salt, pepper, mustard, and onion juice. Add a tablespoon of vinegar, a tablespoon of lemon juice, and 4 tablespoons of olive oil. Stone and dice fine, a cupful of ripe olives; mix them well with the rest of the dressing, and set aside to become cold before using.

## ROQUEFORT DRESSING

Into 4 tablespoons of oil work half a pound of grated Roquefort cheese until thoroughly smooth. Add a tablespoon of tarragon vinegar, a teaspoon salt, one of pepper, and a teaspoon of onion juice.

## THOUSAND ISLAND DRESSING

Mix a cup of mayonnaise, a cup of whipped cream, and a cup of chili sauce to make the foundation for this dressing. Add a tablespoon of chopped chives, a tablespoon each of chopped red and green peppers.

## CREAM DRESSING

Beat the yolks of 2 eggs and work smooth with a tablespoonful of sugar, a teaspoonful of mustard, 8 tablespoonfuls of olive oil, 3 tablespoonfuls of vinegar, a teaspoonful of salt, a dash of cayenne, and a cupful of well whipped sweet cream.

## ARIZONA DATE DELIGHT

Scoup out the center of small sponge cakes and fill with mixtures of chopped dates and Arizona pecans. Cover this with whipped cream and serve with chocolate sauce.

## ARIZONA FRUIT CAKE

Cream together a pound of sugar, and a scant pound of butter, add a cupful of molasses, a cupful and a half of sour milk, and 12 well-beaten eggs. Pour in a cupful of rich boiled cider. Sift together a pound of flour and a teaspoonful and a half of soda; stir in, beating briskly for 10 minutes with a flat spoon or heavy wire egg beater. Add 3 pounds of raisins, 2 pounds of currants,  $\frac{1}{2}$  pound of candied orange peel,  $\frac{1}{2}$  pound of chopped citron, 2 grated nutmegs and 2 teaspoonfuls each of cloves and allspice. Stir all together well, and bake for 4 hours in a moderate oven.

## ARIZONA WEDDING CAKE

Cream 4 cups of butter with 5 cups of sugar, add the well-beaten yolks of 12 eggs, beat until very light, stir in the whites whipped stiff. Mix in 4 cups of flour, add a pound of citron,  $\frac{1}{2}$  pound of lemon and orange peel, 2 pounds currants, 6 pounds raisins, 1 teaspoonful of salt, 3 tablespoonsful of cinnamon, 2 tablespoonsful of mace, 2 tablespoonsful nutmeg, 1 tablespoonful of ginger, 1 tablespoonful allspice, a dessert spoon of cloves, a cup of molasses, and a pint of brandy. Beat well, and bake slowly until a straw will come out clean. This is a delicious cake and will keep indefinitely.

## ARIZONA LEMON CREAM PIE

Heat a pint of milk; blend 3 tablespoonfuls of flour with a little cold water, stir into the milk, and boil until thick, taking care not to burn. Set aside to keep warm. Beat the yolks of 3 eggs and a cupful of sugar to a cream. Add the juice and rind of 1 lemon, stir them into the milk, and let all come to a boil. Line a deep pie tin with pie crust, and bake. Pour in the mixture and put it in the oven until it sets. Have ready the whites of eggs beaten to a stiff froth; add 3 tablespoonfuls of pulverized sugar, and spread over the top of the pie. Put to bake in the oven until brown, taking care not to scorch.

## ARIZONA SUNSHINE CAKE

Beat the whites of 11 eggs until stiff, stir in a cupful of granulated sugar, beat the yolks of 6 eggs very light, flavor with a teaspoonful of orange extract, and add another  $\frac{1}{2}$  cupful of sifted granulated sugar. Put the yolks and whites together, and fold in a cupful of flour, in which a teaspoonful of cream of tartar has been sifted. Mix as quickly as possible. Bake from 50 to 60 minutes in a slow oven.

## ARIZONA STRAWBERRY SHORTCAKE

Two cupfuls of flour, 2 large teaspoonfuls of baking powder, a pinch of salt, a tablespoonful of cornstarch, an egg, a cupful and a half of milk, and 4 tablespoonfuls of butter. Sift the dry ingredients together. Beat the egg and add it to the milk. Mix all to a thick batter, and bake in well-buttered pan. When done, split with a very hot knife, butter each half slightly, and put between the slices the berries, which have been hulled, washed, sliced, covered with sugar and allowed to stand for half an hour. This cake may be covered with whipped cream, or it may be served with plain Jersey cream; but the best way is to serve it with the berry juice without cream. If baked in individual drops, they can be pulled apart instead of cutting with hot knife, although the hot knife does not injure the cake.

## ARIZONA FIGLETTES

Line patty pans with a thin sheet of pie crust. Break 3 eggs into a quart of milk. Add stale cake crumbs to form a stiff mass "just stiff enough to run easy". Before finishing the mixture add a good quantity of ripe figs, cut up rather fine. Fill this mixture into patty pans and bake. If you desire, a pinch of allspice may be added.

## ARIZONA LEMON DROP CAKES

Cream a cup of sugar, 4 tablespoons butter. Add 3 well beaten eggs. 3 cups of sifted flour, pound currants,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder, 1 cupful milk. Flavor with lemon (lemon extract can be used). Stir slowly until thoroughly mixed. Drop a teaspoon at a time on a well greased dripping pan and bake 4 to 10 minutes in quick oven until brown.

## ARIZONA FIG PUDDING

This pudding is quite as good as plum pudding, but not as rich. Chop fine a pound of figs; add a cup of chopped suet, 2 cups of bread crumbs,  $\frac{3}{4}$  cup of sugar, 2 tablespoons citron cut small, 2 well-beaten eggs, 1 tablespoon molasses, 2 tablespoons of milk, 1 teaspoon each of soda and salt,  $\frac{1}{2}$  teaspoon of nutmeg. Put into a mould and steam 2 hours. Serve with hard sauce. Instead of creaming butter and sugar together for the hard sauce, stir into it a cup of stiffly whipped cream and the white of 1 egg beaten until light. It is delicious and goes further.

## ARIZONA PLUM PUDDING

One pound of brown sugar, 1 pound of sifted flour, 1 pound of bread crumbs,  $\frac{1}{2}$  pound seeded raisins,  $\frac{1}{2}$  pound currants, 1 pound well chopped beef suet, 1 teaspoonful powdered ginger, cinnamon, nutmeg, and cloves. Mix all of these together with 2 tablespoonfuls baking powder. Grate 3 lemons and 3 oranges and squeeze out juice. Add this to 6 well-beaten eggs and 1 cup of chopped citron peel, 1 cup of molasses and  $\frac{1}{2}$  pint of brandy. Mix all well together adding the liquids last, adding enough milk to make a thick, heavy mixture. Divide into two buttered molds about two-thirds full. Cover with waxed paper. Tie cloth over this or cover, steam about 4 hours, will keep indefinitely if kept in a cool place. Re-heat thoroughly before serving. Serve with hard or custard sauce.

## ARIZONA BEEF SUET PUDDING

Sift a cup of flour into a mixing bowl, add to it a teaspoon of chopped suet, a teaspoon of salt, a teaspoon of cinnamon, a cup of Sultana raisins, and a cup of currants. Mix dry, and add 1 cup of molasses, and 1 cup of milk. Mix thoroughly and steam for 2 hours. The batter must be stiff as for fruit cake. By dividing it into two or three parts, using tin cans to suit the size of the family, only one pudding need be heated or cut at one time. It can be made in advance, like fruit cake, and re-heated by steaming when wanted. It will keep for several weeks during cold weather. Serve with hard sauce.

## ARIZONA GRAPEFRUIT MARMALADE

Slice several clean whole grapefruit very thin, rejecting nothing but the seeds and cores. Measure the fruit and add three times the quantity of water and let stand over night in a stone crock. Then boil for 10 minutes and allow to stand for 12 hours and then add an equal amount of sugar and boil briskly until the mixture jells.

Orange marmalade or grapefruit-orange marmalade may be made the same way substituting orange for grapefruit or half and half.

## ARIZONA CANTALOUPE

Cantaloupe should be washed carefully before placing in ice-box to cool. Cut in half, and served very cold, but never with chopped ice, as this makes them watery and tasteless. A scoop of ice cream in center makes a very tempting dessert.

## CANDIED ARIZONA LEMON AND ORANGE PEEL

Put a sufficient quantity of lemon or orange peel on the fire with water to cover, boil until soft, drain and soak in cold water for 24 hours, then pour off the water and put the peels in a stone jar, covering with a heavy syrup. Let the peels stand for 12 hours. Pour off syrup and re-boil. Allow to stand again for 12 hours. Repeat this several times gradually increasing the density of the syrup until very thick. Place the peels in mason jars. Cover with syrup and seal when cold. This is good for all types of puddings, cakes, etc. Can be kept separate or mixed.

## ARIZONA WATERMELON PRESERVES

Select melons with a thick rind. Cut meat from the rind. (This can be used for fruit cocktails, etc.) Cut the rind into one and a half to two inch squares. Lay the pieces in salt water for 48 hours. Then soak in clear water for 24 hours. Change the water frequently. Then put in alum water to harden for 3 hours. Drain and weigh. To each pound of rind allow 1 pound of sugar. Make a syrup of the sugar, add 1 stick of cinnamon, an orange and a lemon sliced. Then, after boiling for a few minutes remove cinnamon, add the melon rind and boil until transparent. Place melon in jars. Cover with the syrup and seal when cold. This is splendid when served with game or roast meats.

## ARIZONA CANTALOUPE COCKTAIL

Cut in half and remove the seeds of cantaloupe. Mix fresh pineapple cut in small pieces with stoned cherries, using half as much cherries as pineapple, and sprinkle liberally with sugar. Fill the halves of the melon with the pineapple and cherry mixture. Set in a pan of chopped ice until thoroughly chilled, and place three pitted cherries on each half of melon.

## ARIZONA ORANGE ROLY-POLY

Sift 2 teaspoons of baking powder with 2 cups flour; rub into it a tablespoon of butter and one of lard; add  $\frac{1}{2}$  cup of milk, and roll out the dough into a sheet about half as wide as it is long. Spread this with four sweet Arizona oranges sliced and seeded; sprinkle with sugar, roll up the dough with the fruit inside, pinching the ends together that the fruit may not seep out. Tie the pudding up in a cloth, allowing it room to swell, drop into a pot of boiling water, and boil steadily for half an hour. Remove from cloth and lay on hot dish. Serve with hard sauce.

## ARIZONA GRAPEFRUIT COCKTAIL

Cut the grapefruit in half, and carefully scoop out the pulp without any of the bitter white skin. Clean the sides of the shells, and throw them into cold water. Hull a pint of strawberries, mix them with the grapefruit pulp; add 2 tablespoons of powdered sugar, and stand the mixture on ice. At serving fill the shells with the mixture, add a tablespoon of ice shaved fine, and a tablespoon of rum or sherry. Stand the shells on a dainty doily or a spray of fern, and send at once to the table. Marachino gives a delicious flavor. Cut a very thin slice off the bottom of the shell so it will not tip.

## ARIZONA STRAWBERRY DESSERT

Mash a quart of Arizona strawberries, and sprinkle with a cup of sugar. Let them stand for 5 or 6 hours—or even over night. Drain off the juice—there should be a cupful—and into this break 10 or 12 marshmallows. Let them soak 2 hours. Add a pint of cream, whipped stiff, to the crushed strawberries, and serve at once in sherbert glasses. It is appetizing to put a whole berry on each glass.

## ARIZONA FRUIT CHOP SUEY

Crush a quart of strawberries and place it in dishes ready to serve, which have been lined with crisp lettuce leaves. Garnish the berries with small cubes of oranges. Beat the white of an egg to a stiff froth, sweeten to taste, drop it on the center of the fruit, place a ripe berry in this, and add sliced bananas. This will serve six persons, and prove not only a palatable dish, but also an attractive and economical dessert.

## ARIZONA STRAWBERRY WHIP

A cup of crushed Arizona strawberries, a cup of powdered sugar, and the well-beaten white of an egg. Put the ingredients into a bowl, and beat with a wire whisk until stiff enough to hold in shape. About 30 minutes will be required for beating. Pile lightly on a dish and chill.

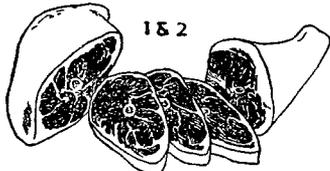
## ARIZONA ORANGE CUSTARD

Mix the juice and pulp of a lemon with a cup of sugar, and about one-half pint of water. Boil sufficiently to dissolve the sugar, and strain. Bring to a boil again, and stir in 2 tablespoons of cornstarch, blended with a little cold water. Stir and boil slowly for 10 minutes. When cool pour this mixture over three or four sliced Arizona oranges. This may be decorated with a meringue or served with sweetened or whipped cream.

# Meat Cuts and How to Cook Them

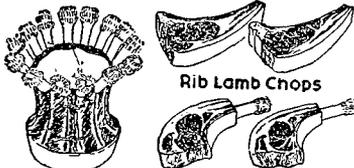
## LAMB CHART

### Retail Cuts



Leg of Lamb  
(Three cuts from one leg)

—Roast—Broil—Stew, Braise—



Lamb Crown Roast

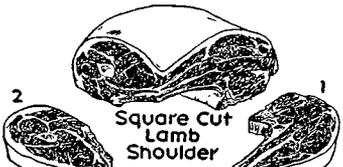
—Roast—

Rib Lamb Chops



Frenched Rib Chops

—Broil—



Square Cut Lamb Shoulder

Arm Lamb Chop

—Broil—

Blade Lamb Chop

—Broil—



Cushion Lamb Shoulder

—Roast—

Saratoga Lamb Chops

—Broil—



Roller Lamb Shoulder

—Roast—

Boneless Shoulder Chops

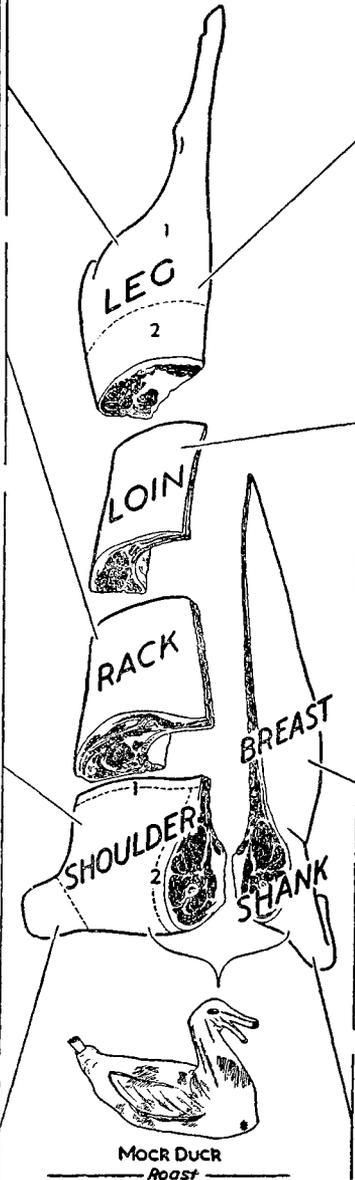
—Broil—



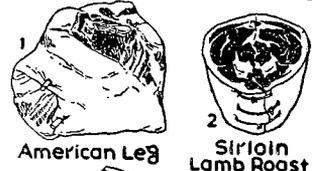
Lamb Neck Slices

—Braise—

### Wholesale Cuts



### Retail Cuts



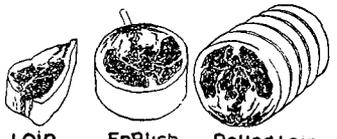
American Leg

Sirloin Lamb Roast



Frenched Leg

—Roast—



Loin Lamb Chop

English Lamb Chop

Roller Loin of Lamb

—Broil or Panbroil—Roast—



Lamb Patties

—Braise or Broil—

Lamb Loaf

—Bake—

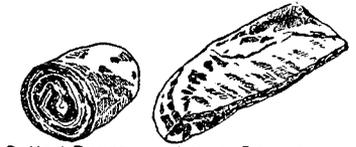


Lamb Riblets

—Braise or Stew—

Lamb Stew

—Stew—



Roller Breast

Lamb Breast

—Roast or Braise—



Lamb Shanks

—Braise or Stew—

Housewives in search of new and attractive meat cuts to add variety and flavor to their menus will be interested in the lamb chart shown above. The fact that lamb offers such a wide variety of cuts is a revelation to many who in the past have thought of this meat only in terms of legs and loins. A study of this chart will reveal that there is a lamb cut for every purse and every purpose. In addition to showing the many possibilities in lamb cuts, the chart is an excellent guide for cooking. You will want to keep it for ready reference.

Chart and Time Table courtesy National Live Stock and Meat Board.

## BEEF CUTS AND HOW TO USE THEM

Cut	Description of Cut	Uses	Beef Specialties and How to Prepare Them
Neck	Juicy, well flavored	Soups, stews, meat loaf, mince meat.	Brains-Creamed, Scrambled with eggs, cutlets.
Fore and hind shank	Bone, gristle, varying amount of lean.	Soups, stews, meat loaf.	Heart—Braised, stewed, cooked in water.
Chuck	Good quality; muscles do not run in one direction.	Roasts, pot-roasts, steaks, stews,	Kidney— Boiled, stewed, fried. "boiling" meat.
Brisket and Plate	Lean and fat in layers. Muscle fibers coarse. Flavor excellent. Banded for corning.	Corned beef, "boiling" meat, stews.	Liver— Fried, baked, loaf.
Short Ribs	Cut from ends of ribs and from plate.	Stews, braised beef.	Tongue—Corned, pickled, smoked, cooked in water
Rib	Tender, contains "eye" muscle and ribs; juicy.	Choice roasts, rib steaks.	Tripe— Pickled, creamed, cooked in water.
Short Loin	Tender, contains tenderloin muscle.	Porterhouse, T-bone, Club steaks.	Oxtail— Soup, stew, braised.
Loin End	Tender, juicy; steaks contain varying amounts of bone.	Sirloin steaks.	
Flank	Coarse grained, well-flavored; contains one flank steak.	Stews, "boiling" meat, ground meat.	
Round	Well-flavored, very little bone.	Steaks, pot-roasts, roasts, Swiss steak.	
Rump	Corned beef, pot-roast, roasts.	Well-flavored, considerable bone.	

## TIME-TABLE FOR COOKING BEEF

Cut	Broiled Medium-done	Roasted in 300° F. Oven	Braised	Cooked in Water
Ribs (Standing)				
Rare		18-20 min. per pound or to internal temperature of 140° F.		
Medium		22-25 min. per pound or to internal temperature of 160° F.		
Well-done		27-30 min. per pound or to internal temperature of 170° F.		
Top Round				
Medium		20-25 min. per pound.		
Well-done		30-35 min. per pound.		
Rump		30-35 min. per pound.	3-3½ hrs.	3-3½ hrs.
Chuck		30 min. per pound.	3-3½ hrs.	3-3½ hrs.
Tenderloin	15-20 min.	45 min.-1 hr.	45 min.-1 hr.	
Steaks				
1 in.	12-15 min.	(For rolled roasts, add		
1½ in.	20-25 min.	10-15 min. more for		
2 in.	30-35 min.	each pound.)		
Swiss Steak			1-1½ hrs.	
Stew				2-2½ hrs.
Corned Beef				40 min.-1 hr. per pound.

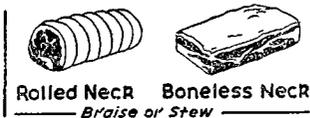
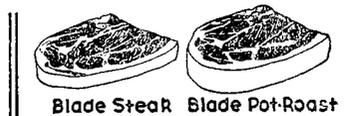
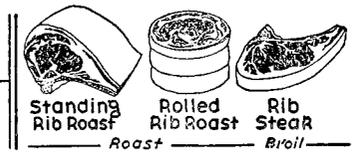
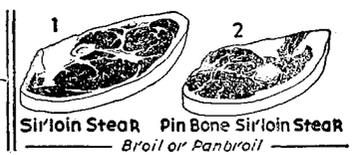
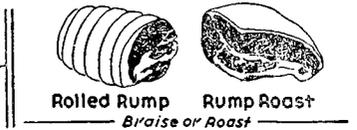
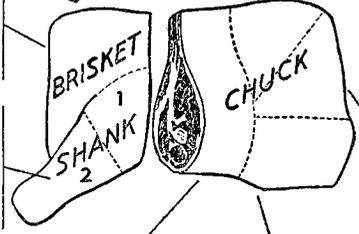
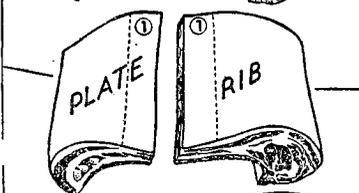
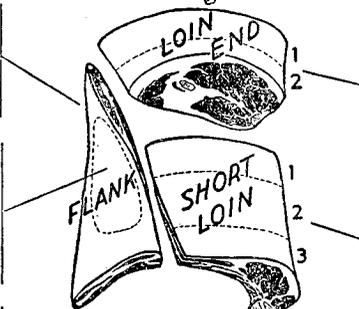
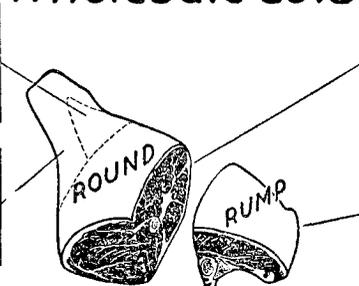
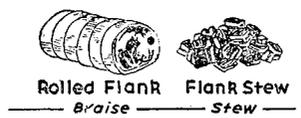
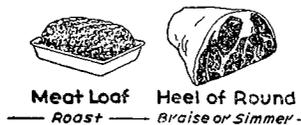
# Meat Cuts and How to Cook Them

## BEEF CHART

### Retail Cuts

### Wholesale Cuts

### Retail Cuts



Every housewife is confronted with the three-day question of variety in the meals she serves. In beef we become addicted to roasts or steaks and forget all about the other good beef cuts which will give pleasing variation and be easy on the pocketbook, too. Perhaps our trouble lies in the fact that we are not as familiar as we should be

with many of the possibilities offered by beef. If you are one of those whose use of beef is limited to a roast or a steak, the chart given above will be invaluable in learning to identify and locate the many retail cuts of beef. The chart will show you at a glance just how each one should be cooked. You will want to preserve this chart for ready reference.

Chart and Time Table courtesy National Live Stock and Meat Board.

## LAMB CUTS AND HOW TO USE THEM

Cut	Description	Uses	Lamb Specialties
Leg	Solid meat, fine quality.	Roasts; steaks.	Brains— Creamed, braised, scrambled.
Loin	Choice quality.	Chops, English chops, roast.	Heart— Braised, stewed.
Rack	Choice quality	Chops, roasts, crown roast.	Kidney— Fried, stewed, broiled.
Shoulder	Tender, well-flavored.	Roasts, chops, stews, loaf.	Liver— Fried, braised.
Breast (including flank)	Meat tender, but not so fine in grain.	Stews; boned and rolled for roast; pocket stuffed.	Tongue— Cooked in water, braised.

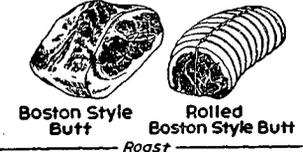
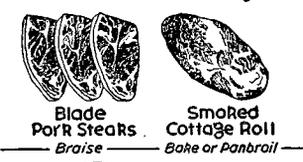
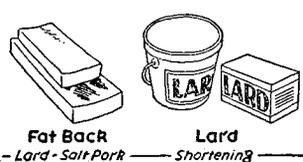
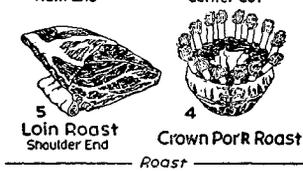
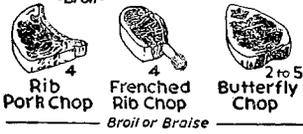
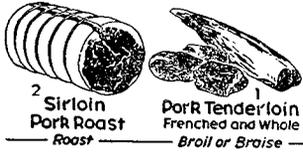
## TIME-TABLE FOR COOKING LAMB

Cut	Broiled	Roasted at 300° F.	Braised	Cooked in Water
Leg, breast, shoulder, loin, rack, crown roast.		30-35 min. per pound or to internal temperature of 175°-182° F. Allow 10 min. more per pound for boned cuts.	Lamb is seldom cooked by braising.	Lamb is not cooked in Water.
Lamb stew.		1½-1¾ hours.	1½-1¾ hrs.	1½ hrs.
Stuffed Shoulder.		2½-3 hours.		
Chops ¾ inch thick	10-12 min.			
1½-2 inches thick.	25-30 min.			
Neck			1-1½ hrs.	

# Meat Cuts and How to Cook Them

## PORK CHART

### Retail Cuts

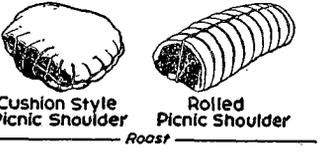
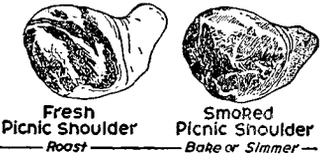
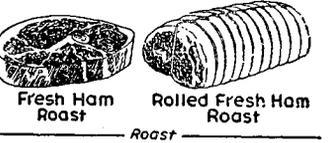
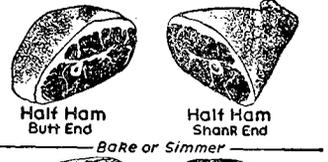


### Wholesale Cuts



Bacon Square  
Seasoning - Panbroil

### Retail Cuts



Pork is a universal favorite. It appears more frequently on the American table than any other meat dish, but there are a good many attractive pork cuts which are passed over by the average homemaker, because she is not acquainted with the possibilities they offer for new and attractive main dishes. The pork chart shown above deserves a place in the household files because it shows at a glance the variety of pork cuts and how to cook them.

Chart and Time Table courtesy National Live Stock and Meat Board.

## PORK CUTS AND HOW TO USE THEM

Cut	Description of Cut	How Prepared	Pork Specialties and How Prepared
Feet	Bone, skin, not much meat, but this is delicate.	Cooked in water, pickled, fried, with vegetables.	Brains— Fried, scrambled.
Hams	Solid meat, very little bone.	Fresh—steaks, roasts. Smoked—baking, broiling, cooking in water.	Heart— Braised.
Fat Back	Mostly fat, used for salt pork and larding.	Fried, combined with other foods.	Liver— Fried, braised, loaf.
Bacon	Cured and smoked, fat streaked with lean.	Broiled, panbroiled, as seasoning.	Tongue—Cooked in water, braised.
Loins	Tender, lean meat. Boned and cured as Canadian style bacon.	Roasts, chops, crown roast.	Tails— With vegetables.
Picnic	Well flavored, largely lean meat.	Same as ham.	Ears and Snouts— Stewed, with vegetables
Shoulder	Higher in lean than any pork cut, little bone.	Same as ham, excellent for slicing.	Lungs— En casserole, braised.
Boston butt	Lean and fat, good flavor.	Roast, cooked in water, braised.	Head— Head cheese.
Spare ribs	Lean, tender, no bone.	Roast, braised, fried.	
Tenderloin	One-tenth to 1/3 of carcass made into lard.	Frying, shortening.	

## TIME-TABLE FOR COOKING PORK

Cut	Broiled	Roasted at 300°-350° F.	Braised	Cooked in Water
Bacon	3-5 min. (Panbroiled)			
Salt Pork, sliced	3-5 min.			
Lg. piece				1½-2 hours.
Ham (smoked)				
Thin slice	10 min.			
½ inch	20 min.	25 min. per pound or to 160° F. internal temperature.		
1 inch	30 min.	30 min. per pound or to 160° F. internal temperature.		25 min. per pound.
Whole				
Half				
Shoulder (cured)		30-35 min. per pound or to internal temperature of 170° F.		30 min. per pound. 45-50 min. per pound.
Ham (fresh)		40 min. per pound or to 185° F. internal temperature.		
Loin		30 min. per pound or to 185° F. internal temperature.		
Stuffed shoulder		35-40 min. per pound.		
Steak			50 min.	
Chops, single			20 min.	
Double			30-40 min.	
Spare ribs		1½ hours.	1 hour.	1½ hours.
Tenderloin		1 hour.	20 min. (slcs)	
Suckling Pig		3½ hours.		