

FAVORITE RECIPES
of
NORFOLK BAPTIST
DIVINITY DAMES

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BREAD

RAISED BISCUITS

| | |
|-----------------------|--------------------------|
| 2 cups flour | 2/3 cup buttermilk |
| 1/3 cups Crisco | 3/4 cup sweet milk |
| 1 tsp. salt | 1 yeast dissolved in 1/4 |
| 1 tbsp. sugar | cup water |
| 1 tbsp. baking powder | pinch of soda |

Sift dry ingred. together, mix in Crisco, add milk & yeast water last. Set bowl of batter in refig. until needed, take out 2 hrs. before time to bake. Roll out very thin, cut like biscuits. Take 2 biscuits, grease top of one with melted shortening & place on top of second biscuit. Let raise for 2 hrs, bake in 450-475 oven.

Thelma Hughes

HOT ROLLS

| | |
|---------------------|---------------|
| 1/3 cup Crisco | 1 egg |
| 1 cup boiling water | 1/3 cup sugar |
| 1 yeast cake | 1 tsp. salt |
| 1 cup warm water | 4 cups flour |

Pour boiling water over Crisco till it melts, mix warm water & yeast together. Mix Crisco (when cooled) with yeast, put in mixer, add egg, sugar & salt. Sift flour, add slowly. Shape in rolls, let rise 4 hrs. after dough has been in refig. let raise 1 hour. Bake in 450 oven.

Thelma Hughes

CORN CAKES

Pour 1 cup boiling water over 1 cup sifted corn meal, add 2 eggs, 1 tsp. salt, 1 tbsp. sugar. Drop by spoonful in hot grease, cook until brown. Serve with PLENTY OF BUTTER. Forget your waist line.

Madeline Cales

HUSH PUPPIES

½ cup flour 1½ cup corn meal
2 tsp. baking powder 1 egg
1 tbsp. sugar ¾ cup milk
½ tsp. salt grated onion
Sift dry ingred., add egg & milk, stir.
Drop by teaspoon batter for each Hush Puppie
into hot fat. Fry a few at a time, drain.
Lucille Bond

SOUTHERN SPOON BREAD

3 cups scalded milk
1 cup corn meal
2 tbsp. sugar
1 tsp. salt
Pour dry ingred. into hot milk, cook till
thick, add:
2 tbsp. butter
3 eggs
Stir until well mixed, bake in greased
dish for 45 min. at 350. Serves 8.
Lucille Bond

ORANGE NUT BREAD

Sift 2 cups sifted flour
 3 tsp. baking powder
 1 tsp. salt
 ¾ cup sugar
Add 1 cup whole wheat flour
 ¾ cup candied orange peel, sliced
 thin
Combine ½ cup chopped pecans
 1 well beaten egg
 ¼ cups milk
 ¼ cup melted shortening
Add liquid ingred. to dry, mix until
 all flour is dampened
Pour into well-greased loaf pan(9x5x3)
Bake 1 hour, 350 oven
Store overnight before slicing.
Katherine Hughes

VEGETABLES

SCALLOPED POTATOES

Potatoes (peeled & sliced)
1 med. onion, diced
salt & pepper, to taste
butter
flour
bacon or slice of ham

Place a layer of potatoes in a buttered bak-
in dish, sprinkle over with onion, salt &
pepper. Sprinkle 1 tbsp. flour, dot with
butter. Repeat until casserole is full.
Pour milk over all until about $\frac{1}{2}$ " from top
of casserole, bake 1 hr. in 350 oven.

Miriam Moore

ITALIAN SPAGHETTI

| | |
|--------------------------------|--------------------------------|
| 1 lb. ground beef | 2 bouillon cubes |
| 1 clove garlic | dissolved in $\frac{1}{2}$ cup |
| 1 lrg. onion | water |
| 1 lrg. green pepper | 1 can tomato paste |
| $\frac{1}{2}$ cup celery | 3 cups tomatoes |
| 1 tsp. sugar | (canned) |
| $\frac{1}{4}$ tsp. ginger | 1 tsp. chili powd. |
| $\frac{1}{4}$ tsp. cinnamon | tabasco, salt & |
| 1 tsp. Worchestershire | pepper |
| 2 tbsp. Olive Oil | |
| $\frac{1}{8}$ tsp. dry mustard | |

Saute onion, green pepper, & celery in olive
oil, remove this, add beef & brown; add all
ingred, simmer for hours. Serves 4, may be
doubled.

Lucille Bond

ASPARAGUS

1 #2½ can asparagus (drained)
1 cup fine Cheese flavored crackers
1 can Mushroom Soup (10½ condensed)
1 tbsp. butter or 4 slices crisp bacon

Drain asparagus, reserve liquid. Sprinkle 1/3 crumbs evenly in bottom of buttered 1½ qt. casserole, top with layer of asparagus. Spread ½ cup soup evenly over asparagus; sprinkle with 2 tsp. liquid. Repeat layering ending with crumbs. Dot with butter or bacon. Bake 20 min (350). Will serve 8.

Madeline Cales

GREEN BEANS

Purchase from Farm Fresh in summer when price is NINE CENTS per pound. Bring home FORTY POUNDS, let the whole family snap like mad. Parboil, season and freeze. Enjoy all winter.

Barbara Grizzard

FOOD

"We may live without poetry, music and art;
We may live without conscience and live without heart;

We may live without friends, we may live without books;

But civilized man cannot live without cooks!"

Meredith

"I sit alone in the twilight
Forsaken by girls and men,
And murmur over and over-
I'll never eat onions again'."

Stephens Standard

MEATS

MRS. AMES' TUNA CASHEW CASSEROLE

1 3oz. can or jar chow mein noodles
1 10½ oz can mushroom soup(unheated)
¼ cup water
1 cup chunk tuna
¼ lb. cashew nuts(salted or unsalted)
1 cup finely chopped celery
¼ cup minced onion
pepper, salt as suggested

Set aside ½ cup noodles. In buttered 1½ qt. casserole combine rest of noodles with next 7 ingred. Taste, add salt if nuts are unsalted. Garnish with rest of noodles & few cashews. Bake 40 min at 325.

Louise Lumpkin

ENCHILADAS (SERVES 6)

1 can Tortellias (Gaint Open Air Market)
1 lb. hamburger or stew beef
salt, to taste
chili powder, to taste
catsup, to taste
hot sauce, to taste
1 clove garlic
1 onion

Cook meat with all seasonings slowly until done. Grate cheese & chop onions, spread a layer of chili meat, layer of cheese, layer of onions on center & tortellia. Roll tortellia and close with a toothpick. Pour all meat juice over it, sprinkle more cheese & onions. Bake 300 for about 20 min. Serve hot but do Not eat toothpicks.

Betty Russ

ROAST VENISON

Prepare as you would roast beef, using plenty of beef suet on top, onion, celery, carrots, green pepper & potato. Bake 325 according size of roast.

M.C.

BARBECUED HOT DOGS

1 med onion
1/2 cup chopped celery
2 tbsp butter
2 tbsp vinegar
2 tbsp brown sugar
4 tbsp lemon juice
1 cup catsup
3 tbsp Worcestershire sauce
1/2 tsp prepared mustard
1/2 cup water
salt & red pepper
1 1/2 lbs. Hot Dogs
Brown onion & celery in butter, add remaining ingred., simmer 30 min., prick skins of hot dogs well. Arrange in shallow pan, pour sauce over them. Bake, uncovered, 45 min in 350 oven. Serves 6.

Betty Wagner

CHICKEN TETRAZINNE

1 4lb. chicken
3 med. green peppers (cook in salt water)
1 sm. jar pimento, chopped
1 lb. spaghetti
2 cans Cream of Mushroom Soup
1 can mushrooms
1 lb. American cheese (cut in sm. pieces)

Cook chicken until tender, chop fine. Cook spaghetti in chicken broth until tender, drain. Make white sauce (2 tbsp. butter, 2 tbsp. flour, 1 cup milk) Add mushroom soup, mushrooms, peppers, & pimentos. Add to spaghetti, chicken & cheese. Mix well. Bake in moderate oven until lightly browned on top.

SALADS

MOULDED SALAD

Lemon, Lime or Cherry Jello, 1 pkg.
2 small pkg. Cream Cheese
1 can crushed pineapple
pecans
Marichino cherries or pimentoes
1 cup boiling water to melt Jello
Mash cheese into Jello, add other ingred.
Put into refrigerator to congeal.

Emma Rhodes

CAESAR SALAD

Cut crusts from 4 slices rye bread & cut bread into $\frac{1}{4}$ " cubes. Brown 10 min. in hot oven, stirring once. Meanwhile, in lrg. bowl tear 2 lrg. heads romaine or 1 lrg. lettuce.

Add: $\frac{1}{8}$ tsp pepper $\frac{1}{4}$ cup crumbled bleu
1 tsp. salt cheese
 $\frac{1}{4}$ cup grated Parmesan cheese

Then pour over greens 6 tbsp. salad oil,

Add: 1 tsp. garlic powder
1 tbs. Worcestershire Sauce
3 tbsp. vinegar

1 unbeaten egg. Break egg, toss salad well, lastly tossing in croutons.

Barbara Grizzard

SHRIMP SALAD

Boil rapidly for 90 seconds $1\frac{1}{2}$ lb raw shrimp shuck & slice.

Cut celery, one bunch, small pieces, $\frac{1}{2}$ head lettuce. Mix with mayonnaise dressing. Serve immediately or sooner.

Ann Honts

SALADS

MOULDED SALAD

1 pkg. unflavored gelatine
2/3 cup grapefruit syrup
1/2 tsp. salt
1 tbsp. lime juice
2 cups drained grated cucumber (3 lrg.)
1 cup sieved cottage cheese
1/2 cup diet salad dressing
1/4 cup minced parsley
2 #2 cans grapefruit sections (drained)
Soften gelatine in syrup, heat, stirring constantly, add salt, lime juice. Combine cucumber, cheese, dressing & parsley. Add to gelatin mixture & blend. Spoon into individual molds & chill until firm.
M.G.C.

CAESAR SALAD

1 cup grated Parmesan cheese
1/2 cup olive oil
1/2 cup catsup
1/3 cup vinegar
2 tbsp. sugar
1 tsp. salt
1 small grated onion

SHRIMP SALAD

1 cup salad oil
1/2 cup catsup
1/3 cup vinegar
2 tbsp. sugar
1 tsp. salt
1 small grated onion

GRAPEFRUIT CUCUMBER SALAD
117 Calories

1 pkg. unflavored gelatine
2/3 cup grapefruit syrup
1/2 tsp. salt
1 tbsp. lime juice
2 cups drained grated cucumber (3 lrg.)
1 cup sieved cottage cheese
1/2 cup diet salad dressing
1/4 cup minced parsley
2 #2 cans grapefruit sections (drained)
Soften gelatine in syrup, heat, stirring constantly, add salt, lime juice. Combine cucumber, cheese, dressing & parsley. Add to gelatin mixture & blend. Spoon into individual molds & chill until firm.
M.G.C.

RUSSIAN DRESSING

1 cup salad oil
1/2 cup catsup
1/3 cup vinegar
2 tbsp. sugar
1 tsp. salt
1 small grated onion

Combine all ingredients in order listed & beat till well blended. Good served with tossed salad, also shredded cabbage. Shake well before using. Keeps for months.

Lucille Bond

CRANBERRY SALAD

1 pkg. Cherry gelatine
1 cup hot water
1 cup sugar
1 tbsp. lemon juice
1 cup pineapple syrup
1 cup drained, crushed pineapple
1 cup ground raw cranberries
1 orange, ground
1 cup chopped celery
½ cup chopped Calif. walnut meats

Dissolve gelatine in hot water. Add sugar, lemon juice & pineapple syrup. Stir to dissolve. Chill until partially set, add remaining ingredients, chill in oiled pan. Unmold on lettuce & serve with mayonaise.

Katharine Hughes

FROZEN FRUIT SALAD

Cream: 1 lrg. pkg. Phila. Cream Cheese
8 tbsp. pineapple juice
3 tbsp. mayonnaise
Add: 10 marshallows (cut up)
1 #2 can fruit cocktail (drained)
1 sm. can pineapple bits (drained)
1 sm. can Royal Ann cherries (drained & pitted)
Fold in: ½ pt whipped cream
Pour in mold & freeze.

Elsie Stockburger

DESSERTS

PUMPKIN PECAN PIE

Beat 3 egg yolks

Add 1 cup milk

Blend into:

1 cup br. sugar $\frac{1}{2}$ tsp. cloves

4 tbsp. flour $\frac{1}{2}$ tsp. ginger

1 tsp. cinnamon $\frac{1}{2}$ tsp. salt

Cook on low heat, stirring constantly until thick.

Add & mix well:

1 cup cooked pumpkin

$\frac{1}{4}$ cup butter

1 cup broken pecan meats

Pour into baked pie shell. Serve topped with whipped cream.

FUDGE PIE

Melt 1 stick oleo

1 sq. chocolate

In same sauce pan, off stove

Add: 1 cup sugar $\frac{1}{2}$ cup flour, sifted

2 eggs 1 tsp. vanilla

Put in floured pie pan or sq. cake pan, bake 325 for 25 min. Sprinkle with powdered sugar, cut in wedges or squares, serve with vanilla ice cream on top.

RITZ CRACKER PIE

4 egg whites, beaten stiff with 1 cup sugar

Add: 1 tsp. vanilla

Fold in: 20 Ritz crackers, crushed

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

Pour in well greased pan, bake 30 min. at 325. Top with whipped cream.

M.G.C.

OATMEAL SPICE COOKIES

1 cup sugar
1 cup brown sugar
3 eggs
1 cup shortening, blend in mixer.
Add: 3 heaping tbsp. preserves & mix
Add: the following dry ingredients (sifted)
3½ cups flour
1 tsp. cinnamon
1 tsp. allspice
1 tsp. cloves
½ tsp. soda

Lastly add:

1 cup oatmeal
1 cup pecans

Chill until firm enough to form into rolls.
Slice & bake in greased cookie pans at 375.

Elizabeth Smith

BROWN SUGAR PUDDING

2 cups brown sugar
2 cups boiling water
½ stick butter
Boil in deep pan
Add: 1 cup flour
1 cup sugar
2 tsp. baking powder
1 cup raisins
1 cup black walnuts
½ cup (plus) milk
pinch salt

Mix these ingredients & drop by spoonful into syrup mixture. Bake 350 about 25 to 30 min. Test with toothpick or sumpin. Serves about 16

CARROTT CAKE

2 cups flour
4 eggs
2 cups sugar
1 cup oil
1 lb. nuts
 $\frac{1}{4}$ lb. raisins
rind of 1 lemon & orange
1 whole apple (cut up)
1 lb. grated carrots
1 tsp. soda
1 tsp. baking powder

Beat eggs & sugar until creamy. Slowly add oil, nuts, raisins, carrots, & apple. Mix together with flour, baking powder & soda. Last add lemon & orange rind. Placed in greased tube pan, bake 1 hr. at 375.

Jessie Bobbitt

"Maud says she puts her very heart into her cooking."

"She must have been heavy-hearted when she made this pound cake."

FOOD MELTS IN YOUR MOUTH

These recipes furnish food that melts in your mouth BUT it solidifies on your hips.

Cook up a storm girls, who cares about calories?

MERINGUE TARTS

1 cup sifted sugar $\frac{1}{2}$ tsp. baking powder
3 egg whites $\frac{1}{8}$ tsp. salt
Combine in a cup: 1 tsp. vanilla, 1 tsp. vinegar, 1 tsp. water.
Whip egg whites until stiff, add sifted sug. very slowly, alternate with a few drops of liquid, beat constantly, when all have been added, continue to beat meringue for several min. Use about 2 tbsp. of meringue to a tart, place on a cookie sheet and shape like a pie or tart. Bake in 275 oven for 1 hr. or longer, when ready to serve fill with strawberries, peaches or the like. Top with whipped cream.

Thelma Hughes

HARD SAUCE

Step 1: 3 tbsp. butter beaten soft
Add: $\frac{1}{2}$ cup conf. sugar
 $\frac{3}{4}$ tsp. vanilla
 $\frac{1}{4}$ tsp. salt
 Beat 1 minute
Step 2: Add $1\frac{1}{2}$ cups sifted conf. sugar
 Approx. 3 tbsp. scalded cream, slow
 $\frac{1}{2}$ to 1 tbsp. cinnamon
 Beat 3 minutes

HEAVENLY HASH

Cut up 1 lb. marshmallows, add 1 can each of white cherries, peeled apricots, peaches, pears, & crushed pineapple, use juice. Whip 1 pt. cream, season with vanilla, add to fruit mix, set in refrig. over night. To serve add a dab of whipped cream and a cherry on top. Grand frozen. Serves 12 to 15.

Emma Rhodes

RAISIN ORANGE POUND CAKE

| | |
|-------------------------|--------------------------------------|
| 3/4 cup raisins | 1 1/2 tsp. baking powder |
| 2 cups sifted flour | 1 tsp. salt |
| 1/4 cups sugar | 1/2 tsp. cream of tartar |
| 1/2 cup soft shortening | grated peel & juice of |
| 2 unbeaten eggs | 1 sm. orange, water to make 1 cup |

Coarsley chop raisins, sift together next 5 ingred., add shortening with liquid & peel, mix well until smooth & fluffy, add eggs, mix well. Fold in raisins by hand, pour into greased & floured loaf pan. Bake 350 degree 60 to 65 min. Remove from pan, pour over cake 1/4 cup sugar dissolved in 1/4 cup orange juice, 1 tsp. rum flavoring.

Thelma Hughes

PRUNE SPICE CAKE

| | |
|------------------|---------------------------------------|
| 2 cups sugar | 1 tsp. soda |
| 1 cup Wesson oil | 1 tsp. salt |
| 3 eggs | 1 cup buttermilk |
| 2 cups flour | 3/4 cups walnuts(pecans) |
| 1 tsp. cinnamon | 1 cup cooked prunes (seeded & cut) |
| 1 tsp. nutmeg | 1 tsp. vanilla |
| 1 tsp. cloves | |

Mix eggs & sugar with Wesson oil & buttermilk
Add sifted dry ingred, mix well. Bake 375
(preheated) 1 hr. Use tube cake pan.

Thelma Hughes

VINEGAR PIE

Cream 3 tbsp. butter with 1 cup sugar, add 3 eggs, beat well. Add approx. 2 tbsp. vinegar or juice & grated rind of 1 lemon. Bake in pastry shell 425 for 5 min. then 350 for approx 25 min.

Madeline G. Cales

FLUFFY SPONGE CAKE

6 egg yolks
6 tbsp. cold water
Beat until fluffy
1½ cups sugar, beat again
1½ cups sifted cake flour
1 tsp. salt, beat
1 tsp. lemon ext.
Beat until stiff ½ tsp. cream of tartar &
egg whites. Pour into other mixture & blend
Pour into ungreased pan, bake 325 for 1 hr.
May be baked in any shape pan, good for short
cake, will 15-18. May be frozen.

Lucille Bond

ONE HUNDRED DOLLAR CAKE

| | |
|---------------------------|-------------------------|
| ½ cup butter | ½ tsp. salt |
| 2 cups sugar | 2 tsp. baking pow. |
| 4 oz. bitter choc. | 1½ cups milk |
| 2 eggs, beaten separately | 2 tsp. vanilla |
| 2 cups cake flour | 1 cup chopped pecans |

Cream butter & sugar. Sift dry ingred together. Melt chocolate, add to butter & sugar mixture. Add eggs separately. Add dry ingred alternately with milk. Add nuts & vanilla. Bake in 2 nine inch pans, 375, 30 min.

ICING, uncooked
Melt ¼ lb. butter, 3 sq. chocolate, add 1 beaten egg, 1 lb. sifted 4x sugar, ¼ tsp. salt, 1 tsp. vanilla, 1 tsp. lemon juice. Add ½ cup chopped nuts icing, save ½ cup nuts to sprinkle on top.

Lucille Bond

JAPANESE FRUIT CAKE

| | |
|----------------------|--------------------------------|
| 1 lb sugar | 1 tsp. lemon ext. |
| ½ doz eggs | 16 oz. bottle cherries |
| ½ lb. butter | 1 lb. raisins |
| 4 cups flour | ½ lb. citron |
| 1 tsp. baking powder | ½ lb. pineapple |
| 1 tsp cloves | 1 lb. Eng. walnuts |
| 1 tsp. cinnamon | 1½ lb. shelled blk. walnuts |
| 1 tsp. vanilla | |

Cream butter & sugar, add eggs, juice of cherries, add flour, spices. Fold in nuts. Cook in lined pans, ungreased, 250(gas oven) 350(elect. oven). Keep in cool place. Pans, 4 nine inch.

FILLING: Cook 3 to 5 min. 2 cups sugar, 1½ cups boiling water, flour to thicken (2 tbs) 1 tsp. vanilla, pinch salt. Cook together, add 2 grated coconuts, spread between cool layers of cake.

Lucille Elliott

CHEESE CAKE

2 Eight oz. Cream Cheese
3 eggs
2/3 cup sugar
1/8 tsp. almond ext.
2 cups sour cream
3 tbsp. sugar
1 tsp. vanilla

Beat cheese until light and creamy, add eggs one at a time, beating thoroughly after each addition. Add 2/3 cup sugar, almond ext. beat until smooth. Pour in 9" greased pie pan or cake pan. Bake in 325 oven, 50 min. Cool 20 min. Meanwhile beat together 3 tbsp. sugar, sour cream & vanilla. Spoon over top of cake, return to oven for 15 min.

Evelyn Moshier

MISCELLANEOUS

PARTY SNAX

| | |
|------------------|---|
| ½ box Cherrios | 1 lb. mixed nuts |
| 1 box Pretzels | 3 sticks Margarine |
| 1 box Rice Chex | 5 tbsp. Lea & Perrin Sauce |
| 1 box Wheat Chex | 1 tsp. each celery, onion & garlic salt. |
| 1 box Corn Chex | |

Cook in 300 degree oven for 1½ hrs., stirring every 15 min. Salted or unsalted nuts may be used.

This amount makes enough for Cocks Army.
Madeline G. Cales

PEANUT BRITTLE

| | |
|--|------------------------|
| 2 cup sugar | 1 cup white Karo syrup |
| 1 tsp. salt | ½ cup boiling water |
| 1 tbsp. soda (a little more will make more 6 cups raw peanuts | crunchy) |

Combine sugar, water & salt in large saucepan, add peanuts at 234 degree & cook until mixture turns amber color or until 296 degree, add soda, stir thoroughly, then pour on greased pans. Allow to cool and break in desired pieces.

M.G.C.

"METHUSELAH'S DIET

Methuselah ate what he found on his plate,
And never as people do now;
Did he note the amount of the calorie
count?—
He ate it because it was chow.

He wasn't disturbed as at dinner he sat
Destroying a roast or a pie,
To think it was lacking in lime or in fat
Or a couple of vitamins shy.

He cheerfully chewed every species of food,
Untroubled by worries or fears,
Lest his health might be hurt, as faddists
assert,
And he lived over nine hundred years!

RECIPE FOR A MOTHER

Take one part of patience
Add one of loyalty
Mix with understanding
Then add generos'ity.