

# CHOICE RECIPES



Compiled by the  
Business and Professional Women's Club  
Cameron, Missouri

**THE NEWS-OBSERVER**

Established in 1906

PUBLISHED IN THE INTEREST OF CAMERON

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**Choice Recipes**

Compiled by the

Business and Professional Women's Club

Cameron, Missouri

Published through co-operation of the Business  
and Professional Men of Cameron.

Note the advertisements

PROGRESS PRINT, CAMERON

## Forward

In the northeastern corner of Clinton County, Missouri nestles the little city known on the map as "Cameron", with a population of over four thousand people—the best people in the world.

It is the junction point of the Chicago, Rock Island and Pacific and the Chicago, Burlington and Quincy railways with a passenger service of thirty-two trains daily. National highways from coast to coast and from Canada to the Gulf of Mexico cross at Cameron.

It boasts superior educational advantages having a most excellent public school system and one of the best high schools in the state. It is also the home of Missouri Wesleyan College, a coeducational school, which is considered one of Cameron's greatest assets, both from a financial and cultural standpoint.

Cameron is a city of churches. The Christian, Baptist, Presbyterian, Methodist, Latter Day Saints, Roman Catholic and Episcopal denominations have church buildings and a large proportion of the townspeople are members of one or another of these churches.

Cameron also has a Y. M. C. A. building, well equipped for its work for the boys of the community and which was a gift of the late C. I. Ford, a pioneer citizen of Cameron.

Cameron boasts a municipal light and water plant that really makes money for the city.

Among its industries are Apron, Glove, Overall, Shirt, Broom, Ice Cream and Cement block factories; a wholesale grocery, wholesale poultry house, monument and bottling works.

Cameron people are thrifty. That this is indisputably true is proven by the splendid showing made by the three banks with their deposits of approximately two million dollars.

Cameron merchants are up-to-date and are prepared to supply all the necessities and luxuries that a discriminating public may demand.

Cameron supports three newspapers—two weekly and one daily.

A modern tourist camp is maintained by the Chamber of Commerce for the comfort of the automobile tourists.

A beautiful nine-hole golf course appeals to the lovers of this form of sport while a swimming pool covering five acres of ground is a popular resort during the heated season for both old and young.

Cameron is located in the midst of one of the finest agricultural sections in the United States with acres upon acres of the finest blue grass pastures in the world.

Cameron has three live civic organizations—The Chamber of Commerce, Rotary Club and the Business and Professional Women's Club.

Cameron maintains three bands and during the summer months, people flock from far and near to enjoy the open air concerts provided weekly in the city park.

Cameron has several miles of paved streets, a beautiful city park and many attractive homes. Cameron people are noted for their hospitality—the kind that warms the hearts of strangers and makes them feel truly at home.

It is with a deep sense of appreciation of its people, its industries, its memories that we dedicate this page to the "old home town."

B. and P. W. Club, Mrs. Adah B. Corn, President.

### *THE BUSINESS AND PROFESSIONAL WOMEN'S CLUB CAMERON, MO*

Organized, January 22, 1925 Chartered, November 7, 1925

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### CHEAT NOT A MAN

Deceive not a trusting man with visions of home cooking, darned socks and regular meals—for many an innocent youth hath relinquished his freedom, thinking to acquire a permanent housekeeper, and a life-long cook—

And found—Himself tied to a delicatessen diet, a can-opener and a bridge fiend.

We may live without conscience and live without heart;  
We may live without poetry, music and art;  
We may live without friends, we may live without books;  
But Civilized Man cannot live without cooks.

—O—

## Choice Recipes

—O—

### —Soups—

In making soups use one pound meat to a quart of water; skim well and simmer slowly.

#### CREAM OF CORN SOUP

One can corn (No. 2), 1½ tablespoons butter or butter substitute, 1 slice onion, 1 teaspoon salt, 1 pint milk, 1 pint water, 2 tablespoons flour, 1-8 teaspoon white pepper.

Add water to the corn and simmer 20 minutes. Melt fat, add onion, cook until light brown. To this add dry ingredients and proceed as in making white sauce. Add cooked corn and strain. Reheat before serving if necessary. Garnish with fluffy grains of pop corn.

#### POTATO SOUP

One quart milk, 3 potatoes, 1 stalk celery, 1 tablespoon butter, pepper and salt to taste.

#### PUREE OF BEAN SOUP

Soak 2 cups of navy beans over night. Next morning cover with cold water and boil until easily mashed; add 1 onion well chopped. When soft press through sieve, add 1½ pints stock from beef or soup bone.

**TOMATO SOUP (CANNED)**

Cook 14 quarts of tomatoes and run through colander. Cook separately 7 medium sized onions, 14 stalks of celery and 24 whole cloves in a pint of water until done. Run this mixture through the colander also and add to the tomatoes. Now mix 14 tablespoons flour, 16 tbsp. sugar, 8 tbsp. salt, ½ teaspoon paprika, 1-4 teaspoon of red pepper, with enough water to make a smooth paste. Add this and 14 tablespoons of butter to the tomato mixture and boil ½ hour. Seal while hot. When you open a can add milk and a pinch of soda.

**CREAM OF TOMATO SOUP**

Two cups tomatoes, 2 teaspoons salt, ¼ teaspoon pepper, 2 teaspoons finely chopped onion, 4 cloves, bay leaf, 1-4 teaspoon soda, 1 level tablespoon sugar. Boil ten minutes, put through sieve, then add the soda, melt 4 tablespoons butter, add 4 tablespoons flour and blend. Pour over the mixture 2 cups milk, stir until thick and smooth. Pour slowly into the tomato mixture, beat thoroughly keeping the mixture hot.

Mrs. Alice McCallum.

**VEGETABLE SOUP**

One cup tomatoes chopped, 1 cup potatoes diced, 1 stalk celery cut fine, 1 large carrot diced, 1 turnip diced, a little parsley, 1 onion, salt to taste, a few left over peas. Boil all together in beef stock or with beef bone, a few whole peppers, corn, 1 bay leaf, a few whole cloves, cook until tender.

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**Cameron, Mo.**

**Meats****PORK CHOPS EN CASSEROLE**

Six pork chops, 6 sweet potatoes, salt and pepper, ½ cup brown sugar, 1 to 2 cups milk. Place layers of sweet potatoes sliced in a greased casserole until two-thirds full. Heat milk, pour over potatoes; it should just cover them. Place pork chops on top of potatoes. Cover and bake one hour. Remove cover and season with salt and pepper. Cook until tender and nicely browned on top.

**BAKED HAM SOUTHERN STYLE**

Cut ham one or two inches thick. Rub 1 tablespoon dry mustard into ham thoroughly on both sides. Also 2 tablespoons of sugar and a slice or two of onion rubbed over the ham. Put in a double baker and pour over it 1 pint of sweet milk. Bake 45 minutes in a quick oven.

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**PIGS IN THE BLANKET**

Make a short biscuit dough, roll out  $\frac{1}{2}$  inch thick and cut in strips 3 inches square. Put into a pan 8 or 10 pork sausages (in casing) and cover with water, put on and let it boil about 5 minutes, drain and when dry, put one on each square of dough and roll. Place in bake pan and bake until done. Eat hot.

Mrs. Hortense Beine.

**LIVER DUMPLINGS**

Fifteen cents liver or 1 pound, suet the size of an egg, 1 medium onion, 1 small cup bread crumbs, 1 egg, 1 tablespoon flour. Remove the skin from the liver and put through a grinder with the suet. Add the bread crumbs and mince and fry the onion, add to the mixture, beat the egg light, add to the mixture  $\frac{1}{2}$  teaspoon of salt, a good dash of pepper, also of nutmeg, then add flour and stir thoroughly and then drop 1 small spoonful into boiling salted water. If it does not boil apart it is the right consistency, if it boils apart add another small tablespoon of flour. Boil 15 or 20 minutes or until they are done. Test by breaking one apart.

**SCRAPPLE**

Half small hog's head, boil till meat is tender, separate from the bones, trim off as much fat as not wanted and put through a food grinder, then remove the fat from the broth and add meat to the liquor and bring to the boiling point. Then stir in as much corn meal as needed to make a thick mush, salt well, let it get cold and cut in slices and fry a rich brown.

**PURE ICE**

is an essential part of the serving of well-cooked food. To be sure of the best, order Cameron Pure Distilled Water Ice.

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**Chicken****PRESSED CHICKEN**

One chicken boiled and cut in pieces, 2 pounds veal or pork (boil juice to 3 cups), 4 hard boiled eggs, cup olives, 1 can pimentos, 1 cup chopped nuts, salt, celery seed and cayenne pepper, 1 envelope Knox gelatine, soak in  $\frac{1}{2}$  cup cold water. Heat chicken juice and pour over gelatine until dissolved, mix and pour into mold.

**SMOTHERED CHICKEN**

Cut chicken as for frying, salt and pepper. Put in a large skillet a heaping tablespoon of drippings or lard. Place chicken in the skillet and cover tightly. When browned on both sides, cover with thick slices of onion and with water. Let simmer until done, then sprinkle with flour, turning to cook the flour well and simmer until well done. Remove to a platter and add water to the contents of pan and boil for gravy.

**HOW TO EAT YOUR CAKE****AND HAVE IT TOO**

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A budget prepared by the careful housewife is an aid to the wage earner, your \$ goes farther.

**THE FARMERS BANK OF CAMERON**

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## Fish

### SALMON TURBET (OR SCALLOPED SALMON)

Boil small onion in pint of milk, remove onion and add to the milk 2 tablespoons flour and 3 tablespoons butter rubbed together, salt and pepper to taste. Pick 1 can salmon into bits (removing skin and bones). Put layer of bread crumbs in pan, then layer of salmon and then the prepared cream, then crumbs to fill pan having crumbs on top dotted with bits of butter. Bake 20 minutes in hot oven.

Mrs. W. B. Jones, Superior, Nebr.

### BAKED FISH

Put boiling water into a sauce pan, enough to cover the fish to which add a small onion, a thin slice of lemon, a few cloves and whole peppers, salt well and boil for 10 minutes, then put in the fish and boil 5 minutes. Remove the fish to a well buttered pan and sprinkle with fine bread crumbs well buttered, add a few tablespoons of water in which the fish was boiled and bake in a very hot oven 15 minutes or until the bread crumbs are a nice brown. Serve with tomato sauce.

### OYSTER LOAF

One small loaf bread (rather stale), remove the center of loaf, dip the shell in tepid water and remove quickly; 1 pint oysters, salt and pepper to taste, 2 tablespoons butter broken into small pieces and add to oysters, fill the shell, close up the open end with the crust which was cut from the loaf, spread the loaf with butter, sprinkle salt over all and bake one-half hour in a hot oven.

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Cameron, Mo.

## Eggs and Cheese

### EGGS IN THE NEST

Separate white and yolk being careful not to break the yolk. Season with salt and pepper the stiffly beaten whites. Place on slice of buttered toast. With a spoon shape a hollow in the whites and carefully slip the yolk into it. Dot with specks of butter and brown in quick oven.

### CREAMED EGGS

Boil eggs hard. Use 1-3 cup of medium white sauce to one egg. Slice the egg in the white sauce and serve on buttered toast.

### TO PRESERVE EGGS

One pint lime (slake at home), 2 quarts salt, 2½ gallons water. Mix and add 6 dozens eggs.

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**CHEESE BALLS**

One cup bread crumbs,  $\frac{1}{2}$  cup grated cheese. Make into balls and fry in deep fat as you would doughnuts. Serve with salad.

**CHEESE BALLS**

One cup whipped cream,  $\frac{1}{4}$  cup chopped stuffed olives, 1 cup grated cheese, 2 hard boiled eggs, 2 tablespoons Knox Gelatine,  $\frac{1}{2}$  cup hot water, 1 small can pineapple, red pepper and salt. Grate cheese, add chopped olives. Dissolve gelatine in hot water and stir in cheese and olives. When it begins to harden add pineapple, eggs, seasoning and cream. Pour in moulds. Serve with whipped cream mayonnaise. Mamie B. Wiley.

**CHEESE CROQUETTES**

Three tablespoons butter,  $\frac{1}{4}$  cup flour, 2-3 cup milk, salt, pepper, 3 eggs (yolks), 1 cup mild cheese,  $\frac{1}{2}$  cup stronger cheese, cayenne or red pepper.

Make a thick white sauce using butter, flour and milk. Add egg yolks without first heating. Stir until well mixed, then add grated cheese.

As soon as cheese melts remove from fire. Fold in cheese cubes. Season with salt, pepper. and turn on board. Dip in crumbs and fry.

**CHEESE DREAMS**

Cut bread into thin slices. Cut in halves lengthwise. Toast bread on one side. Sprinkle grated cheese on the other. Place in oven until cheese is melted and brown.

**THE CAMERON TRUST CO.**

Capital	-----	\$100,000.00
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## Noodles--Drop Dumplings Macaroni--Spaghetti

**NOODLES**

One egg, flour,  $\frac{1}{2}$  teaspoon salt. Beat egg slightly, add salt, flour enough to make a stiff dough. Knead, toss on slightly floured board and roll thin as possible which may be as thin as a paper. Cover with a towel and leave twenty minutes. Cut in fancy shapes with a sharp knife or regular cutter. Or the sheet of dough may be rolled as a jelly roll. Slice as thin as possible and unroll pieces. Dry and cook when needed.

**DROP DUMPLINGS**

To 1-2 pint of milk add 2 well beaten eggs, and as much wheat flour with  $\frac{1}{2}$  teaspoon baking powder, as will make a smooth, rather thick batter free from lumps; drop this batter, a tablespoon at a time, into boiling soup. Each time dip the spoon in soup and the dough will not stick to the spoon.

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**MACARONI RAMEKINS**

Put into the top of a double boiler  $1\frac{1}{2}$  tablespoons of butter and 2 tablespoons flour. Mix well and when smooth add 1 cup of rich sweet milk and let boil until thickened. Add 1 cup of grated or finely cut cheese and 1 cup of boiled macaroni broken into short lengths. Remove from the range as soon as the cheese is dissolved and season with salt and pepper to suit individual taste. Let cool, then stir in 3 well beaten eggs. Turn the mixture into small buttered ramekins or casserole, place in oven, let bake until set, not browning. Serve hot.

**SPAGHETTI A LA MODE**

One package of spaghetti, 1 can tomatoes, 1 green pepper, 1 onion, several slices of bacon. Cook spaghetti in double boiler, drain and wash in cold water. Cut green pepper, onion and bacon in small pieces and fry a light brown and add to this, spaghetti and tomatoes, season with salt and pepper and put in baking dish and brown in oven. Cheese may be added if desired.

Mrs. Mattie F. Brown.

**SPAGHETTI RED**

Boil 1 package spaghetti 25 minutes, blanch in cold water. Put 1 tablespoon full in a skillet, add 1 pound of hamburger meat, fry a rich brown. Add 1 minced onion,  $\frac{1}{2}$  clove of garlic chopped fine, 1 tablespoon chili pepper, salt and pepper to taste, 1 small can tomatoes and 1 teaspoon sugar. Simmer until it thickens, then put a layer of spaghetti in a bake pan then a layer of the meat mixture and so on until all is used. Put into a hot oven  $\frac{1}{2}$  hour until well blended. Serve with bread. This is fine and is a whole dinner.

Mrs. Beine.

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**Vegetables****POTATO PUFF**

Two well beaten eggs, 1 cup mashed potatoes,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon baking powder, 1 tablespoon shaped into a ball, fry in deep fat.

**BAKED POTATOES**

Bake rather large potatoes until done. Cut in two lengthwise, scoop out the inside, mash rather fine, season with salt, pepper and butter and return to skin. Beat the white of an egg, adding a pinch of salt, and spread over the halves of the filled potatoes. Bake in oven until whites are brown and serve hot.

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**POTATOES AU GRATIN**

Three large potatoes sliced fine, place a layer in casserole, dot with bits of butter, sprinkle with grated cheese and proceed with potatoes, then cheese until all are used. Cover top with bread crumbs, pour over all a pint of milk and bake  $\frac{3}{4}$  hour. Serve in casserole when done.

**POTATO CROQUETS**

Four cups mashed potatoes, 2 tablespoons milk or cream, salt and pepper, chopped parsley, onion juice, 2 egg yolks.

To hot mashed potatoes add cream or milk and seasoning. Mix and beat light. Add beaten egg whites and let stand until cold. Shape into oblong or pear shaped croquettes, roll in bread crumbs, in eggs and again in bread crumbs. Fry at once in deep fat until brown.

**POTATO DUMPLINGS**

About 1 pint cold boiled potatoes, grated or put through the ricer, put in a bowl, make a dent in the center and add 1 beaten egg, a good pinch of salt, also nutmeg. Stir thoroughly into the potato, then add 2 rounding tablespoons of flour and mix into the mixture. Knead until it shapes up into a loaf. Cut into as many dumplings as you want, flatten each piece about 1-3 inch thick, put 1 teaspoon of fried bread crumbs in the center and roll into a ball, and boil about 15 minutes. Serve with fried bread crumbs.

Mrs. Beine.

**CREAMED CAULIFLOWER**

Remove leaves. Cut off stalk and soak 30 minutes in cold water. Cook 20 minutes, or until soft in boiling salted water. Drain, separate flowerets. Reheat in  $1\frac{1}{2}$  cups white sauce.

Onions, turnips, potatoes and other vegetables may be used same as cauliflower.

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**WHITE SAUCE**

Two tablespoons butter, 1 cup milk, 2 tablespoons flour,  $\frac{1}{4}$  teaspoon salt, pepper.

Put butter in sauce pan. Stir until butter melts and bubbles. Add flour mixed with seasoning and stir until thoroughly blended. Pour milk on gradually stirring until well mixed. Then beat until smooth and glossy.

**STUFFED GREEN PEPPERS**

Left over bits of cold meat chopped, to which add  $\frac{1}{2}$  cup bread crumbs and 1 cold boiled potato diced or boiled rice, add 1 tablespoon butter and mix well. Parboil the pepper for ten minutes in salted water, drain and fill with the mixture and bake  $\frac{1}{2}$  hour in a hot oven. Fine.

**SCALLOPED CABBAGE**

Cut cabbage into fairly small pieces; cook in uncovered vessel in enough boiling salted water to cover cabbage, (1 teaspoon salt to 1 quart of water), have boiling when cabbage is dropped in. Cook about 10 minutes or until tender. Use equal quantity of medium white sauce and cabbage, place in buttered baking dish, cover with buttered bread crumbs and bake slowly for 15 to 20 minutes.

**CORN A LA SOUTHERN**

To 1 can of chopped corn add 2 eggs slightly beaten, 1 teaspoon salt, 1-8 teaspoon pepper,  $\frac{1}{2}$  tablespoon melted butter, 1 pint scalded milk. Turn into buttered baking dish. Bake in slow oven until firm. Test with knife, if it does not follow it, it is done. (Often best to set dish in shallow pan of water). Strips of bacon can be laid across or cook in cups. (Cook fresh corn first).

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**CORN FRITTERS**

Half cup milk, 2 cups corn meal,  $1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons baking powder, 1 tablespoon shortening, 2 eggs.

**FRIED TOMATOES**

Cut large firm tomatoes into  $\frac{1}{2}$  inch thick slices, salt, pepper and sugar them to taste, dredge well in flour and fry in hot drippings a nice crisp brown.

**ASPARAGUS**

Heat and drain a can of asparagus, add salt and arrange carefully on oblong buttered toast, grate cheese over it and set in the oven until the cheese is melted, serve.

**SPINACH SOUFFLE**

Chop  $\frac{1}{2}$  cup canned spinach, add 1 cup highly seasoned cream sauce, 2 well beaten egg yolks, stir and cook one minute. Set to cool. Then add the stiffly beaten whites of eggs, pour into a well greased baking dish and bake in a hot oven for 30 minutes. Serve immediately with tomato sauce. Mrs. Beine.

**TOMATO PIQUANT**

Stew a can of tomatoes (stir often) about twenty minutes, add 1 tablespoon of minced sweet pepper, 1 teaspoon minced onion, salt, pepper and sugar to taste and  $\frac{1}{2}$  cup sharp grated cheese. Stir until cheese is melted then add 1 tablespoon butter and serve immediately on buttered toast. This makes an excellent luncheon dish.

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Cameron, Mo.

**Salad****WHITE SALAD**

One can pineapple (diced), 1 can white cherries,  $\frac{3}{4}$  pound marshmallows,  $\frac{1}{2}$  pound blanched almonds,  $\frac{1}{2}$  tablespoon gelatine, 4 egg yolks well beaten, 1 cup milk, 1 pint cream (whipped and sweetened), 1 lemon, juice may be used. Soak gelatine in a little of the milk, add beaten eggs to rest of the milk, scald and add gelatine. Let cool a little and add other ingredients. Let stand in cool place 24 hours and stir occasionally. Serves 20 people.

**PERFECTION SALAD**

One shredded pimento, 1 green pepper, cup shredded celery, 2 cups shredded cabbage, 1 package of lemon jello, juice of 1 lemon. Mold in either individuals or square. Serve with salad dressing.

**STUFFED PEACH SALAD**

Press one package of cream cheese through a ricer, add  $\frac{1}{4}$  cup of chopped pecan nuts, and enough cream to hold the mass together. Roll the mixture into balls and use to fill the cavities in peach halves. Serve on heart leaves of lettuce with fruit salad dressing.

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**A DAINTY SALAD**

Grind  $\frac{1}{2}$  pound cheese, mix with mayonnaise and mould into small balls, pressing into each ball a nut meat. Lay on a plate a lettuce leaf and place on it a slice of pineapple. Put a cheese ball in center and garnish with whipped cream or mayonnaise. This is fine and dainty.

**SALAD**

To pint of sweetened whipped cream add pineapple cut fine, nuts and grated cheese. Serve on lettuce leaf.

**GELATINE SALAD**

One-half package Knox gelatine,  $\frac{1}{2}$  cup cold water,  $\frac{1}{2}$  cup vinegar, juice of 1 lemon, 1 pint boiling water,  $\frac{1}{4}$  cup sugar, 1 teaspoon salt, 2 cups chopped celery, 1 cup chopped cabbage, 1 cup nuts, 1 can pimentos cut fine. Pour into a platter, when hard cut in squares and serve on lettuce leaf with mayonnaise, with whipped cream on top.

**BEAN SALAD**

Three cups kidney beans, 3 pickles chopped fine, 2 white onions,  $\frac{1}{2}$  cup celery. Season with pepper and salt, add mayonnaise dressing and  $\frac{1}{2}$  cup cream.

**SALMON SALAD**

One can salmon, six sweet pickles, 1 dozen olives, 3 hard boiled eggs. Put pickles, olives and eggs through a food chopper, flake salmon and remove bones, mix and then add 2 tablespoons vinegar and sweeten 3 tablespoons of Premier salad dressing and add to salmon. Mix thoroughly and serve on lettuce leaf, garnish with hard boiled eggs.

**CREAM CABBAGE SLAW**

Shave 1 small head of cabbage very fine. For dressing— $\frac{1}{2}$  cup rich cream,  $\frac{1}{4}$  cup sugar, 1 or 2 tablespoons vinegar, salt and pepper to taste. Garnish with pimento or green peppers.

Mrs. L. A. Munson.

# Mayonnaise

**MAYONNAISE DRESSING**

One-half cup sugar, 1 teaspoon salt, 1 teaspoon mustard, 2 tablespoons flour. Mix well, add 2 beaten eggs, 1 cup vinegar and 1 cup water. Cook in double boiler, stirring constantly.

**MAYONNAISE DRESSING**

Two eggs, 1 teaspoon salt, 1 teaspoon mustard, 2 teaspoons sugar, 1 teaspoon butter, 1 cup vinegar not too strong. Put on fire, stir until thick. When cold add  $\frac{1}{2}$  cup cream.

**THOUSAND ISLAND DRESSING**

One egg and 1 egg yolk, 1 qt. Mazola, 3 tablespoons vinegar, 1 teaspoon prepared mustard, 1 teaspoon salt, 1 pt Chili sauce, 1 green mango pepper and 1 large dill pickle chopped together, 1 tablespoon sugar. Proceed as in making mayonnaise dressing.

**HONEY SALAD DRESSING**

Three egg yolks,  $\frac{1}{2}$  cup strained honey, 1 tablespoon sugar, 1-3 measuring cup lemon juice and grated rind,  $\frac{1}{2}$  cup sweet cream whipped. Mix eggs, honey, sugar, lemon juice and rind. Cook in double boiler till thick, stirring constantly. When cool you may or may not add whipped cream. Ruby Elston.

**FIRST NATIONAL BANK**

Cameron, Mo.

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**THOUSAND ISLAND DRESSING**

Two cups olive oil, yolks of 3 eggs,  $\frac{1}{2}$  cup vinegar. Make this into a smooth and well blended mayonnaise. Now stir in  $\frac{1}{2}$  bottle Chili sauce until well mixed, then chop together three hard boiled eggs, 2 pimentos and  $\frac{1}{2}$  green pepper. Add paprika and salt to taste, then mix with mayonnaise part. This makes one quart.

Ruby Elston.

**FRUIT SALAD DRESSING**

One-half cup pineapple, peach or pear juice,  $\frac{1}{4}$  cup lemon juice.  $\frac{1}{2}$  cup orange juice,  $\frac{1}{4}$  cup sugar, 2 eggs.

Mix the fruit juices, add the sugar; beat the eggs slightly and add them. Put the whole mixture in a double boiler and cook until the mixture begins to thicken. Remove from the fire and beat for a few seconds with a rotary egg beater. Cool and serve.

**COOKED MAYONNAISE**

One tablespoon flour, 2 tablespoons sugar, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon dry mustard. Mix all together dry and add to 2 well beaten eggs. When thoroughly mixed add  $\frac{1}{2}$  tea cup of good vinegar then 1 teacup of milk. Cook all together in a porcelain kettle until thick, stirring constantly.

**CONDENSED MILK SALAD DRESSING**

To one egg beaten very light, add 3-4 teaspoon salt, 3-4 teaspoon paprika  $\frac{1}{2}$  teaspoon mustard, 1-3 cup butter (melted) and 1-3 cup of condensed milk. Beat thoroughly.

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Women who love individuality

**CAMERON STYLE SHOP**

## Griddle Cakes, Waffles and Hot Breads

**CREAMY OMELET**

Four eggs, 4 tablespoons milk or water, half level teaspoon salt, eighth teaspoon pepper, half level teaspoon baking powder, 1 teaspoon butter.

Beat eggs slightly, enough to blend the yolks and whites. Add milk, seasoning and baking powder. Put butter in hot spider; when melted, turn in the mixture. As it cooks, draw the edges toward the center with a knife until the whole is set. If desired brown underneath, place on hotter part of the stove. Fold and turn on hot platter.

**SWEET MILK GRIDDLE CAKES**

Three cups flour, 3 level teaspoons baking powder, half level teaspoon salt, quarter cup sugar, 2 cups milk, 1 egg, 2 tablespoons melted butter.

Sift flour, measure, then sift three times together with the baking powder, salt and sugar; beat egg, add milk and pour slowly into first mixture. Beat thoroughly and add butter. Drop by spoonfuls on a greased hot griddle; bake on one side. When puffed, full of bubbles and cooked on edges, turn and bake on other side. Serve with butter and maple syrup.

**J. B. RUSSELL**

**Lumber and Building Material**

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Established 1894

**WAFFLES**

Two tablespoons butter, 2 tablespoons sugar, 2 egg yolks, 2 cups milk, flour to make batter, whip whites and add 2 teaspoons baking powder.

**WAFFLES**

Two cups flour, 4 teaspoons baking powder, 3-4 teaspoon salt, 1 3-4 cups milk, 2 eggs, 1 tablespoon melted shortening.

Sift flour, baking powder and salt together; add milk to egg yolks, and add to dry ingredients; add shortening; mix in beaten egg whites. Bake on hot waffle iron until brown.

**GRAHAM MUFFINS**

One cup white flour, 1 cup graham flour, 1 tablespoon sugar, 3 level teaspoons baking powder, quarter cup molasses, 1 level teaspoon salt, 1 cup milk, 1 egg well beaten, 2 tablespoons melted butter.

Sift together twice flour, sugar, baking powder and salt. Add gradually milk, egg and melted butter. Bake in greased muffin pans 25 minutes in quick oven (400-450 degrees F.).

**MUFFINS FOR TWO**

One egg, 1 cup sweet milk, 1 teaspoon sugar, 1 teaspoon salt, 2 cups flour 1 tablespoon lard, 2 teaspoons baking powder. Bake in a hot oven.

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**BREAKFAST OATMEAL MUFFINS**

Soak 1½ cups oatmeal in 1 cup of sour milk; let stand over night. Sift together 1 cup of pastry flour, 1 teaspoon of salt and 1 teaspoon of soda; add this to the milk and oatmeal mixture; then add ¼ cup seedless raisins. Beat 1 egg until light, add 4 tablespoons of sugar and 1 tablespoon of melted butter, beat into the flour mixture and when well blended turn into an iron muffin pan which has been well oiled and is very hot. Bake in hot oven.

**DELICIOUS ICE BOX ROLLS**

One quart milk, 1 cup mashed potatoes, 1 cup sugar, 1 cup butter, 1 teaspoon salt.

Put all in a pan and bring to boiling point. Let cool and add 2 cakes compressed yeast, 2 teaspoons baking powder, 1 teaspoon soda and enough flour to make a stiff batter. Let rise 15 minutes, add flour to make a stiff dough, knead and put in ice box for 24 hours before using. Ice box dough can be kept four weeks. Take from ice box, mold into rolls, let rise from 1 to 1½ hours. Bake in a quick oven.

**LIGHT ROLLS**

Two cups milk scalded, 2 tablespoons butter, 3 tablespoons sugar, 1¼ teaspoons salt; cool. Add 1 cake of compressed yeast dissolved in ¼ cup warm water. Add 3 cups flour sifted well; beat well, let rise; add 1 egg, 3 more cups flour; let rise again. Roll on well floured board, cut with biscuit cutter, fold over; let rise, bake in slow oven.

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**A. S. BROWN**

**POTATO ROLLS**

One cup mashed potatoes hot, 1 cake of compressed yeast put to soak in 3-4 cup of luke warm water. Mix 1 cup flour, 1 tablespoon salt  $\frac{1}{4}$  cup sugar, 3-4 cup lard, then add 1 egg, then 1 cup luke warm milk, then the yeast, then 6 cups flour sifted. Let this raise about 2 hours then roll out and cut with biscuit cutter, dip in melted butter, fold over, place in pan and let raise 2 hours and bake. Mrs. G. G. Brown.

**PEANUT BUTTER BREAD**

Two cups flour, 2 rounded teaspoons baking powder, 1 teaspoon salt, 1 cup softened peanut butter, 1 cup milk,  $\frac{1}{2}$  cup sugar, 2 eggs.

Sift flour, baking powder and sugar and salt into bowl, add peanut butter, beat eggs and milk together; add flour and mix well. Put in a greased loaf pan and bake in moderate oven about 45 minutes. Best when a day old. Ruby Elston.

**NUT BREAD**

Two cups Graham flour, 1 cup white flour, 2 cups of sour milk,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup nut meats,  $\frac{1}{2}$  cup sugar, 1 teaspoon soda. Bake in moderate oven. A. B. C.

**BROWN BREAD**

Three cups buttermilk (or sour milk), 2 cups graham flour, 2 cups corn meal, 1 cup molasses, 1 cup raisins, 1 teaspoon salt, 2 teaspoons soda. Put into baking powder cans, cover and steam four hours. Mrs. W. B. Jones, Superior, Nebr.

**A SPLENDID CORN BREAD**

One tablespoon butter, 2 tablespoons sugar, 2 eggs separated, 1 cup corn meal, 2 teaspoons baking powder  $\frac{1}{2}$  teaspoon salt, 1 cup flour, 1 cup sweet milk.

Cream butter and sugar together thoroughly, add yolks of eggs. Beat whites to a stiff froth; add them with the corn meal, flour sifted with baking powder, salt and milk. Pour into a well greased pan and bake in a moderate oven until well done.

**Pies****NEVER FAIL PIE CRUST**

Two and one-half cups flour, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, 1 scant cup lard. Mix well; add  $\frac{1}{2}$  cup boiling water, chill before rolling out. Will keep well and never fails.

**PLAIN PIE CRUST**

Two cups flour, 2-3 cup snowdrift or lard,  $\frac{1}{4}$  teaspoon salt, ice water enough to make dough, use as little as possible.

**HOW TO MAKE PIE CRUST**

One cup flour, 2 tablespoons lard,  $\frac{1}{4}$  teaspoon salt, 3 tablespoons ice water. Mix flour, lard and salt by cutting with knife, add ice water and roll.

**ALMOND MINCE PIE**

Mix thoroughly 2 cups of almonds, blanched and chopped; 1 cup raisins, two cups chopped apples,  $1\frac{1}{2}$  cups sugar, 1 teaspoon cinnamon and allspice,  $\frac{1}{2}$  teaspoon each of cloves and salt,  $\frac{1}{2}$  cup of vinegar,  $\frac{1}{2}$  cup of fruit juice or strong coffee. This makes two pies.

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**DATE PIE**

One-half pound chopped dates, 1 pint milk, 2 egg yolks, 3 tablespoons sugar. Cook in double boiler until thick not allowing dates to settle to bottom. Flavor with vanilla put in baked crust. Use egg whites as meringue.

**SWEET POTATO PIE**

Two cups boiled, mashed, sweet potatoes, 2 tablespoons butter, 2 tablespoons lemon juice, 1 cup sugar, grated rind  $\frac{1}{2}$  lemon, 1 teaspoon ginger, 1 teaspoon cinnamon,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon nutmeg, 2 cups milk, 3 eggs.

Rub potatoes through sieve, add butter, lemon juice, sugar in which has been mixed the lemon rind, ginger, cinnamon, salt and nutmeg. Stir well together, add milk, beaten yolks of eggs and last the stiffly beaten whites of eggs. Bake in rich paste.

**TWO CRUST SWEET POTATO PIE**

Line a pie pan with rich pie crust. Two large sweet potatoes; after paring, slice fine and boil until tender. One tablespoon of butter, 3 tablespoons of sugar, a pinch of salt and a little grated lemon. Fill crust and put on top crust, brush well with melted lard and bake.

Mrs. Beine.

**LEMON MERINGUE PIE**

Three-fourths cup sugar, 3 tablespoons flour, 1-3 cup water, 3 eggs, (use whites for the top), small lump butter, 1 tablespoon lemon juice, little grated lemon peel. Cook in double boiler until thick. Bake crust and when cool fill with the cooked filling. Beat two tablespoons sugar into the whipped whites of eggs, spread over the top, put into oven and brown.

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**LEMON PIE**

One lemon, 1 cup sugar,  $1\frac{1}{2}$  cups water, yolks of 2 eggs, piece of butter. Cook until thick; bake the crust, put the filling in; beat the whites of the 2 eggs with 2 tablespoons of sugar, put on top and place in oven until a light brown.

Mrs. McCallum.

**BUTTERSCOTCH PIE**

Two egg yolks, 1 cup sweet milk or cream, 1 cup granulated sugar, 1 tablespoon flour, 1 tablespoon butter. Beat eggs until creamy, then add milk and sugar; cook until it begins boiling, add butter and continue boiling until thick; add flavoring if desired and pour into baked crust. Beat whites of eggs and beat in 2 tablespoons sugar, beat light and spread over the top.

Mrs. Beine.

**CHOCOLATE PIE**

One cup of sugar, yolks of 2 eggs, 1 cup milk, 2 squares chocolate, 1 tablespoon of butter, 1 tablespoon of flour (round), 1 teaspoon of vanilla. Melt butter, add flour, then chocolate and then milk. Cook until it begins to thicken and then add sugar. Take off, add yolks and cook in double boiler. Mix as directed.

**WASHINGTON PIE**

One-third cup of butter, 1 cup of sugar, 1 and 3-4 cups of flour, 2 eggs,  $\frac{1}{2}$  cup of milk,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon vanilla.

Filling—Three-fourths cup sugar,  $\frac{1}{4}$  cup flour, 1-8 spoon salt, 1 egg,  $1\frac{1}{2}$  cups scalded milk, 1 tablespoon butter, juice of 1 lemon. Cook until thick and cool before spreading on layers.

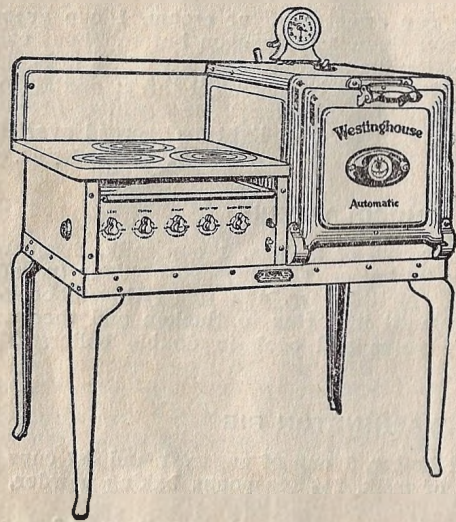
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## Puddings, Dumplings, Fritters

### DUMPLINGS

One-half cup white sugar, 1 teaspoon each of butter and cream;  $\frac{1}{2}$  cup milk, 1 teaspoon baking powder. Enough flour to make a stiff dough. Drop in boiling syrup, and bake 3-4 of an hour.

### CARAMEL DUMPLINGS (SYRUP)

Brown  $\frac{1}{2}$  cup of sugar. Add 3 cups boiling water,  $1\frac{1}{2}$  cups sugar, pinch of salt, 1 teaspoon vanilla, 1 tablespoon butter. Make thick syrup. A small can of pineapple may be added.

### CHERRY PUDDING

One cup sugar, 1 cup sweet milk, butter size of egg, 2 teaspoons baking powder. Flour to make a little stiffer than cake.

Dressing for same—Two cups cherries, 1 cup sugar, a little butter, 2 cups boiling water. Pour dressing over batter and bake three-fourths hour. When done the batter will be on top.

### MACAROON PUDDING

Yolks of 4 eggs, 1 pint of milk, 1 cup sugar, 1 envelope Knox Gelatine, 24 Macaroons. Dissolve gelatine in  $\frac{1}{2}$  cup hot water, beat eggs very light, add sugar and milk. Heat these ingredients very hot. Butter dish and crumble macaroons into same, beat whites of eggs very stiff and pour over macaroons to congeal. Serve with whipped cream. Mary Munson.

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**SUET PUDDING**

One cup suet chopped fine,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sugar, 1 cup sour milk, 1 egg,  $3\frac{1}{2}$  cups flour, 1 teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg, 2 teaspoons cinnamon,  $\frac{1}{2}$  cup currants, 1 cup chopped raisins, 1 teaspoon of soda dissolved in a little hot water. Steam 3 hours and serve with hard sauce.

**SWEET POTATO PUDDING**

Peel and grate 4 medium sized potatoes. Have standing 2 cups of milk into which the potatoes should be thrown as fast as grated to prevent turning dark. Add enough milk to make a medium thin batter. Three eggs, 1 cup sugar, nutmeg to taste.

Melt 5 tablespoons of butter in a rather flat baking pan. Pour butter into the mixture. Now turn the well stirred mixture into the hot baking pan and bake for at least 1 hour. or until a rich, brown candied crust has formed on the top.

**FIG PUDDING**

Cream 1-3 cup of butter; beat in  $\frac{1}{2}$  cup sugar. Beat the yolks of 2 eggs, add  $\frac{1}{2}$  cup of milk, and add to the first mixture alternately with 2 cups of flour sifted together with 4 teaspoons of baking powder, and  $\frac{1}{2}$  teaspoon of salt. Fold in the whites of 2 eggs, beaten dry, and one cup of figs cut into small pieces. Pour into buttered moulds; steam 3-4 of an hour and serve with Egg Sauce.

Egg Sauce—Beat 2 eggs until light; add 1 cup of sugar and 1 teaspoon of vanilla.

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**DATE PUDDING**

One cup brown sugar, 1 cup nut meats,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder, 2-3 cups butter, 1 cup dates, 3 tablespoons milk, 3 eggs, spices to suit taste, pinch of salt and bake until brown.

**DATE PUDDING**

Beat the yolks of 2 eggs until creamy. Beat in 1 cup of mixed with 1 tablespoon of flour, 3 teaspoons of baking powder and a pinch of salt. Have ready 1 cup of nut meats chopped and 1 cup of chopped dates. Add these to the mixture. Whip the whites of four eggs to a stiff froth and fold into the mixture. Bake in a greased tin 20 minutes. Serve with whipped cream. This quantity will serve eight people.

**GRAHAM CRACKER PUDDING**

Eleven graham crackers (crushed),  $\frac{1}{2}$  cup walnut meats, yolks of three eggs, 1 cup of sugar, 1 teaspoon of baking powder. Mix all well together and add beaten whites of three eggs. Bake in slow over about 25 minutes.

**BROWN BETTY**

Two cups bread crumbs.  $\frac{1}{4}$  cup melted butter, 4 pared apples,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  cup hot water. Mix crumbs with melted butter, alternate layer of crumbs and layer of apples with cinnamon and sugar. Pour hot water on top layer. Bake until apples are done and crumbs are brown.

**COTTAGE PUDDING**

One cup sugar, 1 cup milk, 1 egg, 2 tablespoons butter, 2 cups flour into which sift 2 teaspoons baking powder. Bake about  $\frac{1}{2}$  hour in a moderate oven. Delicious served with a sauce.

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**APPLE PUDDING**

Five apples, 1 cup sugar,  $\frac{1}{2}$  teaspoon cinnamon, 1 tablespoon butter,  $\frac{3}{4}$  cup water. Slice apples in pudding pan, put sugar, cinnamon, butter and water on top and put in oven and cook while making the sauce.

Beat 1 egg light, add pinch of salt, 1-3 cup sugar. 2-3 cup of cream,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder. Fold over apples and bake about 20 minutes.

**APPLE OR BANANA FRITTERS**

Three tablespoons flour,  $\frac{1}{4}$  teaspoon salt, 1 tablespoon of sugar, 1 egg beaten very light, 1-3 cup milk. Mix into a heavy batter, fry in deep fat and roll in powdered sugar.

**FAIRY FRITTERS**

Three eggs, whites and yolks beaten separately; 1 pint of milk thoroughly mixed with eggs. Divide into two portions. Thicken a portion with flour until about as thick as double cream—be sure all lumps are out. Combine the two portions, drop by spoonfuls and fry like fritters. Eat immediately with maple syrup.

**CHOCOLATE SAUCE**

One and one-half squares of chocolate,  $\frac{1}{2}$  tablespoon flour, Mix flour and chocolate and 1 tablespoon of melted butter and a scant half cup of boiling water. After this is all stirred together add 1 cup of sugar and  $\frac{1}{2}$  teaspoon of vanilla. Boil 5 minutes after it starts boiling.

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**PRUNE WHIP**

One-third pound prunes, 5 eggs, whites; salt,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  teaspoon lemon juice.

Remove stones from cooked prunes. Rub through a strainer. Add sugar and cook 5 minutes. Beat egg whites until stiff, Pile lightly on buttered baking dish. Bake 20 minutes in a slow oven. Serve cold with whipped cream.

Hint—Prunes that are soaked look firmer and plumper than those that are dry.

**PINEAPPLE WHIP**

One-half can grated pineapple, 1 cup sugar, 1 cup whipped cream, 1 package Knox Gelatine, 1 cup water, 1 cup chopped marshmallows. Cook pineapple and sugar until thick, pour in 1 package Knox Gelatine dissolved in 1 cup of cold water. Pour mixture over marshmallows. When ready to serve beat in whipped cream.

**SCALLOPED RHUBARB**

Three cups chopped rhubarb,  $1\frac{1}{4}$  cups sugar, 2 cups bread crumbs, 1 orange rind and juice,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon nutmeg, 2 tablespoons butter,  $\frac{1}{4}$  cup water.

Melt the butter, and add the crumbs, mix the sugar, spice and orange rind. Place  $\frac{1}{4}$  of the crumbs in bottom of buttered baking dish, then  $\frac{1}{2}$  the rhubarb. Sprinkle with  $\frac{1}{2}$  the sugar and spices. Repeat. Sprinkle orange juice and water over the top and put the rest of the crumbs on top. Cover closely and bake 45 minutes in a 400 degree oven. Uncover the last 10 minutes to brown. Serve plain or with whipped cream.

**BAKED APPLES**

Core apples and place in baking dish with half cup of water and enough sugar to make rich syrup and bake. When ready to serve sprinkle with cocoanut. Fill centers with nuts and serve with whipped cream.

**CINNAMON APPLE RINGS**

Prepare syrup of 2 cups sugar to 1 cup water, enough of cinnamon imperials (red hots) to make syrup red. When candies are dissolved, drop into syrup, prepare apple rings. Rings—Pare small Jonathan apples, remove core and cut rings 1-8 thick. Drop into syrup and cook slowly until transparent. Use as marmalade or garnish for meat. (pork best).

**APPLE TAPIOCA**

Pare and quarter 6 tart apples, place in a baking dish, add 1 cup sugar, a little butter, cinnamon and nutmeg. Cook in a double boiler 15 minutes  $\frac{1}{2}$  cup Tapioca in 1 quart of water with a pinch of salt. Pour over the apples and bake until apples are soft. Serve with whipped cream.

**PRUNE DELIGHT**

Two teacups cooked, cut prunes cut rather small, 2 egg whites beaten stiff,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  envelope Knox Gelatine,  $\frac{1}{2}$  cup boiling water,  $\frac{1}{2}$  cup cold water, 1 teaspoon vanilla or 1-3 teaspoon lemon and 2-3 vanilla. Soak gelatine in cold water, add boiling water and sugar and add this gradually to the beaten egg whites and beat all together until cold and heavy. Pour into mold. Serve with whipped cream.

**GOOD COFFEE**

One cup ground coffee, beat the white of 1 egg well, add to coffee and stir well. Put in coffee boiler, 1 pint cold water then add 2 qts. boiling water, boil 10 minutes then set where it will keep hot but not boil, add a little water to settle. serve.

Mrs. Beine.

**COFFEE SOUFFLE**

Mix  $1\frac{1}{2}$  cups of coffee. 1 tablespoon gelatine, 1-3 cup granulated sugar and  $\frac{1}{2}$  cup milk. Heat in a double boiler; add yolks of 3 eggs slightly beaten and mix 1-3 cup sugar and 1-4 teaspoon salt. Cook until it thickens. Add the whites beaten stiff. Flavor with  $\frac{1}{2}$  teaspoon vanilla. Mould and serve with whipped cream.

**FOOD FOR THE GODS DESSERT**

One pound English Walnuts,  $\frac{1}{2}$  pound seeded dates, 9 tablespoons cracker crumbs, 6 eggs, 2 cups sugar. Beat yolks and whites of eggs separately, then add above ingredients. Grease pan as for cake and bake in moderate oven. May be served with whipped cream.

Aura Misemer.



(See Recipe Other Side)

## When you make cake

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### ORANGE CAKE

1½ cupful butter or substitute      3 teaspoonfuls baking powder  
1 cupful sugar                              2 eggs  
2 cupfuls Swans Down Cake Flour      ¾ cupful milk  
    1 teaspoonful flavoring

Sift flour once before measuring.

Cream shortening, add sugar gradually. Add beaten egg yolks and beat hard. Sift flour, measure, add baking powder and sift again. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Bake in 2 layers or double recipe for 3 large layers, in moderately hot oven (375° F.). Put together with Orange Filling, and cover with Boiled Icing.

### ORANGE FILLING

1 cupful sugar                              3 tablespoonfuls lemon juice  
5 tablespoonfuls Swans Down      4 tablespoonfuls water  
    Cake Flour                              1 egg slightly beaten  
Grated rind 1 orange                      2 teaspoonfuls butter  
½ cupful orange juice

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

### DELICIOUS ONE-EGG CAKE

¼ cupful butter or substitute      1½ cupfuls Igleheart's Swans  
¾ cupful sugar                              Down Cake Flour  
1 egg, well beaten                        2 teaspoonfuls baking powder  
½ cupful milk                                ½ teaspoonful vanilla

Cream the shortening; add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk, a little at a time. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes (350-375° F.). Ice as desired.

### MARBLE ANGEL FOOD

11 egg whites (1¼ cupfuls)  
¼ teaspoonful salt  
1 teaspoonful cream of tartar  
1 ¼ cupfuls sugar (sifted)

#### WHITE PART

½ Cupful Swans Down Cake Flour  
½ teaspoonful vanilla

#### DARK PART

2 tablespoonfuls cocoa  
6 tablespoonfuls Swans Down  
    Cake Flour  
¼ teaspoonful lemon extract

Add salt to egg whites and beat on a large platter until foamy, then add cream of tartar and beat until the whites are stiff but not dry. Fold the sugar in carefully, using one tablespoonful at a time. When all the sugar has been folded in, divide the egg mixture into two equal parts. To one part, fold in carefully ½ teaspoonful vanilla and ½ cupful Swans Down Cake Flour, which has been sifted four times. To the other part add the lemon extract, and the cocoa and 6 tablespoonfuls Swans Down Cake Flour which have been sifted together five times.

Put these two batters into Angel Food tin, alternating the white and dark. Bake one hour in a slow oven (275° to 325° F.).

## Cakes

### EVERYBODY'S COCOANUT CAKE

One cup sugar, ½ cup shortening, 1¼ cups milk, 2½ cups flour, 5 teaspoons baking powder, 1 can Baker's cocoanut, ½ teaspoon salt, ½ teaspoon grated nutmeg, 1 teaspoon flavoring, ½ cup nut meats. Bake in a moderate oven 1 hour (do not cut for 24 hours as it must ripen) it will keep for weeks. This makes a large loaf. Do not put on icing until the day you serve it.

### POUND CAKE

One pound sugar, 3-4 pound butter, 10 eggs beaten separately, 1 pound flour, flavor with vanilla, 1 teaspoon of baking powder.

### SUNSHINE CAKE

One cup sugar (bring to boil); beat whites of 5 eggs and add to the syrup. Beat 15 minutes. Fold in 5 beaten egg yolks with juice of ½ lemon. Fold in 1 cup flour, bake as an Angel Food. Mrs. Fiddick.

### RAISIN CAKE

One-fourth cup butter, 1½ cups sugar, 1 cup milk, 3 cups flour, 1 cup seeded raisins, 4 eggs, whites, 1 teaspoon vanilla, 3 teaspoons baking powder.

Filling—One and ½ cups water, ½ cup seeded raisins, 2 eggs, whites, 1 teaspoon grated orange rind, 3-4 teaspoon baking powder. Mamie B. Wiley.

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**THREE LAYER WHITE CAKE**

Two cups sugar 2-3 cup sweet milk, 3 teaspoons baking powder, 1 cup butter, 3 cups flour, 8 egg whites, 1 teaspoon of vanilla.

**LAYER CAKE**

One-half cup butter,  $\frac{1}{2}$  cup milk, 2 eggs (well beaten), 1 cup sugar,  $1\frac{1}{2}$  cups flour,  $2\frac{1}{2}$  teaspoons baking powder, 1 teaspoon vanilla.

**DEVILS FOOD**

Two cups light brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk, 2 cups flour, 1 cup boiling water,  $\frac{1}{2}$  cake Baker's chocolate, 1 teaspoon soda, 2 eggs. Pour boiling water over chocolate and allow to stand while cake is mixed. Mix by the conventional method except do not cream fat and sugar much and do not separate eggs. Either layer or loaf.

**ANGEL FOOD CAKE**

One tumbler sugar sifted nine times. One tumbler Swan's Down Flour sifted 9 times, measure after sifting; whites of 12 large eggs, 1 teaspoon cream tartar, 1 teaspoon vanilla. Pinch of salt added to eggs before beating. Whip eggs about half, add cream of tartar and whip until very stiff; beat in sugar and last fold flour through; flavor, place in good hot oven and bake 45 or 50 minutes.

**YELLOW ANGEL FOOD CAKE**

Six eggs,  $1\frac{1}{4}$  cups sugar,  $\frac{1}{2}$  teaspoon cream tartar, 1 cup pastry flour (Swan's Down)  $1\frac{1}{2}$  teaspoons vanilla and lemon mixed.

Beat whites of eggs, add cream tartar, vanilla, sugar, and beat well. Add yolks well beaten and fold in sifted flour. Bake in ungreased angel food cake pan like other angel foods.

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**CARAMEL CAKE**

One-half cup butter, 2 eggs (beaten separately), 2 teaspoons baking powder, 2 teaspoons caramel syrup,  $1\frac{1}{2}$  cups sugar,  $2\frac{1}{2}$  cups flour, 1 cup water, 1 teaspoon vanilla.

Cream butter and sugar well. Add beaten egg yolks. Sift baking powder and flour together. Add 1-3 of flour and 1-3 of liquid alternating. Beat until smooth. Add vanilla and caramel syrup. Bake in two layers.

**SOUR MILK CHOCOLATE CAKE**

One-half cup butter.  $1\frac{1}{4}$  cups sugar, 1 egg, 2 squares chocolate,  $2\frac{1}{4}$  cups flour,  $\frac{3}{4}$  teaspoon soda, 1 cup sour milk, 1 teaspoon vanilla.

Cream the butter, add the sugar and cream well together. Beat the egg and add to the sugar and butter. Melt the chocolate. Sift the flour and soda together and add to the mixture alternately with the sour milk. Beat well together and add the vanilla and melted chocolate. Pour in loaf pan and bake.

**MISSOURI CHOCOLATE CAKE**

Two cups of sugar,  $\frac{1}{2}$  cup butter, 3-4 cup sour milk,  $2\frac{1}{2}$  cups flour, 1 teaspoon soda, 3 eggs, 1 teaspoon vanilla, 2 ounces Baker's chocolate. Grate chocolate and pour over it  $\frac{1}{2}$  cup of boiling water. then add to the cake. Bake in layers and put together with boiled icing.

Filling—Boil 2 cups sugar with 1 cup of water until it ropes. Just before taking it off the stove, put in  $\frac{1}{2}$  pound of marshmallows cut into small pieces so to melt quickly. Pour this mixture slowly into the well beaten whites of 2 eggs and beat until cold and fluffy

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**CHOCOLATE CAKE**

Two cups brown sugar,  $2\frac{1}{2}$  cups sifted flour,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk 3-4 cup mashed potatoes, 2 eggs,  $\frac{1}{2}$  cup chocolate. 1 teaspoon soda,  $\frac{1}{2}$  cup boiling water. Let stand and add to cake mixture.

Icing—One cup sugar, small amount of butter,  $\frac{1}{2}$  cup milk. chocolate.

**ONE EGG CAKE AND ICING**

One egg, 3-4 cup sugar,  $\frac{1}{4}$  cup butter (good measure),  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour,  $2\frac{1}{2}$  teaspoons (level) baking powder.

Icing—One egg white beaten light, 7-8 cup of sugar, 3 tablespoons of boiling water. Cook in double boiler until stiff.

**BURNT SUGAR CAKE**

One-half cup butter,  $1\frac{1}{2}$  cups sugar, 1 cup water, 2 cups of flour, yolks of 2 eggs. Cream butter, add sugar gradually and cream. Beat egg yolks until thick and lemon-colored; add water to the egg yolks. Add the liquid and the flour alternately and beat thoroughly. Then add 8-10 teaspoons caramel (cold) 1 teaspoon vanilla,  $\frac{1}{2}$  cup flour with 2 teaspoons baking powder. Fold in the egg whites.

Caramel—Put 1 cup sugar on fire without water. Stir constantly until it melts. Remove and add  $\frac{1}{2}$  cup boiling water. Return to fire and boil until it reaches the constituency of molasses. Stir to remove the brittle pieces of sugar. Allow to cool before adding to the cake batter.

Filling—Two cups sugar, 3-4 cup water, remaining caramel, cook until it spins a thread. Pour over 2 stiffly beaten egg whites and beat until creamy and thick enough to spread.

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**FRUIT CAKE**

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One cup butter and lard mixed, 1 cup sugar, 1 cup molasses, 2 eggs, 1 cup raisins, 1 cup currants, 1 cup chopped dates, 1 cup chopped figs. 1 cup nut meats,  $\frac{1}{4}$  lb. citron,  $\frac{1}{4}$  lb. lemon peel.  $\frac{1}{4}$  lb. orange peel, 1 small bottle Maraschino cherries, 1 cup sour milk, 1 teaspoon soda,  $\frac{1}{2}$  glass wine may be added if liked, if not omit. Bake in greased paper pans about 1 hour.

**ICE BOX CAKE**

In the upper part of a double boiler mix about 3-4 pound of grated sweet chocolate,  $\frac{1}{2}$  cup of cold water, and 1-3 cup of sugar; set over hot water and add, one at a time, the unbeaten yolks of 9 eggs, beating in each as added. Cook until the mixture is of custard consistency; let cool, and add the whites of the 9 eggs, beaten stiff. Line a pan with paraffin paper, then arrange lady fingers or strips of sponge cake all around the sides and bottom. Pour in 1-3 of the chocolate custard, then add a layer of lady fingers; repeat until there are three layers of cake and three layers of custard. Let stand over night in the ice box. Serve with whipped cream.

Decorate with candied fruit if desired. These proportions make a very large cake, requiring a pan eight inches in diameter,  $3\frac{1}{4}$  inches deep. This recipe may be halved or even quartered, using a correspondingly smaller pan.

**APPLE SAUCE CAKE**

One cup apple sauce, 1 cup sugar, 1 3-4 cups flour, 1 cup nuts, 1 cup sugar.  $1\frac{1}{2}$  teaspoons soda, 1 cup raisins,  $\frac{1}{2}$  cup lard, 1 tablespoon cinnamon.

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**SPICE CAKE**

Two cups sugar, 1 egg and yolk of another, 2 cups flour, 1 teaspoon baking powder  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  cup butter, 1 cup of sour milk,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon allspice,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg.

Method—Cream sugar, butter and eggs. Then stir in milk. Sift flour, spices, baking powder and soda and add to the mixture. Put in a deep cake pan and bake about 45 minutes. Use egg white for icing.

**UPSIDE DOWN CAKE**

Place 1 cup of brown sugar and  $\frac{1}{2}$  cup of butter in a pan and cook until a thick syrup is formed. Remove the pan from the fire and let the mixture cool. Then sprinkle over the syrup 1 cup of chopped nuts and then place a layer of pineapple over the nuts. Make your favorite sponge cake and pour over the syrup and pineapple mixture. Bake until the cake is done. When the cake is turned out you will have a delicious cake with a ready made caramel-nut icing.

**CRACKER CRUMB CAKE**

Yolks of 5 well beaten eggs, 1 cup sugar. Beat thoroughly with the eggs (30 minutes none too much),  $\frac{1}{2}$  cup cracker crumbs, 1 cup nut meats. Add these with stiffly beaten whites of eggs to first mixture. Line square pan with oil paper and bake slowly. To serve, cover top with jam or preserves and whipped cream.

**QUICK SPICE CAKE**

(To be eaten when warm)

One cup sugar, 1 cup of sour cream, 3 eggs, 2 tablespoons butter, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, a little grated nutmeg. flour enough to make a stiff batter. Bake in loaf or stem pan.

A. B. C.

**GINGERBREAD**

One heaping cup sugar, 1 cup shortening, 1 cup molasses, 1 cup sour cream, 1 tablespoon soda, 1 tablespoon ginger, 3 eggs, 4 cups flour, pinch of cinnamon, cloves and allspice.

**Icings for Cakes****ALL-ROUND ICING**

Two and  $\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup corn syrup,  $\frac{1}{2}$  cup water, cook to soft ball stage, remove from fire. Whip 2 egg whites. Pour syrup over egg whites beating continually until creamy, add 1 teaspoon flavoring, add a few drops of hot water if too stiff. This will keep for a week or more.

**MOCHA ICING**

One tablespoon butter, 1 cup confectioner's sugar, 1 tablespoon cocoa, 2 tablespoons strong coffee,  $\frac{1}{2}$  teaspoon vanilla. Cream butter, cocoa and sugar. Add coffee and vanilla. Mix until smooth and spread on cake.

**FIG ICING**

One pound figs chopped fine,  $\frac{1}{2}$  cup sugar, 1 scant cup water. Boil until thick, let cool, then spread on layers of cake.

**QUICK ICING**

Two cups powdered sugar, rolled fine, put in bowl and add 1 tablespoon cream and  $\frac{1}{2}$  teaspoon flavoring. Beat well and spread on cake.

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## Cookies

### PEANUT COOKIES

Three-fourths cup butter,  $\frac{1}{4}$  cup peanut butter, 2 cups sugar, 1 cup chopped peanuts, 3 eggs beaten separately,  $\frac{1}{4}$  teaspoon soda, 3 cups flour. Cream butter and sugar. add eggs. Sift flour and soda together, add peanuts and peanut butter. Roll between the hands, then press flat with a knife. Put half a peanut on top of each cookie. Bake in moderate oven. Dough must be very stiff.

### BUTTERSCOTCH COOKIES

Two eggs.  $\frac{3}{4}$  cup melted butter, 2 tablespoons baking powder,  $\frac{1}{2}$  teaspoon vanilla, 2 cups light brown sugar,  $3\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon salt, 1 cup black walnut meats.

Beat the eggs well. Add the sugar and melted butter and mix these ingredients thoroughly. Mix the flour, baking powder and salt. Add this mixture through sifter to the egg mixture. Then add the vanilla and walnuts. Mix thoroughly. Shape dough in a cylinder. Place in refrigerator over night. Cut dough into thin slices and bake.

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**BUTTERSCOTCH COOKIES**

One-half cup butter or substitute, 2 cups brown sugar, 2 eggs,  $\frac{1}{2}$  tablespoon vanilla,  $\frac{1}{2}$  tablespoon cream tartar,  $\frac{1}{2}$  tablespoon soda,  $3\frac{1}{2}$  cups Swan's Down Cake Flour. Mix in order given, pack in hard loaf. Let stand over night, in morning slice and bake.

Ruby Elston.

**OATMEAL COOKIES**

Two eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, 1 teaspoon cinnamon, 2 cups flour, 2 cups dry oatmeal, 1 cup raisins, 1 cup nuts,  $\frac{1}{2}$  cup sweet milk, 1 teaspoon soda, 1 teaspoon baking powder, pinch of salt. Drop on buttered pans, bake and leave in pan to cool.

Ruby Elston.

**OATMEAL COOKIES**

One cup sugar, 2 eggs,  $2\frac{1}{2}$  cups flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup raisins, 1 teaspoon soda, 1 cup shortening,  $\frac{1}{2}$  cup chopped nut meats, 1 teaspoon nutmeg,  $2\frac{1}{2}$  cups rolled oats, 4 tablespoons sour milk, 1 teaspoon cinnamon.

Cream shortening and add sugar. Add beaten eggs, then add rolled oats, raisins and nuts and mix together. Sift flour, salt, soda and cinnamon and nutmeg together and add alternately with milk to first mixture. Drop on greased tin and bake.

**BLITZ KUCHEN, NORWEGIAN**

One-half cup sugar,  $\frac{1}{2}$  cup butter, 4 egg yolks,  $\frac{1}{2}$  lemon rind and juice, 6 tablespoons milk, 1 cup flour, 1 teaspoon baking powder, pinch of salt.

Cream butter and sugar, add other ingredients and pour into two cake pans; beat the whites of eggs stiff, add 1 cup of sugar, beat and pour on top of the raw dough, cover with chopped nuts and bake in a slow oven for thirty minutes or more. When done put together with a rather thin custard.

Mrs. Edith Flanders.

**THE CAMERON PROGRESS**  
For the News of Cameron and Vicinity  
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**SWISS RICE**

One cup rice, 3 cups milk, 1 teaspoon salt, 1-3 cups whipping cream combined with 2-3 cup condensed milk and whipped,  $\frac{1}{2}$  teaspoon vanilla, raspberry or cherry juice.

Add salt to diluted milk. Steam rice in the milk over boiling water 30 to 45 minutes until tender. Add vanilla. When cool add and fold in all but half cup of the whipped cream combination. Shape into any desired form with spoon. Add enough fruit juice to the remaining whipped cream to color prettily and use to garnish the top. Serve cold. Yield: Six servings.

**MOLASSES DROP COOKIES**

One egg, 1 cup sugar,  $\frac{1}{2}$  cup water, 1 teaspoon cloves, 1 teaspoon soda dissolved in hot water, 1 cup raisins,  $\frac{1}{2}$  cup molasses, 1 teaspoon cinnamon. Drop teaspoonful on greased pan 1 inch apart.

**BROWN SUGAR COOKIES**

Two cups brown sugar, 1 cup melted fat, 3 eggs,  $\frac{1}{4}$  cup of milk, 1 teaspoon vanilla, 1 teaspoon soda, flour to mix stiff. Mix ingredients in order given, add just flour enough to roll, cut in shape desired. Sprinkle with brown sugar.

**DROP COOKIES**

One-half cup butter,  $\frac{1}{2}$  cup lard, 1 cup chopped nuts, 1 cup chopped raisins,  $1\frac{1}{2}$  cups brown sugar, 2 eggs, 1 teaspoon cinnamon, nutmeg and cloves a little of each, 1 teaspoon of soda  $2\frac{1}{2}$  teaspoons hot water over soda,  $3\frac{1}{2}$  cups flour after sifted. Drop 1 teaspoonful at a time.

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**BROWNIES**

One cup sugar, 1 egg,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup melted butter, 2 squares melted chocolate,  $\frac{1}{2}$  cup nut meats, 3-4 teaspoon vanilla. Add butter to sugar, then add egg, chocolate, nuts, vanilla and flour. Bake and cut in squares.

**GINGER SNAPS**

One cup of molasses, 1 cup sugar, 1 cup of butter or lard, 1 egg, 1 tablespoon ginger, 1 tablespoon soda, 3 tablespoons vinegar. Heat molasses, butter, sugar and ginger together. Remove from stove and stir in soda previously dissolved in vinegar. Add the beaten eggs and flour enough to make a stiff dough, roll thin and bake in hot oven. A. B. C.

**DATE STICKS**

Three eggs beaten light, 3-4 cup flour, 1 cup sugar, 1 teaspoon baking powder,  $\frac{1}{2}$  package dates, 1 cup nuts, flavor with vanilla. Bake in rather quick oven. Mamie B. Wiley.

**CHOCOLATE BARS**

One cup sugar, 1 egg (unbeaten),  $\frac{1}{4}$  cup melted butter,  $\frac{1}{2}$  teaspoon vanilla, 2 squares unsweetened chocolate, melted,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup chopped nuts. Line pan with waxed paper and bake 20 minutes in moderate oven.

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**Doughnuts****NEW ENGLAND DOUGHNUTS**

One cup sugar, butter the size of an egg, cream,  $\frac{1}{2}$  teaspoon nutmeg, 2 eggs beaten light. Mix thoroughly and add 3 cups flour or enough to make the dough soft. Try a small piece in the lard to see if the lard is hot enough. Cut  $\frac{1}{2}$  inch thick and fry.

**DOUGHNUTS**

Two cups mashed potatoes, 2 tablespoons butter, 2 cups sugar, 1 cup milk, 3 eggs beaten separately, 5 teaspoons baking powder, 1 teaspoon nutmeg, 6 cups flour.

**SOUTHERN BREAKFAST DOUGHNUTS**

Six tablespoons of buttermilk; add just enough soda to sweeten the milk,  $\frac{1}{4}$  teaspoon salt, flour enough to make the dough as soft as can be handled. Drop a small spoonful into some flour and roll and twist quickly and fry in hot lard. Roll in sugar and they are ready to be eaten.

**DOUGHNUTS**

One and  $\frac{1}{2}$  cups of sugar, 1 cup sour milk, 2 eggs, 1 level teaspoon soda, 3 tablespoons melted butter or lard, flour enough to roll out soft. Sift soda through flour, flavor with nutmeg. This recipe makes 4 dozens and 8 doughnuts. A. B. C.

**DOUGHNUTS**

One heaping cup of sugar, 1-3 cup butter or lard, a little salt, 1 heaping teaspoon of ground cinnamon, 2 eggs, 1 cup of buttermilk, level teaspoon of soda, 1 teaspoon baking powder, sifted in sufficient flour to make a rather soft dough. Cook in deep fat from which blue smoke arises and in which the doughnuts come promptly to the top. A. B. C.

## Marmalades

### TOMATO MARMALADE

Two qts. tomatoes, 2 lbs. sugar, 3 lemons,  $\frac{1}{2}$  cup seeded raisins. Slice lemons and remove seeds and put through food chopper. Put ingredients in kettle in alternate layers and boil until consistency of marmalade, put in glass jars and cover with paraffin.

Mrs. McCallum.

### TOMATO JELLY

One-half envelope Knox gelatine,  $\frac{1}{4}$  cup cold water, 2 cups tomato, 1 stalk celery, a few grains of cayenne pepper, a few grains salt, 1 tablespoon vinegar. Soak gelatine in cold water. mix the remaining ingredients except the vinegar, boil 10 minutes. Add vinegar and gelatine and when gelatine is dissolved strain, turn into wet molds and chill. Serve on lettuce leaf with mayonnaise over the top. Chopped cabbage or celery with pimento or sweet green peppers can be added. These are a dainty and individual salad.

Mrs. Beine.

### ORANGE MARMALADE

Three thin skinned oranges, 3 thin skinned lemons. Shred fruit and measure it. To each measure of fruit allow three measures of water. Put mixture into a crock or granite kettle and let soak for 24 hours, no less. Then put on stove, bring to a boil and boil hard for 10 minutes. Set aside for another 24 hours and measure again; to every measure of fruit and water allow one measure of sugar and one measure over on the whole amount. Put on stove and cook until it jellies.

Mrs. G. G. Brown.

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## Candies

### KARO FUDGE

Two squares chocolate,  $\frac{1}{2}$  cup cold milk, 2 cups granulated sugar, 1-3 cup Karo, 2 tablespoons butter, 1 teaspoon vanilla.

Grate chocolate and add all ingredients except vanilla. Cook slowly stirring, once in a while, cook till it makes a soft ball in cold water (requires about 5 minutes after actually boiling). Remove from fire, let cool and beat until it begins to granulate. Pour at once into a buttered pan and cut into cakes.

### DIVINITY

Three cups sugar,  $\frac{1}{2}$  cup Karo Syrup, 1 cup water. Cook together until it will form a hard ball in cold water. Have beaten stiff the whites of 3 eggs. Pour hot syrup in eggs, beating hard. Add 1 teaspoon vanilla and beat until stiff. Pour in greased platter. When cool cut in squares.

### PEANUT BRITTLE

Two cups white sugar, 1 cup Karo Syrup, 1 cup water. Let come to a good boil, then add 1 teaspoon butter,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  lb. raw peanuts. Cook till brown, stirring constantly. Take from fire and add 1-5 teaspoon soda and pour on greased platter real thin. When cold break.

### CHOCOLATE SQUARES

One cup powdered sugar, 2 eggs beaten together, 3-4 cup flour,  $\frac{1}{2}$  cup nuts, 1 teaspoon vanilla, 2 squares chocolate and  $\frac{1}{2}$  cup butter melted together. Put melted chocolate and butter in last. Bake slowly in 1 layer. When cold cut in squares.

Mamie B. Wiley.

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**CHOCOLATE CARAMELS**

Two cups sugar,  $\frac{1}{2}$  cup cream, 2 oz. chocolate. 1-8 cup glucose syrup,  $\frac{1}{2}$  cup water, 1 teaspoon vanilla. Cook sugar, glucose, water and melted chocolate to a hard ball. Add cream and cook again to hard ball. Pour at once into buttered tins.

**CHOCOLATE FUDGE**

One-fourth bar bitter chocolate, 1-4 lb. butter. Melt together. Remove from stove, add 3 cups white sugar, 4 tablespoons white syrup and 1 cup sweet milk. Cook until soft ball. Remove and add pinch of salt, cool, add vanilla and beat.

Ruby Elston.

**CHOCOLATE FUDGE**

Two cups sugar, 3 tablespoons cocoa, 1 cup milk, 1 tablespoon butter, 1 teaspoon vanilla. Blend sugar and cocoa thoroughly. Add milk and dissolve sugar before mixture boils. Not a grain of sugar should remain. Cover for 5 minutes boiling moderately. Cook to soft ball stage. Remove from fire very carefully. Add butter. Set pan in cold water and do not disturb until mixture is just luke warm. Add vanilla and beat until creamy. This will always make creamy fudge.

**DELICIOUS CHOCOLATE**

One-half pound Baker's chocolate. Dissolve in a pint of boiling water. When well dissolved add 4 tablespoons sugar, one quart of boiling hot sweet milk, pour into the dissolved chocolate, beating well,  $\frac{1}{2}$  teaspoon vanilla, and the well beaten whites of two eggs and  $\frac{1}{2}$  cup thick cream. Mrs. Beine.

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**Ices and Sherbet****PINEAPPLE ICE**

One small can pineapple, 6 oranges, 6 lemons, 3 cups sugar,  $2\frac{1}{2}$  qts. water, mix, after this begins to freeze add a pint of thick cream, freeze well. This will make one gallon.

**APRICOT SHERBET**

One can of apricots, 2 cups water, whites of 3 eggs, 1 3-4 cups sugar  $\frac{1}{2}$  package gelatine, 1 cup cream. Boil sugar and water 10 minutes. Stir in eggs after it begins to freeze.

**PEAR HONEY**

Five pounds pears (ground), 5 pounds sugar, 1 large can grated pineapple, 1 small bottle Maraschino cherries, 1 peeled orange. Put sugar over pears, let stand over night then cook until tender, add cherries just before removing from fire.

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## Pickles

### SWEET CUCUMBER PICKLES

One gallon cucumbers, 1 cup salt and water to cover cucumbers. Heat salt water and pour over cucumbers. Each morning for six mornings, pour off salt water, heat and pour over cucumbers again. Next morning put cucumbers in very weak vinegar solution and keep hot in this for  $\frac{1}{2}$  day. Put cucumbers in jars and pour over them the following solution-hot: One gallon vinegar, 4 lb. brown sugar, allspice, black pepper, mustard seed, celery seed, cloves, 1 teaspoon grated horseradish on top each jar.

### CUCUMBER PICKLES

In 3 qts vinegar and 1 qt. water dissolve 1 cup of sugar,  $\frac{1}{2}$  cup salt,  $\frac{1}{4}$  oz. saccharin,  $\frac{1}{2}$  cup horseradish, 1 box of dry mustard. Wash cucumbers and wipe dry, and pack in jars. Pour vinegar mixture over cucumbers, cold, and set away.

### FRESH CUCUMBER PICKLES

Four tablespoons salt, 9 tablespoons sugar, 4 tablespoons dry mustard, 2 tablespoons mixed pickling spices. Mix all these ingredients dry. Fill  $\frac{1}{2}$  gallon jar half full of cucumbers, then put in all the above ingredients. Then fill jar with cucumbers and cover with cold vinegar and seal. Shake well until mixture is dissolved.

DR. LIZZIE CLAY-CONNOR

Osteopath

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### CORN SALAD

Twenty ears of corn, 1 cabbage, 2 green peppers, 4 large onions, 4 cups vinegar, 2 cups sugar,  $\frac{1}{2}$  teaspoon turmeric powder, 2 tablespoons mustard. Cut corn from cob, chop fine the cabbage, peppers and onions. Mix and cook slowly about 30 minutes and can while hot.

### MANGO PICKLES

(Stuffed green peppers)

One head cabbage, 2 tablespoons sugar, 2 tablespoons white mustard seed, 1 tablespoon celery salt, 1 tablespoon salt, 4 onions, 1 teaspoon ground cinnamon,  $\frac{1}{2}$  teaspoon ground cloves,  $\frac{1}{2}$  teaspoon ground pepper, 8 large green peppers, 2 large red peppers, 2 tablespoons grated horseradish.

Wash and wipe dry the red and green peppers, cut the latter in halves lengthwise, remove seeds and keep the two halves of each pepper together. Chop fine the red pepper, onions and cabbage; add salt, sugar and spices; mix thoroughly.

Fill the green peppers with the mixture; fit the two halves together and tie securely with a clean white cord. Place the stuffed peppers in a crock or glass jars and cover with cider vinegar to which has been added 3 or 4 hot Italian red peppers and 1 clove of garlic. Cover jars and keep in a cool place.

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**MIXED PICKLES**

Twelve large cucumbers,  $\frac{1}{4}$  peck green tomatoes, 4 large white onions, 1 medium-sized head of cabbage, 3 stalks of celery, 2 red peppers, 2 green peppers, salt, 2 quarts cider vinegar, 6 whole cloves, 1 blade of mace, 2 bay leaves, 3 hot Italian peppers, 1-4 lb. dry mustard,  $\frac{1}{2}$  ounce ground cinnamon,  $1\frac{1}{2}$  tablespoons black pepper, 1 pint grated horseradish,  $\frac{1}{2}$  pint of olive oil.

Chop quite fine the cucumbers (peeled) green tomatoes, onions, head of cabbage (do not use the hard core), celery, and the red and green peppers; mix thoroughly. Place a layer of these chopped vegetables in a stone crock, cover with a thin layer of salt, adding layers of vegetables and salt until all vegetables are used. Press these down, cover with a plate, lay a weight on and let stand over night.

Next morning squeeze the vegetables in a clean white cloth until quite dry. Place the cider vinegar in a porcelain-lined kettle, add whole cloves, mace, bay leaves and hot peppers. Mix together dry mustard, ground cinnamon and black pepper. Add all these spices to the vinegar, set over the fire and when boiling hot, pour at once over the vegetables and let stand until the next morning. Then drain off the liquid, heat to boiling point, and again pour it over the vegetables and let stand. Repeat the process the following day adding to the vinegar, when boiling hot, the grated horseradish and olive oil. Pour once more over the vegetables and, when cold place in jars.

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**PICCALILLI**

One gallon green tomatoes, 1 head cabbage (medium), chop fine; add 1 heaping tablespoon salt and let stand 2 hours, then drain thoroughly. Eight onions cut fine,  $1\frac{1}{2}$  pints sugar, 1 quart vinegar, 3 tablespoons mixed spices. Mix all together and stew until tender; put in glass jars and seal.

**SHIRLEY SAUCE**

Twelve ripe tomatoes, skin and squeeze in the hands until most all of the seeds are out of the pulp. Drain over a sieve. Put the tomatoes through the food chopper, add to the juice 6 sweet peppers ground, also 6 large white onions ground through the food chopper, add 1 cup sugar, 2 cups vinegar, 1 tablespoon salt, 1 tablespoon of cinnamon, into a muslin cloth; put 1 tablespoon mustard,  $\frac{1}{2}$  teaspoon red pepper, 1 tablespoon black pepper, 1 teaspoon allspice. Boil 2 hours and seal.

**CHOW CHOW**

One-half peck green tomatoes, 1 large head of cabbage, 7 large onions, 1 cup salt, 1 oz. celery seed, 4 oz. white mustard seed, 1 gill grated horseradish, 3 qt. cider vinegar, 2 pounds brown sugar, 2 tablespoons ground pepper.

Chop tomatoes, cabbage and onions and mix them with the salt; let stand over night. In the morning drain and add spices; mix thoroughly. Boil vinegar and sugar for five minutes, skim and pour (boiling hot) over spiced vegetables. Fill into hot, sterilized jars and when cold, seal.

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**SWEET PEPPER HASH**

Two dozen green peppers, 1 dozen red peppers, 2 dozen onions. 1½ pints vinegar, 3 tablespoons salt. Grind onions and peppers. Pour boiling water over them and let stand 10 min. Hang up and drain. After draining add sugar, vinegar, salt and boil 20 minutes.

**CHILI SAUCE**

Eighteen large ripe tomatoes, 6 large onions, 4 red peppers, 2 green peppers, 10 tablespoons sugar, 3 tablespoons salt, 5 cups cider vinegar, 1 teaspoon ground cloves, 1 teaspoon ground cinnamon, 1 teaspoon ground allspice.

Skin tomatoes, peel onions, remove seeds from peppers and chop all the vegetables very fine. Put them in a preserving kettle; add salt, sugar and vinegar, and boil one hour. Add spices and boil half an hour longer.

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**Fruits and Vegetables****CANNED PEACHES (COLD PACK)**

Make syrup using 1-4 to 1 cup of sugar to each cup of water. 1 lb of fruit is general rule for fruit. For peaches use 3-4 cup sugar to 1 of water and boil 5 minutes. Dip peaches into boiling water then into cold, peel, pack round side up in sterilized jars. Pour syrup (hot) in jar to 1-8 inch of top. Partially seal, using finger and thumb. Sterilize 26 minutes in boiling water that covers jars. Remove and seal.

**CANNED TOMATOES (COLD PACK)**

Dip tomatoes into boiling water, then into cold. Place firmly in sterilized jars round side up after peeling. Use small round, firm tomatoes. Put 1 teaspoon salt in each quart jar. Use no water if they are quite watery. Sterilize for 22 minutes in hot water that completely covers. Remove from hot water and seal completely. Before sterilizing, the lid should be only as tight as thumb and little finger can turn it.

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**CANNED CORN**

Sixteen cups of corn (1 gal.), 1 cup salt, 2 cups sugar, 3 cups water. Boil 30 min. after coming to a boil. Cans 4 qts.

**CANNED GREEN BEANS**

To 1 gal. water add 2 tablespoons of Salicylic acid, put in as many beans as you can and boil until nearly done, then can in air tight jars. These can be cooked down with meat if wished and are as good as the fresh. Season to taste.

**SPICED CURRANTS**

Make a syrup of 3 pounds sugar, 1 pt. vinegar, 2 tablespoons cinnamon, 2 tablespoons cloves (both ground) and  $\frac{1}{2}$  teaspoon salt, add 6 lb. currants and boil  $\frac{1}{2}$  hour.

Six pounds of currants make 3 quarts.

**MINCEMEAT**

One lb. chopped beef suet, 2 lb. chopped apples, 1 lb. chopped raisins, 1 lb. currants,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  tablespoon salt, 1 teaspoon powdered mace, 1 teaspoon powdered ginger, 1 teaspoon powdered allspice, 1 teaspoon powdered cloves, 1 grated nutmeg, 1-4 cup fruit juice, 1-4 lb sliced citron peel, 1-3 lb finely shredded lemon peel, 1-8 lb. shredded orange peel, grated rinds of 2 lemons, juice of 2 lemons, 2 lb. cooked chopped beef or tongue.

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Select meat from the neck of beef and cook it slowly until tender. Chop it fine and add to it the chopped suet and apples and other fruit. Sift together all the dry ingredients and combine them thoroughly with the first mixture. Bring the whole mixture slowly to the boiling point and allow it to simmer from five to ten minutes. Then pour it into hot jars or crocks. After filling, seal or cover with paraffin paper. Set the containers aside in a cool place for 3 or 4 weeks before using. If placed in crocks, it is well to stir up the mincemeat 2 or 3 times during this period. Left over pickle juice and fruit juice add much to the flavoring of any mincemeat.

**SPANISH RICE**

One-half cup rice, 2 cups boiling water,  $\frac{1}{2}$  teaspoon salt, 2 cups chopped cooked meat, 2 green peppers, 1 tablespoon butter, 1 onion, chopped, 1 qt. tomatoes, 1-8 teaspoon pepper,  $1\frac{1}{2}$  teaspoons salt, 1 cup grated cheese, 1 cup buttered crumbs.

Boil rice in boiling water to which is added  $\frac{1}{2}$  teaspoon salt. Scald the peppers and fry in the butter with the onion. Add tomatoes, salt and pepper and heat to boiling point. Place mixture in a buttered baking dish in layers with the meat and drained rice. Cover with grated cheese and top with crumbs. Bake in a moderate oven (357 degrees Fahrenheit) until crumbs are brown and cheese is melted. Yield: Six servings.

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**TEA ROOM SANDWICHES**

(The following recipe was compiled by Miss Jessie M. DeBoth, who recently conducted the Journal-Post Cooking and Homemakers' school in Convention hall:)

Two tart apples, 1-4 lb. shelled walnuts, 1 cup stuffed olives, mayonnaise. Grind through the meat chopper the peeled apples, walnuts and olives. Moisten with mayonnaise dressing and use with a crisp lettuce leaf between buttered slices of graham or whole wheat bread.

**HOLLANDAISE SAUCE**

Put 1 heaping tablespoon of butter in a sauce pan, melt. Add 1 tablespoon flour, blend evenly, add boiling water or milk and stir until smooth; salt to taste. Use over vegetables; if wished add  $\frac{1}{2}$  cup horseradish and tablespoon sugar, boil a few minutes. This is delicious for meats or fish.

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