



KEOSAUQUA
COOK BOOK

AND

Business Directory

SECOND EDITION

Compiled by Second Committee of the
Dorcas Society of the
Christian Church

1922

KEOSAUQUA, IOWA



A Digest

KEOSAUQUA COOK BOOK

*From
Mrs. Craig*

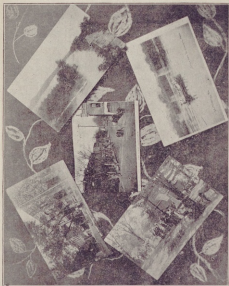
Tested Recipes

The
Keosauqua
Cook Book
and
Business Directory

Compiled from Recipes contributed by
the women of Keosauqua and vicinity

Note the advertising contained herein.

WALSH & COMPANY THE PRINTERS, MT. PLEASANT, IOWA



Views about Keosauqua

County Officials

- Hon. J. C. Calhoun, County Representative to General Assembly, Keosauqua
H. B. Carroll, County Superintendent of Schools
Josephine Barker, Deputy Superintendent, Mt Zion
W. B. Newbold, County Attorney, Keosauqua
Eva W. Robinson, County Recorder, Keosauqua
Orpha Bonner, Deputy Recorder, Keosauqua
J. W. Earley, County Engineer, Keosauqua
H. A. Barnett, County Coroner, Keosauqua
Dr. E. E. Sherman, County Physician and Examiner of the blind, Keosauqua.
Ray Horn, Steward of County House
Craig McIntosh, Janitor of County Offices.

City Officer

↪ Mayer, J. A. Malthie

Heads of Departments

↪ John Wright, Telephone

↪ Seward Fellows, Water

↪ H. E. Wilson, Streets and Alleys

↪ S. L. Fellows, Electric Lights

↪ Fred Zeigler, Side walks

↪ B. B. Kittle, City Clerk

Regular meeting first Wednesday of each month at City
Building

↪ Frank Johnson, City Marshall

↪ Sam Brownlee, Night Watchman

Keosauqua Volunteer Fire Company

E. Anderson, Fire Chief

Melvin McDonald, Captain

↪ Joe Price, Secretary

↪ John Kriess, Treasurer

↪ Thad Sharod, Driver of Chemical and Hose Fire Truck

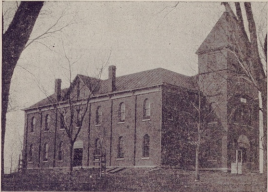
Municipal Lighting Plant

↪ Frank Shrockengast, Engineer

↪ James Glancy, Assistant Engineer

↪ Roger Kittle, Lineman and Electrician

Keosauqua Public School



PUBLIC SCHOOL BUILDING, KEOSAUQUA, IOWA.

Published by J. C. Gooding, Director.

Fully Accredited. Normal Training High School

In addition to the study course, recreation and training are given in Debating, Declamatory, Glee Club, Orchestra, Tennis, Foot ball, Basket ball and Base ball.

Members of the Board of Education

W. H. Saunderson, President

J. H. Landis, Secretary

J. A. Maltbie, Treasurer

W. T. Beer

W. R. Newbold

Joe Barker

B. B. Rowley

George Fellows, Janitor

Debating Team for 1921-22

Benton Stong

Luella Beer

Cyrus Newbold

Mrs. J. C. Gooding
~~School~~
 School
 1914-1917

Keosauqua Public School Concluded



Normal Training Building

Faculty for 1921-22

F. M. Essex, Superintendent

H. V. Steacyllar, High School Principal

↳ Bertha Sanderson, Domestic Science and Algebra

V. B. Beal, Mathematics and Science

Leis King, English and Latin

↳ Edith Davenport, English and Public Speaking

↳ Meribah Fowler, 8th grade

Louva Hanner, 7th grade

↳ Bodie Kriess, 5th and 6th grades

Nellie Heeren, 4th grade

Hattie Shaver, 2nd and 3rd grades

↳ Ione Snyder, 1st grade

Winners in Van Buren Co. Declamatory Contest, 1922

Benton Stong, Oratorical

Helen Peckler, Humorous

Representative to Subdistrict Declamatory Contest,

↳ Lucile Best

County Officials

Honorable Board of Supervisors

Tom Campbell, Chairman, Keosauqua

W. P. Meek, Stockport

F. A. Nelson, Douds

Regular Sessions of Board are viz

The second secular day in January

The first Monday in April

The second Monday in June, September and November

C. E. Meek, County Auditor and secretary to the Board.
Bonaparte.

C. J. Watkins, Deputy Auditor, Keosauqua

A. H. Mounce, Clerk of the Court, Keosauqua

Lena C. Maltbie, Deputy Clerk

M. F. Kinsey, County Sheriff, Keosauqua

H. R. Davidson, Deputy Sheriff, Keosauqua

M. J. Munson, County Treasurer, Keosauqua

Nellie Donoho, Deputy Treasurer, Keosauqua

Womans Improvement Society

Keosauqua's Civic Club

Public Rest Room, Library and Community Hall maintained by this organization at the head quarters on 1st. street opposite the State Bank.

The Free Public Library is open on Tuesday, Thursday, and Saturday from 2 o'clock to 5 p. m. Mrs. E. E. Sherman, head librarian.

Annual meeting of Civic Club is the first Tuesday in March.

Mrs. Mary Wolford, president

Mrs. Wm. Walker, secretary

Mrs. A. J. Secor, treasurer

Board of Trustees to whom application is made for use of building

Mrs. E. E. Sherman

Mrs. J. C. Calhoun

Mrs. Harold Wilson

Rest room and toilet is open to the public at all times.

Christian Church, Keosauqua, Iowa

Minister, Carl E. Smith

Bible School at 9:45

George Fellows, superintendent

Mrs. H. A. Barnett, assistant superintendent

Mary Fellows, choirister

Preaching and Communion at 11:00 o'clock

Christian Endeavor at 7:00 p. m.

Miss Louva Hanner, president

Evening preaching service at 8:00 o'clock

Midweek service, Thursday at 8 o'clock p. m.

Chairman of official board, Dr. E. E. Sherman

Regular meeting 1st Wednesday in each month

Chairman of trustees, T. E. Dehart

President of Woman's Missionary Society,

Mary Jemison

Regular meeting 2nd Thursday in each month

President of Dorcas Society,

Flora Brownlee

Regular meeting 1st Tuesday in each month

Methodist Episcopal Church

Pastor, J. C. Coughlin

Bible School at 9:45

M. J. Munson, superintendent

Preaching service at 11 o'clock

Epworth League at 7 o'clock

✓ Bodie Kriess, president

Mid week services, Thursday at 7 p. m.

Queen Esther Circle, Nellie Denoho, leader

Regular meeting of Circle second Friday in each month

Ruthian Society

President, Mrs. A. Peters

Regular meeting on the second Wednesday in the month

Womans Home Missionary Society

✓ President, Mrs. W. H. Sanderson

Regular meeting, third Friday in each month.

Womans Foreign Missionary Society

✓ President, Mrs. W. M. Walker

Regular meeting first Friday in each month

✓ Chairman of Stewards, John Wright

✓ Chairman of Trustees, M. P. Wolford

Congregational Church

Pastor, J. M. Hedges

Clerk of the church, Mrs. S. W. Manning

Bible school at 9:45

A. J. Secor, Superintendent

R. B. McBeth, assistant

Preaching service at 11 o'clock

Christian Endeavor, 7 o'clock

Robert Agnew, president

Evening service at 8 o'clock

The Ladies of the Guild

Mrs. Eliza Hanna, president

Mrs. Roy Overman, secretary

Regular meeting the last Thursday in the month

J. H. Landis, chairman of Board of Deacons

H. E. Blackledge, chairman of Board of Trustees

G. E. Buckles, Moderator

American Red Cross

Van Buren County Chapter

7
6
5
4
3
2
1
R. E. McBeth, chairman

J. A. Maltbie, vice chairman

S. W. Manning, treasurer

Mrs. E. E. Sherman, secretary, Keosauqua, Iowa

For any service to which World War veterans or their families are entitled, or for information pertaining to Red Cross activities, apply to the Home Service Secretary,

Mrs. E. E. Sherman, Keosauqua Iowa.

County Red Cross office at residence

Regular meeting, last Wednesday of each month

Annual meeting, fourth Wednesday in October

Fiscal year begins July 1st.

Organizations Meeting in the Masonic Hall

Keosauqua Lodge No. 10, A. F. and A. M.

B. M. Manning, W. M.

W. O. Bostock, S. W.

M. F. Kinsey, J. W.

E. B. Rowley, Secretary

Regular meeting first Monday in each month

Chapter Royal Arch Masons, No. 21

W. O. Bostock, High Priest

H. A. Burnett, King

James H. Wilson, Scribe

E. B. Rowley, Recorder

Regular meeting first Friday in each month

El Chanan Commandery, No. 28

H. E. Blackledge, E. C.

J. H. Malibie, Gen.

R. E. McBeth, C. G.

W. M. Walker, E. P.

E. B. Rowley, Recorder

Regular meeting first Tuesday after the first Monday in each month

Lynda Chapter No. 21, Order Eastern Star

Josephine Sherman, W. M.

Isabelle Strickling, A. M.

Mary Fellows, Secretary

Regular meeting last Wednesday before full moon.

American Legion, Keosauqua, Iowa

Clyde Beer Post, No. 113

Regular meeting first Monday of each month

H. E. Rees, Post Commander

A. F. Kohl, Vice Commander

John Jackson, Adjutant

Elmer Kennedy, Finance Officer

Lee Higdon, Sergeant-at-Arms

Don Jamison, Historian

Arthur Dorothy, Chaplain

James Benning, Athletic Officer

Charles Watkins, Correspondence Officer

The American Legion Auxiliary

Adaline Brewster, President

Beulah Shrockengast, Secretary

Myra Barnett, Chaplain

Rose Klerick, Treasurer

Virgil Leroy, Hospital Chairman

Florence Huff, Executive Committee Chairman

Josephine Sherman, Historian

Regular meeting last Tuesday night of each month at
Legion Club Rooms

W. C. Harper Post No. 79

Grand Army of the Republic

James A. Fowler, Commander,

William Hartson, Adjutant

Regular meeting, first Saturday in each month at 2:30 P.M.

W. C. Harper Womans Relief Corps No. 16

→ Mrs. Flora E. Browning, President

Mrs. Dora Fowler, S. V. P.

Mrs. Blanche Peters, J. V. P.

→ Mrs. Minnie McIntosh, Secretary

Mrs. Bessie Carroll, Treasurer

Mrs. Mattie Coughlin, Chaplin

Mrs. Mary Fellows, Conductor

Mrs. Anna Kennedy, Guard

Mrs. Myra Barnett Patriotic Instructor

→ Mrs. Mattie DeHart, Musician

Mrs. Norma Cochrell

Miss Alice Wright

Mrs. Josephine Cochrell

→ Miss Lora Mattie

} Color Bearers

Regular meeting the first and third Tuesday in each month
at the M. W. A. Hall.

Organizations Meeting in I. O. O. F. Hall

Keosauqua Lodge No. 3, I. O. O. F.

Regular meeting every Saturday night. April to September, 7:30. October to March, 8:00.

All visiting Odd Fellows are cordially invited to attend the meetings.

Guy Gray, N. G.
G. W. Gilchrist, V. G.
E. A. Pearson, Secretary

Keosauqua Encampment, No. 20 I.O.O.F.

Regular meeting the first and third Tuesdays. April to September, 7:30. October to March, 8:00

O. L. Burkett, Chief Patriarch
C. F. Henry, Scribe

Keosauqua Rebekah Lodge, No. 340 I. O. O. F.

Regular meetings second and fourth Friday of each month. April to October, 8:00. October to April 7:30

Visitors cordially welcomed. Established February 1886.

Mrs. Hattie Munson, N. G.
Mrs. Mary Jemison, V. G.
Mrs. Elsie Campbell, Secretary

ANDERSON'S RIVERSIDE PARK

A recreation park along the Des Moines River, where boating and bathing facilities are furnished. A motor boat makes trips upon request.

Tables, swings, seats and good drinking water makes this a very pleasant place for camping parties.

A minimum fee is charged for the use of this park.

Entrance to park on State road two miles north of Keosauqua, Iowa.

Strand Theatre

The Temple of Silent Art

Headquarters for Service and Good, Clean Pictures

"MENU OF SERVICE"

Feature Pictures

Feature Programs

Comedies

News Reels

Located next to

The Home Bakery

Educational Programs In

Our Theatre every week.

Our Prices are Right

Let's Get Acquainted.

R. G. KECKLER, Mgr.

SOUPS



Tomato Soup

Oliver Wilson

Heat to the boiling point one quart tomatoes (cooked) from which the seeds have been removed by pressing through a sieve. Add one teaspoonful of soda, let boil a few minutes, then add salt and pepper to suit taste and a generous lump of butter. Heat three pints of sweet milk in a double boiler, add just before serving, do not let boil after adding milk. A little chopped onion fried in butter and added to the soup is a great improvement.

Cream Of Tomato Soup

Mrs. Holly Day

Half can tomatoes, two teaspoons sugar, fourth teaspoon soda, one quart milk, one slice onion, four tablespoons flour, one teaspoon salt eighth teaspoon pepper, third cup butter. Scald milk with onion, remove onion, and thicken milk with flour, dilute with cold water until thin enough to pour; cook twenty minutes, stirring constantly at first; cook tomatoes with sugar fifteen minutes, add soda and rub thru a sieve. Combine mixtures and turn in a tureen, over butter, salt and pepper.

Cream Of Celery Soup

From "Diet For The Sick"

Half cup celery, cup boiling water, salt and pepper, tablespoon butter, tablespoon flour, cup rich milk, slice onion. Blend carefully.

Asparagus Soup

From "Diet For The Sick"

One half bundle asparagus, two cups milk, tablespoon butter, one and one half tablespoons flour, salt and pepper. Blend carefully.

P. E. CHANNEL

Handles Wear-U-Well Shoes at
Factory Prices

SAVES ALL MIDDLEMEN'S PROFITS

REPAIRS, HARNESS, SHOES,
AUTO CURTAINS, ETC.

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Our Stock is complete. We can make anything
you want. Prices Right. Satisfaction Guaranteed.

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KOSY CAFE

The Home of

Ice Cream — Confectionery,

All Kinds of Soft Drinks

HOT AND COLD LUNCHES

CIGARS AND TOBACCO

L. WEISSGERBER

UNION PHONE 194

Keosauqua - Iowa

MEATS, POULTRY, GAME

Beef Loaf

Mrs. J. M. Overman

To one pound beefsteak chopped, add one egg, half cup bread crumbs half cup milk, teaspoon salt, bake in buttered pan.

Shepherd Pie

Mrs. Walter Fickey

Take cold beef or any cold meat, season with pepper and salt, half onion cut fine and rich gravy, put in a baking dish, cover with mashed potatoes, brown in oven.

Roast Turkey With Oyster Dressing

Mrs. Frank Elliot

Dress and prepare turkey as usual, sprinkle inside with salt and pepper, make dressing with bread crumbs or crackers. Moisten the bread with oyster liquor then mix in dressing, salt and pepper. Stuff body to make plump, lay in roasting pan with water enough to keep plenty of moisture while cooking, let cook well done, baste occasionally to make brown evenly. I find this a simple and delightful way to cook a turkey.

Chicken Croquette

Amy Lazenby

Boil the chicken until tender, then chop fine. To one chicken add half cup cracker crumbs and season with salt, pepper and chopped parsley. Mix with the prepared chicken broth or butter. Make in croquettes and fry.

Victimized Chops

Nellie Cooper

Trim all fat from a loin chop, cut very thick, lay it between two very thin chops like a sandwich. Broil until the outside chops are burned, the inner chop will be done and exceedingly juicy. Serve on a hot plate.

— THE —

Keosauqua State Bank

OF KEOSAUQUA, IOWA



Is one of the strongest financial institutions in Van Buren County.

It has a paid up Capital Stock of Twenty-Seven Thousand Eight Hundred Dollars.

It is under conservative management and stands ready at all times to meet the wants of its customers, whether large or small.

We have over Fifteen Hundred satisfied depositors and would be pleased to add you among our new ones, assuring you we are in a position to take care of your business and handle it satisfactorily at all times.

If you do not carry an account with us now, why not start one and let us prove to you our ability in handling your business.

Call in and let us talk this matter over with you.

We take care of your valuable papers without charge.

L. S. Houdeshelts' Greetings

Back of the beating hammer
By which the steel is wrought
Back in the work-shops' clamor
The seeker may find the thot.
The thot that is ever master
Of Iron, Gas, and Steel,
That rise above disaster
And trample it under heel.

Then know all you good people
Round about our town
If your binders broke up or your auto broke down,
When every thing's fixed that's been on a tear
Just take it to Houdeshelt and get it repaired.
It may be your motor, a break, or a wheel,
Transmission or frame, or any old thing,
A top or a body, a cushion or tire,
Houdeshelt will mend them and fill them with hot air.
Others may fret and tinker or labor with lusty blows,
But back of them all stands the thinker
The man of experience who knows.
For into each plow, or auto, each piece and part and whole
Must go the brains of labor, that gives his work a soul.

Stuffed Steak

Mrs. Aaron Brown

A good loin steak, one or one and a half inch thick, then make a dressing of bread crumbs, salt, pepper, sage or onion and butter, lay on steak and roll up and tie and bake in oven 40 minutes, baste often and slice.

Roast Opossum and Sweet Potatoes

Tena Johnson

Dress opossum as a pig by scraping or skinning. Par-boil about 2 minutes, remove, trim off the surplus fat, salt and pepper well. Fill with oyster dressing, lay sweet potatoes around and cover them with the liquor from the kettle. Let roast about four hours.

Roast Pork

Mrs. Edwin Manning

Take rib roast, break to fold over. Fill space with fine bread crumbs melted butter, sage, pepper, salt and onions and a very little moisture. Fold rib over, salt and pepper and bake to a finish. An oyster dressing can be used instead of the above.

Noodles

Mrs. J. W. McIntosh

Two eggs, two eggshells full of water, one teaspoon baking powder a little salt and flour enough to mix as stiff as you can roll. Roll thin and spread on table to dry for one and a half or two hours. Then roll and slice thin. Drop in boiling broth and cook 20 minutes. Do not lift lid while cooking.

Pork Dumplings

Mrs. Aaron Brown

Make a dough as for pies only not so short, roll out long and fourth inch thick, then take two and one half pounds of fresh pork ham, cut on food chopper, salt very heavy and pepper, use sage or onion, then spread on the dough, roll up, pinch the ends together and wet a cloth in hot water, sprinkle flour on it, roll the roll of dough in it and tie the ends together round and lay in a pot in hot water and keep boiling steady for two and a half hours.

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DOUDS, IOWA

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Reasonable.

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KEOSAUQUA, IOWA

sprinkle well with flour; set on slow fire and cover. Let it boil until all the juice boils out and browns, stirring to keep from burning; when brown put in a pint of water, let cook one hour. If gravy is not thick enough add more flour. Serve altogether in deep dish.

Baked Noodles

Mrs. Florence Blackledge

One egg, half egg shell of water, little salt. Flour to stiffen, roll thin and cut in strips about half inch wide. Boil in salt water five or ten minutes, drain and let stand in cold water a few minutes. Take a pint of milk and flour and cook to the consistency of cream. Take a pan, butter it, put in alternately layer of noodles and grated cheese. Pour over all the thickened cream, put in small lumps of butter and salt a little. Bake one hour. Good served with the birds.

Roast Duck

Mrs. Flora Brownlee

Pick the duck dry, then roll in towel dipped in hot water and let lay 15 minutes, keeping the towel covered and hot. Then take and rub duck very hard with coarse dry towel, clean and put in roaster, salt and pepper and some hot water on it. Baste very often so as not to roast too brown. Roast from two to three hours owing to size.

Veal Loaf

Mrs. Flora Brownlee

Take 4 pounds chopped beef, one half pound chopped salt pork, four eggs, one half cup bread crumbs, teaspoon salt, half teaspoon pepper. Mix well, put in bread pan, spread butter on top and bake three hours. Excellent hot or cold.

Roast Quail With Oyster Dressing

Mrs. Flora Brownlee

Pick your birds then cut down back and clean and wash good, then rub them with salt and pepper to season. Fill with oysters and bread crumbs for dressing, close back by stitches or tooth picks, brush over with melted butter and roll in flour, then put in hot buttered in hot oven. Add a cup of boiling water and baste very often. When done thicken gravy in pan and serve hot. Or one can be served on a square of toast moistened in the gravy. Bake from one to one and a half hours.

MALTBIE, BEER & WRIGHT

- General Merchandise -

KEOSAUQUA, IOWA

STATE LINE DEMOCRAT

Only Democratic Newspaper Published In
Van Buren County

FIFTY-SECOND YEAR OF PUBLICATION

Owner, Mrs. Clara Smith Estate
Manager and Publisher, Geo. W. Neufie

KEOSAUQUA, IOWA

Roast Mutton

Mrs. Flora Brownlee

Take a piece of mutton, remove any bones, leaving a place for bread dressing, remove all the pink skin from outside then season with salt and pepper and season bread crumbs with salt, pepper, sage and melted butter and milk, place in baking pan in a moderately hot oven. The meat should be frequently basted with the meat liquor in the pan. Roast from two to three hours.

Dumplings

Mary E. Martin

Half a cup milk, one egg, two heaping teaspoons baking powder, mix in enough flour to make a stiff batter. Do not remove the meat from the broth, drop the dumplings in on top, cook twenty minutes over a moderate fire. Do not remove the lid until they are ready to serve, as that will make them fall.

Meat Roll

Mrs. Margaret Brown

Two pounds chopped meat, one cup cracker crumbs, two eggs well beaten, one teaspoon salt and butter melted, cover with crumbs, bits of butter on top, bake one hour.

Swiss Roast

Mrs. David Williams

Take from two to three pounds of round steak, cut about three inches thick. Pound three-fourths cup of flour into it, also pepper and salt to taste. Have some lard hot in baking pan, sear the roast thoroly and then pour over it a cup of tomatoes and an onion sliced thin. Cover with the balance of the cup of flour and about a quart of hot water. Bake from an hour and half to two hours.

WILSON BARGAIN STORE

"The Home of Bargains"

GENERAL MERCHANDISE

We Carry Everything
KEOSAUQUA, IOWA

PETERS' CASH STORE

*The place where Bargains are sold
When you get quality goods,
remember where you bought
them.*

KEOSAUQUA, IOWA

SALADS AND PICKLES



Bean Salad

Iona Shipley

Two cans beans chopped fine, 1 teacup cucumber pickles, 1 head of celery, 1 small onion. Mix all together and pour over the following dressing: Mix 1 tablespoon flour in just enough vinegar to moisten it, beat the yolks of two eggs, two teaspoons sugar, 1 teaspoon prepared mustard small lump butter, add to this a pint of weak vinegar, let come to boil, cool and pour over salad.

Mixed Pickles

Mrs. Carrie Shipley

One gallon green chopped tomatoes, 1 gallon roasting ears, one half gallon mangoes, 1 gallon chopped cucumbers, 1 gallon pickles, one half gallon onions, 3 cups sugar to gallon of spices and vinegar.

Green Tomato Pickles

Ione Snyder

Chop fine one gallon cabbage, one gallon green tomatoes, one quart onions, two or three green pepper pods. Sprinkle salt over the tomatoes only for an hour, drain off the water then put with other chopped pickles, to this add four tablespoons of ground mustard, two tablespoons powdered ginger, one tablespoon of mace, tablespoon whole cloves, tablespoon bark cinnamon, three pounds of sugar, ounces of celery seed. Mix all well, cover with good vinegar and boil slowly until done.

Corn Relish

Mrs. Gorman
Mrs. Edgar Buckles

Ten cups of corn (cut from cob) ten cups cabbage, chopped fine, half gallon vinegar, three tablespoons salt, three cups sugar, four tablespoons white mustard seed, two tablespoons celery seed. Mix thoroughly, cook half hour.

HOTEL MANNING
SPECIAL SUNDAY DINNER

Phone 8

KEOSAUQUA, IOWA

THE KEOSAUQUA REPUBLICAN

Keosauqua, Iowa

ROWLEY & LANDIS, Proprietors

Established in 1855

PLAIN AND FANCY JOB PRINTING

Official Paper of the County

English Walnut Salad

Mrs. Harold Wilson
Willie Perkins Dickison

Two cups of nuts, half cup celery chopped fine, mixed with white dressing. Half cup water, half cup vinegar, two tablespoons flour and two of mustard mixed, two tablespoons sugar, teaspoon salt, half teaspoon white pepper. When cooked add a little cream to this.

Potato Salad

Mrs. H. S. Beer
Mrs. J. W. Moody
Mrs. H. E. White

Boil a half dozen large potatoes and when nearly cold chop fine, two raw onions chopped, salt, pepper to taste, three hard boiled eggs cut fine. Dressing, half cup vinegar, heaping teaspoon flour, three table-
spoons sugar, lump butter, one egg, cook slow to a smooth cream. Add cream if desired.

Mango Pickles

Jessie McGaffley

Remove the seed from the mango peppers and soak in salt water over night. Chop cabbage real fine and add salt and white mustard seed to taste. Mix thoroly and fill mangoes. Pack in jar and pour cold vinegar over them.

Tomato Chowder

Ellen Rinabarger
Jennie Kinsey

One half bushel green tomatoes, three medium sized cabbage, 6 green peppers, 4 onions minced fine, 1 teacup mustard, 2 teaspoons cinnamon, 1 pint grated horse radish, 8 cups brown sugar. Chop tomatoes fine mix with one cup salt, let set over night. Drain well, cook slightly in weak vinegar, drain again. Add cabbage chopped fine and other ingredients. Cover well with cold vinegar. Only the best vinegar should be used. The onions maybe left out if not pleasant to the taste of the family.

Cream Dressing for Cabbage Salad

Mrs. H. E. White

Two tablespoons whipped cream, two tablespoons sugar, four table-
spoons vinegar. Beat well and pour over cabbage previously cut fine and seasoned with salt and pepper.

What Acme Minerals do for Sows and Pigs



Acme Minerals fed from birth to maturity fight the free intestinal worms successfully.

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GRAPHS, PIANOS, PAINT and GLASS**

Agent for Kemble's Flowers and Plants

Farmers Phone 131

Union Phone 45

KEOSAUQUA, IOWA

Chicago Hot

Mrs. John Johnson

Three dozen ripe tomatoes chopped fine, one dozen onions chopped fine, one head cabbage chopped fine, one pint chopped celery, one cup horse radish, half cup salt, scant tablespoon cayenne pepper, pint green peppers ground, two thirds cup white mustard seed, cup brown sugar, glass mixed spices, quart of good cider vinegar. Do not cook.

Salad

Nellie DeHart

Two cups celery, one cup nut meats, two cups apple chopped. Use the following dressing: yolks of four eggs, half cup of vinegar, salt. Cook until smooth; after removing from the stove add teaspoon of butter. If too thick thin with sweet cream.

Pea Salad

Bess Overman

One can of peas, drain off liquor and wash well, two sacks peanuts halved, chop five or six pickles, serve with mayonnaise.

Adirondack Salad

Mrs Chas. L. Smith

Can peas, three tablespoons onions, four tablespoons cheese, four tablespoons sweet pickles, salt and paprika, mayonnaise salad dressing. Cut onions, cheese and pickles in small pieces. Serve very cold with meat dinner.

Salmon Salad

Mrs. Walter Beer

One can salmon, 3 or 4 boiled potatoes cut in dice, 5 or 6 pickles cut in small pieces. Mix thoroughly with the following dressing. Beat two eggs, add between $\frac{1}{2}$ and 1 cup vinegar, tablespoon sugar, salt to taste. cook until it thickens, add tablespoon of sweet cream. Hard boiled eggs may be sliced on top of salad if desired.

Chili Sauce

Mrs. C. A. Cornell

Mrs. J. W. Moody

Six quarts peeled ripe tomatoes, 2 teacups vinegar, two scant teacups sugar, salt to taste, 4 large onions chopped, mixed spices, pinch cayenne pepper. Cook down one third. Good.

Iowa Wesleyan College

Mt. Pleasant, Iowa

"The Mother of Western Colleges"

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E. E. Smith, President

Ed Duffield, Vice President

M. I. Burkett, Secretary and Treasurer

R. M. Dorothy, Manager

Chicken Salad With Almonds

Nellie Montgomery

One pint chopped chicken meat, three tablespoons olive oil, tablespoon lemon juice, cup chopped celery, cup blanched almonds, fourth cup olives, mix thoroughly; moisten well with mayonnaise dressing. Press in small cups, turn out on lettuce leaves, garnish with celery, olives and almonds. The almonds must be roasted after blanching.

Waldorf Salad

Margaret Edith Smith

One cup chopped apple, half cup of celery or cabbage chopped fine, ten cents worth of English walnuts. Dressing. In four tablespoons of boiling vinegar, pour in two well beaten eggs, stir until thick; remove from stove and add teaspoon of butter, two teaspoons sugar, a little salt, when cold thin with cream and pour over salad.

Cheese Salad

Nellie Montgomery

Six hard boiled eggs, one half pound cream cheese chopped fine. Moisten well with mayonnaise dressing. Serve on lettuce leaves.

Bean Salad

Willa Perkins, Dickison

One cup beans soaked over night. Pour off water, put enough water on them to boil until done. When cool add an onion about the size of English walnut chopped fine and moisten with mayonnaise dressing seasoned rather highly with salt, pepper, cayenne and mustard.

Mayonnaise Dressing

Mrs. Wash Regur

Nellie Montgomery

Half cup vinegar, half cup sugar, fourth cup butter, yolk one egg, fourth teaspoon of mustard, two tablespoons of flour. Beat until smooth, when cool thin with sweet cream.

Mixed Pickles

Mrs. J. W. McIntosh

Two gallons green tomatoes chopped fine and sprinkled with salt over night, two gallon watermelon rinds in fairly strong salt water over night, two gallons ripe cucumbers treated as watermelon rinds two gallons cabbage chopped fine. Do not chop melon rinds and cucumbers very fine. Put all together and cook 2 hours in vinegar sweetened to taste and one tablespoon mixed spices to each gallon of pickle.

Club House Salad

Mrs. H. B. Sloan

Half box macaroni, cooked, salt to taste. Mix with two small stuffed olives, one dozen sweet pickles, three hard boiled eggs, a little celery, mix with a good salad dressing all chopped together.

VEGETABLES



Baked Cold Mashed Potatoes

Mrs. Anna Stephenson

Take cold mashed potatoes add one egg and one cup of milk to beat up thick, a piece of melted butter, mix and bake brown.

Baked Corn

Mrs. C. R. McCrary

Cover the bottom of a pudding dish with corn, then a layer of crackers, add salt, pepper and butter; when the dish is full of alternate layers of corn and crackers, pour in a pint of cream or milk and bake slowly.

Canned Corn

Mrs. David Clemens

Cut young tender sweet corn from cob. To twelve cups of corn, add half cup of fine salt and one cup of sugar. Pack the corn in a porcelain lined kettle with layers of the salt and sugar mixed. Stand for two hours, leave the liquor that has formed on it, put the kettle on the stove and cook until the corn is tender. Seal immediately in air tight jars.

Corn Oysters

Pearl Brewster

Two eggs; one cup corn, one large tablespoon flour, salt and pepper. Fry in butter. Cut off the tip ends of the grains and scrape the rest; using the scraped for the oysters. Feed the tips to the chickens.

Filled Potatoes

Mrs. Emma Rowley

Select 12 nice large potatoes, wash and peel, scrape out the center of each (the long way.) Put a large spoon of butter in a frying pan, cut a large onion fine and fry a nice brown. Half a loaf white bread soaked in milk, three eggs, pepper and salt to suit taste, pour the onion into the bread; mix well and fill each potato, and put potatoes in a roaster with a roast of beef and serve hot.

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Scalloped Potatoes

Mrs. Bessie Forbes

Peel and slice thin eight medium sized potatoes. Place half of these in a basin well greased with lard or butter; over this sprinkle salt and pepper to taste and about four lumps of butter size of a plum, over this place the rest of the potatoes and add salt, pepper and butter, (same as before); over this pour a pint of cream, the thicker the better. Put in hot oven and in one hour it will be done. If cream is not very rich add more butter. This is good cold.

Spanish Rice

Mrs. Robert E. Sloan

Two tablespoons butter in which are two good sized white onions, minced and cooked, but not brown. Look over one cup of rice and put in dry and soak until swelled nicely, add one cup of cold water and let cook until tender. Last of all add half can tomatoes, one teaspoon, scant, of chili or cayenne pepper, season with salt.

Homemade Hominy

Mrs. Seward Fellows

One gallon shelled corn, half gallon wood ashes tied in a cloth sack drop in with the corn, cover with water, boil until hull will slip from corn. Wash thru several waters, then replace over fire and boil changing the water to remove the taste of lye.

Succotash

Mrs Sarah Thomas

One pint of dry lima beans soaked over night in cold water. Boil in a covered stew pan until tender, about two hours, remove cover and let boil until nearly dry, then add contents of a can of corn. Season to taste with salt, pepper and butter, cup of rich milk. Serve hot.

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BREAD and ROLLS



Light Rolls

Mrs. G. W. Davidson

Two eggs, one cup sugar, one cup butter, half cup yeast, one pint sweet milk. Rub butter in flour, make a sponge and stir all together, let stand over night, then mix stiff, let rise, roll out, cut with biscuit cutter and shape, then let rise again and bake.

Brown Bread

Mrs. Will Davidson

Mrs. George Prall

One cup rye flour, one cup corn meal, one cup molasses, one and one-half pints sour milk, one teaspoon soda, one teaspoon salt, one egg, two cups white flour.

Graham Gems

Mrs. J. W. Moody

One tablespoon molasses, (or half cup sugar) one egg, one cup sour milk, one teaspoon soda, salt, graham flour, to mix soft.

Bread

Mrs. J. J. Wilson

Pare and boil until soft two medium sized potatoes. Scald with the potato water one large spoonful of flour and add the potatoes, mashed finely. When cool enough add a cake of good dry yeast that has been well soaked in warm water, let this stand from noon until night in a warm place to rise. Then add to this a good tablespoon of salt and a pint and one half or two pints of warm water and flour to make a stiff batter, beat well, (I sometimes add to this a little sugar,) let stand in a warm place until morning. It is a good plan to stir this well occasionally, when it is getting light and foamy. In the morning add a pint of warm water and knead to a stiff dough, don't be afraid to knead well and a long time, adding all the flour the dough will take, let stand until light and knead well again, let rise again and divide into loaves, kneading well again. When the loaves are light enough, bake in a moderate oven from one hour to one hour and five minutes. This makes six loaves.



IT'S easy to carelessly push a greenback over a trinket counter or through a ticket window; or to slip an over-generous tip to the waiter after a too-costly meal. Such money methods easily become habit; a habit that never builds anything. Cultivate the habit that makes it easy to push a greenback or two through the teller's wicket, or to slip a coin the size of a tip into a safe place until banking time. Then you will build a robust bank balance that will help you shout, "I'M READY," when opportunity beckons you to come along.

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Mother's Biscuits

Mrs. Dr. Sherman

One and one half quarts of flour, sift into it four level teaspoons of Royal baking powder, mix well one teaspoon salt, one large tablespoon of lard; mix lard into flour until fine, then add enough sweet milk to mix and roll soft.

Light Rolls

Louie Matheson

Two cups milk or half water, two heaping tablespoons of butter, two tablespoons sugar, fourth cake yeast and a little salt. Put butter and sugar in milk and scald, let cool.

Cinnamon Rolls

Mary Minnich

One quart of sponge as for bread, one egg, sugar to taste, cinnamon, lard size of walnut, flour to stiffen as for bread. Let it rise, roll out thin, spread with butter, sprinkle thick with sugar and cinnamon, roll up and cut, put in pan to raise until light and bake in a hot oven one hour.

Muffins

Mrs. S. E. Irish

One and one half cups of flour, two teaspoons of baking powder half cup sugar, half teaspoon salt, one egg, one cup of milk, two teaspoons of melted butter. Mix in order written, bake in gem pans.

Mrs. Walker's Nut Loaf

Mrs. J. C. Calhoun

Three cups of graham flour, half cup white flour, cup sugar, cup nuts, chopped rather fine, two cups sweet milk, three teaspoons baking powder, large pinch salt, bake one hour in a slow oven.

Cinnamon Buns

Mrs. A. Patten

When sponge has risen sufficiently to knead, take from it about one quart of the mixture. Work into it three well beaten eggs, sugar to taste, three-fourths cup butter. The dough should be very soft when set to rise. Let stand until it has doubled the original bulk. Spread upon the board, roll out about two inches thick. Have ready this mixture: Three-fourths cup butter, three teaspoonfuls cinnamon, three fourths pound of sugar, all rubbed to a paste. Spread this upon the dough, roll up as you would for a jelly roll, take hold of the ends of the roll and stretch full length of the board, cut in slices an inch and a half thick, lay in buttered pans, not to close to interfere with the rising, about three quarters of an hour, then bake.

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Buns

Mrs. G. H. Craig

One pint of light bread dough, one pint of warm water, three table-spoons of sugar, one-fourth cup of lard and butter mixed, flour to make stiff dough; let rise until light, mould out and bake in a hot oven when very light.

Egg Biscuit

Mrs. Joe Cheney

One egg, a piece of butter the size of a walnut, a pinch of salt, one tablespoon sugar, beaten well together. Beat in two cups of light bread sponge. Add flour as you would for any light biscuit, work and set aside to rise. When double its bulk, work again and roll and cut with a biscuit cutter. Roll each biscuit in melted butter and let rise about an hour or until very light bake twenty minutes.

Light Bread

Mrs. Ann Fray

Into 2 pints of warm water, not too warm, stir one pint of yeast, let rise over night in warm place. In the morning warm flour, add to this cup sugar, one tablespoon lard, one of salt; mix stiff, let rise again and bake one hour.

Boston Brown bread

Mrs. John Johnson

Two cups graham, one cup cornmeal, one cup of molasses, one-half cup lard, one cup raisins; one teaspoon salt, one cup sour milk, one teaspoon soda; steam 2½ hours.

Husks

Mrs. Sarah Walker

One pint new milk, quart of flour, scald milk; let cool; ten cup sugar, ten cup home-made yeast, stir all together. Let set until morning. Beat in two eggs; one cup lard, another cup sugar, mix stiff, let rise again. Then make in long roll, brush with milk and sugar, bake.

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DELICIOUS SWANS DOWN CAKE

| | |
|--|--------------------------------|
| $\frac{1}{2}$ cupful butter, or substitute | 1 teaspoonful baking powder |
| 1 cupful sugar | $\frac{1}{2}$ teaspoonful salt |
| $\frac{1}{2}$ cupful milk | 1 teaspoonful vanilla |
| 2 cupfuls SWANS DOWN CAKE FLOUR | 3 egg whites |

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly beaten egg whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter, whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately measured and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.



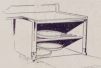
and milk. Add flavoring. The stiffly-beaten egg whites should never be folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CAREFUL MIXING

It is necessary in successful cake making that all ingredients be perfectly measured and mixed and cake has to be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk is used. Beat the batter, never stirring, after each addition of flour in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin loaves, small cakes and cookies require a hot oven (350-400° F.) Thick loaves and cakes baked in a loaf require a moderate oven (325-375° F.) while sponge cakes and angel cakes require a slow oven (250-300° F.) Fruit cakes require even a slower oven (200-250° F.)



The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Lightheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cake.

CAKES AND FILLINGS



Black Chocolate Cake

Mrs. J. A. Maltbie

Half cake chocolate, one cup of sugar, half cup milk, one egg, two teaspoons of vanilla. Mix this together, cook thick, let it get cold before putting into cake. For the cake use one-half cup of butter, one-half cup milk, two cups flour, one cup sugar, three eggs beaten separately, two teaspoons of Royal Baking Powder; put whites of eggs in last.

Silver Cake

Mrs. E. Winslow

Three scant cups of sugar, whites five eggs, two-thirds cup butter, one cup milk, three cups flour, lemon flavoring, three teaspoons baking powder. Bake in loaf one hour.

Coffee Cake

Mrs. C. P. Whitney

Two cups of sugar, one cup each of butter molasses and strong coffee two eggs, beaten light, five tea-cups flour sifted with two teaspoons Royal baking powder, one pound seeded raisins and currants, one teaspoon each of cloves, cinnamon, allspice and nutmeg.

Caramel Cake

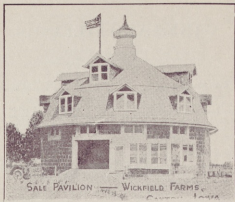
Mrs. Lettie Devin

Eight eggs, two cups white sugar, four cups flour, one cup butter, one and one-half cups sweet milk, one teaspoon lemon, two teaspoons baking powder. Cream the butter and sugar, beat eggs to a stiff froth, loig. Three cups brown sugar, one-half cup sweet milk, one table spoon of butter; boil until thick, spread between layers.

Cake

Mrs. Addie Brewster

One and one-half cups sugar, one cup milk, two-thirds cup butter, whites of five eggs, two teaspoons baking powder, one teaspoon extract.



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Spice Cake

Miss M. Daugherty

One and one-half cups sugar, one-half cup butter, two cups raisins, one teaspoon cinnamon, one teaspoon cloves, two teaspoons baking powder, two teaspoons of flour. Mix and bake in loaf.

Devil's Food Cake

Mrs. Grace Kinsey

Two cups of sugar, three-fourths cup butter, one square of chocolate, two cups of flour, half cup cold water, half cup hot water, three eggs beaten separately, two teaspoons Royal baking powder. Cream sugar and butter, add yolks, also half cup cold water, add chocolate after in half cup of boiling water, add flour, baking powder and whites of eggs. Filling. One pint brown sugar, half cup sweet cream or milk, one teaspoon butter. Roll until waxy.

Chocolate Cake

Lulu Smith

Two eggs, two cups sugar, two cups flour, one cup sour cream, one teaspoon soda, two squares of chocolate. Cream sugar and eggs, add cream then flour, melt chocolate and stir into butter. Dissolve soda in a little water or milk and stir up good. Bake in layers or loaf. Frost with any white frosting.

Mahogany cake

Mrs. Sloan Maxwell

One and one half cups of granulated sugar, one half large cup butter three eggs, one teaspoon extract, three cups flour, one teaspoon of soda dissolved in half cup of sweet milk. One half cup of chocolate cooked in half cup of sweet milk, set aside to cool while making rest of cake.

Cream Cake

Mrs. C. R. McCrary

One cup of sugar, small half cup butter, two eggs, one half cup of sweet milk, one and one half cups flour, one heaping teaspoon Royal baking powder.

Devils Food Cake

Mrs. John Martin

Grate one fourth cake chocolate in a bowl and add half cup boiling water and one teaspoon soda. Mix and let stand while making the rest of the cake. Two cups brown sugar, half cup butter, three eggs-Cream all together and add one cup sour (clabber) milk, three cups flour and one teaspoon baking powder, add chocolate. Filling. Two cups brown sugar, one third cup of sweet milk, butter size of an egg

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Jam Cake

Daisy Haney

Six eggs, yolks and whites beaten separately, two cups sugar, four big cups flour, one cup butter, one cup sour cream, one teaspoon Royal baking powder, two teaspoons soda (or one cup sweet cream, two teaspoons baking powder, one teaspoon soda, sour cream preferred,) one cup jam and one cup jelly melted together, then cooled, one teaspoon cloves, one tablespoon each of all other spices desired, one tablespoon coffee, one tablespoon chocolate. Bake in layers. Filling. Three fourths cup sugar, half cup butter, three fourths pint sweet cream, one tablespoon corn starch or two tablespoons flour, one egg well beaten. Mix well and boil until thick.

Angel Food Cake

Bertha Fellows

One glass sugar, sifted six times, teaspoon cream of tartar sifted with glass flour six times, whites of eleven eggs beaten until they will stand alone; fold in sugar, then flour, and bake 40 minutes in slow oven.

Hash Cake

Mrs. Emma Rowley

Two cups sugar, two cups butter, three teaspoons of baking powder one cup of seedless raisins, one cup of nut meats chopped, vanilla. Bake in loaves and frost with boiled icing.

Fancy Sugar Cake

Mrs. George Long

Two pounds of sugar, one pound of butter, eight eggs, one pint of sweet milk, lemon extract. Rub butter and sugar well, a few eggs at a time, two ounces of Heartshorn powder dissolved in the sweet milk, then put in the flour, make a thin dough, roll out, cut in small cakes and bake in a hot oven.

Dried Apple Fruit Cake

Mrs. Emma Rowley

Soak three cups of dried apples over night in cold water, enough to swell them, chop them in the morning and put on three and one-half cups of molasses and stew them until almost soft, and one cup of nice seedless raisins, stewed a few minutes. When cold add three-fourths of a pound of chopped walnuts, three cups of flour, one cup of butter, three eggs, one teaspoon of soda, also spices to suit taste. This make two good sized pans.

Nut Filling for Layer Cake

Mrs. J. W. McIntosh

One cup sugar, one cup cream, one cup hickory nuts chopped fine. Boil all together until thick enough to spread. Have the cake cold.

Tea Cake

Mrs. E. Winslow

One cup sugar, two eggs, one tablespoon butter, half cup milk, vanilla flavoring, one teaspoon Royal baking powder.

Dried Apple Cake

Mrs. Ola Rowley

Two cups of dried apples, soaked over night. In the morning boil in one cup of molasses (chop apples fine), two cups of brown sugar, two eggs, one cup sour milk, teaspoon soda, two teaspoons each of cinnamon nutmeg, cloves, and lemon extract, three cups of flour, one cup of raisins.

Marshmallow Cake

Mrs. John Johnson

Half cup of butter, one and one half cups sugar, two and one-half cups pastry flour, half cup milk, two teaspoons of Royal baking powder, five eggs, one teaspoon vanilla. Marshmallow paste: three-fourths cup sugar, one-fourth cup of milk, two tablespoons water, half teaspoon vanilla, one-fourth pound marshmallow. Spread the paste between layers and on the top marshmallows cut in halves.

Birthday Cake

Mrs. Holly Day

One-half cup butter, one and one-fourth cups brown sugar, yolks two eggs, two-thirds cup sweet milk, two and one-fourth cups flour, two teaspoons baking powder, one teaspoon lemon extract, one teaspoon vanilla, two tablespoons water, half cup of raisins seeded and cut in pieces, half cup walnut meats cut fine, one third cup currants. Whites of two eggs added last. Bake in slow oven one and one-quarter hours. Cover with white frosting.

Burned Sugar Cake

Mrs. Joe Regur, Jr.

Part one. Half cup of butter, yolks two eggs, one and one-half of cup of sugar, (light brown). Cream sugar and butter together, add the yolks of the eggs. Next add one cup of cold water, two cups of flour, add three teaspoons of the burned sugar and one teaspoon of vanilla and an the half cup of flour which has two teaspoons Royal baking

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PIES AND TARTS



Lemon Pie

Bessie Forbes
Mrs. E. F. Pittman
Mrs. R. E. Sloan

Grated rind and juice of one lemon, yolks of four eggs, two cups sugar, two cups boiling water, four tablespoons corn starch, lump butter. Cook on top of stove. Use whites of eggs for frosting.

Summer Mince Pie

Mrs. J. W. Harwood

Pour one cup of boiling water over one cup of pulverized crackers. When cool, add two well beaten eggs, half cup melted butter, one cup raisins, half cup vinegar, two cups sugar, one teaspoon cinnamon, half teaspoon cloves. Bake with two crusts in a slow oven until mixture thickens.

Green Tomato Pie

Mrs. J. W. Harwood

Into lower crust slice two or three medium sized tomatoes very thin, cover with one cup sugar, one and a half spoonful of flour, two spoonful of strong vinegar, one teaspoon cinnamon and a generous lump of butter. Put on upper crust and bake in a slow oven.

Pie Plant Jam

Mrs. Walter Fickey

Seven pounds of pie plant, cook until a mush. Put hardly any water on, the juice is enough. One has to stir to keep it from burning. Then put in six pounds of light brown sugar and the juice of two lemons. Cook 20 minutes. Have one pound of almond nut meats chopped fine, then add the rinds of the lemons and cook 15 minutes longer.

Vinegar Pie

Sadie Rinabarger

One cup each of hot water, sugar and vinegar, when nearly boiling add two well beaten eggs, two tablespoons of cornstarch and a piece of butter the size of an egg. Cook this mixture until it thickens and flavor with lemon if desired. Have crust baked and cooled.

Baked Apple Dumplings

Oliver Wilson

Make a soft baking powder biscuit dough. For six dumplings peel eight medium sized apples and chop, not too fine. Roll out enough dough for one, roll thin as for cookies, place apples on dough and sprinkle with tablespoon sugar, fold dough over apples and place in deep baking pan. Make a dip of two pints of milk, one pint of warm water, one cup sugar, half cup butter, flavor to taste with vanilla. Pour over pumpilngs and bake in moderate oven from half to three-fourths of an hour.

Pumpkin Pie

Mrs. Bert Jenison

One and one-half cups sugar, one and one-half pints of milk, one pint pumpkin, teaspoon of ginger, two teaspoons cinnamon, two eggs. Enough for two pies.

Walnut Pie

Mrs. W. J. Dooly

Use yolks of two eggs, two-thirds cup of sugar, half cup of flour two-thirds cup of walnut meats broken, and one pint of milk. Mix eggs, flour and sugar thoroughly and stir into milk. When it boils add nut meats. Bake crust, pour mixture in and place in oven fifteen minutes; make meringue of the whites of the eggs.

Cream Puffs

Mrs. Will Davidson

Mrs. Lula Smith

One cup hot water, scant cup butter. Let boil and add slowly cup flour, stir rapidly until smooth. Add four eggs, break eggs and beat in one at a time. Drop by spoonfuls on buttered pan and bake about forty minutes. Serve with a cream filling. Cream filling: One pint milk, half cup sugar, two eggs, one tablespoon corn starch, boil, let cool and add to cream puffs before serving.

Apple Tart Pie

Mrs. G. W. Davidson

Pare four good-sized apples into quarters, rounded side up in pastry half cup sugar over apples, teaspoon butter, two tablespoons flour, three tablespoons sugar with a little milk, cream to a thin batter, pour over apples and bake in a moderate oven.

Cream Pie

Mrs. Margaret Brown

Half teacup sugar, tablespoon flour, add one teacup good cream. Beat the white of one egg. Bake with bottom crust, grate nutmeg on top.

Lemon Pie

Mrs. Octavia Strickling

Rind of one lemon and juice, five tablespoons sugar, two heaping tablespoons flour, yolks of two eggs, pint of boiling water. Cook and pour into baked crust and brown beaten whites of two eggs on top.

Chocolate Pie

Mrs. Grace Kinsey

Mrs. G. D. Umphrey

Mrs. Bert Jemison

Cook together one cup sugar, cup milk, three tablespoons chocolate dissolved in one third cup hot water, two tablespoons flour, yolks of two eggs, butter size of an egg. Whites of eggs for frosting. Let cool before putting into baked crust. This makes two pies. Frost top.

Tart Shells

Mrs. George Prall

Cup lard, three tablespoons water or milk, four tablespoons white sugar, white of one egg, three cups flour, pinch salt.

Date Pie

Mary De Hart

Seed and stone the dates and cook until soft in sweet milk. Remove from the stove, press through a colander, add tablespoon butter, and the beaten yolks of two eggs, saving the whites for frosting. Bake with single crust. This makes one pie.

DIET FOR THE SICK

BY

Evangeline Sherman Rinney, R. N.

We desire to give due credit to our text-book "Practical Dietetics" by Alida Frances Pattie, as well as our own practical experience in hospital feeding.

From National Christian Hospital and White Sanitarium,

BREAD

The steamed brown bread recipes given elsewhere in this book are most healthful for invalids. In preparing them in hospital practice however, the graham and meal are most carefully sifted in order to make smooth, soft texture.

EGGS

Steamed Eggs

Butter the egg shirrer, or a small sauce plate and pour in the eggs. Salt, place in steamer over boiling water and cook until white is firm. Cooked in this manner, the white is tender and light and can be eaten by invalids.

Poached or Dropped Eggs

Toast a square or round piece of bread and four toast points, put on hot plate and garnish with a sprig of parsley. Have a shallow pan two-thirds full of boiling salted water, allowing one teaspoon salt to one pint water. Put a slightly buttered muffin ring on a buttered skimmer in the water. Break an egg into the ring. The water should cover the egg. When there is a film on top and the white is firm carefully take up skimmer, remove ring, loosen egg with knife and place on the toast; salt slightly. The toast may be buttered if desired.

WHIPS AND SOUFFLES

Strawberry Whip

One cup of fresh strawberries, whites two eggs, one-third cup powdered sugar. Wash and hull the strawberries and mash slightly. Beat whites of eggs until stiff, add sugar and berries, beat until very stiff using a broad bowl and a wire egg beater, beating with a long, steady stroke. Pile lightly on a glass and serve with white or sponge cake.

Omelet Souffle

Yolk one egg, three tablespoons powdered sugar, two tablespoons lemon juice, speck salt, whites of two eggs, strawberry or fruit jam. To the well beaten yolk add the sugar, salt, lemon juice and rind. Beat the white to the stiffest possible froth, then cut and fold into the yolks. Have ready a small baking dish, buttered and spread with a layer of the fruit, pour the omelet over it and bake in a moderate oven fifteen or twenty minutes. Test as for baked custard. Serve at once. Do not use lemon rind if it interferes medicinally.

Peach Meringue

One cup yellow peaches, sugar to taste, yolk of one egg, bread crumbs white of egg, one tablespoon powdered sugar. Stew peaches in very little water, sweeten to taste and stir in the well beaten yolk. Butter a pudding dish and cover bottom with bread crumbs, put in the peaches and bake fifteen minutes. Cover with meringue made of white of egg and powdered sugar. Brown slightly in the oven. Serve cold.

DRINKS FOR SICK

Grape Water

Four tablespoons grape jelly, half cup boiling water, half cup cold water, lemon juice and sugar. Serve ice cold. This may be varied by using different jelly.

Malted Milk and Raw Egg

One tablespoonful malted milk, one tablespoon crushed fruit, one egg, twenty drops acid phosphate, one tablespoon crushed ice, three-fourths cup ice water. Mix the malted milk powder, crushed fruit and whole egg and beat five minutes. Add the phosphate and crushed ice, blend thoroughly. Strain, add ice water and a grating of nutmeg.

Malted Milk and Currant Jelly

One tablespoon malted milk, fourth cup of boiling water, one tablespoon currant jelly, three-fourths cup cold water, crushed ice. Mix malted milk with a little of the boiling water to make a smooth paste; add the jelly, stir well, add the cold water, add ice. Strain and serve.

Eggnog

One egg, speck of salt, one tablespoon sugar, two-thirds cup of milk, one and a half tablespoons of wine or one tablespoon brandy. The taste of the above may be changed by using nutmeg, chocolate pine-apple, orange juice etc.

Beef Eggnog

One egg, speck salt, one tablespoon sugar, half cup hot beef broth, one tablespoon brandy. Omit sugar and brandy if preferred.

Egg and Brandy

Three eggs, four tablespoons cold water, nutmeg, four tablespoons brandy, sugar. Beat eggs, add cold water, brandy and sweeten to taste. Give a tablespoonful at a time.

STARCHY DRINKS

Rice Water

Two tablespoons rice, pint cold water, salt, milk; Clean rice, put on in cold water, cook until rice is tender. Strain and dilute with boiling water or hot milk to desired consistency. Season with salt. Sugar may be added if desired. Cinnamon, if allowed, may be cooked with it.

Oatmeal Water

Half cup of fine oatmeal, one quart water, (use sterile water boiled and cooled,) add oatmeal and stand in warm place well covered for one and a half hours. Strain, season and cool. Used for dyspeptics.

The blending of soups is the most particular part, hence a general rule for blending: (1) Prepare vegetables, cook and strain. (2) Fry, pure cream sauce; melt butter, add the flour and gradually pour on the scalded milk or water. Cook thoroughly. (3) Blend 1 and 2, season, strain and serve immediately.

Tomato Soup

One cup strained tomatoes, one tablespoon butter, slice onion, two tablespoons flour, one pint water or soup stock, half teaspoon salt, pepper. Blend by general directions.

Pea Soup

Half can peas, one teaspoon sugar, one cup cold water, salt and pepper, one cup milk, half slice onion, one tablespoon butter, and tablespoon flour. Remove onion as soon as scalded. Mash the peas, blend by general directions.

Beef Juice

Select a piece of meat from the upper part of the round. Warm slightly to set free the juices, then squeeze out the juice by means of a press, lemon squeezer, into a warm cup. Salt and serve at once.

Scraped Beef

Take a good round steak and with a sharp knife scrape the soft meat off the tough, stringy fibers. Season this pulp with salt and pepper (if allowed). Make into small cakes, fry quickly on hot skillet. Serve on round buttered toast.

Raw Beef

Sometimes raw beef is prescribed. Prepare as for scraped beef. Cut bread very thin, spread with scraped beef, make sandwich, cut in fancy shape and brown.

Beef Tea

One pound of lean beef, cut into small pieces, put into a jar without a drop of water, cover tightly and set in a vessel of cold water. Heat gradually to a boil and continue until the meat is like white rags. Season with salt and serve either hot or cold.

Indian Meal Gruel

To make a cupful of gruel, take a tablespoon of Indian meal, wet it with a little water; pour on it half a pint of boiling water and let it boil half an hour. Nutmeg, sugar and cream may be added if approved.

Veal Broth

Stew a small knuckle in about three quarts of water, two ounces of rice, a little salt, a blade of mace. Boil until half of quantity is evaporated.

Blackberry Cordial

One quart of blackberry juice, one pound of granulated sugar, one tablespoon of whole cloves, cinnamon, allspice and a teaspoon of grated nutmeg. Boil all together for 15 minutes and seal while hot. Serve cold when prescribed by a physician.

Jellied Eggs

Drop an egg in a cup of boiling water, move off the fire to the back lid and let remain three minutes. Four minutes cooks a trifle harder yet soft enough for most invalid use.

A Hospital mayonnaise Dressing

One teaspoon mustard, two teaspoons powdered sugar, one teaspoon salt, speck cayenne, yolks of 2 eggs, one and a half cups pure olive or salad oil, two tablespoons vinegar, two tablespoons lemon juice. Mix dry ingredients, add to yolks and mix thoroughly. Add a few drops of oil at a time until half cup is used, beating with egg beater. Then add alternately a few drops of vinegar and lemon juice and the remainder of the oil, using care not to lose the stiff consistency. Add to food just before serving. It is fine with lettuce, and all salad plants, also chicken and meat salads. When allowed, such foods act as appetizers.

CONFECTIONS



Chocolate Creams

Mary de Hart

Any amount of sugar and enough water to moisten well. Stir until the sugar is thoroughly dissolved but do not stir after the syrup begins to boil. Boil until it will spin a thread, then take carefully from the fire and cool. Add flavoring and coloring if desired and beat with the hand or a wooden spoon until quite stiff. Mould in any shape you desire, let stand for several hours or over night, and coat with chocolate.

Stuffed Dates

Mary de Hart

Remove the seeds from the dates, fill the cavity with fondant, made as given above, and roll in powdered or granulated sugar as desired.

Swirls Nougat Nellie Cooper, by kindness of Mrs. James Swirls

Two and a half pounds granulated sugar, also one pound granulated sugar. One pint glucose, whites of seven eggs, pint of English walnut meats, and teaspoon vanilla. To the two and a half pounds sugar add glucose, and cover with water and boil until it hardens when dropped into cold water. Cover the one pound of sugar with water and boil as for frosting, pour over the well beaten whites of the eggs beating as for frosting, then pour slowly into the sugar and glucose, stirring all the while, about 15 minutes, or until it begins to harden, then add vanilla and nut meats, and pour into buttered moulds. The sugar and glucose should be boiled about half an hour before the other is started.

Alcuma

Wm. Miles

Cook two pounds sugar and one pint water, and four ounces Silver drippings until it makes a soft ball in cold water. Set off the stove, stir in six ounces nut meats. Stir until it thickens a little, then turn out on a buttered plate.

Corn Syrup Fudge

Dora Williams

Three cups light brown sugar, three-fourths cup milk, four table-spoons corn syrup, and lump of butter the size of an egg. Boil until it makes a soft ball in water, take from the stove, add vanilla and beat until it begins to harden, then pour into buttered plates and cool. A cupful of nut meats may be added before beating and is an improvement.

Pinocha

Eva Sherman

Three cups light brown sugar, half cup milk or cream, butter the size of walnut, half cup nut meats half teaspoon soda the last thing. Cook until it will form a soft ball in cold water, and beat until cold. Pour out on buttered plates and cut in squares.

Chocolate Fudge

Eva Sherman

Two and a half cups white sugar, half cup cream, lump of butter the size of a walnut, one square chocolate, vanilla. Cook until a soft ball can be made in cold water, beat until nearly cold, pour in buttered pan and cut in squares.

Sea Foam

Bess Overman

Suzie Liming

Three cups sugar, a half cup silver drippings or other syrup, three-fourths cup boiling water. Cook until hard in water. Pour over the stiffly beaten whites of two eggs, add a cup of nut meats, flavor and beat until cool enough to drop from spoon on oiled paper.

Fondant

Wm. Miles

Two pounds sugar, one and a half teacups water, half teaspoon cream tartar: cook until it makes a soft ball. Stir with an iron spoon until creamy. pour out on a marble slab or large meat platter, cover with folded wet towel and cover with hot kettle. Let steam until

soft, then knead until perfected. This can be used in many ways Centers for chocolate creams, etc. Some of this can be melted in a rice cooker, or double boiler, in small quantities, pour out in layers, white chocolate, rose color, then slice thru when cool.

Cream Candy

Mary Day

One quart white sugar, one pint boiling water, butter size of an egg. Boil until it hardens in cold water. Pull until white.

Hickory Nut Candy

Susie Lining

One cup hickory nut meats, two cups sugar, butter size of an egg (without salt,) one tablespoon vinegar. Boil, do not stir until it hardens when it drops in water. Stir in one teaspoon of soda and beat well, Pour into buttered pans. When cool, pull until white, cut into sticks, flavor as desired before pouring out to cool.

PARTY DAINTIES



Gelatine Snow Pudding

Mrs. Stanley Manning

Dissolve 2 tablespoons of gelatine in a little cold water, add boiling water enough to make half pint. Add juice of 1 lemon, 1 cup sugar. Let cool until as thick as syrup. Beat the whites of 4 eggs, add to mixture beat until spongy, then mold. Serve with whipped cream.

Rhubarb Sherbet

Mrs. W. C. Cheney
Mrs. Addie Duckworth

Stew together 2 quarts of rhubarb and three pints water until the fr-it is reduced to a pulp, strain thru cheese cloth. Return to the fire and add sufficient sugar to make very sweet. When sugar is dissolved add juice of small lemon and let cool. Freeze, and when partly frozen add white of one egg beaten to stiff froth with two tablespoons sugar.

Prune Pudding

Mrs. Carrie Regur

One cup prunes cut fine, whites of 4 eggs, 4 tablespoons granulated sugar, add pinch of salt to eggs and beat stiff. Put in sugar, then prunes. Set pudding pan in pan of boiling water and bake 30 minutes. Serve with whipped cream.

Peppermint Ice Cream

Maud S. Buckner

One pound mint stick candy soaked in quart of cream over night. Add 1/2 quart cream and half quart fresh milk. Strain and freeze.

Pieplant Cobbler

Mrs. W. Regur

Butter a deep dish and fill with pieplant cut in small pieces, add plenty of sugar and pour over a batter made of 1 cup of sweet milk, 2 well beaten eggs, 1 salt spoon of salt, 1 heaping teaspoon baking powder, 2 cups flour. Bake until a golden brown. Serve with any preferred sauce.

Banana Canoes

Minnie Tanner
Mrs. Dr. Sherman

Peel bananas carefully, take out center to make canoes, slice a little off bottom to make stand then fill with finely minced fruit salad. Serve with whipped cream to represent water about canoe. Two tooth picks make miniature oars. A beautiful party dish.

Cheese Straws

Mrs. Georgia Sherman
Mrs. A. R. Begg

Cup flour, 1 cup grated cheese, half teaspoon salt, a pinch of cayenne pepper. Butter size of egg, 1 egg, cold water to make paste. Cut in strips 7 inches long, half inch wide. Bake a golden brown.

White Velvet Sherbet

Mrs. Addie Duckworth

Juice of 6 lemons, 1 cup of sugar to each lemon, whites of two eggs well beaten, 2 quarts sweet milk. Have freezer packed with 2 parts ice and one part salt and when the milk and sugar are partly frozen add lemon juice. Turn freezer slowly at first then faster till nearly hard enough, then add eggs. Let stand two hours to ripen.

Raisin Puffs

Mrs. John Wright

One cup sugar, lump of butter size of walnut, half cup milk two eggs, 1 1/2 cups flour, one teaspoon baking powder, one cup raisins, steam in cups.

Nut Padding

Margaret J. Vance

Cream half cup butter, two cups sugar, two eggs well beaten, half cup cold water. Sift three teaspoons Royal baking powder, with one and a half cups flour and add to the creamed mixture half cup of nut meats. Serve with whipped cream or some nice sauce.

Fruit Punch for large party

Wm. Miles, Caterer

Eighteen lemons, thirty six oranges, four cans grated pine apple, one gallon grapejuice, one quart cherry juice, water seven gallons, sugar to taste. Strain and ice to suit, place in a punch bowl. For ornamentation slice one orange in quite thin slices, place a tooth pick in each slice with a candied cherry on end and put in punch bowl for floaters

Marshmallow Cream

Nellie Montgomery

Half pound marshmallows, cut up, one cup whipped sweet cream, one cup English walnuts, chopped. Mix, put on ice for twenty four hours before serving for dessert.

Pineapple Sherbet

Willa Perkins Dickinson

Six pints sugar [dissolved in four pints of warm water], one large can pineapple, pineapple to be chopped fine, juice of two and a half lemons. Add the whites of two eggs when half frozen.

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Additional Recipes

Children's Sponge Cake

Mrs. Norma Cochrell

One and one half cups Gold Medal flour, 2 teaspoons baking powder, one cup sugar, 2 eggs, milk or cream, pinch of salt. Break the eggs into a cup and fill with milk or cream. Mix and sift dry ingredients, combine with the milk and eggs, beat all together for five minutes. Bake ten minutes in muffin pans.

Thousand Island Dressing

Evangeline Rinney

One cup bottled salad dressing, two tbsp. chopped parsley, two tbsp. chilisauce, two tbsp. chopped sweet pickles, two tbsp. chopped pimento.

French Chow-chow

Mrs. Mary Trebil

Cut fine, one quart each of cucumbers small cucumbers, onions and green tomatoes, two heads cabbage, four sweet peppers. Put all together and cover with brine made of water and one cup of salt. Soak 4 hours or over night then scald in the same brine. Drain good. Dressing. Six tablespoons of ground mustard, 1 tablespoon tumeric, 1 cup of flour, 2 quarts of vinegar, 2 lbs. of white sugar. If you want to can it, heat all together and seal up hot.

White Icing

Mrs. H. B. Carroll

(New fashioned way)

Take 7-8 cups of sugar, a pinch of Cream Tartar, 1 egg white and three tablespoons of cold water. Place in a double boiler being sure that the water in lower part is boiling and beat 7 minutes with a Dover egg beater. Add flavoring and spread on cake.

Banana Salad

Mrs. J. R. Gilchrist

One-half dozen sliced bananas, chopped fine, 8 or 10 marshmallows-quartered 1-3 cup sugar, dash of salt. Use mayonnaise dressing and cream. Sprinkle with ground nuts.

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Roast Goose

Mrs. Ella Hinabarger

Cut off the wings at the first joint. Have at least five gallons of water at the boiling point and put the goose in. Hold it down, then turn it over and hold it down a short time. Try the feathers and if they come out easily take it out and wrap in a piece of heavy cloth to steam. After a time try the feathers to see if they will come off clean leaving no down, if so, pick at once. If the scalding is not complete, put it in the water as before.

After it is picked, singe and wash out thoroughly and hang up by neck to drain over night. Next morning put in the oven without salt or water and bake for about one hour to render the goose grease and water and cool slightly. Rub thoroughly with salt, shaking some salt inside. Prepare a dressing as for any other baked fowl, stuff and sew firmly. Put in a Roasting pan half filled with water and roast at least four hours, unless the goose is known to be very young.

Dixie Creams

Elma Beggs

Make one pound firm peanut butter into moulds size of large cherry. Then dip in fondant as follows two cups sugar, one-fourth teaspoon cream tartar, two-cup water, Burnt sugar to give a nice brown. Flavor with Mapleine. Cook ingredients till it form a soft ball in cold water. Do not stir while cooking. When done set to cool, when pan can be held on hand without burning, whip until creamy, re-heat in double boiler. Dip moulds and lay on waxed paper to cool.

Mutton Roast

Minnie Tanner

Four pounds of roast mutton, one level teaspoon of salt, one cup of boiling water. Carefully wipe off the mutton with a damp cloth. Sprinkle with salt and place in a roaster. Add the water; cover closely and set in a hot oven. After twenty minutes lower the fire and bake for one and a half hours in a moderate oven. Baste frequently.

Fruit Cake

Mrs. Norma Cockerell

One cup dark brown sugar, one cup hot water, one cup raisins, one-half cup lard, pinch of salt, one teaspoonful nutmeg, one-half teaspoonful cloves, one teaspoonful cinnamon. Cook raisins first, heat lard till melted, let cool, add two cups of flour, one teaspoon of soda, one-half teaspoon of baking powder.

Cup Cake

Bertha McCarty

Two-thirds cup butter, two cups sugar, four eggs, one cup milk, three cups flour four teaspoons baking powder, one teaspoon vanilla or lemon. Bake in gem pans and ice.

CHAPTER I, P. E. O.

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Banana Salad Dressing

Mrs. Tom Campbell

Peel and cut bananas to suit, 7 tablespoons of sugar, 1 teaspoon of flour, $\frac{1}{2}$ teaspoon of salt, 2 eggs beaten light, 1 cup medium sour vinegar, stir with eggs, add dry ingredients; whip $\frac{1}{2}$ pint of cream and pour over bananas. Nuts may also be added.

Perfection Salad

Ruth Sherman

Two tablespoons gelatine, 1-2 cup cold water, 1-2 cup vinegar, juice of one lemon, two cups boiling water, 1-2 cup sugar, one teaspoon salt, two cups sliced celery, one cup shredded cabbage, three pimentos, chopped. Mix gelatine and cold water. Let stand until water is absorbed. Add boiling water, sugar and salt, stir until gelatine is dissolved completely, add vinegar and lemon juice. When the mixture begins to set, stir in chopped vegetables and pour into a mould. Serve on lettuce with salad dressing. Nuts can be added with chopped vegetables if desired.

Sour Milk Doughnuts

Mrs. Ernest E. Cox

One cup sugar, one cup sour milk, two eggs, one half teaspoon salt, one teaspoon soda, one-half teaspoon baking powder, about three cups flour. Use vanilla or cinnamon for flavoring. Beat the eggs, add sugar, sour milk, salt, baking powder and soda. Dissolve soda in a little sour milk first; add flour enough to make a soft dough. Roll, cut and fry in deep fat.

Cottage Pudding

Mrs. A. E. Jemison

Three-fourths cup sugar, pinch of salt, one egg, three tablespoons melted butter, two heaping cups of flour, one cup of milk, two teaspoonful baking powder; one cup chopped nuts. Bake in a shallow pan and serve with sauce.

Lemon Sauce:—Melt one tablespoonful butter, cream in three fourths cup sugar, one pint cold water, add one egg beaten light. When boiling add cornstarch to thicken as you like. Flavor with lemon extract.

Orange Sunshine Cake

Margaret Beggs

Whites ten eggs, one teaspoon orange flavoring one and one-half cups powdered sugar, one cup flour, yolks of six eggs, one teaspoon cream of tartar. Method:—Beat whites of eggs until stiff and dry, add sugar gradually and continue beating, then add the yolks, beaten until lemon colored, add the extract cut in the flour sifted with the cream of tartar. Bake 50 minutes in a moderate oven, in an angel cake pan.

Fruit Salad

Josephine Sherman

(Four Portions.)

One cup diced oranges, one-half cup diced celery, one-third cup sliced marshmallows, one-third cup English walnut meats, one-half cup salad dressing.

Old-fashioned Salt-rising Bread

Beulah Shreckengast

To one quart of lukewarm water, add one teaspoonful of sugar, one-fourth teaspoonful of salt and a heaping of white cornmeal. Mix all together well. Then add slowly, one pint of warm flour and mix to the consistency of sponges. Place pan of sponge in a larger vessel filled with warm water and let rise about four hours until light.

Warm two quarts of flour in a bread bowl; make a hollow in the center of the flour and pour in the sponge. Mix until it can be handled on bread board, then knead about twenty minutes. Form into two loaves, place in greased bread pans and set in a warm place; let rise until loaves are twice the size when placed in pans, which will be from one to two hours. Bake in moderate oven one hour.

Cooked Ice Cream

Mrs. Z. O. Haney

One pint milk, one cup sugar, one-half cup flour, two eggs. Beat all together and cook until thick, then add one quart cream, one cup sugar, one tablespoonful vanilla and milk enough to make one gallon.

Minniehaha Cake

Mrs. Wallas Keating

One-half cup butter, one and one-half cups sugar, three eggs, one cup milk, two and one-half cups flour, two teaspoonsful baking powder, one teaspoonful vanilla. Mix dry ingredients, cream butter and sugar add beaten egg yolks, vanilla, then the milk and flour, beat well and bake in a quick oven.

Beet Relish

Mrs. G. H. Greenwalt

To one quart of cold boiled beets chopped fine, add one quart of cold chopped cabbage, one-half cup grated horse-radish, one-half teaspoon red pepper, salt to taste, vinegar to cover. Good cold with meat roasts.

Waffles

Gertrude Norman

One and one-half cups flour, two tsp. cornmeal, one teaspoon salt, one tsp. sugar, three teaspoon Royal baking powder, two cups milk, one egg, two tsp. shortening. The old method called for three eggs (ire-tions: Soft flour, sugar, salt, and baking powder together into bowl, add milk and melted shortening. Beat in yolk of egg and fold in well beaten whites. Bake on very hot greased waffle iron.

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1922

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AND

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