

SEASON'S
GREETINGS

HERBS...AND HOW TO USE THEM

To add new interest and flavor to your cooking, experiment with herbs. The addition of just the right herb can transform an ordinary dish into one fit for a king. The chart below will give you some suggestions for herb cookery. And here are a few pointers to keep in mind.

Herbs should be added to en-

hance, not overpower, food flavors... too little is far better than too much. When you experiment with dried herbs, begin by adding about ¼ tsp to the food you are preparing. With fresh herbs, triple the amount.

Herbs lose flavor and aroma over a period of time. Buy dried herbs and mixtures in

small quantities, and store in a dry place away from heat.

Bouquet garni: For interesting flavor effects, combine several herbs... a leading flavor with two or three others that blend with it. Tie sprigs of fresh herbs together and immerse in soups, stews, etc., during cooking, then remove before the food is served.

HERBS	APPETIZERS SOUPS	SALADS	MEAT POULTRY	FISH	VEGETABLES
BASIL	Seafood spreads, dips; vegetable juices; soups—tomato, bean, potato, vegetable	Green, chicken, seafood, cream or cottage cheese, tomato	Venison, rabbit, game birds, liver, stews, milk gravies, stuffings	Halibut, mackerel, shellfish	Asparagus, brussels sprouts, peas, green beans, lima beans, beets, carrots, tomatoes, potatoes
CHERVIL	Soups—cream and others	Green, cream or cottage cheese, tomato	Beef, chicken, stews, stuffings	Fish sauces	Peas, carrots, spinach
CHIVE	Many appetizers; soup toppings	Many salads and salad dressings	Topping for meat	All fish	Potatoes, lima beans
DILL	Spreads and dips; tomato juice; soups—tomato, bean	Green, cole slaw, potato, seafood; salad dressings	Lamb chops, pork chops, veal, creamed chicken, gravies	All fish and shellfish; fish sauces, herb butter	Brussels sprouts, green beans, carrots, beets, peas, cauliflower, squash, tomatoes, potatoes
MARJORAM	chicken, clam, turtle, oyster, onion	cheese, cole slaw, chicken, potato, seafood	stews, stuffings	creamed crab	Asparagus, broccoli, brussels sprouts, carrots, green beans, lima beans, peas, potatoes
MINT	Fruit juices; bean soup, pea soup	Cole slaw, fruit, tossed	Lamb, veal sauces	All fish; fish sauces	Peas
OREGANO	Vegetable juice; soups—bean, chowder, tomato	Green, seafood, potato	Pork, veal, lamb, chicken, duck, stews, stuffings	All fish and shellfish; fish sauces, herb butter	Broccoli, onions, peas, potatoes, spinach, squash, tomatoes
PARSLEY	Canapes, dips, spreads; many soups	Almost all salads	All meats	All fish, shellfish; fish sauces, herb butter	All vegetables
ROSEMARY	Appetizers; soups—pea, chicken, turtle	Green, fruit, meat	Meats, poultry, game, stews, stuffings, gravies	All fish and shellfish	Green beans, cauliflower, spinach, potatoes, eggplant, turnips
SAGE	Some appetizers, soups (use sparingly)	Cream or cottage cheese; salad dressings	Meats, poultry, game, stews, stuffings, gravies	All fish and shellfish; fish stuffings	Brussels sprouts, green beans, cabbage, eggplant, stewed tomatoes, turnips
SAVORY	Vegetable juices; soups—pea, bean, vegetable, onion	Green, tomato, potato, egg, cole slaw	Meats, poultry, game, stews, stuffings, gravies	All baked or broiled fish	Asparagus, brussels sprouts, peas, green beans, lima beans, cucumbers, squash, cabbage, cauliflower
TARRAGON	Cheese dips and spreads; vegetable juices; soups	Green, seafood, tomato aspic; salad dressings	Meats, poultry	All fish and shellfish; fish sauces	Asparagus, broccoli, green beans, cauliflower, beets, spinach, cabbage, tomatoes, cucumbers
THYME	Cheese and seafood dips and spreads; soups—vegetable, gumbo, chowder	Seafood, chicken, aspic	Meats, poultry, game, stuffings	All fish and shellfish; fish sauces	Asparagus, peas, green beans, spinach, carrots, tomatoes, beets, potatoes, onions

This is your new **Pocket Cookbook Calendar**... To use it, open to the January sheet and hang the calendar with the remaining sheets folded under the cover flap. At the end of the month, lift the cover

and fold down the sheet with the recipe picture over the expired month. Your calendar remains intact—a handy cookbook with monthly pockets that provide a year-long file for your memoranda.

AMBROSIA A LA CREME

In large bowl, carefully fold sour cream into whipped cream. Drain orange and grapefruit sections and add to cream mixture. Add banana slices. Gently fold in coconut and marshmallows. Chill overnight, allowing flavors to blend. To serve, spoon gently into fluted, hollowed grapefruit shells or serving dish. Garnish with additional citrus sections, banana slices and sliced strawberries if desired. Serve chilled as a salad or dessert. Makes 6 servings.

½ cup dairy sour
cream
1 cup heavy cream,
whipped
3 oranges, sectioned

1 small grapefruit,
sectioned
2 bananas, sliced
1 cup flaked coconut
1 cup miniature marshmallows



COURTESY DUDLEY ANDERSON YUTZ

DECEMBER 1969

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CORN CHEESE PIE

Spread unbaked pie shell with soft butter. Combine scallions, corn and $\frac{1}{2}$ cup of the grated Swiss cheese. Pour mixture into pie shell. Beat eggs, heavy cream, hot pepper sauce, sugar and salt together; pour over corn mixture in pie shell. Sprinkle with remaining $\frac{1}{2}$ cup grated Swiss cheese. Bake at 425° F. for 15 minutes. Reduce heat to 300° F. and continue baking for 40 additional minutes. Serve immediately. Makes 12 appetizer or side dish servings, 6 main dish servings.

1 (9-inch) unbaked pie shell,
thoroughly chilled
1 Tbsp soft butter
 $\frac{1}{2}$ cup sliced scallions
1 cup whole kernel corn,
drained

1 cup grated Swiss cheese
4 eggs
2 cups heavy cream
 $\frac{3}{4}$ tsp hot pepper sauce
 $\frac{1}{4}$ tsp sugar
1 tsp salt



COURTESY DUDLEY-ANDERSON-KUTZY

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Ground Hog Day

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Boy Scouts Founded, 1910

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Ash Wednesday

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Abraham Lincoln, 1809

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St. Valentine's Day

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George Washington, 1732

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STEAK PARMESAN

Cut round steak into six servings. Dredge meat in flour. Brown in shortening; pour off drippings. Add salt, peppercorns, bay leaf and chopped onion. Cover tightly and cook over low heat for 1 hour. Add tomatoes and sugar. Continue cooking 1 to 1½ hours or until meat is tender. Cook noodles and drain well. Fold butter and Parmesan cheese into cooked noodles. Arrange on platter, placing meat and tomatoes on top. Thicken remaining cooking liquid to use as gravy. Makes 6 servings.

2 to 3 lb round steak, cut
1 to 1¼ inch thick
¼ cup flour
3 Tbsp shortening
1½ tsp salt
6 peppercorns
1 bay leaf

1 medium onion, chopped
1 (1 lb) can tomatoes
1 tsp sugar
1 (8-oz) pkg noodles
2 Tbsp butter
¼ cup grated Parmesan
cheese



COURTESY NATIONAL LIVE STOCK AND MEAT BOARD

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Girl Scouts Founded, 1912

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Good Friday

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Easter

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SEA GODDESS SALAD

Combine lemon juice and vinegar. Stir in sour cream and mayonnaise, combining well. Add chives, parsley, garlic salt and pepper, mix well. Add extra salt and pepper to taste. Refrigerate for several hours or overnight. To assemble salad, tear salad greens into bite-size pieces and arrange in a salad bowl. Pile seafood on top. Add chilled dressing and toss lightly. Or, for a hurry-up meal, substitute ½ cup bottled Green Goddess dressing for homemade. Makes 4 servings.

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|-------------------------|---|
| 1 tsp lemon juice | ¼ tsp coarse black pepper |
| 1 Tbsp tarragon vinegar | 2 qts mixed salad greens |
| 3 Tbsp dairy sour cream | 1 lb cooked, cleaned shrimp, crab meat or lobster |
| ½ cup mayonnaise | |
| 1 Tbsp chopped chives | |
| 2 Tbsp chopped parsley | |
| 1 tsp garlic salt | |

COURTESY DUDLEY-ANDERSON-UTZ



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HICKORY CHICKEN BARBECUE

Place chicken, skin side down, on rack in shallow baking pan; brush lightly with melted butter, sprinkle with salt and pepper to taste. Combine remaining ingredients for sauce. Broil six inches from heat source for 10 minutes. Turn, broil for 10 minutes. Brush with sauce and continue to broil for 25 additional minutes, turning and brushing with sauce frequently. Finish broiling with skin side up. Heat extra sauce to serve with chicken. Makes 8 servings.

2 broiler-fryer
chickens, quartered
3 Tbsp butter, melted
Salt
Pepper

¼ cup vegetable oil
¾ cup hickory-flavor
catsup
¼ cup lemon juice
2 Tbsp hot pepper sauce

COURTESY DUDLEY-ANDERSON-VUTZ



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STRAWBERRY ALMOND CAKE

Blend cake and pudding mixes, four eggs, water, vegetable oil, almond extract and almonds in large mixing bowl until thoroughly combined. Pour into two greased 9-inch round baking pans. Bake at 350° F. for 35 to 40 minutes. Cool, remove from pans. Combine egg, butter, sugar and vanilla. Blend until smooth, adding a few drops of milk to make good spreading consistency. Spread strawberry jam on one cake layer; top with other layer and frost. Garnish with fresh strawberries. Makes one 9-inch layer cake.

1 pkg white cake mix
1 pkg vanilla instant
pudding mix
5 eggs
1 cup water
½ cup vegetable oil
1 tsp almond extract

1 cup ground almonds
⅓ cup soft butter
1 (1 lb) box confectioners'
sugar
1½ tsp vanilla
¾ cup strawberry
jam



COURTESY DUDLEY ANDERSON-VITZ

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Father's Day

Summer Begins

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FIESTA FRANKS AND KRAUT

Make cuts into franks $\frac{1}{2}$ inch apart and almost through. Place in hot water and simmer 5 minutes; drain. Meanwhile combine sauerkraut, onion and brown sugar. Cook 5 minutes; drain. Add chopped tomato and green pepper. Fold in $\frac{1}{4}$ cup sour cream. Place $\frac{1}{3}$ cup sauerkraut mixture on bottom half of each bun. Arrange two franks to form a circle on top of sauerkraut on each bun half. Top with one teaspoon sour cream and a cherry tomato. Serve with bun tops. Makes 5 sandwiches.

10 frankfurters
1 (1 lb) can sauerkraut,
drained
1 small onion, chopped
1 Tbsp brown sugar

1 medium tomato, chopped
 $\frac{1}{2}$ green pepper, chopped
 $\frac{1}{2}$ pint dairy sour cream
5 hamburger buns, toasted
5 cherry tomatoes



COURTESY NATIONAL LIVE STOCK AND MEAT BOARD

JUNE 1970

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TOMATO CONSOMME

Blend soups with water. Add Worcestershire and stir in. Heat thoroughly. Garnish with orange slices and serve steaming hot. Makes 6 servings. For a hearty, old-fashioned supper, serve Tomato Consomme by the steaming mug full with zesty herbed stew, homemade bread, warm and fresh, and rosy apple dumplings with cinnamon sauce made with grandma's favorite recipe. It's a menu guaranteed to warm up those crisp evenings that announce the not-too-distant coming of winter.

1 (10½-oz) can condensed
consomme
1 (10½-oz) can condensed
tomato soup

1½ soup cans water
Dash of Worcestershire
Orange slices



COURTESY BATTEN, BARTON, DUSTINE & OSBORN, INC.

JULY 1970

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SEPTEMBER 1970

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NO-BAKE PUMPKIN PIE

Beat eggs slightly, add sugar and continue beating until well blended and thick. Transfer to top of double boiler and stir in pumpkin, milk, salt and spices. Cook mixture until thick, stirring frequently. Meanwhile, soften gelatin in cold water, stir into hot pumpkin mixture and blend well. Pour into prepared and chilled 9-inch graham cracker crust, chill. To serve, top each slice with a dollop of whipped cream and sprinkle lightly with nutmeg. Makes one 9-inch pie.

1 9-inch graham cracker
crust
3 eggs
1 cup sugar
1 1/4 cups canned pumpkin
1/2 cup milk

1/2 tsp salt
1/2 tsp ginger
1/2 tsp cinnamon
1/2 tsp nutmeg
1 Tbsp unflavored gelatin
1/4 cup cold water



COURTESY DUDLEY-ANDERSON-YUTZ

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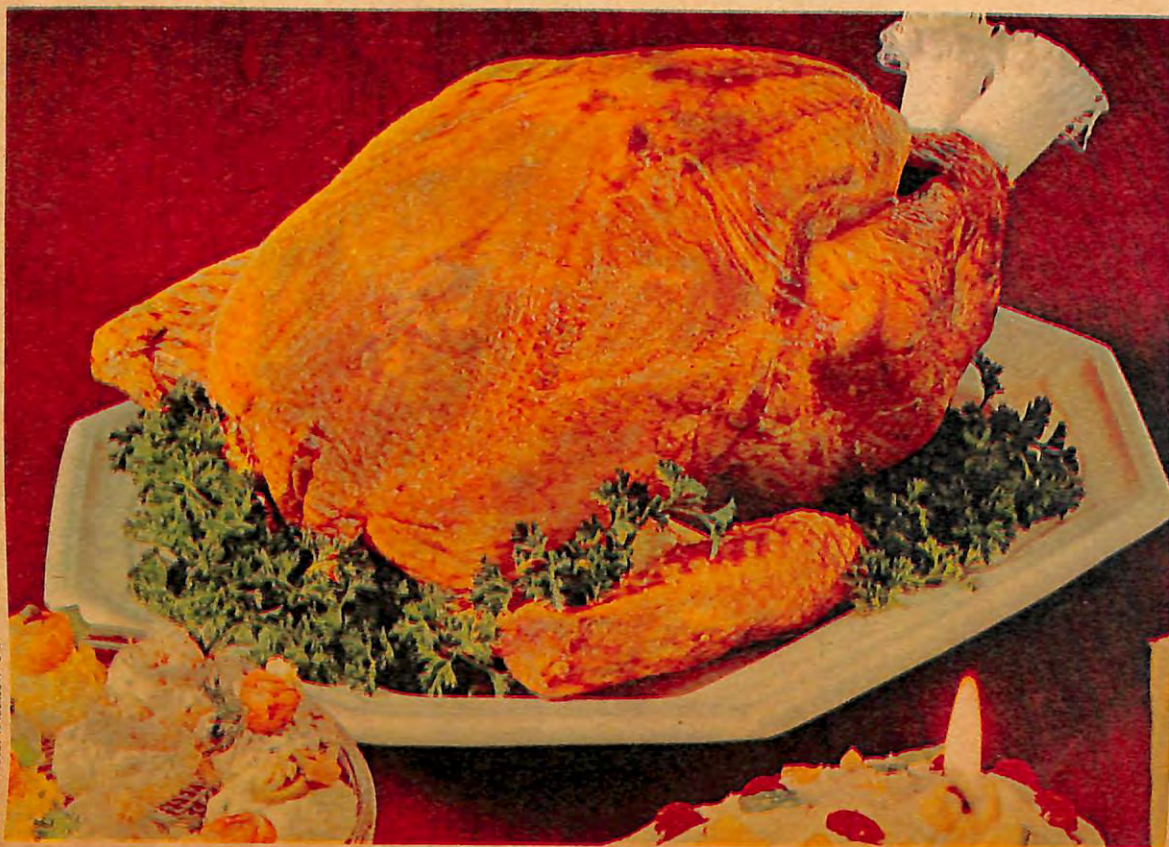
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CELERY GIBLET STUFFING

Cook giblets, drain, reserving broth, and chop. In large bowl combine bread cubes, onion, celery and chopped giblets. Add seasonings and mix well. Add melted butter and enough giblet broth to moisten dressing as desired. Toss lightly to mix. Stuff turkey just before roasting, allowing one cup of stuffing for each pound of bird. Do not refrigerate turkey after it is stuffed. Roast according to size. Makes enough stuffing for seven pound turkey.

Turkey giblets
4 cups dry bread cubes
3 Tbsp chopped onion
1½ cups chopped
celery
1 tsp salt

¼ tsp pepper
¼ tsp poultry seasoning
Sage to taste
½ cup melted butter
Hot giblet broth to
moisten



COURTESY DUDLEY-ANDERSON-PUTZ

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United Nations Day

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Halloween

FRUIT AND HAM SAUCED CREPES

Drain fruit, saving syrup. Combine syrup with $\frac{1}{2}$ cup milk. Melt butter; stir in cornstarch, mustard and cayenne. Cook until bubbly. Add milk mixture; cook, stirring, until mixture comes to boil and is thick. Mix in fruit, ham and cheese. Add salt to taste. Keep warm. Combine all remaining ingredients. Beat until smooth. Bake on hot griddle, allowing $\frac{1}{4}$ cup batter for each crepe. Spoon sauce onto each crepe; roll up and serve with remaining sauce. Makes eight 6-inch crepes.

1 (1 lb, 14-oz) can tropical fruit cocktail
 $1\frac{3}{4}$ cup milk
 3 Tbsp butter
 3 Tbsp cornstarch
 1 tsp dry mustard
 Dash of cayenne

1 cup finely chopped cooked ham
 1 cup grated Cheddar cheese
 Salt
 1 cup pancake mix
 1 egg
 1 Tbsp vegetable oil



COURTESY CALIFORNIA FOODS RESEARCH INSTITUTE

OCTOBER 1970

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Founded 1897

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CLEVELAND, OHIO 44109



NOVEMBER 1970

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DANISH SANDWICH-PUFF CASSEROLE

Remove crusts from bread and arrange six slices in 8½x14-inch casserole. Cover with cheese slices. Blend tuna and mayonnaise in small bowl; spread mixture over cheese slices. Cover with remaining bread slices. Beat eggs, blend in milk and remaining ingredients; pour over bread. Refrigerate one hour. Bake, uncovered, at 325° F. for about 50 minutes or until puffy and brown. Garnish with lime slices and twists, pimiento, capers and dill. Serve immediately. Makes 6 servings.

12 slices day-old bread
6 slices process Cheddar
cheese
2 (6½-oz) cans tuna
¾ cup mayonnaise
4 eggs

2½ cups milk
½ tsp prepared mustard
¼ tsp hot pepper
sauce
1 Tbsp minced onion
½ tsp salt

