

Grandma's Wartime Kitchen

World War II
and the Way
We Cooked

Foreword by
Jean Anderson,
Author of
*The American Century
Cookbook*



JOANNE LAMB HAYES

THE HOME-FRONT WARRIOR

Cream of Onion Soup

Swedish Meat Balls

Ladies Aid Salad

Squash Biscuits

Star Salad

Whole Wheat Bread

Watermelon and Grapefruit Salad

Butterscotch Pie

White House Salad

Cottage Pudding with Toffee Sauce

Monday Meat Loaf

Plum Tarts

Pork Shoulder Roast with Stuffed Onions

Salvage Pudding

Sausage Link Loaf

EAT TO WIN

Peanut Butter Date Bread

Cheese Custards with Olives

Peanut Butter Popcorn Balls

Conned Beef Puffs

Peanut Gems

Limas Fort McArthur

Soybean Chili

Creamed Dried Beef on Baked Potatoes

Soy Rocks

Cereal Rolls

Meat Loaf with Soy

Mock Sausage Patties

Meat Pie with Soy Biscuit Crust

Ham Loaf with Molasses

Corameal Chicken Livens

Molasses Rye Bread

Liven Loaf

CULTIVATE AND CAN*Beet Relish**Creole Cabbage**Green-Tomato Mince-meat Pie**Hanford Beets**Canned Green-Tomato Relish**Scalloped Spinach and Tomatoes**Pear Butten**Six-Layer Dinner**Quick Chili Sauce**Swiss Chard**Hot Cabbage Slaw**Vegetable Ranehit on Toast**Snap Bean Salad**Victory Pancakes**Summer Lettuce Salad**Victory Vegetable Plate**Corn Fritters*

SWEET SACRIFICE

Brown Sugar Doughnuts

Victory Pudding

Oatmeal Muffins

"Sugarless" Bismuits

Vermont Johnny Cake

Honey Apple Pie in Oatmeal Crust

Honey Marshmallow Custard

Maple Custard Pie

Maple Tapioca

Sugarless Two-Egg Cake

Pineapple Delight

Molasses Whole-Wheat Cake

Graham Cracker Ice Cream

Chocolate Condensed Milk Frosting

Sugarless Fresh Berry Ice Cream

Sugarless Boiled Frosting

Log Cabin Pudding

MEAT AND MORALITY

Arroz con Pato

Meat Roly Poly

Stuffed Beef Heart

Baked Meat Loaf Potatoes

Boiled Tongue with Honsenadish Sauce

Beef Vegetable Burgers

Pork-U-Pines

Stuffed Peppers

Pork Chop Suey

Mother's Fried Chicken

Corn Bell Spaghetti

Cumin'd Chicken Fricassee

Rabbit Saute

Codfish Casserole

Spring Lamb Stew

Spanish-Style Baked Fish Fillets

Shepherd's Pie

STRRRRRRREEEEEEETCH IT

Adirondack Chowden

Five Minute Steak Sandwiches

Chicken Bone Soup

Ham and Egg Pie

Hamburger Vegetable Soup

Homemade Scrapple

Navy Bean Soup

Baked Eggs in Cheese Sauce

Baked Beans with Bacon

Cabbage Delmonico

Baked Beans with Salt Pork and Molasses

Eggs in Noodle Nests

California "Chicken"

English Monkey

Fish Hash

Macaroni Goldenrod

Chicken and Waffles

Sauerknaut Croquettes

BUTTER AND GUNPOWDER
******Buttermilk Dressing**Cooked Salad Dressing**Oil and Vinegar Dressings**Wartime French Dressing**Apricot Corn Bread**Low Fat Muffins**Spoon Bread**Blueberry Cobbler**Brown Betty**Cherry Pudding**Applesauce Cake**Bread Crumb Cookies**Crumb Cake**Dutch Apple Cake**Wan Cake**Whipped Cream Cake*

FOODS TO PACK

Split Pea Soup

Ham Turnovers

Butter Noodle Soup

Orange Raisin Nut Bread

Ham and Grated Carrot Salad

Butterscotch Cupcakes

Green Bean and Egg Salad

Candy Bar Cookies

Baked Bean Sandwiches

Chocolate Coconut Macaroons

Liver and Bacon Sandwiches

Chocolate Walnut Drops

Mom's "Ham" Salad Sandwiches

Molasses Hermits

Cream Cheese and Olive Sandwiches

Spiced Nuts

WARTIME ENTERTAINING

Waffle Cheese Sandwiches

Mock Pâté de Fois Gras

Brisket with Vegetables

Giant Cheese "Hot Dogs"

Hungarian Goulash

Individual Lamb Roasts

Javanese Corn with Coconut

Oat Sticks

Potato Cloverleaf Rolls

Raised Chocolate Cake

Chocolate Spanish Cream

Strawberry or Raspberry Trifle

Flaky Pastry

Carrot Pie

Rhubarb Pie

Chocolate Marshmallow Pie

PINK SLIPS LEAD TO PINK APRONS

Chicken à la King

Hot Potato Salad

Beef Stroganoff

Refrigerator Sticky Buns

Rib Roast with Mushroom Gravy

Icebox Cookies

Stuffed Cabbage Leaves

Apple Dumplings

Swiss Steak

Strawberry Shortcake

Spaghetti and Meatballs

Ribbon Cake

Macaroni and Cheese

Zebra Cake

Scalloped Potatoes

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ZEBRA CAKE

This easy-to-make icebox cake seems to be as popular today as it was 50 years ago. I learned to make it from my grandmother-in-law. Ever since, it has been the favored holiday dessert in our home. For a few years I tried to upstage it with a homemade croquembouche, but everyone said "How pretty" and had a piece of Zebra Cake instead.

1½ cups heavy cream

2 tablespoons confectioners' sugar

2 teaspoons vanilla extract

1 (9-ounce) package chocolate wafer cookies

¼ cup grated chocolate or finely chopped nuts

Beat cream, sugar, and vanilla until stiff peaks form. Spread a generous measuring teaspoon of cream on each cookie. Press cookies together to make 3-inch stacks.

Spread a 1-inch line of whipped cream down center of a serving platter. Assemble cookie stacks into a log on platter. Frost with remaining whipped cream and sprinkle with chocolate or nuts. Cover tightly and refrigerate overnight. To serve, slice diagonally to create striped pieces.

6 Servings



"One of our greatest treats was the first salad of the season, made with the small wonderful leaf lettuce, chopped green onions, crisp bacon crumbled (when the ration coupons permitted) and boiled sliced eggs, topped with a creamy vinegar dressing. As a side dish, young carrots sautéed in oleo, but still crisp, either malt sugar or brown sugar would be added and simmered until the carrots turned opaque. As the main course—the often appearing macaroni and cheese casserole, baked until lemony brown and bubbly." Ruth B. Snyder, Chino, California

BUTTERSCOTCH PIE

I rediscovered my double boiler while testing the recipes in this book. Many wartime recipes use a double boiler to take the watching out of making sauces and sweet desserts. It certainly makes it easy to prepare this old-fashioned dessert without scorching it.

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| 3 cups milk | 1 teaspoon vanilla extract |
| 1/3 cup cornstarch | 1 (9-inch) baked pastry shell |
| 3/4 cup packed light brown sugar | 1/2 cup heavy cream |
| 1 tablespoon butter | 2 teaspoons confectioners' sugar |
| 1/4 teaspoon salt | |

Bring 2½ cups milk to boiling in top of a double boiler over boiling water. Combine cornstarch and remaining ½ cup milk in a cup; add gradually to milk in double boiler and cook, stirring occasionally until thickened.

Add brown sugar, butter, and salt to milk mixture. Return to boiling and cook 3 minutes. Remove from heat; stir in vanilla and pour into pastry shell. Cool to room temperature. Cover loosely and refrigerate until firm—3 to 4 hours—before cutting.

Just before serving, beat cream with confectioners' sugar. Spoon a dollop on each serving of pie.

6 Servings



"Because of rationing I had a new way of life. I made lye soap to wash baby clothes, picked wild greens, canned all garden vegetables and fruit, helped raise broilers and milk 29 cows by hand. We butchered our own meat, also caught fish and had frog legs."—*Marjorie Marzolf, Salina, Kansas*

COTTAGE PUDDING WITH TOFFEE SAUCE

Cottage Pudding is a thrifty way of making a delicious, warm dessert out of pieces of day-old cake that might otherwise go to waste. (Also see *Salvage Pudding*, page 24, which uses day-old cake crumbs.) There are many toppings that can be used; lemon, cherry, and chocolate are other popular ones.

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| 4 (3-inch) squares or wedges day-old, unfrosted, vanilla, spice, or pound cake | 1/3 cup light corn syrup |
| 1/3 cup evaporated milk, undiluted | 1/3 cup dark corn syrup |
| | 1 teaspoon butter |
| | 1 teaspoon vanilla extract |

Preheat oven to 350°F. Arrange cake on a wire rack that fits on top of a 9-inch square baking pan. Place the pan in the oven; fill with boiling water to within 1 inch of the top of the pan. Place rack full of cake on top of pan. Cover with oiled aluminum foil or an inverted bowl. Heat cake until sauce is prepared—no longer than 10 minutes.

Combine evaporated milk, light and dark corn syrups, and butter. Bring to a boil over medium heat, stirring constantly. Remove from heat and stir in vanilla.

To serve, place cake on individual dessert plates; divide sauce over cake pieces and serve immediately.

4 Servings

"We Americans love slogans. The nutritionists shout: 'Food Will Win the War.' If a war lasts more than a year or two, that nation which is best fed, both in the field and at home is bound to win!"—*Redbook*, February 1942

SOY ROCKS

Spicy and full of good-for-you ingredients, these cookies were an acceptable snack for children. They also travel well, so they were a good choice for lunches and gifts.

1½ cups unsifted all-purpose flour
½ cup soy flour
1½ teaspoons ground cinnamon
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground nutmeg
¼ teaspoon ground cloves

1 cup packed light brown sugar
½ cup vegetable shortening or butter
(or a mixture)
2 large eggs
¼ cup buttermilk
½ cup chopped nuts
½ cup dark seedless raisins

Preheat oven to 375°F. Grease 2 baking sheets.

Stir together all-purpose flour, soy flour, cinnamon, baking powder, baking soda, salt, nutmeg, and cloves.

Beat together brown sugar and shortening. Beat in eggs, one at a time, until combined.

Stir dry ingredients into shortening mixture along with buttermilk just until combined. Fold in nuts and raisins.

Drop batter by rounded teaspoonfuls onto greased baking sheets and bake 10 to 12 minutes or until a toothpick inserted in the center of one comes out clean. Cool and serve or pack in an airtight container.

36 Cookies

APPLESAUCE CAKE

My wartime baby-sitter, Aunt Sue, was an Applesauce Cake specialist. The spicy aroma of the cake baking so-enticed me that when my mother came for me I would refuse to go home until I was given a slice of cake to take with me. Even when I was very grown up, Aunt Sue always brought me an applesauce cake for my birthday. The cake was different from year to year because she always made it from her home-canned applesauce, which varied depending upon the variety of apples she had used to make it. This is as close as I can get to the cake I remember.

1¾ cups unsifted all-purpose flour

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon salt

¼ teaspoon ground mace

⅛ teaspoon ground cloves

½ cup packed light brown sugar

⅓ cup vegetable shortening or
softened butter (or a mixture)

2 large eggs

1⅓ cups unsweetened applesauce

½ cup dark seedless raisins

Preheat oven to 350°F. Grease two 8-inch round baking pans. Stir together flour, baking soda, cinnamon, salt, mace, and cloves.

Beat together brown sugar and shortening until fluffy. Beat in eggs. Fold in applesauce and flour mixture until just combined; then fold in raisins.

Spoon mixture into greased pans and bake 25 to 30 minutes or until a toothpick inserted in center of each comes out clean.

Cool 5 minutes in pans, then remove to wire racks to cool completely.

10 Servings

DUTCH APPLE CAKE

Dutch Apple Cake appears in many wartime baking articles, with many variations. I like this upside-down version best because the apples are baked under the cake and really become tender. This recipe originally called for 1 tablespoon heavy cream in the topping. In those days, with a delicious layer of cream at the top of every milk bottle, that wasn't hard to come by. I have changed it to milk so you don't have to buy a half-pint of cream to get 1 tablespoon, but if you have some cream in the refrigerator feel free to use it.

1 tablespoon butter
1/3 cup packed brown sugar
1 tablespoon plus 1 cup milk
1 teaspoon ground cinnamon
2 cups sliced apples
1 3/4 cups unsifted all-purpose flour

3 tablespoons granulated sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/4 cup vegetable shortening or butter
(or a mixture)
1 large egg, beaten

Preheat oven to 375°F. Melt butter in an 8-inch square baking pan. Stir in brown sugar, 1 tablespoon milk, and the cinnamon. Arrange apple slices in brown sugar mixture.

Combine flour, granulated sugar, baking powder, and salt in a medium bowl. Add shortening and cut into flour mixture with pastry blender or 2 knives to make coarse crumbs. Add remaining 3/4 cup milk and the egg; stir together until a soft dough forms. Spoon dough over apples.

Bake cake 40 to 45 minutes or until center springs back when gently pressed. Remove from oven; immediately loosen edges of cake and invert onto a heatproof serving plate. Serve warm.

6 Servings

PINEAPPLE DELIGHT

It is not a mistake that the cream in this recipe is whipped without sugar. All of the sugar in this sweet dessert comes from commercial products, not from the cook's rationed supply.

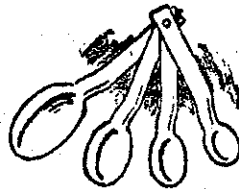
1 (8-ounce) can pineapple rings in
heavy syrup
12 marshmallows
 $\frac{1}{2}$ cup dates

12 almond macaroons
1 cup heavy cream
6 well-drained maraschino cherries
with stems, optional

Drain pineapple rings, reserving syrup. Cut each ring into 8 wedges and combine with $\frac{1}{4}$ cup syrup from can in a medium bowl. Reserve remaining syrup for another use. Quarter marshmallows and dates with a moistened scissors and add to pineapple. Crumble macaroons into mixture and stir to combine. Cover and refrigerate 1 hour.

When pineapple mixture has chilled, whip cream until stiff peaks form. Gently fold cream into pineapple mixture and transfer to a serving bowl. Cover and refrigerate at least 4 hours before serving. Arrange cherries on top just before serving, if desired.

6 Servings



BLUEBERRY COBLER

Fruit-based desserts such as this cobbler became popular because the seasonal fruit filling created most of the dessert and the thin layer of cake, biscuit, or pastry on top required only a little precious fat.

2 cups fresh or frozen blueberries
½ cup packed light brown sugar
1 tablespoon cornstarch
1¼ cups unsifted all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt

¼ cup vegetable shortening or butter
(or a mixture)
½ cup milk
1 large egg, lightly beaten
2 teaspoons vanilla extract

Preheat oven to 350°F. Grease an 8-inch square baking dish. Combine berries, 2 tablespoons brown sugar, and the cornstarch; spread out in greased pan.

Combine flour, remaining brown sugar, the baking powder, and salt in a medium bowl. Cut in shortening with a pastry blender or 2 knives until mixture forms fine crumbs.

Add milk, egg, and vanilla; stir just until combined. Spoon over berries.

Bake 30 to 35 minutes or until center springs back when lightly pressed. Cool 15 minutes. Cut into 6 rectangles and serve from pan.

6 Servings

"Rinse the fat out of cooking pans with a little hot water. Add to your soup kettle or use in gravy. Melt or scrape off any fats that cling to wrappings, or use the papers to grease pans, but don't forget fats for salvage. Keep your quota up!"—*Ladies' Home Journal*, October 1943

BROWN BETTY

A flavorful combination of apples and fresh bread crumbs, this dessert is often made with lots of melted butter. This version uses butter just on top where it makes a crisp golden crumb layer, and is much lower in fat for the sacrifice.

2 cups day-old white bread crumbs
(from 5 to 6 slices bread)
1/3 cup packed light brown sugar
1 teaspoon ground cinnamon
2 pounds cooking apples, peeled,
cored, and thinly sliced

1/4 cup orange juice
1 teaspoon butter, melted
Plain or whipped heavy cream,
optional

Preheat oven to 400°F. Lightly grease a 1½-quart casserole or baking dish. Combine bread crumbs, brown sugar, and cinnamon.

Arrange one third of apples in bottom of casserole; top with one third of crumb mixture. Repeat once. Add remaining apples; drizzle orange juice over top. Combine remaining third of crumb mixture and butter; sprinkle evenly over top.

Bake until apples are tender, 40 to 45 minutes. Cool 15 to 20 minutes, then serve warm with cream, if desired.

6 Servings

"Fats are extremely important as an energy food. With less heat in our homes it becomes necessary to supply more body heat during the cold months."—69 Ration Recipes for Meat, undated

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RAISED CHOCOLATE CAKE

This unusual cake rises to impressive heights because of the yeast in the recipe. I had made it several times in the 1960s and forgotten about it until I started to see the recipe in wartime magazines and cookbooks.

$\frac{3}{4}$ cup warm water (105° to 110°F)	2 cups sifted cake flour (sift before measuring)
1 envelope active dry yeast	$\frac{1}{3}$ cup unsweetened cocoa
$\frac{2}{3}$ cup packed light brown sugar	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon salt
2 large eggs	Sugarless Boiled Frosting, optional,
$\frac{1}{2}$ cup light corn syrup	recipe page 97
1 teaspoon vanilla extract	

Grease two deep 8-inch round baking pans. Combine warm water and yeast in a cup and set aside for yeast to soften.

Beat together brown sugar and shortening until fluffy. Beat in eggs one at a time, then corn syrup and vanilla.

Stir together flour, cocoa, baking soda, and salt. Add to sugar mixture along with yeast mixture. Beat just until smooth.

Divide batter between greased pans and set aside in a warm place 30 minutes or until it begins to look puffy.

Preheat oven to 350°F. Bake layers 25 to 30 minutes or until a toothpick inserted in center of each comes out clean. Remove to wire racks to cool completely before frosting. Fill and frost with Sugarless Boiled Frosting, if desired.

12 Servings

MOLASSES WHOLE-WHEAT CAKE

This molasses-sweetened cake has so much flavor that it really doesn't need frosting. Just serve it warm with a sprinkling of confectioners' sugar.

1½ cups unsifted all-purpose flour	softened butter (or a mixture)
¾ cup whole-wheat flour	¼ cup packed light brown sugar
1½ teaspoons baking soda	⅔ cup light molasses
½ teaspoon salt	1 large egg
½ teaspoon ground nutmeg	1 cup water
½ teaspoon ground cloves	1 tablespoon confectioners' sugar
⅓ cup vegetable shortening or	

Preheat oven to 350°F. Grease a 9-inch square baking pan. Stir together all-purpose flour, whole-wheat flour, baking soda, salt, nutmeg, and cloves.

Beat together shortening and brown sugar until fluffy. Beat in molasses and egg. Add flour mixture to molasses mixture along with water. Beat just until smooth. Pour batter into greased pan.

Bake 30 to 35 minutes or until a toothpick inserted in center comes out clean. Cool 15 minutes; sprinkle with confectioners' sugar and cut into 12 rectangles.

12 Servings

ICEBOX COOKIES

Although we got our first refrigerator well before the 1940s, we still call these icebox cookies. They are the ultimate quick trick for busy days and postwar homemakers continued to make them. Perhaps that's how they were able to greet the children with a plate of warm cookies as they returned from school. These days, I always have a roll of them in the freezer to slice and bake when I need a quick dessert. Just the aroma of them baking assures the family that the cook is on duty.

1½ cups unsifted all-purpose flour	½ cup packed light brown sugar
1 teaspoon baking powder	½ cup granulated sugar
¼ teaspoon salt	1 large egg, lightly beaten
½ cup vegetable shortening or butter (or a mixture)	1 teaspoon vanilla extract

Stir together flour, baking powder, and salt; set aside. Beat together shortening, brown sugar, and granulated sugar in a medium bowl until fluffy. Beat in egg and vanilla.

Shape dough into a roll about 2 inches in diameter; wrap and refrigerate for up to 4 days or freeze for up to 6 months.

When ready to bake, preheat oven to 375°F. Grease 2 baking sheets. Slice dough into ⅛-inch-thick rounds and place 1 inch apart on baking sheets. Bake 8 to 10 minutes or until golden at edges. Cool and serve or pack in an airtight container.

Variation: Divide dough in half. Knead 1 ounce of melted unsweetened chocolate into half of dough. Roll out each dough half to a 12-inch square. Place chocolate square on top of vanilla one and roll up. Chill and bake as above.

48 Cookies

MOLASSES HERMITS

These spicy cookies were very popular in the early 1940s because the ingredients were not hard to come by and the moist spicy cookies were known to ship well. Magazine articles advised bakers packing boxes to be shipped overseas to wrap cookies in long wax paper tubes and surround them with homemade popcorn to prevent breakage. The popcorn was a tasty addition to the present as well.

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| 1½ cups unsifted all-purpose flour | ⅓ cup packed light brown sugar |
| 1½ teaspoons baking powder | ¼ cup light molasses |
| 1½ teaspoons ground cinnamon | 1 large egg |
| ½ teaspoon ground nutmeg | ¼ cup cold coffee or water |
| ¼ teaspoon salt | ½ teaspoon vanilla extract |
| ⅓ cup vegetable shortening or butter
(or a mixture) | ½ cup dark seedless raisins |
| | ½ cup chopped nuts, optional |

Preheat oven to 375°F. Grease 2 baking sheets. Stir together flour, baking powder, cinnamon, nutmeg, and salt and set aside.

Beat together shortening, brown sugar, and molasses until fluffy. Beat in egg.

Stir in dry ingredients along with coffee and vanilla until no flour shows. Fold in raisins and nuts, if desired.

Drop batter by rounded teaspoonfuls onto greased baking sheets and bake 10 to 12 minutes or until a toothpick inserted in the center of one comes out clean. Cool and serve or pack in an airtight container.

36 Cookies

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CRUMB CAKE

This has been one of our family's favorite recipes as long as I can remember. I used to take cupcakes made from this recipe to school for my birthday celebrations.

1 3/4 cups unsifted all-purpose flour	1/3 cup vegetable shortening or butter (or a mixture)
3/4 cup packed light brown sugar	2 teaspoons baking powder
1 teaspoon ground cinnamon	1 cup milk
1/4 teaspoon ground nutmeg	1 large egg, lightly beaten
1/4 teaspoon salt	
1/4 teaspoon ground cloves	

Preheat oven to 350°F. Grease and flour an 8-inch square baking pan.

Combine flour, brown sugar, cinnamon, nutmeg, salt, and cloves in a medium bowl. Cut in shortening with a pastry blender or 2 knives until mixture forms fine crumbs. Set aside 1/2 cup crumb mixture.

Stir baking powder into remaining flour mixture. Add milk and egg and stir just until combined. Transfer to greased and floured pan and top with reserved crumbs.

Bake 30 to 35 minutes or until center springs back when lightly pressed. Cool 15 minutes. Cut into 8 rectangles and serve from pan.

8 Servings

BUTTERSCOTCH CUPCAKES

This is the cupcake recipe I have been hunting for ever since I learned to cook. I remember the flavor from a childhood birthday party and could never find a recipe that was quite right until I tested this one based on an idea in a magazine article about coping with the shortage of white granulated sugar. Using all brown sugar is the secret to these one-bowl cupcakes. But alas, they should all be eaten on the day they are baked or they are not as good.

1½ cups unsifted cake flour	2 large eggs
1½ teaspoons baking powder	½ cup milk
¼ teaspoon salt	1 teaspoon vanilla extract
1 cup packed light brown sugar	Chocolate Frosting (recipe follows)
⅓ cup vegetable shortening or butter (or a mixture)	

Preheat oven to 350°F. Grease a 12-cup cupcake pan. Stir together flour, baking powder, and salt; set aside.

Beat together brown sugar and shortening until fluffy. Beat in eggs one at a time.

Add dry ingredients to sugar mixture along with milk and vanilla. Beat just until smooth.

Divide batter into the greased cupcake cups and bake 20 to 25 minutes or until a toothpick inserted in center of one comes out clean. Cool and frost.

CHOCOLATE FROSTING: Stir together 1½ cups confectioners' sugar, 1 melted (1-ounce) square unsweetened chocolate, 2 tablespoons vegetable shortening, 1 to 2 tablespoons milk, and ½ teaspoon vanilla extract until smooth.

12 Cupcakes

RIBBON CAKE

The recipe for this pretty cake did appear during the war but was a very special occasion cake in those days. Although it uses lots of granulated sugar to celebrate the fact that postwar housewives had as much as they wanted, it had not yet made the transition back to butter.

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| 3 cups sifted cake flour (sift before measuring) | 2 tablespoons unsweetened cocoa |
| 5 teaspoons baking powder | 1 tablespoon water |
| 1 teaspoon salt | 1 teaspoon ground cinnamon |
| 2 cups sugar | ¼ teaspoon ground cloves |
| ¾ cup vegetable shortening or butter (or a mixture) | 3 to 4 drops red food coloring |
| 3 large egg whites | ¼ cup very finely chopped natural almonds |
| ½ cup milk | ½ teaspoon almond extract |
| 1 teaspoon vanilla extract | Vanilla-Almond Frosting (recipe follows) |

Preheat oven to 350°F. Grease three 8-inch round baking pans. Stir together flour, baking powder, and salt.

Beat together sugar and shortening until fluffy. Beat in egg whites one at a time. Add flour mixture to sugar mixture along with milk and vanilla. Beat just until smooth.

Divide batter into 3 small bowls. Add cocoa, water, cinnamon, and cloves to 1 bowl, red food coloring to another, and almonds and almond extract to third. Spoon each batter into a greased pan.

Bake 25 to 30 minutes or until a toothpick inserted in center of each layer comes out clean. Cool, then fill and frost with Vanilla-Almond Frosting.

VANILLA-ALMOND FROSTING: Beat together 1½ pounds confectioners' sugar, ⅓ cup vegetable shortening, 5 to 6 tablespoons milk, and 1½ teaspoons vanilla and ¾ teaspoon almond extracts until smooth.

4 Servings

WHIPPED CREAM CAKE

The use of heavy cream in this recipe solves the butter problem, but the recipe does call for 1 cup granulated sugar—a ration-time challenge. The elegant cake that results would be perfect for a wedding cake.

2 cups sifted cake flour (sift before measuring)

3 teaspoons baking powder

¼ teaspoon salt

3 large eggs

1 cup sugar

1 cup heavy cream

1 teaspoon vanilla extract

½ teaspoon almond extract

Sugarless Boiled Frosting (page 97)

Preheat oven to 350°F. Grease two 9-inch round baking pans. Stir together flour, baking powder, and salt.

Beat eggs with electric mixer set at high speed, gradually adding sugar until mixture is thick and fluffy. With same beaters, beat cream, vanilla, and almond extract just until soft peaks form. Gently fold eggs and then dry ingredients into whipped cream mixture until smooth.

Divide batter into greased pans and bake 25 to 30 minutes or until a toothpick inserted in the center of each layer comes out clean. Cool, then fill and frost.

10 Servings

HONEY APPLE PIE IN OATMEAL CRUST

The use of a top-of-the-stove filling cuts the baking time from about 45 minutes for a traditional apple pie to under 15 minutes for this quick alternative.

3/4 cup unsifted all-purpose flour	5 large cooking apples (about 2 pounds), peeled, cored, and thinly sliced
2 tablespoons light brown sugar	
1/4 teaspoon baking powder	
1/4 teaspoon salt	2 tablespoons honey
1/4 cup melted vegetable shortening or butter (or a mixture)	2 teaspoons all-purpose flour
2 tablespoons water	1/4 teaspoon ground cinnamon
1 teaspoon vanilla extract	1/8 teaspoon ground cloves
3/4 cup old-fashioned rolled oats	1/4 cup water
	Sweetened whipped cream, optional

Preheat oven to 350°F. Generously grease an 8-inch pie plate.

Combine flour, brown sugar, baking powder, and salt in a small bowl. Stir in shortening, water, and vanilla until combined. Fold in rolled oats. Press mixture into bottom and up side (but not onto rim) of pie plate to make a crust. Bake 18 to 20 minutes until brown.

Meanwhile, in a large skillet, heat apples over low heat, stirring frequently until just tender, about 12 to 15 minutes.

Stir together honey, flour, cinnamon, and cloves; gradually stir in water and add to mixture in skillet. Bring to a boil over medium heat. Cook, stirring gently until sauce thickens. Spoon apple filling into baked crust and set aside to cool. Just before serving, top with whipped cream, if desired.

8 Servings

GRAHAM CRACKER ICE CREAM

The graham cracker crumbs add a bit of sweetness as well as texture to this unusual ice cream. Known to be nutritious, graham crackers added to the perception of this as a healthful dessert. It used to be necessary to give up the ice cube section of the refrigerator for a while if you wanted to make ice cream without an old-fashioned, hand-cranked, back-porch style ice cream maker. Today, the first step can be done in a baking pan in the freezer or in any kind of automatic ice cream maker.

1 cup milk

¼ cup honey

2 teaspoons vanilla extract

1 cup graham cracker crumbs

1 cup heavy cream, whipped

Combine milk, honey, and vanilla. Freeze in ice cube trays of automatic refrigerator or in a baking pan in the freezer just until center begins to set.

Beat cubes of frozen milk mixture with electric mixer until fluffy. Fold in graham cracker crumbs and then whipped cream. Return to ice cube trays without dividers or pack into freezer containers. Freeze until solid before serving.

4 Servings

You Can Have Your Cake and Eat It, Too:

"Make smaller cakes. Use ½ or ⅓ of recipe. Make cup cakes. Serve uniced. Bake part of batter as layer or loaf. . . the other part as cup cakes. Add chocolate or spices to part of batter. Frost and use differently."—*Your Share: How to prepare appetizing, healthful meals with foods available today*, Betty Crocker 1943

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SUGARLESS FRESH BERRY ICE CREAM

This is such an easy recipe that I continue to make it even though I have several different kinds of ice cream makers around the house. The old-fashioned flavor of sweetened condensed milk peeks through the exuberance of the fresh berries. Sometimes people confuse evaporated and sweetened condensed milk these days. Look for "sweetened" on the label or you will be very disappointed with the results.

1 (14-ounce) can sweetened
condensed milk
¼ cup fresh lemon juice
⅛ teaspoon salt

1½ cups fresh raspberries, sliced
strawberries, blackberries, or
blueberries
1 cup heavy cream

Combine sweetened condensed milk, lemon juice, and salt in a large bowl; set aside 5 minutes to thicken.

Meanwhile, puree berries in a blender or a food processor with a chopping blade. Strain puree and discard seeds. Beat cream in a small bowl until stiff peaks form.

When sweetened condensed milk mixture has thickened, fold in puree and then beaten cream until uniformly combined.

Pack berry ice cream into a 1½-quart freezer container and freeze at least 4 hours before serving.

6 Servings

CHOCOLATE-CONDENSED MILK FROSTING

Sweetened condensed milk provided intense sweetness without using any of the sugar ration. This easy chocolate frosting cools with a shiny finish. We loved it on the Sugarless Two-Egg Cake.

1 (14-ounce) can sweetened condensed milk

3 ounces unsweetened chocolate,
chopped
2 teaspoons vanilla extract

Combine sweetened condensed milk and chocolate in a very heavy 1-quart saucepan; bring to a boil over low heat. Cook, stirring constantly 5 minutes. Mixture should have thickened. Stir in vanilla and transfer to bowl; set aside until thick enough to spread, about 20 minutes.

Frosts and fills a 9-inch 2-layer cake



Elsie, the Borden cow, serves a frosty, milk-based drink.

WARTIME SPECIAL

Whipped Honey Icing

$\frac{2}{3}$ cup honey

$\frac{1}{8}$ teaspoon salt

2 egg whites

Bring honey just to boiling. Combine egg whites and salt; beat until stiff peaks form. Pour honey into egg whites in a thin stream, beating all the time until thick and fluffy.



"I remember long summer afternoons picking many wild blackberries that Mama would can, sometimes with sugar and sometimes without sugar, for an ample supply for the cold winter months."—*Judith B. Muhammad, Baltimore, Maryland, writing about her mother, Aurora Bransford*

WARTIME SPECIAL

Raisin Frosting

1¼ cups raisins, ground

⅓ cup water

½ teaspoon cinnamon

⅛ teaspoon cloves

⅛ teaspoon salt

Cook all ingredients together, stirring constantly until thick. Spread over a single layer cake.



"We still have our ration books. We couldn't afford to buy much anyway. We sold cream from our big hand-cranked separator. So we did have lots of sour cream chocolate cake and cookies."—Mrs. Raymond Herrick, Ames, Iowa



SUGARLESS BOILED FROSTING

This frosting grows from a small pan of egg whites and corn syrup to an overflowing double boiler of fluff. It beautifully fills and frosts a 9-inch cake, but is best used the day it is made. It is a testament to the haste in which weddings were planned and carried out that many of the wedding cake recipes called for this frosting.

1 1/3 cups light corn syrup

1/8 teaspoon salt

2 large egg whites

2 teaspoons vanilla extract

Combine corn syrup, egg whites, and salt in top of a double boiler. Place over simmering water and beat with an electric beater until the mixture stands in stiff peaks—about 7 minutes.

Remove pan from hot water and fold in vanilla. Use to fill and frost 2 (9-inch) layers. Serve cake within 2 to 3 hours and store any leftovers in the refrigerator.

Frosts and fills a 9-inch 2-layer cake

“When topped with a fluffy meringue so ethereal
A pudding made up of the humblest cereal,
Will rate the keenest appreciation—
And lush desserts seem no longer on ration
So deck them in garnishes—the best to be mustered—
And thrill all your household with the simplest custard.”
—*Food As We Like It*, 1943