

*The
Republican Congressional
Cook Book*

**With Best Wishes
From Your Congressman
GERALD R. FORD**

Betty Ford's Buttermilk Pancakes

- 3 cups sifted flour
- 2½ tspns. double-acting baking powder
- ½ tspn. soda
- ¼ tspn. salt
- 3 tblspns. sugar
- 3 eggs, well beaten
- 3 cups buttermilk
- ¼ cup butter or other shortening, melted

Measure sifted flour, add baking powder, soda, salt and sugar. Sift again. Combine eggs and buttermilk; add to flour mixture. Add melted shortening and stir just until all flour is dampened. (Batter will be slightly lumpy.) Bake on hot greased griddle, turning only once. Serve hot with butter and syrup. Makes 3 to 4 dozen cakes.

Dear Friend,

Republicans, in and out of Congress, have contributed their favorite recipes to this cookbook. I hope that all of them will tempt you and that most of them will please you.

At our house we like Betty's pancakes and President Eisenhower also enjoyed them when her recipe was used at a recent breakfast in his honor. The recipe is not in the book so we had it printed above.

Best wishes and good eating.

Your Congressman,

Jerry Ford



**A Selection of Favorite
Recipes of Noted Republicans
From All 50 States**

Weights And Measures

3 teaspoons	1 tablespoon	2 cups	1 pint
4 tablespoons	$\frac{1}{4}$ cup	4 cups	1 quart
$5\frac{1}{2}$ tablespoons	$\frac{1}{3}$ cup	4 quarts	1 gallon
2 tablespoons	1 liquid ounce	8 quarts	1 peck
1 cup	$\frac{1}{2}$ pint	4 pecks	1 bushel

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2 tablespoons butter	1 ounce
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ pound or 1 stick
$2\frac{1}{4}$ cups granulated sugar	1 pound
$2\frac{1}{4}$ cups firmly packed brown sugar	1 pound
$3\frac{1}{2}$ cups sifted confectioner's sugar	1 pound
4 cups sifted enriched flour	1 pound
3 cups cornmeal	1 pound
1 tablespoon cornstarch	2 tablespoons flour
1 square chocolate	1 ounce
3 tablespoons cocoa and 1 tablespoon butter	
1 tablespoon butter or 1 ounce or 1 square chocolate	
2 cups tiny marshmallows	$\frac{1}{4}$ pound
1 cup chopped nuts	$\frac{1}{4}$ pound
4 cups shredded American cheese	1 pound
7 coarsely crumbled salted crackers	1 cup
9 finely crumbled salted crackers	1 cup
9 coarsely crumbled graham crackers	1 cup
11 finely crumbled graham crackers	1 cup
30 finely crumbled small vanilla wafers	1 cup
4 coarsely crumbled zwieback	1 cup
9 finely crumbled zwieback	1 cup
$1\frac{1}{2}$ tablespoons vinegar or $1\frac{1}{2}$ tablespoons lemon juice and sweet milk to make 1 cup	1 cup sour milk
$\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water	1 cup milk
1 lemon	$2\frac{1}{2}$ to 3 tablespoons juice
grated peel of 1 lemon	$1\frac{1}{2}$ teaspoons
12 to 14 egg yolks	1 cup
8 to 10 egg whites	1 cup

Size Of Cans

8 ounces	1 cup
No. 2 vacuum	$1\frac{1}{4}$ cups or 12 ounces
No. 2	$2\frac{1}{2}$ cups or 20 ounces
No. $2\frac{1}{2}$	$3\frac{1}{2}$ cups or 28 ounces
No. 3 cylinder	$5\frac{1}{4}$ cups or 36 ounces



Preface

This Cookbook has been prepared for your gastronomic enjoyment by Members of Congress, their wives, and GOP Committeemen and Committeewomen in many states. For those of delicate palate it contains what the editors consider the finest fare from each of the 50 States. Among its recipes are some which are strictly American in origin, the flavor of Old Mexico, the spicy aromas of Italy and the delicate taste of China, dating from the days when its people had food. Although space limitations have made it necessary to restrict the contents, the amateur or professional chef may find here a remarkable variety of recipes, and may sample, gourmet-like, many dishes from many areas. There are dishes for summer and winter, fall and spring, all intended to keep the appetite whetted, the digestion in order and the diner well-satisfied; conditions considered salubrious for the individual and equally therapeutic for a nation undernourished by the something-for-everybody diet served by the New Frontier. It is our hope that as you read this Cookbook and use its recipes, you will enjoy cooking, which is one of the few things not yet regulated by the Federal government.



Congressional Bean Soup

Bean Soup has been a featured item on the menu of the House of Representatives Restaurant since long before that day in 1904 when the then Speaker of the House, Joseph C. Cannon, of Illinois, came into the House Restaurant and ordered Bean Soup.

Then, as now, Bean Soup was a hearty, zesty, and filling dish; but it was typically hot and humid in Washington that day, and, therefore, Bean Soup had been omitted from the menu.

"Thunderation," roared Speaker Cannon, "I had my mouth set for Bean Soup"; and, he continued, "from now on, hot or cold, rain, snow, or shine, I want it on the menu every day."

And so it has been—Bean Soup on the menu every single day since.

Here is the recipe for this famous soup, just as it has always been made (adapted to family-sized quantity) in the House Restaurant kitchen in the Capitol:

2 lb. No. 1 white Michigan beans

Cover with cold water and soak overnight.

Drain and re-cover with water.

Add a smoked ham hock and *simmer slowly* for about 4 hours until beans are cooked tender. Then add salt and pepper to suite taste. Just before serving, bruise beans with large spoon or ladle, enough to cloud. (Serves about six persons.)

ALABAMA

SOUTHERN FRIED CHICKEN

- 2 spring chickens,
2 to 2½ pounds each
- 2 eggs
- ½ cup milk
- 3 cups flour
- 2 tspns. salt
- 1 tspn. finely ground
black pepper

Beat eggs and milk until blended. Mix thoroughly the flour, salt and pepper by shaking in paper bag. Dismember chicken and dry thoroughly with paper towel. In large heavy skillet, heat half-inch of cooking oil until piping hot. Roll chicken in egg and milk, dredge in flour mixture and drop in hot oil, being sure each piece has room to fry separately. When lightly brown on one side, turn. Place cover on skillet and let cook ten minutes over low heat. Remove cover, turn up heat and brown all around until crisp.

MARVIN MOSTELLAR
Republican National Committeeman from Alabama

ALASKA

ALASKAN CRAB OR SALMON SOUFFLE

- 1 cup flaked crab meat or flaked salmon
- 2 teaspoons lemon juice
- ½ cup soft bread crumbs
- 3 eggs (separated)
- 3 tablespoons butter
- 3 tablespoons flour
- ¼ teaspoon dry mustard
- ½ teaspoon salt
- 1½ cup milk

Make white sauce with butter, flour, seasonings and milk. Add crab or salmon, lemon juice and crumbs—then the beaten egg yolks. Fold in the stiffly beaten egg whites. Turn into greased casserole and bake for 35 minutes at 350° F. Serve with a green vegetable.

MRS. ROBERT C. REEVE
Republican National Committeewoman from Alaska

ARIZONA**ARIZONA DATE CAKE**

Combine:

- 1 cup chopped dates
- 1 cup boiling water

Cool to room temperature

Stir:

- $\frac{3}{4}$ cup shortening
- Add gradually:
- 1 cup sugar
- Cream until fluffy

Blend in:

- 1 teaspoon vanilla
- 2 eggs (one at a time, beaten)

Sift together:

- 1 $\frac{3}{4}$ cup sifted cake flour
- 2 tablespoons cocoa
- 1 teaspoon soda
- $\frac{1}{2}$ teaspoon salt

Add to creamed mixture alternately with date mixture, beating well after each addition. Spread in greased 13" x 9 $\frac{1}{2}$ " x 2" pan. Sprinkle 1 cup semi-sweet chocolate pieces and 1 cup chopped nuts on top. Bake at 350° F. 40 to 45 minutes. Cool in pan.

REP. JOHN J. RHODES OF ARIZONA**ARKANSAS****ARKANSAS RICE DRESSING**

- giblets from one turkey or three hens
- $\frac{1}{2}$ pound freshly ground pork (choice cut)
- 1 $\frac{1}{2}$ cups chopped onion
- 2 cups chopped celery
- 1 large chopped bell pepper
- 3 large buds chopped garlic
- 3 cups cooked white rice
- $\frac{1}{2}$ cup chopped green onion and parsley

Boil giblets until tender in salted water. Remove the giblets, grind them and place them back in the broth. Saute the onion, garlic and bell pepper in a little bacon drippings in a large, heavy pot. A great deal of liquid cooks out of these vegetables, so continue cooking until most of it has bubbled out, but not until they are dry or brown. Add pork and let it cook until almost fried, but not brown. Add a cup of hot water to this mixture and cook slowly. Repeat as many times as necessary until vegetables are very tender. Add salt, black pepper, red pepper and a little red pepper in the pod, if you have it. Add the ground giblets and broth and simmer down until mushy. Then add the rice. The gilet mixture differs in consistency from time to time, so do not add all the rice at once. Try

two cups or more and add rice if there is enough moisture to take it up. Taste for seasoning, add uncooked green onions and parsley, turn off the heat and cover tightly. Heat thoroughly just before serving.

The secret of this dressing is to keep all ingredients moist at all stages of cooking. Never let anything reach a "dry" or "fried" stage. Be sure to make enough for the next day. It's equally as good heated over.

MRS. W. L. JAMESON, JR.**Republican National Committeewoman for Arkansas****CALIFORNIA****STEAK McNAMARA**

- 3-inch porterhouse or top sirloin (approximately 7 pounds)
- 2 cups salt
- 10 tablespoons water or wine
- 2 egg whites

Rub both sides of steak with raw garlic. Dust with celery salt, onion salt, and paprika. Make a paste with salt, water or wine and mix egg whites thoroughly. Take sheet of wax paper, spread half salt mixture evenly on paper. Place steak tenderly on salt-spread paper. Pack rest of salt mixture around and on top of steak. Lay steak gently on grill about 2 to 3 inches above red hot coals. For this 3-inch sirloin or porterhouse broil 16 minutes, turn with tongs and broil 16 minutes more. When done, remove steak to carving board and slice it diagonally. This steak is unquestionably the best.

REP. CHARLES S. GUBSER OF CALIFORNIA**COLORADO****CASSEROLE DISH**

- 1 large onion
- 3 large potatoes
- 1 No. 2 can whole kernel corn
- 1 No. 2 can tomatoes
- 1 pound sausage, either bulk or link style
- salt and pepper to taste

Slice onion in bottom of casserole. Add sliced potatoes, place over these the canned corn and add tomatoes. Cover all with the sausage patties. Place in oven and cook at 350° F. for 1 hour or until tender. This served with salad makes a complete meal. Serves 6.

REP. J. EDGAR CHENOWETH OF COLORADO

CONNECTICUT**INDIAN SHRIMP CURRY**

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|------------------------------|------------------------------|
| 2 chicken bouillon cubes | 1 1/4 teaspoons salt |
| 1 cup boiling water | 1 1/2 teaspoon sugar |
| 5 tablespoons butter | 1/4 teaspoon ground ginger |
| 1/2 cup minced onion | 2 cups milk |
| 6 tablespoons flour | 4 cups cooked cleaned shrimp |
| 2 1/2 teaspoons curry powder | 1 teaspoon fresh lemon juice |

Dissolve bouillon cubes in hot water. In double boiler top, over direct heat, melt butter. Add onions; simmer until tender. Stir in flour, curry, salt, sugar and ginger. Gradually stir in bouillon, milk. Cook over boiling water, stirring until thickened. Add shrimp, lemon juice; heat.

Serve ring of hot rice on heated platter with curry in center. In small separate bowls, serve chopped peanuts, chutney, crisp bacon bits, shredded coconut, chopped hard cooked eggs or any other curry accompaniments. Some like the curry sprinkled with nutmeg.

REP. ABNER W. SIBAL OF CONNECTICUT

The U.S. and Us

This Administration has turned the U.S.A. into the I.O.U.S.A.

DELAWARE**DELAWARE OVEN FRIED CHICKEN**

- meaty pieces of 2-3 pound Delmarva broilers
(legs, short thigh and breasts)
Crisco
1 tablespoon salt
1 teaspoon paprika
1/2 teaspoon black pepper
1 cup flour

Line large baking pan with tinfoil. Melt enough Crisco to generously cover bottom of pan. Mix dry ingredients in a paper bag. Add pieces of chicken, close bag and shake to coat each piece with flour mixture. Lay pieces of chicken (first shaking off excess flour) skin side down in baking pan. Cover with another piece of tinfoil, sealing the edges of the two pieces together. Bake at 350° F. for 45 minutes. Remove tinfoil cover, turn chicken, return to oven for 15 minutes at 400° F. to brown. Serves six or eight people.

SEN. JOHN WILLIAMS OF DELAWARE

FLORIDA**CHICKEN A LA FLORIDA ORANGE**

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|---|--|
| 1 1/2 cups Florida orange sections
(4 or 5 oranges), drained | 1/2 cup flour |
| 1 cup Florida orange juice | 1 tsp. salt |
| 2 tblspn. brown sugar | 1/8 tsp. pepper |
| 2 tblspn. vinegar | 1 chicken, 2 1/2 to 3 lbs., cut up
(or legs and thighs of 3
frying chickens) |
| 1 tsp. mace or nutmeg | 1/2 inch in skillet |
| 1 tsp. basil | |
| 1 clove minced garlic | |

Combine orange juice, brown sugar, vinegar, mace, basil and garlic in sauce pan; simmer over low heat 10 minutes. Combine flour, salt and pepper; dredge chicken in this mixture. Heat oil in skillet; brown chicken pieces well; remove chicken; drain off oil but keep brown bits in pan; replace chicken. Pour fruit sauce over all; cover and simmer 15 minutes or until tender. Add Florida orange sections and simmer, covered, 5 minutes more. Yields 4 servings.

REP. WILLIAM C. CRAMER, OF FLORIDA

Federal Diana

The Interior Department reportedly is sponsoring legislation to authorize a new type of hunting license. It would declare open season on taxpayers and would be paid for by the hunted instead of the hunter.

GEORGIA**GEORGIA SWEET POTATO SOUFFLE**

- 2 cups mashed sweet potatoes
1/2 cup sweet milk
4 tablespoons butter
4 eggs well beaten
1/2 cup Georgia pecans
1/2 cup sugar
1/4 cup sherry
8 Marshmallows

Measure 2 cups of cooked mashed Georgia sweet potatoes. Beat until smooth, then add milk and well beaten eggs, a pinch of salt and 1/2 cup of sugar. Stir in Georgia pecans and sherry last. Bake in hot oven (about 375° F.) for 20 minutes. The last three minutes place marshmallows on top and allow to brown.

MRS. CAPERS RICE
Republican National Committeewoman for Georgia

HAWAII**CHICKEN LUAU**

- 4 pounds chicken, disjointed and cut in small pieces
- 3 teaspoons salt
- 2 bunches luau (taro leaves)—fresh, not canned.
(Spinach may be used as an alternate.)
- 3 cups coconut milk (fresh milk, scalded, may be used if coconut milk is absolutely unobtainable)

Place pieces of chicken in large kettle, cover with hot water, and add salt. Bring to boil. Simmer until tender. Wash luau leaves thoroughly; remove stem and fibrous part of the veins. Place in separate covered saucepan, add one cup water, and cook. When tender, drain. Draw a knife through luau leaves or spinach to cut into small pieces. Add coconut milk. Place chicken in serving dish with two cups hot broth with excess fat removed. Add luau and sauce to chicken and serve hot. Serves six.

SEN. HIRAM L. FONG OF HAWAII

Kitchen Pilots

The average housewife has a kitchen range with an instrument panel like a B-47 . . . and uses it to heat up TV dinners.

IDAHO**SOUR DOUGH PANCAKES**

- 2 potatoes, peeled and cut into small cubes
- 1 cup water
- ½ cup warm water
- ½ cake or package yeast
- 2 tablespoons sugar
- 1 cup sifted flour
- 1 egg, beaten
- 2 tablespoons melted shortening
- ½ teaspoon baking soda
- 1 tablespoon hot water

Boil the potatoes and water in a saucepan for 25 minutes. Mash the potatoes in their water until it becomes a smooth, thick liquid. Cool until lukewarm. Place the yeast in the ½ cup warm water and mix to a smooth paste. Combine with the potato water, add the sugar, and mix. Place in a bowl, cover, and let stand in a warm place for 24 hours. The mixture will ferment overnight. Add the flour, mix well, cover and again put in a warm place overnight. (It

is not possible to make the dough in less than 2 days.) Add the egg, shortening, and baking soda dissolved in the hot water. Mix well. Pour out desired size of pancakes on a lightly greased frying pan. Brown on both sides. Serve with ham or bacon and syrup.

NOTE: In order to keep a pot of sour dough going all the time, remove a cup or two of the mixture, add flour, and make the pancakes. To the balance of the old mixture add more potato water and sugar, and thus have more sour dough the following day.

SEN. HENRY C. DWORSHAK OF IDAHO

ILLINOIS**CHICKEN BREASTS PAPRIKA**

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|-------------------------|-----------------------------------|
| 4 chicken breasts—split | 1 pint sour cream (commercial) |
| 1 large onion | 2 tablespoons butter or margarine |
- paprika

Flour and salt chicken pieces. Chop onion. Melt margarine in skillet. Brown onions and chicken. Add enough water to prevent sticking. Cover and simmer until tender. Add sour cream and stir in paprika to taste (about one teaspoon full). Heat and serve over boiled noodles, or add cooked noodles to sour cream sauce before serving. If dark meat is preferred, chicken thighs are good in this recipe.

REP. WILLIAM L. SPRINGER OF ILLINOIS

INDIANA**HOOSIER APPLE CAKE**

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|---------------------------|------------------------------|
| 1½ cups sugar | 1 teaspoon cinnamon |
| ½ cup shortening (butter) | 1 teaspoon soda |
| 2 eggs | 1 teaspoon baking powder |
| 1 teaspoon vanilla | 4 cups coarse chopped apples |
| ½ teaspoon salt | ½ cup nuts |
- 1½ cups flour

Blend sugar, butter, eggs, vanilla, and salt. Sift flour, spices, soda, and baking powder and mix with first mixture. Add coarsely chopped apples and broken nuts. Pour into a well greased 9 by 12 inch pan. Bake at 350° for 25 minutes, remove from the oven and top with 1½ cups of brown sugar mixed with ¼ pound butter. Return to the oven and bake for 25 minutes longer. Serve with whipped cream if desired. This recipe will make 12 servings 3 by 3 inches.

REP. WILLIAM C. BRAY OF INDIANA

IOWA**GRANDMA'S CHOCOLATE CAKE**

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| ½ cup shortening | ½ cup hot water |
| 1 cup white sugar | 2 cups flour |
| ½ cup brown sugar | ¼ tspn. salt. |
| 2 well beaten eggs | 1 tspn. soda |
| 1 tspn. vanilla | ¾ cup sweet or sour milk. |
- 3 one-ounce squares of unsweetened chocolate

Thoroughly cream shortening and sugar. Add eggs and vanilla and beat until fluffy. Melt chocolate in hot water over heat. Blend thoroughly and cool slightly. Gradually add to creamed mixture. Add sifted dry ingredients alternately with milk. Mix until smooth. Bake in two 9-inch-round layer cake pans at 350 degrees for 25 minutes.

Mocha Chocolate Frosting:

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|-----------------------|-------------------|
| 6 tblspns. cocoa | 6 tblspns. butter |
| 6 tblspns. hot coffee | 1 tspn. vanilla |
- 3 cups confectioner's sugar.

Beat cocoa, coffee, butter and vanilla until smooth and add sugar.

REP. FRED SCHWENGEL, OF IOWA

KANSAS**OATMEAL CAKE**

Combine 1 cup quick-cook oatmeal, 1½ cups boiling water. Let stand 10 minutes. Cream ½ cup shortening, 1 cup brown sugar, and 1 cup white sugar. Add two whole eggs. Sift together 1½ cups flour, 1 tspn. baking powder, 1 tspn. soda, 1 tspn. cinnamon and 1 tspn. salt. Mix all ingredients well and bake in a 9 x 13 inch pan at 350° for 25-30 minutes.

ICING

Mix 5 tblspns. melted butter, 10 tblspns. brown sugar, 4 tblspns. cream and ¼ cup coconut or chopped nuts. Spread on cake. Put under slow broiler. Broil until bubbles appear. This cake is especially good when served warm.

REP. WILLIAM H. AVERY OF KANSAS

KENTUCKY**KENTUCKY HUSH PUPPIES**

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|--------------------|--------------------------|
| 2 cups corn meal | 1 teaspoon baking powder |
| 1 tablespoon flour | 1 cup buttermilk |
| 1 teaspoon salt | 1 grated onion |
| 1 teaspoon soda | 1 beaten egg |

Sift together corn meal, flour, baking powder, and salt. Add onion, beaten egg, and buttermilk mixed with soda. Shape into small balls and fry in deep fat until brown.

REP. EUGENE SILER OF KENTUCKY

Dips on the New Frontier

Nobody can accuse the New Frontier of undemocratic favoritism. Its members have picked the pockets of *ALL* taxpayers.

LOUISIANA**JAMBALAYA**

- 1 pound ground beef
- 1 pound pork sausage
- 1 small can of deveined shrimp, drained and washed
- 1 small can of oysters—drained
- 6 tablespoons olive oil
- 3 medium onions chopped fine
- 3 cloves garlic chopped fine
- 4 cans tomato sauce
- 6 tomato sauce cans of water
- 1 teaspoon cayenne pepper
- 1 box minute rice (13 ounce)
- salt to taste
- ½ cup chopped bell pepper
- ½ cup chopped celery
- ¼ teaspoon oregano

Pour olive oil in an iron skillet and saute onions, garlic, celery and bell pepper, add ground beef and pork. When brown transfer to large two gallon utensil, add tomato sauce and water, salt, pepper and oregano, let simmer for app. 3 hours stirring frequently. Remove from fire and let set for two hours, then thin with 2 cups of water, add shrimp and oysters. When mixture comes to a hard boil add rice, remove from fire and place cover on pot and let set for ½ hour.

Serves 8 generous helpings and is delightful with wine, French bread and green salad.

MRS. DOROTHY J. LEWIS
Republican National Committeewoman for Louisiana

MAINE**MAINE LOBSTER PIE**

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|-------------------------------|-------------------------|
| 3 (1-pound) lobsters (boiled) | dash of pepper |
| ½ cup melted butter | 1 cup milk |
| 2 tblspns. flour | ½ cup cream |
| ½ tspn. dry mustard | 4 egg yolks |
| ½ tspn. salt | 4 slices bread buttered |

Remove the meat from lobster (about 2 cups) reserving the tomalley (liver-green part). Put ¼ cup melted butter in skillet, add lobster and cook slowly, stirring until heated. In a saucepan heat the remaining ¼ cup butter, add flour, salt, pepper and mustard. Cook until thickened, about one minute, stirring constantly. Remove from heat and slowly blend in the butter drained from lobster meat. Add milk and cream slowly, continue cooking and stirring. Beat egg yolks well, gradually stir at least half of hot mixture into egg yolks, then blend into remaining mixture in sauce pan. Cook about 3 minutes over hot water until sauce is smooth and thick. Add the lobster and turn the mixture into a shallow 1½-quart greased casserole. Crumble buttered bread crumbs in coarse pieces, add tomalley, mix well and sprinkle over the pie. Bake 20 or 30 minutes at 350° until brown. Serves 4-6.

REP. CLIFFORD G. McINTIRE, OF MAINE

Debts Considered Assets

President Kennedy has boasted that this is the wealthiest Nation in the world and, consequently, should extend its financial aid to all other countries. Because we owe more money than the rest of the world put together, this is something like a bank borrowing from a panhandler.

MARYLAND**KIDNEY STEW**

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|-----------------|--------------------|
| 1 pair kidneys | 3 tblspns. flour |
| ⅓ pound butter | 2 quarts hot water |
| 1 chopped onion | salt and pepper |

Soak kidneys in cold salt water for an hour, remove gristle and cut into small pieces. Place butter in skillet and add onions and flour, stirring until brown. Add water and cut-up kidneys. Simmer from early morn until evening, allowing two hours to first come to boil. On following morning, add seasoning, again bring to boil and serve over waffles or hot cakes. More water may be added on first day of cooking if gravy thickens too much.

REP. CHARLES McC. MATHIAS, JR., OF MARYLAND

MASSACHUSETTS**PATICCIO DI LASAGNE VERDI AL BOLOGNESE****Noodle:**

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|--------------------------------|---------------------|
| 2 Pkgs. frozen chopped spinach | 1 tblspn. olive oil |
| 6 eggs | 3 cups flour |

Cook spinach until soft, then drain. Beat eggs with salt and olive oil. Add spinach to eggs and gradually beat in flour with fork, using fingers to mix when dough becomes stiff. Place dough on floured board and knead (adding more flour if necessary) until it becomes pliable and does not stick to hands. Cover and let rest for an hour.

Mornay Sauce:

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|-------------------|-----------------------------|
| 6 tblspns. butter | 4 ounces chopped lean veal, |
| ½ onion, chopped | nutmeg, thyme, white pepper |
| ½ cup flour | 1 cup Parmesan cheese |
| 1 quart milk | ½ grated truffle (optional) |

Cook chopped onion slowly in 4 tablespoons of butter without coloring onion. Stir in flour and cook five minutes. Gradually add boiling milk, stirring constantly with wire whisk, until smooth and quite thick. In another pan, simmer veal in remaining butter. Season with thyme, pepper and nutmeg and cook for five additional minutes. Add this to milk mixture and cook in double boiler for one hour, stirring from time to time. Strain through fine sieve, reheat and add Parmesan. Stir with whisk until smooth. Add truffle, if used.

Bolognese Sauce:

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|---------------------|----------------------|
| ¼ lb. bacon | 1 cup dry white wine |
| ¾ stick of butter | 2 cans tomato paste |
| 1 large carrot | boiling water |
| 1 onion | ¼ tspn. nutmeg |
| 1 clove garlic | sugar |
| 2 stalks celery | salt |
| 2 lbs. ground chuck | pepper |

Chop bacon and render in saute pan. Add butter and carrot, onion, garlic, and celery, all finely chopped. Cook until vegetables color slightly and start to soften. Add ground chuck and cook until brown. Pour wine, cook a few minutes. Add tomato paste, mixed with equal amount of boiling water. Add pinch of sugar, salt and pepper to taste, add nutmeg. Simmer over low flame for 30 minutes.

Additional ingredients required:

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|-----------------|--------------------------|
| ¼ cup olive oil | grated Parmesan cheese |
| 4 tblspns. salt | sliced Mozzarella cheese |

Roll green noodle on flour board until paper thin. Cut into strips 3 inches wide and 12 inches long. Drop noodles, a few at a

time, into briskly boiling water to which salt and oil have been added. Cook five minutes, lift out with strainer and plunge into bowl of cold water. Oil a large baking pan, 3 inches deep, and place noodles on bottom, after patting them dry with a towel. Overlap edges of noodles to cover entire bottom of pan. Cover with thin layer Bolognese sauce, spreading with spatula. Cover with thin layer of Mornay sauce and a layer of thinly sliced Mozarella. Sprinkle with Parmesan. Repeat entire process five times, finishing with layer of noodle and Bolognese sauce. Sprinkle top with Parmesan and bake in 350-degree oven 30 minutes. Remove and cool thoroughly. Then cut into serving pieces and bake in individual casseroles for 20 minutes when ready to serve.

REP. SILVIO O. CONTE, OF MASSACHUSETTS

MICHIGAN

MICHIGAN BEEF (OR VENISON) STEW

- 2 pounds stew beef (or venison)
- 2 cups boiling water
- 1 teaspoon lemon juice
- ½ teaspoon Worcestershire sauce
- ½ clove garlic
- 1 small onion, sliced
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- dash allspice
- dash cloves
- 1 teaspoon sugar
- 3 carrots
- 2 potatoes, quartered
- 6 small white onions

In Dutch oven, or heavy kettle, brown meat pieces. When lightly browned add 2 cups boiling water, lower heat to simmer, and shift pieces to prevent sticking. Then add the next eleven ingredients. Cover pot and simmer gently for two hours, adding more water if necessary. Then add carrots, potatoes and onions and simmer 25 to 30 minutes, or until vegetables are tender. Remove meat and vegetables. Make the following gravy. To 2 tablespoons of flour add enough water to make a smooth paste, then add 1 cup of water. Stir into the stew liquid and cook ten minutes stirring constantly. Return meat and vegetables to gravy and serve.

REP. VICTOR A. KNOX OF MICHIGAN

MINNESOTA

FAVORITE HONEY DRESSING

- | | |
|---------------------------|----------------------|
| 1 teaspoon salt | ½ tablespoon paprika |
| 2 cups sugar | ½ pint vinegar |
| 2 tablespoons celery seed | juice of ½ lemon |
| ½ tablespoon dry mustard | 1 pint Mazola oil |

Place ingredients in jar and shake dressing until it is thick. Very good on lettuce or fruit salad.

REP. ANCHER NELSEN OF MINNESOTA

MISSISSIPPI

HOPE FARM GUMBO

- 1 gallon of chicken stock
- 1 large hen
- 4 small boxes of frozen okra
- 1 No. 2½ can Del Monte stewed tomatoes
- 2 small boxes of frozen Niblet corn
- 3 pounds lake shrimp (optional)
- dash of Tabasco

Simmer the hen in one gallon of water in a covered pot until the meat falls off the bone. While the chicken is simmering, grind the four boxes of frozen okra and chop fine the five pounds of onions. Fry the onions and okra in bacon grease in separate receptacles, preferably iron skillets. Fry the onion until it is a soft brown. When the okra is almost done and has gotten brown, sift a one-half cup of flour on the okra and brown. Then put the okra and onions together. Through a wire sieve mash the tomatoes into the okra and onion combination, let simmer a while. Grind the Niblet corn in a meat grinder, which also is used to grind the okra. Then shred the chicken into the stock. Add all of the other mixture. Season with seasoning salt and a great deal of Lea and Perrin Worcester Sauce. However, you can, after all of the vegetables and chicken have been put in the pot, add three pounds of raw lake shrimp, which does add something to the flavor. Simmer about forty-five minutes. Put one small tablespoon of Mahatma fluffy rice in each soup bowl when serving the Gumbo. Serves 15.

Preparation of Rice

Wash two cups of Mahatma rice thoroughly and add to the salt water when it comes to a boil. Let simmer for twenty minutes. Take off the fire and put in a colander. Pour cold water over the rice and then put over a pot of simmering hot water and occasionally stir with a fork.

MRS. J. BALFOUR MILLER
Republican National Committeewoman for Mississippi

MISSOURI**RICE, TUNA AND CHEESE SAUCE**

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|---------------------------|-------------------------------|
| $\frac{1}{2}$ cup of rice | $\frac{1}{2}$ tspn. salt |
| 1 can tuna fish | $\frac{1}{2}$ tspn. paprika |
| 2 tblspns. butter | pinch red pepper |
| 4 tblspns. flour | 2 cups grated American cheese |
| 2 cups milk | bread crumbs |

Boil rice and drain. Break tuna with fork. Blend flour into melted butter in saucepan, then stir in milk and add salt, paprika and red pepper. Reduce heat to low and stir in the cheese until melted. Place in baking dish, alternating layers of fish mixture and rice. Sprinkle bread crumbs on top and heat in 400-degree oven until crumbs are brown.

REP. THOMAS B. CURTIS, OF MISSOURI

Coals to Newcastle

The White House has distributed copies of "The Prince" by Machiavelli among New Frontiersmen as a practical guide for political action. This is like giving McGuffey's Reader to a professor of English literature.

MONTANA**CHRISTMAS EVE CHILI (MILD)**

- 3 pounds ground round beef
- 4 No. 2 cans kidney beans
- 4 tablespoons shortening
- 3 teaspoons sugar
- 2 medium size onions, sliced
- 1 bunch green onions including tops, diced
- 2 chopped green peppers
- 4 cups diced celery including leafy tops
- 3 No. 2 $\frac{1}{2}$ cans tomatoes
- salt and pepper to taste
- $\frac{1}{4}$ teaspoon cayenne pepper
- 1 bay leaf
- 6 whole cloves
- 2 or 3 tablespoons chili powder

Brown meat and onions in hot fat. Add tomatoes and seasonings. Add tomatoes and water for additional liquid. Season with chili sauce and ketchup to taste. Simmer 2 hours, stirring occasionally. Add beans, heat thoroughly. Serves 18.

REP. JAMES BATTIN OF MONTANA

NEBRASKA**FAMILY-STYLE NEBRASKA BEEF STEAK**

- 2 $\frac{1}{2}$ pounds top round of beef steak
- 1 small onion, thinly sliced
- 1 can cream of mushroom soup

Cut steak into serving pieces. Sear steak in large skillet or chicken fryer. Reduce heat and cook for about 10 minutes. Add onion slices and cream of mushroom soup diluted with water to make enough gravy to cover steak. Add salt and pepper if additional seasoning desired. Cover and continue to cook over low heat until steak is tender (20 to 30 minutes). Serves 4 to 6.

REP. GLENN CUNNINGHAM OF NEBRASKA

Higher (or Lower) Finance

Banking phenomenon: American interest is growing in the New Frontier's lack of principle.

NEVADA**WALNUT PIE**

- | | |
|--|---------------|
| 1 cup graham cracker crumbs (12 or 14) | |
| 1 cup white sugar | 3 eggs |
| $\frac{1}{2}$ cup walnuts | whipped cream |

Beat eggs. Then fold in sugar, a small amount at a time, and stir in crackers and nuts. Bake in greased pie pan at 350 degrees for 40 or 45 minutes. If it rises in the middle, knock it down. Put whipped cream on three or four hours ahead of time and place in refrigerator till ready to serve. Serves 6 to 8.

MRS. AMY J. GULLING

Republican National Committeewoman for Nevada

NEW HAMPSHIRE**CUSTARD PIE**

- | | |
|---------------|-------------------------|
| 5 eggs | $\frac{3}{4}$ cup sugar |
| 1 quart milk | vanilla |
| pinch of salt | nutmeg |

Beat eggs slightly, pour in nearly a quart of milk. Add salt, sugar and enough vanilla to flavor. Mix well, sprinkle top with nutmeg. Bake in deep pie tin in hot oven for first 10 to 15 minutes, then reduce heat until done.

REP. CHESTER E. MERROW, OF NEW HAMPSHIRE

NEW JERSEY**PORK CANTONESE**

- 2 pounds boned pork shoulder,
cut in one-inch pieces
- 1 can (3 or 4 oz) mushrooms
- 1 can (14 oz) pineapple chunks
- ½ cup unsulphured molasses
- 1 tblspn. soy sauce
- ¼ cup vinegar
- 2 green peppers cut in strips
- 2 medium onions sliced
- 1½ tblspns. corn starch
- 6 cups hot cooked rice
- ½ tspn. monosodium glutamate

Brown meat in a large skillet, drain mushrooms and pineapple chunks; combine and measure liquids. Add enough water to measured liquid to make two cups, add to skillet, bring to a boil. Cover, reduce heat and simmer one hour, stir in molasses, soy sauce, and vinegar. Add mushrooms, pineapple, green pepper and onion. Cook 15 minutes longer. Blend corn starch with small amount of water and monosodium glutamate; stir into hot mixture, cook, stirring until slightly thickened. Serve with hot cooked rice. Serves six.

REP. WILLIAM WIDNALL OF NEW JERSEY

NEW MEXICO**CARNE CON CHILE COLORADO**

- | | |
|------------------------------|------------------------|
| 1½ pounds boiling meat | 1 teaspoon oregano |
| 2 teaspoons fat | 1 clove chopped garlic |
| 8 tablespoons powdered chile | 1 cup meat stock—or |
| 1 teaspoon salt | 1 cup tomatoes |

Round steak cut in small cubes and browned in hot fat makes very good carne con chile. Boiling meat, however, imparts a particular flavor, which is not obtained otherwise. Avoid using meat with a great deal of fat. Genuine carne con chile must never have a greasy film. Cook meat until tender, but not too well done. Cut into small cubes. Fry in the fat until brown and then remove from fire. Add powdered chile or chile sauce. Season with salt, oregano and garlic. Add meat stock or tomatoes. Cook for half an hour. If chile powder is used, increase the meat stock or tomatoes 1 cup.

MRS. FRANCES LEE

Republican National Committeewoman for New Mexico

NEW YORK**NEW YORK APPLE CRISP**

- 1 quart sliced apples
- 6 tablespoons butter
- ¾ cup flour
- 1¼ cup brown sugar
- 3 tablespoons water

Place sliced apples in buttered casserole. Add water. Mix sugar, flour and butter. Sprinkle over top of apples. Cover. Bake in moderate oven (350°) ten minutes. Remove cover and continue baking until apples are done. Serve with whipped cream.

REP. HAROLD C. OSTERTAG OF NEW YORK

Successful Publisher

One Democratic Congressman has proposed that the Government simply print more paper money in order to meet its obligations. Most of it could be used to buy more printing presses.

NORTH CAROLINA**BRUNSWICK STEW**

- 1 pound stew beef
- 4 pound chicken or 2 guineas
- 1 gallon cold water
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 cups fresh okra (or frozen)
- 2 cups fresh lima beans (or frozen)
- 4 cups chopped tomatoes
- 2 onions sliced
- 4 large potatoes diced
- 4 cups fresh corn

Cook chicken or guineas slowly in the salted water until meat falls off bones. Remove bones and add okra, beans, tomatoes and onions. Cook very slowly for four hours. Add more water from time to time to make 5 or 6 quarts. Add potatoes and corn to mixture and cook about one hour. Stir often to prevent scorching. Use a heavy covered container.

REP. CHARLES RAPER JONAS OF NORTH CAROLINA

NORTH DAKOTA**BISHOP'S BREAD**

- 3 beaten eggs
- 1 cup granulated sugar
- 1 cup walnuts (do not break up)
- 1 cup Brazil nuts
- 1 cup Maraschino cherries(use whole)
- 1 bar Baker's sweet dot chocolate
(cut in quite large pieces)
- 1½ cups sifted flour
- 1½ teaspoons baking powder
- 1 cup dates, left whole

Mix in order given. Pour into two pans lined with waxed paper. Bake for one hour and 25 to 30 minutes at 325 degrees. Although Bishop's Bread really is a cake, it needs no frosting.

REP. HJALMAR C. NYGAARD, OF NORTH DAKOTA

About Posterity

A schoolboy was making a speech about the national debt. "It is too bad that future generations cannot be here at this time," he said, "to see the magnificent things we are doing with their money."

OHIO**RAPID RAREBIT**

- 1 small onion
- 1 pound of American cheese
- ¼ pound butter
- pinch of nepal or cayenne pepper
- 3 cans condensed tomato soup
- 2 boxes Uneeda Biscuit crackers
- paprika

Using top half of double boiler over direct flame, simmer finely chopped onion until opalescent, but not brown. Remove, stir in nepal or cayenne and dash of paprika. Assemble double boiler and pour in condensed soup and heat, stirring occasionally. Cut cheese into small bits and slowly stir in until melted and thoroughly blended. Place six to eight crackers on each plate and spoon mixture on top of crackers. Sprinkle with paprika and serve. Serves six.

REP. WILLIAM M. McCULLOCH, OF OHIO

OKLAHOMA**PEAS, PICKLE, AND PEANUT SALAD**

- 1 No. 2½ can of peas
- 3 or 4 small size sweet pickles
- ½ to ¾ cup of peanuts (salted peanuts can be used, but rub the salt off as much as possible)
- 1 tablespoon French's mustard
- 1 tablespoon sugar
- ½ cup cream (or half and half)

Drain the peas and put in a bowl. Put the pickles and peanuts through medium grinder. Mix the peas, pickles, and peanuts in the bowl; pour about a tablespoon of the liquid from the sweet pickles over it (or more to taste). Make a salad mixture of French's mustard, the sugar, and the cream. Mix it with the 3 P's (peas, pickles and peanuts).

REP. PAGE BELCHER OF OKLAHOMA

OREGON**COLUMBIA RIVER SALMON SAUCE**

- | | |
|-------------------------------------|------------------------|
| 1 cup commercial sour cream | ½ tblspn. lemon juice |
| 1 cup mayonnaise | ¼ tspn. paprika |
| 2 tblspn. tarragon vinegar | ½ tspn. salt |
| ⅛ tspn. freshly ground black pepper | 1 cup chopped cucumber |

Pare and remove seeds from cucumber. Add rest of ingredients. Mix well. Chill. Sauce may be used for salad greens as well as salmon and shellfish. Makes 3 cups.

REP. WALTER NORBLAD, OF OREGON

No Tip, But Advice

Washington cab drivers complain that the New Frontiersmen are poor tippers. All of which proves they're more careful with their own money than with ours.

PENNSYLVANIA**CHICKEN A LA KING ON POTATO PANCAKES****Pancakes:**

8 large potatoes
2 tspns. salt

1 tspn. flour
8 eggs

Chicken a la King:

1 cup sliced mushrooms	1/2 cup peas
1 cup milk	2 1/2 cups diced chicken
1 cup cream	1/2 cup chopped green peppers
1/4 pound butter	3 tblspns. pimiento
1/4 cup flour	salt, pepper and paprika

Mix pancake ingredients and let stand while chicken a la king is prepared as follows: Lightly brown mushrooms and green peppers in butter. Add flour and stir until smooth. Pour into double boiler, add milk and cream, stirring continuously to avoid lumping. Add chicken, pimientos and peas and season to taste with salt and pepper. Keep over low heat. Drop pancake mixture in small portions (about the size of a silver dollar) onto hot, greased pan. When brown, turn over and repeat process. Pour chicken a la king on pancakes, sprinkle with paprika and serve. Serves 8 to 10 persons.

REP. ROBERT J. CORBETT, OF PENNSYLVANIA

RHODE ISLAND**NARRAGANSETT BAY CLAM CHOWDER**

1 quart shelled clams and juice
(quahogs may be substituted)
2 tablespoons butter
3 medium sized onions chopped up fine
4 potatoes—diced
1 pint milk
1/2 pint cream
salt and pepper

Cook onions in butter on low heat until soft (don't brown). Turn and cover. Cook potatoes until just tender. Put clams through the meat grinder, keeping all juice. Put onions, clams and juice into large saucepan. Just bring to a boil. Strain potatoes and add. Put in 1 pint milk and 1/2 pint cream, add salt and pepper to taste. Heat and keep warm but just under boiling point, preferably over double boiler. Piece of salt pork may replace butter if desired. Even better the next day, reheated.

MRS. D. ELDRIDGE JACKSON
Republican National Committeewoman for Rhode Island

SOUTH CAROLINA**CHARLESTON LIGHT DRAGOON'S PUNCH**

The astounding quantities of this recipe seem to fit well with its hard riding title. It is just as good made in less terrifying proportions. This recipe used to be made before the Civil War when the cotton buyers from England and France and the North came to Charleston. This is distinctively a Charleston punch and was popular at the Jockey Club balls, at weddings and it is still the most popular punch at parties.

4 cups granulated sugar	4 quarts California brandy
juice of 2 dozen lemons	1 quart Jamaica rum
4 quarts black tea	1/2 pint peach brandy
peel of six lemons cut in very thin slivers or curls	

Mix in order given. Add sparkling water just before serving.

RICE

Charleston was the birthplace of rice in America. The first seed was brought to the province of Carolina about 1685. This rice had been raised in Madagascar, and a ship sailing from that island put into the port of Charles Town when in distress. The captain of the ship, John Thurber, made the acquaintance of Dr. Henry Woodward, one of the leading citizens, and gave him a small quantity of rice, less than a bushel. This started the rice industry, which flourished for over two centuries. These seeds were cultivated, due to soil and climate, to the highest perfection, and became world famous as Carolina Gold Rice. This is one of the recipes which has passed from generation to generation.

WILD RICE CASSEROLE

1 cup wild rice
1 10-ounce can condensed consomme
salt and pepper to taste
1 tablespoon butter
1/2 pound mushrooms

Wash rice carefully, pick over and remove chaff. Place in a broad shallow casserole and cover with can of consomme—let stand 3 hours. Then bake, covered, in oven (350° F.) for about 45 minutes, adding a little water if rice becomes too dry. Add 1 tablespoon butter and 1/2 pound small mushrooms which have been sauted in a little butter. Lightly mix with a fork. Uncover rice at the last and let dry out a little; lower oven to 300° F. No crust should form but all liquid should be absorbed. This is a delicious buffet supper dish. Serves four.

MRS. A. DABNEY BARNES
Republican National Committeewoman for South Carolina

SOUTH DAKOTA**SOUTH DAKOTA PHEASANT**

1 pheasant
flour
pepper
 $\frac{1}{2}$ cup fat
water

Clean pheasant and cut into serving pieces. Roll in flour, salt and pepper and brown slowly in heavy frying pan in hot fat. Remove to heavy roaster with tight fitting lid and add water to drippings in frying pan. Heat water until all crusty bits are loosened and pour over bird in roaster. Cover and bake at 300 degrees for 2 or 3 hours. Turn pieces occasionally and add water as necessary during baking period.

REP. BEN REIFEL, OF SOUTH DAKOTA

We Owe Our All

We're all indebted to the Kennedy Administration—even generations as yet unborn.

TENNESSEE**QUAIL FOR AUTUMN**

6 quail
soda
flour
salt
pepper
 $\frac{1}{2}$ cup butter
1 tblspn. shortening

Clean quail and wash in cold water with a little soda. Rinse in pure water and dry, inside and out. Dredge quail lightly in flour, salt and pepper. Heat butter and shortening until hot as possible without scorching. Add birds and brown fast at 400 degrees to seal in juices. Keep turning. Lower oven temperature to 325 degrees, add one cup of water, cover and cook until tender. Add water as needed while in oven. After water is gone, place quail, breast-side down, in butter over low flame on top of stove until brown. To make gravy to go with quail, remove birds, stir tablespoon of flour into remaining butter, add one to 1- $\frac{1}{4}$ cups water and simmer, scraping all the brown coating from bottom of pan. Stir and cook until thick.

REP. HOWARD BAKER, OF TENNESSEE

TEXAS**BAKED HAM A LA ALGER**

1 smoked ham
1 box of cloves
 $\frac{1}{4}$ cup prepared mustard
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ cup sherry
1 can sliced pineapple
1 small jar cherries

Place ham in roaster, fat side up. Score upper side of ham in squares. Place a whole clove in each square. Mix prepared mustard and brown sugar well and cover ham. Add sherry, being careful not to wash off sugar-mustard coating. Bake in covered roaster until almost done (a little less than 20 minutes per pound), basting every half-hour with sherry and drippings in bottom of pan. Remove and add pineapple slices and cherries to make a decorative pattern. Place back in oven and bake another half hour.

REP. BRUCE ALGER, OF TEXAS

New Frontier Certainty

Under the present Administration, only two things are certain—debt and taxes.

UTAH**CRAB CASSEROLE**

2 cups mayonnaise
1 pound fresh crab or 2 cans crab
2 cups soft bread crumbs
8 diced hard boiled eggs
2 tablespoons chopped parsley

Mix together thoroughly. Sprinkle 1 cup buttered crumbs on top. Place in uncovered casserole. Bake at 325° F. for 1 hour. Serves 10.

SEN. WALLACE F. BENNETT OF UTAH

Seat of Government

With the rocking chair as the symbol of the New Frontier, this question is most asked by visitors to the White House: "Is the President on or off his rocker?"

VERMONT**PANCAKES WITH VERMONT MAPLE SYRUP**

- 2 cups well-sifted flour
- 1 tspn. salt
- 4 tspns. baking powder
- 2 tspns. sugar
- 1 tspn. vanilla
- 4 eggs
- 2 cups (or more) of milk
- Vermont dairy butter
- Vermont maple syrup

Sift baking powder, salt, sugar with flour. Beat eggs and vanilla and add to flour mixture. Stir in milk slowly and thoroughly to eliminate all lumps. Add more milk if thinner consistency is desired. Add four tablespoons melted butter. Pour on hot, greased griddle. When brown, flip and repeat. Serve in stacks, with plenty of butter between cakes and cover abundantly with Vermont maple syrup. Serves eight.

REP. ROBERT T. STAFFORD, OF VERMONT

Our Whom the Waist Begins

One of the first things the average American is willing to sacrifice is his diet.

VIRGINIA**VIRGINIA SPOON BREAD**

- 1 cup corn meal
- 2 cups cold water
- 1 1/2 teaspoons salt
- 1 cup sweet milk
- 2 eggs
- 1 1/2 tablespoons melted shortening

Sift corn meal and salt together in pan with cold water. Cook over medium heat until it thickens, stirring constantly. Beat together milk, eggs and melted shortening until light. Add to mush mixture. Bake in well greased pan in moderate oven 30 to 45 minutes. Serves 8.

REP. RICHARD H. POFF OF VIRGINIA

WASHINGTON**APPLE TORTE**

- 2 large Winesap apples
- 1/2 cup nutmeats
- 1 egg
- 1 cup sugar
- 1 teaspoon baking powder
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1 teaspoon fresh lemon juice

Peel, core and slice apples. Place with nutmeats in a chopping bowl and chop together until in small pieces. Sprinkle with lemon juice. Sift together sugar, baking powder, flour and salt and add to beaten egg. Bake 25 minutes at 350° F. or until a crust forms and apples are tender. Serve warm, topped with ice cream. Serves 6.

REP. WALT HORAN OF WASHINGTON

WEST VIRGINIA**HAM LOAF**

- 2 1/2 pounds ham
- 2 1/2 pounds lean pork
- (have ground together)
- 2 1/2 cups bread crumbs, no crust
- 2 eggs
- milk
- pepper
- 1/2 cup vinegar
- 3/4 cup light brown sugar
- 1 tspn. dry mustard
- 1/2 tspn. cloves

Mix ham, pork, bread crumbs, eggs, pepper and enough milk to make mixture moister than ordinary meat loaf. Shape into small individual loaves or one or two large loaves. Mix remaining ingredients into a sauce and pour over loaves before placing in oven. Bake 1 hour at 350 degrees, basting occasionally.

REP. ARCH A. MOORE, JR., OF WEST VIRGINIA

Chiropractic Inaction

The Twist is still the favorite dance of the New Frontier. A beautiful and alluring series of movements—with no visible progress.

WISCONSIN**SCALLOPED CABBAGE, SPAGHETTI,
AND WISCONSIN CHEESE**

- 1½ cups spaghetti broken in small pieces
- 3 tablespoons flour
- 3 tablespoons butter
- 2 cups of milk
- 1 teaspoon salt
- ½ pound of sharp Wisconsin cheese
- 1 quart shredded cabbage
- 1 cup buttered bread crumbs

Cook the spaghetti in boiling salted water for 20 minutes, and drain. Make a sauce of the flour, fat, milk and salt. Grate the cheese on a coarse grater, add to the hot sauce and stir until melted. Put the shredded cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake for 25 minutes in a 350° F. oven. (More grated cheese may be put on top with the buttered crumbs if desired.)

REP. MELVIN R. LAIRD OF WISCONSIN

No Debt Problems

"I wish you had the spunk the Government's got," ranted the wife to her husband. "They certainly don't let being in debt keep them from spending."

WYOMING**BAKED LIMA BEANS FOR COOKOUT**

- 3 cups lima beans
- 2 tblspns. molasses
- 3 tblspns. brown sugar
- 1 tspn. salt
- ½ tspn. dry mustard
- 5 slices of bacon

Soak beans overnight. Drain and cook in fresh water until tender. Drain again, but save liquid. Place beans in bean pot or casserole. Mix in a cup of molasses, sugar, salt, dry mustard and remaining liquid. Pour over beans and top with bacon. Bake in moderate oven two hours. Serves 6 to 8.

REP. WILLIAM HENRY HARRISON, OF WYOMING

Cornucopia

It really looks like the New Frontier is going to make this a land of plenty—owe plenty, tax plenty, spend plenty and waste plenty.

GEN. EISENHOWER'S BEEF STEW

For 60 portions, use the following ingredients:

- | | |
|-------------------------|---------------------------|
| 20 pounds stewing meat | 5 pounds small onions |
| (prime round) | 15 fresh tomatoes |
| 8 pounds small Irish | 1 bunch bouquet garniture |
| potatoes | 3 gallons beef stock |
| 6 bunches small carrots | salt, pepper, and Accent |

Stew the meat until tender. Add the vegetables and bouquet garniture (thyme, bay leaves, garlic, etc. in cloth bag). When vegetables are done, strain off 2 gallons of stock from the stew and thicken slightly with beef roux. Pour back into stew and let simmer for ½ hour.

To adapt above recipe to average family use (6 portions), use one-tenth of the ingredients listed.

Index

- | | | |
|---|------------------------------------|--|
| Alaskan Crab or Salmon Souffle—1 | Curry, Indian Shrimp—4 | Narragansett Bay Clam Chowder—20 |
| Arizona Date Cake—2 | Custard Pie—15 | New York Apple Crisp—17 |
| Arkansas Rice Dressing—2 | Date Cake, Arizona—2 | Pancakes, Sour Dough—6 |
| Apple Cake, Hoosier—7 | Delaware Oven Fried Chicken—4 | Pancakes With Vermont Maple Syrup—24 |
| Apple Crisp, New York—17 | Dressing, Rice—2 | Paticcio Di Lasagne Verdi Al Bolognese—11 |
| Apple Torte—25 | Eggnog Or Rum Pie—8 | Peas, Pickles And Peanut Salad—19 |
| Baked Ham Ala Alger—23 | Family-Style Nebraska Beefsteak—15 | Pheasant, South Dakota—22 |
| Baked Lima Beans For Cookout—26 | Favorite Honey Dressing—13 | Pork Cantonese—16 |
| Beef (or Venison) Stew, Michigan—12 | Gen. Eisenhower's Beef Stew—27 | Quail For Autumn—22 |
| Beef Stew, Gen. Eisenhower's—27 | Georgia Sweet Potato Souffle—5 | Rapid Rarebit—18 |
| Bishop's Bread—18 | Grandma's Chocolate Cake—8 | Rice—13, 21 |
| Brunswick Stew—17 | Gumbo, Hope Farm—13 | Rice Dressing, Arkansas—2 |
| Cabbage, Scalloped, Spaghetti and Wisconsin Cheese—26 | Ham, Baked Ala Alger—23 | Rice, Tuna and Cheese Sauce—14 |
| Carne Con Chili Colorado—16 | Ham Loaf—25 | Salmon Or Crab Souffle—2 |
| Casserole Dish—3 | Honey Dressing, Favorite—13 | Scalloped Cabbage, Spaghetti and Wisconsin Cheese—26 |
| Charleston Light Dragoon's Punch—20 | Hoosier Apple Cake—7 | Shrimp Curry, Indian—4 |
| Chicken Ala King On Potato Pancakes—20 | Hope Farm Gumbo—13 | Sour Dough Pancakes—6 |
| Chicken A La Florida Orange—5 | Hush Puppies, Kentucky—9 | South Dakota Pheasant—22 |
| Chicken Breasts, Paprika—7 | Indian Shrimp Curry—4 | Southern Fried Chicken—1 |
| Chicken, Delaware Oven Fried—4 | Jambalaya—9 | Spoon Bread, Virginia—24 |
| Chicken Luau—6 | Kentucky Hush Puppies—9 | Steak McNamara—3 |
| Chicken, Southern Fried—1 | Kidney Stew—10 | Steak, Nebraska Family-Style—15 |
| Chile, Christmas Eve Mild—14 | Lasagne Verdi Al Bolognese—11 | Sweet Potato Souffle, Georgia—5 |
| Chocolate Cake, Grandma's—8 | Lima Beans, Baked For Cookout—26 | Venison (Or Beef) Stew, Michigan—12 |
| Clam Chowder, Narragansett Bay—20 | Lobster Pie, Maine—10 | Virginia Spoon Bread—24 |
| Columbia River Salmon Sauce—19 | Michigan Venison Or Beef Stew—12 | Walnut Pie—15 |
| Crab Casserole—23 | | Wild Rice Casserole—21 |
| Crab Or Salmon Souffle—1 | | |

A Declaration of REPUBLICAN Principle and Policy

I. BASIC BELIEFS OF REPUBLICANS

Republican philosophy is rooted in the traditions of this land of ours—in the Declaration of Independence that made this country free, in the Constitution that has kept it free, and in the free men and women who have made it the greatest nation on earth.

Republican philosophy rests on the doctrines that the individual has a God-given dignity and that government exists to serve him.

We Republicans hold these five principles as basic beliefs:

INDIVIDUAL LIBERTY

We believe in the individual's right and capacity to govern himself—to set his own goals—to make his way to them without the restraints of dictatorship or paternalism.

LIMITED GOVERNMENT

We believe that the basic function of government is to maintain an environment in which the individual can freely develop powers of mind, heart and body with which his Creator endowed him. We believe that government should do for the people only the things they cannot do for themselves.

DIFFUSION OF POWER

We believe that the Federal Government should act only when the people are not adequately served by state or local governments. We believe in separation of the powers of government. We believe in a system of checks and balances to prevent a monopoly of power in any branch of government.

GOVERNMENT WITH A HEART

We believe that government must act to help establish conditions of equal opportunity for all people and to help assure that no one is denied the requisites for a life of dignity.

GOVERNMENT WITH A HEAD

We believe that government must prudently weigh needs against resources, put first things first, rigorously tailor means to ends, and understand the difference between words and deeds. The future will be built by those who work for it—not by those who only promise it.

GERALD R. FORD

Member of Congress

5th District, Michigan



