



RATIONADE

A WAR-TIME COOK BOOK

Guaranteed to Perk

Prune Coffee Cake

6 to 8 stewed prunes, sliced
2 cups sifted enriched flour
1 tablespoon baking powder
1 teaspoon salt
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup evaporated milk
 $\frac{1}{2}$ cup juice from stewed prunes
Sugar and cinnamon

Sift flour with baking powder, salt and the $\frac{1}{4}$ cup of sugar. Work in shortening until mixture resembles coarse meal. Mix the prune juice with the milk and add to flour mixture, stirring thoroughly but quickly.

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High Altitude Recipes with Low number Ration Points

Compiled by

The Scribblers' Club of the Junior League of Denver

"BUT CIVILIZED MAN CANNOT LIVE WITHOUT COOKS"

And civilized woman cannot live without cook-books! So here is a little cook-book for the civilized woman of today; for the ration-bound woman who has to make cream puffs without cream, butter-rolls without butter, and who must get her family to eat meat substitutes and like them!

Not all of our recipes are entirely point free, but they are all very easy on the ration books. And we are sure that each of them will give a lift to war-time cooking, and a zest to rationed eating!

To our many friends who have given us recipes, and to Ada Nevill who did the illustrations for our little book, we of the Scribblers Club say a hearty and affectionate "Thank You."

Caroline Bancroft
Mary McCord Brown
Mary Frances Brock
Olga Demarest

Mary Jane Downing
Katharine Fuller
Marion Gustin
Audrey Klock

Sara Platt Martin
Margaret Mead
Dorothy G. Sanborn
Polly Spalding