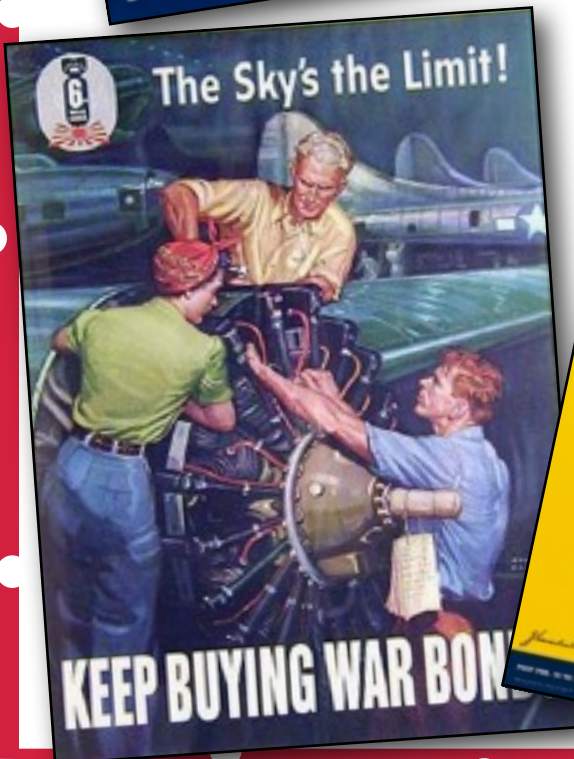


ROSIE THE RIVETER'S LEGACY COOKBOOK



APPETIZERS

CHEESE POTATO PUFFS

1½ cup cooked, well-seasoned
mashed potatoes
½ cup cooked and mashed turnips
½ cup grated American cheese
1 tablespoon finely minced onion
1 teaspoon salt and ½ teaspoon pepper
1½ cups cereal, slightly crushed
(Post's Corn Toasties, or Grape
Nuts Flakes or Post's 40%
Bran Flakes)



Combine potatoes, cheese, and onion, and mix thoroughly. Shape into balls; roll in slightly crushed cereal flakes. Bake on greased baking sheet in hot oven (400° F.) 20 minutes. Makes 9 large or 18 small puffs.

“If you are not salvaging your kitchen fats, begin now—this very day. Millions of pounds of waste fat are needed to produce the glycerin used in making gunpowder, and other munitions. A dangerous shortage threatens because many of you have been shirking this job.” *How to stretch your meat, butter and shortening*, 1943

Dear Uncle Sam,

It's more than two years since I wrote you about my food rules for helping the War Effort, remember? And think of all that's happened since, thanks to you and our grand boys!

I'm writing again, Uncle Sam, because I want you to know that I'm with you 100%, especially on that long-line food supply goes out over the seven seas.

Here are the Win-the-Peace Food Rules I'm sending out to friends.

1. Stick to plain, wholesome food. This means more soups, stews, meat loaves, fish, cereals, beans, peas, and lots of fresh-grown foods. Remember, there's always good bread and milk to round out the menu.

2. Work harder planning, buying, and cooking. Pick foods that are good for health. Then learn different ways to serve them that will make the family happy.

3. Buy the most for the money, that is, products that are good every time, that give good nourishment, and save time and fuel. (Remember to read the packages for the facts.)

4. Know what's going on about food, so you can plan intelligently. Get your share then make it answer your needs.

5. Use that old American ingenuity. Make the things you can get pinch-hit for the things you can't get. But keep your mind on good nutrition for the family and never waste a morsel.

Your loving niece,

Victorianna

Excerpted from General Foods cookbook, 1943. During World War II, many foods, including sugar and meats, were rationed and everyone looked for alternatives.

POTATO FINGERS

4 tablespoons flour

1 pound mashed potatoes

1 teaspoon salt and ½ teaspoon pepper

Pinch dried thyme and dried oregano

In large bowl, mix flour with potatoes. Do not over-mix. [This is an excellent way to use leftover mashed potatoes.]

Shape mixture into elongated fingers (about 10), glaze with egg or milk. Sprinkle with an extra pinch of salt and some mixed dried herbs just



before baking.

Place fingers on a greased baking sheet and put in hot oven (475° F.). Bake 15 minutes until outside is crispy and lightly browned.

Serve while warm.

Makes 10 fingers.



SALADS

CUCUMBER AND ONION SALAD

4 cucumbers

1 onion

1/2 c vinegar

1/2 c water

2 T sugar

Wash and dry cucumbers. If skin is tough, peel.* Slice thinly. Cut onion in half. Slice into thin half moons and separate. Put sliced cucumbers and onions into a bowl and stir. In a mixing bowl or large measuring cup, combine vinegar, water, and sugar. Pour over cucumber/onion mixture. Stir. Put in refrigerator for at least an hour. Covered, the salad will last for multiple days.

*If leaving skin on, run the tines of a fork from top to bottom, repeating until all the way around the cucumber. This leaves a decorative effective on the cucumber slices.



SHORE PATROL SALAD*

1 head of romaine or iceberg lettuce, washed in cold water and well dried

1 onion thinly sliced

3-4 green onions, sliced

4 slices of bacon, cut into small pieces

2 T vinegar

2 T water

1 T flour

1 T sugar

Salt and pepper to taste

Chop the lettuce. Fry onions and bacon in skillet until brown. Remove onions and bacon, leaving the fat in the skillet -- approximately 2 T. Mix vinegar and water in a small container and set aside. Add flour into bacon drippings in the skillet, stirring over low heat until smooth. Add vinegar and water mixture slowly to the flour/drippings, stirring until it comes to a boil. Boil for 2 minutes and then add sugar, salt and pepper. Combine the lettuce, onions and bacon pieces. Add hot dressing and toss. Top with sliced green onions. Serves 2.

* I believe this is similar to the recipe found in the Army Cookbook: Army Recipes, dated August 15, 1944.

My family learned how to make it after eating Shore Patrol Salad at Hardy's Owl Cafe in Oklahoma City. The inspiration came from a sailor who arrived for dinner one evening and requested wilted lettuce. When the restaurant owner asked how to make it, the sailor agreed to go into the kitchen to show how it should be done.

The restaurant co-owners loved the dish and put it on their regular menu, calling it Shore Patrol Salad.

My mother made the salad frequently when I was growing up. She often picked ingredients from her garden having started the practice during WW2 when she had a victory garden.



MAIN DISHES

WORKING WOMAN'S CORN CHOWDER

2 tablespoons fat
¼ teaspoon each, thyme and paprika
1¾ teaspoons salt and 1 teaspoon pepper
½ cup chopped onion
½ cup minced celery
½ cup diced carrots
1 cup diced, cooked potatoes
1 cup water
½ teaspoon sugar
1 cup cooked corn
2½ cups milk
4 tablespoons flour



Melt fat in saucepan; add thyme, paprika, salt and pepper. Stir.

Add onion, celery, carrots and cook 10 minutes, stirring frequently; then add flour and stir.

Add water and stir.

Add milk and stir. Cook for 10 minutes.

Add corn and cook for an additional 10 minutes over low heat. Stir so that it doesn't stick.

Makes 6 servings.

BAKED VEGETABLE HASH

1 pound (or less) ground chuck
2 cups raw grated carrots
2 cups raw grated potatoes
1 medium onion, finely chopped
1 teaspoon salt
¼ teaspoon black pepper
1 chopped green pepper (optional)
1 can cream of mushroom soup
½ soup can of milk

Combine all ingredients; place in two-quart casserole or oblong baking dish. Bake in preheated 350° oven for two to two and one-half hours. Do not try to shorten the time in the oven as it usually takes more than two hours for the carrots to cook.

Yields 4-6 servings.



Coloring Margarine

"Use a big bowl when you color the margarine. Soften to room temperature—important! Do not heat—you'll destroy its texture. Put on the coloring. Work in easily with blending fork or wooden spoon. ...Two minutes and the job's all done." ~*Better Homes and Gardens*, December 1943

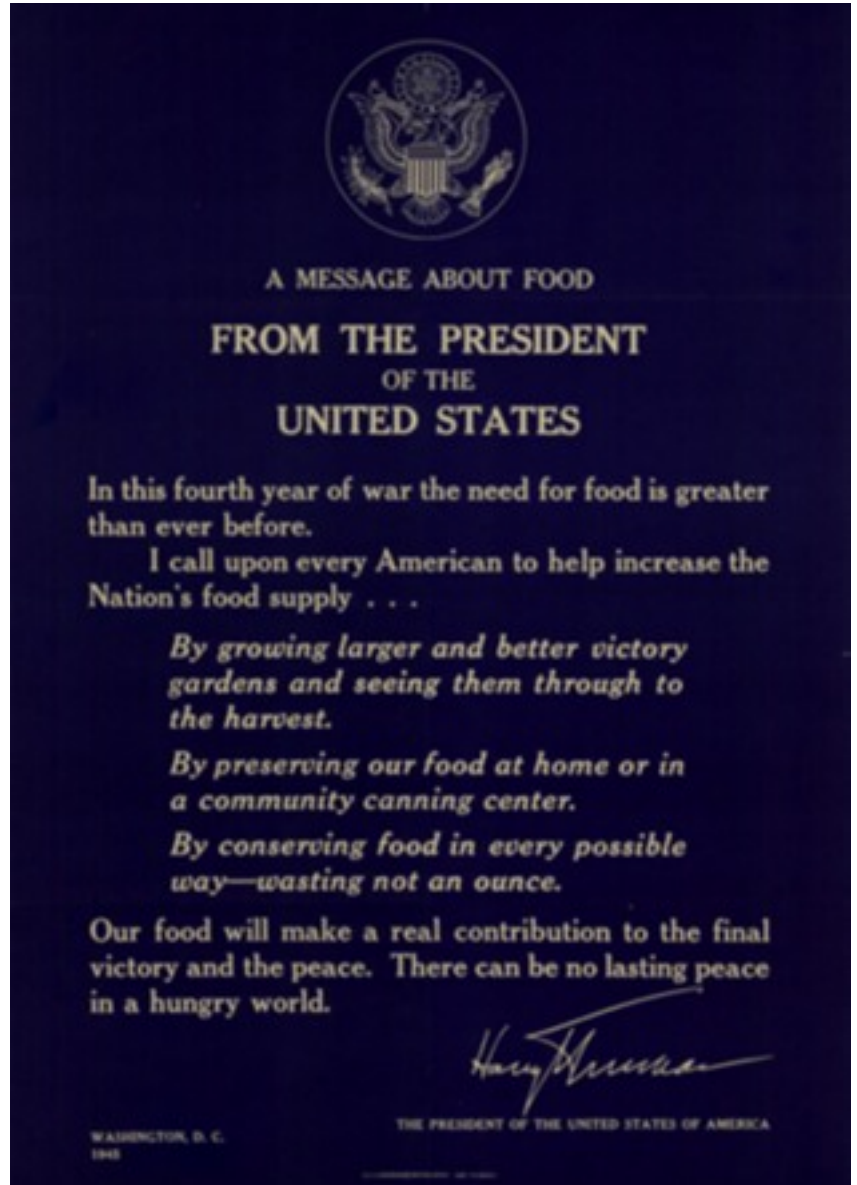
SPOON BREAD

1 cup cornmeal
2 cups cold water
2 teaspoons salt
1 cup milk
2 or 3 eggs
2 tablespoons fat

Mix cornmeal with water and salt in saucepan. Bring to boil and cook for 5 minutes. Let cool for 15 minutes. Combine milk and well beaten eggs. Add mixture to cooled cornmeal. Add fat (such as bacon fat or shortening).

Pour into well-greased cast-iron skillet that has been preheated in hot oven for 2 minutes. Bake for 50 minutes at 375°. Serve immediately.

Main Dish Options: It is easy to turn spoon bread into a main dish. Add 1 cup finely chopped or ground ham or ½ cup grated cheese after adding the milk-egg mixture. Stir well to incorporate.



“Save the liquor that remains when vegetables are cooked. It’s rich in vitamins and minerals; adds flavor to sauces, gravies, vegetable cocktails. Keep it in a covered jar in your refrigerator.” ~Frigidaire Advertisement, 1943

RATION-BOOK-EXTENDER MEAT LOAF

1½ pounds ground chuck
 ¾ cup soy flour
 ⅓ cup tomato juice
 1 egg, lightly beaten
 ¼ cup onion, finely chopped
 ¼ cup green bell pepper, finely chopped
 ¼ cup ketchup
 2 tablespoons prepared horseradish
 1 tablespoon prepared mustard
 1 tablespoon Worcestershire sauce
 1 teaspoon salt
 ¼ teaspoon black pepper

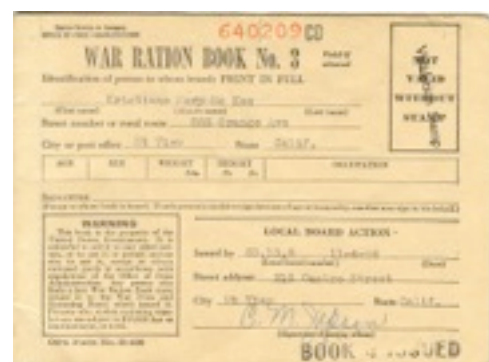


Grease a 9-inch loaf pan.

Combine all ingredients in a bowl and stir to combine.

Put mixture into loaf pan and bake at 350° about 1 hour or until center feels firm when pressed.

Cool in pan for 5 minutes. Invert pan onto platter; slice into 8 pieces and serve immediately.



CRISPY BAKED EGGS

1 tablespoon shortening or bacon fat

2 cups Corn Toasties, Grape-Nuts Flakes, or Post's 40% Bran Flakes

6 eggs

½ teaspoon salt

Dash of black pepper

Pour butter or bacon fat over cereal flakes and toss lightly to distribute evenly. Arrange flakes to form a nest in each section of greased muffin pan. Break eggs, slipping one into each nest. Sprinkle with salt and pepper. Bake in slow oven (325° F.) 20 minutes, or until eggs are firm. To serve, loosen with knife and lift out gently onto plate.

[By using bacon fat for flavor with crisp flakes, this makes an excellent bacon (flavor)-and-egg dish.]

Makes 6 servings.



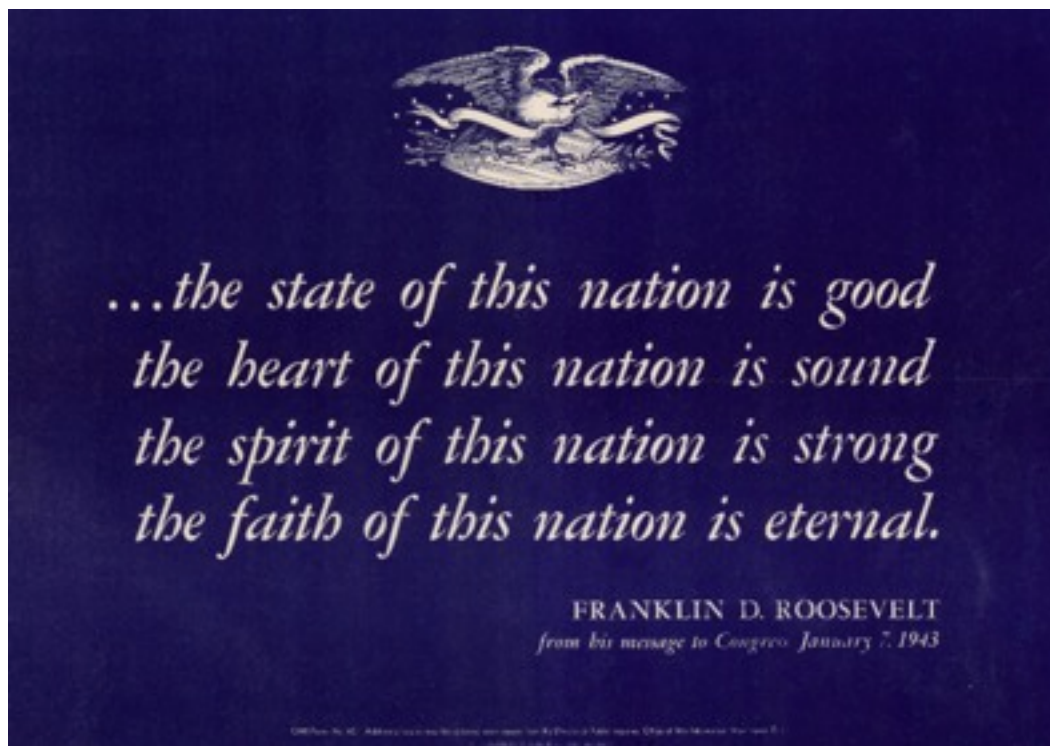


MOCK SAUSAGE PATTIES

- 1 cup lentils
- 2 cups water
- 1 egg
- ¼ cup milk
- 1 cup Grape Nuts
- 2 tablespoons chopped onion
- 1 teaspoon salt
- ½ teaspoon rubbed sage
- ¼ teaspoon allspice
- ¼ cup flour
- Pepper, to taste
- Bacon fat or shortening for frying

Cook lentils in water until tender and water has evaporated (approximately 30-40 minutes).

Beat egg and milk together. Stir in Grape Nuts, onion, and spices. Fold cooked lentils into cereal mixture. Divide into 12 portions; shape each into a 3 inch round and coat with flour. Heat shortening in large skillet. Fry patties until brown on both sides.



VICTORY PANCAKES

Pancakes:

1 cup flour
1 teaspoon baking powder
½ teaspoon salt
¼ teaspoon black pepper
1 cup thinly sliced fresh spinach,
packed
1 cup thinly sliced lettuce, packed
1 cup carrots, grated
1 cup potatoes, grated
¼ cup onion, grated
2 eggs, lightly beaten
Vegetable shortening for frying

Combine first four ingredients in a small bowl.

Combine spinach, lettuce, carrots, potatoes, and onion in a large bowl. Stir in dry ingredients and eggs just until combined.

Melt shortening in a large heavy skillet or griddle. Drop about ¼ cup vegetable mixture into skillet and spread to make a 3¼ inch pancake. Repeat with as many pancakes as can easily fit in skillet. Fry until golden brown on each side. Remove pancakes to a baking sheet and keep warm in 200° F. oven until all the batter has been used.

Cheese Sauce: Combine 2 tablespoons cornstarch, 1 t dry mustard, ¾ teaspoon onion salt in saucepan; gradually stir in milk. Bring to a boil over low heat, stirring until thickened. Add cheese and keep warm until ready to serve with pancakes.



ROSIE'S POLKA DOT SOUP

2 onions sliced
4 carrots sliced
3 potatoes, peeled and sliced
2 tablespoons bacon fat or vegetable shortening
2 bunches beets

Melt shortening in skillet, add first three ingredients and cook for 15 minutes.

Boil beets from 2 bunches for 30 to 40 minutes.

(Save greens for another meal.) Remove the skins (under cold water). Slice cooked beets. Put 8 cups water into saucepan. Add beets to water as well as vegetables cooked in skillet. Cook for 30 minutes, covered.

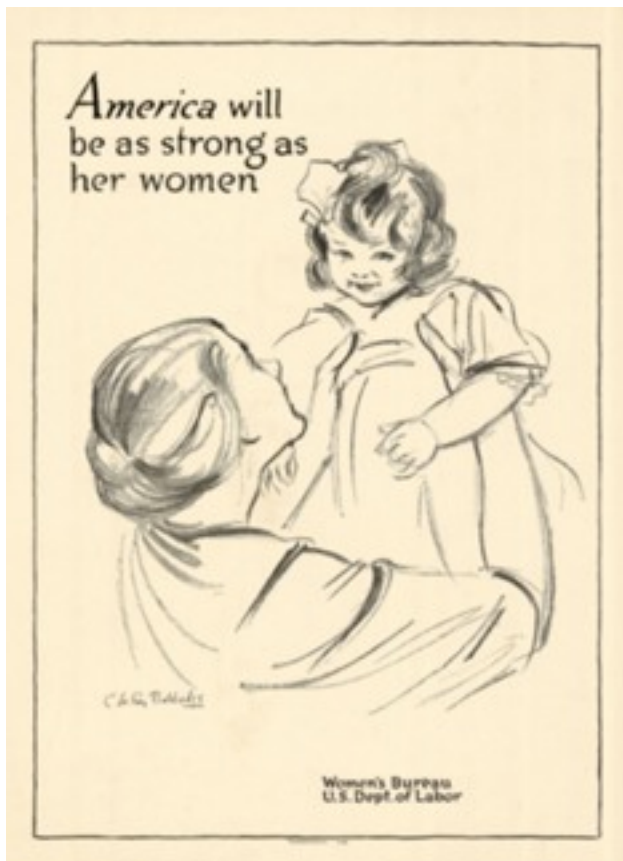
In Foley food mill, puree the soup. Return to saucepan to warm. After serving in bowls, put thick sour cream in pastry tube and add polka dots to Rosie's soup.



DESSERTS

ROSIE THE RIVETER'S COOKIES

2½ cups flour
½ teaspoon cinnamon
½ cup sugar
½ cup shortening
2 tablespoons blackstrap molasses
1 egg



Stir the first three ingredients in a bowl. Cut in shortening. Add molasses and egg and stir.

Using a medium-sized cookie scoop, form cookies and place on greased cookie sheet. Use your thumbs to press the cookie creating a well in the center.

Fill well with strawberry jam (not preserves) or raspberry jam. [You need the red color from the fruit--the redder the better.]

Bake 10-15 minutes at 350°. Cool cookies.

Just before serving, place sour cream in pastry tube. Add white sour cream polka dots to Rosie's cookies. Serve on a special family plate.

CARROT COOKIES

1 tablespoon shortening
2 tablespoons sugar
¼ teaspoon vanilla
4 tablespoons carrot, grated
6 tablespoons flour
½ teaspoon baking powder

Cream the fat and sugar until light. Stir in the vanilla and carrots. Fold in the flour and baking powder. Stir. Make 12 to 15 small balls. Place balls on a lightly oiled baking tray and flatten. Sprinkle with sugar and bake for 10 minutes at 375° F.



**Recipe from Army Cook*

sugar, salt, allspice, cinnamon, ginger, nutmeg, and cornstarch. Add to carrots. Add milk to carrot mixture. Stir. Add eggs and mix. Let sit for 1 to 2 hours before putting in a pie shell and baking at 350° for 45 minutes. Check that crust does not brown too much.

CARROT PIE*

2 lbs. carrots, cleaned
1/2 cup brown sugar
1/2 teaspoon salt
1/4 teaspoon allspice
1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1 tablespoon cornstarch
1/2 c milk
3 eggs
1 unbaked pastry shell

Cover carrots with boiling water. Heat to boiling and simmer 15-20 minutes until tender. Drain. Mash carrots and rub through sieve to remove lumps. Combine

COFFEE CAKE

1 cup sugar

1 egg

1 cup sour cream (or 1 cup milk + 1 T apple cider vinegar)

2 cup flour

1 teaspoon soda

1 teaspoon cinnamon

Cinnamon-sugar-flour-butter mixture to sprinkle on top. (2 tablespoons butter, 2 tablespoons sugar, 2 tablespoons flour, 1/2 teaspoon cinnamon)

Cream together first three ingredients. Add flour, soda, and cinnamon. Pour into a well-greased small round cake pan. Sprinkle topping mixture over batter. Bake in a 375° oven for 20 to 25 minutes. Check for doneness.



Serve this delicious coffee cake while still warm along side of a cup of coffee or hot chocolate in a favorite Rosie the Riveter mug or other treasured cup.

A NOTE from Matilda Butler and Kendra Bonnett at RosiesDaughters.com.

We hope you enjoy these World War II recipes and will have fun making some of them. Perhaps you'll even host a Rosie the Riveter party.

And if you want your own Rosie Gear, please visit our RosiesLegacyGear store on [Etsy.com](https://www.etsy.com/shop/RosiesLegacyGear)

Here are a few of our authentic Rosie the Riveter items available on Etsy:



[Authentic Rosie the Riveter Legacy Bandana](#)

Vintage style, large, red and white polka dot square bandana/headscarf, researched and designed by us to be just like the one worn in the "We Can Do It!" WW2 poster.



[Authentic Employment Badge/Collar Pin](#)

All New! Historically accurate edition of Rosie the Riveter's Employment Badge Collar Pin. All Rosies had to wear an employment badge while at work. Ours is modeled after those worn by the real Rosies at the Westinghouse Electric Service factory where the original "We Can Do It!" poster hung in 1943.



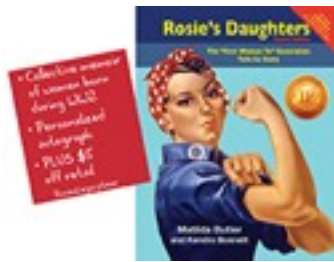
[Rosie the Riveter Poster](#) (Two Sides for More Fun)

ROSIE THE RIVETER PRINT Side 1: "We Can Do It" poster, easy to frame. Side 2: Rosie removed, so strike your best DIY Rosie pose for photos and parties.



[Rosie the Riveter Temporary Tattoos](#) (Two)

Fun Full Color Rosie the Riveter temporary tattoos. (1) Rosie with stars in the background and "I Can Do It" motto. (3"x4"). (2) Our signature logo-Rosie's silhouette on a red background with the motto, "We Can Do It...Pass It On" (1.5"x2.5"). Easy application.



[The Award-Winning Book that Started It All: Rosie's Daughters: The "First Woman To" Generation Tells Its Story, Second Edition](#)

Rosie's Daughters, four-time award-winning breakthrough collective memoir about the generation of women that broke through centuries of limitations to take their place in the world.



[Rosie Bandana for Your Dog AND Dog Dish Diet, Award-Winning Book for Your Dog's Health](#)

Get the award-winning book: Dog Dish Diet: Sensible Nutrition for Your Dog's Health AND a red and white polka dot bandana for your dog, or just get the book. Either way, your dog will thank you.



[Rosie's Legacy MUG, Red and White Polka Dots](#)

Rosie the Riveter, the embodiment of the We Can Do It! attitude, would have loved this red and white polkadot mug modeled after her iconic bandana.

[AND, to see more Rosie's Legacy Gear, please CLICK HERE to visit our store.](#)

