Let’s Fill The Cookie Jar 1

“The British call it biscuit,  
And it’s ‘koekje’ to the Dutch.  
But no matter what you call it,  
All cookies please us much.”

From: Homemade Cookies  
By: Farm Journal

Name: _________________________________

Club Name: ______________________________

Age as of 01/01: ________________
Let’s Fill the Cookie Jar 1

Acknowledgments

All recipes were tested before they were included in this book.

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Kathie Paterson, Key Leader Food & Nutrition and Food & Nutrition Committee member, 1999

Project Review

Once you have completed this project, you may want to consider taking Let’s Fill the Cookie Jar 2.
Project Guidelines

* Complete the Planning Your Project section. (Step 1-4)

* Within each interest area, make one type of cookie. (Step 1)

Complete the 4 types of Cookies in this project, **DO THEM IN THIS ORDER:**

1. Bar
2. Drop
3. Refrigerator
4. Molded or Shaped

* Complete Project Record (Step 2)

* Take part (or plan to take part) in at least two Project Learning Experiences. (Step 3)

* Become involved in at least two project Leadership/Citizenship Experiences. (Step 4)

* Finish at least one activity.
  - Activity 1: Read Your Mixer Manual
  - Activity 2: Search for Recipes, Activity
  - Activity 3: Menu Planning

* Optional Activity: Make one kind of No-Bake Cookie.

Judging Requirements

* Participants must be appropriately dressed, and neatly groomed.

* All food projects will be brought to judging with an appropriate table setting including a centerpiece and menu(s) for 3 meals. The menu can also include one snack.

* One type of cookie that you bring to judging should also be included in one of your meals or your snack.

* Bring 3 cookies from one drop recipe and 3 cookies from one molded recipe. Put all six cookies on one plate. Make sure you bring the recipes for these cookies.

* Be able to explain the purpose of each ingredient.
Planning Your Project

Step 1: Interest Areas

<table>
<thead>
<tr>
<th>Date Started (month/year)</th>
<th>Date Finished (month/year)</th>
<th>Interest Areas</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>1. Bar Cookies</td>
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<tr>
<td></td>
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<td>2. Drop Cookies</td>
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<tr>
<td></td>
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<td>3. Refrigerator Cookies</td>
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<td>4. Molded Cookies</td>
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</table>
Step 2: Project Record

Fill out the chart with: name of the cookie you made, what type it was, when you made it, and any other comments you had about the cookie or your cooking experience.

<table>
<thead>
<tr>
<th>Name of Cookie</th>
<th>Type of Cookie</th>
<th>Date</th>
<th>Notes/Comments</th>
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</table>
Step 3: Learning Experiences

Take part (or plan to take part) in at least 2 of the sample learning experiences listed below.

Sample Learning Experiences:

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Illustrated Talk</th>
<th>Speech</th>
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<tbody>
<tr>
<td>County Project Judging</td>
<td>Field Trip</td>
<td>Demonstration</td>
</tr>
<tr>
<td>Exhibit</td>
<td>Radio/TV Presentation</td>
<td>Tour</td>
</tr>
<tr>
<td>Food Olympics</td>
<td>Food Fair</td>
<td>Bake Sale</td>
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</tbody>
</table>

Report of Learning Experiences

<table>
<thead>
<tr>
<th>Plan to Take Part In</th>
<th>What I Did</th>
<th>Audience</th>
<th>Date</th>
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<tbody>
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</tbody>
</table>
### Step 4: Leadership/Citizenship Activities

<table>
<thead>
<tr>
<th>Date Completed (month/year)</th>
<th>Plan to do</th>
<th>Leadership/Citizenship Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐</td>
<td>Encourage someone to take a food project.</td>
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<tr>
<td></td>
<td>☐</td>
<td>Help someone with his or her food project.</td>
</tr>
<tr>
<td></td>
<td>☐</td>
<td>Take cookies to someone who is sick or unable to cook. (Example: Someone living in a nursing home.)</td>
</tr>
<tr>
<td></td>
<td>☐</td>
<td>Invite someone to your club to talk about Food Safety, Nutrition, or Bake Sale Rules.</td>
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<tr>
<td></td>
<td>☐</td>
<td>Bring different types of cookies to a club meeting, and share them during refreshment time.</td>
</tr>
<tr>
<td></td>
<td>☐</td>
<td>Make a tray of healthy cookies for someone who is on a special diet. Give them a copy of the recipes you used, so they can make them on their own.</td>
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<tr>
<td></td>
<td>☐</td>
<td>Other: (please specify)</td>
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<tr>
<td></td>
<td>☐</td>
<td>Other: (please specify)</td>
</tr>
</tbody>
</table>

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Encourage someone to take a food project.

Help someone with his or her food project.

Take cookies to someone who is sick or unable to cook. (Example: Someone living in a nursing home.)

Invite someone to your club to talk about Food Safety, Nutrition, or Bake Sale Rules.

Bring different types of cookies to a club meeting, and share them during refreshment time.

Make a tray of healthy cookies for someone who is on a special diet. Give them a copy of the recipes you used, so they can make them on their own.
Read Before You Bake. – Helpful Tips to a Successful Cookie

- Read the recipe FIRST!
- Make sure you have all of the ingredients the recipe calls for.
- Gather all of your ingredients, and put them in a handy place, but out of the way from where you are baking.
- Make sure that your hands, clothes, and counter top are clean before you start.
- Measure accurately.
- Prepare cookie sheets and turn on oven before stirring up bar and drop cookies.

Activity 1: Read Your Mixer Manual

*Read your Mixer’s manual to find the answers to the following questions.*

(If you cannot locate the manual, ask an adult the following questions.)

1. **What number of speeds are there on your mixer?**
   
   ____________________________________________________________
   ____________________________________________________________

2. **What speeds do you use for creaming sugar and shortening?**
   
   ____________________________________________________________
   ____________________________________________________________

3. **What speed do you use for folding in dry ingredients?**
   
   ____________________________________________________________
   ____________________________________________________________

4. **What utensils can you use to mix cookie dough, when you do not have an electric mixer?**
   
   ____________________________________________________________
   ____________________________________________________________

Activity 2: Search for Recipes

Look through Cookbooks to find examples of bar, drop, refrigerator and molded (or shaped) cookies. Also, if you have Internet access, you can search the web for different recipes. You may want to try your recipes instead of the ones in this book.
Activity 3: Menu Planning

First, study the MyPlate example on the top of this page.

- This Activity is designed to help you organize your Daily Menu for your Foods project. (Sample activity from the 1999 Ohio State Fair)

The Problem: Tommy’s menu does not have enough servings from all of the food groups for the day.

Solution: Select foods that will give Tommy the number of servings he needs.
**Tommy’s Menu**

<table>
<thead>
<tr>
<th>Breakfast:</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving – scrambled eggs</td>
<td>1 serving – hamburger</td>
</tr>
<tr>
<td>1 serving – toast</td>
<td>1 serving - bun</td>
</tr>
<tr>
<td>1 serving – orange juice</td>
<td>1 serving – baked potato</td>
</tr>
<tr>
<td>1 serving – toast</td>
<td>1 serving - green beans</td>
</tr>
<tr>
<td>1 serving – orange juice</td>
<td>1 serving - soda</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner:</th>
<th>Snack:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving – chicken</td>
<td>1 serving – peanut butter cookies</td>
</tr>
<tr>
<td>1 serving – rice</td>
<td>1 serving – milk</td>
</tr>
<tr>
<td>1 serving – fruit cup</td>
<td></td>
</tr>
<tr>
<td>1 serving - milk</td>
<td></td>
</tr>
</tbody>
</table>

1. **How many of each food group did Tommy have?**
   Write the number of servings in the blanks for each food group.
   
<table>
<thead>
<tr>
<th>Grains (Breads, Cereal, Pasta, &amp; Rice)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
</tr>
<tr>
<td>Meats &amp; Beans (also Fish, Eggs &amp; Nuts)</td>
<td></td>
</tr>
<tr>
<td>Milk (also Yogurt &amp; Cheese)</td>
<td></td>
</tr>
</tbody>
</table>

2. **Circle the foods below that Tommy could add to his menu to give him the correct number of servings of each food group he needs daily:**

   1 serving milk    1 serving carrots    1 serving peanut butter
   1 serving cornflakes 1 serving tossed salad 1 serving grapes
   1 serving yogurt   1 serving ham       1 serving bread
   1 serving orange   1 serving apple juice 1 serving crackers
   1 serving cottage cheese 1 serving sausage
Safety Tips in the Kitchen

- Always close cabinet doors and drawers immediately after placing and removing items.
- Do not let dough set too long at room temperature. Salmonella bacteria, which may be found in raw eggs, grow very quickly. Do not eat raw cookie dough!!
- Wear an apron and tie back your hair.
- Wash your hands frequently to prevent the spreading of bacteria.
- Keep sharp knives and other objects out of the way of young children and where you are baking.

Measuring, Different Ingredients

- **Measure Shortening:**
  Pack shortening into the cup so there are no air spaces.
  Level off the cup with the STRAIGHT edge of a knife.

- **Measure Sugar:**
  Fill the cup with sugar and level the top off with the STRAIGHT edge of a knife.

- **Measure Brown Sugar:**
  Pack brown sugar into the cup, firmly. When released, the sugar holds its shape.

- **Measure Sifted Flour:**
  Sift several cupfuls of flour onto a piece of waxed paper. Pile flour slightly. Take a spoon and scoop the sifted flour into the measuring cup until it is heaping full.
  DO NOT PACK OR TAP THE CUP! Level off with the STRAIGHT edge of a knife.

- **Measure Small Amounts of Dry Ingredients with Measuring Spoons:**
  Scoop the dry ingredients with a measuring spoon, and level off the top with the STRAIGHT edge of a knife.

- **Measure Liquids:**
  Use a clear glass or a plastic cup with a lip, designed for pouring liquids. Fill to the desired mark on the cup. Set the cup on a flat surface. Lower yourself so that you are at eye-level with the fluid. Make sure the liquid is at your desired mark. Liquid flavors are measured with measuring spoons.

***Do not substitute low-fat margarine or spread for butter, since these products have a high water content.***
Why Certain Ingredients Are Important!

**Ingredients**

**FLOUR:** Contributes structure and rigidity. Gives stretch or elasticity. Provides thickening.

**SALT:** Helps improve taste. Slows rising in yeast products.

**FAT OR SHORTENING:** Helps tenderize. Adds flavor to product.

**EGGS:** Contribute to elasticity and structure. Beaten whites incorporate air into batters. Yolks add color and emulsify fats.

**SUGAR:** Adds sweetness. Increases volume. Helps tenderize product. Aids in browning.

**LIQUID:** Dissolves dry ingredients. Moistens flour to develop structure. Dissolves leavening agents.

**LEAVENING AGENT:** Important for structure and lightness. Common leavening agents for cookies are baking powder, soda and cream of tartar.

**NUTS:** Flavor and variety

**FRUIT & VEGETABLES:** Adds flavors and variety

**Mixing Ingredients**

**BEAT:** To make a mixture smooth by incorporating air with rapid, regular motions using a wire whisk, spoon, hand beater or mixer.

**BLEND:** To mix two or more ingredients thoroughly.

**CREAMING:** To mix one or more foods (usually fat and sugar) with a spoon or mixer until soft and smooth.

**STIRRING:** To mix ingredients with a circular motion.


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**How to use Frozen Cookies**

**Unbaked Cookies:**

Thaw the dough for bar, drop, and molded cookies in the refrigerator until you can handle the dough easily. Then bake the cookie dough as if it had not been frozen.

**Baked Cookies**

Thaw the baked cookies at room temperature without unwrapping them. This process will take about 15 minutes.
After You Bake….

To Cool Cookies:

*Bar Cookies*
- Set pan on a wire rack and let the air circulate around it, until partially or completely cool in the pan, before cutting. Some cookies are best when removed from a hot pan, so it is important to check the directions.

*Drop, Molded, Refrigerator, and Rolled*
- Lift cookies from the baking sheet as soon as you take them from the oven. If they are on the cookie sheet, they will continue to bake.

To Store Cookies:

*Soft Cookies*
- Place in container with a tight lid. If the cookies get a little dry, you may want to moisten them by placing a piece of apple in the container. Change the fruit everyday.

*Crisp Cookies*
- Place in container with a loose lid.

*Bar Cookies*
- Leave them in the pan. Cover with appropriate lid or a tight fitting piece of foil.

To Freeze Cookies:
Place cooled cookies on a piece of cardboard that has been covered with wax paper. Freeze them uncovered; then place them in a freezer container that is moisture proof and vapor proof. To protect cookie layers, wax paper can be used between them.

Time to Clean Up

Cleaning up your mess is very important. Cleaning up shows that you are responsible. Also, cleaning will prevent bacteria and germs from spreading.

Wash dishes in warm water with plenty of soap. Make sure all of the counter tops have been cleaned with a wet dish cloth.
Bar Cookies

The bar cookie is probably the most popular cookie, simply because it is very easy to make. Spread the dough on a greased pan, and simply put it in the oven as if you were baking a cake. Then you can cut the cookies into squares or bars. Make sure you use the flour specified in the recipe. DO NOT SUBSTITUTE.

Make sure you do these things when making Bar Cookies:

1. Use the pan size the recipe recommends. If your pan is too big, the dough spreads thinner, and over-bakes. Your cookies will be tough and dry. If the pan is too small, the dough spreads too thick, and the cookies may not be completely baked.

2. Mix the dough, the way the recipe directs. Over-mixing gives bar cookies hard, crusty tops.

3. Spread the dough evenly in the pan, using a spatula or a spoon.

4. Watch your timer. When the time is almost up, test the cookies to see if they are already done.

5. Cool the cookies in the pan at least 10 minutes before cutting. Cutting the cookies into bars while they are still hot makes them crumble.

The following Bar Cookie recipes are in this book:

- Lemon Squares
- Chocolate Berry Crumb Bars
Lemon Squares

Crust Ingredients:
2 cups flour
1 cup margarine
½ cup powdered sugar

Directions
Heat oven to 350 degrees F. Mix flour, margarine, and powdered sugar.
Put this mixture into a 9” x 13” pan. Press down firmly to make a crust. Bake for 20 min.

Filling Ingredients:
4 eggs
2 cups sugar
1 teaspoon baking powder
½ teaspoon salt
¼ cup lemon juice

Directions
Put all the filling ingredients into a large bowl. Mix them with a mixer. Pour over baked crust and return to the oven for 25 minutes.
Cool and sprinkle with powdered sugar before serving.

From: Mrs. Kirby’s Home Ec. Class, McCormick Middle School, 1999

Chocolate Berry Crumb Bars

Ingredients
1 cup butter, room temperature
2 cups all-purpose flour
1/2 cup firmly-packed light brown sugar
2 cups semisweet chocolate chips, divided
1 (14-ounce) can sweetened condensed milk
1/2 cup chopped nuts (optional)
½ cup raspberry or strawberry jam

Preheat oven to 350 degrees F. Butter or grease a 13- by 9-inch baking pan.

Directions:
In a large bowl, beat butter until creamy. Beat in flour and brown sugar until well mixed. With floured fingers, press 1 3/4 cups crumb mixture onto bottom of prepared baking pan; reserve remaining mixture. Bake approximately 10 to 12 minutes or until edges are golden brown; remove from oven and set aside.

In a small saucepan over low heat, combine 1 cup semisweet chocolate chips and the sweetened condensed milk. Melt over low heat, stirring until smooth. Remove from heat and spread over prepared hot crust.
Stir chopped nuts into reserved crumb mixture; sprinkle over chocolate filling. Drop, by teaspoons, the jam over the crumb mixture. Sprinkle with remaining 1 cup semisweet chocolate chips. Return to oven and continue baking for 25 to 30 minutes or until center is set. Remove from oven and cool in pan, then cut into bars.

Drop Cookies

Drop cookies are made from soft cookie dough which is just stiff enough to be separated from the spoon.

This soft dough will shape itself while it bakes. The shape of this cookie will be somewhat irregular.

Drop Cookie tips:

Space the cookie dough, 2 to 3 inches apart on the sheet to allow room for spreading.

Make all cookies the same size so they will bake evenly.

The following Drop Cookie recipes are in this book:

- Monster Cookies
- Thick & Chewy Chocolate Chip Cookies
**Monster Cookies**

Ingredients

- 4 eggs
- 1 1/3 cup packed brown sugar
- 1 1/3 cup white sugar
- 1 teaspoon vanilla
- 1 tablespoon corn syrup
- 2 1/2 teaspoons baking soda
- 3/4 cup plus 1 tablespoon of margarine
- 1 3/4 cups peanut butter
- 4 cups oatmeal
- 2 cups flour
- 1/2 pound M & M’s with peanuts

*Heat oven to 350 degrees F. Mix ingredients in order listed above. Drop by spoonfuls onto an ungreased cookie sheet. Bake for 10-15 minutes. Cool 1 minute on cookie sheet, then remove and put on cooling rack.*

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**Thick and Chewy Chocolate Chip Cookies**

(Source: Baking Illustrated)

- 2 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 12 tablespoons (1 1/2 sticks) butter, melted and cooled off until warm (not hot)
- 1 cup packed (7 ounces) light or dark brown sugar
- 1/2 cup (3 1/2 ounces) granulated sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1/2 of 12-ounce bag semisweet chocolate chips

1. Adjust the oven racks to the upper- and lower-middle positions and heat the oven to 325 degrees. Line 2 large baking sheets with parchment paper or spray them with nonstick cooking spray.

2. Whisk the flour, baking soda, and salt together in a medium bowl; set aside.

3. Either by hand or with an electric mixer, mix the butter and sugars until thoroughly blended. Beat in the eggs and vanilla until combined. Add the dry ingredients and beat at low speed JUST UNTIL combined! Do not overbeat. Stir in the chips to taste.

4. Drop onto cookie sheet with two spoons or a scoop.

5. Bake until the cookies are light golden brown; about 15 minutes. Rotate the baking sheets top to bottom halfway through the baking time. Cool the cookies on the sheets. Remove the cooled cookies from the baking sheets with a spatula.
Refrigerator Cookies

Refrigerator cookies contain a great amount of shortening. Because of this, you have to chill them for several hours before baking. Thus, the name of this type of cookie. These kind of cookies are extra crispy.

You shape the cookie dough into long rolls, and then wrap them in wax paper, plastic wrap, or aluminum foil. Then you let the dough chill for several hours, or overnight. When the shortening hardens, the dough is easier to slice.

Here are some things you should remember to do when making refrigerator cookies:

1. Shape the rolls of dough with your hands until they are smooth.
2. When wrapping, make sure it is tight.
3. Cut in thin slices, about 1/8 – 1/4 inch thick.
4. Wrap up any unused cookie dough, put it back in the refrigerator and use it later.

The following refrigerator cookie recipes are in this project book:

- Honey Peanut Butter Refrigerator Cookies
- Date Nut Icebox Cookies
Honey Peanut Butter Refrigerator Cookies

Adapted from Betty Crocker's Cookie Book -- (Makes about 30 cookies)

Ingredients

- 1/3 cup butter
- 1/2 cup sugar
- 1/2 cup honey
- 1 cup chunky or smooth peanut butter
- 1 egg
- 2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt

Directions

1. Mix butter, sugar, honey, peanut butter, and egg thoroughly.
2. Mix your remaining dry ingredients together, and then stir in bit by bit to your wet ingredient mix. If it is too dry, add a few drops of milk or cream until it is cohesive.
3. Roll into a couple of logs, about 1 1/2 inches in diameter; wrap in waxed paper or plastic wrap and chill for several hours or overnight.
4. Heat oven to 400 F. Cut dough in fat slices (about 1/2 inch) and place about 1 inch apart on a greased baking sheet. Bake 8-10 minutes, or until lightly brown on the edges. Let cool for about 5 minutes on the sheet before transferring to a wire rack to cool.

Date Nut Icebox Cookies

Ingredients

- 1 cup shortening
- 1 cup sugar
- 1 cup brown sugar
- 3 eggs
- 3-1/2 cups flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon cinnamon
- 1 cup chopped pecans
- 1 package (8 oz.) chopped dates

Directions

Use an electric mixer to cream the shortening, sugar and brown sugar until fluffy. Add the eggs one at a time, mixing well after each. Combine the flour, soda, salt, baking powder and cinnamon in a separate bowl. Use a spoon to stir the flour mixture into the sugar mixture. Stir in the pecans and dates. Shape the dough into four rolls about 2 inches in diameter and wrap in wax paper. Refrigerate at least 2 hours or up to three days. Preheat the oven to 350°F. Cut the dough into ¼-inch slices and arrange 2 inches apart on lightly greased cookie sheets. Bake 8 to 10 minutes until lightly browned. Remove from the oven and cool on wire racks. Yields about 7 dozen cookies.
Molded or Shaped Cookies

If you like working with modeling clay you will love molding cookie dough. You need to chill the dough so it will not stick to your hands. It will feel stiff.

Once your cookie dough is stiff, you can start molding it with your hands. Make sure you apply a little bit of flour to your hands, to prevent the cookie dough from sticking. Often you will make the dough into balls.

Sometimes you have to flatten the cookies before baking. You can use a fork, the bottom of a glass (dipped in sugar), or you may make a thumb print. Thumb print cookies are filled with jelly or goodies after baking.

Molded or Shaped Cookie Recipes in this book include:

- Snickerdoodles
- Soft Molasses Cookies
Snickerdoodles

Ingredients

- ½ cup softened shortening
- ¾ cup sugar
- 1 egg
- 1 3/8 cup flour
- 1 teaspoon cream of tartar
- ½ teaspoon baking soda
- 1/8 teaspoon salt

Mixture

- 2 tablespoons sugar
- 1 teaspoon cinnamon

(Hint: 3/8 cup flour equals ¼ cup plus 2 tablespoons flour)

Heat oven to 400 degrees F. Cream together: shortening, ¾ cup sugar, and egg. Mix together flour, cream of tartar, baking soda, and salt. Stir in. Roll dough into balls, the size of small walnuts. Roll the balls into a mixture of 2 tablespoons sugar & 1 teaspoon cinnamon. Place 2 inches apart on an ungreased cookie sheet. Bake until lightly browned, about 8-10 minutes, but still soft.

Soft Molasses Cookies

Ingredients

- 3/4 cup shortening (3/4 cup correct amount)
- 1 cup packed brown sugar
- 1 large egg
- 1/2 cup molasses
- 2 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon allspice
- 1 teaspoon nutmeg

Directions

1. Cream together shortening and brown sugar.
2. Stir in egg and molasses and mix well.
3. Fold in dry ingredients and stir.
4. Cover and chill till firm (1-2 hours).
5. Preheat oven to 350°.
6. Roll dough into small balls and roll in white sugar.
7. Place on lightly greased cookie sheet.
8. Bake at 350° for 9-10 minutes.
9. Leave on sheet one minute until set.
I Pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
and My Health to better living,
for My Club, My Community,
My Country, and My World