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## *A History of May Day*

*The celebration of May Day harkens back to the days of Ancient Rome with the celebration of Floralia - the festival of Flora, goddess of flowers. Similar celebrations of spring can be found in numerous traditions from all over the world, most featuring the common elements of feasting, decorating with flowers, and coming together as a community to celebrate the end of a long and difficult season. In the medieval era, celebrations would center around the village green, with dancing and the crowning of a May King and May Queen, dressed in green.*

*In Northern European May Day traditions, young men would cut down a fir tree and remove its branches, decorate it with flowers, and secure it vertically in the village square. An overnight watch was set to prevent these early “maypoles” from being stolen by men from rival villages (stolen maypoles had to be “ransomed” good-naturedly with food and drink).*



*The holiday enjoyed a renaissance in the Victorian era, where the maypole evolved into a children's game, with celebrants dancing around the maypole to music. In 1851, Queen Victoria herself opened the Crystal Palace Exhibition, a celebration of culture and modern industry, on May 1<sup>st</sup>.*

*When European settlers arrived in America, they brought their May Day customs with them, such as the traditions of the May Basket and May Garland. On May Day, small baskets filled with flowers, or homemade flower crowns and necklaces, were left on doorsteps for friends to discover – a practice known as “bringing in the May.” In Hawaii, a form of this custom is still practiced today, with May Day becoming “Lei Day.”*

*Regardless of time or place, May Day is a celebration of community, friendship, nature's beauty and bounty, and the return of springtime after a season of hardship.*





## *Tea Customs, A History*



*Anna Maria, Duchess of Bedford  
Lady of the Bedchamber to Queen Victoria and creator of Afternoon Tea*

### *Afternoon Tea*

*Anna Maria, 7<sup>th</sup> Duchess of Bedford, is believed to have established the afternoon tea tradition in England in the 1840s while visiting the Duchess of Rutland at Belvoir Castle. This small meal, taken between 3:30 and 5:30 p.m., was instituted to sustain one until the formal evening meal which, in 19<sup>th</sup> century England, was occurring increasingly later in the evening.*





*Traditionally, afternoon tea offered a selection of sweet and savory finger foods – tea cakes, bread-and-butter, scones, tarts, and small finger sandwiches (usually cucumber) with the crusts removed. Once a tradition pertaining almost exclusively to women and taking place in upper-class homes, the popularity of afternoon tea spread quickly and was soon enjoyed by all.*

### ***High Tea***

*Distinct from afternoon tea, high tea was originally a heavier meal served around 6:00 p.m., when men returned home from working in the factories or fields. This traditional working-class meal – featuring cold meats, cheeses, and bread – drew its name and distinction from afternoon tea from being served at a table (“high” seating, as opposed to the “low” seating of sofas and comfortable chairs in which afternoon tea was taken). Although the choice between these meals was initially class and gender-based, these distinctions were discarded in the 1920s, leaving everyone free to enjoy the tea ritual of their choosing.*

### ***Cream Tea***

*A type of afternoon tea, a cream tea must include scones with clotted cream (also known as Devonshire cream) and jam. This tea’s origins are found in Devon and Cornwall in the western part of England, with both locations having firmly established customs regarding the ritual of the cream tea: in Devon, the cream is placed on the scone first, followed by a spoonful of fruit jam; in Cornwall, the jam is spread on the scone first, followed by the clotted cream.*

### ***Strawberry Tea***

*A strawberry tea features fresh strawberries in both food and tea. Strawberries may be included in sandwiches, tarts, and jams.*



### ***Pink Tea***

*Popular in the American South, a Pink Tea is a traditional Afternoon Tea style of party with silver tea service and tea sandwiches, but featuring a color theme. Linens, tea cakes, petit fours, butter mints – all must be pink. Often, the hostesses wear pink, and guests are invited to do so, as well.*

### ***Tea Dances***

*This tradition, popularized in the 1930s, was held in ballrooms and hotels and attended by young men and women. Tea, sandwiches, and cakes were served, while guests danced to the big band music popular at the time. The tea dance enjoyed a renaissance in the 1980s, when those who had attended these events in their youth found tea dances to be a delightful addition to their retirement years social calendars.*

### ***And finally, the Tea Itself***

*In 2737 BCE, Chinese Emperor Shen Nung was sitting under a camellia tree while his servant boiled some water for drinking. A sudden gust of wind blew two leaves from the camellia tree, which landed in the water. A renowned herbalist, Shen Nung decided to test the leaf-infused water. His enjoyment of the flavor sparked thousands of years of tea enjoyment.*





## *How to Host a Tea Party*

### *The Invitation*

*Select a date, a time, and whether you prefer to host a casual or formal gathering. Whether you choose traditional paper or electronic invitations, make sure this information is included for your guests.*

### *The Theme*

*Is your tea party in honor of a special event, such as a graduation, birthday, or shower? Do you have a theme or color scheme in mind? Will you be hosting indoors or outdoors?*

### *The Table Setting*

*Now is the time to put your best silver, china, and linen to use! Place a flower arrangement on your table to give it an authentic English feel, but otherwise keep table decorations to a tasteful minimum (remember the words of Coco Chanel: *Elegance is refusal*). If possible, have three-tiered stands to serve food.*





### ***The Refreshments***

*A traditional Afternoon Tea serves tea, cucumber sandwiches, scones with clotted cream and jam, and tea cakes. However, a contemporary menu can include a wide variety of light and delicate foods. Choose what you like! As a caring hostess, always remember to inquire about your guests' allergies or dietary requirements so that accommodations can be made.*

*As to **Tea Selection**, an assortment of teas is recommended – black, green, and tisanes. The flavored Earl Grey pairs well with scones, cakes, and cookies, while Assam or Darjeeling (with milk and sugar) harmonize with savory foods like sandwiches, as well as chocolates, fruit-based desserts, and pastries. Caffeine-free tisanes (made from delectable blends of herbs and flowers) are both delicious with the subtle flavors found in petit fours, scones, and shortbread and appreciated by guests who are sensitive to caffeine. On a hot day, don't forget to consider iced tea. Accompany the tea selection with milk, cream, thin slices of lemon, sugar cubes, and honey.*

### ***The Favors***

*Give your guests a beautiful and thoughtful remembrance of a special day. Stylish tea caddies filled with gourmet tisanes, tea infusers, artisan jams, homemade cookies, or lovely cups and saucers make wonderful favors.*

### ***The Most Important Thing***

*A tea party is about fun and friendship, so have a wonderful time!*



*May Day*  
*Crafts & Activities*  
*For the Family*



# *How to Make a French May Day Flower Cone*

*These sweet and simple May Day delights bring joy to any room! Hang them in your home or on a friend's front door as a heartwarming surprise to remind of them how cherished they are.*



## *Supplies*

8½” x 11” paper (Thicker works better. Card stock, resumé paper, and construction paper are good options)

Flowers (artificial and dried -such as lavender – work well)

Ruler

Pencil

Scissors

Clear scotch tape

Handheld hole punch

Twine or ribbon

## *To Create the Flower Cone*

**Step 1:** Decorate your paper! You can either use your printer to print a design, or hand-draw your design onto the paper. Remember, you will be cutting the paper into a triangle shape.

**Step 2:** Using a pencil and a ruler, measure and draw a triangle in the center of your paper with the following dimensions: base – 9½”, sides – 8”. Cut out the triangle.

**Step 3:** Roll the triangle into a cone shape. Tape along the inside of the cone to secure it.

**Step 4:** Using the hole punch, make two holes in the top (wide) part of the cone, on opposite sides of the circular opening.

**Step 5:** Thread a length of twine or ribbon through the holes to create a loop for hanging your cone, and knot at both ends (the length is your choice).

**Step 6:** Arrange flowers in your cone!



# *How to Make a May Day Flower Crown*



## *Supplies*

Floral Tape

Scissors

Pliable twine, grapevine wire, or vine wire (for the crown base)

Floral/craft wire (for attaching flowers to your crown)

Artificial flowers and greenery, stems cut to 2"- 3"

*A note about flowers: choose a mix of statement and filler flowers. Statement flowers can include daisies, peonies, roses, dahlias, or carnations. Good filler flowers are baby's breath, snapdragon, feverfew, and poms. For greenery, consider ivy, fern, eucalyptus, and myrtle.*

## *To Create the Flower Crown*

**Step 1:** Wrap the wire around your head to find your best fit. Leave about a ½-inch of wiggle room, and cut off the excess wire. Secure the ends with floral tape.

**Step 2:** Wrap greenery around the base of the crown, securing with floral wire. Use the floral tape to affix the greenery's stems to the floral wire.

**Step 3:** Create mini flower bunches. Select three blooms (combining 1 statement flower and 2 filler flowers), and wrap the stems together with floral tape (wrap the floral tape from the base of the blooms to the bottom of the stems). Make about eight bunches.

**Step 4:** Attach your flower bunches to the crown. Taking your first flower bunch, fasten the stems to your crown with floral wire or floral tape. Layer more blooms over the stems to create a seamless floral look. Attach the flowers in one direction facing outwards for the blooms to stand out. Continue to layer your flowers until you're satisfied with your crown!

# *How to Make a Maypole*



## **Supplies**

*All items can be found at either a hardware store or fabric store*

10 foot hollow metal pole, 3/4" in diameter

Metal escutcheon/flange with a center hole that fits the pole and four small perimeter holes

Short nails (heads larger than the escutcheon/flange perimeter holes)

8 inch wooden circle

Glue that holds metal

White spray paint

Thumbtacks

Assorted colors of ribbon, 18' spools

Circular flower foam

Assorted artificial flowers

4' rebar, 1/2" diameter

Hammer

Glue gun

## *To Create the Maypole*

**Step 1:** Fit the metal escutcheon/flange onto the end of the pole. Make sure the circle is flush with the pole. if it is sliding, add some glue onto both the pole and circle, and dry overnight.

**Step 2:** Add some glue onto the top of the metal circle and to the bottom of the wooden circle in the center, and glue together. Leave it to dry.

**Step 3:** When everything is dry, hammer the nails into the escutcheon/flange's four small holes.

**Step 4:** Spray paint the pole with circle attachments white. Let it sit overnight.

**Step 5:** Unspool one of the ribbons. Find the center of the ribbon, and drape it over the wooden circle. Tack both sides of the ribbon on opposite sides of the circle to secure it. Repeat this process with each spool of ribbon (each side of the ribbon will be for one dancer).

**Step 6:** Arrange flowers in flower foam. Glue the circle of flower foam over the ribbon-bedecked wooden circle.

### *To Place the Maypole in the Ground*

**Step 1:** Hammer the rebar into the ground.

**Step 2:** Slide the pole onto the rebar, digging the pole into the ground a bit, too.

### *And Finally, To Dance the Maypole Dance!*

**Step 1:** Divide the dancers into two groups

**Step 2:** Alternate dancers from each group in a ring around the maypole, Group 1 members facing clockwise, Group 2 members facing counter-clockwise.

**Step 3:** Each dancer should hold one ribbon

**Step 4:** Dancers skip in opposite directions (Group 1 clockwise, Group 2 counter-clockwise).

While skipping, each dancer should alternate going over and under the next facing dancer's ribbon (to achieve a weaving effect)

**Step 5:** The dance ends when the ribbons are woven around the maypole all the way to the ground.







# *Tea Party Recipes*





## Blueberry Scones with Lemon Glaze

2 cups all-purpose flour  
1 TBSP baking powder  
½ tsp salt  
2 TBSP sugar  
5 TBSP unsalted butter, cold, cut into chunks  
1 cup fresh blueberries – sorted, washed, and dried  
1 cup heavy whipping cream, plus more for brushing the scones

### Glaze:

½ cup freshly squeezed lemon juice  
1 32-oz package of powdered sugar, sifted  
1 TBSP unsalted butter  
1 lemon, zest finely grated  
(this is enough glaze for a doubled scone recipe)

Preheat the oven to 400 degrees. Sift together flour, baking powder, salt, and sugar, and place in a large bowl. (Continued on next page →)





Using a pastry blender/cutter (or two forks), cut the butter into the dry ingredients until the mixture looks like coarse crumbs (this takes a lot of time). Carefully fold blueberries into the batter with a spatula, taking care not to mash/bruise the blueberries or their color will bleed into the dough. Make a well in the center of the batter, and pour in the heavy whipping cream. Fold everything together with a spatula until just incorporated. Press the dough out gently on a lightly floured surface, creating a 12"x 3" rectangle (approximately 1¼" thick). Cut the rectangle in half, then cut the pieces in half again (giving you 4 3-inch squares). Cut the squares in half on a diagonal to achieve the classic triangular scone shape. Place the scones on a cookie sheet covered in parchment paper, and brush the tops with a little heavy whipping cream. Bake for 17-20 minutes, until lightly browned. Cool scones completely before drizzling with glaze. Doubling does not work – if more scones are required, make a second batch. Glaze recipe listed here will accommodate two batches of scones.

#### Glaze:

In a heatproof bowl over simmering water (aka double-boiler method), mix the lemon juice with the powdered sugar until dissolved. Whisk in the butter and lemon zest, continuing to whisk until butter is melted and glaze is smooth. Ladle over cooled scones.





## Caramel Peach Scones

2 ½ Cups flour  
½ Cup brown sugar  
2 tsp baking powder  
½ tsp salt  
½ Cup butter, cut into small pieces and chilled  
3 oz. Cream cheese, softened

1 Cup Chopped dried peaches  
½ Cup Caramel baking bits  
1/3 cup heavy whipping cream,  
plus more for brushing  
1 tsp Vanilla  
Decorating sugar for dusting

Preheat the oven to 375 degrees. Line a baking sheet with parchment paper. In a large bowl, combine flour, brown sugar, baking powder, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Add cream cheese, peaches, and caramel bits, and stir until well combined. Add cream and vanilla, and stir until dough comes together. On a floured surface, roll the dough to ¾" thickness. Using a 2-inch square cookie cutter, cut scones. Place scones on the parchment paper-lined baking sheet, brush with whipping cream, and sprinkle with decorating sugar. Bake for 12-14 minutes, or until lightly golden.



## Cheddar, Bacon, & Chive Scones

- 1 ½ cups soft-wheat self-rising flour
- 1 TBSP sugar
- ¼ cup butter, cut into small pieces and chilled
- 6 TBSP shredded sharp cheddar cheese
- ¼ cup cooked chopped bacon (about 6 slices)
- 2 TBSP chopped chives
- ½ cup heavy whipping cream

Preheat the oven to 350 degrees. Line a baking sheet with parchment paper. In a large bowl, combine flour and sugar. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Add cheese, bacon, and chives, stirring to combine. Add cream, and stir until all ingredients are combined and a soft dough forms (additional cream can be added, 1 TBSP at a time, if the dough seems dry and won't come together). Drop dough by ¼-cup scoops onto the prepared baking sheet. Bake for 20 minutes, turning the baking sheet halfway through, until scones are lightly browned.



## Maple-Pecan Scones

- ¾ cup buttermilk, plus more for brushing
- 1 tsp vanilla extract
- 2 ¾ cups all purpose flour, plus more for dusting
- ¾ cup sugar
- 1 TBSP baking powder
- ½ tsp baking soda
- ½ tsp grated orange zest
- ¼ tsp grated nutmeg
- ½ tsp cinnamon
- ½ tsp salt, plus 1/8 tsp
- 12 TBSP unsalted butter, cut into small pieces and chilled
- ½ cup pecan pieces, toasted
- ¼ cup powdered sugar
- 3 TBSP maple syrup

Preheat the oven to 375 degrees. Line a baking sheet with parchment paper. Combine the buttermilk and vanilla in a small bowl, and set aside. (Continued on next page →)





Place the flour, sugar, baking powder, baking soda, orange zest, nutmeg, cinnamon, and  $\frac{1}{2}$  tsp salt in a food processor, and pulse until combined.

Add the butter, and continue to pulse until the mixture looks like a fine meal. Add the pecans and pulse once. Add the buttermilk mixture, and pulse 4 times.

Turn the dough out onto a lightly floured surface, and gently knead until it forms a ball. Pat into an 8-inch circle (about  $\frac{3}{4}$ " thick). Cut into 8 wedges, and place wedges on the baking sheet. Brush with buttermilk, and bake until golden (about 25 minutes). Let cool 2 minutes on the baking sheet, then transfer to a wire rack to cool completely.

Mix the powdered sugar, maple syrup, and  $\frac{1}{8}$  tsp salt in a small bowl until smooth. Drizzle over scones.



## Kentucky Benedictine Tea Sandwiches

*(The classic cucumber tea sandwich, created in the early 1900's  
by renowned restaurateur and philanthropist Jennie Carter Benedict)*

2 cups shredded seedless cucumber  
8 oz. Cream cheese, softened  
2 TBSP mayonnaise  
 $\frac{1}{4}$  tsp onion powder  
 $\frac{1}{4}$  tsp kosher salt  
 $\frac{1}{4}$  tsp black pepper  
 $\frac{1}{8}$  tsp red pepper (Cayenne)  
White or whole wheat bread slices, crusts removed

Place cucumber between several layers of paper towels, and press to extract excess liquid. In a large bowl, beat cream cheese with a mixer at medium speed until creamy. Add cucumber, mayonnaise, onion powder, salt, black pepper, and red pepper, stirring until combined. Spread mixture onto half of bread slices, and top with remaining slices. Cut sandwiches into quarters. Can be made ahead of time if covered with a lightly dampened cloth kitchen towel and refrigerated.



## Open-Faced Cucumber and Peach Tea Sandwiches

- ½ cup unsalted butter, softened
- 4 oz. Cream Cheese, softened
- 2 peaches, peeled, pitted – 1 finely diced, 1 thinly sliced
- ½ cup chopped walnuts, toasted
- ¼ cup chopped fresh basil
- 1 tsp salt
- 1 cucumber, peeled and thinly sliced
- 10 slices thin white bread, crusts removed

Place sliced cucumber and peach slices between layers of paper towels to absorb excess liquid.

In a large bowl, mix butter and cream cheese until creamy (1-2 minutes). Add walnuts, basil, and salt, and mix until combined. Add diced peaches, and carefully stir in by hand. Cut each slice of bread in half. Spread mixture onto the bread slices, and top with 1 peach slice and 4 cucumber slices.





## Open-Faced Tomato Tea Sandwiches

- 1 baguette, thinly sliced
- $\frac{3}{4}$  cup mayonnaise
- 3 oz. Cream Cheese, softened
- 2 tsp chopped fresh basil
- $\frac{1}{4}$  tsp salt, divided
- $\frac{1}{4}$  tsp black pepper, divided
- 4 plum tomatoes, thinly sliced

Place sliced tomatoes between layers of paper towels to absorb excess liquid.

In a medium bowl, mix mayonnaise, cream cheese, basil,  $\frac{1}{8}$  tsp salt, and  $\frac{1}{8}$  tsp pepper until smooth. This can be made early, covered, and stored in the refrigerator.

Spread the mixture on the baguette slices, and top with a tomato slice. Sprinkle with remaining salt and pepper and, if desired, any additional chopped basil.



## Strawberries and Cream Tea Sandwiches

8 oz. cream cheese, softened  
1/3 cup mayonnaise  
¼ tsp salt  
3 TBSP chopped fresh basil  
24 slices thin white bread, crusts removed  
15 fresh strawberries, thinly sliced

Place sliced strawberries between layers of paper towels to absorb excess liquid.

In a medium bowl, mix cream cheese, mayonnaise, and salt until smooth. Stir in basil until just combined.

Spread the mixture onto half of the bread slices, top with sliced strawberries, and cover with remaining bread slices. Cut sandwiches into triangles.



## Walnut and Blue Cheese Tea Sandwiches

- 8 oz. cream cheese, softened
- 5 oz. creamy blue cheese, rind removed
- $\frac{3}{4}$  cup chopped walnuts, toasted
- 1 TBSP chopped fresh parsley
- $\frac{1}{4}$  cup fig or apricot preserves
- 22 slices whole grain bread, crusts removed

In a large bowl, mix cream cheese and blue cheese until smooth. Stir in walnuts and parsley. Spread the mixture on half of the bread slices. Spread your choice of preserves on the other half of the bread slices. Combine prepared bread slices to form sandwiches. Cut each sandwich into 8 pieces.





## Great-Grandma Charity's Tea Cakes

6 cups flour, sifted  
1 tsp salt  
1 tsp baking soda  
1 ½ tsp baking powder

2 cups sugar  
1 cup vegetable shortening  
2 eggs  
1 cup milk  
3 tsp vanilla

Preheat the oven to 325 degrees. Line a baking sheet with parchment paper.

Whisk together sifted flour, salt, baking soda, and baking powder. Set aside.

Cream the sugar and shortening together (mixing until light and fluffy, about 5 minutes with a handheld mixer). Add eggs 1 at a time, beating between each addition. Add milk and vanilla, and mix to combine. Gradually add flour mixture while mixing at a low speed.

Roll out dough to about ¼" thickness, and cut into individual cakes with a cookie cutter. Bake for 8 minutes.



## Mimi's Cheese Straws

- 2 cups flour
- 2 cups grated sharp cheddar cheese
- 1 stick of butter, melted
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp red pepper (Cayenne)

Preheat oven to 375 degrees. Line a baking sheet with parchment paper.

In a large bowl, mix all ingredients together to form the dough. On a floured surface, roll out dough into a 15" x 6" rectangle, and cut into 6" strips (straws)

Place straws on the prepared baking sheet, 1 inch apart. Bake for 15-20 minutes.