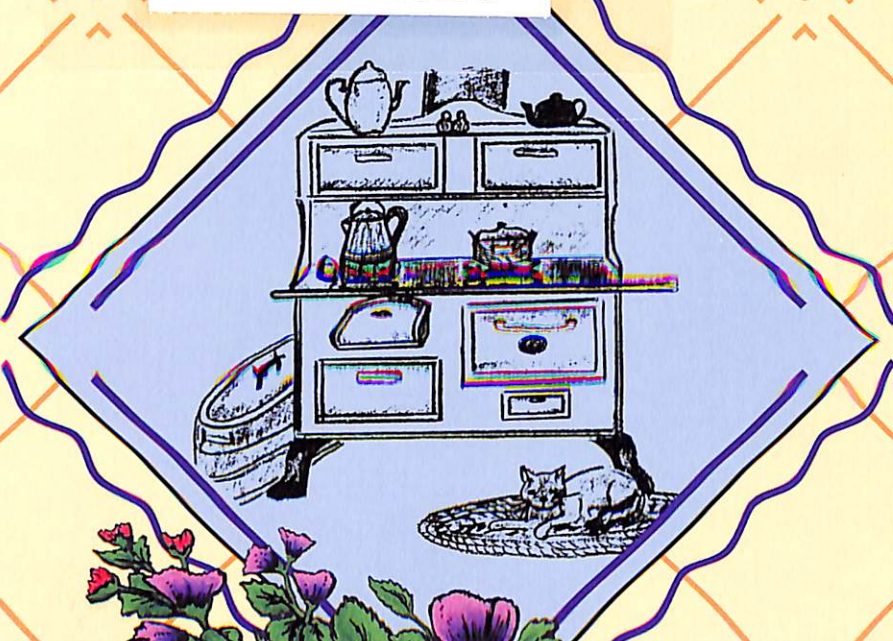


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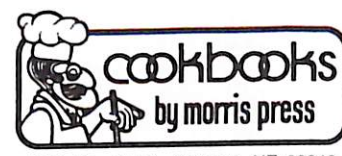
40 YEARS & Still Cookin'

SPECIAL COLLECTIONS Inside Christian Church
1945 ~ 1995



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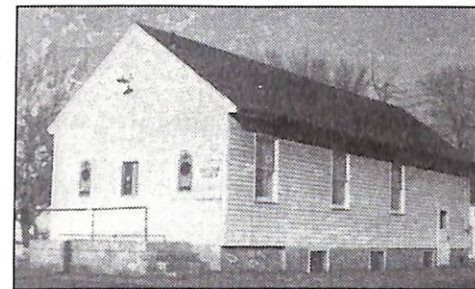
50 Years of Progress



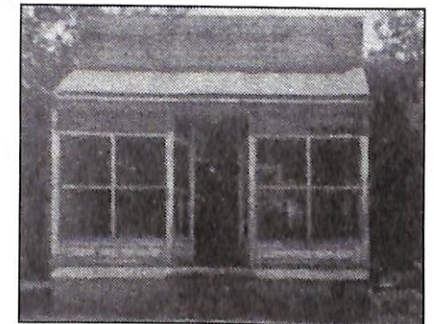
1995



1959



1954



1945

Remembering Our History

Southside Christian Church began in the spring 1945 and has continued for a wonderful 50 year and God willing, for the next 50 years. This history delves into a past rich with the dedication of those who had the foresight to take a dream and turn it into reality.

Our history contains a wonderful look at the past, acknowledging the events and people who helped shape the future as we know it today.

Southside Christian Church began as a missionary project of the First Christian Church Christian Endeavor group. Twenty-five families in this area expressed an interest in having a church in the south side of Council Bluffs. Money was provided by First Christian to purchase an abandoned store building and after some much needed renovation the building was ready for worship services.

Mrs. Hubert Hall, with the aid and cooperation of a committee appointed from the First Christian Board consented to lead the work in the south side. Nine people, mostly children came on that first Sunday and from this small beginning a new and vital ministry began.

It wasn't easy, no worthwhile work is easy, and this was no exception. An old store building, a pot-bellied stove for heat, limited supplies, so few people. It could have been a recipe for failure and instead it became a richly blessed success.

It was time for a regular worship service and Mrs. Hall appealed to First Church for help. Some of the elders from First Christian and student preachers home for summer vacations filled the pulpit on Sundays.

Lloyd and Loretta Sapp (in their 3rd week of Bible College) were called to the ministry at Southside. From 1950 until the spring of 1955 when they graduated, they ministered on the weekends. They were called to the full-time ministry in 1955 and 1956 the first parsonage was purchased. The Articles of Incorporation were drawn up on May 8th, 1957 and filed with the Secretary of State in Des Moines, Iowa.

A basement addition was added in 1954 and except for the pouring of the concrete walls, the work was done entirely by the hands of members and friends. Late in 1957 attendance had increased to such a point that additional room was needed so plans were made for expansion. Construction began in 1958 and all the finishing work was done by volunteer labor. There were approximately fifty individuals sharing in this work with over 2,400 hours of their time. The auditorium was dedicated on June 14th, 1959. The old church building was moved to 1905 South 10th Street and became the Youth Chapel and a little house next to the church was purchased and used for various purposes. The Bible School eventually expanded to this building and it became known as the Children's Chapel.

The contract to build the new parsonage was signed in 1964, and Warren and Mary Lou were the first occupants. The upstairs classrooms, offices, nursery and bathroom were built in 1973. The 1975 the house next door was torn down and the property east of the church was purchased and cleared for use as a parking lot. In 1980 the Youth Chapel was sold to Wayne Rutledge and in 1984 we purchased the Lydia Reichel home and it was renovated for use as classrooms and continues to be used for this purpose today. The present auditorium was carpeted in 1991 and the bathroom on the main floor was added at this time. An up-to-date sound system was added in 1994 and work is progressing on a paved parking lot.

For the most part we have been fortunate in our selection of pastors and we have learned from each of them. Lloyd Sapp served this congregation for approximately 11 1/2 years, Warren Hughes served 9 years and 8 months, Stan Paregien served for 2 years and 5 months, Larry Fiscus for 5 years, Larry Smith for 6 years and Jerry Kizzire has served for the past 4 years and 7 months and is still pastoring at Southside today. Dale Robertson and Art Collier also served for a short time between Lloyd Sapp and Warren Hughes.

At the present time Scott Jenkins is serving our congregation as the Youth Minister and Lois Johnson very ably handles the secretarial work in the church office.

Memories of 50 Golden Years

The remembrance of special times and ministries, a remembrance of you...

Do you remember the fellowship dinners we held about once a month with good food, happy laughable programs and fellowship one with the other, the Young Adult monthly meetings at each other's homes for devotions, fun and the supporting of a living link. Do you remember week long revival meetings with a good sized crowd each evening and the year we sang "We want 300 in our school". What about walking up and down the streets calling on the neighbors and inviting them to church and putting a float in the parade. Do you remember having Vacation Bible School for 2 full weeks and Saturday rehearsals for the Christmas programs and who could forget the two big green buses we filled with children on Sunday morning.

I still remember Sunday evening service, our youth groups on Sunday evenings and Youth Presents held on one Sunday evening a month. I remember banquets cooked by the women, served by the men and cleaned up by both. And how about the church clean-up and paint days where big crowds appeared to help and have a good time. Wonderful, wonderful memories, and today we are making new memories for future generations to think about and remember. We are actively involved in many new ministries today. We serve the community with our Helping Hands Food Pantry started in 1984, we participate in the Commodity program for the city, and we help support many wonderful missions here and abroad. Our Joy Box ministry to the ill and hospitalized had also been a real blessing.

It is wonderful to have choirs again, a puppet ministry for our youth, Power Hour on Wednesday evenings and Home Bible Studies. the Men's Breakfast is going strong and there is also a group of men meeting together in the little house next door. Our three Women's Circles are active and give much time and money to help others. Our Women's Fellowship has been very helpful in serving others through their love of the Lord.



Touched by the Master's Hand

We've come a long way since 1945, there have been times of growing and sometimes not growing, there are times of love and laughter and sadness and tears. We have bonded together and sometimes grew apart. Through it all we have remained, Southsiders in the truest sense of the word. Jesus Christ has been our cornerstone, the rock upon which we are built, our salvation and our greatest love.

There are so many wonderful people who are no longer with us, but through our memories we can still see them and hear them. They are here through the work that has gone on before us. We will be here for those who come after us. The fifty years have come and gone but are not forgotten.

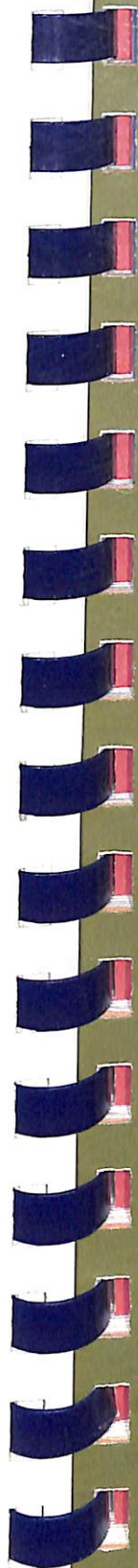
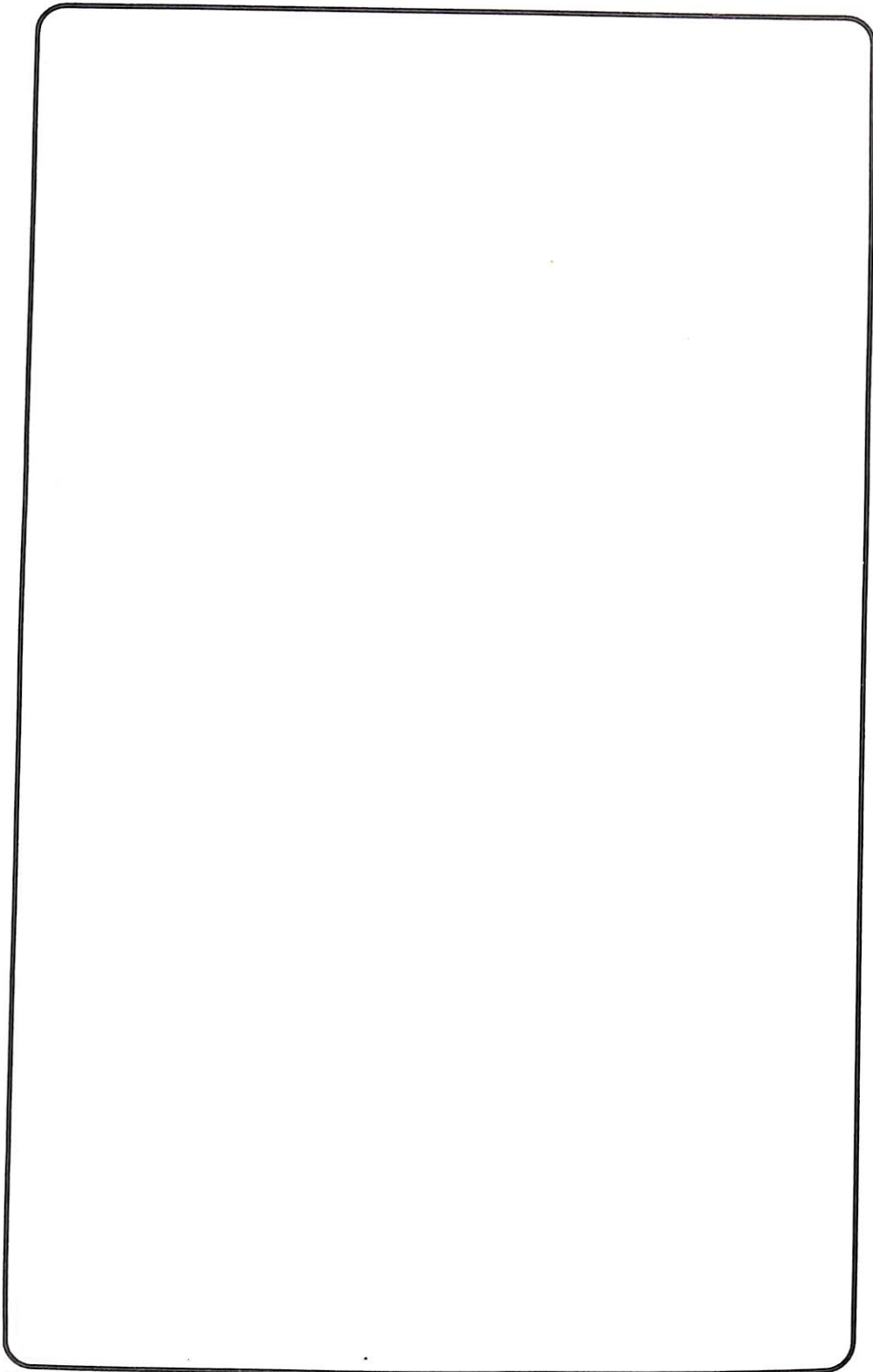
And last but not least there have been over 1100 baptisms over the last fifty years, 1100 wonderful souls won to Christ to serve Him.

Nothing is impossible through Christ, may our next 50 years be fruitful for there are many who need Him. We've come a long way and there is still a long way to go. Take the journey with us.

*Whenever your life is out of tune
And no melody soothes your soul.
Look to the masters whose gentle
Touch will bless you and make you whole.*

*Like an old violin with so little worth
A life may be far less than grand
But may be transformed in a moment you see,
By the touch of the Master's Hand.*

Ken Brown 1988



APPETIZERS & BEVERAGES



*So whether you eat or drink, or
whatever you do, do all to the
glory of God.*

~ I Corinthians 10:31



Party Pleasers

- You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.
- Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Always chill juices or sodas before adding to recipe.
- When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Cheeses should be served at room temperature (approximately 70 degrees).
- When serving hors... d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.
- One quart of soup yields about six servings, unless it is the main course.

APPETIZERS AND BEVERAGES

RED PUNCH

Laura Belle Rageth

- | | |
|-------------------------------|-----------------------------------|
| 1 pkg. cherry Kool-Aid | 1 can (6 oz.) frozen orange juice |
| 1 pkg. raspberry Kool-Aid | 3 qt. water |
| 2 c. sugar | 1 bottle (16 oz.) 7-Up |
| 1 can (6 oz.) frozen lemonade | |

Combine Kool-Aids, sugar, lemonade and orange juice with water. When ready to serve, add 7-Up. Makes 1 gallon.

PICKLE IN A BLANKET

Jacque (Spidell) Archer

- | | |
|----------------------------|---------------------------|
| Thin sliced luncheon meats | Long spear pickles (dill) |
| Cream cheese, softened | |

Spread cream cheese on meat. Lay pickle on and roll meat end to end. Can be served this way or slice to make little finger appetizers.

CHEESE PUFFS

Valerie Cavallaro
Warrensburg, MO

- | | |
|-----------------------------|---------------------------|
| 1/2 c. butter | 1/4 c. flour |
| 2 c. (8 oz.) cheese, grated | 1 tsp. dry onion soup mix |

Preheat oven to 350°. Beat butter until creamy; blend in cheese. Sift flour and onion soup together. Mix into butter and cheese mixture. Press into shapes or roll into coin-sized balls and flatten slightly. Bake about 7-10 minutes.

FANTASY FAN FARE

Valerie Cavallaro,
Wsrensburg, MO

- | | |
|--|---------------------|
| 2 1/4 c. (9 oz.) Velveeta cheese | 1 tsp. minced onion |
| 1 pkg. (4 oz.) Philadelphia cream cheese | 1 pkg. dried beef |

Melt cheeses in double boiler, adding minced onion. Lay waxed paper down on cookie sheets. Arrange dried beef on waxed paper so that pieces overlap. Pour cheese over dried beef. Roll up using waxed paper. Place in refrigerator and let cool. Slice before serving in coil-sized pieces.

CRAB MEAT DIP

Alicia Kelley King

1 (3-oz.) pkg. & 2 (8-oz.) pkgs.
cream cheese
1 lg. can drained crab meat (may
use fake crab meat), about 4 oz.
1/4-1/2 c. milk
1/2 c. mayonnaise (not salad
dressing)

1/2 tsp. garlic powder
1/4 tsp. Worcestershire sauce
2 drops Tabasco sauce
1/2 tsp. lemon juice
2 tsp. minced onion

Use a double boiler or microwave in glass bowl. Cream cheese to soft, but not bubbly. Add remaining ingredients and mix well. Make one day before serving so flavors will blend. To serve hot, keep warm in chaffing dish - a crockpot has too high heat. May put in shallow baking dish and warm until bubbles. Tastes best served warm. May substitute artichoke hearts for crab.

CHEESE FRENCHIES

Dorothy Gann

6 slices sandwich bread
Salad dressing

6 slices American cheese

Make 3 cheese sandwiches. Cut each into quarters. Dip and cover each with batter made of:

1 egg
1 tsp. salt

1/2 c. milk
3/4 c. flour

Coat with cornflake crumbs. Deep fry at 375°. Makes 12. Tuna salad may be substituted for the cheese, if desired.

CHRISTMAS PUNCH

Sally Spidell

4 pkgs. raspberry Kool-Aid
1 pt. orange juice
1 bottle lemon juice

1 can (large) pineapple juice
2 bottles ginger ale
2 1/2 c. sugar

(Keep juices and ale cold.) Mix all ingredients except ginger ale. Pour ginger ale in just before serving. Serves 60 cups.

SUGAR-FREE HOLIDAY NOG

Ruth May

1 pkg. (9 oz.) sugar-free instant
vanilla pudding mix
7 c. skim milk, divided
1 or 2 tsp. vanilla extract or rum
flavoring

2-4 packets sugar substitute
1 c. evaporated skim milk

Combine pudding mix, 2 cups milk, vanilla and sugar substitute in a bowl; mix according to pudding directions. Pour into a half gallon container with

a tight fitting lid. Add 3 cups milk; shake well. Add evaporated milk and shake. Add remaining milk and shake well. Chill. Makes 8 servings.

COCOA MIX

Vickie Gann

1 (1-lb.) box Nestle's Quik powder
1 (8-qt.) box powdered milk

1 lb. confectioners' sugar
1 (6 to 8-oz.) jar coffee creamer

Mix thoroughly. Makes 3 pounds 2 cups mix. Use about 1/4 cup mix to 1 cup hot water. Store in airtight container.

QUICK AND EASY CRACKER SNACKS

Jacque Spidell Archer

Ritz crackers
Cream cheese
Sliced dill chip pickles

Olives (black or green), sliced
1 cucumber, sliced

Spread cream cheese on cracker; top with dill slice or cucumber slice or sliced olives.

TORTILLA CHEESE COINS

Valerie Cavallaro,
Warrensburg, MO

2 (8-oz.) pkgs. cream cheese,
softened
1 c. shredded cheese
1/3 c. mayonnaise

1 sm. can chopped mild green
chilies, drained
1/4-1/2 c. black olives
1 pkg. flour tortillas

Mix all ingredients together and spread a thin layer on flour tortilla. Roll up tightly and refrigerate overnight for easier slicing. Slice into "coin" shape pieces.

DILL DIP

Lorraine Haats

1 c. Miracle Whip
1 c. sour cream
2 T. minced onion

1 T. dill weed
1 T. Beau Monde seasoning

Mix all ingredients well and refrigerate overnight. Serve with fresh vegetables.

(continued)

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BANANA OPEN FACE

Peggy Larsen

3 bananas
1/3 c. mayonnaise
1 tsp. lemon juice

1 T. powdered sugar
2 slices bread

Mash 3 bananas and moisten with mayonnaise, lemon juice and powdered sugar. Serve immediately. Good on brown bread.

CHEESE BALL

Lorraine Haats

2 (8 oz.) softened cream cheese
1 T. Worcestershire sauce
2 tsp. Accent

2 (3-oz.) pkgs. thin chipped beef
1 bunch green onions

In small bowl combine cream cheese and spices, chopped green onions and finely chopped chipped beef. Form into a ball and refrigerate up to 8 hours for spices to flavor. Serve with crackers.

PIZZA RYES

Agnes McCallan

1 lb. ground chuck
1 lb. Rice's hot sausage
1 lb. Velveeta cheese, diced

1 tsp. oregano
1 tsp. Worcestershire sauce
1/4 tsp. garlic powder

Brown together chuck and sausage until cooked and crumbly; drain and add remaining ingredients. Spread while warm on about 1 1/2 loaves of Pepperidge light pastry rye. Put under broiler until bubbly. If you wish before broiling, you can freeze these and then put them under broiler. Makes about 50. Freeze on cookie sheet and then when frozen, place in plastic bag and keep in freezer, using only what amount you want.

CHILI CHEESE DIP

A. McCallan

1 lb. hamburger
1 (10-oz.) can green chilies & tomatoes
2 tsp. Worcestershire sauce

1 lb. American cheese
Chili powder to taste (at least 2 T.)

Brown hamburger. Add Worcestershire and green chilies and tomatoes (including juice). Cut cheese into cubes and melt in above mixture. Add chili powder. Keep in hot pot.

CHEESE BALL

Jennie Hill

2 (8 oz.) cream cheese, softened
1 (6 oz.) dried beef, chipped not corned

1/2 c. chopped onion, fine
2 tsp. Worcestershire sauce

Mix together and form ball. Roll in sunflower seeds and parsley. Refrigerate overnight if possible.

PARTY SALMON LOG

Leda Sears

1-lb. can salmon (2 c.) red or pink
1 (8-oz.) pkg. softened cream cheese
1 T. lemon juice
1/4 tsp. salt

1/4 tsp. liquid smoke (scant), opt.
2 tsp. grated onion
1 tsp. horseradish, prepared
1/2 c. pecans (opt.)
3 T. snipped parsley (fresh), opt.

Drain and flake salmon. Remove skin and bones. Combine salmon with all ingredients except pecans and parsley. Shape into 8 x 2-inch roll. Roll in nut mixture. I put it in a pretty bowl with a few nuts. Chill. Spread on crackers.

MEXICAN DIP

Sharon Hoden

1 (32-oz.) can refried beans
1 pkg. taco mix
7 drops Tabasco sauce
2 ripe avocados
1 c. sour cream
1 c. salad dressing
1 (3-oz.) can chopped green chilies

2 diced tomatoes
1 lb. shredded Monterey Jack cheese
1 lb. shredded cheddar cheese
Chips, crackers or Tostitos

Mix first 4 ingredients; pat on a 12-inch pizza pan. Layer on top: 2 ripe avocados, 1 cup sour cream, 1 cup salad dressing (mix with mixer), green chilies, 2 diced tomatoes, 1 pound shredded Monterey Jack cheese and 1 pound shredded cheddar cheese. Serve with sturdy chips, crackers, Tostitos or Doritos.

CHILI DIP

2 cans Campbell's chili beef soup
1 can Ortega green chili salsa
1 can Ortega diced green chilies

1 can chopped black olives
1 lb. grated cheddar cheese
1 onion, finely chopped

Combine all ingredients and bake at 350° for 30 minutes. Can be served in a crockpot. Serve with tortilla chips.

DILL DIP

1 T. *Beau Monde*
1 T. *parsley*
2 T. *dill weed*

Mix well and chill.

DIP FOR VEGETABLES

1 c. *sour cream*
1 c. *mayonnaise*
1 T. *parsley flakes*
1 T. *onion flakes*

1 T. *onion*
1 c. *mayonnaise*
1 sm. carton *sour cream*

1 tsp. *celery salt*
1 tsp. *dill weed*
Shake of garlic salt

SPINACH DIP

1 c. *sour cream*
1 c. *mayonnaise*
1 (8 oz.) *cream cheese*
1/2 pkg. *frozen chopped spinach*

Mix well and serve with chips.

1 can *water chestnuts, sliced*
1 pkg. *Lipton vegetable soup*
3 or 4 *green onions*

Stacy Gilfillan

BEST EVER PINTO BEANS

1 pkg. *pinto beans*
Cajun sauce
Bacon

Onions (lots)
Worcestershire sauce

Soak pinto beans in water for 14 hours. Drain and place in large pan covered with water on stove for 4 hours (low heat). Add bacon pieces, dash of Cajun hot sauce and Worcestershire sauce. Place all ingredients in crockpot on low for 24 hours. Add salsa prior to eating.

Alice Washburn

SOPAIPILLAS (Mexican Bread)

1 pkg. *yeast*
1/4 c. *warm water*
1 T. *shortening*
4 c. *flour*

1 1/2 tsp. *salt*
1 tsp. *baking powder*
1 T. *sugar*

Dissolve yeast in warm water. Add milk, shortening and sugar. Add flour, salt and baking powder and work into a dough. Knead. Let rise one hour.

(continued)



Roll 1/4 inch thick and cut into squares or triangles. Fry in hot fat until browned. They puff up and can be filled with refried beans or honey or syrup.

Life is like a band - we need not all play the same part, but we must play in harmony.

FLOUR TORTILLAS

Roberta Martin

2 c. *flour*
1/2 c. *shortening*

3/4 c. *warm water*
1/2 tsp. *salt*

Mix flour, salt and shortening until crumbly. Add water and make a dough. Let set 20 minutes. Make 10-12 balls. Roll each ball out with a rolling pin quite thin (using extra flour). Fry on a very hot ungreased grill about 30 seconds each side.

CHRISTMAS CRACKER SPREAD

Loraine Rageth

1 lb. *cranberries*
1 c. *sugar*

1 tsp. *cinnamon*

Wash berries and then put in pan or bowl. Add sugar and cinnamon; stir and bake 30 minutes in 325° oven. Remove from oven. Add (12-ounce) jar of orange marmalade and 1 cup nuts. Refrigerate until ready to use and put over 8 ounces cream cheese. Serve with crackers.

CUCUMBER/CREAM CHEESE SANDWICH

Peggy Larsen

3-oz. pkg. *cream cheese, softened*
4 T. *chopped, drained cucumber*

1/2 tsp. *grated onion*
1/2 tsp. *salt*

Mix above ingredients. Spread on white or brown bread.

TUNA AND EGG SANDWICH

Peggy Larsen

1 can *tuna, drained*
2/3 c. *Miracle Whip*
1 egg (*hard-boiled*)

Shredded lettuce
1/3 tsp. *garlic powder*
1/3 tsp. *onion powder*

Mix all together and spread on white or brown bread.

BACON TOMATO CLUB (3 LAYERS)

Peggy Larsen

3 slices bread, toasted
Hard-boiled egg
Ripe olives
Mayonnaise

Lettuce
Tomato (thin slice)
Cooked bacon

1 slice of toast. Layer with slices of egg, sliced olives and mayonnaise; 2nd slice bread with mayonnaise, lettuce and tomato and bacon. Top with 3rd slice.

CRACKER SPREAD

Irene Haines

1 can tomato soup
1 (3-oz.) pkg. lemon Jello
1 c. onion, diced
1 c. green pepper, diced

1 (8-oz.) pkg. cream cheese
1 c. celery, diced
1 c. mayonnaise or salad dressing

Heat tomato soup until hot, then add lemon Jello and stir until dissolved. Mix cream cheese, softened to mayonnaise or salad dressing. Add soup mixture to cream mixture. Add above vegetables. Refrigerate for 2 hours before serving. Serve with Ritz crackers.

Recipe Favorites

SOUPS, & SALADS VEGETABLES



*But I am like a green olive tree in
the house of God: I trust in the
mercy of God forever and ever.*

~ Psalm 52:8

Veggie Variables

- Fresh lemon juice will remove onion scent from hands.
- A few drops of lemon juice in potato water will whiten boiled potatoes.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.
- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.

SOUPS, SALADS AND VEGETABLES

SALAD DRESSING

Doris Liggett

2/3 c. dark vinegar
1/2 c. sugar
1 tsp. salt
1/2 tsp. celery salt

3/4 tsp. garlic powder
1/2 tsp. black pepper
1 c. salad oil

Combine in jar and shake until all dissolved. Refrigerate and shake before using.

LILLIE'S MAYONNAISE

Lillie Jones

1 c. sugar
1 c. vinegar
3 beaten egg yolks

2 T. flour
1 c. milk
Dash of salt

Heat ingredients in 2-quart saucepan over medium heat, stirring constantly. Heat and stir until mixture is smooth and begins to boil. Remove from heat; cool and store in refrigerator.

FRENCH DRESSING

Barb Williams

1 c. tomato soup
1 c. oil
1 tsp. paprika

1 c. sugar
3 cloves garlic
1/2 tsp. salt

Mix in quart jar and shake well before using.

SUPER SALAD DRESSING

Laura Storer

1 c. white vinegar
1 c. sugar

1/2 c. salad oil
1 tsp. salt

Boil, then pour over vegetables while hot. Let stand overnight. Drain and serve. Use any desired combination of fresh vegetables: green beans, onions, carrots, peppers, celery, lima or kidney beans.

ROYAL SALAD DRESSING

Lillie Jones

1 T. minced parsley
1 T. minced pimento
1/2 c. skim milk

1/4 tsp. paprika
1 T. lemon juice
1 tsp. onion juice

Place all ingredients in tight container and shake vigorously. **Must be made fresh. Use at once.** 1 tablespoon equals 8 calories.

GOLDEN SALAD DRESSING

Lillie Jones

1 tsp. catsup
1/4 tsp. paprika
Diet sugar, to taste (1 grain)
1 pinch pepper

1/4 tsp. salt
1/2 c. cider vinegar
1/4 c. water
Orange food coloring

Place all ingredients in stoppered container and shake vigorously. Preserve in refrigerator in covered jar. Shake well before using. 2 tablespoons equals 1 calorie.

FRUIT SALAD DRESSING

Lillie Jones

1 clove (minced) garlic
1/2 c. (unstrained) orange juice
1/4 c. cider vinegar
1/4 tsp. paprika

1 grain diet sugar
1/2 tsp. salt
1/8 tsp. pepper

Let garlic stand in vinegar 1 hour. Strain. Add rest of ingredients. Shake or beat well. Chill. Shake before each use. 1 tablespoon equals 6 calories.

CORN AU GRATIN

Ruth May

1 (12-oz.) can whole kernel corn, drained
1/2 tsp. salt
1/2 tsp. sugar
1/8 tsp. pepper

1 T. chopped onion
1 T. butter
1/2 c. grated Swiss cheese
1/3 c. cream

Place corn in buttered dish (1 quart). Sprinkle on salt, sugar, pepper, onion and half of the cheese; mix. Sprinkle the rest of the cheese; dot with butter. Pour on cream. Bake at 350° for 30 minutes. Makes 6 servings.

CONFETTI CORN QUICKIE

Peggy Larsen

1 1/2 c. whole kernel corn
1 tomato, cut-up
1/4 c. red pepper relish

1 tsp. salt
1/4 c. prepared oil & vinegar salad dressing

In medium bowl combine all ingredients; toss lightly. Refrigerate until serving time. If desired, garnish with red or green pepper rings and serve on lettuce. 3-4 servings.

SLICED BAKED POTATOES

Peggy Larsen

4 med. even potatoes
1 tsp. salt
2-3 T. melted butter
2-3 T. dried or fresh herbs (your choice)

4 T. grated cheddar cheese
1/2 T. Parmesan cheese
Opt: parsley, chives, sage, thyme, etc.

Cut potatoes into thin slices - but not all the way through. Place in a dish or pan; sprinkle with melted butter and herbs. Microwave on high for 10 minutes. Rearrange potatoes after 5 minutes. Sprinkle with grated cheese. Microwave 4-6 minutes on high until cheese is melted and potatoes are soft. Sprinkle with salt. Serve with your choice of meat or eat with a salad. 4 servings.

FRENCH-FRIED ONIONS

Mrs. Doris Johnson

6 med. white onions, sliced & separated
2 c. milk

3 eggs
Flour

Combine milk and eggs. Beat thoroughly. Dip onions in milk mixture, then flour. Fry in shortening.

HARVARD BEETS

Linda Fiscus

1 (1-lb.) can diced beets
3 T. sugar
2 tsp. cornstarch

1/2 tsp. salt
1/4 c. vinegar
1 T. butter

Drain beets, reserving 1/4 cup juice to combine with dry ingredients which have been stirred together. Add vinegar along with beet juice. Cook over low heat, stirring constantly, until clear and thickened. Stir in butter; add beets. Pour into serving dish and cool.

POTATOES

Irene Haines

2 lbs. hash brown potatoes
1 can cream of chicken soup
2 T. minced onion

1 c. sour cream
1/2 c. grated cheddar cheese

Put potatoes in baking dish. Combine chicken soup, onion and sour cream; pour over potatoes. Top with cheddar cheese.

GREEN BEAN CASSEROLE

Jennie Hill

2 cans cut green beans
Cheez Whiz or Velveeta cheese

1 can cream of mushroom soup
Salt & pepper to taste

Drain green beans. Place in casserole dish. Stir in mushroom soup and about 1/3 of a box of Velveeta cheese. Bake at 350° for 1 hour. May adjust amount of beans and cheese and soup to number of people serving.

GREEN BEAN CASSEROLE

Sally (Spidell) Reed

3 cans green beans
1 can mushroom soup
1 can French onions

2 T. butter
1/2 c. water
1/2 sm. onion, chopped

Drain green beans and put in casserole dish with onions. Pour soup over top. Top with butter and water. Bake 1 1/2 hours at 300°, covered. Add French onions. Bake 1/2 hour, uncovered.

FRANKIE'S GREEN BEAN CASSEROLE

Frankie Wolfe

3 cans French-style green beans
1 onion, chopped
6 slices bacon, cut in pieces

1 c. catsup
1 c. brown sugar

Combine all ingredients in casserole dish. Bake at 275° for 2 hours.

UNUSUAL SCALLOPED CORN

Carol Rageth Long

1 can cream-style corn
1 can whole kernel corn
1 pkg. Jiffy cornbread mix
1 stick margarine, cut-up

1 c. sour cream
Salt, pepper & celery seed to taste

Mix and pour into large buttered casserole. Bake 1 hour and 20 minutes at 350°. Stir half-way through baking.

DOROTHY LYNCH DRESSING

Alice McHugh

1 can tomato soup
1 c. Mazola
1 c. sugar
1/2 c. vinegar

2 tsp. celery seed
1 mustard seed
1 tsp. minced garlic
Salt & pepper

Whirl in blender for 5 minutes at medium speed.

CUCUMBER DRESSING

Irene Haines

1/4 c. vinegar
1 T. lemon juice
1 T. sugar
1/2 tsp. salt
1/8 tsp. pepper

1 T. monosodium
1 tsp. celery seed
2 T. parsley flakes
1/4 c. chopped onion

PRETZEL SALAD

2 2/3 c. broken pretzels
1 1/2 cubes margarine
1 (12-oz.) pkg. cream cheese
1 1/4 c. sugar

1 (8-oz.) pkg. Cool Whip
1 (6-oz.) pkg. strawberry Jello
2 c. pineapple juice
1 bag sliced strawberries

Break pretzels into small pieces. Melt margarine into 9 x 12-inch glass pan. Add pretzels and bake 10 minutes at 350°. Cool. Beat cheese until soft; add sugar gradually. Spread on cooled pretzel layer. Dissolve Jello in boiling pineapple juice. When slightly set, pour over Cool Whip layer. Refrigerate until firm. Cut into squares to serve.

PINEAPPLE SALAD

3/4 c. sugar
1/2 c. syrup from pineapple
1 1/2 T. gelatin
1/4 c. cold water

1 c. pineapple, drained (crushed)
1 c. grated American cheese
1 c. heavy cream
1 c. nuts, chopped

Melt sugar in pineapple juice. Heat until well blended. Add gelatin that has been softened in the cold water. Chill until partially set. Remove from refrigerator and add pineapple, cheese, nuts and mix well. Fold in whipped cream. Chill until set. This keeps well for at least two days.

CHERRY PIE SALAD

Linda Fiscus

1 (3-oz.) pkg. cherry Jello
1 c. boiling water

1 (20-oz.) can cherry pie filling

Dissolve Jello in boiling water and stir in can of pie filling. Pour into 9 x 13-inch glass pan. Chill to set. Spread on the following topping: 1 packet Dream Whip mixed according to directions, 3-ounce package cream cheese (room temperature), 1 small can crushed pineapple (drained). Beat the cream cheese into whipped topping, then stir in drained pineapple. Spread over top and chill again. Cut into squares to serve.

BLUEBERRY SALAD

Sharon Hoden

I: Mix 1 cup boiling water to a small package blackberry Jello. Add 2 tablespoons lemon juice and 1 can blueberry pie filling. Put in an 8 x 8-inch pan. Let set up. **II:** Beat with mixer all at once: 1 package Dream Whip, 1/2 cup milk, 2 ounces (soft) cream cheese, handful of nuts. Spread over Jello. (For Part I you can use cherry Jello and cranberry sauce.)

STRAWBERRY RICE SALAD

Annette Kruse

1 med. Cool Whip
1 sm. pkg. strawberry Jello

1 med. can crushed pineapple
2 servings Minute Rice, cooked

Dissolve Jello in 1 1/2 cups boiling water. Let set until it starts to jell. Add remaining ingredients. Refrigerate until firm.

APRICOT SALAD

Sharon Hoden

1 lg. can pineapple tidbits
(drain & save juice)

2 Junior size jars apricot fruit
(baby food)

I: Mix 2 packages orange pineapple Jello with 2 cups boiling water; add 1 cup cold pineapple and 1 1/2 jars of apricots. Pour into 8 x 13-inch pan. Set until firm. **II:** In a small saucepan cook until thick: 1 cup pineapple juice, 1/2 jar baby food, 2 tablespoons flour and 2 tablespoons oleo. Cool. **III:** Whip 1 cup whipping cream. Add to cooled mixture (II) and spread over Jello (I).

STAINED GLASS SALAD

Jennie Hill

1 (3-oz.) pkg. cherry Jello
1 (3-oz.) pkg. lime Jello
1 c. pineapple juice
1/2 c. cold water

1 (3-oz.) pkg. orange Jello
1 (3-oz.) pkg. lemon Jello
1 (8 oz.) Cool Whip

Make cherry, lime and orange Jello individually with 1 cup hot water and 1/2 cup cold water. Pour into 8 x 8-inch pans. Refrigerate for at least 5 hours. Mix lemon Jello with 1 cup hot pineapple juice (microwave juice for about 2 minutes, then add Jello). Add 1/2 cup cold water; refrigerate until slightly set. Fold 8-ounce container of Cool Whip into lemon Jello mixture. Cube first 3 Jellos into 1-inch cubes and mix with lemon Jello mixture. Put into glass, see through dish to appreciate. **This is great for Christmas dinner.**

DUMP SALAD

Dorothy Gann

1 can apricot pie filling, may use
pie filling of choice
1 lg. tub whipped cream

1 (#2) can crushed pineapple
1 can Eagle Brand milk
1/2 c. milk

Dump all together and put in a 9 x 13-inch loaf pan. Sprinkle with nuts and freeze. Remove from freezer 20 minutes before serving and cut into serving pieces.

DIET SPRING SALAD

Sharon Hoden

1 (10-oz.) pkg. frozen broccoli
1 (10-oz.) pkg. frozen cauliflower
1 c. diced cucumber
1 c. diced green pepper

1 (2-oz.) jar pimentos
3 T. prepared mustard
3 T. diet sugar

Cook broccoli and cauliflower; drain and cut up. Add cucumber, green pepper, 1 small jar pimentos, mustard and sugar. Stir. Chill. There are 16 calories in 1/2 cup per serving.

RED HOT SALAD

Jennie Hill

- 1 c. water
- 1 pkg. red Jello
- 1/2 c. red hots
- 1 1/3 c. applesauce

Dissolve red hots in water in saucepan over medium heat. Add Jello. Stir until completely dissolved. Add applesauce. Stir, then pour in bowl to cool. Refrigerate. This is a real neat Christmas salad.

5-CUP SALAD

Cindy Kelley Boh

- 1 (8-oz.) container sour cream
- 1 can mandarin oranges, drained
- 1 c. coconut
- 1 can chunk pineapple, drained
- 1 c. marshmallows
- 1 c. chopped walnuts or pecans (opt.)

Mix all ingredients together in large bowl. Chill in refrigerator for at least 1 hour. Serve cold.

LIME GELATIN SALAD

Irene Haines

- 1 (6 oz.) lime gelatin
- 1 c. boiling water
- 1 (8 oz.) cream cheese, softened
- 1/2 tsp. vanilla extract
- 1 (15 oz.) mandarin oranges, drained
- 1 (8 oz.) crushed pineapple, drained
- 1 (8 oz.) whipped topping
- 1 c. lemon/lime soda
- 1/2 c. chopped pecans

Dissolve gelatin in water. In a mixing bowl beat cream cheese until fluffy. Stir in gelatin and beat until smooth. Stir in vanilla, orange, pineapple, soda and pecans. Chill until mixture mounds slightly when slid from a spoon. Stir in and fold 3/4 of whipped topping. Pour into 13 x 9 x 2-inch dish. Cut into squares. Garnish with remaining topping. 16-20 servings. *St. Patrick's or Easter dinner.

APPLESAUCE 7-UP SALAD

Agnes McCallan

- 2 c. applesauce
- 2 pkgs. red gelatin
- 1/2 c. chopped nutmeats
- 1 sm. can crushed pineapple
- 1 1/2 c. 7-Up beverage

Heat applesauce until boiling; stir constantly, then dissolve gelatin in it. Remove from heat and add pineapple, including the juice. Let cool. Add nuts and 7-Up. Chill until firm. Cut in squares and serve on lettuce with or without mayonnaise.

STRAWBERRY PRETZEL SALAD

Agnes McCallan

- 2 c. pretzels, crushed not too fine
- 3 T. white sugar
- 3/4 c. oleo, melted
- 2 c. powdered sugar
- 8-oz. pkg. cream cheese
- 9 oz. Cool Whip
- 2 c. miniature marshmallows
- 2 1/2 c. boiling water
- 6-oz. pkg. strawberry Jello
- 10-oz. pkg. frozen strawberries

Mix the first 3 ingredients together and pat into a 9 x 13-inch pan. Bake 12-15 minutes at 350° and let cool. Cream powdered sugar and cream cheese. Fold into Cool Whip. Add marshmallows. Pour over pretzel layer. Chill to set. Mix boiling water with Jello. Add sliced frozen strawberries. When this mixture begins to set, pour onto the second layer and chill until firm. Add nuts or pretzels to garnish.

CRANBERRY SALAD

Joyce Keller,
Irene Haines Niece

- 1 c. ground raw cranberries
- 1 c. sugar
- 1 (3-oz.) pkg. strawberry Jello
- 1 c. hot water
- 1 c. pineapple juice
- 1 c. crushed pineapple, drained
- 1/2 c. chopped walnuts
- 1 c. chopped celery

Mix ground cranberries and sugar and set aside. Dissolve Jello in hot water and pineapple juice. Chill until partially set. Add cranberries, pineapple, walnuts and celery. Chill until firm. Makes a lovely salad for the holidays in a nice bowl. Very good.

PRETZEL SALAD

Shelly McCaffrey

(Shared with me by my mother-in-law, Sue, of Otis, Colorado.)

- 2 c. crushed pretzels
- 3/4 c. melted butter
- 8 oz. cream cheese
- 1 c. sugar
- 6-oz. pkg. strawberry Jello
- 3/4 c. boiling water
- 4 T. sugar
- 8-oz. carton whipped topping
- 1 pkg. frozen strawberries, partially thawed

Mix together. Spread in 9 x 13-inch pan. Bake at 375° for 6-8 minutes. Cool. (Watch carefully, it can burn easily!) Beat cream cheese and sugar until smooth. Fold in whipped topping. Spread over pretzel layer to edges of pan (to seal pretzel layer from Jello). Mix Jello. Add strawberries. Pour over cream cheese layer. Chill until firm.

APRICOT SALAD

Thelma Lombard

2 c. boiling water
10 marshmallows
1 c. pineapple tidbits

2 pkgs. orange Jello
1 lg. can apricots with juice

Dissolve in 2 cups boiling water 2 packages orange Jello and 10 marshmallows. Add 1 large can mashed apricots with juice and 1 cup pineapple tidbits. Pour into 9 x 14-inch pan until set. Spread with following topping: Cook until thick, 1 cup fruit juice and 1/2 cup sugar, 2 heaping tablespoons flour and 2 tablespoons butter or oleo. Cool. Fold in 1 cup whipped topping. Sprinkle grated cheese over all.

STRAWBERRY AMBROSIA SALAD

Hazel Stiles

1 (3-oz.) box strawberry Jello
1 (3-oz.) box strawberry banana Jello
2 c. boiling water

2 (10-oz.) pkgs. frozen strawberries
2 bananas
1 (8 oz.) sour cream

Dissolve Jello in boiling water. Add strawberries and bananas. Place half of mixture in 9 x 13-inch dish. Refrigerate for 2 hours. Spread sour cream evenly over the top. Spoon remaining mixture gently over sour cream. Chill until firm.

APRICOT SALAD

Barbara Petersen

2 boxes orange Jello
1 pkg. miniature marshmallows
6 T. flour (heaping)
1 sm. Cool Whip

1 can apricot nectar
1 egg
1/2 c. sugar
Sharp cheddar cheese

Dissolve Jello in 1 cup boiling water. Add 2 1/2 cups apricot nectar and pour into 9 x 13-inch glass baking dish. Top with a layer of marshmallows and place in refrigerator. Combine sugar, egg and flour in a saucepan. Stir and add 1 1/2 cups apricot nectar. Cook, stirring constantly. This mixture will be very thick. Set aside until cool, then combine with Cool Whip and spread on Jello mixture. Top with grated cheddar cheese.

SPAGHETTI SALAD

Sharon Hoden

2 lbs. spaghetti
Chopped vegetables: 1 red onion,
1 green pepper, 2 tomatoes, 1
cucumber

1 can black olives, sliced
1/2 jar Salad Supreme
1 (16 oz.) Wishbone salad
dressing

Break spaghetti into 2 to 3-inch strips. Cook, rinse and cool. Add chopped vegetables, 1/2 jar (Schilling) Salad Supreme seasoning and Wishbone Italian dressing. Mix in large bowl; let set overnight. Will keep for one week. Also add 1 can black olives (sliced). *Can also use rotini macaroni and other fresh vegetables of your choice.

5-BEAN SALAD

Jean Bowes

2 cans yellow beans
1 can Italian beans
1 can lima beans
1 can garbanzo beans
1 can red kidney beans
1 1/2 c. chopped onion

1 1/4 c. sugar
1 1/3 c. white vinegar
2 1/3 c. salad oil
1 tsp. salt
1 tsp. pepper
1 T. celery seed

Drain juice from all the beans and rinse. Combine beans and onions. For the dressing, mix together sugar, white vinegar, salad oil, salt and pepper and celery seed. Pour over the beans and refrigerate overnight.

RICE-A-RONI SALAD

Agnes Harrill,
Sharon Hoden's Mother

1 box chicken-flavored Rice-a-Roni
1 jar marinated artichoke hearts,
diced

1 bunch (6) green onions, thinly
sliced
Mayonnaise to taste

Cook Rice-a-Roni according to package directions; cool slightly. Add remaining ingredients.

HEALTH SALAD

Betty Franks

1 (8-oz.) can tiny whole beets
(well drained)
1 can bean sprouts, drained
2 c. small cauliflowerets

1/2 green pepper, cut in thin strips
1/2 c. sliced fresh mushrooms
1/2 c. shredded fresh spinach
1/2 tsp. soy sauce

Chill all ingredients. Just before serving, toss and add enough zesty French dressing to coat evenly.

COPPER PENNY SALAD

Violet Wilson

2 pounds carrots cut in slices and cooked until tender, then drained and cooled. Add 1 large chopped pepper, 1 large chopped onion, $\frac{3}{4}$ cup chopped celery. Set aside. Mix 1 can tomato soup, 1 tablespoon Worcestershire sauce, $\frac{1}{2}$ cup vinegar, 1 cup sugar and $\frac{1}{3}$ teaspoon garlic salt. Bring to boil and let cool, then pour over the above ingredients.

CREAM OF PARISIAN VEGETABLE SOUP

(Serves 12)

1 (18-oz.) pkg. frozen California
Blend vegetables
2 c. water
 $\frac{1}{2}$ c. butter
 $\frac{1}{2}$ c. margarine
 $\frac{1}{2}$ c. chopped onion
 $\frac{1}{2}$ c. chopped celery

1 tsp. Accent
1 c. flour
4 chicken bouillon cubes
6 c. milk
1 c. diced ham
1 tsp. white pepper
Salt to taste

Cook vegetables in the 2 cups water until tender. Melt butter and margarine. Add onions and celery. Saute until onions are slightly clear. Add flour; stir until well blended. Add crushed bouillon cubes; add milk. Stir and cook until thick and smooth - add ham and vegetables and water. Add seasonings. (Can add more milk if too thick).

OLD-FASHIONED POTATO SOUP

Rosie Swangers
By Sally Spidell

5 potatoes, cut in cubes/chunks
1 med. onion, chopped
1 lb. macaroni

$\frac{1}{4}$ lb. butter
Milk

Boil potatoes and onion until potatoes are about done. Add macaroni. Boil 10 minutes; drain part of water. Add milk to cover entire ingredients. Add butter. Good for cold days.

POTATO SOUP AND DUMPLINGS

Jennie Hill

(My Family's Favorite Cold
Weather Meal)

4 or 5 med. potatoes
4 T. oleo or butter-flavored Crisco
2 c. flour
2 T. shortening (I use butter-
flavored Crisco)
1 tsp. salt

Milk or water
Salt
Milk
2 tsp. baking powder
4 eggs

Peel and dice potatoes. Place in large pan (I use my Dutch oven) enough water to cover; salt. Bring to boil. Lower heat and add enough milk to make soup (about 2 cups). Let simmer on low heat. Stir up dumplings. Sift flour. Measure. Sift in baking powder and 1 teaspoon salt. Add shortening and cut into flour - well. Add eggs and mix well. Add milk or water, one teaspoon at a time. Dough should be sticky. Drop by teaspoonful into soup. Cover and cook about 12 minutes. (After you put the lid on, do not open the pot for at least 12 minutes. This keeps the dumplings from getting hard.)

TORTILLA SOUP

Roberta Martin

1 sm. onion
1 can green chilies or 1 hot chili
pepper
1 T. olive oil
1 can (10 $\frac{1}{2}$ oz.) beef bouillon
2 tsp. Worcestershire sauce
1 can (10 $\frac{3}{4}$ oz.) chicken broth

1 T. steak sauce (Heinz 57)
3 flour tortillas, cut in strips
 $\frac{1}{4}$ c. shredded cheddar cheese
 $1\frac{1}{2}$ c. water
 $1\frac{1}{2}$ c. tomatoes or juice
1 tsp. chili powder
1 tsp. ground cumin

Saute onion, pepper and garlic in oil until soft. Add bouillon broth, water, tomatoes, cumin, chili powder, Worcestershire sauce and steak sauce. Bring to boil. Lower heat and simmer for 45 minutes. Add tortilla strips and simmer 10 more minutes. Serve in bowls and sprinkle with cheese.

MOSTACCIOLI

Irene Haines

- | | |
|---------------------------|-----------------------|
| 1 lb. mostaccioli noodles | 2 T. parsley |
| 1 sm. can kidney beans | 2 T. dry mustard |
| 1 green pepper, diced | 1 T. paprika |
| 1 cucumber, diced | 1 T. pepper |
| 1 red onion, diced | 1 T. salt |
| 1 white onion, diced | 1½ c. vinegar (cider) |
| 3 ribs celery, diced | 1½ c. sugar |

Cook mostaccioli noodles. Do not overcook. Drain and cool. Heat 1½ cups vinegar and mix with 1½ cups sugar. Pour over noodles and above vegetables. Refrigerate. Tastes best when sets overnight.

COLESLAW

(Mrs. Larry) Pat Smith

- | | |
|------------------------------|-------------------------------|
| 1 sm. head cabbage, shredded | ½-1 c. cider vinegar |
| 1 green pepper, shredded | Sweetener to equal 1 T. sugar |
| 1 onion, shredded | Dash of salt & pepper |
| 3 carrots, shredded | |

Shred vegetables in blender using plenty of water. Drain in colander. Add vinegar, sweetener, salt and pepper. Stir well and refrigerate overnight. Keeps several weeks.

BROCCOLI AND CAULIFLOWER SALAD

Barb Smith

- | | |
|-------------------------------|--------------------|
| 1 head cauliflower | 1 c. sour cream |
| 1 bunch broccoli | ½ c. milk |
| 1 pkg. cheddar cheese | ¼ c. horseradish |
| 1 pkg. Monterey Jack cheese | 1 c. Miracle Whip |
| 1 pkg. Hidden Valley dressing | ⅛ c. minced onions |

Cut your broccoli and cauliflower up in pieces in bowl. Cut your cheese up; mix in bowl together. In a separate bowl put Miracle Whip, Hidden Valley dressing, sour cream, milk, horseradish and minced onions together. Mix with whip or big spoon. Put in refrigerator until ready for salad. Then take out and mix together. Refrigerate or serve. Very good.

BROCCOLI SALAD

Agnes McCallan

- | | |
|--------------------------------|---------------------|
| Tops of broccoli stalk (large) | ¾ c. golden raisins |
| ½ c. diced celery | ½ c. mayonnaise |
| ½ c. red onion | 2 T. sugar |
| ¾ c. bacon bits | 2 T. wine vinegar |
| ½ c. sunflower seeds | |

Better if mixed a day before.

SUMMERTIME BEAN SALAD

Peggy Larsen

- | | |
|----------------------------|-------------------------------|
| 1½ c. drained kidney beans | ½ c. diced onions |
| 1 med. cucumber, chopped | 1 tsp. salt |
| 1 c. sliced celery | ½ c. Thousand Island |
| 1 c. sliced radishes | Opt: Creamy French or Russian |

In medium bowl combine all ingredients. Mix well. Chill 2-3 hours before serving. Makes 6 servings.

MRS. HALL'S CHICKEN SALAD

Loretta Sapp

- | | |
|--|--------------------------------------|
| 4 c. diced, cooked chicken | 1 c. chunk pineapple, well drained |
| 1 c. celery, chopped fine | 1 T. lemon juice |
| 1 c. sweet green grapes or canned spiced grapes, drained | ½ c. whipping cream |
| ½ c. slivered almonds or cashew nuts | ⅔ c. mayonnaise (not salad dressing) |

Combine chicken, celery, grapes, pineapple and lemon juice. Whip cream. Fold into mayonnaise, blending well. Pour over salad ingredients and toss lightly. Serve in lettuce cups.

MOSTACCIOLI SALAD

Lorraine Haats

- | | |
|----------------------------------|------------------------|
| 1 lb. cooked mostaccioli noodles | 1 chopped onion |
| ⅔ c. chopped celery | 1 can garbanzo beans |
| 1 can black olives | 1 chopped green pepper |

Bring to boil:

- | | |
|----------------------------------|-----------------------|
| 2 c. cider vinegar | 2 c. oil |
| 2 tsp. salt | 2⅔ c. sugar |
| 1 tsp. basil | ¾ tsp. pepper |
| 3 cloves garlic or minced garlic | 1 tsp. parsley flakes |

Mix all above and refrigerate up to 3 hours, then serve.

TACO SALAD

Sally Spidell

1 head lettuce, torn apart in sm. pieces
1 lg. tomato, cut in thin wedge slices
1 pkg. (med.) Doritos (chips), crumbled

1 pkg. (8 oz.) shredded cheddar cheese
1 pkg. (8 oz.) shredded mozzarella cheese
1½ lbs. hamburger, browned & drained (opt.)

Combine all ingredients except chips. Add them just before serving. Add ¼ cup Italian dressing and serve. Makes a large salad.

TASTY TACO SALAD

1 lb. ground pork
1 can (8 oz.) tomatoes
¼ c. chopped onion
2-3 tsp. chili powder
¼ tsp. garlic powder

Salt/pepper
1 head iceberg lettuce, cut-up
2 tomatoes, cut in wedges
¼ c. shredded cheddar cheese

In 9-inch skillet brown pork over moderate heat. Drain. Stir in undrained tomatoes, onion, chili powder. Bring to boiling. Reduce heat and simmer, uncovered, until most liquid evaporates, about 15 minutes, stirring occasionally. Season to taste with salt and pepper. Meanwhile, line four individual salad bowls with lettuce leaves. Tear remaining lettuce into bite sizes. Spoon ½ cup pork mixture onto lettuce. Sprinkle with cheese. Arrange tomato wedge. 4 servings.

CELERY SLAW

Mary Lou Hughes

3 c. celery, thinly sliced
1 apple, unpeeled, cored & diced
½ c. grated carrots
½ tsp. salt

2 T. sugar
2 T. vinegar
½ c. mayonnaise
½ c. walnuts, coarsely chopped

Combine celery, carrots and apple. Thoroughly blend remaining ingredients and fold into celery mixture. Fold in walnuts or sprinkle over the top as a garnish. Chill at least 30 minutes. Serve in lettuce-lined bowl if desired.

CRISPY ORIENTAL SALAD

Joyce Keller,
Niece of Irene Haines

1 stick margarine, melted
2 T. sugar
¼ c. sesame seeds

2 (3-oz.) pkgs. Ramen noodles, broken in sm. pieces
1 (3-oz.) pkg. sliced almonds

Place the above in the skillet of melted oleo. Cook and stir until lightly brown.

1 lg. head Napa cabbage

4 green onions, chopped

Can remove some of the big middle pieces of the cabbage. Chill.

Dressing:

¾ c. oil
¼ c. sugar

¼ c. red wine vinegar

Toss greens and noodles together with dressing just before you serve.

KIDNEY BEAN SALAD

Adeline Thompson

2 cans red kidney beans
½ c. salad dressing
½ c. sweet relish
1 c. American cheese, cut in squares

Salt & pepper to taste
4 hard-boiled eggs

Drain kidney beans. Combine in bowl American cheese, eggs, relish, salad dressing, salt and pepper. Serve cold. May add celery if you like.

OVERNIGHT BACON SALAD

Barb Williams

10 oz. frozen peas
½ onion, sliced
1 lb. bacon, fried crisp & broken

3-oz. can water chestnuts, sliced
(Can use celery or tomatoes)
5 hard-boiled eggs, sliced

Cover with mayonnaise and grated cheese. Let stand overnight before serving.

OKIE PEA SALAD

Larry Hill

½ lb. colby or mild cheddar cheese
2 cans green peas, drained
3 lg. dill pickles, chopped

3-5 sweet pickles, chopped
3-4 T. salad dressing or mayonnaise
Salt & pepper to taste

Dice cheese into ½-inch cubes. Mix cheese, peas and chopped pickles. Add mayonnaise, mixing until moist. **Optional:** A small amount of diced ham, chopped onion and chopped boiled eggs may be added.

WATERGATE SALAD

Meloria Kelley Kirkpatrick

1 c. crushed pineapple, undrained 1 pkg. pistachio instant pudding
1 container Cool Whip 1½ c. miniature marshmallows

Mix together and chill for at least 1 hour.

Recipe Favorites

MAIN DISHES & CASSEROLES



*Blessed are those who hunger and
thirst for righteousness, for they
will be filled.*

~ Matthew 5:6

Main Dish Mentionables

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated.
- Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- Don't freeze cooked egg white. It becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.
- The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

MAIN DISHES AND CASSEROLES

HOT VEGGIE POCKETS

Alice Washurn

1 loaf frozen bread dough
1 c. broccoli
1 c. cauliflower or any
combination of favorite veggies

1 c. grated cheese
Ham or turkey or chicken chunks
or hamburger (2 c.)

Before work or in the A.M., place frozen loaf on nonstick pan and thaw. When thawed, roll out flat. Spread lightly with flour. Put vegetables (any combination) and chunks of meat (any kind) - leftovers are okay and grated cheese on bread. Roll bread (jellyroll style); pinch ends. Bake 45 minutes in 350° oven. Serve hot.

CORN CASSEROLE FOR BUSY MOMS

Kathy Palmquist

1 can corn (whole kernel)
1 can cream corn
1 c. Velveeta chunks

1 c. macaroni
1 stick butter

Combine all ingredients. Put in 350° oven for 45 minutes, covered. Remove cover and bake an additional 15 minutes.

BROCCOLI CASSEROLE

Linda Buchholz

1 pkg. frozen cut broccoli
1½ c. cooked rice (Boil-in-Bag is
good)
1 can cream of chicken soup

4 slices Velveeta light cheese
½ tsp. butter for flavoring
Salt & pepper to taste

Thaw broccoli to separate. Add cooked rice and soup, butter flavoring, salt and pepper. Pour into buttered casserole dish and place cheese slices on top. Cover and bake at 350° for 20-30 minutes.

TEXAS HASH

Shelly McCaffrey

1 lb. ground beef
1 c. chopped green pepper
1 c. chopped onion
2 c. chopped celery
1 can whole tomatoes (cut
tomatoes somewhat)

1 tsp. chili powder (more if
desired)
Salt & pepper to taste
4 c. cooked rice

Brown ground beef in large skillet. Add onion, green pepper and celery. Cook until vegetables are as you like them. Drain. Add tomatoes, chili powder, salt and pepper. Stir in rice. Cook until heated through.

BEEF NOODLE CASSEROLE

Rose McCormick

1 lb. lean ground beef
2 T. butter
Garlic powder to taste
1 tsp. salt
1 (8-oz.) pkg. cream cheese
1 tsp. sugar
Dash of pepper

2 (8-oz.) cans tomato sauce
1 (7-oz.) pkg. flat noodles
6 green onions with tops,
chopped
1 c. sour cream
½ c. grated sharp cheddar
cheese

Cook beef in butter until browned and crumbly. Add garlic, salt, sugar, pepper and tomato sauce. Simmer over low heat for 15-20 minutes. Cook noodles and drain. Combine onions, cream cheese and sour cream. After meat sauce and noodles have cooled, grease a 2-quart casserole dish. Alternate layers of noodles, cheese mixture and meat sauce in casserole. Repeat; sprinkle top with grated cheese. Bake at 350° for 15-30 minutes or until cheese is bubbly.

IMPOSSIBLE QUICHE

Keith & Carol Kovacs & Young Ladies

3 eggs, slightly beaten
1½ c. grated cheese*
¼ tsp. salt
1¼ c. chopped ham*

1¼ c. milk
½ c. Bisquick
⅛ tsp. pepper
¼ c. melted margarine

*Can use cheddar, Monterey Jack, or Swiss cheese; may substitute bacon for ham. Mix all ingredients in bowl. Pour into 10-inch pie plate. Bake at 375° for 35-40 minutes.

POTATO DUMPLINGS

Agnes McCallan

5 c. cooked riced potatoes (red
are best)
1 heaping tsp. salt

2 eggs, well beaten
3 c. sifted flour

Mix together above ingredients, adding more flour to dough if it is too soft to handle. Form into balls, about the size of a large egg. Drop into slightly salted boiling water. Boil about 15 minutes or until cooked through. Drain and mix with hot sauerkraut. Over this drizzle juice and fat from roast fowl or pork.

CABBAGE AND NOODLE CASSEROLE

Agnes McCallan

3 lbs. cabbage, sliced thin
1 stick oleo
1 (8-oz.) pkg. wide noodles
1 can cream of celery soup

½ of 8-oz. jar Cheez Whiz
2 T. jalapeno Cheez Whiz (opt.)
Salt & pepper to taste

Melt oleo in skillet. Add cabbage and cook until tender. Cook noodles; drain and add to cabbage. Add soup, Cheez Whiz and salt and pepper. Stir together and heat on low until hot. May also put in casserole; top with buttered crumbs and bake at 350° for 30 minutes.

LASAGNE

Mrs. Frank (Brenda) Kelley

1 lb. ground beef
3 cans (8 oz.) tomato sauce or 6
oz. paste
¼ tsp. pepper
⅓ c. grated Parmesan cheese
1 (8-oz.) pkg. lasagne noodles

8 oz. shredded or sliced Swiss or
mozzarella cheese
1½ c. (12 oz.) creamed cottage
cheese
½ tsp. salt
½ tsp. oregano leaves

In medium skillet cook and stir ground beef until brown. Drain off fat; stir in tomato sauce or paste, salt, pepper and oregano. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer 20 minutes. Cook noodles as directed on package. Drain. In ungreased baking dish, alternate layers of ⅓ each noodles, Swiss cheese, cottage cheese and meat sauce, ending with 1¼ cups meat sauce. (Can refrigerate for several hours if desired before cooking.) Bake, uncovered, 40 minutes at 350°. Sprinkle with Parmesan cheese. Serves 6.

TUNA AND NOODLES

Marcia Kelley Rasmussen

2 c. macaroni
1 can cream of mushroom soup

1 can tuna in water, drained

Cook macaroni as directed on package. Drain and add drained tuna in large pot. Add soup and small amount of milk if too dry. Salt and pepper to taste. Warm in oven or on stove top. Easy, filling and quick.

TACO CASSEROLE

Elaine Neighbors

1-1½ lbs. hamburger
1 pkg. dry taco seasoning mix
2 T. taco sauce

1 can refried beans
1 c. water
Taco chips

Brown hamburger and drain. Add package of taco seasoning, taco sauce and water. Stir in refried beans and let simmer a few minutes. Spoon half the mixture into a 9-inch square baking dish. Crumble chips on top. Repeat layers. Bake for 20-25 minutes at 350°. Top with grated cheese and return to oven until melted. Lettuce and tomato can be served with it.

HAMBURGER CASSEROLE

Lesla Kraft

1-1½ lbs. hamburger
1 med. onion, chopped
6 med. potatoes, boiled & sliced

1 pkg. frozen mixed vegetables
2 cans cream of mushroom soup

Brown onion and hamburger. Season to taste. Alternate layers of hamburger, potatoes and vegetables in baking dish. Pour mushroom soup over the top and bake about 1 hour at 350° (or until brown).

SPAGHETTI PIE

Amy Buckles

6 oz. spaghetti, uncooked
2 T. margarine or butter
⅓ c. grated Parmesan cheese
1 c. cottage cheese
1 lb. lean ground beef or turkey
½ c. chopped onion
2 eggs, well beaten
¼ c. chopped bell pepper

1 can (8 oz.) stewed tomatoes, undrained, chopped-up
6 oz. tomato paste
1 tsp. granulated sugar
1 tsp. dried oregano
½ tsp. garlic salt
½ c. shredded mozzarella cheese

Cook spaghetti according to package directions. Stir margarine, Parmesan cheese and eggs into cooked spaghetti. Spoon mixture into buttered 9-inch pie plate, pressing to form crust. Spread cottage cheese over crust. Meanwhile, brown beef in large skillet; drain. Stir in onion, green pepper, tomatoes and their liquid, tomato paste, sugar, oregano and garlic salt. Pour meat mixture over cottage cheese in crust. Bake in preheated 350° oven for 30 minutes. Sprinkle mozzarella cheese and bake 5 more minutes or until cheese is melted.

ENCHILADAS

Doris Johnson

2 doz. tortillas
2 cans enchilada sauce
2 cans tomato sauce
2 lbs. hamburger
2 T. chili powder

1 tsp. cumin
1 tsp. oregano
2 chopped onions
2 lbs. grated cheese
½ c. oil

Fry hamburger and add 1 tablespoon chili powder, ½ teaspoon cumin and ½ teaspoon oregano and 1 can tomato sauce and set aside. In saucepan add 2 cans enchilada sauce, 1 can tomato sauce, 1 teaspoon chili powder, ½ teaspoon cumin, ½ teaspoon oregano. Bring to a boil and set aside. Grease 2 skillets. In one, put ½ cup oil, in the other put some sauce. Take tortillas and put one at a time into grease until it starts to fry, then put into sauce, then put on plate and add some hamburger mixture, cheese and onion. Repeat for all tortillas. Put all in pan. Top with cheese and onions and bake until the cheese is melted.

LASAGNA

Nancy Hansen

1 lb. ground beef
1¾ c. mozzarella cheese, shredded
1 (16 oz.) tomatoes
1 (12 oz.) tomato paste
3 c. water
½ tsp. sugar

1½ tsp. salt
¾ tsp. oregano, crushed
¼ tsp. garlic powder
1½ tsp. instant minced onion
½ tsp. Worcestershire sauce
13-14 lasagna noodles, uncooked

Brown ground beef; drain excess fat. Add cheese. Combine all ingredients except noodles and stir together. Put ½ sauce mixture in bottom of greased 9 x 13-inch pan. Add a layer of uncooked noodles and then add remaining sauce and put noodles on top. Then cover with waxed paper and then put foil and seal tightly. Bake for 1 hour and 45 minutes in a 350° oven.

CHILI (Quick)

Steve Gilfillan

3 cans chillet beans
1 can tomato juice

1½ c. Williams chili seasoning
1 lb. cooked hamburger, drained

Put in crockpot for 1 or 2 hours. Serve.

GOULASH

Sally Spidell

2 lbs. hamburger
1 med. onion, chopped
1 green pepper, chopped
1 can tomato sauce

1 env. spaghetti sauce
1 lb. macaroni
2 c. water

Brown hamburger and onion. Drain. Add green pepper, tomato sauce and macaroni and 2 cups water. Boil 30 minutes. Add spaghetti sauce. Simmer and serve.

CHICKEN ENCHILADA CASSEROLE

Keith & Carol Kovacs & Young Ladies

4 lbs. chicken
1 tsp. oregano
16 oz. tomato sauce
6 oz. tomato paste
2 lbs. shredded cheddar cheese
2 chicken bouillon cubes
4-oz. can mild green chili peppers
2½ c. water

2 lg. onions
1½ tsp. salt
2 cloves garlic
1 T. chili powder
1 tsp. cumin
1 can cream of mushroom soup
¼ tsp. black pepper
2 doz. corn tortillas

Combine all ingredients except tortillas, cheese and chicken in large pan and simmer for 2 hours. Boil chicken in separate pan for 1½ hours. Remove chicken from bone. Layer in 10 x 13-inch pan. Cover with foil and bake at 350° for 45 minutes. Start layers with sauce, tortillas, sauce, chicken, cheese, tortillas, sauce, chicken, cheese, etc.

KID'S CHOICE

Stacy Gilfillan

1 box Velveeta shells & cheese
1 can tuna

Follow directions on box. Open can of tuna. Drain and mix.

SPAGHETTI SUPREME

Sally Spidell

2 lbs. hamburger
1 med. onion, chopped
1 jar spaghetti sauce (Ragu)

1 lb. spaghetti
1 (8-oz.) jar green olives

Brown hamburger and onion. Cook spaghetti according to package directions. Combine sauce with hamburger and onion. In large dish layer hamburger/sauce, sliced olives, spaghetti, hamburger/sauce, olives and spaghetti. Keep enough hamburger and sauce to put on top.

POTATO TOT AND GROUND BEEF

Thelma Lombard

2 lbs. ground beef
½ c. milk
2 tsp. salt
½ tsp. poultry season
¾ tsp. catsup
¼ c. water

½ c. bread crumbs
1 egg, beaten
1 tsp. Worcestershire
1 sm. onion
1 chopped green pepper
1 pkg. potato rounds

Combine beef, bread crumbs, milk, egg, green pepper, onion, salt, Worcestershire sauce, poultry season. Mix thoroughly. Divide in 8 patties/ball. Form 1-inch wall in center. Place in 13 x 9 x 2-inch baking pan. Bake at 375° for 15 minutes. Place potato rounds into center. Mix catsup and water over all. Bake 25-30 minutes until meat is done.

OLD-FASHIONED CHICKEN AND NOODLES

(Serves 6-8)

Shelly McCaffrey

1 (16-oz.) pkg. frozen egg noodles
1½-lb. chicken (2 c. cooked)
5 chicken bouillon cubes
1½ qt. water

½ c. chopped onion
½ c. chopped celery
1 tsp. parsley flakes

Place chicken, bouillon cubes, water and vegetables in Dutch oven. Bring to boil. Add frozen noodles and stir to separate. Return to boiling and cook 20-30 minutes or to desired tenderness, stirring occasionally. (If cooking a whole breast, remove chicken from bones. Return meat to stock. Reduce heat and simmer gently 5-10 minutes more.)

CHEESE AND SAUSAGE RING

Ruth May

1 c. cracker crumbs
1 lb. ground pork sausage
⅓ c. chopped onion
¼ lb. cubed cheddar cheese
3 c. hot mashed potatoes

1 T. chopped parsley
⅓ c. milk
2 eggs, slightly beaten
½ lb. ground beef

Combine crumbs, sausage, beef, eggs, cheese, milk and onion. Press into 9-inch greased ring mold. Bake at 350° for 60 minutes. Unmold. Fill center with hot mashed potatoes. Garnish with parsley. Yields 6 servings.

ENCHILADA CASSEROLE

Betty Franks

2 lbs. hamburger
1 can cream of chicken soup
1 can cream of mushroom soup
1 sm. can evaporated milk
1 can mild enchilada sauce
1 can tomato sauce

1 pkg. flour tortillas
2 c. shredded cheddar cheese
2 c. shredded mozzarella cheese
1 pkg. dry taco seasoning
1 sm. can sliced black olives (opt.)

Brown and drain hamburger. Add all soups, sauces, milk and spices. Simmer for about 5 minutes. Layer in a greased 9 x 13-inch pan, starting with a small portion of meat mixture. Layer tortillas flat over this, then meat mix; sprinkle with cheese (both kinds), another layer of meat, cheese and tortillas. Top with meat mixture. If you have cheese left, sprinkle over top when removed from oven. Bake at 350° for 30 minutes or until hot.

CHEESE RAVIOLI WITH FRESH TOMATO AND ARTICHOKE SAUCE

Shelly McCaffrey

2 (9-oz.) pkgs. fresh cheese ravioli, or other ravioli of choice or tortellini
1 T. + 1 tsp. olive oil
1 lb. fresh ripe tomatoes, coarsely chopped, about 3 c.
1 (6-oz.) jar marinated artichokes, drained well

4 lg. scallions, sliced (about 1/2 c.)
3 cloves garlic, crushed (1/8 tsp. garlic powder per clove)
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
6-8 lg. Parmesan cheese curls (opt.)

Cook ravioli, without salt, according to package directions. Drain well. Transfer to large bowl. Toss with 1 teaspoon oil; set aside. In 10-inch skillet over medium-high heat, heat remaining 1 tablespoon oil; add tomatoes, artichokes, scallions, garlic, salt and pepper. Cool 2-3 minutes, stirring occasionally, until vegetables are warmed through. Remove vegetables from heat; add half to reserved ravioli; toss gently but thoroughly to mix. Transfer ravioli to large serving platter; pour remaining vegetable mixture over. If desired, serve garnished with Parmesan curls. Makes 4-6 servings. Per 1/6 recipe without garnish or bruschetta: 189 calories (41% for fat) 7 g fat (3 g. saturated), 15 mg. cholesterol, 790 mg. sodium, 20 g. carbohydrate (3 g. fiber), 9 g protein. % daily values: 19% calcium, 12% iron

CHEDDARY SCALLOPED POTATOES

Brenda Bingham

2 T. margarine
1 sm. onion sliced
1 (10 3/4-oz.) can Campbell's broccoli cheese soup

1/8 tsp. pepper
1/3 c. milk
4 med. potatoes, sliced & cooked (3 1/2 c.)

Cook onion in skillet until tender in margarine. Stir in soup, milk and pepper. Heat to boiling. Add potatoes. Reduce heat to low. Cover. Simmer 5 minutes or until hot and bubbly. Stir occasionally. For cheesier flavor, add 1/2 cup shredded cheddar cheese with soup.

TATER TOT CASSEROLE

Thelma Lombard

1 1/2 lbs. ground beef
1/2 c. chopped onions
1/3 c. sliced celery

1 can cream of celery soup
Pkg. Tater Tots
Pimento, chopped

Brown ground beef; drain. Add onions, sliced celery, salt and pepper. Spread mixture in baking dish. Pour can of celery soup over all. Stir in chopped pimento. Top with layer of frozen Tater Tots. Bake at 375° for 45 minutes.

HAM AND NOODLE CASSEROLE

Thelma Lombard

2 c. cubed ham
1 c. grated cheddar cheese
1/2 pkg. wide noodles

1/4 c. catsup
2 T. horseradish
1 c. peas

Make cream sauce. Add cheese. Cook until melted. Add catsup, and horseradish. Add ham and noodles and peas. Pour into baking dish. Put buttered bread crumbs on top. Bake at 350° for 30 minutes.

TATER TOT CASSEROLE

Violet Wilson

1 1/2 lbs. ground beef
1 med. onion
1 can mushroom soup

1 box frozen peas
Salt & pepper

Place meat loosely in bottom of baking dish. Add the salt and pepper and can of mushroom soup. Add box of peas and the onion. Place Tater Tots on top and bake until brown, or about 30 minutes at 350°.

STEAK AND RICE CASSEROLE

Irene Haines

2 peppers, finely chopped
2 stalks celery, chopped
4 sliced carrots
2 lbs. steak, cut in strips
1 can cream of celery soup

1 can onion soup
1/2 c. milk
1 1/2-1 3/4 c. enriched cooked rice
(Minute Rice)

In crockpot put pepper, celery, carrots and steak. Mix milk with soup and pour over meat and vegetables. Cook on low heat for 6 hours. Add rice and cook on high 1/2-1 hour until rice is done. If too much liquid accumulates, remove lid and cook on high for 15-30 minutes.

CHICKEN CASSEROLE

Agnes Harrill

1 chicken
1 1/2 qt. bread cubes, toasted
3/4 c. margarine

1/4 tsp. sage
1 qt. chicken broth

Boil chicken until done. Cube chicken; save broth. Place cubed chicken in bottom of greased 13 x 9 x 2-inch pan. Toast bread. Cut into cubes to make 1 1/2 quarts. Put on top of chicken. Dot patties of 3/4 cup margarine on top. Sprinkle with 1/4 teaspoon sage and salt and pepper. Slightly thicken chicken broth with flour or cornstarch and water. Pour over top and bake 35 minutes in 350° oven.

CHICKEN CASSEROLE

Pauline Meadows

Cook 1 chicken; remove from bone. Place in bottom of greased pan. Pour 1 1/2 quarts bread cubes, 3/4 cup oleo, 1/4 teaspoon sage and salt and pepper.

Gravy:

4 T. fat
4 T. flour

1 qt. chicken broth

Pour over top and bake 35 minutes at 350°.

CHICKEN CASSEROLE

Sharon Hoden

1 cooked chicken
1 1/2 qt. bread cubes
3/4 c. margarine
1/4 tsp. sage

Salt & pepper
4 T. margarine
4 T. flour
1 qt. chicken broth

Remove chicken from the bone and put it in a 9 x 13-inch pan. Add bread cubes on top of chicken and dot with 3/4 cup margarine. Sprinkle on sage,

(continued)

salt and pepper. Make gravy with 4 tablespoons margarine, 4 tablespoons flour and 1 quart chicken broth. Pour over bread cubes and chicken. Bake for 35 minutes at 350°.

NOODLE CASSEROLE

Pauline Meadows

Fry until tender:

1 sm. green pepper, tender
1 sm. onion
2 tsp. salt
2 lbs. hamburger

1 c. water or tomato juice (1 1/2 c.)
2 cans mushroom soup
8-oz. pkg. wide noodles

Cook noodles and mix with hamburger mixture. Pour in tomato juice and mushroom soup. Pour in baking dish and bake 1 hour at 325°.

ONE STEP LASAGNA

Violet Wilson

1 1/2 lbs. hamburger
1 lg. onion, chopped
1 (32-oz.) bottle spaghetti sauce
2 c. cottage cheese

8-oz. box lasagna noodles
Mozzarella cheese
Parmesan cheese

Layer part of the sauce in the bottom of your baking dish, then a layer of the uncooked noodles. Then both kinds of cheese, then more sauce, noodles and cheese. Repeat until the dish is full. End with the sauce on the top and sprinkle with both cheeses. Bake. This will make a large dish.

RICE PIZZA

Sharon Hoden

3 c. cooked rice
1 c. mozzarella cheese

1 egg

Mix rice, mozzarella cheese and egg. Press out on buttered pizza pan (12 inch). Bake for 20 minutes at 400°. Remove from oven. Spread on your pizza sauce and meat and cheese. Return pizza to oven until cheese is melted.

LIGHT AND ZESTY CHICKEN AND RICE

4 chicken breasts (or 2 lbs. pieces)
1/3 c. Italian salad dressing
2/3 c. uncooked rice
1 (16-oz.) bag mixed vegetables with broccoli & carrots (frozen)

1 (2.8-oz.) can French-fried onion rings
1 3/4 c. chicken bouillon (broth)
1/2 tsp. Italian seasoning

Place chicken in 8 x 12-inch pan. Top with salad dressing. Bake at 400° for 20 minutes. Remove from pan. Add rice, veggies, 1/2 can onion rings

(continued)

in pan. Combine broth and seasoning. Pour over rice mixture. Place chicken on top. Bake for 25 minutes. Top with remaining onion rings. Bake 2-3 minutes more. Let stand 5 minutes before serving. Recipe may be doubled.

RICE-A-BEANIE

1 lb. ground beef
2 c. cooked rice
2½-3 c. cooked beans, drained
(pinto or kidney)
Bean juice

1 clove garlic, minced
½ can tomatoes
Salt to taste
Oregano leaves, parsley & chives

Brown ground beef; drain off most of fat. Add garlic and seasonings and tomatoes. Simmer for 5 minutes. Add beans, rice and enough bean juice to moisten mixture. **Note:** This is very good the second day.

CHICKEN AND RICE CASSEROLE

Bob Baker

1 cut-up chicken (10-15 pieces)
2 c. uncooked rice
1 c. water

1 can cream of celery soup
1 can cream of mushroom soup
1 pkg. dry onion soup mix

Stir cream soups; add rice and water. Spread in baking dish. Place raw chicken parts on mixture. Sprinkle with dry onion soup mixture. Seal with aluminum foil and bake 2 hours at 350°.

BEEF-NOODLE CASSEROLE

Sharon Hoden

¼ lb. dried beef
¼ c. oleo/margarine
¼ c. flour
2 c. milk

1 can mushroom soup
¼ grated cheese
Noodles (homemade or frozen)

Brown shredded beef in butter. Add flour and mix well. Stir in milk; cook until thick. Add soup and cheese. Add cooked noodles; mix well. Bake in a 9 x 13-inch pan for 30 minutes at 350°.

GROUND BEEF POTATO DISH

Donna Wilson

5 med.-sized potatoes
1½ lbs. ground beef
1 T. margarine
2 c. water

2 sm. onions
1 tsp. salt
1 tsp. pepper
2 T. flour

Slice potatoes into ungreased baking dish. Add salt and pepper to meat. Brown onion and meat together in a skillet. Pour over potatoes; sprinkle with flour and add water. Bake 1½ hours in 350° oven. Cover baking dish for first hour with foil; uncover for remaining period.

CHICKEN POT PIE CASSEROLE

Sue McCaffrey

2 cans (10¾ oz.) cream of
broccoli soup
1 c. milk
¼ tsp. dried thyme, crushed
¼ tsp. pepper

4 c. cut-up vegetables (broccoli,
cauliflower, carrots, potatoes)
2 c. chicken or turkey
1 can (10 oz.) biscuits, quartered

In 3-quart baking dish (oblong), combine soup, milk, thyme and pepper. Stir in veggies and chicken. Bake at 400° for 15 minutes or until bubbly. Remove from oven. Stir. Cut biscuits and place over chicken mixture. Return to oven for 15 minutes more or until biscuits are golden.

HOLLYWOOD CHICKEN

Thelma Lombard

1½ lbs. ground beef
1 med. onion, chopped
1 can chicken noodle soup

¾ c. milk
Crushed potato chips
Salt & pepper to taste

Grease 13 x 9 x 2-inch baking pan. Line crushed potato chips on bottom. Save ½ package. Brown ground beef. Add 3 tablespoons flour, salt and pepper to taste. Add onion. Add milk to meat mixture. Simmer 15 minutes. Add chicken noodle soup. Heat thoroughly. Pour into cooking pan. Put crushed potato chips on top. Bake 1 hour at 350°.

BEANS ESPECIAL

Grocery List:

- | | |
|------------------------------------|----------------------------|
| 1½ lbs. lean hamburger meat | 1 (12-oz.) can pinto beans |
| ¾ lb. lean bacon | 1 c. catsup |
| ½ med. onion | 3 T. liquid smoke |
| 2 (1 lb. 15-oz.) cans pork & beans | 3 T. vinegar |
| 1 (12-oz.) can butter beans | ¼ c. brown sugar |
| 1 (12-oz.) can kidney beans | |

Cut bacon in small pieces. Fry and lay out in paper towels. Saute diced onions in bacon fat. Remove to the paper toweling with bacon. Fry hamburger meat in the same fat, seasoning with salt, pepper, basil, Mrs. Dash's seasoning, etc.

Layer in crockpot (slow cooker):

- | | |
|--------------------|-----------------------------|
| 1 can pork & beans | Bacon |
| Kidney beans | Catsup, brown sugar, liquid |
| Butter beans | smoke, vinegar mixture |
| Hamburger | Pinto beans |
| Onions | 2nd can pork & beans |

Cook on high all night. In morning, stir the mixture and turn to low for 4-5 hours more. **Great for those Sunday potlucks at church!**

HOBO DINNER

Jean Bowes

- | | |
|------------------------|---------------------------|
| 1 lb. ground beef | 1 onion |
| 1¼ c. milk | ¼ lb. cheese |
| Salt & pepper to taste | 1 can chicken noodle soup |
| 6 lg. potatoes | |

Brown ground beef and place in casserole dish with milk. Add salt and pepper. Slice potatoes and onion and cheese and put on meat. Cover with soup. Bake for 1 hour at 350°.

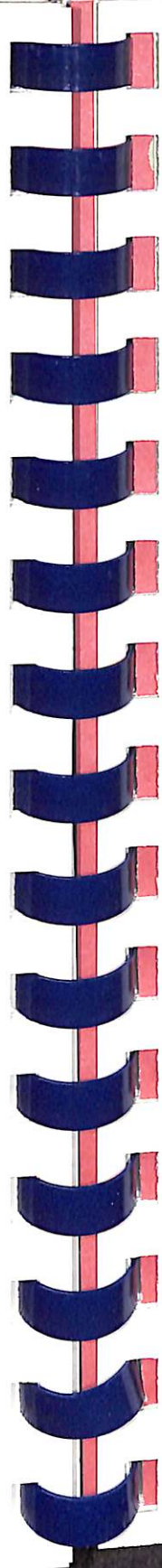
HAM AND POTATO SKILLET

Wilma Bothwell

- | | |
|-------------------------------|------------------------------------|
| 1 lb. sliced ready-to-eat ham | ¼ c. diced onion |
| 1 T. brown sugar | ½ tsp. salt |
| 1 T. butter | ⅛ tsp. pepper |
| 1 can cream of mushroom soup | 3 c. thinly-sliced peeled potatoes |
| ⅔ c. evaporated milk | 1 c. sliced raw carrots |
| ⅓ c. water | |

In a 10-inch skillet, brown ham in brown sugar and butter. Remove ham and pour off drippings. In same skillet, mix mushroom soup, milk, water,

(continued)



onion, salt and pepper and vegetables. Cover. Cool over low heat, stirring occasionally. Cook until vegetables are tender, about 35 minutes. Place ham on vegetables. Cover and cook 10 minutes longer.

TURKEY DIVAN

Alice McHugh

- | | |
|---|-----------------------|
| 2 (10-oz.) pkgs. frozen broccoli spears | 1 can evaporated milk |
| 6 slices turkey or 2 c. pieces | 1 can mushroom soup |
| 6 slices cheese | 1 can onion rings |

Heat oven to 350°. Cook broccoli to crisp-tender stage. Put in bottom of baking dish. Cover with turkey, cheese slices and cover with milk and soup mixture. Bake 25 minutes. Add onion rings and bake 5 minutes more. 4-6 servings.

EASY LASAGNE

Alice McHugh

- | | |
|------------------------------|---|
| 1 lb. hamburger | ¼ tsp. pepper |
| 1 tsp. minced garlic | 1 pkg. lasagne noodles (8 oz.) |
| 1 can (6 oz.) tomato paste | 1½ c. Swiss, colby or cheddar cheese (I use some of each) |
| 1 can (1 lb. 4 oz.) tomatoes | 1 carton cottage cheese |
| 1 tsp. salt | |

Brown hamburger and garlic. Add tomato paste, tomatoes, salt and pepper. Cover and simmer 10 minutes. Cook and drain noodles. Heat oven to 350°. Add alternate layers of meat sauce, noodles and cheeses in baking dish. Begin and end with meat sauce. Bake 30 minutes. Sprinkle with grated Parmesan cheese. Makes 6-8 servings.

NOODLES

In Memory of Grandma Stephens,
Mrs. Guy Stephens
Lorraine Rageth

- | | |
|----------------------|-----------------------------|
| 3 eggs | ½ tsp. salt |
| 3 T. water | Flour, enough to make stiff |
| 1 tsp. baking powder | |

Mix all together. Roll out thin on floured board and let dry for 1-2 hours. Roll in long roll and cut fine.

APPLE RAISIN DRESSING

Lillie Jones

1½ c. raisins
6 apples, peeled & sliced
¾ c. sugar or a little less

2 c. bread crumbs (dry or
toasted)
1 egg, if you want

Warm water or milk if too dry. Mix all ingredients.

EGG NOODLES (2)

Agnes Harrill

1 egg
¼ tsp. salt

⅔ c. flour

Beat eggs and salt. Add and mix flour. Knead until satiny. Cover and let rest 20 minutes. Roll out until paper thin. Roll as for jellyroll. Cut into strips. Let dry or can be used right away. Drop into boiling broth and cook until done (about 20 minutes).

CRACKER DRESSING

Dorothy Gann

1 box saltine crackers, crumbled,
not crushed
1½ c. milk

1 stick oleo
2-3 chicken livers, chopped fine
¼ tsp. sage

In saucepan heat butter, milk, sage and chicken livers. Cook low to medium until liver is done. Add crackers. Use as stuffing or bake in casserole dish 30-45 minutes at 350°.

EGG NOODLES (1)

3 eggs, beat real well
1 T. milk or Moro
1 tsp. salt or less
1 c. flour (at first)

½ tsp. baking powder
1 qt. chicken broth in pan to cook
noodles in

Stir in eggs, adding more flour until stiff. Roll on board and add flour as you roll dough to a stiff stage. Cut in thin strips. (Can freeze.) Do not cover while cooking. Add a few noodles at a time to the boiling chicken broth. Cook 15-20 minutes.



MEXICAN MEAT DISH

Karen Stephens Jenkins

Refried beans
Shredded cheddar cheese
Green onions
Black olives

Ground beef
Lettuce
Tomato

(Use amounts of above according to how many you want to serve. A small can of refried beans and 1 pound of hamburger serves 4.) Press refried beans onto bottom of casserole dish, glass cake pan, etc. (It is easier to spread if warmed in microwave for one minute.) Brown hamburger. Spread on top and press into refried beans. Top with shredded cheese and warm in microwave until cheese melts. In separate dish, mix green salad and favorite dressing (recommend Italian) for final topping of the beans and meat mixture. Serve with tortilla chips and salsa.

OVEN PORCUPINES

1 lb. ground beef
½ c. uncooked Minute Rice
½ c. water
⅓ c. chopped onion
1 tsp. salt
½ tsp. celery salt

⅓ tsp. garlic powder
⅓ tsp. pepper
1 (15-oz.) can tomato sauce
1 c. water
2 tsp. Worcestershire sauce

Heat oven to 350°. Mix meat, rice, ½ cup water, onion, salts, garlic powder and pepper. Shape mixture by rounded tablespoons into balls. Place meatballs into ungreased baking dish, 8 x 8 x 2 inches. Stir together remaining ingredients. Pour over meatballs. Cover with aluminum foil. Bake 45 minutes. Uncover and bake 15 minutes. 4-6 servings.

MORE

½ lb. pork sausage
1 lb. ground beef
1 lg. onion
1 clove garlic
1 lb. elbow macaroni
1 lb. Tillamook cheese
1 lg. can whole tomatoes
2-oz. cans tomato sauce
1 can olives & juice

1 can whole corn
1 can peas
1 tsp. rosemary
1 c. fresh chopped parsley
1 tsp. Spanish pepper
1 tsp. salt
1 tsp. pepper
1 tsp. sugar

Cook and drain macaroni. Saute sausage, ground beef, onion and garlic. When brown, add cooked macaroni and ⅔ grated cheese (set aside remaining ⅓ for top). Add remainder of ingredients and seasonings. Put in large casserole or baking dish. Garnish with remaining grated cheese. Bake 1½ hours at 350°.

EGG AND POTATO SKILLET SUPPER

Valerie Cavallaro
Warrensburg, MO

1/4 c. butter
1 med. onion, sliced
1/2 tsp. paprika
1 T. parsley flakes
4 med. potatoes, cooked & sliced
or 3 c. frozen hash brown potatoes

8 eggs
1/2 c. milk
1 tsp. salt
1/4 tsp. pepper

In large fry pan melt butter. Add potatoes, onion, parsley and paprika. Cook, stirring occasionally, until onion is tender. Meanwhile, beat eggs, milk, salt and pepper together with fork. Pour over potato mixture. As eggs begin to set, turn over with pancake turner, forming large soft curds. Cook until eggs are thickened, but still moist. 4 servings.

EGG BAKE

Betty Franks

8 slices bread, cubed
4 c. milk
2 tsp. salt
1 tsp. dry mustard

12 eggs
2 lbs. cooked drained sausage or bacon
1 c. grated cheddar cheese

Into a buttered 8-inch glass dish, sprinkle cubed bread evenly. Distribute loose sausage. Beat eggs, milk, salt, mustard and pour over top. Can be refrigerated overnight. Bake at 350° 30-45 minutes. Sprinkle cheese on last 10-15 minutes. Let set before cutting.

WESTERN MACARONI

Laura Belle Rageth

1 pkg. macaroni and cheese dinner
1 lb. ground beef
1/2 c. sliced celery
1/4 c. chopped green pepper
1/4 c. chopped onion

2 c. whole kernel corn, drained
1 (6-oz.) can tomato paste
1/4 c. water
1 tsp. salt
Dash of pepper

Prepare macaroni and cheese as directed on box. Brown meat, celery, green pepper and onion, cooking until vegetables are tender. Stir in corn, tomato paste, water, salt and pepper. Add prepared dinner and mix well. Pour into a 2-quart casserole. Bake in 350° oven for 10-15 minutes.

MACARONI AND TOMATO CHEESE SAUCE

Dorothy Gann

2 c. macaroni
2 T. butter
2 T. flour
1/2 tsp. salt

2 c. tomato juice
1/4 c. chopped onion
2 c. American cheese
1/4 c. chopped parsley

Cook macaroni in boiling salted water until tender. Melt butter and blend in flour and salt. Stir in tomato juice. Add onion; stir until mixture boils and thickens. Stir in about 3/4 cup grated cheese and parsley. Drain macaroni and add to sauce. Turn into baking dish and top with remaining cheese. Bake at 350° for 30 minutes.

ENCHILADAS SUPREME

Albert Kelley

1 lb. ground beef
1 can refried beans
1 pkg. taco seasoning
1 can chili (NO beans)
2 c. shredded cheddar cheese

10 tortilla shells
1 can stewed tomatoes
1 sm. onion
1 head lettuce, chopped
1 ripe tomato, diced

Brown ground beef; drain excess grease. Add onion and cook until onion is clear. Add taco seasoning, beans and tomato. Stir until thoroughly mixed. Spoon into tortilla shells and place in cake pan. Cover with chili, then cheese. Put in 350° oven until cheese is starting to brown. Garnish with lettuce and tomatoes around outside edge of pan. (May also garnish with black olives and sour cream.)

EASY SUPPER

Linda Buchholz

1 lg. can Campbell's chunky soup (any)
1 can mixed vegetables, drained
1 can pop-open biscuits

Heat soup and vegetables. Pour in casserole dish and place biscuits on top. Bake at 400° for 10-15 minutes until biscuits are golden brown.

BEST EVER CHICKEN ON SUNDAY

Mrs. Frank (Brenda) Kelley

1 can cream of mushroom soup
1 can cream of chicken soup
1/2 env. onion soup mix
1 chicken, cut-up (may use chicken breast if desired)

1 1/3 c. instant rice
3/4 c. milk

Grease a large baking dish (8 x 13 inches). Sprinkle uncooked rice in bottom of pan. Heat soup and milk. Pour half of mixture over rice. Place

(continued)

chicken in pan over rice. Cover with rest of soup. Sprinkle onion soup mix over top. Seal with foil and bake at 325° for 2 hours and 15 minutes. May use uncooked noodles instead of rice.

WASH DAY EVENING MEAL

Marcia Kelley (Stephens)

1 lb. ground beef (hamburger)
1 can green beans
1 can cream of mushroom soup
1 c. toasted bread crumbs or 1 c. toasted French onions
Salt & pepper to taste

Season and brown hamburger; drain. Add beans and soup; mix well. Place in baking dish. Top with crumbs or onions. Bake at 350° for about 35 minutes. Serve with a salad. Easy and quick.

TATER TOT CASSEROLE

Carol Rageth Long

1 lg. pkg. frozen Tater Tots
1½ lbs. ground beef
2 cans cream of mushroom soup
1 can cream of chicken soup

Brown ground beef; set aside and drain. Combine soups with 1 can milk. In a large casserole dish put in layer of Tater Tots, layer of hamburger. Cover with part of soup mixture. Repeat layer as amounts allow. Bake at 350° for 45 minutes. May add cheese.

BREAKFAST TACOS

Carol Rageth Long

1 lb. sausage, browned
Hash browns, browned
6-10 scrambled eggs
Soft taco shells

Build like you would a regular taco, layer of sausage, eggs, hash browns. Garnish with shredded cheese. May also use picante sauce, Dorothy Lynch dressing, onion, sour cream and of course, salt and pepper to taste.

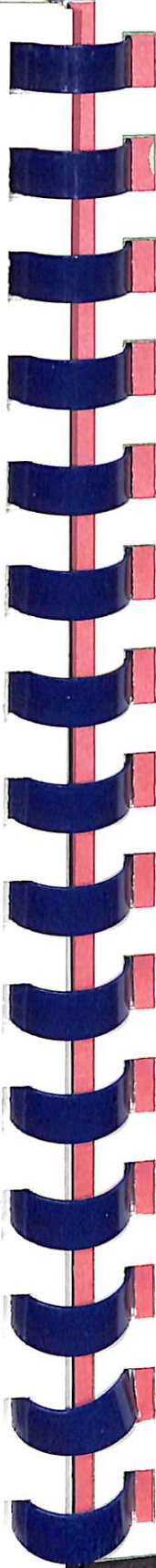
POTATO DUMPLINGS

Rose McCormick

4 c. boiled riced potatoes
½ c. flour
¼ c. pepper
4 slices white bread, cubed
⅓ c. minced parsley
¾ c. dry white bread crumbs
1 lg. onion, finely chopped
½ c. salt
3 T. butter
2 eggs
2 T. butter

Combine riced potatoes, flour, salt and pepper. Brown cubed bread and onions in butter until onions are transparent. Add to potato mixture along

(continued)



with eggs and parsley. Mix and shape into golf ball-sized dumplings. Place in pot of boiling water or stock. Do not crowd. Cook 5-7 minutes until dumplings float to top. Drain and keep warm. Fry bread crumbs in butter until crisp. Spoon over dumplings before serving.

SOUTHERN HAMBURGER CORNBREAD CASSEROLE

Rose McCormick

¼ c. chopped onion
½ c. chopped green pepper
1 lb. hamburger
2 T. oleo
1 (8-oz.) can tomato sauce
2 T. catsup
1-2 T. chili powder
1 tsp. salt
¼ tsp. pepper
Cornbread

Brown onion, pepper, hamburger and oleo together. Add next 5 ingredients. Pour into casserole. Add cornbread topping from mix or recipe on cornmeal package. Bake at 400° for 25 minutes.

MANICOTTI

Vicki Gann

1 box manicotti noodles
1 lb. ground beef, browned & drained
1 (32-oz.) jar spaghetti sauce
1 (8-oz.) pkg. shredded mozzarella cheese
1 sm. pkg. sliced mozzarella cheese
¼ c. Parmesan cheese

Boil noodles as directed. To the browned hamburger, add package of shredded mozzarella cheese and Parmesan cheese. Stuff noodles with hamburger mixture. Place the stuffed noodles in baking dish. Cover with spaghetti sauce. Place sliced cheese over noodles and sauce. Bake at 350° for 30-35 minutes.

HAMBURGER PARMESAN

Vicki Gann

1½ lbs. ground beef
½ tsp. salt
⅛ tsp. pepper
¼ c. flour
2 eggs, beaten
1 c. seasoned bread crumbs
6 slices mozzarella cheese
1 (4-oz.) can mushrooms (opt.)
1 (15-oz.) jar spaghetti sauce
3 T. grated Parmesan cheese
3 T. oil

Preheat oven to 400°. Gently mix beef with salt and pepper. Shape into 6 patties about ½ inch thick. Coat each pattie with flour; dip into eggs.

(continued)

MEAT, & POULTRY
SEAFOOD



*The earth is full of the goodness
of the Lord.*

~ Psalm 33:5

The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

MEAT, POULTRY AND SEAFOOD

MEAT SAUCE FOR SPAGHETTI IN CROCKPOT

Linda Fiscus

2 lbs. ground beef or pork sausage, browned & drained	3/4 tsp. salt
2 (28-oz.) cans tomatoes	Pepper to taste
2 med. onions, quartered	2 T. snipped parsley
2 med. carrots, sliced	1 bay leaf
2 cloves garlic, minced	1 T. sugar
1 (6-oz.) can tomato paste	1 tsp. basil
	1/2 tsp. oregano

Put browned meat in crockpot. In blender place can of tomatoes, onion, carrots and garlic. Cover and blend on "chop"; stir into meat. Cut up remaining tomatoes and add remaining ingredients. Cover and cook on low setting for 8-10 hours. Before serving, remove bay leaf. Turn setting to high. Wait to get bubbly. Add thickening of 2 tablespoons each cornstarch and water. Bring to boil again.

CABBAGE ROLL'S (Linda's Imitation)

Linda Buchholz

1 loaf frozen bread dough, thawed

When soft, roll on floured surface. Cut 16 portions with 1-pound coffee can. Fill each with filling and crimp edges with fingers. Seal with fork.

Hamburger Filling:

1 1/2 lbs. hamburger	1/2 c. water
1/2 c. chopped onions	1/2 tsp. salt & pepper
3 c. shredded cabbage	

Brown beef and drain. Add ingredients and simmer 15 or 20 minutes. Cool before putting on dough. Can add cheese for cheese cabbage rolls. Bake at 350° for 20 minutes.

PAN-BROILED LIVER

Lillie Jones

Beef liver (3½ x 2½) (1 slice) **Salt & pepper to taste**
1½ tsp. butter

Place liver in heated pan and cover with boiling water. Cover pan and let stand for 12 minutes; drain off water. Melt butter in pan. Add liver and cook about 1 minute on each side. (138 calories.)

COLONEL SANDERS*STYLE KENTUCKY FRIED CHICKEN

3 lbs. chicken parts, cut small **2 T. butter, softened**
2 pkgs. Italian Good Seasons **1 pt. (8 oz.) oil**
dressing mix **1 c. milk**
3 T. flour **1½ c. pancake mix combined**
2 tsp. salt **well with: 1 tsp. paprika, ½ tsp.**
¼ c. lemon juice **sage, ¼ tsp. pepper**

Wipe chicken dry. Make paste of first 5 ingredients. Brush to coat chicken. Stack in bowl and cover and refrigerate 1½ hours before serving. Heat oil in two skillet. Dip pieces in milk, then pancake mix; brown lightly. Place in one layer in shallow pans. Spoon rest of milk over pieces. Seal with foil. Bake 1 hour at 350°. Uncover and bake 10 minutes at 400°. To crisp chicken, baste with milk again. Serves 8.

SOUTHERN FRIED CHICKEN

1 whole fryer **2 tsp. salt**
1½ c. flour **½ bottle Crisco oil**
1 tsp. pepper **Sprinkle paprika**

Cut whole chicken into pieces. Wash, then pat dry. Shake seasonings and flour together in paper bag. Put into hot Crisco oil; brown. To make crispy-fried chicken, beat 2 eggs and 1 cup milk together. Dip pieces of chicken into batter, then roll in flour and cook until golden brown.

OPEN-FACED HAMBURGER

Esther Rutledge

1 lb. hamburger **Salt & pepper**
1 tsp. horseradish **1 pkg. hamburger buns**
¼ c. catsup **Mustard**
1 egg

Split buns in half and spread with mustard, covering entire surface of the bun. Mix together the hamburger, horseradish, catsup, egg, salt and pepper. Spread on buns with fork, making ridges with a fork. Broil 4-5 minutes or until done; watch closely. Yield: 12-16 burgers.

PORK CHOPS AND DRESSING

Carla Rocha

6 pork chops **2 cans cream of chicken soup**
6 c. dry bread crumbs

Brown pork chops. Place in a baking dish. Mix bread crumbs with soup and spread over top of chops. Bake at 350° for 30 minutes or until done.

MEAT LOAF

Carol Swanger

2 lbs. hamburger **1 sm. onion**
3 eggs **1 c. oatmeal or cracker crumbs**

Mix all ingredients together. Season with salt and pepper. Bake in loaf pan for 1 hour at 350°. Top with catsup before baking, if desired.

SWEDISH MEATBALLS

Rose McCormick

1 c. fine bread crumbs **⅛ tsp. pepper**
⅓ c. milk **½ tsp. nutmeg**
¼ c. minced onion **2 T. butter**
1 lb. ground beef **2 tsp. flour**
1 egg, slightly beaten **½ c. beef bouillon**
1 tsp. salt **1 c. cream**

Soak bread crumbs in milk. Add onion, meat, egg, salt, pepper and nutmeg; mix thoroughly. Shape into 36 meatballs. Saute in butter until brown on all sides. Remove meat; add flour and blend. Add bouillon and cream. Cook, stirring constantly, until slightly thick and smooth. Return meatballs to pan. Cover and simmer for 15 minutes.

ITALIAN MEATBALLS

Linda Fiscus

1½ lbs. ground beef
¼ lb. seasoned pork sausage
1 clove garlic, finely minced
1 med. onion, finely chopped
2 heaping T. grated Parmesan cheese

1½ c. bread crumbs
2 eggs (may be omitted)
Salt & pepper to taste
Enough milk to hold together

Mix everything well. Roll into balls. Brown in small amount of salad oil. Pour your favorite Italian-type tomato sauce over the meatballs in a casserole and bake an additional 45 minutes at 350°.

BARBECUE BEEF

Sharon K. Stephens

5 lbs. roast (chuck or other inexpensive cut)

1 (26-oz.) bottle ketchup
1 qt. ginger ale

Place meat in roaster - don't season. Pour ketchup over meat, then pour ginger ale over all; don't mix. Cover; cook at 300° for 6 hours, turning once about ½ way through. Pull apart with tongs or fork and serve on bun; ½ Hoagie bun tastes great. You can freeze leftover sauce for later use.

SWISS STEAK

Doris Johnson

1½ lbs. beef round steak
1 med. onion, sliced
3 T. chopped green peppers
3 T. shortening
1 (8-oz.) can tomato sauce

1 c. water
1½ tsp. salt
1 tsp. Worcestershire sauce
¼ tsp. pepper

Cook onions and green peppers in shortening until tender. Brown meat on both sides in oil. Add tomato sauce, water, salt, Worcestershire sauce and pepper. Cover and simmer about 1½ hours or until meat is tender.

HAMBURGER STEW

Rosie Swanger

2 lbs. hamburger
1 can kernel corn
1 can green beans
1 can tomato paste
1 stalk celery

1 can peas
5 lbs. potatoes, peeled & cubed
½ med. onion, cut in small pieces
2 c. water

Brown hamburger with onion. Drain. Add tomato paste and water and all other ingredients. Simmer for 45 minutes. Serve hot with biscuits.

EASY SALMON PATTIES

Sally Spidell

1 can salmon
3 eggs

1 c. flour

Drain and clean salmon; remove bones and skin. Combine beaten eggs, flour and salmon. Fry in a little oil until golden brown.

DELICIOUS HAM BALLS

1 lb. ground cured ham
1-1½ lbs. ground pork
2 c. bread crumbs
2 eggs, well beaten
1 c. milk

1 c. brown sugar
1 tsp. dry mustard
½ c. vinegar
½ c. water

Combine meats, crumbs, eggs and milk; mix thoroughly. Form into small balls and place in baking dish or pan. Combine remaining ingredients and stir until sugar dissolves. Pour over meatballs. Bake at 325° for 1 hour, basting frequently. Makes 16 balls.

SQUARE DANCE REUBEN

2 lbs. ground pork
¾ c. chopped sauerkraut
½ tsp. caraway seed salt

6 slices Swiss cheese
6 sesame seed hamburger buns, split & toasted

Heat sauerkraut and caraway seed; keep warm. Divide pork into 6 equal portions and shape into patties ½ inch thick. Place patties on rack in broiler pan, top of meat 3 inches from heat. Broil 6 minutes; sprinkle with salt. Turn and broil second side 4 minutes. Place piece of cheese on each patty. Broil until cheese melts and patties are done. Drain sauerkraut and place 2 tablespoons on bottom half of each bun. Place patties on sauerkraut, 6 sandwiches.

MY MEAT LOAF

Sally Spidell

3-4 lbs. hamburger
3 eggs
½ c. oatmeal
¼ c. milk

1 med. onion, chopped
Catsup
6-8 crackers (sm.)
Salt & pepper

Combine all ingredients in a 9 x 13-inch loaf pan except catsup. Shape into a loaf. Salt and pepper. Pour catsup over entire loaf. Bake at 350° for 1½ hours until browned.

HAMBURGER DISH FOR DIPPING

Linda Buchholz

- 2 cans refried beans
- 1 lb. hamburger, browned & drained
- 3 c. (grated) cheddar cheese

- 14-oz. can black olives
- Sour cream
- Taco sauce to taste

Layer beans, hamburger and cheese in 9 x 13-inch pan. Bake at 400° for 20-25 minutes. Sprinkle with chopped black olives and dot with sour cream. Serve with chips.

BREADED CHICKEN

Linda Buchholz

- 1 lg. cooked chicken, deboned
- 1 can cream of chicken soup

- 1 pkg. noodles, cook in chicken broth

Dressing as follows:

- 5 c. soft bread cubes
- 2 T. chopped onion
- 1/4 c. celery, chopped

- 1 tsp. sage
- 1/4 c. butter
- 1/2 tsp. salt & pepper

Mix all ingredients with enough chicken broth to make dressing. Adhere, but not soggy. Layer chicken and dressing and noodles in 9 x 13-inch pan. Spread can of cream of chicken over top and cover top with crumbled potato chips. Bake at 350° for 30 minutes.

SALMON LOAF

Mrs. Doris Johnson

- 1 can salmon
- 4 eggs, beaten slightly
- 1 T. melted butter

- 1/2 c. fine bread crumbs
- Salt, pepper & parsley, if desired

Make into a loaf. Put into pan and bake 3/4 hour in moderate oven.

SALMON LOAF

- 12 oz. canned salmon, drained & flaked
- 2 c. cooked cauliflower, mashed
- 1 T. dehydrated onion flakes

- 1/8 tsp. garlic powder (opt.)
- 2 T. lemon juice
- 1/4 tsp. dill weed
- Salt & pepper to taste

Combine all ingredients in a bowl. Shape into a loaf in casserole. Bake at 350° for 20-25 minutes. Divide into 3 portions. Each portion has 92 calories.

HAM SALAD (Easy)

Linda Buchholz

- 1 can Spam
- 1 c. sweet relish

- 1/4 c. Miracle Whip

Put Spam in freezer for 1 hour before you grate. Grate Spam as you would a carrot. Stir in Miracle Whip and 1/2 teaspoon sugar. Serve on party rye or crackers. Very good.

TROY AIKMAN'S FAVORITE MEAT LOAF

Tony Spidell
(Dallas Cowboy Fan)

- 2 lbs. ground beef
- 1 egg, beaten
- 2 T. chopped green pepper
- 1 sm. chopped onion
- 1 T. basil
- 1 c. seasoned bread crumbs

- Equal portions of barbecue sauce & milk to moisten (about 3/4 c., depends on the bread)
- 1/2 c. each cheddar & Monterey Jack cheese, shredded
- Salt & pepper to taste

Pour liquid over crumbs to moisten well (set aside). Mix rest of ingredients with ground beef; add bread mix. Pat meat into 1/2-inch thick rectangle on a square of tin foil. Sprinkle cheeses over all meat (to within one inch of edge). Roll up, jellyroll fashion, and pinch edges to seal. Put, seam side down, in pan. Bake at 350° about 1 hour or until done. During last half of baking, spread occasionally with more barbecue sauce.

BAKED CHICKEN KIEV

Florence Stephens

- 8 broiler-fryer chicken thighs
- 8 T. butter
- 1 T. chives
- 1 T. parsley
- 1/2 tsp. rosemary
- 1 tsp. garlic salt, divided

- 1/4 tsp. pepper, divided
- 1/4 c. flour
- 1 egg
- 1 T. water
- 1 1/4 c. fine wheat crackers
- 2 c. cooking oil (approx.)

EASY POT ROAST

Marcia Kelley Rasmussen

- 3 lbs. sirloin roast, rump roast or cut of your choice
- 3 lbs. pork roast
- 1 sm. onion
- Carrots, as many as needed

- Potatoes, as many as needed
- Flour
- 4-5 bay leaves
- Celery
- Salt & pepper to taste

Rub meat with flour; brown in Dutch oven. Add onion, celery, carrots, potatoes, bay leaves, salt and pepper. Bake in oven at 350° for at least

1 hour. Check to see if carrots are done. May cook in crockpot on low for at least 6 hours.

PORK CHOP DINNER

Marcia Kelley (Stephens)

1 can sauerkraut
3 med. potatoes

4 pork chops

In large baking pan in large Dutch oven, put a layer of sauerkraut, a layer of sliced potatoes and a layer of pork chops that have been seasoned with salt and pepper. Cover dish. Bake at 350° for an hour or so, until potatoes and meat are done. **Very good.**

BAKED CHOPS WITH POTATO

Sally Fitzgerald

1 or more chops per person
Potatoes
Onions
Gravy

Crisco oil
Milk
Salt & pepper

Brown chops in skillet with Crisco oil. Peel and halve potatoes. Put browned chops in large baking dish or cake pan. Put potatoes and onion on top. Make gravy from the chop drippings with milk, enough to cover chops, onion and potatoes. Cover with foil and bake 30-45 minutes in 350° oven.

PEPPER STEAK

Mrs. Frank (Brenda) Kelley

1½ lbs. top beef, round or sirloin,
1 inch thick
¼ c. salad oil
1 med. onion, cut into ¼-inch
slices
½ tsp. garlic salt
2 med. green peppers, cut into
¾-inch strips

Instant rice
2-3 tsp. sugar
2 med. tomatoes
1 c. water
¼ tsp. ginger
1 T. cornstarch
2 T. soy sauce

Trim fat from meat; cut into strips, 2 x ¼ inch. Heat oil in large skillet. Add meat. Cook, turning frequently, until brown, about 5 minutes. Stir in water, onion, garlic salt and ginger. Heat to boiling; reduce heat. Cover and simmer 12-15 minutes, 5-8 minutes for sirloin. Add green pepper strips during last 5 minutes of simmering. While meat simmers, cook instant rice as directed on package for 4-6 servings. Blend cornstarch, sugar and soy sauce; stir into meat mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cut each tomato into eighths and place on meat mixture. Cover; cook over low heat just until tomatoes are heated through, about 3 minutes. Serve over rice. Serves 6.

QUICK STROGANOFF

Christina Kelley

1½ lbs. ground lean beef or
ground round
Sm. onion
1 sm. can mushroom pieces
½ clove garlic or ½ tsp. garlic
powder

1 can cream of chicken soup
⅓ can water
1 c. sour cream
Egg noodles

Prepare egg noodles as directed on package; set aside. Brown meat and onion. Add mushroom pieces, garlic, soup and water. Simmer to warm. Add sour cream and cook 5 more minutes. Serve over egg noodles.

Recipe Favorites

BREADS
&
ROLLS



*I am the bread of life. He who comes to
me will never go hungry, and he who
believes in me will never be thirsty.*

~ John 6:35

Lovin' From The Oven

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.
- Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in hot water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

BREADS AND ROLLS

Linda Fiscus

ENRICHED WHITE BREAD

1 pkg. yeast
1/4 c. warm water
2 c. milk, scalded
2 T. sugar

2 tsp. salt
1 T. shortening
6-6 1/4 c. flour

Dissolve yeast in warm water, adding the sugar. Let bubble. Scald milk. Cool slightly. Stir in salt, shortening and 2 1/4 cups flour. Add yeast mixture. Add rest of flour to make smooth ball. Last bit of flour may need to be kneaded in. Grease large bowl; grease top of dough. Place in bowl to let rise until double in bulk. Punch down; form into 2 loaves. Place in well greased pans. Let rise for about an hour. Preheat oven to 400°. Place loaves on middle rack. Bake for about 35 minutes. Turn out onto rack to cool. Butter the tops.

MONKEY BREAD (2 loaves)

4 cans biscuits
Bring to boil:
1 stick margarine
1 tsp. cinnamon

1 c. brown sugar

Cut biscuits in quarters. Spray pan with Pam. Put biscuits in pan. Pour boiled mixture over biscuit quarters in sprayed pan. Bake for 40 minutes at 350°. Set in pan 5 minutes. Turn out.

RAISIN BRAN REFRIGERATOR MUFFINS

3 c. sugar
1 qt. buttermilk
4 eggs, beaten
1 c. oil

5 c. flour
5 tsp. soda
2 tsp. salt
1 (15-oz.) box Post Raisin Bran

Mix all together and add 1 (15-ounce) package raisin bran (Post). Mix again. Store in tightly covered container in refrigerator. These will keep several weeks. Have fresh muffins any time you wish. Makes several dozen. Bake at 400° for 15-20 minutes.

PUMPKIN BREAD

Sift together:

1 2/3 c. sifted flour
1 1/4 c. sugar
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1/2 c. pecans

Combine 2 eggs, slightly beaten, 1/2 cup oil, 1/3 cup water and 1 cup pumpkin. Mix well. Add to dry ingredients. Mix just until blended. Grease and flour 9 x 5 x 3-inch pan. Bake 60-75 minutes at 350°.

Dorothy Gann

RYE BREAD

1/2 c. light molasses
1/2 c. shortening
2 T. sugar with yeast in 1/2 c. water
1 1/2 c. water
3 c. rye flour
1 c. white flour
1 T. salt

Makes 2 loaves.

Dorothy Gann

BANANA BREAD

2 bananas, mashed
2 c. flour
1/2 c. shortening
2 eggs
1 tsp. soda
1 c. sugar
1 tsp. salt
1/4 c. nuts

Cream shortening and sugar together. Add eggs; mix well. Add bananas. Sift dry ingredients together and add to mixture. Mix well. Add nuts. Bake at 350° for about 55 minutes. Makes 1 loaf.

Dorothy Gann

ALOHA LOAF

1 c. margarine
2 c. sugar
4 eggs
1 c. mashed bananas
1 c. undrained crushed pineapple
1 c. shredded coconut
4 c. flour
2 tsp. baking powder
1 tsp. soda

Cream margarine and sugar. Add eggs, banana, pineapple and coconut. Sift together dry ingredients and add to creamed mixture. Bake in greased and floured loaf pans or muffin tins if desired. Bake at 350° for 1 hour and 10 minutes.

Bob Baker

GUMDROP BREAD

2 lbs. small gumdrops
1 c. shortening
1 tsp. cloves
1 1/2 c. nutmeats
1 1/2 c. sweet applesauce
1 tsp. cinnamon
1 tsp. soda in 1 tsp. hot water
1 c. sugar
1 lb. raisins
2 eggs, beaten
1 tsp. salt
4 c. flour

Mix 2 cups flour over gumdrops, raisins and nutmeats; set aside. Cream sugar and shortening; add eggs and beat well. Add rest of ingredients and beat. Stir in gumdrop mixture. Makes 2 loaves. Bake 1 hour in 350° oven.

Lorraine Rageth

STOVE PIPE BREAD

1 1/2 c. flour
1 pkg. yeast
1/2 c. oil
1/4 c. sugar
1/2 c. milk
1 tsp. salt
1/2 c. water, heat

Add to yeast and flour mixture. Add 2 eggs and beat again. Add 1 cup flour and beat. Stir in another cup of flour and beat. Put in 1-pound greased coffee can. Let rise to top of can. Bake 50-55 minutes at 375°.

Barb Williams

BANANA NUT BREAD

1/2 c. shortening
1 c. brown sugar
2 eggs
2 bananas, mashed (1 1/4 c.)
1 tsp. vanilla
1/2 c. nuts
2 c. flour
1 tsp. baking soda
1/2 tsp. salt

Cream shortening. Add sugar and cream well. Add eggs, one at a time. Add mashed bananas, nuts and flour. Pour into a greased bread pan. Bake 1 hour at 350°.

In Memory of Edna Hollins
Leda Sears

HEIDELBERG RYE BREAD

Rose McCormick

3 c. bread flour
3 c. rye flour
2 pkgs. dry yeast
3/8 c. cocoa
1 1/2 T. sugar

1 T. salt
1 1/2 T. caraway seeds
2 c. hot water (120-130°)
1/3 c. molasses
2 T. shortening

In a large mixing bowl combine 1 1/2 cups bread flour, 1 1/2 cups rye flour, yeast, cocoa, sugar, salt and caraway seeds. Add water, molasses and shortening. Beat at high speed for 3 minutes. Gradually add remaining bread and rye flour until dough is no longer sticky. Knead for 5 minutes. Cover and let rise for 20 minutes. Punch down and divide in half. Shape into round balls and flatten slightly. Place on greased baking sheet. Brush with oil and cover loosely with plastic wrap. Refrigerate for 2-24 hours. Allow loaves to stand at room temperature while oven preheats to 400°. Slash an x on top of each loaf and bake 30-40 minutes.

FRIED POTATO BREAD

Rose McCormick

1 lb. potatoes
1 pkg. dry yeast
5 T. warm milk
1 T. sugar

1 tsp. salt
4 c. flour
5 eggs, separated
2 T. butter

Peel and grate potatoes. Pour off excess liquid. Combine yeast and warm milk; stir in sugar and set aside. Combine potatoes and salt in a mixing bowl. Gradually stir in flour and egg yolks. Add yeast mixture. Beat egg whites until stiff and fold into potato mixture. Cover and let rise until doubled. Punch down and place in a greased loaf pan. Allow to rise again. Bake at 325° for 1 hour. Remove from pan. When cooled, cut bread into 1-inch thick slices and fry in melted butter until golden.

TASTE TREAT SENSATION- LEMON TEA BREAD

Alicia Kelley-King

3/4 c. milk
1 T. chopped lemon rind or 1 T. lemon juice
1/2 c. butter - not margarine or oleo
1 c. sugar

2 c. white flour
1/4 tsp. salt
1 tsp. dried thyme
2 eggs
1 1/2 tsp. baking powder

Combine milk, lemon juice and thyme in saucepan. Bring to boil; set aside to cool. Beat butter and sugar together, adding eggs, one at a time. Combine rest of ingredients with eggs and sugar, alternating with milk

mixture. Pour batter into greased loaf pan. Bake for 50 minutes at 325°. While cake is still warm, about 10 minutes after removing from oven, poke with long-tined fork. Pour lemon glaze over entire cake.

Lemon Glaze:

1 c. powdered sugar

2 T. lemon juice

Mix together and heat in microwave until hot. Pour over bread while cake and glaze are both hot.

STRAWBERRY NUT BREAD

Sharon Hoden

1 c. oleo
1 1/2 c. sugar
1 tsp. vanilla
1/4 tsp. lemon extract
4 eggs
1/2 tsp. baking soda
1 tsp. cream of tartar

1 c. strawberry jam
1/2 c. sour cream
1 c. nuts, chopped
3 c. flour
1 greased loaf pan or 5 greased
4 1/2 x 2 3/4 x 2 1/4-inch pans

Cream butter, sugar, vanilla and lemon extract until fluffy. Fold in eggs, beating well after each addition. Sift dry ingredients. Combine jam and sour cream. Add jam mixture alternately with dry ingredients to creamed mixture, beating until well mixed. Stir in nuts. Put in pan and bake at 350° for 50-55 minutes or until done.

BANANA NUT BREAD

Laura Belle Rageth

2 c. sifted flour
1 c. sugar
2 eggs
1 tsp. lemon juice
2 tsp. baking powder

1/2 c. shortening
1 stick oleo
1 c. mashed bananas
1 c. chopped nuts

Sift together all dry ingredients; add shortening, eggs, bananas and lemon juice. Beat 2 minutes with mixer. Stir in 3/4 cups nuts and pour into greased loaf pan. Sprinkle remaining 1/4 cup nuts on top of batter. Bake 1 hour and 15 minutes at 350°.

DONUT MUFFINS

1/2 c. sugar
1/4 c. oleo, melted
1/4 tsp. butter flavoring
1 egg
1 stick melted oleo
1/2 c. sugar

1/2 c. milk
3/4 tsp. nutmeg
1 tsp. baking powder
1 c. flour
1 tsp. cinnamon

Linda Buchholz

Mix all except last 3 ingredients. Place in 12-cup greased muffin tin. Bake at 325° for 15-20 minutes. Turn out and dip in bowl of melted oleo, then roll in sugar and cinnamon mixed.

Recipe Favorites

PIES, PASTRY & DESSERTS



*Pleasant words are like a honeycomb,
sweet to the soul and healing
to the bones.*

~ Proverbs 16:24

Household Tips

Roach Poison: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Prevent ice from forming by pouring anti-freeze into the metal slide on your glass door.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Remove stale odors in the wash by adding washing soda or baking soda.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

PIES, PASTRY AND DESSERTS

NEVER-FAIL PIE CRUST

Sally Fitzgerald
From Alice McHugh

3 c. flour
1 1/4 c. Crisco
1 egg
1 tsp. vinegar
1 tsp. salt
5 T. cold water

Mix well. Roll out. Makes 3 (1 pie crusts).

NO-FAIL PIE CRUST

Betty Franks

3 c. flour
1 c. Crisco
7-9 T. water
1 egg
1 T. vinegar

Mix flour and Crisco until crumbly. Mix ice water, egg and vinegar together and pour into a well made in flour and Crisco. Toss together with fork until you can ball it in your hand. Sometimes need an extra spoon of water. Roll out and put in pie tin.

LEMON CUSTARD AND STRAWBERRY SUPREME PIE

Pastry for 1-crust 9-inch pie
1/2 c. granulated sugar
4 tsp. cornstarch
1/2 c. water
1 beaten egg yolk
2 T. butter or margarine
3 T. lemon juice

3 c. sliced fresh strawberries
2 (3-oz.) pkgs. cream cheese, softened
1/4 c. sifted powdered sugar
1/3 c. flaked coconut
3/4 c. whipping cream
1/4 c. flaked coconut, toasted

Prepare pastry for 1-crust 9-inch pie. Fit into a 9-inch pie pan. Prick shell. Bake in 450° oven for 10-12 minutes. Cool. In a saucepan combine granulated sugar and cornstarch. Add water, egg yolk and butter or margarine. Cook and stir until thickened and bubbly; cook 2 minutes more. Remove from heat. Stir in the lemon juice. Turn into baked shell. Set aside to cool. Top with sliced berries. In a small mixer bowl beat together cream cheese and powdered sugar. Fold in 1/3 cup coconut. In another bowl beat whipping cream to soft peaks; fold into cream cheese mixture until combined. Spread atop berries. Sprinkle with the 1/4 cup toasted coconut. Chill 4 hours or overnight. Makes 8-10 servings.

FOOL-PROOF CUSTARD PIE

5 eggs, slightly beaten
1/2 c. sugar
1/4 tsp. salt

1/2 tsp. vanilla
2 1/2 c. milk, scalded
Nutmeg

Blend eggs, sugar, salt and vanilla. Gradually stir in scalded milk. Pour into unbaked pie shell. Bake in hot oven (400°) for 25-30 minutes, or until knife inserted almost in middle comes out clean.

FRENCH SILK CHOCOLATE PIE

1/2 c. butter
3/4 c. sugar
1 1/2 sq. unsweetened chocolate,
melted & cooled

1 tsp. vanilla
2 eggs
1 (8-inch) baked pastry or graham
cracker crust

Agnes Harrill

Cream butter and sugar. Blend in chocolate. Add vanilla. Add eggs, one at a time, beating 4 or 5 minutes after each addition. Pour into pie shell. Chill thoroughly. If desired, pie may be topped with whipped cream, sprinkled with shaved chocolate or walnuts. Serves 6.

CREAM PIE

3/4 c. sugar
1/3 c. flour
1/8 T. salt
2 eggs, well beaten

2 c. milk, scalded
1/2 tsp. vanilla
2 T. butter

Kandi Spidell

Combine butter, sugar, salt, flour and eggs. Add milk slowly, stirring constantly. Cook over hot water until thick and smooth. Add flavoring. Pour into baked pastry shell. Cool. Serve with whipped cream or top with meringue. Brown meringue in slow oven (325°). **Variation for the above recipe: Chocolate Pie:** 2 squares of semi-sweet chocolate, melted. **Coco-nut Pie:** 3/4 cup flaked coconut. **Cherry Cream Pie:** 1 cup sour cherries, drained. **Banana Pie:** 2 bananas, sliced. **Meringue:** 2 egg whites, 1/4 teaspoon salt, 1/8 teaspoon cream of tartar. Beat until stiff. Add 1/3 cup sugar; continue beating. Brown in oven at 350° until nice and brown.

CHOCOLATE CHESS PIE

1 1/2 c. sugar
3 1/2 T. cocoa
Pinch of salt
1 T. all-purpose flour
1 T. cornmeal
1/2 c. chopped pecans

3 eggs, beaten
1/2 c. milk
1 T. vanilla extract
1 (9-inch) unbaked pie shell
Sifted powdered sugar (opt.)

Combine first 6 ingredients in a medium bowl; mix well. Combine eggs, milk and vanilla. Pour into dry ingredients, mixing well. Pour into pastry shell. Bake at 350° for 45-50 minutes or until pie is set. Cool on a wire rack. Lightly sift powdered sugar over pie, as desired. One (9-inch) pie. **Never throw mud. Even if you miss your mark, you will still have dirty hands.**

MILLIONAIRE PIE

1 can Eagle Brand milk
1/2 c. lemon juice
1 (20-oz.) can crushed pineapple

Brenda Harril
Agnes Harrill's Daughter-in-Law
1 (12-oz.) carton Cool Whip
1 c. chopped pecans

Combine first 2 ingredients. Drain pineapple. Add to first 2 ingredients. Add nuts. Fold in Cool Whip. Pour into graham cracker crust. Chill a couple of hours before serving.

CHOCOLATE CREAM PIE

9-inch baked pie shell
1 c. sugar
1/3 c. cornstarch
1/2 tsp. salt
3 c. milk

Sally Reed
2 sq. (1 oz. each) unsweetened
chocolate
4 egg yolks, slightly beaten
1 T. plus 1 tsp. vanilla
Sweetened whipped cream

Mix sugar, cornstarch and salt in 1 1/2-quart saucepan. Stir in milk gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir at least half the hot mixture gradually into egg yolks. Blend into hot mixture in saucepan. Boil and stir 1 minute. Remove from heat and stir in vanilla. Cool and pour into pie shell. Press plastic wrap over filling. Top pie with whipped cream when serving.

BUTTER BRICKLE PIE

Pauline Meadows
Given to me by daughter-in-law,
Debbie Walling

Graham cracker crust:

Blend:

2 boxes instant vanilla pudding 2 c. milk

Add 1 quart butter brickle ice cream to pudding and beat until smooth. Pour into graham cracker crust. Chill and top with Dream Whip and sprinkle with crushed Heath bars. Chill and serve.

FINGER PIE

2 eggs
4 T. sugar
4 T. flour
1/2 tsp. salt

1 tsp. vanilla
2 c. milk
Cinnamon or nutmeg

Barbara Kermode

Put eggs in a pie pan. Stir with fingers. Add sugar, flour and salt. Stir with your fingers. Add vanilla and milk; stir with fingers. Sprinkle cinnamon or nutmeg over the top. Bake at 325° for 1 hour. (This was given to me from my great-grandma.)

IMPOSSIBLE PIE

1/2 c. oleo
1/2 c. flour
1 c. coconut

Pinch of salt
4 eggs
2 c. milk

Barb Williams

Put all ingredients in blender and beat good. Put in 10-inch pie plate well greased with butter. Bake at 350° for 30 minutes.

Human Needs: Some food, some sun, some work, some fun, some one, some prayer.

PUMPKIN PIE

(Makes its own crust)

3/4 c. sugar
2 T. margarine
2 eggs
1 can (16 oz.) pumpkin

2 1/2 tsp. pumpkin pie spice
2 tsp. vanilla
1/2 c. Bisquick
1 can (13 oz.) evaporated milk

Louise Kennedy

Beat all ingredients until smooth 1 minute in blender on high or 2 minutes with hand blender. Pour in greased deep pie plate, 9 or 10 inches. Bake at 350° for 50-55 minutes, until knife inserted in center comes out clean.

CHERRY CHEESECAKE

Karrie Franks

20 graham crackers, crushed
1/2 stick margarine
1/4 c. sugar
8 oz. cream cheese, softened

1/2 c. powdered sugar
1 lg. Cool Whip or 1 c. whipping cream
2 cans cherry pie filling

Mix graham crackers, margarine and sugar. Press in pie pan. Bake 8 minutes at 350°. Let cool. Mix cream cheese and powdered sugar; beat in mixer. Then add Cool Whip or whipping cream. Pour over crust. Put cherry pie filling over all. Chill.

PECAN TASTIES

Dorothy Gann

1 (3-oz.) pkg. cream cheese
1 stick butter (1/4 c.)

1 c. flour

Mix and let stand 1 hour. Make into shells in tiny muffin tins. Mix 3/4 cup brown sugar, 1 egg, 1 tablespoon butter, dash of salt and 2/3 cup pecans. Fill shells 1/2 full with this mixture and bake 20-25 minutes in 325° oven. When done, sprinkle with powdered sugar. Let set a few minutes before removing from pan.

GRANDMA STEPHENS SUET PUDDING

Sharon K. Stephens

1 1/2 c. ground suet
5 c. flour
1 tsp. salt
1/2 c. sugar

2 lbs. raisins
2 tsp. cinnamon
2 tsp. nutmeg
1 tsp. baking soda

Mix together with water to make a thick paste. Put in cheesecloth (or an old clean tea towel). Place in a pan of boiling water and boil for 3 hours. Keeping water over pudding when you put in towel be sure and leave room for pudding to expand. Remove from bag when still warm. Keep wrapped in waxed paper or foil. Can put 1 teaspoon rum over all.

IMPOSSIBLE BUTTERMILK PIE

Jennie Hill

1 1/2 c. sugar
1 c. buttermilk
1/2 c. Bisquick

1/3 c. margarine or butter
1 tsp. vanilla
3 eggs

Heat oven to 350°. Grease pie plate. Beat all ingredients until smooth. Pour into 8-inch pie plate. Bake until knife inserted in center comes out clean, about 30 minutes.

DOUGHNUTS

2 c. water
2 pkgs. dry yeast
1/2 c. + 1 tsp. sugar
1/2 c. shortening

2 tsp. salt
2 eggs
7-7 1/2 c. flour

Edna Hollins

Glaze: Gradually add 1 cup powdered sugar to 1/3 cup boiling water. Dip warm doughnuts in warm glaze. Combine 1/2 cup warm water, dry yeast and teaspoon sugar. Stir to dissolve and let soak 5 minutes. Stir into first mixture the shortening, 1 1/2 cups lukewarm water, 1/2 cup sugar, salt, eggs and half of the flour. Mix with spoon until dough is easy to handle. Form dough into ball; let rise in warm place until double in bulk, about 1 1/2 hours. Roll out on slightly floured board 1/3 inch thick. Cut doughnuts. Let rise 30 minutes. Drop in hot fat (375°). Brown on one side; turn. Glaze doughnuts while warm. (An electric fry pan can be used.)

APPLE CRISP

5 c. sliced apples
2 tsp. lemon juice
3 big Nabisco Shredded Wheat,
finely rolled
4 T. sugar

2 T. butter or oleo
1/4 c. honey
3 T. flour
1/2 tsp. cinnamon
Pinch of salt

Laura Belle Rageth

Put apples in greased casserole and pour over them the honey and lemon juice. Mix together remaining ingredients. Sprinkle over top of apples. Bake in hot oven (400°) for 40 minutes. Serve warm with cream. Serves 6.

SUET PUDDING

(Hattie Stephens brought this recipe with her from Pennsylvania in 1883, when she came by covered wagon to marry William Nels Stephens.)

1 1/2 c. ground suet
5 c. flour
1 tsp. salt
2 tsp. cinnamon

1 1/4 c. sugar
1 tsp. soda
2 lbs. raisins
2 tsp. nutmeg

Marcia Kelly Stephens

Mix together all ingredients with enough water to make a paste. Place in a thin cloth bag (cheesecloth). Tie the top, leaving enough room for dough to rise. Place in a pan of boiling water. Cover and let boil for 3 hours. Remove from bag while still hot. Serve plain or with a hard sauce. Will keep for a week or more in cool place. Very good. **This is a tradition in our family for every holiday - dating back to my great grandparents. (Jennie Hill)**

PUMPKIN BARS

3/4 c. flour
3/4 tsp. salt
1/2 tsp. soda
1/2 tsp. cinnamon
1 c. brown sugar
1 c. chopped dates

1/2 c. nuts
2/3 c. pumpkin
1/2 tsp. nutmeg
2 eggs
1/4 c. oleo

Patsy Rageth Hingst

Combine all ingredients. Bake in 9 x 9-inch pan at 325° for 40 minutes.

CHOCOLATE DELIGHT

Meloria Kelley Kirkpatrick

1 stick melted butter
1 c. nuts, chopped fine
1 c. powdered sugar
1 pkg. instant chocolate pudding

1 pkg. instant vanilla pudding
1 c. flour
1 pkg. (8 oz.) cream cheese
1 carton Cool Whip

Mix butter, nuts and flour well and press in bottom of 9 x 13 x 2-inch pan. Bake at 350° for about 20 minutes. Cream together cream cheese, powdered sugar and half of Cool Whip, then spread on crust. Prepare vanilla and chocolate pudding according to directions on box and refrigerate for 30 minutes. Spread on top of cream cheese mixture. Spread other half of Cool Whip on top. Grate Hershey bar on top. Keep refrigerated until ready to serve.

MINIATURE CHEESECAKES

Betty Franks

24 cupcake liners
24 vanilla wafers
2 (8-oz.) pkgs. softened cream
cheese
1 can peach, blueberry or cherry
pie filling

3/4 c. sugar
1/2 c. sliced nuts (opt.)
1 T. lemon juice
1 tsp. vanilla
2 eggs

Place cupcake liners in pans and place vanilla wafer in bottom of each liner. In bowl beat cream cheese, sugar, eggs, lemon juice and vanilla until light and fluffy. Fill liners 3/4 full of mixture. Bake in preheated oven (375°) 15-20 minutes. Top with spoonful of pie filling and sprinkle on nuts. Chill.

EASY COBBLER

Natalie Kizzire

1 can peaches (heavy syrup)
1 can Pillsbury biscuits (10
buttermilk)

Put biscuits in bread pan. Pour peaches on top and sprinkle with sugar. Bake at 350° until biscuits are done.

BERLIN DOUGHNUTS

Rose McCormick

1 pkg. dry yeast
5 c. flour
1 c. sugar
1¼ c. milk, divided
⅓ c. butter
2 eggs
1 tsp. salt
Apricot or plum jam
Fat for deep frying
Powdered sugar

Dissolve yeast in ¼ cup warm milk. Combine flour, sugar, milk, melted butter, eggs and salt in a large mixing bowl. Beat at medium speed for 4 minutes. Cover and let rise until double in size. Roll dough out to ¼ inch thickness. Cut out round circles with a glass or cookie cutter. Place 1 teaspoon jam on every other round and cover it with another round, pinching edges together. Allow to rise again. Deep fat fry doughnuts until golden brown. Remove and place on paper towels to drain. Dust with powdered sugar when cool.

GRANDMA'S BANANA PUDDING

Larry Hill

3 pkgs. instant vanilla pudding
3 or 4 bananas
1 box vanilla wafers
Cool Whip

Peel and slice bananas. Prepare pudding according to directions on box. In a large bowl place a layer of wafers and a layer of banana. Cover with a layer of pudding. Repeat until bowl is full or ingredients are used up. Chill at least 1 hour. Serve with Cool Whip on top.

WHITE CHOCOLATE STRAWBERRY MOUSSE WITH RASPBERRIES

Amy Buckles

1 (3-oz.) pkg. strawberry gelatin
2 T. water
4 oz. white chocolate, broken into
chunks
2 c. heavy whipping cream
Raspberries & mint sprigs (opt.)

In double boiler over medium heat, heat gelatin and water until gelatin dissolves and mixture is very syrupy, stirring occasionally. Add white choc-

(continued)

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olate; cook until smooth, stirring constantly. Remove from heat. Fold in whipped cream. Spread mixture into 9 x 5 x 3-inch loaf pan. Chill until set, about 2 hours. To serve, spoon mixture into 8 serving dishes. Garnish with raspberries and mint, if desired. Makes 8 (⅓-cup) servings.

FRUIT PIZZA

Barb Williams

1 lb. 1 oz. sugar cookie dough
(Pillsbury)
8-oz. pkg. cream cheese
⅓ c. sugar
½ tsp. vanilla
Pineapple chunks
¼ c. marmalade
(Any fruit may be used): grape
halves, strawberries, kiwi fruit,
bananas
¼ c. water

Slice dough into cookie shape and press into greased 14-inch pizza pan (pat out cookie dough in pan). Bake at 350° for 12 minutes. Cool. Combine cream cheese, sugar and vanilla. Spread over cool crust. Arrange fruit on crust. Mix glaze and pour over it.

GOLDEN PUFFS (Spicy Rich Doughnut Balls)

Kyla Rageth

2 c. flour
3 tsp. baking powder
1 tsp. nutmeg or mace
¾ c. mace
¼ c. sugar
1 tsp. salt
¼ c. vegetable oil
1 egg

Measure flour by dip-level, pour method or by sifting. Blend dry ingredients. Add oil, milk and egg. Mix well with fork. Drop by teaspoonfuls into hot fat (375°). Fry about 3 minutes or until golden. Drain. Roll warm puffs in cinnamon-sugar mixture or glaze puffs. Makes 3½ dozen puffs.

Glaze:

½ tsp. vanilla
Scant ¼ c. milk
2½ c. sifted confectioners' sugar

Add vanilla to confectioners' sugar; mix thoroughly. Slowly stir in milk, mixing until smooth and glaze consistency. May add 1 square unsweetened chocolate (1 ounce) melted.

FRESH APPLE CUSTARD PIE

Amy Buckles

1 (9-inch) unbaked pastry shell
1½ c. sour cream
1 (14-oz.) can sweetened condensed milk
¼ c. frozen apple juice concentrate, thawed
3 med. apples, cored, pared & thinly sliced

2 T. margarine or butter
1 egg
¼ tsp. ground cinnamon
1½ tsp. vanilla extract
Apple Cinnamon Glaze (recipe below)

Preheat oven to 350°. Bake pastry shell 15 minutes. Meanwhile in small bowl, beat sour cream, sweetened condensed milk, juice concentrate, egg, vanilla and cinnamon until smooth. Pour into prepared pastry shell. Bake 30 minutes or until set. Cool. In large skillet, cook apples in margarine until tender-crisp. Arrange on top of pie; drizzle with glaze. Serve warm or chilled. Refrigerate leftovers. **Glaze:** In saucepan combine ¼ cup thawed frozen apple juice concentrate, 1 teaspoon cornstarch and ¼ teaspoon ground cinnamon; mix well. Over low heat cook and stir until thickened.

FRUIT SLUSH CUP

2 bananas, sliced
2 (10-oz.) pkgs. frozen sliced strawberries

Teresa Johnson
1 lg. bag (1 or 2) frozen fresh fruit

Let fruit thaw partly (needs to be workable). Fill 15 (9-ounce) cups evenly with all above fruits. Mix 1 large pink lemonade frozen concentrate, 2 liters Squirt, 7-Up or Sprite, 1 packet Sweet 'N Low. Mix lemonade with 3 parts of water and 1 part 7-Up in a pitcher. Add 1 package of Sweet 'N Low. Pour mixture into cups to ¼ full. Using the rest of 7-Up fill cups to ¾ full. Put in freezer overnight. Two hours before serving, remove from fridge.

GARBABE DELIGHT

Crust:

16 crushed graham crackers
½ stick soft margarine

Filling:

1 sm. pkg. cream cheese
½ pt. whipping cream
#2½ can drained fruit cocktail
1 can pineapple tidbits, drained

Joanne Mendoza
½ c. sugar

⅓ c. sugar
16 marshmallows, cut-up or ½ of 7-oz. bag miniature marshmallows

Mix well the crushed graham crackers, margarine and sugar; pat into the bottom of pan. Whip together until stiff the cream cheese and whipping

(continued)

cream. Mix in the fruit cocktail, pineapple tidbits, sugar and marshmallows. Dump on top of crushed graham crackers. Chill in refrigerator. Can be made a day in advance.

GRAHAM CRACKER DESSERT

Doris Johnson

1 lb. marshmallows
3 T. milk
1 (#2½ can) crushed pineapple
1 c. nutmeats

2 egg whites
1 pt. whipped cream
1 lb. graham crackers

Melt marshmallows in double boiler with milk, stirring occasionally, until melted. Cool. Add drained pineapple and nuts. Beat egg whites. Fold into marshmallow mixture. Fold in whipped cream. Crush graham crackers; mix with softened butter. Line bottom of buttered 8 x 8-inch and 9 x 12-inch pans with half of the crumbs. Divide filling between the two pans; top with remaining crumbs. Chill several hours; top with whipped cream.

LAYERS OF GOODIES

Edyth Adkins

1 c. flour
½ c. oleo
½ c. chopped nuts
1 c. toasted coconut

1 (8-oz.) pkg. cream cheese
1 c. powdered sugar
2 pkgs. chocolate instant pudding
2½ c. milk

Combine the first 3 ingredients and press into a 9 x 13-inch pan. Bake 10 minutes at 350°. Turn off the oven and let set in oven for 5 minutes more. Toast coconut and set aside. Beat creamed cheese and powdered sugar, until light. Spread over the crust. Combine instant pudding and milk. Spread over the second layer. Sprinkle the last box over the top and sprinkle the coconut on top.

CREAM PUFFS

Betty Franks

1 c. water
½ c. butter

1 c. flour
4 eggs

Filling Tips (small):

Meat mixtures
Tuna salad

Cheese

Filling tips (large):

Crems - whipped pudding or combination

Heat water and butter to rolling boil. Stir in flour until it begins to ball. Remove from heat and add eggs. Beat until smooth. Drop by teaspoons

(continued)

for small. Drop by 1/4 cup (3 inches) for large. Bake at 425° for 15 minutes, 375° for 15 minutes. When golden brown, remove. Cool. Sharp knife to cut in half. Can fill with anything.

PUMPKIN PECAN PIE

Linda Bachholz

3 eggs, beaten
1 c. pumpkin
1 c. white sugar
1 c. dark or white corn syrup
1 tsp. vanilla
1/4 tsp. salt
2 T. melted oleo
1/2 c. chopped pecans

Beat eggs. Combine pumpkin and other ingredients in order given. Mix well. Pour into 9-inch unbaked pie shell and sprinkle pecans over top. Bake in preheated 350° oven for 40-50 minutes until knife comes out clean. Serve with whipped cream.

RASPBERRY MOUSSE

Peggy Golden,
Daughter of Ruth May

3 oz. raspberry gelatin
8 oz. whipped topping
**8-16 oz. frozen raspberries,
thawed & drained**

Combine package of gelatin powder to whipped topping. Fold until well blended and drained raspberries, folding into mousse. Place in a decorative serving dish and garnish with fresh raspberries. Alternatives use different flavors and fruits. Add pecans.

PEACH DREAM

Agnes Harrill,
Sharon Hoden's Mother

1 lb. pink & white sugar
Wafer cookies
1 c. powdered sugar
2/3 c. melted oleo
2 eggs
1 c. pecans
1 lg. can peaches
1 pt. whipping cream

Grind sugar wafer cookies. Put 2/3 of wafer cookie mixture on the bottom of a 9 x 13-inch cake pan. Add one whole egg to powdered sugar and oleo; beat well. Add second egg and beat again. Pour mixture over wafers in pan. Add pecans, then a layer of peaches (drained). Whip cream and pour over peaches. Sprinkle with remaining ground sugar wafers. Refrigerate for 24 hours.

APPLE CRISP

Doris Liggett

1 c. sugar
1/4 c. water
6 tart apples, peeled & sliced
3/4 c. flour

6 T. butter or margarine
2 tsp. lemon juice
1/2 tsp. cinnamon
1/4 tsp. salt

Combine 1/2 cup sugar, lemon juice, water and cinnamon in 8 x 8 x 2-inch pan. Apples in pan and mix. Blend remaining ingredients until crumbly. Spread over apples; pat smooth. Bake at 375° for 40 minutes or until apples are tender and crust brown.

APPLE DUMPLINGS

Linda Moss,
Sharon Hoden's Sister

Dough:

2 c. flour
1 tsp. salt
2 tsp. baking powder
3/4 c. Crisco

**1 egg + enough milk to equal 1/2
c.**
1 can apple pie filling
Cinnamon

Syrup:

2 c. sugar
2 c. water
1/4 tsp. cinnamon

1/4 tsp. nutmeg
1/4 c. oleo

Mix first 6 ingredients like pie dough. Roll out into a rectangle; spread with one apple pie filling; sprinkle with cinnamon. Roll up like a cinnamon roll; cut into 15 rolls. Place in a 9 x 13-inch pan and pour on syrup. Bake 35 minutes at 375°. **Syrup:** Sugar, water, cinnamon, nutmeg and 1/4 cup oleo. Cook until sugar and oleo is melted. Pour over dumplings and bake.

RICE PUDDING

Polly Clausen

1/2 c. rice

3 c. water

Cook 40 minutes in double boiler. Add:

1 c. condensed milk
1/3 c. butter or oleo

1/2 c. raisins
1 tsp. vanilla

Cook 20 minutes more.

FRUIT PIZZA

1 tube Pillsbury sugar cookie dough
1 (8-oz.) pkg. cream cheese
½ tsp. vanilla
Fresh strawberries
2-3 bananas, sliced
1 c. pineapple juice

1 T. cornstarch
½ c. sugar
1 (14-oz.) can chunk pineapple, drained (save juice)
3 T. sugar
1 T. lemon juice

Teresa Osbahr

Slice cookie dough into ⅛-inch slices and cover bottom of greased pizza or sheet cake pan. Pat dough together to form crust. Bake at 375° for 12 minutes or until done. Cool completely. Mix cream cheese, ½ cup sugar, vanilla and lemon flavoring. Spread over cooled cookie crust. Place fruit on top of cream cheese mixture. Make sure fruit is dried off. Mix 1 cup pineapple juice, 3 tablespoons sugar, 1 tablespoon cornstarch and lemon juice. Cook over medium heat until thick and clear. Cool; spoon over fruit. Refrigerate. You can use any kind of fruit you like.

APPLE STRUDEL ROLL

Strudel Dough:

Wet ingredients:

1 tsp. butter (Var: up to 2 T. butter)
½ c. lukewarm water (Var: milk or cream up to ⅔ c.)

Dry ingredients:

1 T. sugar (var: up to 2 T. sugar)
½ tsp. salt (var: ½ tsp. vanilla added)
2 c. flour or more to make soft dough (var: the no egg mixture above adds 3 tsp. baking powder)

Thoroughly mix the wet ingredients. Sift together the dry ingredients and add to the wet mixture until nice soft dough is made. Knead a little. Keep warm and covered with a cloth for about ½ hour. Then knead well until the dough is brought to a pulling consistency. Roll out on a floured board or cloth to about ¼ inch thickness. Dot or brush with melted butter and cover with apple mixture below. Roll up like a jellyroll and place on greased tin, pan or cookie sheet. Bake in oven of about 350° for 1 hour or until done. Baste with milk or with butter melted in water several times while baking. Cut and serve warm or cool. May also be frosted.

A. McCallan

1 egg, well beaten (var: no egg, but mixture of ⅔ cup milk, 4 T. shortening, ½ tsp. salt)

Filling:

2 qt. peeled & sliced apples (var: may be chopped)
1 c. raisins (var: more or less according to taste)
1-1½ c. crushed cracker crumbs (var: 6 T. flour or a crumbled cookie mixed with flour)
1-2 c. sugar, according to apple sweetness

1-2 tsp. cinnamon (var: a little nutmeg may be added)
1 c. coconut (var: may be omitted)
½ c. ground nuts (var: may be omitted)

Mix sugar and cinnamon and sprinkle over the rest of the mixture when placed on dough. Sprinkle melted butter or dabs of butter over the mixture. Then roll as above.

Strudel Frosting (if desired):

2 c. confectioners' sugar
1 tsp. cinnamon
1 T. butter, softened

3 T. cream
¼ c. chopped nuts

Mix all ingredients except nuts to make frosting. Spread while strudel is warm and sprinkle with the nuts.

BREAD PUDDING

Ruth May

3 eggs
1¼ c. sugar
1 tsp. cinnamon
¼ c. butter or margarine

3 cans (12 oz.) evaporated milk
½-1 c. raisins
2 tsp. vanilla extract
1 loaf bread (cubed or torn)

In large bowl beat eggs. Add milk, sugar, butter, raisins, vanilla and cinnamon; mix well. Add bread cubes; stir gently. Pour into a greased 13 x 9 x 2-inch baking dish. Bake at 325° for 50-60 minutes. Serve warm or cold. Makes 12-16 servings.

APPLE BUTTER PIE

Ruth May

½ c. apple butter
½ c. sugar
1 T. all-purpose flour
2 c. evaporated milk

1 unbaked pastry shell (9 inch)
1 egg, lightly beaten
Ground cinnamon

In a bowl combine apple butter, egg, sugar, flour and milk. Mix well. Pour into pie shell; sprinkle with cinnamon. Bake at 425° for 10 minutes. Reduce temperature to 350°. Bake 35 minutes more or until a knife inserted near the center comes out clean. Cool; store in refrigerator. 6-8 servings.

CHERRY PUDDING

Sally Fitzgerald

2 c. flour
2 eggs
2 c. sugar
2 T. butter

1 c. nuts
1 c. dark sweet pitted cherries
2 tsp. baking soda

Dissolve baking soda in cherries. Combine sugar, eggs, butter and nuts. Stir well. Add flour and stir. Add cherries and stir. Bake at 350° for 30 minutes. Serve cool. Top with Cool Whip.

FROZEN FRUIT SALAD (OR DESSERT)

Loretta Sapp

Cream together:

3/4 c. sugar
8 oz. Philadelphia cream cheese

Add:

1 pkg. (12 oz.) thawed strawberries
1 can (20 oz.) crushed pineapple & juice

2 bananas, diced
1 c. chopped nuts (opt.)

Fold in 10 or 12 ounces Cool Whip. Freeze in 13 x 9-inch pan. Remove from freezer 1/2 hour before serving. This can be made several days ahead and will keep in a freezer for several weeks.

LEMON MERINGUE PIE

Loretta Sapp

1 c. sugar
1/4 c. cornstarch
1 1/2 c. cold water
3 egg yolks, slightly beaten
1/4 c. lemon juice (fresh, not bottled)

1 T. margarine
1 baked pie crust
3 egg whites
1/4 tsp. cream of tartar
1/3 c. sugar

In medium saucepan combine 1 cup sugar and cornstarch. Gradually stir in water until smooth. Stir in egg yolks. Stirring constantly, bring to boil over medium heat; boil 1 minute. Remove from heat. Stir in margarine and lemon juice. Spoon hot filling into crust. In small mixer bowl beat egg whites at high speed until frothy. Add cream of tartar. Gradually beat in 1/3 cup sugar until stiff peaks form. Spread meringue evenly over hot filling, sealing to the crust. Bake in 350° oven 10-15 minutes or until golden. Cool on rack; refrigerate.

FABULOUS FRUIT SQUARES

Shelly McCaffrey

There's nothing square about these fruit bars. They're absolutely fabulous.

1 c. + 1 T. all-purpose flour, divided
1 c. quick or old-fashioned oats, uncooked
1/2 tsp. baking soda
1/2 tsp. salt
1 c. firmly packed light brown sugar

1/2 c. margarine or butter, melted
3/4 c. strawberry or red raspberry preserves
1/4 c. chopped toasted walnuts or pecans (opt.)

Combine 1 cup flour, oats, baking soda and salt in medium bowl; mix well. Add sugar; mix well with fork. Add margarine; mix until crumbly. Reserve 3/4 cup crumb mixture in small bowl. Press remaining mixture evenly into lightly greased 8 or 9-inch square baking pan. Spread preserves evenly over crumb mixture in pan. Add remaining 1 tablespoon flour and nuts, if desired, and reserved crumb mixture. Mix well with fork. Sprinkle evenly over preserves. Bake in a preheated 350° oven 35 minutes or until preserves are bubbly. Transfer to wire rack; cool completely. Cut into 1 1/2-inch squares. Makes 25 squares. **Nutritional value (per squares): 109 calories, 4 g. fat, 1 g. saturated fat, 0 mg. cholesterol, 108 mg. sodium, 31 % calories from fat.**

CREAM PUFFS

Esther Rutledge

1 c. water
1/2 c. butter
1 c. flour

1/4 tsp. salt
4 eggs

(This makes 12 large puffs.) Heat milk. Add butter and let it come to boiling point. Add flour and salt and stir batter over heat until it leaves the sides of pan and a ball. Remove from fire. Cool slightly and add eggs, one at a time, beating in well. Place spoonfuls of batter in greased muffin pan, heaping them well in center. Bake in moderate oven for about 15-30 minutes or more. Test puffs by removing one from oven; if it does not fall it is done. When puffs are cool, cut gash in side of puff and fill with whipped cream or custard filling, 425°, 15 minutes at 375° for 25 minutes.

CHOCOLATE SUNDAE CRUNCH

2 c. flour
1/2 c. brown sugar
1 c. margarine
1 c. chopped nuts
1/2 c. chocolate chips
1/2 c. miniature marshmallows

2 T. milk
2 pkgs. instant vanilla pudding
2 c. milk
1 qt. slightly softened vanilla ice cream

Wilma Bothwell

Mix together the flour, brown sugar, margarine and nuts. Place in 9 x 13-inch pan. Bake at 350° for 25 minutes or until light brown. Crumble while hot. Let cool. Reserve one cup of the crumbled mixture. Sprinkle remainder evenly in bottom of pan. Mix together the instant vanilla pudding and 2 cups milk. Add slightly softened quart of ice cream and pour over the crumb mixture. Sprinkle on top the reserved crumbs. In saucepan melt the chocolate chips, marshmallows and the 3 tablespoons of milk. Drizzle over top and refrigerate at least 2 hours.

NICKI'S FAVORITE CHERRY SALAD

1 can cherry pie filling
1 can Eagle Brand milk
1 can crushed pineapple, drained

1 sm. container Cool Whip
Chopped pecans (opt.)

Nicki (Hill) Belt

Mix all ingredients together and chill until time to serve - at least 1 hour.

APPLE CRISP

5 c. apple slices
1 c. sugar
1/2 c. margarine
1 c. quick-cook oatmeal

1/2 c. flour
1/2 c. brown sugar
1/2 c. black walnuts

Sharon K. Stephens

Combine apple slices and sugar. Mix butter, oatmeal, flour, brown sugar and walnuts. Put in bottom of pan. Put apples on and sprinkle over it. Bake 1 hour at 350°.

FRIED PIES

3/4 c. Crisco shortening
1/4 c. sugar
1 sm. can Pet milk

2 eggs
1 tsp. salt
Flour

Irene Haines

Flour to make a stiff dough. Add flour gradually. Roll out into small 8 x 8-inch pan. Put fruit on top of roll. Roll up and fry in skillet.

ICE CREAM PIE

Crust:

12 sq. soda crackers, crushed fine
12 graham crackers, crushed fine

1/4 c. melted butter
1 tsp. sugar

Filling:

2 boxes (instant) vanilla pudding
2 c. milk

1 qt. favorite ice cream

Mix crust ingredients and press in bottom and sides of pie pan. Mix pudding and milk for 2 minutes. Add in ice cream and mix until smooth. Pour into crust and refrigerate until solid.

Janet Dargin

PEACH COBBLER

3 c. sliced peaches, fresh if possible
1 c. sugar, only if canned peaches are used
1 T. lemon juice
1 1/2 c. sifted flour
3 tsp. baking powder

2 T. sugar
1 T. sugar
1/2 tsp. salt
1/3 c. shortening
1/2 c. milk
1 well beaten egg

Carol Rageth Long

Heat peaches in greased baking pan. Prepare batter and pour over fruit. Bake at 400° for 35-40 minutes.

STRAWBERRY PIE

1 baked pie shell
3/4 c. sugar
1 1/2 c. water

1 pt. whole strawberries
2 T. cornstarch
1 (3 oz.) strawberry Jello

Wilma Bothwell

Combine sugar, cornstarch and water. Bring to a boil over medium heat. Boil 2 minutes or until clear. While still hot, stir in Jello until dissolved. Pour hot mixture over strawberries in the pie shell. Chill and serve with whipped cream.

GLAZED FRESH STRAWBERRY PIE

Donna Wilson

1 baked 9-inch pie shell
3 c. fresh strawberries, hulled
1 c. water
¾ c. sugar

2 T. cornstarch
1 T. butter
Red food coloring (opt.)

Fill pie shell with 2 cups choice berries. Crush remaining berries. Add water and cook 5 minutes. Strain. Measure 1 cup juice into pan and add sugar and cornstarch. Cook 3 minutes or until thick and clear. Remove from heat. Add butter and red food coloring. Cool slightly and spoon over pie to glaze all berries. Chill. Garnish with Cool Whip and serve.

Recipe Favorites

CAKES, & COOKIES CANDY



*O taste and see that the
Lord is good.*

~ Psalm 34:8

The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.
- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

CAKES, COOKIES AND CANDY

CHRISTIAN CAKE

(Jesus of Nazareth)

1 c. Thanks to God
1 c. Good thoughts
1 c. Forgiveness
1 c. Kind deeds

2 c. Sacrifice for others
3 c. In beaten thoughts
(compassion)

Mix thoroughly. Add tears of joy, sorrow, sympathy for others. Flavor with little gifts of love and kindly service. Fold in 4 cups prayer and faith to lighten other ingredients and raise to texture of great heights of Christian living. Bake well at high degree of human kindness and serve with a warm smile. **Serves a multitude.**

PINEAPPLE CAKE

Agnes McCallan

Beat 2 cups sugar and 2 eggs. Sift together 2 cups flour and 2 teaspoons soda. Add alternately to sugar and eggs with 2½ cups (1 can) crushed pineapple (including juice). Add 1 teaspoon vanilla, ¾ cup nuts (keep small amount out for top of cake.) Bake in long pan at 350° for 40 minutes. Ice while hot. **Icing:** Blend 1 (8 ounce) cream cheese, 1 stick oleo, 1 tablespoon vanilla and ¾ cup powdered sugar. Spread on cake while hot. Top cake with nuts.

CHOCOLATE APPLE CAKE

Violet Wilson

1 c. oleo
2 c. sugar
3 eggs
2½ c. flour
2 T. cocoa
½ c. milk

1 tsp. soda
1 tsp. cinnamon
1 tsp. allspice
1 c. chopped nuts
2 c. chopped apples
½ c. chocolate bits

Beat egg, sugar and milk until fluffy. Sift flour, cocoa, spices and soda. Add to the creamed mixture. Fold in nuts and chocolate bits and vanilla. Pour into a tube pan and bake at 350° for about 30 minutes.

OATMEAL CAKE

Laura Storer

Pour 1 1/3 cups boiling water over 1 cup quick cooked oatmeal; let stand 30 minutes.

1/2 c. shortening
1 c. white sugar
1 c. brown sugar
2 well beaten eggs
1 1/3 c. flour
1 tsp. soda
1/2 tsp. salt
1/2 tsp. cinnamon

Cream shortening and sugars; add eggs. Blend together. Add to oatmeal, then add dry ingredients. Bake at 350° for 30 minutes.

Topping:

12 T. butter
1 c. evaporated milk
1 tsp. vanilla
1 c. brown sugar
2 c. coconut

Combine and boil until thick. Pour over cake. Can be placed under broiler for a short time.

CHOCOLATE MAYONNAISE CAKE

Esther Rutledge

2 c. flour
1 c. + 2 T. sugar
1/2 c. cocoa
1 1/2 tsp. soda
1 tsp. vanilla
3/4 c. mayonnaise
1 c. cold water

Mix and bake at 350° until done. Test with toothpick.

GOURMET COFFEECAKE

1/4 lb. oleo
1 c. sugar
2 eggs
1 tsp. baking soda
1/2 pt. sour cream (1 c.)
1 1/2 c. flour
1 1/2 tsp. baking powder
1 tsp. vanilla

Cream butter and sugar. Add eggs and beat. Put baking soda in sour cream and stir slightly. Slowly blend in flour and baking powder mixture. Add vanilla. Then blend in sour cream and baking soda very gently. Pour in springform pan or angel food pan. **Topping:** 1/4 cup sugar, 1/2 cup chopped nuts and 1 teaspoon flour mixed together. Sprinkle on top of batter; stir topping into cake "just a little." Bake at 350° for 45 minutes.

COFFEECAKE (2)

1 can cherry pie filling
1 can pineapple tidbits
1 pkg. yellow cake mix
1 c. chopped nuts
1 c. shredded coconut

Combine above ingredients into a smooth batter; pour into greased 9 x 13-inch glass pan. Drizzle 1/2 cup melted butter over top. Bake at 325° for 45 minutes or until top springs back when lightly touched in the center.

WACKY CAKE

Betty Franks

3 c. flour
2 c. sugar
5 T. cocoa
1 tsp. salt
2 tsp. soda

Mix all these ingredients together with a fork. Then add all at once.

2 c. water
3/4 c. oil (vegetable)
1 tsp. vanilla
1 T. vinegar

Yes **no** eggs. Spoon; stir, but don't beat. Mix until lumps are gone. Bake in 9 x 13-inch greased pan at 350° for 30 minutes.

OATMEAL CAKE

Laura Storer

1 1/3 cups boiling water poured over 1 cup uncooked oatmeal and let stand 20 minutes. Cream 1 cup brown sugar, 1 cup white sugar and 1/2 cup shortening. Add 2 well beaten eggs, then add all to the oatmeal mixture. Sift 1 1/2 cups all purpose flour, 1 teaspoon soda, 1/2 teaspoon cinnamon and 1 teaspoon salt. Sift and add to first mixture. Bake at 350° for 35-40 minutes. Cool.

Frosting:

12 T. butter
1/2 c. nutmeats
1 c. evaporated milk
1 c. brown sugar
1 tsp. vanilla
2 c. coconut

Bring to a boil and cook slowly until thick.

MISSISSIPPI MUD CAKE

Sharon Hoden

Mix by hand:

2 c. sugar
1 c. shortening
4 eggs
1 1/2 c. flour
1/3 c. cocoa
1/4 tsp. salt
2 tsp. vanilla
1 c. chopped nuts

Pour into a greased and floured 9 x 13-inch pan. Bake for 25 minutes at 300°. Remove from oven. Put 1 large package marshmallows over cake and bake at 350° until marshmallows are light brown. Cool and frost.

(continued)

Frosting:

1 box powdered sugar
1 stick oleo, melted
1/4 c. reg. milk

1/3 c. cocoa
1 tsp. vanilla

Spread on cake.

JELLYROLL

4 eggs, separated
1 tsp. vanilla
3/4 c. sugar

3/4 c. flour (cake)
1/2 tsp. baking powder
1/4 tsp. salt

Edna Hollins

Beat egg yolks until thick and lemon color; add vanilla. Add 1/2 cup sugar gradually; beat well. Fold in dry ingredients together with egg yolk/sugar mixture. Beat egg whites stiff; add remaining 1/4 cup sugar. Fold egg whites into mixture. Pour into a 15 x 10-inch jellyroll pan lined with waxed paper. Bake 15 minutes at 375°. Cut jellyroll loose. Turn onto a towel covered with powdered sugar. Roll up; allow to cool. Unroll; spread with jelly and reroll.

MINI FRUIT CAKES

1 egg
1 c. raisins
1 pkg. (17 oz.) date bread mix

1 1/2 c. chopped pecans
1/2 c. raisins
1 1/2 c. chopped candied fruit

Lillie Jones

In a large bowl combine egg and water. Add dry mix, candied fruit, pecans and raisins. Stir 60-75 strokes, until dry particles are moistened. Fill 24 paper-lined medium muffin pans about 2/3 full. Bake in preheated oven (350°) 30-35 minutes or until a toothpick inserted in center comes out clean. Cool. Warm 1/2 can vanilla ready-to-spread frosting and glaze mini fruit cakes. Decorate with candied fruit. Makes 24 mini cakes. These make ideal Christmas gifts for those alone. Can be wrapped and frozen to be used weeks later. To make a loaf: Generously grease and lightly flour (bottom only) 8 x 4 or 9 x 5-inch pan. Bake in 350° oven 70-80 minutes. Cool 10 minutes before removing from pan. Glaze and decorate. I've discovered if one likes fruit cake this makes it possible to have it any time, fresh and delicious. Should guests drop in, they're always ready. I expect to use them for folk living alone, especially elderly who still enjoys them or would like something handy to serve. Merry Christmas.

PINEAPPLE DREAM CAKE

Roberta Martin

2 c. flour
2 c. sugar
2 eggs
2 tsp. soda

1 (15-oz.) can pineapple, crushed
(juice & all)
3/4 c. nuts

Frosting:

2 c. powdered sugar
8 oz. cream cheese

1 stick margarine
1 tsp. vanilla

Mix and bake at 350° for 35-40 minutes in a 9 x 13-inch pan or sheet cake. Frost with cream cheese frosting.

SNICKER CAKE

Wilma Bothwell

1 German chocolate cake mix
1/2 c. margarine
1 (14-oz.) pkg. caramels

1/3 c. milk
3/4 c. chocolate chips
1 c. pecans

Prepare cake mix according to package directions. Bake half the batter in a prepared 9 x 13-inch pan at 350° for 20 minutes. Melt caramels, margarine and milk until smooth. Put this on baked cake; top with chips and pecans. Then dot with remaining batter over all. Reduce oven to 250° and bake for 20 minutes. Then increase temperature to 350° and bake 10-15 minutes. Serve with whipped cream or ice cream.

PUMPKIN CAKE ROLL

Sharon Hoden

Beat with a mixer or blender 3 eggs for 15 minutes, then add 1 cup of sugar gradually; beat until well mixed (1 minute). Pour into a bowl, then add:

Mix by hand:

2/3 c. pumpkin
3/4 c. flour
1 tsp. baking powder
1/2 tsp. salt

1 tsp. lemon juice (or) vinegar
2 tsp. cinnamon, 1 tsp. ginger, 1/2
tsp. nutmeg (or) pumpkin pie
spice

Grease and flour a 12 x 18-inch pan. When you spread the mixture, don't go clear to the edge of pan (stay in about one inch from edge). Bake at 375° for 15 minutes or until you can touch your finger and it will come up clean. Cover a thin dish towel with powdered sugar (1/4 cup). Loosen pumpkin; roll around the edges and flip it out on towel. Cover top of roll with powdered sugar; roll it up at once, towel and all. Cool. **Filling:** Beat until smooth with mixer 6 ounces cream cheese, 4 tablespoons soft oleo, 1 cup powdered sugar and 1/2 teaspoon vanilla. Unroll cooled pumpkin roll and spread filling. Reroll (without the towel this time); dust with pow-

(continued)

dered sugar; wrap in foil. Chill overnight or freeze until later date. Slices better right after removed from freezer. Makes 22-24 slices.

You certainly want to make good somewhere, so why not make good where you are?

CARROT CAKE

<i>1½ c. corn oil</i>	<i>2 tsp. vanilla</i>
<i>2 c. sugar</i>	<i>1 tsp. salt</i>
<i>3 eggs</i>	<i>2 c. shredded carrots</i>
<i>2 c. flour</i>	<i>1 c. chopped walnuts</i>
<i>2 tsp. cinnamon</i>	<i>½ c. crushed pineapple</i>
<i>2 tsp. soda</i>	

Combine oil, sugar, eggs, flour, cinnamon, soda, vanilla, salt, carrots, walnuts and pineapple in a large bowl. Mix until blended. Pour into a greased 9 x 13-inch pan and bake at 350° for 1 hour. Ice with Cream Cheese Icing:

<i>1 (3-oz.) pkg. cream cheese</i>	<i>⅓ c. crushed pineapple</i>
<i>1¼ c. confectioners' sugar</i>	<i>¼ c. walnuts</i>
<i>½ c. margarine</i>	

Mix cream cheese, sugar and margarine until fluffy. Add pineapple and nuts.

TASTE TREAT SENSATION NUMBER 2 - RHUBARB CAKE

Alicia Kelley-King

<i>1½ c. brown sugar</i>	<i>1 c. sour milk or buttermilk</i>
<i>½ c. shortening</i>	<i>2 c. flour</i>
<i>1 egg</i>	<i>2 c. fresh rhubarb</i>
<i>1 tsp. vanilla</i>	<i>½ c. sugar</i>
<i>1 tsp. soda</i>	<i>1 tsp. cinnamon</i>

Cream shortening, sugar, egg and vanilla. Add soda, sour milk and flour. Fold in rhubarb which has been cut into ½-inch cut pieces. Combine cinnamon and sugar and sprinkle over the cake. Bake in 9 x 13-inch pan at 350° for 45 minutes.

KATIE DAVIS' BEST FRESH APPLE CAKE AND FROSTING

Mrs. Frank (Brenda) Kelley

<i>1½ c. salad oil</i>	<i>2 tsp. baking powder</i>
<i>2 c. sugar</i>	<i>1 tsp. salt</i>
<i>3 c. chopped raw apples</i>	<i>1 tsp. vanilla</i>
<i>2½ c. plain flour</i>	<i>1 c. chopped nuts (opt.)</i>
<i>3 eggs</i>	

Cream sugar and oil; add eggs, one at a time. Sift together flour, baking powder and salt. Add to sugar mixture. Add apples and nuts. Bake at 350° in greased and floured pan. **Frosting:** 1 stick oleo, 1 box confectioners' sugar, 1 cup brown sugar and enough milk to spread easily. Melt oleo and brown sugar together. Add powdered sugar and milk. Spread over cake while cake is warm (hot).

LEMON GLAZED POPPY SEED CAKE

Betty Kelley Lee

<i>1 pkg. Super-Moist French vanilla cake mix</i>	<i>2 tsp. grated lemon peel</i>
<i>¼ c. poppy seed</i>	<i>1¼ c. water</i>
<i>⅓ c. vegetable oil</i>	<i>3 eggs</i>

Lemon Glaze:

<i>½ c. powdered sugar</i>	<i>3-4 tsp. lemon juice</i>
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Heat oven to 350°. Grease and flour 12-cup bundt pan. Beat all ingredients except lemon glaze in large bowl on low speed 30 seconds. Beat on medium speed two minutes. Pour into pan. Bake 40-45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes. Invert cake onto wire rack or heatproof serving plate; remove from pan. Cool cake completely. Spread lemon glaze over top of cake, letting glaze drizzle down side. **Lemon Glaze:** Mix powdered sugar and enough lemon juice to make a glaze that is smooth and of spreading consistency.

HAWAIIAN CAKE

Betty Jane Kelley Lee

<i>2 c. sugar</i>	<i>2 c. flour</i>
<i>3 eggs</i>	<i>2 tsp. cinnamon</i>
<i>1 tsp. baking soda</i>	<i>1 sm. can crushed pineapple, do not drain</i>
<i>2 tsp. vanilla</i>	<i>½ tsp. salt</i>
<i>2 c. grated carrots</i>	<i>2-3 c. coconut</i>
<i>1 c. nuts</i>	
<i>1 c. Wesson oil</i>	

Mix all ingredients together. Bake in large 9 x 13-inch cake pan 30-40 minutes at 350°. Check cake after 30 minutes to prevent overbaking -

(continued)

makes cake dry. Top with Cream Cheese Frosting: 2 cups powdered sugar, 1 tablespoon butter (melted), 1 package (3 ounces) cream cheese and 1 teaspoon vanilla. Mix all together. Beat until fluffy.

CARROT CAKE WITH CREAM CHEESE FROSTING

Dorothy Gann

<i>1½ c. melted shortening or Mazola</i>	<i>2 tsp. baking soda</i>
<i>3 c. grated carrots</i>	<i>1 tsp. cinnamon</i>
<i>2 c. sugar</i>	<i>½ tsp. ginger</i>
<i>3 c. flour</i>	<i>½ tsp. salt</i>
<i>4 whole eggs</i>	<i>¼ tsp. ground cloves</i>
<i>2 tsp. baking powder</i>	<i>¼ tsp. nutmeg</i>
	<i>½ c. chopped pecans (opt.)</i>

Sift dry ingredients together several times. Put into bowl and make a well. Add carrots and blend. When blended, add nuts. Mixture will be fairly stiff. Place in 10-inch tube pan (well greased). Bake 1 hour and 15 minutes at 350°. Frost when cool with 1 cup powdered sugar, 1 teaspoon vanilla and 1 small package cream cheese. Beat well and spread.

RHUBARB CAKE

Dorothy Gann

<i>1½ c. brown sugar</i>	<i>1 c. buttermilk or sour milk</i>
<i>½ c. shortening</i>	<i>1 tsp. baking soda</i>
<i>2 c. flour</i>	<i>1 egg</i>
<i>1 tsp. vanilla</i>	<i>1½ c. raw rhubarb, cut fine</i>

Cream together brown sugar, shortening and egg; add buttermilk. Sift together salt, soda and flour. Add to creamed mixture. Mix well. Add vanilla and rhubarb. Pour into greased and floured 9 x 13-inch pan. Mix together ½ cup sugar and 1 teaspoon cinnamon. Sprinkle on top. Bake at 375° for 30-35 minutes.

BABY FOOD CAKE

Vickie Gann

<i>3 eggs</i>	<i>4-oz. jar carrots baby food</i>
<i>2 c. sugar</i>	<i>2 c. flour</i>
<i>1¼ c. Wesson oil</i>	<i>2 tsp. baking soda</i>
<i>1 (4-oz.) jar applesauce baby food</i>	<i>2 tsp. cinnamon</i>
<i>1 (4-oz.) jar apricots baby food</i>	<i>½ c. pecans</i>

Beat eggs and gradually add sugar. Mix well and add salad oil, baby food, then dry ingredients. Grease and flour 10 x 15-inch pan. Bake at 350° for 25-30 minutes. Cool and defrost with:

3 oz. cream cheese
⅓ stick oleo
1 T. milk

1 tsp. vanilla
2 c. powdered milk

Mix together until smooth.

ANGEL FOOD CAKE

Lillie Jones

Sift 1 cup flour and ¾ cup sugar. Beat 1½ cups egg whites until firm. Add 1½ teaspoons cream of tartar and ½ teaspoon salt. Beat until it holds peaks. Fold in ¾ cup sugar, 1 teaspoon vanilla and ½ teaspoon lemon. Fold in flour mixture. Bake in tube pan 50-60 minutes at 375°.

ZUCCHINI CHOCOLATE CAKE

Leda Sears

<i>1 c. butter Crisco</i>	<i>1¾ c. sugar</i>
<i>½ c. oil</i>	<i>2 eggs</i>
<i>1 tsp. vanilla</i>	<i>½ c. sour or buttermilk</i>
<i>2½ c. flour</i>	<i>4 T. cocoa</i>
<i>¼ tsp. cinnamon</i>	<i>1 tsp. baking soda</i>
<i>¼ tsp. nutmeg</i>	<i>¼ tsp. cloves</i>
<i>2 c. finely diced peeled zucchini</i>	<i>½ tsp. baking powder</i>

Cream first 4 ingredients. Add the rest and mix batter; add zucchini last. Put in greased and floured cake pan (long one). Sprinkle with chocolate chips. Doesn't need to be frosted. Bake at 325° for 40-45 minutes.

CHOCOLATE SHEET CAKE

Dorothy Gann

Bring to boil:

1 stick oleo
1 c. water

½ c. oil

Pour over and mix in:

2 c. sugar

¼ c. Hershey's cocoa

Add:

2 eggs, beaten
1 tsp. vanilla

1 tsp. baking soda in ½ c. buttermilk or sour milk

Bake in jellyroll pan at 350° for about 20 minutes. Frost while warm with:

6 T. oleo
6 T. milk

1 c. sugar

Boil for 5 minutes. Add ½ cup chocolate chips. Pour over cake and smooth with knife.

LEMON COCONUT CAKE

Vera Swanger

1 pkg. lemon cake mix

1 pkg. lemon pudding mix

Mix cake mix and bake in 2 layers. Cook the pudding mix and spread on one layer of cake. Place other layer on top of pudding mix.

Frosting:

2 egg whites

$\frac{2}{3}$ c. white syrup

Beat egg whites stiff. Heat syrup to hard boiling stage. Add syrup to beaten egg whites. Beat for several minutes. Spread on cake and cover with coconut. Keep covered.

PINEAPPLE UPSIDE-DOWN CAKE

In Memory of Irene Rageth
Lorraine Rageth

Combine in bottom of 9 x 13-inch pan:

4 T. butter

$\frac{3}{4}$ c. brown sugar

In bowl mix:

$\frac{1}{2}$ c. sugar

1 egg, unbeaten

Add to bowl alternately:

$\frac{1}{2}$ c. pineapple juice

$1\frac{1}{4}$ c. flour

1 can sliced pineapple (save $\frac{1}{2}$ c. juice for cake)

$\frac{1}{3}$ c. shortening

1 tsp. vanilla

2 tsp. baking powder

$\frac{1}{4}$ tsp. salt

Mix well and pour over first mixture in pan and bake 1 hour or until cake is done at 350°.

WONDER CAKE

Gertrude Collier

2 c. flour

1 c. sugar

4 T. cocoa

1 c. hot water

1 tsp. vanilla

2 tsp. soda

1 c. mayonnaise

Sift dry ingredients together. Add remaining ingredients and mix well. Pour into greased and floured pans. (Layer pans or 13 x 9). Bake at 350° for 30-35 minutes.

SAUSAGE CAKE

1 c. raisins

2 c. sugar

1 lb. ground pork

2 eggs

2 $\frac{1}{2}$ c. sifted flour

1 tsp. baking powder

1 c. evaporated milk

1 tsp. baking soda

1 tsp. cloves

1 tsp. cinnamon

1 tsp. nutmeg

1 tsp. allspice

$\frac{1}{2}$ tsp. salt

1 c. chopped nuts

Steam raisins to plump. Set aside to cool. Cream sugar and sausage. Add eggs, one at a time, beating after each. Sift flour, baking powder, soda, spices and salt together. Add dry ingredients alternately with milk to cream mixture. Beat 2 minutes. Fold in chopped nuts and raisins. Turn into tube pan, well greased and bottom lined with waxed paper. Bake at 350° for 60-70 minutes. Let cool 30 minutes. Drizzle with powdered sugar glaze or lemon sauce. Best made 2-3 days before serving.

CHOCOLATE FUDGE CAKE

Barb Smith

$\frac{1}{2}$ c. butter or margarine,
softened

$\frac{1}{2}$ c. shortening

2 c. sugar

2 eggs

1 tsp. vanilla

$\frac{1}{2}$ c. Hershey's cocoa

$2\frac{1}{4}$ c. flour

$1\frac{1}{4}$ tsp. baking soda

$\frac{1}{2}$ tsp. salt

Cream butter, shortening and sugar in large bowl. Add eggs and vanilla. Blend well. Combine dry ingredients. Add alternately with water to creamed mixture. Pour into 2 greased and floured 9-inch round layer pans. Bake at 350° for 35-40 minutes. Cool 10 minutes. Remove from pans. Cool completely before frosting.

CHOCOLATE MAYONNAISE CAKE

Janet Dargin

2 c. sugar

2 c. flour

2 eggs

2 tsp. baking soda

6 T. dark cocoa

Pinch of salt

1 c. mayonnaise

1 c. cold water

1 tsp. vanilla

Beat together all of above ingredients for 2 minutes at medium speed. Pour batter into greased 9 x 12-inch cake pan. Bake at 350° for 40-45 minutes.

CARROT CAKE WITH CREAM CHEESE FROSTING

Janet Dargin

Cake:

2 c. flour
2 c. sugar
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
3 c. grated carrots
4 eggs
1½ c. Wesson oil

Mix all ingredients for cake at medium speed for 2 minutes. Pour batter into greased 9 x 12-inch cake pan. Bake at 350° for 30-35 minutes.

Frosting:

2 (3-oz.) pkgs. cream cheese
½ stick oleo
2 tsp. vanilla
½-1 c. powdered sugar
½ c. chopped pecans

Mix all ingredients above until smooth and creamy. Spread on cooked cake.

RHUBARB CAKE

Florence V. Stephens

2 c. sugar
1 stick margarine
1 tsp. vanilla
2 c. flour
2 eggs
1 tsp. baking powder
½ tsp. salt
1 c. milk
2½ c. rhubarb

Use fresh rhubarb. Cut in chunks. Put a layer of cake and mixture and then put rhubarb, then rest of cake mixture. Sprinkle top with sugar and cinnamon to your taste. Use 9 x 13-inch cake pan.

PISTACHIO CAKE

In Memory of my Grandma, Virginia Allen
Lesia Kraft

1 pkg. white or yellow cake mix
1 pkg. (4 serving size) Jello
pistachio flavor instant pudding
3 eggs
½ c. oil
1 c. water
½ c. chopped nuts

Combine all ingredients in large mixer bowl. Blend, then beat at medium speed for 2 minutes. Pour into two greased and floured 9-inch layer pans. Bake at 350° for 30-35 minutes. Cool in pans 15 minutes. Remove from pans. Cool on rack. Frost with Pistachio Fluffy Frosting: Pour 1½ cups cold milk into deep narrow-bottom bowl. Add 1 envelope Dream Whip whipped topping mix and 1 package (4-serving size) Jello pistachio flavor instant pudding. Beat slowly to blend. Gradually increase beating speed to high and whip until mixture will form soft peaks, 4-6 minutes.

CHOCOLATE CAKE

Dorothy Gann

½ c. shortening
2 c. sugar
3 eggs

Sift:

2 c. flour
½ c. cocoa
2 tsp. baking powder
1 tsp. salt

Add alternately with ½ cup hot coffee which 1 teaspoon soda has been dissolved in. Add 1 teaspoon vanilla and 1 cup boiling water. Bake 45 minutes at 350°.

COOKIE JAR SUGAR COOKIES

Shelly McCaffrey

(Shared with me by a good friend, Kathy Clark, from Kansas.)

⅔ c. shortening
¾ c. sugar
½ tsp. grated orange peel
½ tsp. vanilla
1 egg
4 tsp. milk
2 c. sifted enriched flour
1½ tsp. baking powder
¼ tsp. salt

Thoroughly cream shortening, sugar, orange peel and vanilla. Add egg; beat until fluffy. Stir in milk. In another bowl, sift dry ingredients together. Add to creamed mixture and mix well. Divide dough in half; chill for 1 hour. On floured surface roll half of dough to ⅛ inch thick. (Keep remaining dough chilled until ready to roll.) Cut into shapes. Bake on greased cookie sheet at 375° for 6-8 minutes. Cool slightly; then remove from pan. Decorate when cool. Makes 2 dozen cookies. **Variation:** A neat and tasty thing to do with these cookies at Valentines day (or anytime) is to first cut the cookie dough out with a heart-shaped cookie cutter and then cut the centers out of half of the cookies. Bake. After cookies have cooled, spread one side of the solid cookies with strawberry or raspberry jam and place a cookie with the center cut out on top to form a sandwich cookie. Sprinkle with powdered sugar. **These are delicious and look pretty too.**

FROSTED CARROT CAKE

Carol (Rageth) Long

2 c. sugar
1½ c. Wesson oil
4 eggs
3 jars strained carrots (baby food)
2⅓ c. sifted flour
1 c. coconut
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
1 c. chopped walnuts

Sift dry ingredients; add other ingredients except nuts and coconut. Beat 3-4 minutes with electric mixer. Add nuts and coconut. Mix well. Grease

and flour 10 x 15-inch pan. Bake at 350° for 35-40 minutes or use 9 x 13-inch pan for 30 minutes.

Frosting:

- 1 (8-oz.) pkg. Philadelphia cream cheese
- 3 c. powdered sugar
- 1 tsp. vanilla
- 1 cube oleo

In a large bowl mix all ingredients. Beat with electric mixer until smooth. Frost cake when cool; sprinkle with nuts if desired.

BROWN BOTTOM CUPCAKES

Shelly McCaffrey

(Shared with me by my sister, Peggy Golden)

- 8 oz. cream cheese
- 1 egg
- 1 1/3 c. sugar
- 1/8 tsp. salt
- 6-oz. pkg. chocolate chips
- 1 1/2 c. flour
- 1 tsp. soda
- 1 c. water
- 1/4 c. cocoa
- 1 tsp. vanilla
- 1/3 c. oil
- 1 T. vinegar

Place softened cream cheese, 1/3 cup sugar, egg and salt in bowl. Beat well. Mix in chocolate chips. Set aside. In another bowl beat flour, sugar, soda, cocoa, oil, water, vinegar and vanilla until well blended. Fill muffin/cupcake cups 1/3 full. Top each with a teaspoon of cream cheese mix. Bake at 350° for 25 minutes. Cool. Makes 24 cupcakes.

FROSTING

Vickie Gann

- 1 lb. powdered sugar
- 1/4 c. shortening
- 1 tsp. butter flavoring
- 1/4 tsp. almond flavoring
- Milk

Mix powdered sugar, shortening, butter and almond flavoring. Add milk, 1 tablespoon at a time, until frosting is desired thickness.

DECORATOR FROSTING

Irene Rageth

- 2 lbs. powdered sugar
- 1 c. Crisco (not butter flavored)
- 1 egg white
- 1/2 c. milk
- 1 tsp. vanilla
- 1/2 tsp. coconut flavoring
- 1 tsp. salt

Mix all together in large bowl using electric mixer. Do not overbeat, but make sure all ingredients are well blended. May be used to decorate cakes by using pastry bags and tubes.

BASIC BROWNIES IN MICROWAVE

Teresa Johnson-Davis

- 2 eggs
- 1 c. sugar
- 1/2 tsp. salt
- 1 tsp. vanilla extract
- 1/2 c. melted butter
- 3/4 c. unsifted flour
- 1/2 c. cocoa
- 1 c. chopped nuts

In small bowl at medium speed on mixer, beat together eggs, sugar, salt and vanilla, about 1 minute until light. Add melted butter; continue beating until thoroughly blended. Mix in flour and cocoa at low speed. Stir in nuts. Spread evenly in greased 8-inch square dish. Microwave at high 6-7 minutes, rotating dish 1/4 turn every 2 minutes. When done, top looks dry and will spring up when lightly touched. Cut when cold. Makes 20 brownies.

BROWNIE WITH CHOCOLATE FROSTING

Janet Dargin

Brownie:

- 1 stick oleo
- 1 c. sugar
- 4 eggs
- 1 c. flour
- 1 can Hershey's chocolate syrup

Frosting:

- 1 1/3 c. sugar
- 6 T. oleo
- 6 T. milk
- 1/2 c. chocolate chips

Cream oleo and sugar. Add eggs and mix. Add flour and mix. Add syrup and mix. Bake in a greased jellyroll pan at 350° for 25 minutes. **Frosting:** Combine sugar, milk and oleo in saucepan. Bring to boil. Add chips. Beat until spreading consistency. Spread on cooled brownies. Top with chopped nuts.

CHOCOLATE SHEET BROWNIES (Our Family Favorite)

Lesa Kraft

- 2 c. flour
- 2 c. sugar
- 1/2 c. butter
- 1/2 c. oil
- 4 T. cocoa
- 1 c. water
- 1/2 c. sour milk (to make the milk sour, add 1 tsp. ReaLemon)
- 1 tsp. vanilla
- 2 eggs
- 1 tsp. soda

Mix together the flour and the sugar. In a pan melt butter, oil, cocoa and water. Bring to a rapid boil and pour over flour and sugar and mix well. Add the remaining ingredients and mix well. Bake in a large 11 x 7-inch greased cookie sheet with sides. Bake at 350° for 15-20 minutes.

MOM'S BROWNIES

*In Loving Memory of Agnes Stephens
Karen Stephens Jenkins*

Beat until light:

1/4 lb. oleo (margarine)
4 eggs

Add:

**1 lg. can Hershey's (16 oz.)
chocolate syrup**
1 c. flour

1 c. sugar
1/2 c. nuts
1/4 tsp. salt

Pour into greased pan, 15 1/2 x 10 1/2 inches. Bake at 350° for 30 minutes. **This is the brownie recipe my mother used to bake for special occasions which would include a work crew at church on Saturday afternoon or a visit from her grandchildren.**

FROSTING FOR BROWNIES

*In Loving Memory of Agnes Stephens
Karen Stephens Jenkins*

6 T. oleo (margarine)
6 T. milk

1 1/2 c. sugar

Bring to full boil for 30 seconds. Remove from heat. Add 1/2 cup chocolate chips. Beat until smooth. Cool until spreadable on brownies.

SMORES

12 graham crackers
3 Hershey bars (no nuts)

6 lg. marshmallows

Sally Spidell

On paper plate lay graham crackers. Add candy bar - marshmallow. Top with another graham cracker. Put in microwave 35 seconds.

CHOCOLATE CHIP BARS

2/3 c. melted oleo
1 lb. brown sugar
3 eggs
1/2 tsp. salt

1 1/2 tsp. baking powder
2 2/3 c. flour
1 pkg. chocolate chips
Nuts, if desired

Vickie Gann

Mix all ingredients together; mix well and dump onto greased cookie sheet. Using spatula, smooth dough evenly on pan. Bake at 350° for 20-25 minutes.

MICROWAVE CHOCOLATE CHIP BARS

Doris Johnson

1/2 c. butter, softened
3/4 c. brown sugar, packed
1 egg
1 T. milk
1 tsp. vanilla extract
1 1/4 c. unsifted all-purpose flour

1/2 tsp. baking powder
1/8 tsp. salt
1 c. (6 oz.) semi-sweet chocolate pieces
1/2 c. chopped nuts (opt.)

In small mixer bowl cream together butter and sugar until fluffy. Add egg, milk and vanilla; mix well. Stir together flour, baking powder and salt. Add to creamed mixture. Blend well. Stir in 1/2 cup chocolate pieces and nuts. Spread in greased 8-inch square dish. Sprinkle with remaining 1/2 cup chocolate pieces. Microwave at high 5-7 minutes, rotating dish 1/4 turn every 2 minutes until done. Cool and cut into 24 bars.

SOME BARS

Roberta Martin

1 c. butter or margarine
2 c. brown sugar
2 eggs
2 tsp. vanilla
1 tsp. soda
2 c. flour

1 (12-oz.) pkg. chocolate chips
1 can Eagle Brand milk
2 T. margarine
1 c. walnuts
1 tsp. vanilla

Mix together 1 cup margarine, brown sugar, eggs, 2 teaspoons vanilla, soda and flour. Spread 3/4 of this batter in a 15 x 10 x 2-inch pan. In microwave melt chocolate chips. Add the sweetened condensed milk (Eagle Brand), margarine and vanilla; pour over batter. Add nuts, and/or coconut. Dab rest of batter over top and bake 30 minutes at 325°.

OATMEAL PEANUT BUTTER BARS

Betty Franks

(Large Quantity Cooking)

1 1/4 qt. peanut butter
1 1/8 qt. oatmeal

2 1/2 c. brown sugar
5/8 lb. melted butter

Mix all ingredients together and divide into smaller batches. Press into cookie sheets 1/2 to 3/4 inch thick. Top with waxed paper and roll with rolling pin. Can be stored in refrigerator for several weeks. Before serving, frost with chocolate fudge frosting and cut into small bars.

DREAM BARS

Sharon Hoden

First Layer:

1/2 c. brown sugar
1 c. flour

1/2 c. shortening

Second Layer:

2 eggs
1 tsp. baking powder
1 tsp. vanilla
1 tsp. salt

1 c. coconut
1/2 c. nuts
1 c. brown sugar
2 T. flour

First Layer: Mix first 3 ingredients like pie crust. Pat in a 9 x 13-inch pan. Bake for 10 minutes at 350°. Mix **layer two** while layer one is baking. Spread layer two over layer one, very carefully return to oven. Bake for 20 minutes longer.

LEMON LOVE NOTES

Becky Hoden

Layer 1:

1/2 c. oleo
1 c. flour

1/4 c. powdered sugar

Second Layer:

2 eggs, beaten
2 T. lemon juice
2 T. flour

1 T. lemon rind
1/2 tsp. baking powder
1 c. coconut

Glaze:

3/4 c. powdered sugar
1 1/2 T. milk

1 T. oleo
1/2 tsp. vanilla

Bottom Layer: Mix like pie crust first 3 ingredients. Pat into a 9 x 13-inch pan. Bake 10 minutes at 350°. Remove from oven and add **Layer 2:** Mix 2 eggs, lemon juice, flour, lemon rind, baking powder and coconut. Spread on baked crust. Bake for 20 more minutes. Frost with glaze while warm.

COFFEE COOKIE BARS

Sharon Hoden

2 c. soaked raisins
1 c. shortening
2 c. brown sugar
2 eggs
3 c. flour

1 tsp. baking powder
2 tsp. cinnamon
1 tsp. salt
1 tsp. soda
2 c. hot strong coffee

Soak 2 cups raisins in hot water for 1 hour (drain). Cream together shortening, brown sugar and 2 eggs. Add flour, baking powder, soda, salt and cinnamon. Stir in drained raisins and 2 cups hot strong coffee. Spread on

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a large cookie sheet, 12 x 18 inches. Bake at 350° for 30 minutes. **Frosting:** 1 box powdered sugar, 1/2 cup Crisco and 1/4 cup plus 2 tablespoons milk.

SUNSHINE BARS

Betty Franks

3 c. sugar
1 c. oil
2 c. pumpkin
4 eggs
2/3 c. water
4 c. (scant) flour

2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. cloves
2 tsp. vanilla

Mix together the first 5 ingredients until smooth. Add flour and spices mixed and blend well. Also add vanilla. Spread in greased high sided cookie sheet. Should not be more than 1/2 full. Can add nuts to batter if desired. Bake at 350° for 35 minutes. Frost with powdered sugar frosting.

DATE BARS

Sally Fitzgerald

2 c. dates
1 c. sugar
1 tsp. vanilla
1 1/2 c. flour

1 c. brown sugar
3/4 c. butter
2 c. oatmeal

Cut dates up very fine. Barely cover with water. Add sugar and vanilla. Mix flour, brown sugar, butter and oatmeal. Bake at 350° for 45 minutes in buttered pan.

PEANUT BARS

Margaret Kennedy

Pastry:

3 c. flour
1 c. brown sugar
1 c. butter (oleo)

1/2 tsp. salt
3 c. Spanish peanuts

Syrup:

1 (12-oz.) pkg. butterscotch chips
2 T. butter

1/2 c. light corn syrup
3 T. water

With pastry cutter blend first 4 ingredients. Pat into 10 x 15-inch pan. Bake 10 minutes at 350°. Top with peanuts. In double boiler blend syrup ingredients until smooth. Pour over peanut layer. Bake 8 minutes or until bubbly. Cool.

PEANUT BUTTER COOKIES

Lillian Price

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 c. chunky peanut butter

2 c. flour
1 tsp. soda
Pinch of salt
1 c. chocolate chips
1 tsp. vanilla

Beat together the first 4 ingredients. Add remaining ingredients. Place on cookie sheet. Press with fork. Bake at 350° for 10-12 minutes.

SUGAR COOKIES

Polly Clausen

1 c. white sugar
1 c. powdered sugar
2 eggs
1 c. oleo
1 tsp. vanilla

1 c. vegetable oil
1 tsp. salt
1 tsp. soda
1 tsp. cream of tartar
4 c. + 2 T. flour

Cream sugar and oleo. Add eggs, then oil and vanilla. Sift dry ingredients and add to cream mixture. Drop by teaspoonfuls on cookie sheet. Press with glass that has been dipped in sugar. Bake in 350° oven.

CRISP OATMEAL COOKIES

Roberta Martin

1 c. brown sugar
1 c. white sugar
1 c. oleo
1 c. Wesson oil
1 egg
2 tsp. vanilla
1 tsp. salt

1 tsp. soda
1 tsp. cream of tartar
1 c. oatmeal
3¼ c. flour
1 c. Rice Krispies
6 oz. chocolate chips

Mix and bake at 350° for 10-12 minutes.

OATMEAL COOKIES

Sally Fitzgerald
Norma Kadereit

2 c. flour
2 c. oatmeal
1 c. sugar
2 sticks oleo
2 eggs
1 tsp. soda

¾ tsp. cinnamon
½ tsp. salt
½ tsp. nutmeg
½ c. nuts
1 c. raisins (cook & save juice)

Combine oleo and sugar; add eggs and beat well. Combine dry ingredients and add to first mixture. Add raisins and 4 tablespoons juice. Add oatmeal and nuts. Bake at 350° until light brown, 10-12 minutes.

HOLIDAY STRING-UPS

Pauline Meadows

1 c. butter
1½ c. sugar
2 eggs
2 tsp. vanilla

½ tsp. salt
1 tsp. baking powder
3½ c. flour

Cream together first 4 ingredients and add remaining ingredients. Chill for 4 hours or overnight. Roll out on lightly floured surface. Roll dough ¼ inch thick. Cut with cutters. Bake at 350° on ungreased cookie sheet for 6-8 minutes. Frost when cool. 5 dozen.

SUGAR COOKIES

Lillie Jones

1 c. sugar
1 c. butter
4 eggs

1 T. vanilla
4 c. flour

Mix all ingredients. Can be rolled and cut out or make small balls and roll in sugar. Bake at 400°.

POWDERED SUGAR COOKIES

Louise Kennedy

Beat together 2 sticks oleo, 1 cup cooking oil and 2 eggs. Beat in 1 cup powdered sugar and 1 cup white sugar. Add 4½ cups flour, 1 teaspoon cream of tartar, 1 teaspoon salt, 1 teaspoon soda and 2 teaspoons vanilla; mix well. Chill overnight. Use teaspoon to make balls on dry cookie sheet. Flatten with glass dipped in sugar. Works well in cookie press also. Bake at 350° about 10-12 minutes. Makes 6-7 dozen.

NO-ROLL SUGAR COOKIES

Leda Sears

1 c. butter Crisco
1 c. white sugar
1 egg
1 tsp. vanilla (a few drops almond flavoring)

1/2 tsp. salt
2 1/2 c. flour
1 tsp. cream of tartar
1 tsp. soda

Mix all dry ingredients. Add egg, vanilla, Crisco. Form dough into small balls. Roll balls in sugar; flatten with glass. Bake at 350° for 8-10 minutes.

We need a few clouds in our lives to make a beautiful sunset.

OATMEAL DATE COOKIES

Leda Sears

1 c. butter Crisco
1 1/4 c. white sugar
1/2 c. brown sugar
2 eggs
2 tsp. milk
2 tsp. vanilla
1 3/4 c. flour
1 tsp. baking soda
1/2 tsp. cream of tartar

1/2 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. cinnamon
2 1/2 c. quick oats
Chopped nuts (if desired)
1 1/2 c. boro dates (chop & soak in 1 c. boiling water with 1 tsp. baking soda)

Beat Crisco and sugars together until creamy. Add eggs, milk and vanilla; beat well. Add flour, baking soda, cream of tartar, salt, cinnamon and nutmeg. Mix well. Stir in oats, nuts and drained dates; mix well. Drop by teaspoon or tablespoon onto ungreased sheet pan. Bake 10 minutes at 375°.

If you want to put the world right, start with yourself.

BANANA DROP COOKIES (Moist & Flavorful, Like Little Cakes)

Vera Baxter

1 1/4 c. granulated sugar
2/3 c. shortening
1 tsp. vanilla
2 eggs
1 c. mashed ripe banana (3 or 4 med.)

1/2 tsp. cinnamon
2 1/4 c. flour
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. baking soda
1 c. chopped nuts

Preheat oven to 400°. In a large bowl beat sugar, shortening and vanilla until fluffy. Beat in eggs, then bananas. Combine flour, baking powder,

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salt and soda. Beat into sugar mixture. Stir in nuts. Chill 30 minutes. Drop by teaspoons 2 inches apart on greased cookie sheets. Combine 1/4 cup sugar and cinnamon; sprinkle over cookies. Bake 8-10 minutes or until lightly browned. Makes about 5 dozen cookies.

GRANDMA'S RUBBER COOKIES

Bob Baker

(In honor of my mom, Sophia Baker, who jotted down this recipe she heard while "rubbering" (eavesdropping) on our party line.)

1 c. lard (shortening)
1 c. sugar
1 egg
1 tsp. vanilla

2 c. flour
1/2 tsp. cream of tartar
1/2 tsp. soda
Pinch of salt

Cream shortening and sugar. Add egg and vanilla. Sift dry ingredients together and add to creamed mixture. Form into walnut-sized balls. Roll in sugar. Place on cookie sheet and flatten with bottom of glass dipped in sugar. Bake at 350° until golden around edges. They burn quickly so watch closely.

CHEWY CHOCOLATE COOKIES

Verna Fitzsimmons

2 c. sugar
1/2 c. shortening
4 (1-oz.) sq. unsweetened chocolate, melted
2 tsp. vanilla extract

3/4 c. confectioners' sugar
4 eggs
2 c. flour (all-purpose)
2 tsp. baking powder
3/4 tsp. salt

In large bowl blend sugar, shortening and chocolate. Add eggs, one at a time. Mix in vanilla. Combine flour, baking powder and salt. Add gradually to chocolate mixture; mix well after each addition. Cover and chill for 2 hours or overnight. Drop mixture by rounded teaspoon into confectioners' sugar. Coat lightly, then shape into balls. Place on greased cookie sheet about 2 inches apart. Flatten slightly. Bake at 350° for 12-14 minutes.

CHEWY OATMEAL COOKIES

Verna Fitzsimmons

3/4 c. Crisco
1 1/4 c. light brown sugar
1 egg
1/3 c. milk
1 1/2 tsp. vanilla
3 c. Quaker Oats

1 c. flour
1/2 tsp. baking soda
1/2 tsp. salt (opt.)
1/4 tsp. cinnamon
1 c. raisins
1 c. chopped walnuts

Combine Crisco, brown sugar, egg, milk and vanilla in large bowl. Beat at medium speed of electric mixer until well blended. Combine oats, flour, baking soda, salt and cinnamon. Mix in creamed mixture. Stir in nuts and raisins. Drop by rounded tablespoons 2 inches apart on greased baking sheets. Bake for 10 or 12 minutes at 375° or until lightly browned. Makes 2 1/2 dozen.

SUGAR COOKIES/ FROSTING

Sharon Hoden

1 c. Parkay
1 1/2 c. powdered sugar
1 T. vanilla
2 eggs

1 T. soda
1 T. cream of tartar
1/4 T. salt
2 1/2 c. flour

Cream together Parkay, powdered sugar and vanilla until fluffy. Then add 2 eggs and beat again. Add soda, cream of tartar, salt and flour - mix well. Shape dough into roll 2 inches in diameter and 12 inches long. Wrap in Saran Wrap and chill overnight. Cut and place on cookie sheet. Bake at 375° for 10-12 minutes. Cool. Right before baking, you can dip them in sugar. Can freeze.

Frosting:

2-lb. bag Catt powdered sugar
1 c. Crisco
3/4 c. milk

Beat with mixer until fluffy. Freezes great. Can thaw and refreeze. Frost sugar cookies as they come from the freezer.

OATMEAL COCOA CHIPPERS

Elaine Neighbors

1 1/4 c. flour
1/2 c. cocoa
2 tsp. baking soda
1/2 tsp. salt
1 c. margarine, softened
1 c. firmly packed brown sugar

1/2 c. sugar
1 tsp. vanilla
2 eggs
1 (12-oz.) pkg. chocolate chips
2 c. Quaker Oats
1 c. chopped walnuts

In a small bowl combine flour, cocoa, baking soda and salt. In large bowl combine margarine, brown sugar, sugar and vanilla; beat until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture; stir in chocolate chips, oatmeal and walnuts. Drop by rounded tablespoons onto ungreased cookie sheet. Bake 9-11 minutes for chewy cookies, 12-15 minutes for crisp cookies. Let stand 2 minutes before removing from cookie sheet. Makes about 4 dozen.

MAYONNAISE SUGAR COOKIES

Brenda Bingham

1 c. mayonnaise (not salad dressing)
1 c. sugar

2 c. flour
1 tsp. soda
1 tsp. vanilla or lemon flavoring

Mix ingredients well. Shape into balls and roll in sugar. Put on greased cookie sheet. Don't press down. Bake at 350° for 10-12 minutes. Cookies will not be brown. Because they are crunchy, they may form cracks.

CRUNCHY JUMBLE COOKIES

Betty Franks

1 1/4 c. flour
1/2 tsp. soda
1/4 tsp. salt
1/2 c. shortening
1 c. sugar

1 egg
1 tsp. vanilla
2 c. Rice Krispies
1 c. chocolate chips

Mix shortening, sugar, egg and vanilla until fluffy. Add flour, soda and salt. Blend in by hand Rice Krispies and chocolate chips. Bake at 350° for 12-15 minutes. Good.

DIABETIC COOKIES

Vera Baxter

2 T. shortening
1 T. brown sugar
1/2 tsp. sweetener
2 T. peanut butter

1 egg
1/2 c. flour
1/4 tsp. soda
1/4 tsp. baking powder

Cream shortening, brown sugar, sweetener, peanut butter and egg. Add flour, soda and baking powder. Drop by spoonfuls onto cookie sheet. Bake until brown, about 12 minutes in 350° oven. Makes 12 cookies.

SUGAR COOKIES

Polly Clausen

1 c. white sugar
2 eggs
1 c. vegetable oil
1 tsp. soda
1 tsp. vanilla

1 c. powdered sugar
1 c. oleo
1 tsp. salt
1 tsp. cream of tartar
4 c. + 2 T. flour

Cream sugars and oleo. Add eggs, then oil and vanilla. Sift dry ingredients and add to the cream mixture. Drop by teaspoons on cookie sheet. Press with bottom of glass that has been dipped in sugar. Bake at 350° for 10 minutes.

FAVORITE SPRITZ COOKIES

Sally Fitzgerald

1 1/2 c. butter
1 c. sugar
1 egg
1/2 tsp. almond extract

1 tsp. vanilla
4 c. flour
1 tsp. baking powder

Mix butter and sugar thoroughly. Add egg, vanilla and almond. Beat well. Sift flour and baking powder and add to first mixture. Stir until smooth. Tint with food coloring if desired. Force dough through press onto ungreased cookie sheet. Bake at 375-400° for 10 minutes. Cool.

CHOCOLATE MINT CHIP COOKIES

Sarah Bolton

2 1/4 c. all-purpose flour
1 tsp. baking soda
1 c. margarine (2 sticks)
1 c. packed brown sugar
1 tsp. vanilla extract
2 eggs

2 c. mint chocolate chips
1 bar unsweetened baking chocolate
Opt: 1/2 tsp. salt
1-2 c. reg. chocolate chips
1 c. chopped walnuts

Melt margarine and baking chocolate on stove or in microwave until liquid. Stir well while melting. Mix sugars and vanilla in large bowl. Add margarine/

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chocolate mixture. Stir well. Add eggs, beating well after each. Gradually add flour, baking soda and salt (if used). Mix well. Add chips and nuts. Drop by spoonful onto ungreased cookie sheet. Bake in 375° oven, 10-12 minutes. Enjoy.

DISHPAN COOKIES

Kovacs Family

2 c. packed brown sugar
2 c. sugar
2 c. oil
4 eggs
1 T. soda
1/2 tsp. salt

4 c. flour
1 1/2 c. oatmeal
2 c. flaked coconut
4 c. cornflakes
1 (6-oz.) pkg. chocolate chips
1 (6-oz.) pkg. butterscotch chips

Combine all ingredients in order in very large bowl, mixing well. Drop by spoonfuls onto cookie sheet. Bake at 325° for 10-12 minutes. Makes 14 dozen.

GUMDROP COOKIES

Agnes McCallan

1 c. shortening
1 c. brown sugar
1 c. granulated sugar
2 eggs
1 tsp. vanilla
2 c. sifted all-purpose flour
1 tsp. baking powder

1/2 tsp. soda
1/2 tsp. salt
2 c. quick-cooking rolled oats
1 c. coconut
1 c. gumdrops, cut in small pieces

Thoroughly cream shortening and sugars; add eggs and vanilla; beat well. Sift dry ingredients. Add to creamed mixture. Add remaining ingredients. Drop from teaspoon onto greased cookie sheet. Bake at 375° about 10-12 minutes. Makes about 6 dozen.

FRANCIE'S PRALINE COOKIES

Agnes McCallan

Break graham crackers apart by sections and place on a cookie sheet with sides. Boil together for 2 minutes.

1 c. butter (use real butter)
1 c. brown sugar

Add 1 c. broken pecans

Pour over graham crackers and spread. Bake 10 minutes in oven at 350°. Remove to waxed paper immediately.

JUMBO RAISIN COOKIES

Frankie Wolfe

(Add 1 c. water to 2 c. raisins;
boil 5 minutes & cool)

1 c. shortening
2 c. sugar
2 lg. eggs
2 tsp. vanilla
4 c. flour

1 tsp. baking powder
1/2 tsp. nutmeg
1/2 tsp. allspice
1 1/2 tsp. cinnamon
1 tsp. soda
1 c. nuts

Add cooled raisin mixture to creamed mixture (sugars, shortening and eggs). Add flour, nuts and spices. Bake at 400° for 12-15 minutes.

BANANA OATMEAL COOKIES

Cheryl Gerharter

1 1/2 c. flour
3/4 tsp. cinnamon
1 tsp. salt
1 c. sugar
1 3/4 c. oatmeal
1 egg

1/2 tsp. soda
1/4 tsp. nutmeg
3/4 c. shortening
1 c. mashed bananas (2 or 3)
1/2 c. nuts

Sift together flour, soda, salt and spices. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add egg and beat well. Add bananas, oats and nuts; mix. Add flour mixture and blend. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 400° about 15 minutes.

CHOCOLATE COOKIES

Joyce Keller,
Irene Haines Niece

6-7 T. cocoa
1/2 c. white sugar
1 c. brown sugar
1/2 c. shortening
1 egg
1/4 tsp. salt

1/2 tsp. soda
2-2 1/4 c. flour
4 c. milk
1 tsp. vanilla
1/2 c. walnuts

Mix cocoa and both sugars and shortening. Add egg and vanilla. Add dry ingredients with milk to creamed mixture. Drop by tablespoon on greased cookie sheet. Bake 10-12 minutes at 350°. Bake less if you want chewy. These are great frosted.

PEANUT BUTTER FUDGE

Ruth May

2 c. white sugar
1 c. miniature marshmallows
2/3 c. milk

1 c. peanut butter
1 tsp. vanilla

Cook in heavy pan the 2 cups white sugar and 2/3 cup milk. Cook to soft ball stage. Then add marshmallows, peanut butter and vanilla. Stir until it starts to set. Pour into a buttered pan.

MICROWAVE FUDGE

Mrs. Jean Bowes

1 lb. confectioners' sugar
1/2 c. cocoa
1/4 c. milk

1/4 lb. (1 stick) butter or margarine
1 T. vanilla
1/2 c. chopped nuts

Blend dry ingredients. Add milk and butter. Do not mix. Place in microwave oven for 2 minutes on high. Remove immediately and stir the fudge thoroughly. Add vanilla and nuts. Place in freezer for 20 minutes. Cut and serve.

PEANUT BRITTLE

Vera Baxter

3 c. granulated sugar
1 c. white corn syrup
1 c. water
1 lb. raw peanuts (shelled or salted)

1/4 tsp. salt (omit if salted nuts are used)
1 tsp. vanilla
1 T. butter
1 T. baking soda

Mix sugar, syrup and water. Cook at 250° until candy forms a hard ball when a small amount is dropped in cold water. Add peanuts and continue cooking, stirring constantly, until slightly caramelized, about 300° on candy thermometer. Remove from heat. Add salt, vanilla and butter and soda. Stir until frothy. Pour candy on buttered cookie sheets (tin) and spread out quickly. When brittle, break in pieces. Yield is more than 3 pounds of candy.

MICROWAVE PEANUT BRITTLE

Doris Johnson

1 c. granulated sugar
1/2 c. white corn syrup
1 c. roasted salted peanuts

1 tsp. butter
1 tsp. vanilla extract
1 tsp. baking soda

In 1 1/2-quart casserole stir together sugar and syrup. Microwave at high 4 minutes. Stir in peanuts. Microwave at high 3-5 minutes until light brown. Add butter and vanilla to syrup, blending well. Microwave at high 1-2

minutes more. Peanuts will be lightly browned and syrup very hot. Add baking soda and gently stir until light and foamy. Pour mixture onto lightly greased cookie sheet or unbuttered nonstick coated cookie sheet. Let cool 1/2-1 hour. When cool, break into small pieces and store in airtight container.

SALTED PEANUT CHEWS

Crust:

1 1/2 c. Pillsbury Best all-purpose, unbleached or self-rising flour
2/3 c. firmly packed brown sugar
1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
1/2 c. margarine or butter, softened

1 tsp. McCormick/Schilling pure vanilla extract
2 egg yolks
3 c. Kraft miniature marshmallows

Topping:

2/3 c. corn syrup
1/4 c. margarine or butter
2 tsp. McCormick/Schilling pure vanilla extract

12-oz. pkg. (2 c.) peanut butter chips
2 c. crisp rice cereal
2 c. Planter's cocktail peanuts

Heat oven to 350°. Lightly spoon flour into measuring cup; level off. In large bowl combine all crust ingredients except marshmallows until crumb mixture forms. Press in bottom of ungreased 13 x 9-inch pan. Bake at 350° for 12-15 minutes or until light golden brown. Immediately sprinkle with marshmallows. Return to oven for 1-2 minutes or until marshmallows just begin to puff. Cool while preparing topping. In large saucepan, heat corn syrup, margarine, vanilla and peanut butter chips just until chips are melted and mixture is smooth, stirring constantly. Remove from heat; stir in cereal and nuts. Immediately spoon warm topping over marshmallows and spread to cover. Chill; cut into bars. 36 bars.

SNICKERDOODLES

1 c. shortening
1 1/2 c. sugar
2 eggs
2 3/4 c. flour

2 tsp. cream of tartar
1 tsp. soda
1/2 tsp. salt

Cream shortening and sugar. Add eggs and mix well. Mix in flour, cream of tartar, soda and salt. Roll in small balls. Mix cinnamon and sugar to roll them in. Bake at 400° for 8-10 minutes.

Frankie Wolfe

PECAN CANDY

Pauline Meadows

2 lg. Hershey bars
1 c. pecans

1 c. butter
1 1/4 c. light brown sugar

Chop up Hershey bars and pecans and divide in half. Spread 1/2 in bottom of Pyrex dish, 9 x 12 inches. Slowly bring to boil and mix well the butter and brown sugar. **Slowly** bring mixture to 280° on a candy thermometer. Pour hot mixture over bars and nuts. Top with remaining mixture of bar and nuts. Spread evenly. Cool and chop in small pieces.

GINGERSNAPS

Dorothy Gann

3/4 c. soft shortening
1 c. brown sugar
1 egg, unbeaten
1/4 c. molasses
2 c. sifted flour

1/4 tsp. salt
2 tsp. soda
1 tsp. ginger
1 tsp. cloves
1 tsp. cinnamon

Combine shortening, sugar and egg in mixing bowl. Beat until fluffy. Add molasses and beat well. Sift dry ingredients together and add; mix well. Chill dough thoroughly. Shape into 1-inch balls and roll in granulated sugar. Place 2 inches apart on greased baking sheet. Bake at 350° for 12-15 minutes. Makes 4 dozen "Crinkle Top" cookies.

SUGAR MINTS

Betsy Spidell Wise

2 lbs. powdered sugar
1 lg. cream cheese
1 T. butter

Dab of coloring & flavoring
(Use Crisco for white mints in place of butter)

Mix all ingredients and put in plastic or rubber molds. Can make 100 mints. Various designs.

PEANUT BUTTER CANDY

Cheryl Gerharter

1 c. sugar
1 c. corn syrup (white)

1 c. peanut butter
6 c. cornflakes

Bring sugar, corn syrup and peanut butter to a boil. Add cornflakes and stir until all is mixed. Press in greased 9 x 12-inch pan and cool.

BAVARIAN MINTS

12 sq. vanilla almond bark
6 oz. chocolate chips
1 tsp. peppermint extract

Polly Clausen
Green food coloring
3 T. evaporated milk or cream

Melt 8 squares almond bark and 6 ounces chocolate chips. Put waxed paper on cookie sheet. Spread 1/2 of mixture on waxed paper. Cool 15-20 minutes. Then melt 4 squares of almond bark. Add 1 teaspoon peppermint extract and 3 tablespoons cream or evaporated milk. Spread over cooled chocolate. Melt leftover chocolate; spread over top, then cool. Leave at room temperature before cutting.

CARAMEL CORN

2 c. brown sugar
1 c. oleo
1/2 c. white syrup
1 tsp. salt

Sharon Hoden
1 tsp. vanilla
1/2 tsp. soda
8 qt. popped corn

Cook first 4 ingredients for 5 minutes, then add vanilla and soda. Pour over popcorn in a roaster; stir well. Bake for 1 hour at 225°; stir every 15 minutes.

MRS. HALL'S CARAMEL CORN

1 c. sugar
1/2 c. water
2 tsp. white corn syrup
1/2 tsp. vanilla

*Erna Hall
Loretta Sapp*
3/4 tsp. soda
2 T. butter
1/2 tsp. salt
2 1/2 qt. popped corn

Cook sugar, water and syrup in large, flat aluminum kettle. When this becomes light brown, add salt, vanilla and soda. Stir and remove from fire. Add popped corn and butter; stir until cool. Peanuts may be mixed with the popcorn or a delicious peanut brittle is made by using 2 cups of peanuts instead of the corn. **Mrs. Hall made this for many, many youth meetings back in the fifties.**

DICK'S FAVORITE CHEWY BUTTERSCOTCH CANDY

2 c. sugar
1/2 c. brown sugar
2 T. vinegar

Loretta Sapp
1 c. butter
1/4 c. boiling water
1/8 tsp. salt

Boil until small amount makes hard crack against cup. Pour into greased pan. When hard, hit bottom of pan to loosen candy. Break into small pieces

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and wrap each piece separately in waxed paper. This recipe was in the Southside Christian Cookbook printed in 1954, submitted by Mrs. E.L. Mowery.

BUTTERFINGERS

Pauline Meadows
1 (12-oz.) pkg. Wheaties, crushed
1 lb. powdered sugar
2 c. crunchy peanut butter

1/4 sticks Parkay oleo
1 lb. chocolate almond bark

Mix together until crumbly: cereal, powdered sugar and peanut butter. Melt oleo and mix with cereal mixture. Chill for 1 hour. Form into walnut-size balls. Melt bark and dip balls in chocolate. Cool.

MARSHMALLOWS

Pat Smith
4 pkgs. unflavored gelatin (100 calories)
1 c. powdered milk (208 calories)
1 c. lo-cal diet cream soda

1/2 tsp. vanilla
2 drops butter flavoring
1 tsp. orange extract
16 pkg. diet sugar (56 calories)

Stir gelatin into soda. Add milk and beat. Place over low heat just long enough to dissolve gelatin. Add flavoring and gradually add sweetener. Beat until very thick. Pour into an 8 x 8-inch pan. Chill. When cool, cut into squares. 364 calories for the batch. If you cut them into 24 squares, they are 15 calories each.

SPICY WALNUTS

Sharon Hoden
In a heavy pan put 1/2 teaspoon salt, 1 cup sugar, 1/2 cup water and 1 teaspoon cinnamon. Combine; cook and stir until sugar dissolves and mixture boils. Then cook, without stirring, to a soft ball stage (236°). Remove from heat. Beat by hand 1 minute or until mixture just becomes creamy. Add vanilla (1 1/2 teaspoons) and warm nuts. Stir gently until nuts are well coated; turn out on cookie sheet and separate at once. (Use 2 forks.) Heat 2 1/2 cups nuts at 375° for 5 minutes. Put nuts in oven when candy temperature is 210°. (Heat nuts on cookie sheet.) Makes about one pound. Takes about 15 minutes.

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CARAMEL CORN

2 c. brown sugar
1 tsp. salt
1/2 tsp. soda

2 sticks oleo
1/2 c. white syrup
6 qt. popped corn

Boil brown sugar, oleo, salt and syrup for 5 minutes. Then add soda and mix well (foams). Put mixture over popcorn; mix well. Put on pan with edges; bake at 200° for 1 hour, stirring every 15 minutes, then put in large sack (like a grocery sack) and shake until cooled and separated.

Polly Clausen

OLD-FASHIONED CARAMEL POPCORN

1 1/2 c. sugar
3/4 c. water
1 tsp. salt
1 tsp. baking soda
6 qt. popcorn, about 1 1/4 c.
unpopped

1 c. packed brown sugar
2/3 c. dark corn syrup
4 T. butter or margarine
1 tsp. vanilla

Edna Cook

In a heavy 2-quart saucepan, combine sugar, brown sugar, water, syrup and salt. Bring to a full boil over medium heat. Boil vigorously, stirring frequently, until mixture reaches hard crack stage (300°). Remove from heat quickly. Stir in butter or oleo, soda and vanilla. In a large bowl pour mixture evenly on popcorn, stirring constantly. Continue stirring until popcorn is evenly coated. Cool; break into pieces.

POPCORN BALLS

1 c. white sugar
1/2 c. brown sugar
3/8 c. corn syrup

1/2 c. water
2 T. oleo
3 1/2 qt. salted popcorn

Dorothy Gann

Combine sugars, syrup, water and butter. Stir until sugar is dissolved. Cook until a small amount of syrup forms a soft ball when tested in cold water. Mix syrup with popcorn and when cool enough to handle, shape into balls. Makes 15.

NUT FUDGE

2 1/4 c. sugar
1/4 c. butter or margarine
16 marshmallows or 1 c.
marshmallow creme
1/4 tsp. salt

1 c. Pet milk
1 tsp. vanilla
6 oz. semi-sweet chocolate chips
1 c. nuts

Florence V. Stephens

Mix in a heavy 3-quart saucepan the sugar, butter, marshmallows, salt and milk. Stir over medium heat until mixture boils and is bubbly all over

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the top. Remove from heat and stir in vanilla and chips until melted. Stir in nuts. Pour in 8 or 9-inch square pan. For double layer fudge: Pour half of mixture into heatproof bowl and stir in 1/2 cup chocolate chips until melted and spread in pan. To the other half add 1/2 cup butterscotch morsels. Stir until melted and spread over the chocolate. I like to add black walnuts to the chocolate and English walnuts to the butterscotch.

DIVINITY

4 c. sugar
1 c. white syrup
1/2 c. water

4 egg whites, beaten stiff
1 tsp. vanilla
1/4 tsp. salt

Vera Swanger

Mix sugar, syrup and water together and boil to hard crack stage when you put it in ice water. Add slowly to beaten egg whites, beating constantly at top speed for about 7 minutes. Add vanilla, salt and any coloring if you wish to have it colored. Beat by hand until mixture starts to set up. It will feel grainy when you taste it. Drop by spoonfuls on waxed paper and let set. Nuts can be added or it can be made into balls and rolled in chopped nuts.

NEVER-FAIL DIVINITY

3 c. sugar
3/4 c. white syrup

3/4 c. water

Ethel May

Boil all together until it threads. Beat 3 egg whites stiff. Sprinkle over them 3 1/2 tablespoons strawberry or raspberry Jello. Pour cooked syrup over the mixture and beat good. Pour into buttered pan.

Patience strengthens the spirit, sweetens the temper, stifles anger, subdues pride, and bridles the tongue.

DIVINITY

3 c. sugar
1/2 c. white syrup
2/3 c. water
2 egg whites

1/8 tsp. salt
Vanilla
Nuts

Florence V. Stephens

Combine sugar, white syrup and water. Boil to hard crack stage or when tested clicks against cup. Beat until stiff egg whites and salt. Then slowly add syrup. Beat until it loses gloss. Add nuts and vanilla and pour out in pan.

DIVINITY

Dorothy Gann

2 egg whites, beaten stiff

Cook following until spins:

$\frac{3}{4}$ c. water

3 c. sugar

$\frac{3}{4}$ c. white syrup

Pour half into egg whites. Put other on to cook. Cook until brittle when tested in cold water. Add vanilla and nuts.

NEVER-FAIL DIVINITY

Leda Sears

4 c. sugar (C & H)

1 c. white syrup

2 lg. eggs or 3 med. eggs

1 tsp. flavoring

2 c. water

Nuts, if desired

Put 1 cup sugar and 1 cup water in a pan. Bring to soft ball stage. I use a candy thermometer. Put 3 cups sugar, 1 cup water and 1 cup syrup in pan and cook to hard ball stage. Beat egg whites until stiff froth or peak. When ready, add first syrup. Beat continually, then add the other. Add flavoring and nuts. Beat until dull. Drop by spoon on waxed paper.

FAST-N-FABULOUS DARK CHOCOLATE FUDGE

Amy Buckles

$\frac{1}{2}$ c. Karo light or dark corn syrup

$\frac{1}{3}$ c. evaporated milk

3 c. (18 oz.) semi-sweet chocolate chips

$\frac{3}{4}$ c. confectioners' sugar, sifted

2 tsp. vanilla extract

1 c. coarsely chopped nuts (opt.)

Line an 8-inch square pan with plastic wrap. In 3-quart microwave safe bowl, combine first 2 ingredients and stir until well blended. Microwave on high (100%) for 3 minutes. Stir in chocolate chips until melted. Stir in confectioners' sugar, vanilla and nuts. With wooden spoon beat until thick and glossy. Spread in prepared pan. Refrigerate 2 hours or until firm. Makes 25 squares. **Marvelous Marble Fudge:** Omit nuts. Prepare as directed above. After spreading in pan, drop $\frac{1}{3}$ cup creamy peanut butter over fudge in small dollops. With small spatula, swirl fudge to marbleize. Continue as above. **Double Peanut Butter Chocolate Fudge:** Prepare as directed above. Stir in $\frac{1}{2}$ cup sugar chunk peanut butter. Spread into prepared pan. Drop additional $\frac{1}{3}$ cup peanut butter over fudge in small dollops. With small spatula, swirl fudge to marbleize; continue as above.

PRIZE FUDGE

Bob & Inez Jones

4 c. sugar

1 (14 $\frac{1}{2}$ -oz.) can evaporated milk

1 c. butter or oleo/margarine

1 (12-oz.) pkg. semi-sweet chocolate pieces

1 tsp. vanilla

2 $\frac{1}{2}$ c. miniature marshmallows

1 c. broken nutmeats

Butter sides of heavy 3-quart saucepan. In saucepan combine sugar, milk and butter. Cook over medium heat to soft ball stage (236°), stirring frequently. Remove from heat. Add chocolate pieces, marshmallows, vanilla and nuts. Pour into a buttered 9 x 9 x 2-inch pan. Score in squares while warm. If desired, top each square with a walnut half. Cut when firm. Makes 3 dozen 1 $\frac{1}{2}$ -inch pieces. A 13 x 9 x 2-inch pan works well too.

SUGAR-FREE CHOCOLATE FUDGE

Ruth May

2 pkgs. (8 oz. each) cream cheese, softened

2 sq. (1 oz. each) unsweetened chocolate, melted & cooled

24 packets Aspartame Sweetener (equal to $\frac{1}{2}$ c. sugar)

1 tsp. vanilla extract

$\frac{1}{2}$ c. chopped pecans

In a mixing bowl beat the cream cheese, chocolate, sweetener and vanilla extract until smooth. Stir in pecans. Pour into an 8-inch square baking pan lined with foil. Cover and refrigerate overnight. Cut into 16 squares.

BROWN SUGAR FUDGE

Nancy Hansen

2 c. brown sugar

1 c. white sugar

1 c. milk

1 tsp. vanilla

$\frac{1}{2}$ c. nuts

Cook until it forms a soft ball. Remove from fire and add the vanilla and nuts. Beat until creamy and pour into a buttered dish.

CHOCOLATE FUDGE

Mrs. Ralph (Agnes) Stephens

4 c. sugar

1 lg. can evaporated milk

1 stick oleo

Combine and boil to soft ball stage; remove from stove and stir in 2 packages chocolate chips and 1 medium jar marshmallow creme. May add nuts, if desired. Beat real well and pour in greased pan to cool. Cut into squares.

NEVER-FAIL CHOCOLATE FUDGE

Betty Franks

2 c. sugar
1 level T. flour
4 T. cocoa
1 T. white corn syrup
1 c. milk

1 T. butter
1 tsp. vanilla
Nuts (opt.)
½ c. black walnuts

Cook over low heat first 5 ingredients until it forms a soft ball in a cup of cold water. Stir only until sugar is thoroughly dissolved. Remove from heat. Add butter and vanilla. Let stand a few minutes. Then beat until thick, shiny and creamy. Pour into a buttered container and cut while still warm.

Recipe Favorites



*But the fruit of the spirit is love, joy, peace,
patience, kindness, goodness, faithfulness,
gentleness and self-control.*

~ Galatians 5:22,23

Potpourri

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

THIS AND THAT

ZUCCHINI JAM

Sharon Hoden

6 c. shredded zucchini
1 c. water
8-oz. can crushed pineapple plus
juice
6 c. sugar

2 T. lemon juice
1/4 tsp. flavoring
2 (3-oz.) pkgs. Jello (any flavor)
1 box Sure-Jell

Mix zucchini and 1 cup water in a large heavy saucepan. Cook for 6 minutes, then add pineapple, sugar, lemon juice and 1/4 teaspoon flavoring (whatever flavor your Jello is). Boil easy for 12 more minutes. Remove from heat. Stir in 2 (3-ounce) packages Jello, 1 package Sure-Jell and mix well. Spoon into clean, hot jelly jars; seal with wax. Makes 4 pints.

DILLY DIP

Debbie Foster,
Wilma Bothwell's Daughter

1/2 pt. real mayonnaise
1 pt. sour cream
4-5 tsp. dill weed

3-4 tsp. Beau Montia or Beau
Monde

Mix well. Add more or less ingredients for your own taste.

HOT SAUCE

Dorothy Gann

13 c. green ground tomatoes
(drain juice)
3 c. ground hot pepper

1/4 c. Worcestershire sauce
2 T. salt
1/2 c. vinegar

Cook until thick. Put in jars and seal.

LEMON SAUCE

1/2 c. sugar
1/4 c. lemon juice
1 T. butter
1 c. boiling water

1 T. cornstarch
1 tsp. lemon rind
1/4 tsp. salt
2 drops yellow food coloring

Combine in a saucepan. Bring to rolling boil. Boil for 1 minute. Cool to lukewarm. Serve.

BUSY MOM'S DINNER (NOW AND THEN)

(Joe & Mag's Favorite)

4 slices bread
2 tsp. peanut butter

2 tsp. Miracle Whip
2 c. milk

2 slices of bread. Spread peanut butter. Cut and serve. 2 slices bread. Spread Miracle Whip. Cut and serve. Serve with a cup of milk.

Kandi Spidell

FRUIT DIP

1 (8-oz.) carton plain yogurt
8 oz. Cool Whip

8 oz. cream cheese

Soften cream cheese and mix together with yogurt, Cool Whip and marshmallow creme. Chill. Can also make without the cream cheese.

*Joyce Kellar,
Irene Haines Niece*

BROILED CINNAMON TOAST

Bread
Sugar

Cinnamon
Butter

Butter a piece of bread, then sprinkle sugar and cinnamon on top of buttered bread. Set oven to "broil" or use the toaster on broil and let broil for about 3 minutes or until golden brown. In memory of my Grandma Gladys Miller - such an easy recipe for a wonderful childhood memory.

Lesa Kraft

SYRUP

1 c. brown sugar
1/2 c. white sugar

3/4 c. water
1 T. butter

Mix together and boil 3 minutes. Serve hot.

Lesa Kraft

PICKLED PEPPERS

9 bell peppers (green)
2 c. water

2 c. white vinegar
1 c. sugar

Wash, clean and slice to 1-inch slices lengthwise and pack in sterilized jars (pint size). Cover with boiling water. Let stand 5 minutes. Drain. In each jar put 1/2 teaspoon salt, 1 teaspoon oil and 2 cloves garlic. Make

Florence V. Stephens

(continued)

syrup of the water, vinegar and sugar. Boil 5 minutes. Pour over peppers and seal. Ready to eat in 2 days. Keep refrigerated after opening.

SWEET DILL PICKLES

Hazel Pate

1 lg. jar dill pickles, drained & washed
2 c. sugar

1/2 c. dark vinegar
1/3 tsp. celery seed
1/3 tsp. mustard seed

Take sugar and vinegar; mix with spices in a bowl. Cut pickles about 1/2 inch thick. Put in vinegar mixture (cold). Don't heat but stir occasionally to dissolve sugar. Put in jars and store in refrigerator.

REFRIGERATOR PICKLES

Dorothy Gann

1 1/3 tsp. turmeric
1 1/3 tsp. celery seed
1 1/3 tsp. mustard seed
4 c. sugar

4 c. vinegar
1/2 c. salt
2 sliced red onions

Slice cubes (not too big) in jars with onions. Cover with above directions. Stir everyday for 5 days and they are ready to use. Must be kept in refrigerator. Don't cook syrup - everything cold.

BEEF PICKLES

Florence Stephens

2 c. sugar
1 T. whole allspice
1 1/2 tsp. salt
2 sticks cinnamon

3 1/2 c. vinegar
1 1/2 c. water
3 qt. peeled, cooked small beets

Wash and drain beets; leave 2 inches of stems and the top roots. Cover with boiling water and cook until tender. Combine the sugar, allspice, salt, cinnamon, vinegar and water and simmer 15 minutes. Pack beets into hot jars, leaving 1/2 inch head space in top of jar. Cut larger beets in half if necessary. Remove cinnamon sticks. Bring liquid to boiling and pour, boiling hot, over beets, leaving 1/2 inch open space at top of jar. Adjust caps, but do not seal. Place jars in a large kettle of boiling water and process about 30 minutes. Remove from water bath and tighten lids. Yield is about 6 pints.

CORN RELISH

Florence Stephens

2 qt. cut corn (about 1½ doz. ears)
1 qt. (small head) chopped cabbage
1 c. chopped sweet red peppers (about 2 med.)
1 c. chopped sweet green pepper (about 2 med.)
1 c. chopped onions

1 T. celery seed
1 T. salt
1 T. turmeric
2 T. dry mustard
1 T. mustard seed
1 c. water
1 qt. vinegar
1-2 c. sugar

Boil corn 5 minutes. Combine with cabbage, peppers, onion, celery seed, salt, turmeric, dry mustard, mustard seed, water, vinegar and sugar. Simmer 20 minutes. Bring to boiling. Pack boiling hot into sterilized jars; fill about ½ inch in from the top of jar. Tighten caps. Yield is about 6 pints.

CRANBERRY RELISH

Laura Bell Rageth
Lalura Bell Rabeth

1 lb. cranberries
1 lg. orange
1 apple

1 c. sugar
1 c. chopped nuts

Put the fruit through a food chopper. Add sugar and chopped nuts. Mix all together and let set in refrigerator for 24 hours. Good with pork and chicken.

VANILLA SAUCE

Rose McCormick

1½ c. milk
1 tsp. vanilla
2 T. sugar

2 egg yolks
½ tsp. cornstarch

Heat milk and vanilla in top of double boiler; set aside to cool. Blend sugar, egg yolks and cornstarch until smooth. Add to milk, stirring until thoroughly blended. Return to stove and cook in double boiler over moderate heat, stirring constantly, until thickened. Serve hot or cold with puddings, yeast breads or over fresh fruits.

EASY PIZZA CRUST

Vicki Gann

2½-3 c. flour
1½ tsp. sugar
2 tsp. salt

1 pkg. yeast
1 c. hot water
1 T. oil

Mix together dry ingredients. Add oil and water. Knead; let rise. Bake crust halfway (8-12 minutes) at 350°. Remove from oven and add toppings.

FARMER'S BREAKFAST

Vickie Gann

Note: This is a quick, easy meal that can be adjusted to feed one or many. Below is a list of ingredients and directions. You decide the amounts based on how many you are serving.

Bacon, cut in pieces
Southern-style hash browns (frozen)
Salt

Egg
Minced onion
Pepper

Brown bacon. Add hash browns and minced onion. Cover and cook on medium heat for 10 minutes. Uncover and allow hash browns to brown. In separate bowl beat egg, salt and pepper. Pour over hash browns and bacon. Cook until eggs are done.

CROCKPOT EGGS

Peggy Larsen

6 slices bacon
8 eggs
¼ c. cream

Spray Pam
Salt
Pepper

Spray crockpot with Pam. Beat eggs, cream, salt and pepper. Place bacon on bottom. Pour in eggs mixture. Plug in before bedtime; set on low heat. Breakfast is ready in the morning. Make toast and coffee.

KNOX BLOX (FINGER JELLO)

Sharon Hoden

2 pkgs. Knox unflavored gelatine
1 can diet pop (any flavor)

Dissolve gelatine in ¼ can of pop. Heat remaining pop; add to dissolved gelatine. Stir and set up. Cut into squares. 25 calories in 1 package of Knox.

KOOL-AID FINGER JELLO

Sharon Hoden

Dissolve 6 packages Knox gelatine in 1½ cups cold water. Put 1 package Kool-Aid mix to 3 cups boiling water (9 packages sugar substitute). Add to dissolved gelatine; mix well. Put in an 8 x 8-inch pan. 186 calories per batch.

KOOL-AID JELLO

Sharon Hoden

1/2 tsp. Kool-Aid
3 pkgs. diet sugar
1 pkg. unflavored gelatin

1/2 c. cold water
1 1/2 c. boiling water

Dissolve gelatin and cold water; Add Kool-Aid and sugar. Add 1 1/2 cups boiling water. 37 calories.

CHILI SAUCE

Florence Stephens

4 qt. peeled, cored, chopped, red ripe tomatoes (about 24 lg.)
2 c. chopped onions
2 c. chopped sweet red peppers (about 4 med.)
1 hot red pepper
1 c. sugar
3 T. salt
3 T. mixed pickling spices
1 T. mustard seed
1 T. celery seed
2 1/2 c. vinegar

Combine tomatoes, onion, sweet and hot peppers, sugar and salt. Cook gently 45 minutes. Tie spices in a cheesecloth bag; add to tomato mixture. Cook slowly until very thick, about 45 minutes. As mixture thickens, stir frequently to prevent sticking. Add vinegar and cook slowly until thickness preferred. Pour boiling hot sauce into sterilized jars within 1/2 inch of top. Adjust caps. Yield is 6 pints.

Recipe Favorites

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13759-1

CALORIE



COUNTER

Beverages



Apple juice, 6 oz.	90
Coffee (black/unsw.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
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Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45
Hot chocolate, with milk, 1 c.	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large.	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110

Calorie Counter, Continued

Fruits



Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35 - 55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple, canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry



Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
---	-----

Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables



Asparagus, 1 c.	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 c.	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato	
baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato	
raw, 1 medium	25
cooked, 1/2 c.	30

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter*
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

*In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.



MICROWAVE HINTS



- Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
- One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
- Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
- Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
- Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
- Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
- To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
- To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
- Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
- Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
- For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
- Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
- A crusty coating of chopped walnuts surrounding many microwave cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
- Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
- Heat left-over custard and use it as frosting for a cake.
- Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
- Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.





Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

- Basil** Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves** A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway** Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives** Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
- Curry Powder** A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
- Dill** Both seeds and leaves of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel** Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

- Marjoram** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

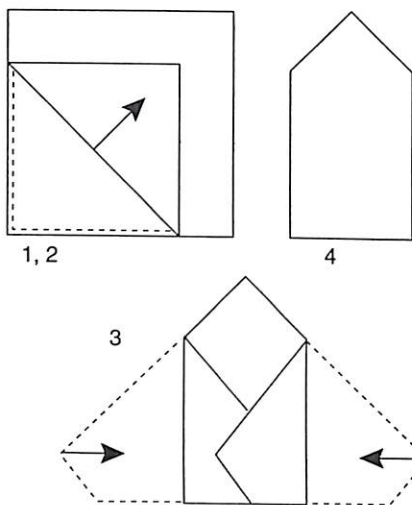
NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.
For the more complicated folds, 24 inch napkins work best.
Practice the folds with newspapers.
Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner.



Instructions:

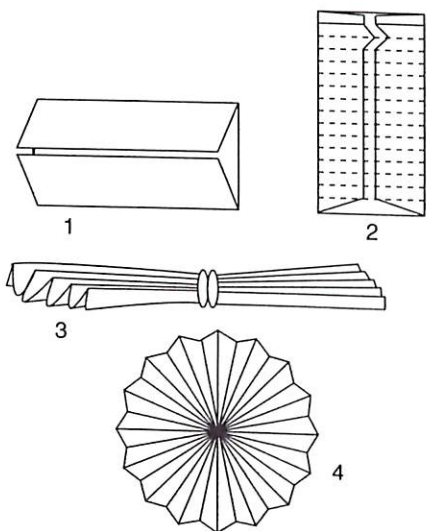
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



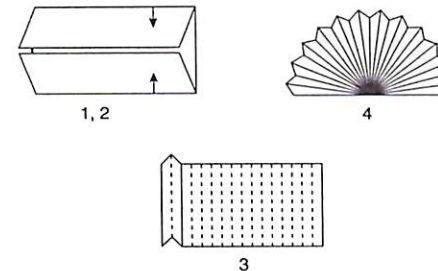
NAPKIN FOLDING

Fan

Pretty in Napkin Ring, or Top of Plate.

Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

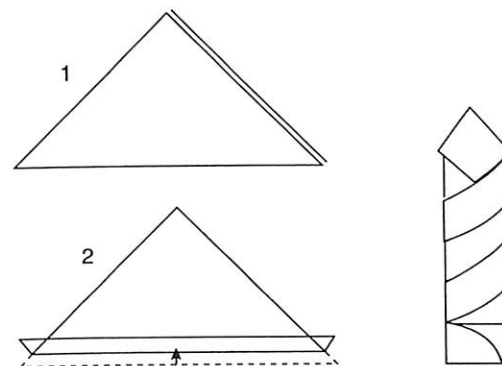


Candle

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

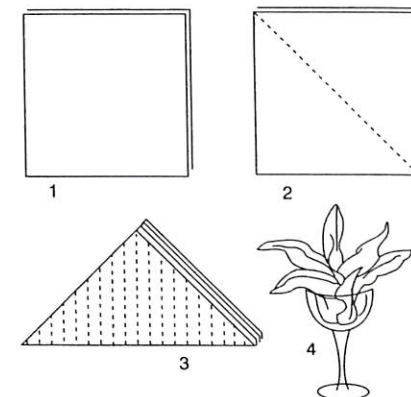


Lily

Effective and Pretty on Table.

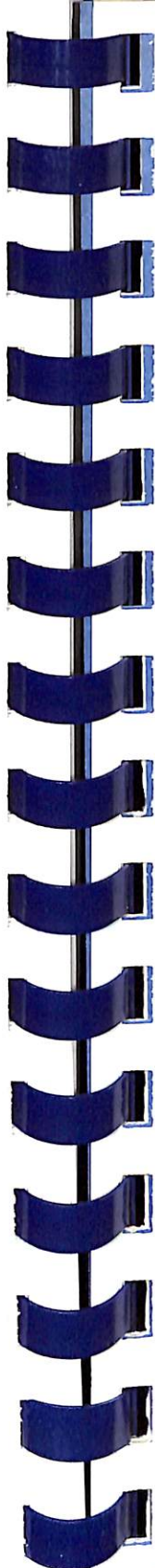
Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
Peas, green	Baked.....	60-75 minutes
	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes



BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots.....	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

BiscuitsTo 1 c. flour use 1 1/4 tsp. Baking Powder
 MuffinsTo 1 c. flour use 1 1/2 tsp. Baking Powder
 Popovers.....To 1 c. flour use 1 1/4 tsp. Baking Powder
 WafflesTo 1 c. flour use 1 1/4 tsp. Baking Powder
 Cake with oil.....To 1 c. flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour BatterTo 1 cup liquid use 1 cup flour
 Drop Batter.....To 1 cup liquid use 2 to 2 1/2 cups flour
 Soft DoughTo 1 cup liquid use 3 to 3 1/2 cups flour
 Stiff DoughTo 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf.....	45 - 60	350° - 400°
Rolls	15 - 30	350° - 425°
Biscuits	10 - 15	400° - 450°
Muffins	15 - 25	400° - 425°
Cornbread	20 - 25	400° - 425°
Nut Bread	60 - 75	350°
Gingerbread	35 - 50	350° - 375°

BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer.....	350° - 375°	25 - 35 min.
Cake, angel	350° - 375°	35 - 50 min.
Cake, sponge.....	350° - 375°	12 - 40 min.
Cake, fruit.....	250° - 275°	3 - 4 hours
Cookies, rolled	375° - 400°	6 - 12 min.
Cookies, drop.....	350° - 400°	8 - 15 min.
Cream Puffs	300° - 350°	45 - 60 min.
Meringue	300° - 350°	12 - 15 min.
Pie Crust (shell)	400° - 450°	10 - 12 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 (1-lb.) loaves	100 slices or 6 (1-lb.) loaves	200 slices or 12 (1-lb.) loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Hot dogs (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/4 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake	1 12" x 20" sheet cakes	2 12" x 20" sheet cakes
Whipping Cream	2 8" layer cakes 1 pint	3 10" layer cakes 1 quart	6 10" layer cakes 2 quarts



EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2 - 2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zwieback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped

TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot oil.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Step: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

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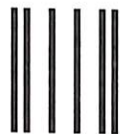


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