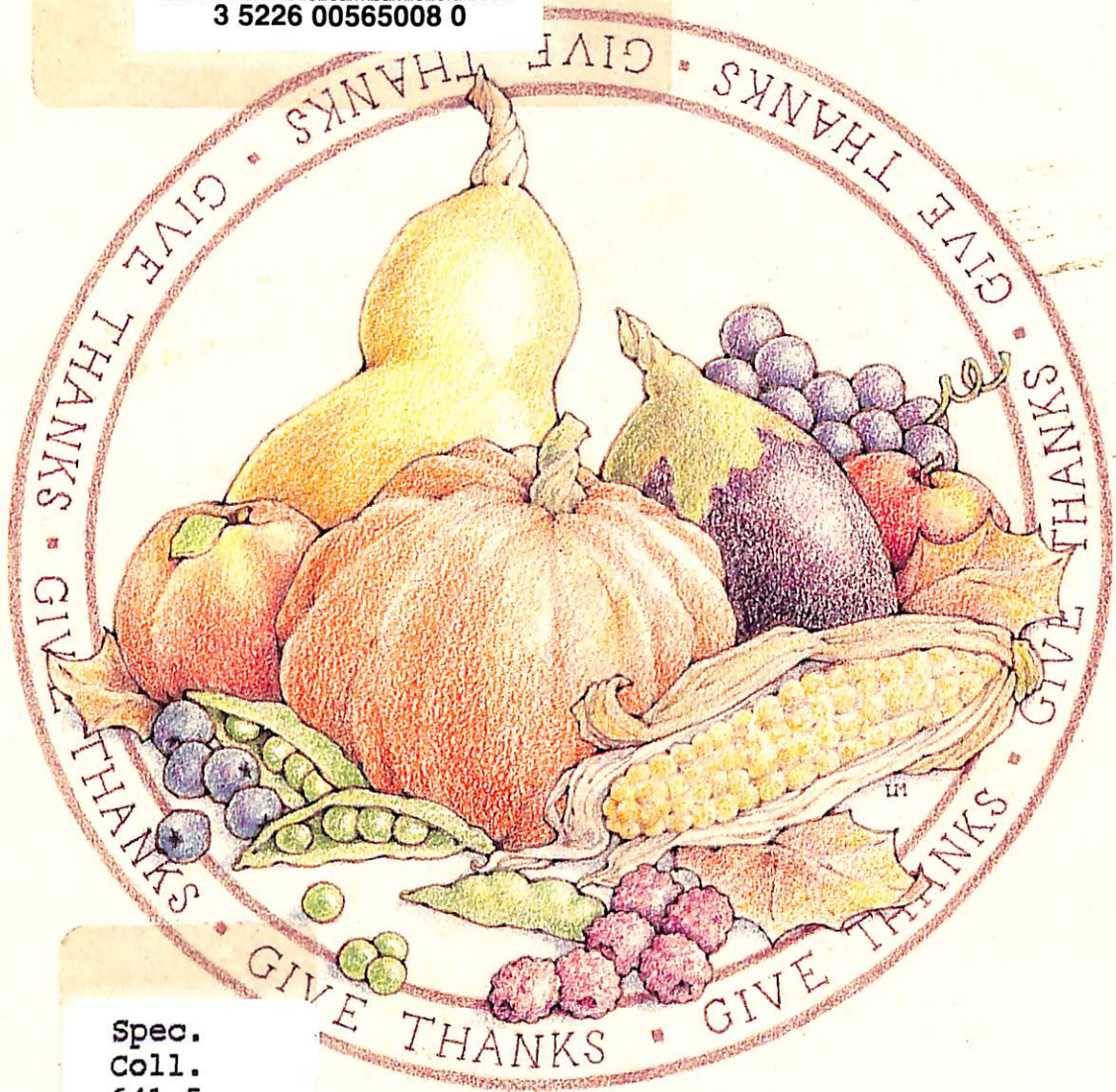


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Treasured Recipes

from

Grace Presbyterian Church

**SPECIAL
COLLECTIONS**

Expression of Appreciation

*Bless our little kitchens, Lord
We love its every nook.
And Bless us as we do our work
Wash pots and pans and cook.*

*May the meals that we prepare
Be seasoned from above
With Thy Blessing and Thy Grace
But most of all, Thy Love.*

*This cookbook is sponsored by the Grace Mates group of
Grace United Presbyterian Church. We want to express
our appreciation to all those people who gave so
generously of their time and energy in collecting and
submitting recipes and assisted in the sale. Without
their help this book would not have been possible.*

The Grace Mates

*Blue Ribbon Favorites from Grace Mates and Friends
was originally published in 1981. It has been brought back
by popular demand. Our cooks are still the greatest!*

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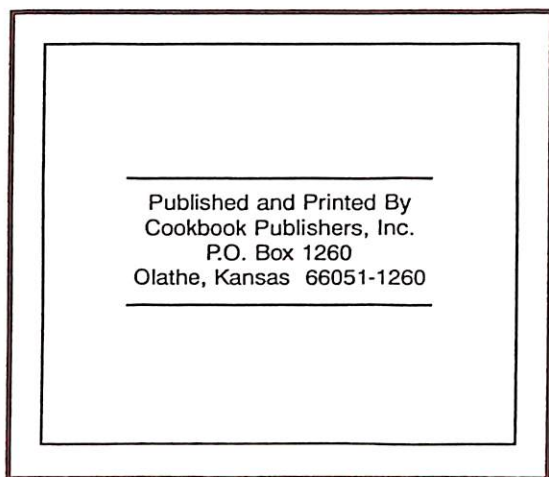
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A HANDY SPICE AND HERB GUIDE

ALLSPICE—a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL—the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES—the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY—the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER—a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL—the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE—the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM—an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)—is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO—a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA—a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY—the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY—an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE—the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME—the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC—a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.



APPETIZERS, PICKLES, RELISHES

APPETIZER

2 cans water chestnuts
1 lb. bacon
1 c. brown sugar

1/2 c. ketchup
Dash of Worcestershire sauce
Dash of mustard

Wrap each water chestnut in 1/2 strip bacon and secure with toothpick. Bake in jelly roll pan for 1 hour at 350°. Combine remaining ingredients in casserole. Add drained water chestnuts. Bake at 350° for another hour. Sauce is very thick.

Peg Anderson

CHEESE BALL

2 sticks margarine
1 jar Old English cheese spread
1 jar bacon cheese spread
1 jar pimiento cheese spread

8 oz. cream cheese
Garlic powder
Tabasco sauce

Mix all ingredients. Chill. Roll in chopped nuts. May be frozen.

Peg Anderson

CHEESE BALLS

1 stick Kraft garlic cheese
1 stick Kraft smoked Cheddar cheese
4 oz. Blue cheese
1 (8 oz.) large and 1 small pkg. cream cheese

1/2 lb. Cheddar cheese, grated
1/2 c. grated onion
1 tsp. Worcestershire sauce
1/2 tsp. chili powder
3/4 c. nuts
1/2 c. chopped parsley

Have cheese at room temperature. Mix together in mixer. Put 1/4 cup of nuts in cheese. Leave in bowl overnight or for several hours. Form into balls and roll in nuts and parsley. Freezes well - best cold. Thaws outside in 2 hours. Thaws in refrigerator in 8 hours.

Sandra Knop

CHEESE BALL

3 oz. Blue cheese, shredded
6 oz. cream cheese
1/4 c. milk
1/4 c. Cheddar cheese, shredded

1 small onion, minced
1/2 tsp. Worcestershire sauce
1/2 c. finely chopped pecans
2 to 3 Tbsp. chopped parsley

Blend first 6 ingredients. Chill until mixture molds. Roll in nuts and parsley.

Cathy Nourse

CHEESE BALL

16 oz. Velveeta cheese
8 oz. cream cheese

1 pkg. dry onion soup
Pecans

Have cheese at room temperature. Work the cheese and dry soup together with wooden spoon or hands. Add nuts. Shape into balls and chill.

Virginia VanWyngarden

CHEESE SAUSAGE BALLS

3 c. Bisquick
1 lb. bulk sausage
1 lb. grated Longhorn cheese

Dash of Tabasco sauce
Dash of salt and pepper

Fry sausage until no longer pink. Pour on top of Bisquick. Add other ingredients. Make into small balls. Freeze on a cookie sheet. When needed - bake at 350° for 15 minutes.

Frankie Parrott

CHILE APPETIZERS

1/2 c. margarine
10 eggs
1/2 c. flour
1 tsp. baking powder

1/4 tsp. salt
8 oz. diced green chillies
1 pt. cottage cheese
1 lb. cubed Cheddar cheese

Melt margarine in 9x13 inch pan. Beat eggs slightly with hand beater. Add flour, baking powder, and salt. Mix thoroughly. Add chillies, cottage cheese, and cheese. If using canned chillies, use juice also. Bake at 350° for 1 hour or until a silver knife inserted into center comes out clean. Cut into small squares. Serve hot. These may be frozen and reheated. (Margarine will float on top before baking.)

Mary Phillips

CLAM AND MUSHROOM DIP

2 (8 oz.) pkg. cream cheese
1 c. sour cream
2 cans minced clams
1 large can mushroom pieces

Salt and pepper
1/2 tsp. soy sauce
2 Tbsp. Worcestershire sauce
2 or 3 green onions

Melt cream cheese. Add sour cream, minced clams (drain juice), and mushroom pieces. Add salt and pepper to taste, soy sauce, Worcestershire sauce, and chopped green onions. Serve warm or cold.

Margaret Blumer

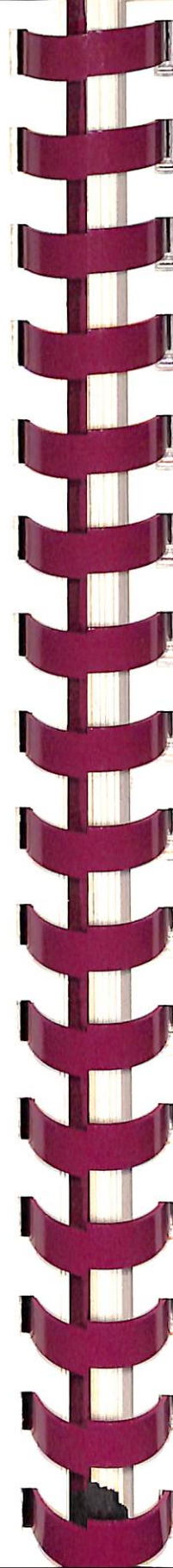
COL. BOB'S CLAM DIP OR SPREAD

1 (7 1/2 oz.) can minced clams,
drained
1 (8 oz.) pkg. Philadelphia cream
cheese

1 tsp. Lea & Perrins Worcestershire
sauce
1 1/2 Tbsp. minced onion
1/2 c. stuffed olives, chopped fine

Soften cream cheese and combine all ingredients. Mix a few hours before serving to blend flavors. If used as a dip, add cream to thin to dipping consistency.

Gertrude Brown Hughes



CRABMEAT SPREAD

1 (7 oz.) can crabmeat
1 (8 oz.) can cream cheese
1 tsp. lemon juice

2 tiny green onions, chopped
1/2 c. mayonnaise
Dash of Worcestershire sauce

Mix and serve with crackers.

Judy Ditmars

CRAB ROLL APPETIZER

1/2 lb. Velveeta cheese
1 lb. butter
20 slices sandwich type white bread

1 1/2 c. sesame seed
1 or 2 cans crabmeat, flaked (or
chopped shrimp)

Melt cheese and 1/2 pound butter in top of double boiler or very low heat in skillet. Cool and add crab, stirring until the mixture cools and is a spreadable consistency (the butter and cheese separate, but as the mixture cools and is stirred, the two blend together). Cut the crust from bread slices. Roll each slice with a rolling pin to flatten. Spread the mixture on one side of the bread and roll up. Melt remaining 1/2 pound butter and dip rolls into butter and then in the sesame seeds. Place, seam side down, in a shallow baking pan. Cover and freeze. When ready to serve, thaw slightly. Cut each roll in thirds and broil, then turn once until rolls are golden brown.

Vicki Trees

CRISPY PORK APPETIZER

1 egg white
2 Tbsp. cornstarch
2 Tbsp. soy sauce
1 lb. boneless pork

1/2 c. biscuit mix
1/3 c. water
1 Tbsp. sesame seed

Combine egg white, cornstarch, and soy sauce. Stir in the pork which has been cut into small cubes. Combine the biscuit mix, water, and sesame seed. Stir into pork mixture. Place about 8 pieces of pork at a time into hot fat (365°). Fry 2 to 3 minutes. Drain on paper towel. Repeat with remaining pork. Keep warm in 250° oven. Serve with a sweet and sour sauce.

Sherry Bills

CURRY DIP

2 Tbsp. onion flakes
1 tsp. tarragon vinegar
1 tsp. curry powder

1 tsp. salt
1 tsp. horseradish
1 c. mayonnaise

Mix. Serve with raw vegetables.

Lorraine Smith

DILL DIP FOR FRESH VEGETABLES

1/2 pt. sour cream
1/2 pt. Hellmann's mayonnaise
1 Tbsp. chopped onion
1 Tbsp. chopped parsley

1 tsp. Beau Monde seasoning
(optional)
1 Tbsp. dill weed

Mix all ingredients together. Dip raw vegetables into the mixture.
Karen Hissong, Peg Anderson

FILLED MINIATURE CREAM PUFFS

Heat to rolling boil:

1 c. water **1/2 c. butter or margarine**

Stir in 1 cup flour vigorously over low heat until mixture forms a ball. Remove from heat and beat in 4 eggs until smooth and glossy. Drop dough by rounded teaspoonfuls onto cookie sheets. Bake at 400° for 25 minutes until puffed, golden brown, and dry. Cool cream puffs. Slice top portion off and fill with ham salad, tuna salad, cheese spread, or your favorite spread mixture. Replace top portion and refrigerate until serving. Makes about 36 to 40 puffs.

Denise Mase

HOT CHEESE DIP

1 lb. process cheese **1 lb. can peeled tomatoes (2 c.)**
1 (4 oz.) can green chili peppers **1 Tbsp. dry onion**

Place cheese in saucepan. Drain and chop chili peppers and tomatoes. Add to cheese with onion. Cook over low heat. Serve warm. Makes 3 cups.

Teena Kern

HOT DRIED BEEF CHEESE SPREAD

1 (8 oz.) pkg. cream cheese **1/4 c. green pepper, chopped**
1 c. sour cream **2 Tbsp. dried onion flakes**
2 Tbsp. milk **1/2 tsp. garlic salt**
2 1/2 oz. chipped beef, chopped fine **1/4 tsp. pepper**

Topping:

2 Tbsp. butter **1/4 tsp. salt**
1/2 c. pecans

Mix and put into flat pan. Bake at 350° for 20 minutes. Use as spread with crackers.

Judy Ditmars

HOT PECAN DIP

1 (8 oz.) pkg. cream cheese, softened **2 Tbsp. finely chopped onion**
2 Tbsp. milk **1/2 tsp. garlic salt**
1 (2 1/2 oz.) jar dried beef, cut into small pieces **1/4 c. chopped green pepper**
1/2 c. sour cream

Topping:

1/2 c. chopped pecans **1/2 tsp. salt**
2 Tbsp. butter

Mix cream cheese and milk well. Stir in green pepper, beef, onion, and seasonings. Mix well with electric mixer. Fold in sour cream. Place in small casserole dish. Heat pecans in butter and salt until crispy. Top mixture with these. Bake at 350° for 20 minutes. Serve with Fritos or Doritos. May be reheated. This is best when served warm.

Marilee Fischer

MARINATED VEGETABLES

2 c. cherry tomatoes **1 can pitted black olives**
1 c. cauliflower **1 onion, sliced**
1 c. broccoli **1 can mushrooms**
1 medium jar stuffed olives **1 small bottle Viva Italian dressing**

Toss and store for at least 24 hours. Serve with toothpicks.

Peg Anderson

MEXICAN DIP

3 qt. flat dish **2 cans refried beans**

Spread beans on bottom of dish.

Add (in layers):

2 small cans chopped green chilies **1 bottle Old El Paso taco sauce (mild)**
1 lb. grated Monterey Jack cheese

Bake 20 minutes at 400°. Remove from oven. Add 1 bunch chopped green onions. Spread with 2 cans frozen avocado dip. Spread with 8 ounces sour cream. Sprinkle with paprika and serve with Doritos or tostados.

Frankie Parrott

PINEAPPLE CHEESE BALL

2 (8 oz.) pkg. cream cheese, softened **2 c. chopped pecans**
1 (8 1/2 oz.) can crushed pineapple, drained **1/4 c. finely chopped green pepper**
2 tsp. finely chopped onion
1 Tbsp. seasoned salt

In medium bowl with fork, beat cream cheese until smooth. Gradually stir in pineapple, 1 cup pecans, green pepper, onion, and salt. Shape into 2 balls and roll in remaining nuts. Wrap in Saran Wrap or foil and refrigerate until well chilled. You may freeze. Leftovers may be reshaped and refrigerated for use another day.

Peg Anderson, Carla Abel

PRETZEL DIP

1 (8 oz.) pkg. cream cheese **1 Tbsp. mayonnaise**
1 jar Kraft Old English cheese **1 c. cream, whipped**
1 Tbsp. onion juice

Blend first 4 ingredients together thoroughly. Whip cream in separate bowl. Fold in cheese mixture; chill well. Serve with pretzel sticks. (One recipe makes a lot.)

Sue Sealock

SALMON LOG

1 lb. can red salmon
1 (8 oz.) pkg. cream cheese
1 Tbsp. lemon juice
2 Tbsp. grated onion

1 tsp. horseradish (more if desired)
1/4 tsp. salt
1 tsp. liquid smoke

Blend all the ingredients together. This can be shaped into a log. First refrigerate until firm, then roll in parsley and chopped nuts, or place in a serving dish.

Teena Kern

SHRIMP MOLD

1/4 c. tomato soup or ketchup
1 pkg. Knox gelatine
1 (8 oz.) pkg. cream cheese
1/4 c. shredded onion

1/2 c. shredded celery
1 can medium size shrimp
1/4 c. salad dressing

Mix soup and gelatine in saucepan. Heat to dissolve gelatine. Add soup-gelatine mixture to softened cream cheese. Mix well till blended. Add onion, celery, and shrimp. Mix well. Add salad dressing. Add salt and pepper to taste. Place in mold and refrigerate 1 hour before serving.

Carla Abel

SPINACH DIP

1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1 Tbsp. horseradish
Celery seed
Garlic salt

1 pkg. Hidden Valley salad dressing (Caesar)
1 pkg. frozen spinach, cooked and water squeezed out

Cream mayonnaise and cream cheese. Add all other ingredients and mix well. Put into cut out rye or pumpernickel bread. Use the cut out bread to dip. *Enjoy.*

Margaret Blumer

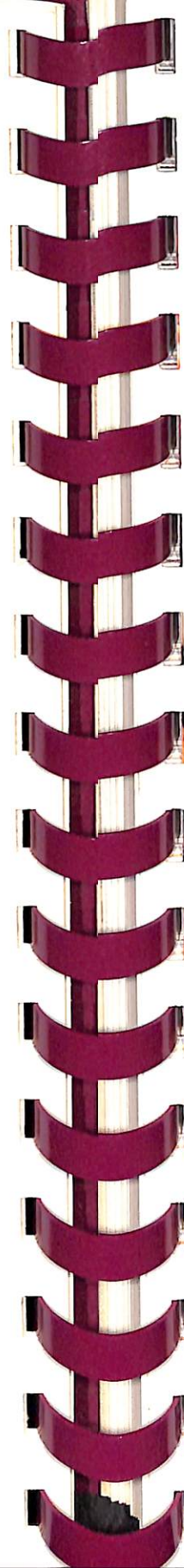
SPINACH SPREAD

1 c. sour cream
1 c. mayonnaise
1 (11⁵/₈ oz.) pkg. Knorr dry vegetable soup mix
1 (10 oz.) pkg. frozen spinach, thawed and squeezed well

1 (8 oz.) can water chestnuts, chopped fine
3 scallions, tops chopped fine

Squeeze spinach till dry. Mix all ingredients together and chill 3 hours. Scoop out center of a round loaf of pumpernickel bread, saving pieces. Put spinach spread inside of cut out loaf and use pieces to put spread on. Can be put into a dish and use cocktail size bread to serve. Makes 2¹/₂ cups of spread.

Ruth Hiscocks



STUFFED MUSHROOMS

12 large mushrooms
2 Tbsp. chopped green onion
1/8 tsp. garlic powder
1/8 tsp. crushed marjoram

2 Tbsp. butter
1/8 tsp. crushed basil
1/16 tsp. ground thyme
1/4 c. soft bread crumbs

Remove stems from mushrooms and chop stems. Cook onion in butter until tender. Add chopped stems, garlic, and herbs. Cook a minute longer. Add bread crumbs and mix well. Stuff mushroom crowns with mixture. Bake at 375° until hot, about 10 minutes. Makes 12.

Frankie Parrott

TACO RELISH DIP

3 medium tomatoes
1 c. chopped green olives
1 bunch green onions

3 to 4 hot banana pepper rings
1/2 tsp. garlic powder
1/4 c. oil

Chop the tomatoes, green onions, banana pepper rings, and olives. Mix with oil and garlic powder. Use as dip with tortilla chips. Make a few hours ahead.

Judy Ditmars

TOMATO DIP

1 1/2 lb. ground beef
1 lb. Velveeta cheese

1 can Ro-Tel tomatoes (Mexican food section)

Brown and drain beef. Melt cheese in double boiler. Mix together and put into oven at 325° for 15 minutes. *Delicious with plain Doritos.*

Kathy Fauble

VEGETABLE DIP

1/2 c. mayonnaise
1 Tbsp. grated onion

1/2 c. chili sauce
Large 16 oz. pkg. cream cheese

Blend well until the right consistency.

Darlyne Bills

CANDIED DILL PICKLES

1 qt. dill pickles
1/3 c. tarragon vinegar

2³/₄ c. sugar
2 Tbsp. mixed pickling spices

Drain dill pickles. Cut into 1/4 inch slices. Tie spices in small piece of cheese-cloth. Combine pickles, spices, vinegar, and sugar. Let stand at room temperature, stirring occasionally until sugar dissolves (about 4 hours). Return half the pickles to the jar and add the spice bag. Add remaining pickles; fill jar with syrup. Cover and refrigerate at least 4 days before serving. Remove spice bag in a week if desired. Pickles get clear, crisp, and spicy.

Mrs. Rae J. Williams (Bernice)

CRISP BREAD AND BUTTER PICKLES

- 1 gal. small to medium cucumbers, thinly sliced
- 2 small green peppers, cut into small pieces
- 8 small onions, thinly sliced
- 1 c. pickling salt

Combine preceding ingredients and mix with ice cubes. Let stand 3 hours. Drain thoroughly.

Cook in following mixture:

- 3³/₄ c. vinegar
- 1¹/₄ c. water
- 5 c. sugar
- 2 Tbsp. mustard seed
- 1 Tbsp. celery seed
- 1¹/₂ tsp. turmeric

Bring to full boil and cook a few minutes until cucumbers change color. Pack into hot sterile jars. Makes 6 to 8 pints.

Betty Anderson

EASY GARLIC PICKLES

To one gallon of water, add 1 cup salt and 2 cups white vinegar. Bring to a boil. Fill 8 to 10 quart jars with small size cucumbers, one head of dill, and 1 clove of garlic. Pour in brine to cover. Seal with 2 piece lids. Let stand for 2 weeks.

Tressa Heiberg

LIME SWEET PICKLES

- 7 lb. sliced cucumbers
- 2 c. pickling lime
- 2 gal. water

Mix lime and water. Add cucumbers and let stand 24 hours, *no longer*, stirring occasionally. Drain. Add clear water to cover and let stand 4 hours. Wash off lime.

Make syrup of:

- 2 qt. vinegar
- 4¹/₂ lb. sugar (9 c.)
- 1 Tbsp. mixed pickling spice
- 2 Tbsp. celery seed
- 1 Tbsp. salt

Pour syrup over pickles. Leave overnight. Next morning simmer slowly 30 minutes or until pickles are clear. Put into sterilized jars and seal.

Maye King, Grace M. Johnson

SUN PICKLES - DILL

- 1 qt. vinegar
- 3 qt. water
- 1 c. pickling salts

This is the brine. Sterilize jars.

To each jar, add:

- 1 sprig dill
- 1 clove garlic
- Pinch of alum
- 1 chili pequin (hot red chili pepper)

Fill jar with dill size pickles and add the brine. Seal and set in the sun 21 days. The sun seals the jar.

Lou Johnson

SWEET PICKLE CHUNKS

- 10 medium cucumbers (5 lb.)
- 8 c. sugar
- 2 Tbsp. mixed pickling spices
- 4 tsp. salt
- 4 c. vinegar

Cover whole cucumbers with boiling water; let stand overnight. Drain. Repeat for 3 more days. On fifth day, drain and cut into bite-size pieces. Combine remaining ingredients. Bring to boiling and pour over cucumber chunks. Cover and let stand for 2 days, then bring mixture to full boil. Fill hot, scalded jars to ¹/₂ inch of top. Adjust lids. Process in hot water bath for 5 minutes (start timing as soon as jars are placed in water). Makes 9 pints.

Sandy Sealock

CARROT RELISH

- 2 medium heads cabbage
- 8 carrots
- 4 green peppers
- 8 medium onions
- 1/2 c. salt
- 6 c. sugar
- 1¹/₂ Tbsp. mustard seed
- 3 pt. vinegar

Grind vegetables. Add salt and let stand 2 hours. Drain and rinse. Add remaining ingredients. Mix well and put on stove to heat. Let come to boiling point. Pack into jars and seal tight. I use a little more vegetables because it is too juicy otherwise.

Lou Johnson

CORN RELISH

- 18 large ears sweet corn
- 1 head cabbage
- 1 pepper (red or green)
- 6 large onions
- 3/4 c. prepared mustard
- 4 c. sugar
- 2 qt. vinegar
- 1/4 c. salt

Stir all together and cook 20 minutes and can hot.

Faye Busse

CRANBERRY RELISH

- 1 lb. cranberries
- 2 oranges
- 3 apples
- 2 c. sugar
- 1 Tbsp. lemon juice
- 1/2 c. crushed pineapple

Grind the 3 fruits together. Add remaining ingredients. Mix well. Put into jars. This keeps well and freezes nicely.

Ruth Rooney

CUCUMBER RELISH

4 qt. ground cucumbers
3 green peppers
3 red peppers

4 large onions
4 Tbsp. salt

Cover with boiling water. Let stand 3 hours. Drain.

Add:

4 c. sugar
4 c. vinegar
1 tsp. pepper

1 tsp. turmeric
1 tsp. celery seed
1 tsp. mustard seed

Cook 1/2 hour and seal. Makes 8 to 10 pints.

Teena Kern

GREEN TOMATO RELISH

24 green tomatoes
8 onions
4 green peppers
1 or 2 red peppers
4 tsp. salt

5 c. sugar
4 c. vinegar
4 tsp. white mustard seed
2 tsp. celery seed

Grind tomatoes. Pour boiling water over them. Drain. Do this 3 times, then let set overnight. Drain well. Grind peppers and onions. Add all together with tomatoes and heat to boiling point. Can hot. Very good with sandwiches or in salads. Can use many different ways.

Grace M. Johnson

SAUERKRAUT IN JARS

Cabbage
Canning salt

Vinegar

Chop cabbage. Pack very firmly into jars.

Add:

3 tsp. canning salt
1 Tbsp. vinegar

(Just put the salt and vinegar on top of chopped cabbage.) Fill jars with water. Drop lids in boiling water for about 3 minutes, then place on jars and seal. Ready to eat in 2 weeks.

Margaret Blumer

SWEET CHILI SAUCE

10 lb. (30 medium) tomatoes
1 lb. (8 medium) onions
2 lb. (8 medium) green peppers
2 or 3 medium cooking apples
6 c. sugar
4 c. white vinegar

1 Tbsp. ground cinnamon
1/2 tsp. cayenne pepper
2 tsp. allspice
2 tsp. cloves
2 tsp. nutmeg

Scald, peel, and quarter tomatoes. Measure 21 cups. Peel and chop onions. Measure 2 1/3 cups. Core and dice green peppers. Measure 4 1/4 cups. Peel, core, and dice apples. Mix together and bring to a full rolling boil. Simmer 3 hours or until thick, stirring often. Seal in hot, sterile jars. Yield: 8 pints.

Orma Nourse

ZUCCHINI RELISH

Number 1:

10 c. zucchini, peeled and seeds
taken out
4 c. onion

2 green and 2 red or 4 green
peppers
1/3 c. salt

Number 2:

1 tsp. turmeric
1 tsp. nutmeg
1 tsp. celery seed
1/2 tsp. pepper

1 Tbsp. cornstarch
2 1/2 c. vinegar
4 1/2 c. sugar

Grind zucchini, peppers, and onion. Let stand overnight. Drain and rinse in cold water. Drain again. Add Number 2 ingredients to Number 1. Simmer 20 to 30 minutes. Seal in hot jars.

Margaret Blumer

Notes

Soups, Salads, Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
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 for Sandwiches (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
Jams & Preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry or Fish:			
Wieners (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 steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12x20" pan	8 1/2 quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
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
Canned Vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Fruit Cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1 1/2 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints
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 and 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

SOUPS, SALADS, VEGETABLES

BLUEBERRY JELLO SALAD

2 small pkg. black raspberry jello
9 oz. Cool Whip
1 (13 oz.) can blueberries
1 1/2 c. hot water

1 (No. 3) can crushed pineapple or
1 (20 oz.) can and 1 (8 1/4 oz.)
can crushed pineapple

Dissolve jello in hot water. Add blueberries and pineapple. Do not drain the juices; use them. Pour into 9x13 inch pan. Let set. Fold in Cool Whip and let set.
Dalys Johnson

BLACK CHERRY SALAD

1 pkg. marshmallows, cut into
eighths
2 cans Bing cherries, cut into
halves
1 can pineapple tidbits, cut into
halves

1 large pkg. Philadelphia cream
cheese
1 pt. whipping cream, whipped

Cream cheese with some cherry juice. Add fruit and marshmallows. Fold into whipped cream. Set overnight in refrigerator.
Lorraine Smith

CHERRY FLUFF

1 can Eagle Brand condensed milk
1 can Wilderness cherry pie mix
1 can crushed pineapple, drained

1 ctn. Cool Whip
1 c. chopped nuts

Mix and let stand overnight in refrigerator.
Peg Anderson

CRANBERRY CHRISTMAS SALAD

1 (13 1/2 oz.) can crushed pineapple
2 (3 oz.) pkg. strawberry jello
1 c. juice and water
3/4 c. cold water

1 (16 oz.) can jellied cranberry
sauce
1 Tbsp. butter
1/3 c. coarsely chopped pecans

Drain pineapple. Reserve the juice. Add water to juice to make 1 cup liquid. Bring to boil, then stir in gelatin and stir until dissolved. Add cold water and chill until consistency of unbeaten egg white. Add mixed pineapple and cranberry sauce. Pour into a 9 inch square pan and chill. Heat oven to 350°. Place pecans and butter in shallow pan and bake 8 minutes. Stir occasionally. When jello is firm, spread cream topping over it. Sprinkle pecans on frosting.

Topping: Prepare one 3 1/2 ounce package vanilla flavor whipped dessert mix according to directions on package. Add one 3 ounce package cream cheese.
Margaret Blumer

CRANBERRY JELLO SALAD

- 1 (11 oz.) can mandarin oranges
- 1 (3 oz.) pkg. orange jello
- 1 (8 oz.) can cranberry sauce
- Lemon juice
- 2 Tbsp. cornstarch
- 1 pt. Cool Whip
- 1 c. miniature marshmallows

Drain oranges and save juice. Dissolve jello in 1 cup boiling water. Add small can of cranberry sauce to jello. Stir until slightly dissolved. Add 1 tablespoon lemon juice. Beat until smooth. Chill until partially set. Fold in orange pieces. Put into an 8x8 inch pan. Let set until firm. Over a low heat, in a small pan, add orange juice and 2 tablespoons cornstarch. Stir until smooth. Cool until thick and clear. Immediately stir in 1 tablespoon lemon juice. Cool to room temperature. Stir in Cool Whip and marshmallows. Spread over jello and refrigerate.

Devra Flaharty

CRANBERRY SALAD

- 1 (3 oz.) pkg. cherry jello
- 1 c. boiling water
- 1 c. cranberry sauce
- 1 (8 oz.) pkg. cream cheese
- 1 c. Cool Whip
- 1/2 c. nuts (if desired)
- 2 Tbsp. lemon juice

Dissolve jello in boiling water. Add cranberry sauce and lemon juice. Chill until firm. Blend cream cheese and Cool Whip together. Add nuts. Spread over jello layer. Refrigerate several hours.

Patty Wells

CRANBERRY SALAD

- 1 pkg. raspberry jello
- 1 1/2 c. hot water
- 1 small can crushed pineapple
- 1 lb. cranberries, ground
- 1 c. sugar
- 1 c. whipping cream
- Miniature marshmallows
- Nuts

Dissolve jello in water. When jello is partially congealed, add the pineapple, cranberries, sugar, and whipping cream. Add miniature marshmallows and nuts. Use 12x8 inch pan. Chill and serve. Serves about 12.

STRAWBERRY-CRANBERRY SALAD

- 2 pkg. strawberry gelatin
- 1 (10 oz.) pkg. frozen strawberries
- 1 (8 oz.) can crushed pineapple
- 1/2 c. chopped pecans
- 1 (1 lb.) can whole cranberry sauce

Defrost strawberries. Drain the juice from strawberries and pineapple. Add enough water to juices to make 2 cups. Dissolve gelatin in 2 cups boiling water and fruit juice. Chill till slightly thick. Add fruits and pecans. Chill till firm.

Mary Phillips

FROZEN FRUIT SALAD

- 1 (3 oz.) pkg. cream cheese
- 1/2 c. mayonnaise
- 2 tsp. lemon juice
- 2 c. whipped topping
- 1 (16 oz.) can fruit cocktail
- 1 c. miniature marshmallows
- 1/2 c. chopped pecans
- 1/4 c. maraschino cherries

Soften cream cheese at room temperature. Blend together cheese, mayonnaise, and lemon juice. Add well drained fruit, marshmallows, and nuts. Fold in whipped topping. Freeze in an 8 or 9 inch square pan. Let stand at room temperature 15 minutes before serving.

Mary Phillips

FRUIT SALAD

- 1 egg
- 2 Tbsp. flour
- 1/2 c. sugar
- 1 can pineapple
- Cut up fruit - examples: Apples, cantaloupe, grapes, bananas, nuts (optional)

Cook mixture of egg, flour, sugar, and juice from pineapple until thick. Pour over cut up fruit.

Jane Holveck

HEAVENLY HASH

- 2 eggs
- 2 Tbsp. flour
- 1 c. sugar
- 1/4 c. lemon juice
- 1/4 c. orange juice
- 1/2 c. pineapple juice
- 1 lb. marshmallows, cut up
- 1 lb. white grapes, halved
- 1 c. chopped English walnuts
- 1 c. crushed pineapple
- 1 pt. whipped cream (not Cool Whip)

Mix eggs, flour, and sugar. Add to this the 3 juices. Cook this until thick. Allow to cool. Add whipped cream. Add remaining ingredients. Allow to set overnight. Delicious!

Rosalie Bostwick

DOUBLE LEMON SALAD

- 1 large pkg. lemon jello
- 2 c. boiling water
- 1/2 c. cold water
- 1 can lemon pie filling
- 1 (1 lb. 4 oz.) can crushed pineapple (undrained)

Dissolve jello in boiling water and stir in remaining ingredients. Refrigerate in 9x13 inch pan.

Mrs. Leonard Butterbaugh (Margaret)

LEMON AND LIME SALAD

- 1 pkg. lemon jello
- 1 pkg. lime jello
- 1 large can pears
- 1/2 pt. whipping cream (or 1 env. Dream Whip)
- 1 (8 oz.) pkg. cream cheese

Mix jello as usual, only use pear juice as part of liquid. (Take 1 cup out after this is mixed and let set at room temperature.) Cut up pears and put in jello mix. Let set. Mix the cup of liquid and cream cheese together, adding liquid a little at a time to be sure it's smooth. Add cheese mixture to whipped cream. When jello is set, spread cream mix on top and let set. Can be made day before serving.

Pauline Larsen

LIME FRUIT SALAD

- | | |
|-----------------------------|---|
| 1 c. milk | 1 (20 oz.) can crushed pineapple |
| 2 c. miniature marshmallows | 1 c. whipping cream or Dream Whip |
| 1 (3 oz.) pkg. lime jello | ² / ₃ c. mayonnaise or Miracle Whip |
| 2 (3 oz.) pkg. cream cheese | salad dressing |

Dissolve marshmallows in milk over low heat or in double boiler. Add jello and stir until dissolved. Add cream cheese (softened) and mix well until blended, then add pineapple and juice. Cool until slightly thickened. Whip cream and blend with mayonnaise. Add to jello mixture. Pour into an 8x8 inch pan and chill until firm.

Eva Bullock

LIME JELLO SALAD

- | | |
|---|---|
| 1 box lime jello | 1 (4 ¹ / ₂ oz.) can crushed pineapple,
drained |
| 1 c. hot water | ¹ / ₄ c. chopped celery |
| 1 c. cottage cheese | ¹ / ₄ c. nuts |
| ¹ / ₂ c. mayonnaise | |
| 1 c. evaporated milk | |

Dissolve jello in water. Mix the other ingredients. Add to jello. Refrigerate.

Lorraine Smith

LIME MINT SALAD

- | | |
|---|--|
| 1 small box lime jello | ¹ / ₂ box (8 oz.) crushed butter mints |
| 2 c. crushed pineapple | 1 large container Cool Whip |
| ¹ / ₂ pkg. miniature marshmallows | |

Soak overnight in refrigerator the jello and pineapple. Add remaining ingredients. Put into 9x13 inch pan. Chill. Could be frozen.

Denise Mase

MANDARIN ORANGE SALAD RING

- | | |
|--|---------------------------------|
| 2 small pkg. orange jello | 1 pt. orange sherbet |
| 1 ¹ / ₂ c. boiling water | 1 can mandarin oranges, drained |
| ¹ / ₂ c. lemon juice | |

Dissolve jello in 1¹/₂ cups boiling water. Add the sherbet and lemon juice. Stir sherbet until dissolved. Let set until partially thick. Fold in oranges and put into salad mold or dish.

Mrs. Norm Smith (Kathryn)

ORANGE SALAD

- | | |
|--|---------------------------------|
| 3 pkg. orange jello | 1 qt. orange sherbet |
| 3 pkg. lemon jello | Juice of 1 lemon |
| 3 ¹ / ₂ c. hot water | 2 cans drained mandarin oranges |

Dissolve jello in hot water; immediately add sherbet while hot. Add oranges and lemon juice. Mold in refrigerator.

Sherry Bills

ORANGE SALAD

- | | |
|--|-------------------------------|
| 2 (3 oz.) pkg. orange gelatin | 1 small can crushed pineapple |
| 1 pt. orange sherbet | 2 c. boiling water |
| 1 small can mandarin oranges,
drained | |

Dissolve gelatin in water. Cool. Allow sherbet to soften before blending. After mixture congeals, slightly fold in the fruits. Chill until firm. Serves 6 to 8.

GRANDMA HARRELL'S PINEAPPLE SALAD

- | | |
|---|---|
| 1 (No. 202) can pineapple chunks
(save juices) | ³ / ₄ pkg. large marshmallows, cut into
halves |
|---|---|

Cook the following:

- | | |
|--------------------------------------|-----------------------------|
| 2 Tbsp. flour | 1 c. juice (from pineapple) |
| ¹ / ₂ c. sugar | 1 egg |

Put pineapple and marshmallows in bottom of dish. Pour hot sauce over all and toss well. Refrigerate.

Vicki Trees

CHEESE-PINEAPPLE-MARSHMALLOW SALAD

- | | |
|--|--|
| 1 (No. 2) can sliced pineapple or
chunk style, drained and cut
into bite-sizes | 20 large marshmallows, diced (or
120 miniature) |
| ¹ / ₄ lb. Cheddar or Kraft American
cheese, diced | |

Dressing:

- | | |
|---------------|-----------------|
| 1 egg | 1 Tbsp. butter |
| 2 Tbsp. flour | Dash of salt |
| 3 Tbsp. sugar | Pineapple juice |

Cook dressing mixture in double boiler until thick. Mix in pineapple, cheese, and marshmallows (in order listed) without cooling dressing. Chill. Excellent salad for picnics - does not melt as gelatin salads do.

Jeselyn Maxwell

PINEAPPLE SALAD

- | | |
|--|-----------------------------|
| 1 (No. 2) can pineapple (chunk or tidbit size) | 1 Tbsp. butter |
| 2 eggs | 3 bananas, sliced |
| 3 Tbsp. sugar | 1 c. grapes |
| 2 Tbsp. flour | 1 c. miniature marshmallows |
| Pinch of salt | 1 small pkg. Cool Whip |
| | Nuts (if desired) |

Drain the pineapple. Heat the juice until hot, but not boiling. In small bowl beat the eggs, adding the sugar, flour, and salt. Continue beating with fork as you slowly mix in the hot pineapple juice. Return to stove and boil mixture 2 or 3 minutes as you stir. Add the butter to melt. Remove from heat and beat in the pineapple. Refrigerate overnight or until chilled. When ready to serve, add the bananas, grapes, marshmallows, and Cool Whip. This can be served in large bowl or in mounds on lettuce leaves on individual salad plates. A maraschino cherry on top makes a pretty garnish. (This recipe is also good with fresh strawberries.)

Jean Brewer

PISTACHIO JELLO

- | | |
|---|--|
| 1 (9 oz.) ctn. Cool Whip, softened | Chopped nuts (optional) |
| 1 small pkg. pistachio instant pudding | 1 c. miniature marshmallows (optional) |
| 1 medium can crushed pineapple (do not drain) | |

Mix all together and refrigerate.

Denise Mase

RASPBERRY SALAD

- | | |
|---|--------------------------------------|
| 1 (3 oz.) pkg. raspberry jello | 1/2 c. water |
| 1 (8 1/4 oz.) can crushed pineapple and juice | 1 small ctn. cottage cheese |
| | 1 (4 1/2 oz.) ctn. Cool Whip topping |

In saucepan, combine and bring to boil the jello, pineapple, and juice and water. Boil for 3 minutes. Set aside and cool till slightly thickened. Fold in cottage cheese and whipped topping. Pour into 9 inch square pan. Chill till set.

Carla Abel

WATERGATE SALAD

- | | |
|--|-------------------------------------|
| 1 (3 1/2 oz.) pkg. pistachio pudding and pie filling | 1 (9 oz.) container whipped topping |
| 1 (15 1/2 oz.) can crushed pineapple | 1 c. miniature marshmallows |
| | 1/2 c. chopped pecans (optional) |

Put pudding mix in a bowl. Add pineapple with juice and stir until pudding is dissolved. Add remaining ingredients and chill in refrigerator.

Sheri Wallace

BACON-CAULIFLOWER SALAD

- | | |
|------------------------------|--------------------------|
| 1 head lettuce | 1/4 c. sugar |
| 1/2 head cauliflower | 1 c. mayonnaise |
| 1 onion | 1/3 c. Parmesan cheese |
| 1 lb. bacon, fried and diced | Salt and pepper to taste |

Prepare salad the night before serving, using a large bowl that can be tightly covered. Break up lettuce and cauliflower into bite-size pieces. Section onion into rings. Layer in this order: Lettuce, onion, bacon, and cauliflower. Combine remaining ingredients and spread on top. Cover tightly. After chilling overnight, mix well before serving. (I have made this early on the *same* day of serving and it's delicious that way, too.)

Susan Cairney Pogge

BROCCOLI AND CAULIFLOWER SALAD

- | | |
|--------------------------|------------------------|
| 1 fresh head cauliflower | 2 bunches green onions |
| 1 pkg. fresh broccoli | 1 green pepper |

May also add:

- | | |
|---------|----------|
| Carrots | Raw peas |
| Celery | |

Dressing:

- | | |
|--|--------------------------------|
| 1 c. mayonnaise | 1 Tbsp. white vinegar |
| 1/4 c. Kitchen Klatter or Dorothy Lynch dressing | 1 dash of Worcestershire sauce |
| 1/2 c. sour cream | 1 dash of Tabasco sauce |
| 1/4 c. sugar or less | Dash of salt |

Wash vegetables and cut into bite-size. Drain well. Mix with dressing. Refrigerate several hours or overnight.

Jeane Peters

COLE SLAW

- | | |
|-----------------------|--------------------------|
| 1 large head cabbage | 1 Tbsp. sugar |
| 2 onions, sliced thin | 1 Tbsp. prepared mustard |
| 3/4 c. sugar | 1 1/2 tsp. salt |
| 1/2 c. vinegar | 1 c. vegetable oil |
| 1 tsp. celery seed | |

Shred cabbage. Alternate layers of cabbage and onion slices. Sprinkle 3/4 cup sugar over and toss to mix. Bring to boil: Vinegar, celery seeds, 1 tablespoon sugar, mustard, and salt. Remove from heat and add oil. Pour over cabbage and onions while hot. Cover airtight and refrigerate (Tupperware is great). Ready to eat in 24 hours and keeps well for a long time.

Pauline Larsen, Credit Anne Gray

FROZEN COLE SLAW

- 1 medium head cabbage, shredded
- 1 medium carrot, grated
- 1 green pepper, chopped
- 2 Tbsp. onion, chopped

1. Mix 1 teaspoon salt with shredded cabbage and let stand for an hour.
2. Squeeze out excess moisture.
3. Add carrot, onion, and pepper.
4. Pour following dressing that has been cooled, over vegetables.
5. Put into containers and freeze.

Cole Slaw Dressing:

- 1 c. vinegar
- 1/4 c. water
- 1 tsp. mustard seed
- 1 tsp. celery seed
- 2 c. sugar

1. Combine all ingredients and boil 1 minute.
2. Cool and pour over vegetables.

Helen Cairney

BROCCOLI-CAULIFLOWER SALAD

- 1 large head broccoli
- 1 large head cauliflower
- 1 box frozen peas
- 4 green onions, sliced
- 1 3/4 c. mayonnaise
- 1 c. sour cream
- 2 tsp. garlic salt
- 1/2 tsp. pepper
- 1/4 tsp. sweet basil
- 1/4 tsp. dill weed
- 1/4 tsp. celery seed

Clean and break cauliflower and broccoli into bite-size pieces. Mix mayonnaise with seasonings. Combine with vegetables and chill well, covered. Best when allowed to set several hours or overnight.

Thelma Lane

COPPER PENNY SALAD

- 4 1/2 c. cooked, sliced carrots
- 1 c. green pepper strips
- 1/3 c. sliced onions
- 1 can tomato soup
- 1/2 c. salad oil
- 1 c. sugar
- 3/4 c. vinegar
- 3 tsp. lemon juice
- 3 tsp. Worcestershire sauce
- 1 tsp. salt
- Dash of pepper

Boil until well blended last 8 ingredients. Pour over vegetables. Refrigerate overnight. Improves in standing.

Ella Thompson

CRUNCHY PEA SALAD

- 1 (10 oz.) pkg. frozen peas
- 2 c. finely shredded cabbage
- 1 green onion, thinly sliced
- 1/4 c. sour cream
- 1/4 tsp. salt
- 1/4 c. mayonnaise
- 1/4 tsp. curry powder
- Dash of pepper
- 1 tsp. prepared mustard
- 1 tsp. wine vinegar
- 1/2 c. dry roasted peanuts

Place frozen peas in colander and run hot water over them to thaw; drain well. Combine peas, shredded cabbage, and onion. Blend sour cream, mayonnaise, salt, curry powder, pepper, prepared mustard, and wine vinegar in a small bowl. Pour over cabbage mixture and toss lightly. Cover and chill for at least an hour or overnight. Before serving, stir in peanuts. (Can use 1/4 to 1/3 white onion, chopped, in place of green onion. Be sure to use mayonnaise - *not* Miracle Whip.)

Mary Pauline McGee

CUCUMBER SALAD

- 4 cucumbers, peeled and sliced
- 1 onion, chopped (if desired)
- 1 c. mayonnaise
- 4 Tbsp. vinegar
- 1/2 c. sugar
- 1/4 tsp. salt

Dressing:

Stir together and mix well. Add cucumber and onion. Put in large jar and refrigerate. Keep adding sliced cucumbers as needed.

Patty Farwell

JOSEPH'S COAT SALAD

- 1/3 c. vinegar, then fill to 1/2 c. with water
- 3/4 c. sugar
- 2 Tbsp. flour
- 2 Tbsp. prepared mustard
- 2 (10 oz.) pkg. frozen mixed vegetables, cooked and well drained
- 1/2 c. diced celery
- 1/2 c. finely diced onion
- 1 small jar pimento, chopped

Combine vinegar-water, sugar, flour, and mustard. Cook until thick; while hot, pour remaining ingredients. Combine well and let stand in refrigerator for 24 hours.

Patricia Lundquist

LETTUCE SALAD

- 1 head lettuce
- 1/2 c. celery, chopped
- 1/2 c. green pepper, chopped
- 1 medium onion, chopped
- 1 (18 oz.) pkg. frozen peas
- 2 c. mayonnaise
- 1 Tbsp. sugar
- 4 oz. grated cheese
- 8 slices bacon

Break lettuce into bite-size pieces in bottom of 9x13 inch pan. Sprinkle with celery, then green pepper, onion, peas (uncooked). Cover with mayonnaise and

spread to edges to seal. Sprinkle sugar, then cheese over top. Cook bacon and crumble over top. Cover tight and refrigerate for 24 hours.

Teena Kern

RAW VEGETABLE SALAD

1 medium head cauliflower	1/2 c. sour cream
2 bunches broccoli	1 Tbsp. sugar
1 green pepper	2 shots Tabasco sauce
1 bunch green onions	2 shots Worcestershire sauce
1 c. real mayonnaise	

Break cauliflower into small pieces. Cut up celery and broccoli, pepper, and onions. Add dressing. Let set 1 hour. Cover with foil.

Verna Jennings

SPINACH SALAD

1 bag spinach	8 strips crisp bacon or 1/4 c. Bac-Os
1 can bean sprouts, drained	4 hard-boiled eggs, diced
1 can water chestnuts, drained and sliced	

Dressing for salad - Mix together:

1 c. oil	1/2 tsp. salt
3/4 c. sugar	1/3 c. catsup
1/4 c. vinegar	2 Tbsp. Worcestershire sauce
1 tsp. onion powder	

Vicki Trees

SALAD

Step 1 - Mix:

1/4 c. chopped green pepper	2 Tbsp. chopped onion
1/4 c. chopped cucumber	Garlic salt or minced garlic

Step 2 - Dressing:

1 c. sour cream	1 Tbsp. sugar
1/2 c. mayonnaise	1 tsp. salt
1 Tbsp. vinegar (tarragon)	1/4 tsp. pepper

Step 3: Heat 1 tablespoon butter, add 1/4 cup sesame seeds and brown. Add 1/4 cup Parmesan cheese. Stir well and cool.

To serve: One bowl of lettuce - lay on top Mixture 1, Mixture 2, and Mixture 3. Serves 8.

Polly Demory, received from Marie Sieck

TOSSED SALAD

1 head lettuce, shredded	4 or 5 carrots, shredded
1 pkg. frozen peas, cooked, drained, and cooled	1 lb. bacon, fried, drained, and crumbled
1 pkg. shredded Cheddar cheese	2 c. Miracle Whip
1 red onion, sliced	

Layer first 6 ingredients in order given. Spread Miracle Whip on top. Make sure edges of container are sealed tight. Toss when ready to use. Keeps up to 3 days.

Sandy Sealock

BLENDER \$200.00 SALAD DRESSING

1 c. oil	1/2 tsp. onion salt
1 (10 1/2 oz.) can tomato soup	1/2 tsp. celery salt
1/2 c. packed brown sugar	1/4 tsp. Worcestershire sauce
1/3 c. white vinegar	1/4 tsp. paprika
1 tsp. dry mustard	1 c. Miracle Whip
1 tsp. garlic salt	

Blend until thick. Cover and refrigerate.

Helen Sutton

DOROTHY LYNCH SALAD DRESSING

1 can tomato soup	1 tsp. dry mustard
1 c. vegetable oil	2 tsp. celery seed
1/2 c. vinegar	Dash of garlic salt
1 c. sugar	

Beat ingredients with electric mixer or blender.

Teena Kern

MARY WICKHAM'S HONEY SALAD DRESSING

1 tsp. paprika	1/2 c. honey
1/2 tsp. dry mustard	1/4 c. vinegar
1/4 tsp. salt	1 c. salad oil
3 Tbsp. lemon juice	2 tsp. poppy seed

Mix dry ingredients. Add honey, lemon juice, and vinegar. Slowly add oil, beating until well blended. Add poppy seeds. Makes about 2 cups.

Delicious as an accent for fresh or canned fruit.

Jean Marshall

HONEY DRESSING

2/3 c. sugar	1/3 c. honey
1 tsp. dry mustard	5 Tbsp. vinegar
1 tsp. paprika	1 Tbsp. lemon juice
1/4 tsp. salt	1 tsp. grated onion
1 tsp. celery seed	1 c. salad oil

Mix dry ingredients, then all together *except* oil in a blender. Last - slowly add oil. Blend well. Don't cook. Good on fruit or on lettuce.

Theresa Beaty

CHICKEN SALAD

2½ c. cooked chicken breast (each breast equals 1 c.)	½ c. shredded almonds, toasted and salted
1 c. celery, chopped fine	2 Tbsp. minced parsley
1 c. sliced white grapes	1 tsp. salt

Dressing:

1 c. mayonnaise (not salad dressing)	½ c. sour cream
--------------------------------------	-----------------

Mix all together and serve on lettuce cups. Serves 6.

Lynne Johnson

CHICKEN SALAD

6 c. cooked chicken breasts (each breast equals 1 c.)	1½ to 2 c. mandarin oranges
4 stalks celery, diced	½ c. sliced olives
½ tsp. salt	2 c. Chinese noodles

Dressing:

1 c. mayonnaise (not salad dressing)	½ c. sour cream
--------------------------------------	-----------------

Mix together the first 5 ingredients with dressing. Add noodles just prior to serving.

Lynne Johnson

CHICKEN SALAD DELUX

4 c. chicken, cooked and cubed	1 (11 oz.) can mandarin oranges, drained
1 c. chopped celery	1 pt. Miracle Whip
1 small green pepper, chopped	1 tsp. prepared mustard
1 (20 oz.) can pineapple tidbits, drained	1 (5½ oz.) can Chinese noodles
½ c. sliced Spanish olives	

Mix all ingredients, except last one. Just before serving, add noodles.

Peg Anderson

HOT CHICKEN SALAD

4 c. cooked chicken, cut into chunks	2 pieces pimento, cut fine (optional)
2 c. chopped celery	2 Tbsp. lemon juice
4 hard-boiled eggs, sliced	1 Tbsp. finely chopped onion
¾ c. mayonnaise	1 tsp. salt
¾ c. cream of mushroom soup (undiluted)	

Mix ingredients and place in large rectangular baking dish.

Top with:

1½ c. crushed potato chips	⅔ c. chopped almonds
1 c. grated cheese	

Let stand overnight in refrigerator. Bake in 400° oven for 20 to 25 minutes.

Pauline Larsen, Credit Anne Gray

MACARONI SALAD

1 pkg. Kraft macaroni and cheese dinner, cooked as directed	2 hard cooked eggs, chopped
1 (6½ oz.) can tuna, drained and flaked	1 Tbsp. chopped green pepper (optional)
1 (8 oz.) can peas, drained, or 1 cucumber, diced	1 tsp. minced onion
⅓ c. mayonnaise	¼ tsp. salt
	Dash of pepper

Mix and chill.

Bev Roth

MACARONI SALAD

2 boxes Kraft macaroni and cheese dinner	1 can peas, drained
½ c. onion	½ c. French dressing
½ c. tomato, diced	½ c. mayonnaise

Cook Kraft dinner as directed on package. Cool. Add onion, tomatoes, and peas. Mix French dressing and mayonnaise. Add to dinner. Serve cold.

Ruth Miller

TACO SALAD

1 lb. hamburger	1 pkg. corn chips
2 cans pinto beans	2 avocados
1 small head lettuce	2 Tbsp. lemon juice
2 green peppers	1 small jalapeno pepper
3 tomatoes	Taco seasoning
1 can black pitted olives	Taco sauce
2 onions	Salt and pepper
2 c. grated Cheddar cheese	

Brown hamburger. Drain off grease. Cut up bacon and brown with onion. Drain off grease. Combine all ingredients. Bake at 350° for 1 hour.

Peg Anderson

BAKED BROCCOLI

2 small or 1 large pkg. frozen broccoli	1/2 c. chopped onion
2 Tbsp. oil	1 can cream of mushroom soup
1/2 or 1 c. grated sharp cheese	Buttered crumbs

Thaw broccoli in oil on low heat. Add cheese on top to melt. Saute onion and add mushroom soup. Put all into buttered baking dish and bake 35 minutes at 350° (covered). Uncover and put buttered bread crumbs on top and bake 15 minutes more.

Verna Jennings

BROCCOLI AND RICE CASSEROLE

1 small onion, chopped	1/2 c. milk
1/2 stick butter	1 can mushroom soup
1 pkg. chopped broccoli, thawed	1/4 c. water
1 c. Minute Rice	1 c. Cheez Whiz

Mix all together and bake 30 to 40 minutes at 350°.

Patty Wells

BROCCOLI AND RICE CASSEROLE

2 (10 oz.) pkg. frozen chopped broccoli	1 (10 1/2 oz.) can cream of mushroom soup
Salt and pepper as desired	1 1/2 c. cooked rice
1/2 onion, diced	Dash of Tabasco sauce
2 Tbsp. oleo	Crumbled bacon (for top)
1 (8 oz.) jar Cheez Whiz	1 (6 oz.) roll garlic cheese

Cook the broccoli and season. Drain. Saute onion in oleo. Melt Cheez Whiz and garlic cheese in undiluted soup. Combine all ingredients, except bacon. Pour into a lightly greased casserole. Sprinkle bacon and bake at 350° until bubbly hot.

Joyce Zach

BROCCOLI CASSEROLE

1 c. uncooked Minute Rice	1/2 c. milk
1 pkg. or 2 boxes frozen broccoli	1 can cream of chicken soup
1 small chopped onion	1/2 c. Cheez Whiz
2 Tbsp. butter	

Cook broccoli according to package and drain. Mix rest of ingredients with cooked broccoli. Place in uncovered casserole dish. Bake at 350° for 35 minutes.

Denise Mase

BROCCOLI SUPREME

2 eggs	3 Tbsp. butter
1 (10 oz.) pkg. chopped broccoli (frozen)	1/4 tsp. salt and pepper
1 large can cream style corn	1 c. herb seasoned stuffing mix

In mixing bowl combine eggs, broccoli (thawed), corn, salt, and pepper. In a saucepan, melt butter. Add stuffing and mix, tossing to coat. Stir 3/4 of stuffing mixture into vegetable mixture. Put on ungreased casserole dish. Sprinkle with remaining stuffing mix. Bake, uncovered, at 350° for 35 to 40 minutes.

Karen Hissong

SCALLOPED BROCCOLI

3/4 c. cracker crumbs	1 egg, well beaten
1/4 c. melted butter	1 (10 oz.) pkg. chopped broccoli, cooked as directed on pkg.
1 can cream of mushroom soup	
1 small onion, chopped	

Mix the preceding together and bake in a large pie plate or 9 or 10 inch square baking dish. Grease the pan and bake at 350° for about 30 minutes or until golden brown. May be made ahead of time. Sprinkle with paprika.

Jean Cairney Marshall

SWEET AND SOUR CHILLED BROCCOLI

1 bunch fresh broccoli, cut into flowerets	1/2 tsp. pepper
1 Tbsp. parsley flakes	2/3 c. vinegar
1/4 tsp. garlic powder	1/2 c. sugar
1 tsp. salt	1 tsp. onion powder

Mix dressing together and toss broccoli in. Make 24 hours ahead of time. Stir occasionally to allow dressing to well coat broccoli. Serve broccoli as an interesting accent with other appetizers or as a garnish for a casserole.

Jean Cairney Marshall

ROSE MARY'S VEGETABLE CASSEROLE

1 head cauliflower	Cheese (at least 1 c.)
1 bunch broccoli	Milk (1 1/2 to 2 c.)
6 or 8 carrots	Salt and pepper to taste
Butter (about 1/4 lb.)	

Cut vegetables into chunks and boil until tender in separate pans. Meanwhile, prepare a thick white sauce using 2 tablespoons cornstarch to 1 tablespoon butter with each cup of milk. (The larger the head of cauliflower and bunches of broccoli, the more white sauce needed.) Bring to a boil and boil 1 minute, adding chunks of cheese. (I like a combination of Velveeta, sharp Cheddar and American cheese, but any yellow cheese will do.) Butter a large casserole. Drain all vegetables and place pieces of cauliflower and broccoli therein, with carrot chunks tucked in between. Pour white sauce with cheese over the top and chunks of butter for flavor. Make about 2

layers and end with white sauce on top. Lay some strips of cheese on the top and bake until golden brown, about 35 minutes at 350°.

Ethel Zelfel

CARROT CASSEROLE

4 c. parboiled, sliced carrots
1 medium onion, grated
1 stick margarine

1/2 c. grated Velveeta cheese
1/2 c. corn flakes

Mix the first 3 ingredients together. Sprinkle cheese over top. Sprinkle corn flakes on top. Bake at 350° for 25 to 30 minutes.

Peg Anderson

CARROT CASSEROLE

1 pt. carrots, coarsely shredded (3 medium to large ones)
3 eggs, well beaten
1 c. milk

1 medium onion, minced
1 c. cracker crumbs
1/2 c. melted oleo
Pepper

Mix all together and bake in a greased casserole for 1 hour at 350°.

Doris Ratekin

EGGPLANT MOZZARELLA

1 large eggplant
1 can tomato sauce
1 pkg. Mozzarella cheese
Parmesan cheese
1 egg, beaten

Cracker crumbs
Crisco oil
Butter
Garlic powder
Pepper

Wash and peel eggplant. Soak in water 20 minutes. Drain on paper towels. Dip in beaten egg and cracker crumbs. Fry over medium heat in part oil and part butter until golden brown on both sides. Butter a Pyrex baking dish. Alternate layers of eggplant with the tomato sauce and Mozzarella cheese. Use pepper and a small amount of garlic powder on each layer. Top with strips of Mozzarella cheese and a sprinkle of Parmesan cheese. Brown in a 375° oven for about 35 minutes until the cheese on top of browned.

Rose Mary Ives

ENGLISH PEA AND CHESTNUT CASSEROLE

1/2 c. butter
1 small onion, minced
2 Tbsp. chopped green pepper
2 cans peas, drained

1 can water chestnuts, sliced
2 diced pimentos
1 can cream of mushroom soup
Butter cracker crumbs

Melt butter in skillet. Add onion and green pepper. Saute over medium heat. Stir till soft. Remove and add peas and chestnuts. Fold in the pimentos. Arrange in layers of vegetable mixture in bottom of 2 quart buttered casserole. Top with soup and repeat layers. Sprinkle with buttered cracker crumbs. Bake at 350° for 30 minutes.

Vicki Trees

FRESH VEGETABLE MEDLEY

1 c. cauliflower
1 c. carrots, blanched for a few minutes
1 c. celery chunks

1 green pepper, chopped
1 c. cucumber, sliced
Green onions

Dressing:

3/4 c. French dressing
1/4 c. Italian dressing

Combine vegetables and marinate in dressing for a few hours. Keeps well for a few days. May use any fresh vegetables in season, other than tomatoes. Slice carrots and cucumber thin. Adjust dressing for size of container and amount of vegetables used. May also use frozen peas blanched for a few minutes.

Lucille Pennock

LO CAL STUFFED PEPPERS

2 green peppers
2 oz. Cheddar cheese
2 slices steak bread or other homemade type

1 small can B in B mushrooms
Tomato juice
1/4 tsp. salad herbs or Italian seasoning (to taste)

Boil peppers (after removing seeds) till firm tender. Drain. In small bowl mix cubed cheese, cubed bread, mushrooms, seasoning, and tomato juice to moisten. Fill peppers and bake in individual foil pans at 350° till bubbly. (235 calories per serving)

Ima Phatee Nomor

AU GRATIN POTATOES

1 c. milk
1 tsp. salt
1/4 tsp. pepper
1/2 c. onion
2 c. Velveeta cheese, cubed

1/4 c. melted oleo
2 lb. hash brown potatoes, thawed
1 can cream of chicken soup
1/2 pt. sour cream

Mix together. Put into 9x13 inch pan.

Topping - Mix:

2 c. crushed corn flakes
1/4 c. melted butter

Bake at least 45 minutes in 350° oven.

Lorraine Smith

GERMAN POTATO SALAD

6 medium potatoes
6 to 8 slices bacon
1/2 c. chopped onion
2 Tbsp. flour
4 tsp. sugar
3 tsp. salt

Dash of pepper
2/3 c. vinegar
1/2 c. water
3 boiled eggs, sliced
2 Tbsp. chopped parsley
1 tsp. celery seed

Boil potatoes until tender. Drain. Peel and slice. Fry bacon until crisp. Add onion and cook 1 minute. Blend in flour, sugar, salt, and pepper. Add vinegar and water. Cook and stir till thick. Slice layers of potato and egg, adding vinegar mixture. Serve warm.

Anne Crowl

HASH BROWN CASSEROLE

2 lb. frozen hash browns	1 1/4 c. Velveeta cheese
1 can cream of chicken soup	1/2 tsp. salt
1 c. sour cream	Pepper
2 c. milk	1/4 c. chopped onion
1/2 c. oleo	

Melt oleo and Velveeta cheese. Mix all together and put into 2 casseroles. Bake 45 minutes at 350°. Can be frozen.

Sue Sealock

PARTY POTATOES

8 to 10 medium size potatoes	1/2 to 1 tsp. garlic salt
1 (8 oz.) pkg. Philadelphia cream cheese	Salt and pepper to taste
1/2 pt. sour cream	1/4 lb. butter or margarine

Cook and mash potatoes. Add cream cheese and sour cream while still hot. Also add garlic salt, salt, and pepper to taste. Put into a well buttered pan. Dot well with butter or margarine. Sprinkle with paprika. Bake 30 minutes in 350° oven. Can be covered with foil or uncovered. This can be made the day before and put into icebox, then baked when needed.

Grace M. Johnson

POTATO CASSEROLE

1 (12 oz.) ctn. frozen French fries	Green pepper and pimento for color (1/4 c.)
1 pkg. frozen peas and carrots	1/2 c. Cheez Whiz
1 can cream of celery soup	Salt and pepper to taste
1 can cream of mushroom soup	
1/4 c. chopped onion	

Heat cheese and soups together. Pour over vegetables. Bake at 400° for 20 minutes. Double the recipe for a 9x12 inch casserole (may need some extra potatoes). Can be mixed and heated at 350° for 1 hour or so, but cover with foil until near end of baking time.

Sandy Sealock

POTATOES ELEGANTE

6 medium potatoes, thinly sliced	1 c. or 4 oz. grated cheese
1/3 c. margarine, melted	

Rinse potatoes; dry. Grease a 9 inch pie pan with some of the melted margarine. Sprinkle with 1 tablespoon of the cheese. Toss potatoes with the rest of the

margarine. Put 1/2 of the potatoes into pan. Push up on sides of pan. Sprinkle on 1/2 of the cheese. Repeat layers. Bake at 400° for 1 hour.

Vi Brotherson

POTATO SUPREME

6 medium potatoes	1 1/2 tsp. salt
4 hard cooked eggs	1/4 tsp. pepper
1/4 c. butter or margarine	1/2 c. corn flakes
1 c. sour cream	Paprika

Peel, cook, and slice potatoes. Slice eggs. Melt butter. Add sour cream and seasonings. Mix well. Put potatoes, eggs, and cream mixture and crumbs in layers in shallow baking dish, ending with corn flakes. Sprinkle with paprika. Bake at 350° for 30 minutes.

Virginia VanWyngarden

SCALLOPED POTATOES

7 or 8 medium potatoes	1/2 tsp. pepper
1/4 c. oleo	3 c. milk
1/4 c. flour	1/2 c. grated cheese
1 tsp. salt	3 Tbsp. chopped onion

Cook potatoes in jackets just till barely tender. Cool slightly. Peel and slice. Prepare white sauce with remaining ingredients. Add cheese. Combine with potatoes in casserole. Bake at 325° for 45 to 60 minutes.

Darlyne Bills

SCALLOPED POTATOES

8 medium potatoes	Cheese sticks or 1/4 c. grated Cheddar cheese
6 Tbsp. butter	Paprika
1 qt. milk	
Salt and pepper	

While melting 4 tablespoons butter in saucepan, peel and slice thin about 8 medium potatoes. Add milk and potatoes to butter until potatoes are barely covered. Heat slowly, stirring constantly, to keep ingredients from scorching. When milk is slightly thickened, add seasonings (1 teaspoon salt, dash of pepper). Pour into 2 quart casserole. Sprinkle with grated cheese. Bake at 325° for 45 minutes. Or, if preferred, cheese may be cut into match sticks and inserted throughout the casserole. Sprinkle top tightly with cracker crumbs. Dot with butter and paprika. Bake as before.

Two Helens

SKILLET SPUDS FOR FOUR

5 medium potatoes	1 small can mushrooms, well drained
1/2 c. bacon drippings	5 or 6 slices cooked crisp bacon, crumbled
1 onion, sliced thin	Salt and pepper
1 green pepper, sliced thin (optional)	

Wash the potatoes, but do not peel them. Slice potatoes as thin as possible. Melt the bacon drippings in a heavy skillet. When the drippings are hot, add the potatoes, onions, green peppers, and mushrooms. Cook slowly for about 25 minutes until they are crisp on the bottom and soft on top. Then add bacon and turn potatoes. Use a wide spatula so you can flip them all at once, like a giant pancake. Cook for about 5 minutes more. Salt and pepper to taste. Serve directly from skillet.

Dick Anderson

SWEET POTATOES

6 yams
1/2 c. sugar
1 Tbsp. cornstarch
1/3 c. molasses
2/3 c. orange juice
3 Tbsp. butter

Cook the yams. Peel them and place them in a baking dish. Combine and cook till slightly thick the other ingredients. Pour over yams. Bake 30 minutes at 350°.

Ruth Hiscocks

RICE AU GRATIN

3 c. cooked hot rice
1 1/2 c. grated Cheddar cheese
3 Tbsp. butter or margarine
1/2 tsp. curry powder
2 slices bread, crumbled or cubed

Toss rice with 1 cup cheese. Spoon into buttered baking dish. Top with remaining cheese. Bake at 350° for 10 to 15 minutes until cheese melts. Meanwhile, in skillet melt butter. Stir in curry powder. Add bread crumbs and brown lightly. Remove rice from oven. Sprinkle with curried crumbs. Sprinkle with parsley. Serves 6.

Roberta Engle

MEXICAN RICE

3 Tbsp. margarine
1 1/4 c. uncooked rice
1/2 c. chopped onion
1/4 c. diced green pepper
1 clove garlic, crushed
2 1/2 c. hot water, boiling
1 (16 oz.) can tomatoes
2 tsp. salt
2 tsp. chili powder

Melt margarine in large saucepan. Add rice, onion, green pepper, and garlic. Stir over low heat until the rice browns. Place in casserole. Add the remaining ingredients. Cover tightly and bake at 350° for about 30 minutes or until all the liquid is absorbed. Serves 7.

Vicki Trees

AUNT LIZ'S SAUERKRAUT

1 head fresh cabbage, chopped
Salt
Vinegar
Water

Pack cabbage into sterilized jars. Pack solid. Add 3 teaspoons salt and 1 tablespoon vinegar. Fill with water. Seal by heating lids in hot water. Ready to eat in 3 weeks.

Lou Johnson

SNAPPY TOMATOES

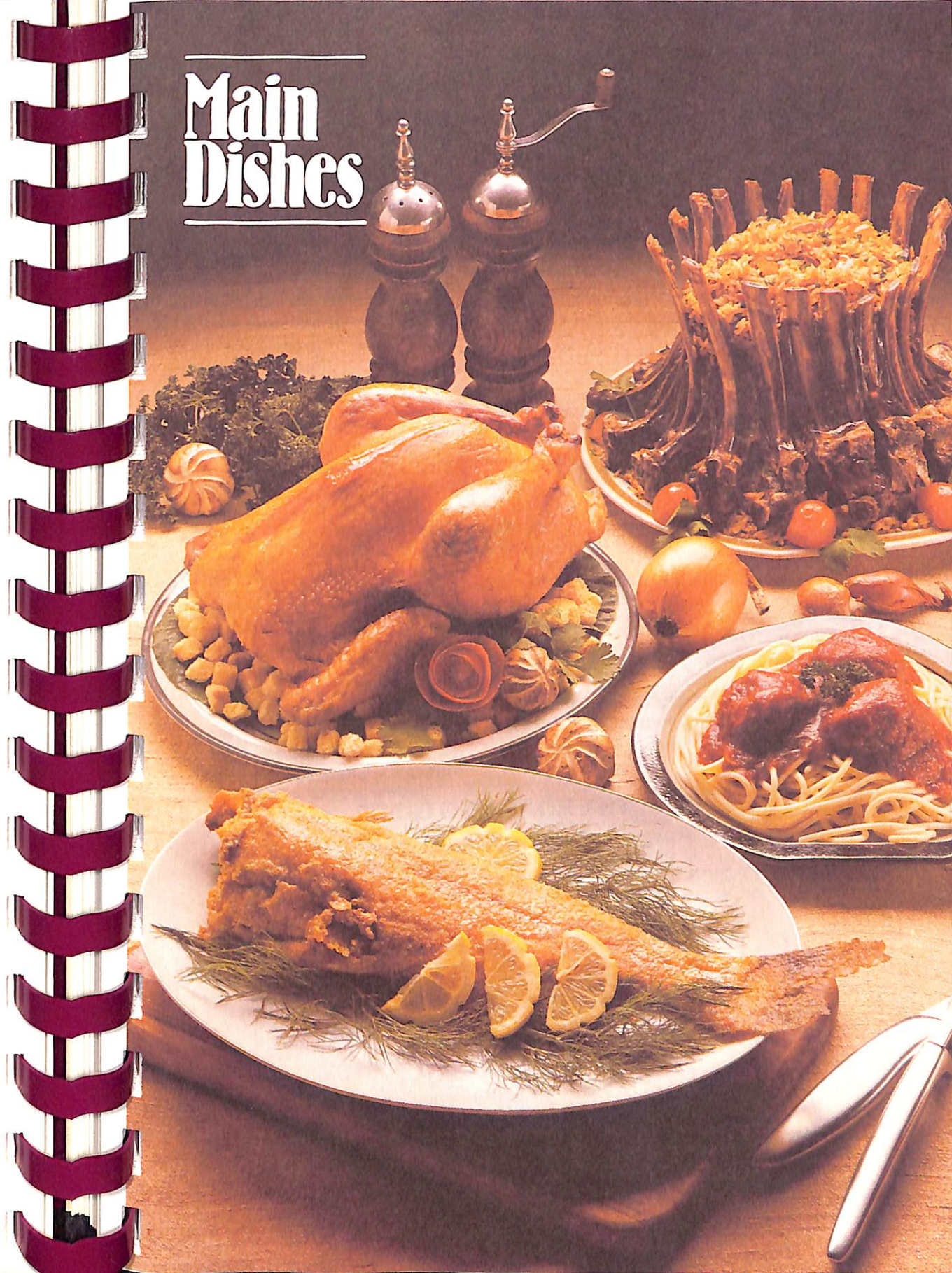
2 c. cooked tomatoes
1/2 c. cracker crumbs
1 Tbsp. finely chopped onion
1 egg, well beaten
3/4 tsp. salt
4 Tbsp. melted butter
1/2 c. finely cut cheese
1/4 tsp. paprika

Mix all ingredients together. Pour into casserole. Bake at 350° until ingredients are set - like custard. Test with silver knife.

Mrs. Leslie M. Moore

Notes

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10 inch) ribs	4	1 3/4	140° (rare)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2 1/2	170° (well done)
	8	2 1/2	140° (rare)
		3	160° (medium)
		4 1/2	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2 1/2	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 1/4	160° (medium)
		4	170° (well done)
Rolled rump ²	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
Sirloin tip ²	3	1 1/2	140° (rare)
² Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2 1/4	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
	8	4	175° (medium)
		4 1/2	180° (well done)
VEAL			
Leg (piece)	5	2 1/2 to 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled Shoulder	3 to 5	3 to 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2 1/2 to 3 hrs.
	8 to 12 lbs.	325°	3 to 3 1/2 hrs.
	12 to 16 lbs.	325°	3 1/2 to 4 hrs.
	16 to 20 lbs.	325°	4 to 4 1/2 hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2 1/2 lbs.	400°	1 to 1 1/2 hrs.
	2 1/2 to 4 lbs.	400°	1 1/2 to 2 1/2 hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2 1/2 to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

BEEF STEW FOR A CROWD

For 120 portions, use the following ingredients:

40 lb. lean stewing meat	1 (No. 10) can tomatoes
20 lb. small Irish potatoes	4 gal. beef stock
12 lb. carrots	Spices
8 lb. onions	

Stew the meat until tender. Add the vegetables and spices (thyme, garlic, bay leaves, cumin). Spices may be placed in cloth bag. When vegetables are done, some liquid may be poured off and thickened with flour or cornstarch. Pour back in stew and let simmer for a short time.

Elliott A. Butler

FIVE HOUR OVEN STEW

1 1/2 lb. boneless round steak, cut into 1 inch pieces	2 (14 1/2 oz.) cans stewed tomatoes
5 medium potatoes, cut into eighths	2 Tbsp. quick cooking tapioca
2 c. cut up carrots	1 Tbsp. sugar
1 c. very coarsely chopped onions	1 tsp. salt
1 c. sliced celery (1/2 inch pieces)	1 tsp. pepper

Combine all ingredients in large bowl. Mix well. Turn into 3 quart casserole. Cover with lid. Bake in 275° oven for 5 hours.

Margaret Blumer

FIVE HOUR STEW

2 lb. lean beef, cubed (don't brown)	1 Tbsp. sugar
6 carrots, cut in 1 inch slices	1 Tbsp. tapioca
1 large onion, sliced	1 c. tomato juice
1 c. chopped celery	1 c. water
6 medium potatoes, cubed	Salt and pepper to taste

Put in layers in covered casserole or roaster. Start with meat. Bake for 5 hours at 250°. Do not uncover while baking. Steam does the cooking. Serves 6 hungry, or 10 not so hungry people.

Agnes Peters

BARBECUED CHUCK ROAST

3 lb. chuck roast (1 1/2 to 2 inches thick)	2 Tbsp. soy sauce
1 tsp. meat tenderizer	1 Tbsp. Worcestershire sauce
1/3 c. red wine vinegar	1/4 tsp. garlic powder
1/4 c. ketchup	1 tsp. mustard
2 Tbsp. cooking oil	1 tsp. salt
	1/4 tsp. pepper

Sprinkle both sides of roast with tenderizer. Place in shallow baking dish. Thoroughly combine vinegar, ketchup, cooking oil, soy sauce, Worcestershire sauce,

mustard, salt, pepper, and garlic powder. Pour over roast and marinate overnight, turning once or twice. Place roast on grill about 6 inches from heat. Turn roast and baste with marinade every 10 to 15 minutes. Broil 45 minutes.

Pauline Larsen

CHUCK WAGON BARBECUE

1 (15 minute) meat marinade	2 Tbsp. mustard
1 can beer, divided ($\frac{2}{3}$ in marinade, $\frac{1}{3}$ in sauce)	1 (3 to 4 lb.) chuck arm or blade bone roast, cut about 2 inches thick
1 c. chili sauce	

Combine all ingredients. Pour into shallow pan. Place meat in marinade and turn. Pierce all surfaces of meat with fork. Marinate 15 minutes or longer, turning frequently. Grill on hot coals 4 to 6 inches from heat, 40 to 45 minutes basting with marinade frequently. Cut steak across grain - serve sauce over steak.

Sauce: Combine remaining marinade with remaining beer, $\frac{2}{3}$ cup chili sauce, and 1 tablespoon mustard. Heat and simmer 5 minutes.

Lou Johnson

BEEF BRISKET

3 lb. boneless beef brisket	$\frac{1}{2}$ bottle soy sauce
1 can Campbell's beef consomme	

Marinate 4 to 6 hours. Pour off liquid. Wrap in foil and bake at 325° for 3 hours. Cool. Slice and remove fat.

Make sauce:

1 c. catsup	$\frac{1}{4}$ c. vinegar
$\frac{1}{4}$ c. brown sugar	1 Tbsp. Worcestershire sauce

Cook for 10 minutes. Pour sauce over brisket slices and bake in foil at 300° for 1 $\frac{1}{2}$ hours.

Kathy Phillips

BEEF BRISKET

1 beef brisket	2 cans cream of mushroom soup
Heavy-duty foil	1 pkg. dry onion soup mix

Mix mushroom soup and onion soup together. Place $\frac{1}{2}$ of this on foil. Lay brisket on top. Spread remaining soup mix on the brisket. Seal tightly. Place in pan. Bake at 350° for 5 to 6 hours. Open and pour off gravy (save to serve with potatoes). Slice brisket.

Regina Johnson

BEEF BRISKET

4 lb. beef brisket	1 bottle liquid smoke
Garlic salt	Meat tenderizer
Onion salt	1 bottle barbecue sauce
Celery salt	

Rub brisket with garlic salt, onion salt, celery salt, and meat tenderizer. Place in pan with high sides and pour the liquid smoke over the meat. Cover tightly with foil and refrigerate overnight. The next day, pour off all juices and pour barbecue sauce over meat and again cover tightly. Bake at 300° for 5 to 6 hours. Let cool and refrigerate. Before serving, slice meat and put back into pan with sauce. Cover with foil and reheat. Serve with party buns or bread for sandwiches.

Mrs. Rae J. Williams (Bernice)

CHICKEN FRIED STEAK

1 $\frac{3}{4}$ lb. round steak, cut $\frac{1}{2}$ inch thick	1 tsp. salt
2 eggs	$\frac{1}{2}$ tsp. pepper
2 Tbsp. water	Flour
$\frac{1}{3}$ c. flour	4 to 5 Tbsp. vegetable oil
$\frac{1}{3}$ c. corn meal	

Pound steak to $\frac{1}{4}$ inch thick. Beat egg and water together in pie plate. Mix flour, corn meal, salt, and pepper. Dip steak first in plain flour, then in egg mixture. Dip in seasoned flour mixture to coat well. Brown meat pieces (about 3 at a time) in hot oil on both sides in heavy skillet. Return all meat to skillet. Lower heat. Cover and cook 20 minutes or until tender.

Lorraine Galvani

ITALIAN BEEF

Cook 4 pounds rolled beef roast until medium rare. Slice thin.

Combine:

Drippings	1 tsp. lemon juice
1 tsp. salt	$\frac{1}{2}$ tsp. garlic salt
1 tsp. onion salt	1 tsp. oregano
$\frac{1}{2}$ tsp. red pepper	1 tsp. chile powder
1 tsp. sweet pepper flakes	2 beef bouillon cubes

Add enough water to cover meat. Cook in Dutch oven for 1 hour over low heat. Serve on hard rolls.

Eleanor Whitney

SHREDDED BBQ BEEF SANDWICHES

4 lb. pot roast	2 Tbsp. brown sugar
1 can tomato soup	$\frac{1}{4}$ c. chopped celery
1 (14 oz.) bottle catsup	$\frac{1}{2}$ tsp. dry mustard
1 c. water	1 medium onion
2 Tbsp. lemon juice	4 bay leaves
2 Tbsp. Worcestershire sauce	

Cook pot roast until tender. Cool and shred off the bone. Add all of the remaining ingredients. Cook and simmer 1 hour. Serve on hamburger buns.

Karen Hissong

SMOTHERED STEAK

- | | |
|--|--------------------------------|
| 1½ lb. chuck or round steak, cut into cubes or strips | 1 large onion, sliced |
| ⅓ c. flour | 2 green peppers, sliced |
| 1 tsp. salt | 1 lb. can tomatoes |
| ¼ tsp. pepper | 2 Tbsp. molasses |
| | 3 Tbsp. soy sauce |

Brown floured meat. Drain fat. Add rest of ingredients and simmer till done. Serve over rice.

Ruth Hiscocks

STEAK SUPPER IN FOIL

- | | |
|--|--|
| 1½ lb. chuck steak (1 inch thick) | 1 env. onion soup mix |
| 1 can cream of mushroom soup | 3 carrots, cut into 2 inch pieces |
| 2 Tbsp. water | 3 potatoes, pared and quartered |

Place a 24x18 inch piece of heavy aluminum foil in 9x13 inch baking pan. Place meat on foil. Stir together mushroom soup and dry onion mix. Spread on meat. Top meat mixture with vegetables and sprinkle water on vegetables. Fold foil over and seal securely. Cook 1 to 1½ hours at 350° or until tender. The soup makes a gravy to use on the vegetables.

Darlyne Bills

VIETNAMESE BEEFSTEAK (REFUGEE RECIPE)

- | | |
|----------------------------|------------------------------------|
| 2 lb. lean beef | ⅛ tsp. monosodium glutamate |
| ½ tsp. salt | ½ tuber of fresh garlic |
| ⅛ tsp. black pepper | Oil |

Cut beef into slices against the grain and about ⅓ inch thick. Use meat hammer to beat until tender. Peel off skin of garlic and break it. Mix garlic with salt, black pepper, and monosodium glutamate. Smear mixture on the whole area of the pieces of beef. Put meat into a bowl. Cover it and refrigerate for 2 hours. Pour 2 tablespoons of oil in a pan. Heat until oil is very hot and you can see smoke flying from the pan. Put only one piece of beef in the pan; make sure that all of the areas are touching pan. Push it around in the pan. Turn and do the same with the other side. The meat will burn on the outside and will be red inside. Add more oil and continue to cook each piece of meat the same way. To serve, put the leaves of lettuce around an oval dish like the petals of flowers. Place beefsteaks on top of "petals". Decorate with slices of tomato and sprigs of parsley. All of the condiments you can increase or decrease as you like.

Thai Nguyen, Elaine Markuson

VEAL PARMIGIANO

- | | |
|---------------------------------------|--------------------------------|
| ½ lb. veal or beef round steak | 1 small onion |
| 1 egg | 2 Tbsp. + 2 tsp. oil |
| 1 Tbsp. milk | 1 c. tomato sauce |
| ¼ c. Parmesan cheese | ⅛ tsp. oregano |
| 2 Tbsp. cereal crumbs | 2 oz. Mozzarella cheese |

Pound meat to ¼ inch and cut into 3 or 4 pieces. Beat egg, salt, and milk. Combine cheese and corn flake crumbs. Dip meat in egg mixture, then into crumbs. Saute the onions in the 2 teaspoons oil. Add sauce and oregano. Simmer while browning meat. Fry coated meat in 2 tablespoons oil. Place in small baking dish. Divide cheese on top of each meat slice. Spoon sauce over cheese-topped meat. Bake at 400° for 15 to 20 minutes until cheese is melted. Top with a little Parmesan cheese and minced parsley when serving.

Jane Tedesco

B-B-Q MEAT BALLS

- | | |
|----------------------------|-----------------------------|
| 1 lb. ground beef | 1 Tbsp. grated onion |
| ½ c. cracker crumbs | 1 tsp. salt |
| 1 egg, well beaten | ⅛ tsp. pepper |

Sauce:

- | | |
|-------------------------------------|--------------------------------|
| 3 Tbsp. Worcestershire sauce | 1 tsp. chili powder |
| 1 onion, grated | 1 c. catsup |
| 2 Tbsp. butter | 1 c. water |
| 2 Tbsp. brown sugar | 1 tsp. prepared mustard |
| 2 Tbsp. vinegar | Salt and pepper |

Mix ingredients for meat balls. Roll in flour and brown in skillet in a *little* hot oil. Mix together ingredients for sauce and heat. Pour sauce over meat balls and bake at 350° for 1 hour.

Peg Anderson

BEEF AND BEAN BURGER

- | | |
|--------------------------------------|-------------------------------------|
| 1 lb. ground beef | 1 Tbsp. prepared mustard |
| 1 (16 oz.) can pork and beans | 1 can biscuits (10) |
| ½ c. catsup | ¾ c. shredded Cheddar cheese |
| ½ c. chopped onion | |

Preheat oven to 375°. Grease 2 cookie sheets. Brown ground beef. Drain off fat. Stir in pork and beans, catsup, onion, and mustard. Simmer while preparing dough. Separate biscuits and press each out flat to form a 4 inch circle on the cookie sheets. Spoon meat mixture into each biscuit. Sprinkle with cheese. Bake 15 to 18 minutes or until golden brown. Makes 10 sandwiches.

Bob and Hollis Karcher

BEEF AND BEAN ENCHILADAS

- | | |
|-----------------------------|--|
| 1½ lb. ground beef | 1 c. quartered ripe olives |
| 1 chopped onion | 2 (10 oz.) cans enchilada sauce |
| 1 can refried beans | Salad oil |
| 1 tsp. salt | 3 c. shredded cheese (10 oz.) |
| ⅛ tsp. garlic powder | 1 doz. flour tortillas |
| ½ c. taco sauce | Sliced olives |

Saute ground beef and onion until meat is brown and onions soft. Stir in beans, salt, garlic powder, taco sauce, and olives. Heat until bubbly. Heat enchilada sauce and pour about ½ into ungreased shallow 3 quart baking dish. Pour oil to a depth of

1/4 inch into small frying pan. Heat. Dip tortillas, one at a time, into hot oil to soften. Drain quickly. Place about 1/3 cup ground beef filling in each tortilla and roll. Place, seam side down, in sauce in dish. Pour remaining sauce over tortillas. Cover with cheese. Bake, uncovered, at 350° for about 15 minutes. Garnish with sliced olives. Spoon sour cream and chili sauce over each serving.

Lorraine Smith

CHEESEBURGER PIE

1 lb. ground beef	1/4 tsp. salt
1/2 c. chopped onion	1/4 tsp. oregano
1 (8 oz.) can tomato sauce	1/8 tsp. pepper
1 (4 oz.) can mushrooms, drained	1 pkg. biscuits (tube)
1/4 c. parsley	6 slices Velveeta cheese

Brown ground beef and onion till cooked. Drain. Add remaining ingredients, except biscuits and cheese slices. Simmer. Meanwhile, pat biscuits into slightly greased pie plate (9 or 10 inch). Make sure to press edges together. Spoon meat mixture into plate. Arrange cheese slices on top. If you have any biscuits left over, I roll them out as much as possible and place on top of cheese. Cover loosely with foil. Bake at 350° for 20 minutes. Remove foil and bake 20 minutes more. Let stand 10 minutes.

Fina Phillips

HOW TO ASSEMBLE A DOUBLE CHEESEBURGER!

1 hamburger bun	2 slices cheese
2 ground beef patties	

Top of bun, 1 slice of cheese, then 1 meat patty, then 1 slice of cheese, then 1 meat patty, then bottom of bun. Start at bottom!

Danny William Phillips

BEEF ROLLS

1 1/8 lb. round steak, ground	1 tsp. chopped onion
1/2 c. crumbs	1 tsp. chopped parsley
1 egg or 2 yolks	2 Tbsp. milk
1/2 tsp. salt	4 Tbsp. fat
1/4 tsp. pepper	1/3 c. flour
1/4 tsp. celery salt	1 1/2 c. water

Mix beef, crumbs, egg, seasonings, and milk. Shape into rolls 1 inch thick and 2 inches long. Roll in flour and brown in fat in frying pan. Add water and lid. Cook 30 minutes over moderate heat. Turn several times to allow even cooking.

Rosa Petersen

CHILI

1 1/2 lb. ground beef	1 Tbsp. garlic salt
3 Tbsp. onion flakes	2 large cans chili beans
1 tsp. crushed red peppers	1 (No. 2) can tomato juice

1. Brown meat, onion, red peppers, and garlic salt.
2. In large pan, put beans and tomato juice.
3. Add the meat mixture.
4. Let simmer for 40 to 50 minutes.

Wanda Honeywell

FIESTA BURGERS

3/4 c. finely crushed saltines	1 (10 oz.) can mushroom soup
2 eggs	1 (15 oz.) can kidney beans, drained and washed
1/4 c. catsup	1/3 c. diced green peppers
1 tsp. minced onion	1/2 c. shredded Cheddar cheese
2 tsp. Worcestershire sauce	Salt and pepper
1 lb. hamburger	

Combine first 5 ingredients and salt and pepper. Add meat and mix well. Shape into 6 patties. Brown patties on both sides. (If any grease, drain.) Pour soup over the meat. Top with beans. Next, add green pepper. Cook, covered (do not stir or mix) over low heat 10 minutes. Sprinkle shredded cheese on top. Cover. Cook till cheese melts.

Ruth Hiscocks

ENCHI PIE

2 lb. hamburger	4 Tbsp. chili powder
1 c. chopped onion	4 c. water
1 lb. Colby cheese, sliced	2 cans chili beans
1 doz. tortillas	1 can kidney beans
2 tsp. salt	1 tsp. garlic salt
3 Tbsp. flour	

Brown meat and drain. Add onion, flour, chili powder, water, salt, and beans. Stir and cook till thick on medium high heat (don't cover). Break up tortillas in 2 inch squares. Place half on bottom of 8x10 inch pan, then add half of meat and then half of cheese. Repeat layers. End up with cheese. Bake in 350° oven for 20 minutes. Can top with 2 tomatoes and lettuce.

Pat Hingst

GOULASH

1 lb. hamburger	1 Tbsp. Worcestershire sauce
2 c. macaroni	3/4 tsp. chili powder
1 Tbsp. onion	Salt and pepper
1 can tomato pieces	3 Tbsp. green pepper

Cook and drain macaroni. Brown hamburger slightly. Combine all ingredients. Simmer 30 minutes. Add water if needed.

Virginia Fehr

HAMBURGER CASSEROLE

3/4 lb. ground beef, browned
1 small onion
1 can mushroom soup
1/2 can chicken rice soup

1 can mixed vegetables, drained
1/2 can chow mein noodles (No. 2 can)

Brown meat and onion. Mix remainder and put into dish. Bake 1 hour at 350°. *Mrs. Norm Smith (Kathryn)*

HAMBURGER CASSEROLE

1 lb. ground beef
1 c. chopped onions
1 c. cream of mushroom soup
1/4 tsp. pepper

1 tsp. salt
1 c. sour cream
1 pkg. frozen peas
7 oz. cooked macaroni

Mix beef, onion, soup, salt, and pepper. Simmer 10 minutes. Add sour cream, peas, and macaroni. Bake 35 minutes at 350°. *Jane Holveck*

HAMBURGER-CORN-PONE PIE

1 lb. lean ground beef
1/3 c. chopped onion
1 Tbsp. oil
2 tsp. chili powder
3/4 tsp. salt

1 tsp. Worcestershire sauce
1 c. canned tomatoes
1 c. kidney beans, drained
1 c. corn bread batter

Brown meat and onion in oil and drain. Add seasonings and tomatoes. Cover and simmer over low heat 15 minutes. Add beans and stir. Pour into lightly oiled casserole. Top with corn bread batter and bake 20 minutes in a 425° oven. Makes about 6 servings. *Vicki Trees*

HAMBURGER DINNERS

1 lb. ground beef
1 small onion
2 hard-boiled eggs
2 c. American cheese

3 oz. olives
1 small green pepper
3/4 c. catsup

Brown hamburger and onions and cool. Dice eggs, cheese, olives, and pepper. Add to hamburger mixture. Add catsup and mix. Fill 8 hamburger buns and wrap in foil. Bake at 350° for 20 minutes when ready to serve. *Joanne Graham*

HAMBURGER AND TATER TOTS

2 lb. ground beef
Salt
1 medium onion, diced

1 can mushroom soup
1/2 can water
1 1/2 to 2 lb. tater tots

Slightly brown beef and onion. Drain off grease. Add mushroom soup diluted with water. Place in greased casserole. Put tater tots on top. Bake 30 to 45 minutes at 375°. *Sue Sealock*

AUNT BETTY'S ALL-AMERICAN

A good way to use some of the nice tomatoes so plentiful this fall.

1 lb. ground beef
1/2 c. diced onion
1 (16 oz.) can tomatoes, drained (reserve liquid)
2 eggs

1 tsp. salt
Dash of pepper
4 oz. noodles, cooked
2 slices Mozzarella cheese

Brown ground beef and onion. Drain. Combine tomato liquid, eggs, seasonings. Set aside. In a 1 1/2 quart casserole, layer half each of noodles, hamburger, tomatoes, cheese, and liquid. Repeat. Bake in 350°F. oven for 30 minutes. *Mary K. Thomsen*

SUPER LASAGNE

1 to 2 lb. ground beef
1/4 tsp. instant minced garlic
2 to 3 Tbsp. parsley flakes
1 Tbsp. basil seasoning
1 1/2 tsp. salt
2 eggs, beaten
15 oz. can tomato sauce

1 (12 oz.) can tomato paste
1 (10 oz.) pkg. lasagne noodles (use 6 to 8 noodles)
24 oz. large curd cottage cheese
1/2 tsp. pepper
1/2 c. Parmesan cheese
1 lb. grated Mozzarella cheese

Brown meat slowly. Spoon off excess fat. Add garlic, 1 tablespoon parsley, basil, 1/2 teaspoon salt, tomato sauce, and paste. Simmer, uncovered, till thick, stirring occasionally. Cook noodles in boiling, salted water till tender. Drain and rinse in cold water. Combine cottage cheese with remaining parsley flakes and salt. Add eggs, water. Combine cottage cheese with remaining parsley flakes and salt. Add eggs, water. Combine cottage cheese with remaining parsley flakes and salt. Add eggs, water. Combine cottage cheese with remaining parsley flakes and salt. Repeat layers. Top with Mozzarella cheese. Bake at 375° for 30 minutes. Let stand a few minutes to cut easier. *Shirley Hatcher*

FROSTED MEAT LOAF

1 egg
1/3 c. quick cooking rolled oats
1/3 c. barbecue sauce
1/2 tsp. salt
Dash of pepper

1 1/2 lb. ground beef
3 slices American cheese
1 pkg. instant mashed potatoes (4 serving box)

1. Beat egg with fork - add oats, barbecue sauce, salt, and pepper. Stir well. Add ground beef. Mix with hands.
2. Put meat mixture into baking pan and shape. Bake at 350° for 1 hour and 15 minutes.
3. Drain off fat.

4. Mix potatoes. Follow directions on package, *but* use only half of milk. Spread potatoes on top and sides of meat. Bake for 15 minutes. Remove from oven. Put cheese on top.

Sharon Hardiman

MEAT LOAF

2 lb. ground beef
2 eggs
3/4 c. water
1/3 c. catsup

1/2 env. Lipton onion soup mix
1 c. soft bread crumbs or cracker crumbs

Mix all together in a large bowl. Form into a loaf in a large shallow pan. Bake, uncovered, at 350° for 1 hour.

Karen Hissong

MORE

1 lb. hamburger
1/2 c. chopped onions
1/2 c. green peppers, chopped
1/2 c. celery, diced
1 can Mexicorn

1 (8 oz.) pkg. noodles
3 Tbsp. chili powder
1 large can tomato sauce
1 pkg. Mozzarella cheese, shredded

Brown hamburger and drain (pour into casserole dish). Simmer until done the onions, peppers, and celery (pour into casserole dish). Add the can of Mexicorn, cooked noodles, and chili powder, 1 can (large) tomato sauce. Salt and pepper to taste and mix. Put cheese over and bake 45 minutes at 350°.

CRAZY CRUST PIZZA

Topping:

1 1/2 lb. ground beef or sausage or 1 c. thinly sliced pepperoni
1/4 c. chopped onion

1 (4 oz.) can drained mushrooms
1 c. pizza sauce
1 c. shredded Mozzarella cheese

In skillet brown ground beef or sausage. Season to taste. Drain well. Set aside. Lightly grease and flour a 12 or 14 inch pizza pan. Prepare batter.

Batter:

1 c. flour
1 tsp. salt
1 tsp. Italian seasoning or leaf oregano

1/8 tsp. pepper
2 eggs
2/3 c. milk

Combine flour, salt, Italian seasoning, pepper, eggs, and milk, mixing until smooth. Pour batter into pan, tilting pan so batter covers bottom. Arrange topping of meat, onion, and mushrooms over batter. Bake at 425° for 25 to 30 minutes until pizza is golden brown. Remove from oven. Drizzle with pizza sauce and sprinkle with cheese. Bake 10 to 15 minutes more.

Cathy Nourse

SISTER WOMAN'S PIZZA BURGERS

1 lb. ground chuck
1/3 c. grated Parmesan cheese
1/4 c. finely chopped onion
1/4 c. chopped pitted ripe olives
1 tsp. salt
1 tsp. oregano

Dash of pepper
1 (6 oz.) can tomato paste
3 to 6 oz. Mozzarella cheese
Cherry tomatoes and/or sliced mushrooms

Slice horizontally across loaf of round white bread (3/4 inch slices) and toast. Combine meat with onion, olive, Parmesan cheese, oregano, pepper, and tomato paste. Spread 1/3 of mixture on each slice and broil 5 inches from broiler 9 minutes or until meat is done. Add Mozzarella cheese and cherry tomatoes. Broil until cheese melts.

Ann Stuhr

SPANISH RICE

3/4 c. raw rice
1 can tomatoes
1/2 c. water
3 Tbsp. chopped onion
1 Tbsp. green pepper

1/2 c. diced cheese
2 Tbsp. fat
1 tsp. salt
Speck of cayenne pepper
1 lb. hamburger

Mix all ingredients in a greased casserole. Bake slowly at 375° for 1 hour. Stir every 15 minutes.

Mary Alice Fehr

STROMBOLI SANDWICHES

2 lb. ground beef
1 Tbsp. chopped onion
1/2 c. tomato sauce
1/2 c. ketchup

2 Tbsp. Parmesan cheese
1/2 tsp. garlic powder
3/4 tsp. fennel seed
1 pkg. Mozzarella cheese

Brown ground beef and drain. Add all ingredients and simmer. Place ingredients in Pepperidge Farm buns (sliced lengthwise). Place in oven, covered with Mozzarella cheese, and bake at 350° (approximately), until bun is toasted and cheese is melted.

Susan Cairney Pogge

SUPPER ON BUN

2/3 c. canned Carnation milk
1 1/2 lb. ground beef
1/2 c. crumbs
1 egg
1/2 c. chopped onion
1 1/2 tsp. salt

3/4 tsp. Accent
1/2 tsp. pepper
2 c. grated American cheese
1 loaf French bread
1 Tbsp. mustard

Mix ingredients together. Cut bread in half. Spread mixture on bread. Wrap with foil, leaving tops uncovered. Put strips of American cheese on top last 5 minutes. Bake at 350° for 35 to 40 minutes.

Carla Abel

TATER TOT - BEEF CASSEROLE

1 lb. ground beef
1 onion
1 can cream of mushroom soup

1 pkg. tater tot potatoes
Cheese
1 can mixed vegetables

Brown beef and drain. Add cream of mushroom soup. Add tater tots. Put into 1½ quart casserole. Lay cheese over top. Bake at 350° for ½ hour. Add a can of mixed, drained vegetables to make a complete one dish meal.

Christi Steger

YAP, YAP, ONE DISH MEAL

1 lb. ground beef
1 can tomato soup
1 can vegetable soup
1 can cream of chicken soup

1 can cream of mushroom soup
1 medium onion
1 (16 oz.) pkg. noodles

(I use homemade small cans of soup.) Brown beef and onions. Blanch noodles and drain. Add the soups to noodles, then add to beef and onions after you brown beef and onions. Put into baking dish. Grate cheese over top and bake for 1 hour. Makes 2 baking dishes. Can be frozen, then baked.

Viola Kermeen

CORNED BEEF CASSEROLE

2 Tbsp. oleo
½ c. chopped onions

Brown together.

Add:

2 cans cream of celery soup
½ c. milk

Warm it. Cook one 12 ounce package noodles. Drain. Add to mixture. Layer corned beef (1 can) and noodle mixture in a greased baking dish, 9x13 inches. Put Velveeta or American cheese over the top and potato chips. Bake 20 to 30 minutes at 350°.

CALICO CASSEROLE

2 pkg. frozen mixed vegetables
3 Tbsp. butter or margarine
1½ c. fresh ½ inch bread squares
½ c. flour
½ tsp. salt
1 tsp. dry mustard

1 tsp. Worcestershire sauce
3 c. milk
½ c. butter
½ grated onion
¼ lb. American cheese
1 lb. ham, cubed

Cook vegetables. Melt the 3 tablespoons margarine with the bread squares. Set aside. Mix flour, salt, mustard, and Worcestershire sauce. Add 1 cup of the milk. Heat remaining milk and stir slowly into flour mixture and add the ½ cup butter. Cook slowly until smooth and thick. Add onion and cheese and cook until cheese melts.

Add drained vegetables and ham and pour into 6x12 inch Pyrex baking dish. Refrigerate if prepared a day ahead. One hour before serving, sprinkle with buttered squares. Bake at 350° for 40 minutes (uncovered). Serve over Chinese noodles.

Jean E. Brewer

HAM AND EGGS SOUFFLE

16 slices white bread
1 pkg. thinly sliced ham
3 pkg. grated Cheddar cheese
6 eggs
3 c. milk

½ tsp. salt
½ tsp. dry mustard
1 c. crushed potato chips
½ c. melted butter

Trim crust from slices of bread. (Save for dressing or bread pudding.) Grease a 9x13 inch pan. First layer - 8 slices bread. Second layer - thinly sliced ham. Third layer - 3 packages grated Cheddar cheese. Fourth layer - refrigerate overnight. Next day, beat eggs. Add milk, salt, and dry mustard. Pour over layers in pan. Top with potato chips and butter. Bake at 350° for 1 hour.

Shirley Hatcher

CROCK POT SCALLOPED POTATOES AND HAM

6 to 8 slices ham (1 to 1½ lb.)
8 to 10 medium potatoes, sliced thin
2 medium onions, sliced thin

1 can Cheddar cheese soup
1 can cream of celery or mushroom soup
Paprika

Layer ½ of ham, potatoes, and onions. Sprinkle with salt and pepper and ½ can of cheese soup. Layer remaining ham, potatoes, onions, and cheese soup. Add celery or mushroom soup on top, undiluted. Sprinkle with paprika. Cover and cook on LOW 8 to 10 hours or HIGH 4 hours. Stir once ½ hour before serving.

Jolene Kiel

SWISS HAM - POTATO SCALLOP

1½ c. shredded Swiss cheese
½ c. onion, chopped
½ tsp. dill seed or weed
2 Tbsp. flour
1 tsp. salt
1 c. milk
1 c. sour cream

2 Tbsp. margarine
3 c. diced, cooked ham
½ c. fine dry bread crumbs
4 Tbsp. margarine (additional)
4 large potatoes, cooked, peeled, and sliced

Mix 1: Combine 1 cup cheese, onions, and dill together.

Mix 2: Melt 2 tablespoons margarine. Add flour and salt. Blend and add milk. Cook and stir till thick. Cool. Add sour cream.

Mix 3: Mix bread crumbs, 4 tablespoons margarine and ½ cup cheese together.

How to: In greased casserole, layer as follows: ⅓ of potatoes, ½ of ham, ½ of Mix 1, ½ of Mix 2. Repeat. Last ⅓ of potatoes on top. Mix 3 over all. Bake at 350° for 35 minutes. Serves 8.

Thelma Lane

GRANDMA'S HAM LOAF

3 lb. ground ham

Thoroughly mix or grind together.

$\frac{2}{3}$ c. chopped onions
1 $\frac{1}{2}$ c. bread crumbs

Topping:

2 cans whole cranberries

2 lb. ground fresh pork

4 beaten eggs
2 c. milk

1 c. Karo syrup

Put mixture into ungreased 11x13 inch pan. Mix topping ingredients and pour on top. Bake at 325° for 2 hours. Serves 10 to 12 people. Recipe can be halved. Can be baked frozen - a short time - and reheated when served.

Alisa Parrott

HAM LOAF

1 $\frac{1}{2}$ lb. ground ham
1 $\frac{1}{2}$ lb. ground fresh pork
1 c. rolled crackers

1 (No. 2) can tomato juice
2 Tbsp. finely cut parsley
2 eggs

Soak crackers in most of tomato juice; let stand. Mix meat and 2 eggs thoroughly. Add dash of pepper. Add crackers and mix well (keep loaf soft - not stiff). Form loaf and put into oven at 325° for 50 minutes. Pour a *little* tomato juice over loaf.

Wanda Honeywell

HAM LOAF

1 lb. smoked ham
1 $\frac{1}{2}$ lb. fresh pork (lean - fine grind)
1 c. milk
2 eggs, slightly beaten

1 grated onion
1 c. minced parsley
1 c. cracker crumbs
Salt and pepper

Basting Sauce:

1 Tbsp. dry mustard
1 c. brown sugar

1 c. burgundy wine

Grind ham with pork. Mix together ingredients for ham loaf. Shape into loaf and place in pan. Cook ingredients for basting sauce together for 5 minutes. Poke holes in the top of the ham loaf and pour sauce over. Bake at 350° for 1 hour.

Pat Hall

HAM LOAF

2 $\frac{1}{2}$ lb. ground smoked ham
 $\frac{1}{2}$ lb. ground pork
2 eggs, beaten
1 c. crushed saltines

$\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ c. chopped onions
1 c. milk

Mix all ingredients thoroughly. Place in ungreased 9x5x3 inch loaf pan. Bake for 2 hours at 350°. During last 30 minutes of baking, spread with glaze.

Glaze:

$\frac{3}{4}$ c. brown sugar
1 $\frac{1}{2}$ tsp. prepared mustard

3 Tbsp. vinegar
2 Tbsp. water

Mary Phillips

HAM STRATA

20 slices sandwich bread, crusts removed
3 c. $\frac{1}{2}$ inch cubed ham
10 oz. sharp Cheddar cheese, shredded and mixed with 10 oz. Swiss cheese, shredded

6 eggs, slightly beaten
3 c. milk
 $\frac{1}{2}$ tsp. onion salt
 $\frac{1}{2}$ tsp. dry mustard
3 c. crushed corn flakes
 $\frac{1}{2}$ c. melted butter

Cut bread slices into halves. Line bottom of greased 9x13 inch pan with $\frac{1}{2}$ the slices. Add $\frac{1}{2}$ the ham, $\frac{1}{2}$ the cheese mix. Repeat the layers. Combine milk, eggs, onion, salt, and mustard. Pour over the top and refrigerate 4 to 5 hours or overnight. Add corn flakes and butter mixture. Cover lightly with foil. Bake at 375° (350° glass) for 50 to 60 minutes. Let stand 10 minutes before serving. Serves 10 or 12.

Mary Alice Fehr

SMOKED HAM

(Including shoulders, middlings, and jowls)

1. Kill and slaughter 3 lightweight hogs.
2. Salt down for 6 weeks in a barrel - 8 pounds of salt to which add $\frac{1}{4}$ pound black pepper, $\frac{1}{2}$ pound light red pepper, $\frac{1}{2}$ pound brown sugar, 4 ounces salt petre. Mix ingredients well and with the salt rub into hams which are to be laid in a barrel, skin side down.
3. Cut out the tongues; tie them together and lay them in the bottom of the barrel with the hams.
4. Lay out the hams on the bottom of the barrel, skin side down, along with the tongues, and then lay the shoulders above the hams and the middlings (bacon) above the shoulders.
5. All the trimmings from the hams, shoulders, etc., to be cut into convenient lengths (5 to 6 pounds) for the ultimate feeding into the grinder for sausage but before grinding to be laid out and seasoned as follows for each 21 pounds of meat, including a mixture of fat.

1 small teacup salt
1 Tbsp. black pepper
 $\frac{1}{2}$ Tbsp. cayenne pepper

6 Tbsp. sage
6 Tbsp. celery salt

Sprinkle the preceding mixture over the meat. Rub in and then grind and put into crocks and cover with hot grease.

Pauline Demory

PORK CHOP DRESSING

6 c. bread cubes
 $\frac{1}{4}$ c. oleo, melted
Onion to taste
Celery to taste

2 tsp. poultry seasoning
2 beaten eggs
1 Tbsp. chicken bouillon, dissolved in 1 c. boiling water

Cube bread into large bowl. Add melted oleo, onion, celery, and poultry seasoning. Add eggs and mix in before adding water. When thoroughly mixed, add bouillon mixture. Brown 4 to 5 pork chops. (Excess fat may be added to dressing.) Put chops in pan and put dressing over top. Bake at 350° for 1 to 1½ hours.

Devra Flaharty

CHINESE EGG ROLLS

1 pkg. won ton wrap	1½ tsp. salt
1 big onion	1 tsp. sugar
⅛ tsp. black pepper	Dash of monosodium glutamate
1 carrot	1 egg
2 lb. pork shoulder meat	

Grind pork that does not have much fat. Cut carrot and onion into very, very small pieces. Mix meat, vegetables, egg, and seasonings together in a bowl. Take won ton wraps and fill with meat mixture in one end. Roll up wrap and fold in edges as you roll. Seal the rolled wrap with a little water. Put vegetable oil in pan and heat it to boiling. Turn down the heat and put in several egg rolls like ducks swimming on a pond. Use chopsticks to place in pan, to turn and to remove from pan. Cook for about 15 to 20 minutes or when egg rolls look yellow. Place on paper towels to drain. Serve while warm.

Chau Luong, Elaine Markuson

HOLIDAY PORK ROAST

4 or 5 lb. pork roast (loin)	½ c. soy sauce
2 Tbsp. dry mustard	2 cloves garlic, minced
2 tsp. thyme	1 tsp. ginger
½ c. cooking sherry	

Bone, roll, and tie loin roast and place in shallow pan or baking dish. Rub with mixture of dry mustard, thyme, sherry, soy sauce, garlic, and ginger. Pour over meat. Let stand 3 to 4 hours or overnight in refrigerator; turn occasionally. Remove meat from marinade. Place on rack in shallow roasting pan. Roast, uncovered, at 325° for 2½ to 3 hours, till meat thermometer registers 185°. Melt 1 (10 ounce) jar of currant jelly. Add 1 tablespoon soy sauce and 2 tablespoons sherry. Stir and simmer 2 minutes. Serve with roast. Makes 10 to 12 servings.

Ardith Sweeney

KAY'S SAUSAGE SOUFFLE

8 slices white bread, cubed	1 tsp. dry mustard
2 lb. Jimmy Dean mild sausage	½ tsp. salt
2 c. sharp Cheddar cheese, grated	1 can cream of mushroom soup
4 eggs	½ can milk
2¼ c. milk	

Butter a 9x13 inch baking dish. Place bread cubes in bottom of dish. Brown and drain sausage and spread over bread cubes. Sprinkle cheese over sausage. Beat together the eggs, 2¼ cups milk, mustard, salt, and pour over all. Cover with

foil and refrigerate overnight. In the morning, mix the soup with ½ can milk and pour over top. Bake at 300° for about 1 hour or until thoroughly heated.

Gertrude Brown Hughes

SAUSAGE SOUFFLE

1 lb. Brown and Serve link sausages	1½ c. milk
6 slices bread, cubed (with crusts)	4 eggs, beaten
1½ c. grated Cheddar cheese	¼ tsp. salt

Day before serving: Fry sausage and drain. Cut into 3 or 4 pieces. Grease a 9 inch square casserole and alternate layers of bread, links, and cheese. Mix together milk, eggs, and salt. Pour over the sausage mixture. Cover and refrigerate. The next day: Bake at 325° for 45 minutes. Serve hot.

This is an excellent brunch dish.

Jean Cairney Marshall

SWEET AND SOUR SPARERIBS

4 to 5 lb. spareribs	1 large onion
1 large green pepper	1 can chunk pineapple

To prepare (no oil). Fry spareribs until brown. Add 1 cup white vinegar. Cover and steam, stirring occasionally, for 1 hour. Rinse in colander and return ribs into frying pan.

Add:

1 large onion	2 Tbsp. soy sauce
1 can pineapple	Accent
2 c. water	1 c. brown sugar
4 Tbsp. cornstarch	1 green pepper

Don't cover.

Kathy Edrington

BROCCOLI AND CHICKEN

3 chicken breasts, cooked and cubed	1 c. mayonnaise
2 boxes frozen cut broccoli, thaw and drain	1 Tbsp. lemon juice
2 cans cream of chicken soup (undiluted)	¼ tsp. salt
	1½ c. grated Cheddar cheese
	1 c. Pepperidge Farm dressing
	1 Tbsp. melted butter

In a 9x13 inch dish, place chicken and then broccoli. Mix together soup, mayonnaise, lemon juice, and salt. Pour this over chicken and broccoli. Top with cheese. Combine dressing and butter. Sprinkle this on top. Bake at 350° for 30 to 35 minutes.

Regina Johnson, Pauline Larsen

BROCCOLI-CHIX RICE-CHEESE CASSEROLE (MICROWAVE)

- 1 stick butter
- 1/4 c. chopped onion
- 1/4 c. diced celery
- 1/4 c. chopped green pepper
- 1 pkg. frozen chopped broccoli

- 1 roll Kraft garlic cheese
- 1 can cream of mushroom soup
- 2 c. chopped, cooked chix
- 3 c. cooked rice

Melt butter on *low* 1 minute. Preheat browning grill on high 2 to 3 minutes. Saute on grill: Butter, celery, green pepper, onion, 2 1/2 minutes on high. Thaw broccoli 4 1/2 minutes on HIGH. Drain. Place preceding in large glass dish. Add cheese. Cut and place around. Cover with glass lid or Saran Wrap (slit). Microwave 1 1/2 minutes on LOW. Remove and add soup, rice, and chix. Stir well. Cover. Micro ROAST 7 to 8 minutes. Serves 6 to 8.

Regina Johnson

CHEESY CHICKEN SOUP (MICROWAVE)

- 1 whole chicken breast
- 1/2 c. water
- 1/4 c. chopped onion
- 1/4 c. chopped carrot

- 1/4 c. chopped celery
- 1 can cream of chicken soup
- 3/4 c. milk
- 2 oz. American cheese, shredded

In 1 1/2 quart casserole, combine chicken, water, onion, carrot, and celery. Microwave on HIGH about 8 minutes till done. Remove chicken and cool. Remove meat. Return to casserole. Stir in soup and milk. Blend. Microwave 4 to 5 minutes until hot. Stir in cheese until melted.

Toni Mackland

CHICKEN AND NOODLES

- 3 Tbsp. butter
- 3 Tbsp. flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 1/2 c. milk

- 3 c. diced, cooked chicken
- 1 (8 oz.) pkg. noodles, cooked
- 1 Tbsp. minced chives
- 1 Tbsp. minced parsley
- 1/2 c. grated Italian cheese

Melt the butter over low heat. Blend in the flour. Add the salt and pepper and then pour in the milk slowly while stirring. Stir and cook until smooth and thickened. Add chicken and heat. Place the hot noodles in a casserole dish. Stir in the chives, parsley, and 1/4 cup cheese. Pour the chicken and sauce over the noodles. Mix and top with remaining cheese. Place under broiler until hot and bubbly and the cheese melts and browns. Makes 6 servings.

Sherry Bills

CONTINENTAL CHICKEN

- 6 or 8 boned chicken breasts
- 6 or 8 slices bacon
- 1 pkg. dried beef

- 1 (10 oz.) can cream of mushroom soup
- 1/4 c. sour cream

Arrange dried beef in bottom of greased *slow cooker*. Wrap each chicken breast with a slice of bacon and place on dried beef. Mix soup and sour cream. Pour over chicken. Cover and cook on LOW setting - 8 to 10 hours. Leave the vent open.

Mary Phillips

CHICKEN DELIGHT

- 1 pkg. chipped beef
- 4 or 5 chicken breasts
- 4 or 5 slices bacon
- 1 1/2 c. sour cream

- 8 oz. pkg. cream cheese
- 1 can chicken soup
- Rice

First: Line large deep casserole with 1 package chipped beef, shredded finely. Second: Roll 4 or 5 chicken breasts, which have been deboned, skinned, and cut in half or thirds, depending on size in one slice of bacon. Place on bed of chipped beef. This may be prepared and frozen day ahead. Third: Mix 1 1/2 cups sour cream, 8 ounces creamed cheese, and 1 can chicken soup, undiluted, until smooth. Pour over chicken in casserole. Bake at 300° for 2 hours, covered, and at 250° for 2 hours, uncovered. Serve over rice (optional).

Pat Goecker Thomas

CHICKEN DIVAN SANDWICHES

- 3 Tbsp. butter
- 2 Tbsp. flour
- 1 c. milk
- 1/2 c. chicken broth
- 1/4 c. Parmesan cheese
- 1/3 head broccoli, cooked until tender

- 1/4 c. grated Swiss cheese
- 6 cooked chicken breasts (1/2)
- 6 slices bread
- 6 thin slices Fontina cheese
- Slivered almonds

To make sauce: Melt 2 tablespoons butter. Add flour. Remove from heat and add milk and broth. Stir until thickened. Remove and add grated Parmesan cheese, Swiss cheese, and 1 tablespoon butter. Blend. Salt and pepper to taste.

To make sandwiches: Toast and butter bread. Arrange chicken slices (salted) on top of toast. Top with slices of Fontina cheese, then 2 to 3 broccoli spears. Place on foil lined cookie sheet or individual baking dishes. Sprinkle with almonds. Spoon on sauce. Bake at 350° for 10 to 15 minutes, then broil 1 to 2 minutes until browned.

Anne Crowl

CHICKEN ENCHILADA

- 2 (10 3/4 oz.) cans cream of chicken soup
- 1 (4 oz.) can chopped green chili peppers
- 1 (13 oz.) can evaporated milk

- 1 medium onion, sliced thinly
- 2 lb. chicken breasts, cooked until tender
- 1 pkg. Doritos, broken up
- 10 slices Swiss cheese

Mix soup, milk, and chili peppers. Heat. Line baking dish with 1/2 of crushed Doritos. Place cubed pieces of cooked chicken on top. Place onion slices over this. Pour over this the soup mixture. Top with cheese slices. Sprinkle remaining Doritos on this. Bake at 350° for 45 minutes. Let stand 5 minutes before serving.

Pauline Larsen, Regina Johnson

CHICKEN ESSEX

- | | |
|---|--|
| 4 c. cooked chicken, cubed | 1 small onion, finely chopped |
| 1/2 lb. fresh mushrooms, sliced and sauteed in butter | 1/2 green pepper, finely chopped |
| 2 c. elbow macaroni (uncooked) | 1 (2 oz.) jar pimento, diced |
| 1 can cream of mushroom soup | 1 small can water chestnuts, finely sliced |
| 1 can cream of chicken soup | 1/2 lb. Cheddar cheese, grated |
| 14 oz. chicken broth (either Swanson's or homemade) | 1/2 tsp. salt (over chicken) |

Combine ingredients in order and pour into a 9x13 inch Pyrex dish. Cover with foil and store in refrigerator overnight. Bake at 350° for 1 hour. Remove foil before baking. Also a good idea to bring to room temperature before baking. Otherwise allow a longer baking time.

Ruth Hiscocks

CHICKEN AND RICE CASSEROLE

- | | |
|------------------------------|----------------------------|
| 1 cut up chicken | 1 can cream of celery soup |
| 2 c. rice (uncooked) | 1 pkg. dry onion soup |
| 1 can cream of mushroom soup | 1 c. water |

Stir together the cream soups. Add rice with 1 cup of water. Spread the mixture into a baking dish or pan. Place raw chicken parts on the soup and rice mixture. Sprinkle with the dry onion soup. Seal the baking dish with aluminum foil and bake for 2 hours at 350°. A total of 10 to 15 chicken parts can be used.

Sandy Sealock

CHICKEN DISH WITH RICE

- | | |
|------------------------------|---|
| 1 (small) box Minute rice | 1 env. dry onion soup |
| 1 can cream of celery soup | 1 or 2 frying chickens or chicken parts, browned if desired |
| 1/2 c. milk | |
| 1 can cream of mushroom soup | |

Grease large baking pan approximately 9x13 inches. Sprinkle box of Minute rice over bottom of the pan. Heat celery soup and cream of mushroom soup with the milk. Stir until well blended. Pour into baking pan. Lay the chicken over top and sprinkle with the dry onion soup. Seal pan with aluminum foil and bake in a 325° oven for 2 hours.

Estella Wise

CHICKEN MARNE

Cook 2 packages frozen broccoli according to directions and drain. Place in bottom of 9x13 inch cake pan. Cut up 3 to 4 cups cooked chicken. Cut chicken into bite-size pieces and put on top of the broccoli.

Sauce:

- | | |
|---------------------|-----------------------------|
| 1 c. Cheddar cheese | 1 c. mayonnaise |
| 1 c. sour cream | 1 can cream of chicken soup |

Mix and melt together. Pour over chicken. Bake at 350° for 30 minutes.

Denise Mase

CHICKEN RICE ROGER*

- | | |
|--|---------------------|
| 2 to 3 lb. frying chicken or breasts | 3 oz. can mushrooms |
| 1 c. uncooked rice | 1/2 stick butter |
| 1 to 3 Tbsp. diced onion | Salt and pepper |
| 2 c. water or broth, made from boiling necks and backs | |

Flour and lightly brown chicken in oil or Crisco. Put rice, salt, and pepper in baking dish. Sprinkle with onion and put mushrooms with juice over it. Put chicken over it, skin side up. Dot with butter. Cover tightly. Bake at 350°F. 1 hour, then check for done quality of rice. Add more water if needed and more time.

* Roger, as in quick to fix.

Elizabeth Thomsen Chalmers

COLORADO FEED AND GRAIN STYLE CHICKEN

- | | |
|----------------------|-------------------------|
| 1 c. soy sauce | 3 Tbsp. sugar |
| 1 c. dry sherry | 8 to 10 chicken breasts |
| 2 c. pineapple juice | |

Bone chicken breasts, leaving skin on. Marinate 8 to 24 hours. Charbroil till chicken is done.

Robert Thomsen

EASY CHICKEN AND RICE

- | | |
|---|---|
| 2 c. rice | 1 can milk |
| 2 cans soup (cream of chicken, cream of mushroom, or one of each) | 6 chicken breasts (legs and thighs may be used) |
| | Dry onion soup mix |

Mix together rice, soup, and milk and pour into well greased baking dish. Place chicken on rice. Dot with butter, salt, and pepper. Sprinkle with dry onion soup mix. Cover with foil and bake at 350° for 1 1/2 to 2 hours. Remove foil the last 15 minutes.

Variation from Pauline Larsen: Use 1 1/2 cups rice instead of 2 cups. Use 1 can of water instead of milk.

Connie Johnson

CHICKEN STRATA

32 slices white bread (8 of them buttered)
3 (3 lb.) chickens, steamed until tender
2 large onions, chopped
2 c. celery, chopped
1 c. green pepper, chopped
2 c. mayonnaise (real, not salad dressing)

2 tsp. salt
1/2 tsp. pepper
6 eggs
6 c. milk
4 cans cream of mushroom soup
2 c. Cheddar cheese, shredded

Cut 8 buttered bread slices into 1/2 inch cubes. Reserve. Cut 24 bread slices into 1 inch cubes - keep separated into 4 parts. Put one part into each of 2 buttered 9x13 inch pans. Combine chicken - cut into pieces (leaving some not too small) with onion, pepper, celery, mayonnaise, salt, and pepper. Arrange 1/2 over each of the bread cubes. Cover each with one of the other 2 parts of bread. Combine milk and beaten eggs. Pour half over each pan of mixture. Cover and keep in refrigerator overnight. Spread 2 cans of soup over each pan. Sprinkle with buttered bread. Bake 1 hour at 325°. Sprinkle with cheese. Return to oven for 10 minutes. Let set 10 minutes before serving. Serves 24.

Helen Thomsen

COUNTRY STYLE CHICKEN KIEV

2/3 c. butter
1/2 c. dry bread crumbs
2 Tbsp. grated Parmesan cheese
1 tsp. basil leaves
1 tsp. oregano leaves
1/2 tsp. garlic salt

1/4 tsp. salt
2 boneless chicken breasts, split
1/4 c. dry white wine
1/4 c. chopped green onion
1/4 c. chopped parsley

Preheat oven to 375°. In heavy 2 quart saucepan, melt butter. Meanwhile, on a piece of waxed paper, combine bread crumbs, cheese, basil, oregano, garlic salt, and salt. Dip chicken breasts in melted butter, then roll in crumbs to coat. Roll and place, skin side up, in ungreased 9 inch square baking dish. Bake at 375° for 50 to 60 minutes. Meanwhile, add wine, green onions, and parsley to remaining melted butter (about 1/2 cup). When chicken is brown, pour butter sauce around and over. Return to oven for 3 to 5 minutes. Serve with sauce spooned over.

Sherry Bills

CRISP CHICKEN

3 lb. cut up fryer
1/3 c. butter or margarine
1 egg
1/2 c. evaporated milk

1 c. flour
1 tsp. baking powder
2 tsp. paprika
1 tsp. salt

Melt butter or margarine on cookie sheet. Beat egg and add milk. Dip chicken pieces into egg mixture and roll in mixture of baking powder, flour, salt, and paprika. Place pieces, skin side down, onto buttered sheet. Bake 30 minutes at 375° to 400°. Turn pieces and bake for 30 minutes longer.

Virginia VanWyngarden

OVEN-HERB CHICKEN

2 1/2 to 3 lb. chicken
1 env. onion soup mix
1/2 c. melted margarine

1 tsp. paprika
Fine dry bread crumbs
Paprika

Combine soup mix, margarine, and paprika. Spread mixture on chicken, then roll in bread crumbs and sprinkle with paprika. Bake in greased jelly roll pan at 375° for 1 hour.

Peg Anderson

ROLLED CHICKEN WASHINGTON

1/2 c. finely chopped fresh mushrooms or 1 (3 oz.) (2/3 c.) broiled, chopped mushrooms, drained
2 Tbsp. butter or margarine
2 Tbsp. flour
1/2 c. light cream
1/4 tsp. salt

Dash of cayenne pepper
1 1/4 c. shredded sharp Cheddar cheese
6 or 7 flattened, boned whole chicken breasts
All-purpose flour
2 slightly beaten eggs
3/4 c. fine dry bread crumbs

Cheese Filling: Cook mushrooms in butter about 5 minutes. Blend in flour; stir in cream. Add salt and cayenne pepper. Cook and stir until mixture becomes thick. Stir in cheese. Cook over very low heat, stirring constantly, until cheese is melted. Turn mixture into pie plate. Cover; chill thoroughly, about 1 hour. Cut the firm cheese mixture into 6 or 7 equal portions. Shape it into short sticks. If not already done, remove skin from chicken breasts. Sprinkle meat with salt. Place a cheese stick on each chicken breast, tucking in the sides. Roll chicken as for jelly roll. Press to seal well. Dust the chicken rolls with flour. Dip in slightly beaten egg, then roll in fine dry bread crumbs. Cover and chill chicken rolls thoroughly, at least 1 hour. Or, fix ahead and chill overnight. About an hour before serving time, fry rolls in deep, hot fat (375°) for 3 to 5 minutes or till crisp and golden brown. Drain on absorbent paper towels. Place rolls in shallow baking dish and bake in slow oven (325°) about 30 to 45 minutes. Serve on warm platter. Makes 6 or 7 servings.

Patricia Lundquist

VIETNAMESE STEAMED CHICKEN (REFUGEE RECIPE)

1 whole chicken
1 onion
1/8 tsp. black pepper

1 tsp. salt
1/8 tsp. monosodium glutamate
1 lime

Cut onion into very small pieces and combine it with black pepper, salt, and monosodium glutamate. Smear mixture on all parts of the chicken. Place chicken in large bowl. Cover it and put it in the refrigerator for 3 hours. To cook chicken, steam it for 45 minutes to an hour. Use chop stick to pierce through the thigh of the chicken. If there is not red water, it is cooked. Cut chicken into serving pieces. Eat chicken by dipping it into individual bowls of a mixture of lime juice, salt, and black pepper.

Phuong Nguyen, Elaine Markuson

SWEET AND SOUR CHICKEN

1 chicken, cut up
1 (8 oz.) jar apricot preserves
1 bottle Russian dressing

1 pkg. onion soup mix
Salt and pepper

Place chicken pieces in shallow pan. Cover with jar of preserves. Add bottle of Russian dressing. Salt and pepper to taste. Sprinkle with package of soup mix. Bake at 350°, covered, for 1 hour and 1/2 hour uncovered.

Teena Kern

BARBECUED RACCOON

1 raccoon
1 can tomato paste
2 bay leaves, crumbled
3 Tbsp. Worcestershire sauce

4 Tbsp. brown sugar
3 Tbsp. lemon juice
1/4 c. vinegar
1 tsp. black pepper

Clean raccoon, removing as much fat as possible. Parboil until tender. Remove meat from bones and place in baking pan. Combine other ingredients and pour over meat. Bake for 1 1/2 hours. Add tomato juice to moisten as needed.

Elliott A. Butler

BRUNCH EGG CASSEROLE

2 c. Pepperidge Farm onion and
garlic croutons
1 c. sharp cheese, grated
4 eggs
2 c. milk

1/2 tsp. salt
Dash of pepper
1/2 tsp. prepared mustard
Bacon crumbles

Put croutons and cheese in bottom of baking dish. Beat eggs; add milk and seasonings. Pour over croutons and cheese. Refrigerate overnight. Bake at 350° for approximately 1 hour. Last 10 minutes in oven, sprinkle with bacon crumbs.

Sausage may also be substituted for the bacon.

Joyce Zach

SCRUMPTIOUS EGGS

1 1/2 lb. Monterey Jack cheese,
shredded
3/4 lb. mushrooms (fresh), sliced
1/2 large onion, chopped
1/4 lb. butter or margarine, melted
1/2 to 1 c. cubed ham

7 eggs, beaten
1 3/4 c. milk
1/2 c. flour
1 Tbsp. parsley
1 Tbsp. season salt

Place 1/2 the cheese on the bottom of buttered 9x13 inch dish. Saute onions and mushrooms in butter. Place over the cheese. Spread the ham. Top with rest of cheese. Refrigerate overnight if necessary. When ready, beat eggs, milk, parsley, and salt. Pour over dish. Bake at 350° for 45 minutes. Serves 10.

Sue Sealook

PERSIAN VEGETABLE KOKO (OMELET)

1 parcel celery
3 small green onions
1/2 parcel fresh spinach
1 tsp. baking powder

1/2 tsp. salt
1/2 tsp. black pepper
3 tsp. oil
6 eggs

Wash and cut celery, onions, and spinach into very, very small pieces. Add eggs and spices to vegetables and beat by hand for 5 minutes. Put oil in frying pan. It is better to use a Teflon pan. Heat oil until hot. Pour omelet into pan and cook 4 or 5 minutes. Put pan in oven and broil the top of the omelet for 3 minutes or until it is solid and light brown. Cut into pie shaped pieces and serve warm. *This is good for lunch.*

Mahdokt keeps the vegetables cut up in her refrigerator continuously so that she can make this dish quickly. She would be happy to demonstrate how to make this dish.

Mahdokt Moteghed, Elaine Markuson

IMPOSSIBLE QUICHE

1 pkg. diced sandwich ham
1 c. shredded Swiss cheese
1/3 c. chopped onion

1 1/2 c. milk
3/4 c. Bisquick
3 eggs

Place ham, cheese, and onion in bottom of 9 x 1 1/4 inch pie plate. Blend milk, Bisquick, and eggs and pour into pie plate. Salt and pepper. Bake at 400° for 35 minutes.

Tim Jorgensen

CAROLINE'S QUICHE LORRAINE

1 (9 inch) pie shell
1 medium onion, finely chopped
4 slices bacon, diced
1/2 lb. Swiss cheese, grated
4 eggs, well beaten
2 c. half & half

1 Tbsp. melted butter
1/2 tsp. nutmeg
Dash of Tabasco sauce
1/4 tsp. salt
1/8 tsp. pepper

Saute bacon and onion together. Sprinkle bacon and onion over bottom of pie shell. Combine remaining ingredients. Pour this mixture into pie shell over onion and bacon. Bake at 400° for 15 minutes. Reduce heat to 350° and bake about 30 minutes longer. Allow to cool slightly before serving.

This recipe is from Paul Shank's "Tiffin Inn" in Denver.

Gertrude Brown Hughes

CHEESE FONDUE OR SPREAD

1/2 c. butter
3/4 lb. Velveeta cheese
1 env. Dream Whip
1/2 c. cold milk

1/2 tsp. mustard
1/2 tsp. garlic salt
1/2 tsp. Worcestershire sauce
1 beaten egg

Melt butter and Velveeta cheese together. Whip 1 envelope of Dream Whip according to package directions, omitting vanilla. Fold in melted cheese and butter into Dream Whip. Add last 4 ingredients. Serve warm for fondue or can be used as a cheese spread for crackers if cooled.

Joan Stebbins

CHEESE STRATA

8 slices white or whole wheat bread	2 c. milk
2 Tbsp. bacon bits	1 tsp. salt
4 eggs	1 tsp. prepared mustard
4 slices American cheese	

1. Put 4 slices of bread in baking dish. Put slices of cheese on each. Sprinkle bacon bits on top with remaining bread.

2. In mixing bowl beat eggs with fork. Stir in milk, salt, and mustard. Pour over bread. Cover with plastic wrap and let stand for 1 hour.

3. Remove plastic from dish. Put into oven at 325°. Bake 1 hour. Let stand 5 minutes and serve.

Wanda Honeywell

CORN AND NOODLE CASSEROLE

1 can cream style corn	2 c. uncooked noodles
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Cook noodles.

Add:

1 c. American cheese, diced	Salt and pepper
1 beaten egg	Crushed potato chips (for topping)
1/4 c. butter, melted	

Add ingredients in order given and bake 45 minutes at 350°.

Mrs. Rae J. Williams (Bernice)

JEMEZ RIVER NEW MEXICO FISH FILET

2 good size whitefish filets	5 to 6 drops Tabasco sauce
1 Tbsp. olive oil	5 to 6 drops Worcestershire sauce
3 mushrooms, chopped	1 Tbsp. lemon juice
2 garlic cloves, minced	Salt and pepper to taste
1 Tbsp. butter	Sage to taste
1/2 c. white dry cooking wine	Sweet basil leaves

Saute mushroom and garlic in olive oil. In another frying pan, melt butter. Add wine, Tabasco sauce, Worcestershire sauce, lemon juice, salt, pepper, and sage. Heat this, but do not let boil. Mix in mushrooms and garlic. Fry the fish in this pan with the sauce. Sprinkle with basil leaves and baste till tender.

David and Gay Thomsen

BROILED TUNA SANDWICHES

6 hamburger buns (butter)	1/4 c. dried green pepper
1 (6 1/2 or 7 oz.) can tuna fish, drained and flaked	2 Tbsp. minced onion
1 c. cubed cheese (sharp)	1/2 c. mayonnaise

Broil until hot and golden. Serves 6.

Mrs. Norm Smith (Kathryn)

COMPANY TUNA BAKE

1/3 c. chopped green pepper	1 1/2 c. milk
1/3 c. chopped onion	1 (6 1/2 oz.) can tuna, drained
3 Tbsp. shortening	1 (8 1/2 oz.) can peas, drained
1/4 c. (favorite) baking mix	1 Tbsp. lemon juice
1 (10 3/4 oz.) can cream of mushroom soup	Cheese Biscuits
	1/2 c. shredded process cheese

Heat oven to 425°. Cook and stir pepper and onion in shortening until tender. Stir in 1/4 cup baking mix. Add soup. Gradually stir in milk. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in tuna, peas, and lemon juice. Pour into baking dish, 11 3/4 x 7 1/2 x 1 3/4 inches.

For Cheese Biscuits, prepare biscuits by mixing 2 cups baking mix and 1/2 cup water, add shredded cheese. Roll into rectangle, 15 x 9 inches. Roll up tightly, beginning at wide side, pinching edge into roll. Cut into 12 slices. Place on tuna mixture. Bake 20 to 25 minutes. (Makes 4 to 6 servings.)

Patricia Lundquist

SEAFOOD CASSEROLE

1 (4 1/2 oz.) can shrimp	1 c. mayonnaise
1 (6 oz.) can crabmeat	1 c. buttered seasoned stuffing crumbs
1 c. chopped celery	1 Tbsp. Worcestershire sauce
1 c. chopped green pepper	
1 c. chopped onion	

Drain shrimp and flake crab. Combine all ingredients, reserving some of the crumbs to place on top. Put into greased baking dish. Sprinkle reserved crumbs on top. Add salt and pepper to taste. Bake at 350° for about 30 minutes. Serves 6.

Carla Abel

COQUILLES ST. JACQUES (SHELLS SAINT JACOB)

1 lb. scallops	Parsley
1 c. small shrimp	1/2 c. grated Swiss cheese
1 c. dry white wine	1/2 c. bread crumbs
2 c. fresh sliced mushrooms	6 to 8 ceramic or natural baking shells
1/2 c. cream	2 onions, sliced
Salt and pepper	

Place scallops and shrimp in a saucepan with dry white wine and enough water to just cover. Add salt, pepper, 1 bay leaf, several sprigs of parsley, and 1 of

the sliced onions. Bring to a simmer and cook slowly 5 minutes. In a pan with a little butter, saute the mushrooms and 1 onion about 5 minutes. Drain the scallops and shrimp, reserving 1 cup liquid. Make a roux of the butter and 3 tablespoons of flour. When the mixture bubbles, add the liquid from the scallops and 1/4 cup of cream. If too thick, add a little more cream. Cook slowly 2 to 3 minutes. Add the scallops and shrimp, sauteed mushrooms and onion. Bring to simmer and correct the seasoning. Fill the shells with the mixture. Sprinkle with the grated cheese and crumbs and broil until golden brown. Dot with butter and serve piping hot.

Virginia Thomsen Deulaminck

SEAFOOD CASSEROLE

1 flat can shrimp
1 flat can tuna
1 flat can crabmeat
4 oz. can mushrooms
3 hard cooked eggs
1/4 c. butter

1/4 c. flour
2 c. milk
Salt and pepper
1 c. shredded American cheese
1 c. dry bread crumbs
1/4 c. melted butter

Drain shrimp. Remove vein and cut into halves lengthwise. Pour off oil from tuna and flake. Remove bones and cartilage from crab and flake. Drain mushrooms. Slice eggs. Make white sauce with butter, flour, and milk (season). Arrange alternate layers of seafood, mushrooms, eggs, cheese, and sauce. Combine leftover cheese with crumbs and butter. Sprinkle over top. Bake 25 to 30 minutes at 350°. Serves 6 generously.

Judy Ditmars

SHRIMP AND CHEESE SOUFFLE

1/4 c. butter
1/4 c. flour
1/2 tsp. salt
3/4 c. milk

1/4 c. dry white wine
1/2 lb. process American cheese
1 c. coarsely chopped frozen shrimp
4 large eggs, separated

Melt butter. Blend in the flour and salt. Slowly stir in milk. Cook, stirring constantly, while sauce begins to thicken. Add wine and cheese; continue cooking and stir until sauce is thick and cheese melts. Stir in shrimp (save a few whole ones for garnish). In separate bowl, beat egg yolks till thick and lemon colored. Stir in sauce and cool slightly. Beat egg white till stiff - not dry. Gently fold into shrimp mixture. Turn into *ungreased* 1 1/2 quart souffle dish. Bake at 300° for 1 hour and 15 minutes. Makes 4 to 6 servings.

Vicki Trees

Breads, Rolls, Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.	¼ lb. crumbled Bleu cheese	1 c.
2 tbsp.	⅛ c.	1 lemon3 tbsp. juice
4 tbsp.	¼ c.	1 orange	⅓ c. juice
8 tbsp.	½ c.	1 lb. unshelled walnuts	1½ to 1¾ c. shelled
16 tbsp.	1 c.	2 c. fat	1 lb.
5 tbsp. + 1 tsp.	⅓ c.	1 lb. butter2 c. or 4 sticks
12 tbsp.	¾ c.	2 c. granulated sugar	1 lb.
4 oz.	½ c.	3½ - 4 c. unsifted powdered sugar	1 lb.
8 oz.	1 c.	2¼ c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.2 tbsp. fat or liquid	4½ c. cake flour	1 lb.
2 c.	1 pt.	3½ c. unsifted whole wheat flour	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1¼ c.) uncooked	
1 qt.	4 c.	macaroni2¼ c. cooked
⅝ c.	½ c. + 2 tbsp.	7 oz. spaghetti	4 c. cooked
⅞ c.	¾ c. + 2 tbsp.	4 oz. (1½ to 2 c.) uncooked	
1 jigger.	1½ fl. oz. (3 tbsp.)	noodles2 c. cooked
8 to 10 egg whites.	1 c.	28 saltine crackers	1 c. crumbs
12 to 14 egg yolks.	1 c.	4 slices bread	1 c. crumbs
1 c. unwhipped cream2 c. whipped	14 square graham crackers.	1 c. crumbs
1 lb. shredded American cheese	4 c.	22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
- ¾ cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe.
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 2 ounces of **compressed yeast** = 3 (¼ ounce) packets of dry yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- ⅓ teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1½ c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed.
- 3 c. **dry corn flakes** = 1 c. crushed.
- 10 **miniature marshmallows** = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven250° to 300° F.
Slow oven300° to 325° F.
Moderate oven325° to 375° F.
Medium hot oven375° to 400° F.
Hot oven400° to 450° F.
Very hot oven450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall2 cups
No. 3032 cups
No. 22½ cups
No. 2½3½ cups
No. 34 cups
No. 1012 to 13 cups

BREADS, ROLLS, PASTRIES

BEER BREAD

1 can beer
3 c. **self-rising flour**

4 Tbsp. sugar

Mix well and pour into a well greased bread pan. Bake at 350° for 1 hour. Remove from oven and butter top. Return to oven for 15 minutes or until top is browned. *Makes a very good toast.*

Lorraine Galvani

BUTTERY OATMEAL BREAD STICKS

1½ c. **all-purpose flour**
1 pkg. **active dry yeast**
1¼ c. **water**
2 Tbsp. **shortening**

1 Tbsp. sugar
1½ tsp. salt
1½ c. **all-purpose flour**
1 c. **quick cooking rolled oats**

In large bowl, stir together the 1½ cups flour and dry yeast. Heat together until warm the water, shortening, sugar, and salt. Stir to melt shortening. Add flour mixture. Beat at low speed for ½ minute, then beat 3 minutes at high speed. By hand, stir in the other 1½ cups flour and 1 cup rolled oats. Cover and let rise till double. Punch down. Let rest 10 minutes. Shape into 24 sticks, ½ inch thick. Place on greased baking sheet. Let rise till double. Bake at 375° for 20 to 25 minutes. While warm, brush with melted butter.

Lorraine Galvani

CORNY CORN BREAD

1 (12 oz.) can whole kernel corn
with sweet peppers
1 c. **yellow corn meal**
1 c. **all-purpose flour**
1¼ c. **milk**

¼ c. sugar
1 Tbsp. **baking powder**
1 tsp. salt
2 eggs
¼ c. **cooking oil**

1. Grease 9x9x2 inch pan with some shortening. Drain corn.
2. Mix corn meal, flour, sugar, baking powder, and salt. Mix well.
3. Beat eggs with fork. Add corn, milk, and oil. Stir with fork till well mixed. Add flour mixture. Stir till well mixed.
4. Pour into greased pan. Bake in 425° oven for 35 to 40 minutes until golden brown. Serve warm.

Sharon Hardiman

CRANBERRY NUT BREAD

2 c. **flour**
1½ tsp. **baking powder**
¾ c. **orange juice**
1 egg

1 c. sugar
½ tsp. **soda**
¼ c. **shortening**

Mix preceding ingredients together. Fold in 1/2 cup chopped nuts and 2 cups cranberries (cut into halves). Grease loaf pan. Bake at 350° for 1 hour.

Denise Mase

DILLY BREAD

1 pkg. yeast	2 Tbsp. sugar
1/4 c. warm water	1/4 tsp. soda
1 c. creamed cottage cheese, heated to lukewarm	1 egg
1 Tbsp. melted butter	2 tsp. dill seed
1 tsp. salt	1 Tbsp. instant minced onion
	2 1/4 to 2 1/2 c. flour

Soften yeast in water. Combine in mixing bowl, cottage cheese, onion, dill seed, salt, soda, egg, butter, and yeast. Add flour gradually, beating well after each addition. Form a soft ball. Cover. Let rise 1 hour. Stir down dough and turn into well greased 2 quart casserole. Let rise 30 to 40 minutes. Bake at 350° for 40 to 50 minutes. Brush with soft butter and sprinkle with salt.

Cathy Nourse

GREEN ONION LOAF

1/2 c. margarine, softened	8 oz. loaf (16 inches long) French bread, split
2 1/2 Tbsp. green onions, chopped	Parsley
3 Tbsp. grated Parmesan cheese	
Fresh ground pepper to taste	

Mix well all ingredients, except bread, and spread on cut surfaces of bread. Place halves together. Wrap in foil. Bake in preheated 400° oven for 10 minutes. Open foil. Separate halves, cut side up. Bake 5 to 7 minutes longer or until bubbly and lightly browned around edges. Cut into 1 inch slices.

Peg Anderson

MEDIUM RYE BREAD

2 pkg. dry yeast	3 Tbsp. brown sugar, firmly packed
2 c. lukewarm water	2 Tbsp. light molasses
2 Tbsp. sugar	1 tsp. salt
3 1/4 c. sifted flour	2 c. rye flour (medium)
1/4 c. melted oleo	1/2 c. wheat germ

Dissolve yeast and 2 tablespoons sugar in lukewarm water. Beat 2 minutes with mixer on medium speed after adding 2 cups of the flour until batter is smooth. Cover. Let rise until light and bubbly. Add oleo, brown sugar, molasses, wheat germ, salt, and rye flour. Beat well. Add enough of remaining flour to make a soft dough that leaves side of bowl. Place dough in greased bowl; turn to grease top. Cover and let rise in warm place until doubled, about 1 hour. Punch down; let rise again (45 minutes). Divide in half. Shape each into a loaf. Place in greased 9x5x3 inch loaf pan. Let rise until doubled. Bake at 375° for 30 minutes or until loaves sound hollow when tapped. Remove from pans and cool on rack.

Orma Nourse

PETITE PUMPKIN LOAVES

1 c. butter, creamed with 3 c. sugar	1 tsp. baking powder
3 eggs, beaten	1 tsp. cinnamon
1 can pumpkin	1 tsp. cloves
1 tsp. vanilla	1/2 tsp. nutmeg
3 c. sifted flour	1 c. pecans
1 1/2 tsp. salt	1 c. raisins
1 tsp. baking soda	

Wash seven 1 pound cans, removing labels. Thoroughly grease insides with a pastry brush and lightly flour. Add ingredients in given order, mixing well. Fill cans 2/3 full with batter. Place cans on baking sheet and bake for 40 to 45 minutes at 350°. Let stand 10 minutes. Remove from cans and cool on rack. Wrap and store overnight before slicing.

Frankie Parrott

PUMPKIN BREAD

3 c. sugar	1 tsp. salt
3/4 c. oil	1 tsp. baking powder
1 tsp. vanilla	1 tsp. soda
4 eggs	1 tsp. cinnamon
1 (16 oz.) can pumpkin	1 tsp. nutmeg
2/3 c. water	1/8 tsp. cloves
3 1/2 c. flour	1/8 tsp. ginger

Mix sugar, oil, and eggs together. Add pumpkin and water. Sift dry ingredients together and add to the sugar, oil, and eggs. Beat well. Add vanilla. Turn into 3 greased 8x4 inch pans. Bake at 325° for 55 to 60 minutes. Cool on rack 10 minutes. Remove from pans. Cool. Wrap in plastic wrap.

Sue Cairney Pogge

RHUBARB NUT BREAD

1 1/2 c. brown sugar	1 tsp. vanilla
2/3 c. salad oil	2 1/2 c. flour
1 egg	1 1/2 c. diced rhubarb
1 c. sour milk	1/2 c. nuts, chopped
1 tsp. soda	

Mix oil, sugar, egg, and milk. Add remaining ingredients and mix well. Spray 2 loaf pans with Pam or line with waxed paper. Sprinkle top with 1/2 cup sugar and 1 tablespoon melted oleo. Bake at 325° for 60 minutes. Cool in pan, right side up. Keeps well and cuts best when chilled.

Regina Johnson, Pauline Larsen

RUTH FISHER'S VIENNA BREAD

1 c. warm water	4 c. flour
1 Tbsp. sugar	Egg white
1 Tbsp. butter	Sesame seeds (optional)
1 1/2 tsp. salt	

Mix together water, sugar, butter, and salt. Add 1 cup flour. Mix and add yeast, then gradually 3 cups flour. Let stand 10 minutes. Punch down. Do this 5 times. Roll as for jelly roll and roll up and seal sides and ends. Place on cookie sheet. Brush with egg white and sprinkle sesame seeds on top. Let rise 1 hour. Bake at 425° for 15 minutes. Bake at 375° for an additional 20 minutes. Makes 1 long delicious loaf.

Thelma Lane

STRAWBERRY-BANANA BREAD

2 c. flour	1/2 c. margarine
1 c. mashed bananas	1/2 tsp. soda
1 tsp. baking powder	3 Tbsp. milk
1/2 c. chopped nuts (optional)	1 egg
1 (3 oz.) pkg. strawberry jello	3/4 c. sugar

Cream butter. Add sugar and beaten egg. Combine soda, milk, banana pulp, and jello. Add to butter mixture. Add sifted baking powder and flour. Add nuts. Pour into well greased loaf pan. Bake at 350° for 40 minutes.

Sherry Bills

WALNUT BANANA BREAD

2 large ripe bananas	1 c. all-purpose flour
1/2 c. butter	1 tsp. cardamom
1/4 c. packed brown sugar	1 c. whole wheat flour
2 eggs	2 tsp. salt
1/4 c. dairy sour cream	1 1/2 c. chopped walnuts
1 tsp. baking soda	1/2 c. chocolate chips

Slice bananas into blender. Whip until smooth. Cream butter and sugar until light. Beat in eggs. Combine sour cream and baking soda, stirring until soda dissolves. Beat into creamed mixture. Combine cardamom, flours, and salt. Beat one-third dry mixture into creamed mixture. Beat in one-half bananas. Repeat, ending with flour. Stir in walnuts and chocolate chips. Pour into well greased 9x5 inch loaf pan. Bake at 350° for 1 hour. Cool in pan 10 minutes. Turn onto wire rack. Makes 1 loaf.

Carolyn Allen

YELLOW BREAD

1 yellow cake mix	3/4 c. water
1 (3 3/4 oz.) pkg. instant vanilla pudding	4 eggs, mix in one at a time
3/4 c. Wesson oil	1 tsp. vanilla
	1 heaping tsp. butter

Topping:

1/2 c. sugar	Nuts (optional)
2 tsp. cinnamon	

Grease and flour 2 bread pans. Mix batter. Put 1/4 of batter into bottom of each pan and sprinkle with 1/4 of topping mix. Add remaining batter and top with remaining topping mix. Bake 40 to 50 minutes at 350°. Cool slightly before removing from pans.

Jolene Kiel

BRAN MUFFINS

1 (15 oz.) box Raisin Bran	2 tsp. salt
3 c. sugar	4 eggs
5 c. flour	1 qt. buttermilk
5 Tbsp. baking soda	1 c. oil

Combine dry ingredients in a large pan. Beat eggs. Add milk and oil. Add to the bran mixture. Mix well. Bake in greased muffin tins. Fill 2/3 full. Bake 15 minutes at 400°. Batter may be stored in refrigerator for 6 weeks. Makes 6 dozen muffins.

Ardith Sweeney

OVEN BAKED DOUGHNUTS

1/3 c. scalded milk	1 pkg. yeast, dissolved in 1/2 c. warm water
3 Tbsp. sugar	2 1/3 c. flour
3 Tbsp. shortening	1/2 tsp. lemon flavoring
1/4 tsp. salt	1/4 tsp. nutmeg
1 egg, beaten	

Stir sugar, shortening, and salt in hot milk. Cool. Add yeast dissolved in water. Add egg and lemon flavoring. Combine flour and nutmeg. Add milk mixture alternately with flour and nutmeg mixture. Cover and let rise until double in size. Roll out and cut 1/3 inch thick with cutter. Brush with melted butter and let rise on greased cookie sheet until double in size. Bake in 375° oven for about 15 minutes. While warm, brush with butter and cover with powdered sugar icing or roll in powdered sugar.

In memory of Juanita Phillips

CHERRY COFFEE CAKE

1/2 c. margarine	1 c. sugar
2 c. flour	2 tsp. baking powder
1 egg + milk to make 1 c.	1/4 tsp. salt

Cream margarine and sugar. Sift flour, baking powder, and salt. Add to sugar mixture. Add egg and milk. Mix batter and spread in 12x15 inch pan. Spread over batter 1 can cherry pie filling. Mix 1 cup sugar, 1/2 cup flour, 1/2 cup margarine and sprinkle over cherries. Bake at 350° for 35 to 45 minutes.

Verna Jennings, Denise Mase

CINNAMON NUT RING

1/2 c. butter or margarine	1 tsp. ground cinnamon
6 Tbsp. light brown sugar	3 (9 1/2 oz.) cans refrigerated biscuits
1 1/4 c. sifted powdered sugar, divided	1/2 c. finely chopped pecans
	Maraschino cherries (optional)

Melt butter in a small skillet over low heat. Combine brown sugar, 3/4 cup powdered sugar, and cinnamon in a small mixing bowl. Dip each biscuit in butter and coat with sugar mixture. Place in a greased 10 inch tube pan, overlapping edges of biscuits. Sprinkle pecans over top. Bake at 350° for about 40 to 45 minutes. (Take cake out of pan immediately after baking.) Mix 1/2 cup powdered sugar with a few

tablespoons milk and drizzle over coffee cake. Garnish with maraschino cherries if desired. Yield: 10 to 12 servings.

Mary Kay Zach

COFFEE CAKE

1 c. oleo
1 c. sugar
2 beaten eggs
1/2 tsp. salt

3 tsp. baking powder
3 c. flour
1 c. milk
1 tsp. vanilla

Filling:

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

2 tsp. cinnamon
1/2 c. butter, melted and added last

1. Sift dry ingredients 3 times.
2. Cream shortening and sugar.
3. Add beaten eggs.
4. Add dry ingredients alternately with milk.
5. Add vanilla.
6. Spread 1/2 of batter into 9x12 inch pan.
7. Mix brown sugar, cinnamon, and nuts.
8. Sprinkle 1/2 of this over batter in pan.
9. Pour remaining batter on top and rest of brown sugar filling on top.
10. Pour melted butter over entire cake. Bake at 375° for 20 to 30 minutes.

Helen Cairney

JELLY ROLL

3 eggs
3 Tbsp. water
1/2 tsp. salt
1 tsp. vanilla

A few drops of almond flavoring
1 c. sugar
1 c. cake flour

Beat 3 egg whites separately. Add 3 tablespoons water. Add egg yolks, 1/2 teaspoon salt, 1 teaspoon vanilla, and almond flavoring. Add 1 cup sugar. Beat well. Fold in 1 cup cake flour or other flour. Bake in 10x15 inch pan.

Filling:

2 1/2 Tbsp. sugar
1 Tbsp. flour

1 Tbsp. butter
3 Tbsp. pineapple, crushed

Cook till thick. Spread on cake and roll in a cloth.

Viola Kermeen

ORANGE COFFEE CAKE

3/4 c. sugar
1/4 c. vegetable shortening
1 egg
1/2 tsp. butter flavoring
1/2 c. orange juice

1/2 c. milk
1 1/2 c. flour
2 tsp. baking powder
1 tsp. salt
1/4 tsp. orange flavoring

Topping:

1/2 c. sugar
1/3 c. flour
1/4 c. margarine

1/4 tsp. butter flavoring
1/2 tsp. orange flavoring

Cream together the 3/4 cup sugar, 1/4 cup shortening, egg, and 1/2 teaspoon butter flavoring. Add orange juice and milk. Stir in 1 1/2 cups flour, baking powder, and salt which have been sifted together. Lastly, add 1/4 teaspoon orange flavoring. Mix very well. Pour into greased 8 inch square pan. Prepare topping by combining last 5 ingredients. Mix well with fork and sprinkle over batter. Bake in 350° oven for 30 to 40 minutes. This coffee cake freezes well.

Sherry Bills

OVERNIGHT COFFEE CAKE

2/3 c. oleo
1 c. sugar
1/2 c. brown sugar
2 eggs
2 c. flour

2 Tbsp. dry powdered milk
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1 c. buttermilk

Topping:

1/2 c. brown sugar
1/2 c. chopped nuts

1/2 tsp. nutmeg

Combine all ingredients, except topping in a bowl. Mix on low speed until blended. Turn into greased 9x13 inch pan. Combine topping and sprinkle over top. Place in refrigerator overnight. In morning bake at 350° for 30 to 35 minutes. Cake test.

Deborah Dunlavy

QUICK COFFEE CAKE

1 1/2 c. all-purpose flour
3/4 c. sugar
2 1/2 tsp. baking powder
3/4 tsp. salt

1/4 c. shortening
3/4 c. milk
1 egg

Topping - Mix until crumbly:

1/3 c. brown sugar, packed
1/4 c. all-purpose flour

1/2 tsp. cinnamon
3 Tbsp. firm butter

Preheat oven to 375°. Blend all ingredients, except topping. Beat vigorously for 1/2 minute. Spread in a greased 8x8 inch or 9x9 inch pan. Sprinkle topping over batter. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Best when served warm.

Jolene Kiel

CINNAMON ROLLS

4½ c. flour (about)
2 pkg. yeast
¾ c. milk
½ c. butter
3 Tbsp. butter
1 Tbsp. cinnamon

⅓ c. sugar
1 tsp. salt
½ c. water
2 eggs
1 c. sugar

Combine 1 cup flour, ⅓ cup sugar, salt, and yeast. Heat milk, water, and ½ cup butter. Add to dry ingredients. Beat 2 minutes at medium speed. Add ½ cup flour and eggs. Beat at high speed 2 minutes. Add enough flour to make stiff batter. Cover tightly and refrigerate. Keeps up to 2 days. Turn onto floured board. Roll three 9x12 inch rectangles. Brush with melted butter. Combine sugar and cinnamon. Sprinkle over dough. Roll up and cut off 1 inch slices. Put into greased pans. Cover and let rise till double. Bake at 375° for 20 to 25 minutes.

Carla Abel

EASY CINNAMON ROLLS

Large marshmallows
Butter

Cinnamon-sugar mixture
Refrigerator crescent roll dough

Dip 1 large marshmallow into melted butter, then in the cinnamon-sugar mixture. Roll crescent dough around coated marshmallow. Seal edges *well*. Bake at 375° for 13 minutes.

Shon Watson

ENGLISH MUFFINS

Ingredients A:

1½ c. milk

¼ c. margarine

Ingredients B:

2 Tbsp. sugar
1 tsp. salt

1 pkg. dry yeast
1½ c. flour

Ingredients C:

1 egg

1 c. flour

Ingredients D: Use 2 cups flour or enough to make a stiff dough.

Ingredients E: Corn meal.

Heat A - milk and margarine until very warm (130°F). Combine B ingredients. Use mixer at low speed and gradually beat in liquids from A. Increase speed and beat 2 minutes. Beat in C ingredients with spoon. Add D flour. Turn dough onto lightly floured board and knead just until well mixed, about 2 minutes. Place dough in greased bowl. Cover. Let rise in warm place until double, about 1½ hours. Punch down. Turn onto lightly floured surface. Cover with bowl 15 minutes. Roll dough about ⅜ inch thick. Cut into 3 inch circles. Dip both sides and each circle into corn meal. Place on cookie sheet. Cover and let rise until doubled, about 45 minutes. Bake in

preheated 400° oven, 12 minutes, turning each muffin in 6 minutes. To serve, split muffins horizontally with tines of fork.

Virginia VanWyngharden

ENGLISH MUFFIN LOAVES

2 pkg. dry yeast
6 c. flour
1 Tbsp. sugar
2 tsp. salt

2 c. milk
¼ tsp. baking soda
½ c. water
Corn meal

Combine 3 cups flour, yeast, sugar, salt, and soda. Heat liquids until very warm (120° to 130°). Add to dry mixture. Beat well. Stir in rest of flour to make a stiff batter. Spoon into two 8½ x 4½ inch pans that have been greased and sprinkled with corn meal. Sprinkle tops with corn meal. Cover. Let rise in warm place for 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool.

Teena Kern

GENE'S FRESH BLUEBERRY MUFFINS

2 c. flour
¼ c. sugar
3 tsp. baking powder
½ tsp. salt
2 eggs, beaten

¾ c. milk
¼ c. melted butter
½ c. fresh blueberries, washed and drained

Combine and sift flour, sugar, baking powder, and salt into bowl. Add beaten eggs, milk, and melted butter. Stir just until dry ingredients are moistened. Fold fresh blueberries into the batter. Fill muffin pans ⅔ full. Bake 18 to 20 minutes at 400°. Tops will be lightly browned and blueberries burst on the insides.

I make these for Father's Day breakfast, as the fresh blueberries are just coming into the stores at that time.

Ethel Zelfel

MONKEY BREAD

3 tubes refrigerated biscuits,
quartered

Cinnamon-sugar mixture

Sauce - Melt together:

⅓ c. butter (not margarine)
1 c. brown sugar

1 Tbsp. milk

Roll each quarter of biscuit in cinnamon-sugar mixture. Layer half in Bundt or angel pan. Pour half of sauce over. Repeat layers. Sprinkle with cinnamon-sugar. Bake at 350° for 25 minutes.

Shirley Hatcher

MUFFIN MIX

Pour 2 cups of boiling water over 4 large shredded wheat biscuits. Add 2 cups chopped dates. Add 3 cups sugar. Mix well as you add the ingredients. Add ¾ cup

shortening (not liquid). Add 4 cups of All-Bran (not the buds). Add 4 eggs, 5 cups of flour, and 1 teaspoon salt. Dissolve 5 teaspoons of soda in 1 quart of buttermilk. Do not add this to the container of buttermilk, as it will run all over. You will need a *large* bowl to mix this in. Grease muffin tins. Fill $\frac{1}{2}$ full. Bake at 375° for 20 to 25 minutes. The mix may be stored in the refrigerator for 1 month. Recipe makes 3 to 3 $\frac{1}{2}$ quarts of mix. This makes a nice Christmas gift, as a quart makes about 24 muffins.

Leonre Plunkett

OATMEAL WHEAT MUFFINS

1 c. oatmeal (quick or regular)	3 tsp. baking powder
1 c. milk	$\frac{1}{2}$ tsp. salt
1 c. graham flour	1 egg
$\frac{1}{2}$ c. brown sugar or honey	$\frac{1}{4}$ c. oil

Soak oatmeal in milk for 5 to 10 minutes. Add rest of ingredients. Put into greased muffin tins. Bake at 375° for 20 minutes or till done.

Maud Wathen

ORANGE BRAN MUFFINS

$\frac{1}{3}$ c. fat	2 tsp. baking powder
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. soda
1 egg	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. All-Bran	$\frac{1}{2}$ c. orange juice
1 tsp. grated orange rind	$\frac{1}{4}$ c. milk
$1\frac{3}{4}$ c. sifted flour	

Blend fat and sugar. Add egg. Beat well. Stir in All-Bran and orange rind. Add dry ingredients with orange juice and milk. Stir only until flour disappears. Bake about 30 minutes at 400°. Add raisins if desired.

Mrs. Rae J. Williams (Bernice)

QUICK AND EASY YEAST ROLLS

2 pkg. dry yeast	2 eggs
$1\frac{1}{4}$ c. warm water	4 c. flour
$\frac{1}{4}$ c. sugar	2 Tbsp. melted shortening, cooled
$1\frac{1}{4}$ tsp. salt	

Dissolve yeast in water and salt, sugar, and eggs. Add flour gradually. Beat. Add shortening and beat. Let rise until double. Knead and make into rolls and bread. Let rise in warm place 25 to 30 minutes. Bake at 375° for 20 minutes.

Vicki Trees

COCONUT PIE BLENDER

1 c. sugar	1 c. coconut
$\frac{1}{4}$ c. butter	$\frac{1}{4}$ tsp. salt
4 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. flour	10 inch buttered pie plate
2 c. milk	

Pour ingredients from blender into pie plate. Bake at 350° for 50 minutes. Crust on bottom, filling in center. Coconut on top.

Helen Sutton

BAKED CREAM PIE

1 rounded c. sugar	4 c. milk
4 Tbsp. flour	1 tsp. vanilla
1 Tbsp. butter or cream	Nutmeg
4 eggs	

Blend sugar, flour, and butter. Add 4 egg yolks and mix well. Stir in milk (heated but not boiled) and vanilla. Add and mix well 4 beaten egg whites. Pour into unbaked crust into which nutmeg has been generously sprinkled. Bake at 400° for 15 minutes. Reduce heat to 350° and bake until set.

BANANA CREAM PIE

For crust:

1 c. flour	$\frac{1}{2}$ stick butter or margarine
1 dash of salt	

Add preceding ingredients. Cut with pastry cutter. Add 2 to 3 tablespoons of shortening and continue to cut till only crumblike mixture remains. Add ice water slowly till ball of dough forms. (Don't add too much, as mixture will be too thin.) Roll dough on floured board. Put into pie tin and flute edges, with edges spread out to edges of pie pan. Prick bottom of dough several times with fork. Brown in oven at 350°. Cool.

For Filling:

$\frac{2}{3}$ c. sugar	2 tsp. vanilla
$\frac{1}{2}$ c. flour	1 tsp. lemon juice
2 Tbsp. cornstarch	$1\frac{1}{2}$ c. milk
1 dash of salt	$1\frac{1}{2}$ c. half & half
2 Tbsp. butter	4 egg yolks (save egg whites)

Add all ingredients, except, 4 egg yolks, butter, vanilla, and lemon juice. Heat mixture until it boils and thickens. Add egg yolks (beaten) with cup of mixture. Add mixture to rest of filling. Cook 3 to 4 minutes. Add butter, vanilla, and lemon juice. Cool.

For meringue:

1 Tbsp. cornstarch	4 egg whites
1 Tbsp. cold water	8 Tbsp. sugar
$\frac{1}{2}$ c. hot water	

Mix cornstarch with cold water. Add hot water. Cook till clear and thick. Cool. Beat egg whites till stiff while adding 6 tablespoons of sugar. Beat cornstarch into egg whites. Add 2 tablespoons sugar. Beat till mixture is stiff and will stand in peaks.

For pie: Put layer of filling in pie shell. Slice 4 bananas and alternate with filling. Final layer should be pudding. Put meringue on top, covering all edges of pie. Bake at 300° till brown. Cool, keeping out of drafts.

Bob and Hollis Karcher

BLACK BOTTOM ICE CREAM PIE

1 1/2 c. gingersnap cookie crumbs	1/2 c. whipping cream
1/3 c. butter, melted	1/2 tsp. vanilla
1/4 c. powdered sugar	1/2 pt. chocolate ice cream, softened
1 c. chocolate chips	1 qt. vanilla ice cream, softened

Combine crumbs, melted butter, and sugar. Mix well. Press firmly against bottom and sides of 9 inch pie plate. Chill until set. In saucepan over low heat, heat together chocolate and whipping cream until chocolate melts. Stir in vanilla. Cool. Spread chocolate ice cream on crust. Spread about 1/4 cup of chocolate sauce over ice cream. Spoon vanilla ice cream over chocolate. Drizzle another 1/4 cup chocolate sauce over top of pie. Freeze. Use remaining sauce for sundaes or parfaits.

Carla Abel

EASY DANISH PASTRY

First part:

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

Second part:

1 c. water	1/2 tsp. vanilla or almond
1/2 c. butter	Jam or jelly
1 c. flour	1/2 c. chopped nuts (optional)
3 eggs	

Mix ingredients in first part like pie crust. Shape into ball. Divide in half and pat each very thin onto cookie sheet in oval shapes. Heat water and butter to boiling point. Remove from heat and add flour. Add eggs, one at a time, beating well after each (by hand). Spread crusts with jam (apricot is our favorite). Spread with the egg mixture over jam. Bake 1 hour at 350°. Drizzle with powdered sugar frosting and sprinkle with nuts.

Thelma Lane

FLAKY PIE CRUST

3 c. flour	1 tsp. salt
1 c. lard	

With pastry blender, cut together until like coarse meal. Beat 1 egg slightly. Add 1 teaspoon vinegar and 5 tablespoons cold water. Add to flour mixture. Mix with fork. Roll. Makes approximately three 9 inch crusts.

Fina Phillips

FRENCH APPLE PIE

1/2 c. sugar	3 Tbsp. cornstarch
1/4 c. heavy cream	3 Tbsp. butter
1 Tbsp. lemon juice	

Combine sugar, cornstarch, and cream. Bring to a boil. Add butter and lemon juice. Add well drained apple slices (20 ounce can Musselman's slices) and simmer 10 minutes. Spoon into baked pie shell (9 inches).

Topping:

1 (8 oz.) pkg. cream cheese	1/3 c. sugar
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Whip together and add 1 beaten egg. Beat well. Spread over apples. Add 1/2 cup Angel Flake coconut and 1/2 cup chopped nuts. Sprinkle on top of pie and bake 20 to 25 minutes at 350° till browned.

Mary Pauline McGee

FROSTY ORANGE PIE

1 c. uncooked oats (quick or old-fashioned)	1/3 c. melted oleo
3/4 c. flaked coconut, divided	1 qt. vanilla ice cream, softened
1/3 c. brown sugar	1/4 c. frozen orange juice concentrate, thawed

Place oats in a shallow baking pan and toast at 350° about 10 minutes. Combine toasted oats, 1/2 cup coconut, brown sugar, and butter. Mix until crumbly. Press firmly onto bottom and sides of a 9 inch pie plate. Chill. Spread 1/2 of ice cream in pie shell. Drizzle with 2 tablespoons orange juice concentrate. Repeat layers. Toast remaining coconut. Sprinkle on pie. Freeze until firm.

Denise Zach

LAKE TANEYCOMO CHOCOLATE PIE

1/2 c. Hershey's cocoa	1/4 tsp. salt
2 c. milk	2 Tbsp. butter
1 1/2 c. sugar	3 egg yolks, slightly beaten
1/4 c. cornstarch	2 tsp. vanilla

Mix dry ingredients. Add 1/2 cup milk. Add egg yolks. Add remainder of milk. Cook over medium heat, stirring constantly until very thick. Remove from stove. Add butter and vanilla. Stir until smooth. Put into pie shell. Add meringue and bake at 350°F. for about 20 minutes or until light brown.

Meringue:

3 egg whites, beaten stiff	1/4 tsp. salt
1/4 tsp. baking powder	

When stiff, add 4 to 5 tablespoons sugar and 1/4 teaspoon vanilla. Beat again and spread on pie.

Sandra Knop

LEMON CHEESE PIE

2 c. sugar
1 Tbsp. flour
1 Tbsp. corn meal
4 eggs

1/2 c. melted butter
1/4 c. milk
1/4 c. lemon juice
4 Tbsp. lemon rind

Prepare a pie crust in a 9 inch pie pan. Do not bake crust. Mix all dry ingredients, then add eggs, melted butter, milk, lemon juice, and lemon rind. Beat well with beater and pour into the unbaked pie shell. Bake at 375° for 35 or 40 minutes or until done. *Delicious!*

Mary Wickham

LEMON PIE

1 1/2 c. water
1 1/2 c. sugar
7 Tbsp. cornstarch (level)

3 eggs, separated
1/4 c. lemon juice
Butter

Mix sugar and cornstarch. Add water gradually to make smooth. Set over fire and cook till thickens, stirring constantly. Take off fire and put into double boiler and cook 15 minutes longer. Beat yolks of eggs. Add a little of the hot paste and then mix until smooth and stir into rest of paste. Add 2 tablespoons butter and lemon juice. Stir till thoroughly mixed. Put into baked pie shell. Beat egg whites, adding 1 tablespoon of powdered sugar for each egg. Pile on pie and bake till brown.

Pat Hall

MOCK APPLE PIE

2 c. water
1 1/2 c. sugar

2 tsp. cream of tartar
20 Ritz crackers

Boil first 3 ingredients for 2 minutes. Drop in whole crackers and boil 2 minutes without stirring. Put into baked pie shell and cover with crumb crust.

Crumb Crust:

3/4 c. brown sugar
1/2 stick soft butter

2 Tbsp. flour

Blend with a fork.

Denise Mase

MOTHER'S SECRET

Mother had a secret
And we knew it for a fact
'Cause when we'd ask for apple pie
How funny she would act ...

She'd let us watch her make the crust
And then she'd chase us out,
And her laugh would make us wonder
What the joke was all about.

Then Mother told her secret
And - believe it if you can -
Her "apples" were really crackers
Boiled in water in a pan.

Elizabeth M. Gerus

NO-FAIL PIE CRUST

2 1/4 c. sifted flour
1 1/2 tsp. salt

1/3 c. cold milk
1/2 c. + 1 Tbsp. salad oil

Mix. Add all at once to flour. Divide into 2 balls. Put ball between 2 sheets of waxed paper. Roll into circles. Peel waxed paper off one side. Put into pan, then remove top side of waxed paper.

Jane Holveck

OATMEAL PIE (FROM TEXAS)

3/4 c. sugar
3/4 c. corn syrup
3/4 c. quick oatmeal
1 stick butter or margarine

1/2 c. coconut
2 eggs
1 unbaked pie shell
Pecan pieces

Mix first 6 ingredients together. Pour into unbaked pie shell. Sprinkle pecan pieces over top. Bake at 350° for 45 minutes.

Sharonlyn Nelson

PIE CRUST MIX

6 c. flour
1 Tbsp. salt

2 1/3 c. shortening

Mix until very fine. Don't add liquid. Store in refrigerator.

Single Crust:

1 1/2 c. mix

3 Tbsp. water

Double Crust:

2 1/4 c. mix

4 Tbsp. water

Peg Anderson

PINK LEMONADE PIE

Pie:

1 (6 oz.) can frozen pink lemonade
9 oz. ctn. Cool Whip

1 (14 oz.) can sweetened condensed pie

Blend all ingredients in a bowl until well mixed and pour into chilled pie shell. Refrigerate for 3 hours or can be frozen.

Crust:

1 1/4 c. graham cracker crumbs
(about 14 crackers)

1/4 c. sugar
6 Tbsp. melted butter

Mix crumbs, melted butter, and sugar together and press firmly into an 8 or 9 inch pie pan. Chill 1/2 hour.

Teena Kern

RHUBARB PIE FILLING

3 c. rhubarb, cut up	1 egg
1 1/2 c. sugar	Sprinkle of salt
2 rounded Tbsp. flour	1 Tbsp. butter

Mix 1 1/2 cups of sugar and the 2 rounded tablespoons of flour together and mix into rhubarb. Beat the egg and sprinkle with salt and stir into rhubarb mixture. Pour into unbaked pie shell. Dot with butter and cover with top crust. Start at 450° and bake till crust starts to brown. Reduce heat to 350° and continue baking until juice begins to boil out of top slits and looks thick and rich.

Pat Hall

SHAKER MAPLE CUSTARD PIE

1 unbaked 9 inch pie shell	1/4 tsp. salt
2 1/2 c. scalded milk	1/2 tsp. vanilla
4 slightly beaten eggs	Nutmeg
1/2 c. maple syrup	

Chill crust while preparing filling. Blend all ingredients together. Milk may still be warm. Add it last. Pour into crust. Shake nutmeg on top. Bake at 400° for 25 minutes. (I use Mrs. Butterworth's syrup.)

Thelma Lane

STRAWBERRY MILE HIGH PIE

1 (10 oz.) pkg. frozen strawberries, thawed	1 Tbsp. lemon juice
1 c. sugar	1/2 tsp. salt
2 egg whites	1/2 c. Cool Whip
	1 (10 inch) pie shell

Combine first 5 ingredients and beat with mixer on high 15 minutes. Don't underbeat. Fold in Cool Whip. Refrigerate until ready to serve. Can be frozen.

Maye King

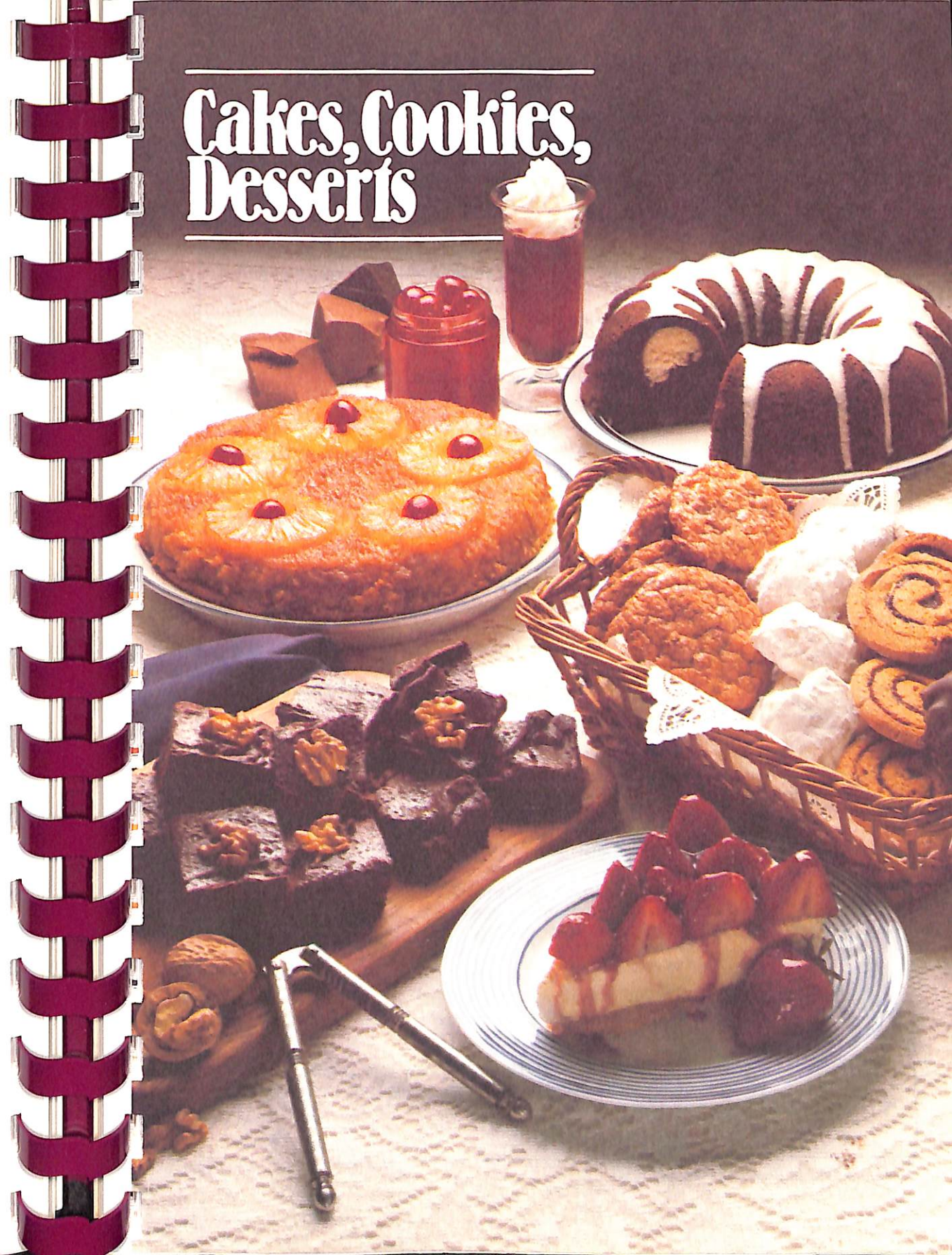
STRAWBERRY PIE

1 (9 inch) baked pie shell	1 c. water
1 qt. fresh berries	3 heaping Tbsp. cornstarch
1 c. sugar	3 Tbsp. light Karo syrup

Cook until clear and add 3 tablespoons strawberry jello powder and a few drops red coloring. Put berries into pie shell and pour mixture over berries and chill.






Lenora Tedesco

Cakes, Cookies, Desserts



HANDY CHART OF KITCHEN MATH (Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:	
A 	4-cup baking dish: 9-inch pie plate 8x1 1/4-inch layer cake pan - C 7 3/8x3 5/8x2 1/4-inch loaf pan - A
B 	6-cup baking dish: 8 or 9x1 1/2-inch layer cake pan - C 10-inch pie plate 8 1/2x3 5/8x2 5/8-inch loaf pan - A
C 	8-cup baking dish: 8x8x2-inch square pan - D 11x7x1 1/2-inch baking pan 9x5x3-inch loaf pan - A
D 	10-cup baking dish: 9x9x2-inch square pan - D 11 3/4x7 1/2x1 3/4-inch baking pan 15x10x1-inch jelly-roll pan
E 	12-cup baking dish and over: 13 1/2x8 1/2x2-inch glass baking pan 12 cups 13x9x2-inch metal baking pan 15 cups 14x10 1/2x2 1/2-inch roasting pan 19 cups
TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS	
Tube Pans:	
7 1/2x3-inch "Bundt" tube pan - K	6 cups
9x3 1/2-inch fancy tube or "Bundt" pan - J or K	9 cups
9x3 1/2-inch angel cake pan - I	12 cups
10x3 3/4-inch "Bundt" or "Crownburst" pan - K	12 cups
9x3 1/2-inch fancy tube mold - J	12 cups
10x4-inch fancy tube mold (Kugelhupf) - J	16 cups
10x4-inch angel cake pan - I	18 cups
Melon Mold:	
7x5 1/2x4-inch mold - H	6 cups
Spring-Form Pans:	
8x3-inch pan - B	12 cups
9x3-inch pan - B	16 cups
Ring Molds:	
8 1/2x2 1/4-inch mold - E	4 1/2 cups
9 1/4x2 3/4-inch mold - E	8 cups
Charlotte Mold:	
6x4 1/4-inch mold - G	7 1/2 cups
Brioche Pan:	
9 1/2x3 1/4-inch pan - F	8 cups

CAKES, COOKIES, DESSERTS

AUNT JULIA'S 1-2-3-4 CAKE

1 c. butter
2 c. sugar
3 c. flour
4 eggs

1 c. milk
3 Tbsp. baking powder
1 tsp. vanilla

Cream sugar and butter. Add eggs and baking powder. Add vanilla to milk and alternate flour and milk. Grease and flour 2 loaf pans. Bake at 350° for 30 minutes or until done.

In memory of Julia Junkins

BANANA CAKE

2 1/2 c. flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. soda
1/2 c. shortening

1 1/4 c. sugar
2 eggs
1 tsp. vanilla
1 to 1 1/2 c. milk
1 c. mashed bananas (ripe)

Sift dry ingredients flour, salt, soda, and baking powder. Cream shortening and sugar well. Add eggs and vanilla. Beat well again. Add dry ingredients alternately with milk. Bake at 375° for 25 to 30 minutes. Frost with powdered sugar coffee frosting. Makes 9x13 inch pan (greased) or 2 layers.

Maud Wathen

BROWN STONE CAKE

Cake:

1/2 c. butter
1/2 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla

2 1/2 c. cake flour
1/2 tsp. baking powder
1/2 c. sour milk or buttermilk
1 level Tbsp. cocoa
1 tsp. soda in 1/2 c. boiling water

Cream butter, eggs, and sugars. Add cocoa, flour, vanilla, baking powder, and milk gradually, mixing well. Add soda in boiling water last. Pour batter into 3 layer pans - greased and floured. Bake at 375° for 30 minutes.

Frosting:

1 c. brown sugar
1/3 c. boiling water
2 egg whites

1/4 tsp. vanilla or 1/4 tsp. maple
flavoring

When cooled, frost with mix. Place all ingredients in small bowl. Beat on high speed until creamy and shiny. Will frost 3 layers.

Lillian Riley, mother of Regina Johnson

BUTTERSCOTCH CAKE

Beat 4 eggs until very light. Add 2 cups of sugar gradually. Add 2 cups of sifted flour, 2 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt. Heat 2 tablespoons of butter with 1 cup milk to the boiling point. Pour over the batter while hot and beat thoroughly. Add 1 teaspoon vanilla. Bake in a greased and floured 9x13 inch pan for 24 minutes in a 350° oven.

Before removing from the oven, frost with the following frosting and brown in the oven about 15 minutes:

6 Tbsp. melted butter
4 Tbsp. sweet cream (1 use evaporated milk)

10 Tbsp. brown sugar
1 c. nuts and coconut

Ethel Anderson

CHOCOLATE MAYONNAISE CAKE

2 c. sugar
2 c. flour
2 tsp. soda
Dash of salt
2 large or 3 small eggs

1 c. mayonnaise
1 c. cold water
6 Tbsp. Hershey's cocoa
1 tsp. vanilla

Mix all preceding ingredients together and beat for 2 minutes. Bake in greased and floured 9x13 inch pan at 350° for 35 to 40 minutes. Cool and frost with white frosting.

Denise Mase

COCA-COLA CAKE

2 sticks margarine
3 Tbsp. cocoa
1 c. Coke
1½ c. marshmallows
2 c. flour

½ c. buttermilk into which 1 tsp. baking powder is dissolved
2 eggs
1 tsp. vanilla
2 c. sugar

Frosting:

1 stick margarine
3 Tbsp. cocoa

1 Tbsp. Coke
1 lb. box powdered sugar

Mix together the margarine, cocoa, Coke and marshmallows in a saucepan and bring to a boil, stirring constantly. Simmer about 1 minute until marshmallows melt. Pour over the flour, sugar, and the buttermilk, into which the 1 teaspoon baking powder has been dissolved. Add the eggs and vanilla. Mix well. Bake at 350° for 45 minutes in a greased 9x13 inch pan. When cake is cool, add frosting. Boil the margarine, cocoa, and Coke together. Add enough powdered sugar for the consistency you desire. Beat until smooth. Frost cake right away.

Jean Cairney Marshall

COLD WATER CHOCOLATE CAKE

½ c. butter
1 c. sugar
¼ tsp. salt
1 tsp. vanilla
½ c. cocoa
⅓ c. water

2½ c. sifted cake flour
1 c. cold water
3 egg whites
¾ c. sugar
1⅓ tsp. soda
2 Tbsp. hot water

Cream the butter, sugar, salt, and vanilla. Blend the cocoa and water and add. Add the sifted flour alternately with the cold water. Fold in the egg whites beaten with the sugar. Lastly, add the soda dissolved in the hot water and beat thoroughly for $\frac{1}{2}$ minute. Pour into 2 well greased and floured 9 inch cake pans and bake in a 350° oven for 22 minutes.

Ethel Anderson

CRUNCH TOP APPLE CAKE

½ c. shortening
1 c. sugar
½ c. brown sugar
2 eggs
2¼ c. flour
2 tsp. soda
¼ tsp. salt

1 c. buttermilk
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. ground cloves
2 c. chopped apples, pared (3 medium apples)

Cream shortening, sugar, and brown sugar. Add remaining ingredients. Spread batter into greased and floured 9x13 inch pan.

Sprinkle with:

¼ c. brown sugar
¼ c. sugar
½ tsp. cinnamon

¼ c. chopped nuts
¼ tsp. nutmeg

Bake at 350° for 45 minutes.

Denise Mase

DANISH APPLE CAKE

½ c. butter
½ c. sugar
½ loaf (approx. 2 c.) dry white bread crumbs

2 lb. apples
1 c. water
Sugar to taste

In skillet put butter, sugar, and bread crumbs. Stir until light brown, stirring constantly. Cook peeled and sliced apples with water and sugar, till apples are tender. In baking dish put layer of crumbs, then layer of apples, then crumbs, then apples. Top with crumbs. Bake $\frac{1}{2}$ hour at 325°. Unmold and when cold, cover with whipped cream and decorate with dots of red jelly.

Agnes Nimitz

DESSERT CAKE

Mix 1 package white cake mix (but omit 1½ tablespoons of water given on package instructions), add instead, 1½ tablespoons creme de menthe or mint flavoring. Bake in a 9x13 inch greased pan for 35 to 40 minutes at 350°. Cool cake.

Topping (middle): Spread 1 or 2 cans Hershey's fudge sauce (yellow wrapper) over top of cold cake.

Topping (last): Mix 1 box instant vanilla pudding with 1 envelope of Dream Whip, 1½ cups milk, and 2 tablespoons creme de menthe or mint. Beat until thick and smooth. Spread this over the fudge topping. Refrigerate, but use the same day it is made.

Mildred Ligon

DUMP CAKE

In a 9x13 inch pan, layer:

1 large can cherry pie filling (juice and all)	White or yellow cake mix (dry from box)
1 (15 oz.) can crushed pineapple (regular size; juice and all)	1 c. coconut
	1 c. chopped nuts (optional)

Pour 2 sticks of melted butter over all. Bake at 300° for 70 minutes.

Margaret Blumer

ECONOMY RAISIN CAKE

2 c. brown sugar	1 tsp. salt
2 c. water	3 c. flour
2 Tbsp. shortening	½ tsp. cloves
1 lb. raisins	1 tsp. cinnamon
1 tsp. soda	1 tsp. nutmeg

Boil sugar, water, shortening, and raisins for 5 minutes. When cold, add remaining ingredients. Bake at 350° for 45 minutes.

In memory of Juanita Phillips

FAVORITE CHOCOLATE CAKE

4 sq. unsweetened chocolate	½ c. milk
1 c. milk	½ c. strong coffee
2 egg yolks	2 tsp. soda
2 c. sugar	Pinch of salt
⅓ c. Crisco	2 egg whites
3 c. sifted cake flour	

Melt chocolate. Add 1 cup milk and egg yolks. Cook over low heat until thick. Cool. Cream sugar and Crisco. Sift flour with soda and salt. Add alternately with coffee and milk. Add chocolate mixture and mix well. Beat egg whites until stiff and fold into cake mixture. Pour into 2 greased and floured 8 or 9 inch pans. Bake at 300° to 325° for 40 to 50 minutes, or until toothpick comes out clean. Too high temperature makes cake crack. Frost with any type frosting.

Betty Anderson

GARBAGE CAKE

2 eggs	2 c. flour
⅔ c. cooking oil	1½ tsp. baking soda
1 c. sugar	1 tsp. salt
1 tsp. vanilla	1 c. chopped nuts
1 (No. 2) can cherry pie filling	Topping

Mix eggs, oil, sugar, and vanilla together. Add pie filling and nuts. Sift flour, soda, and salt together. Add to preceding mixture. Pour into ungreased 9x13 inch pan. Bake at 350° for 40 to 50 minutes.

Frosting for Garbage Cake:

1 pkg. instant vanilla pudding	1½ c. milk
1 pkg. Dream Whip	

Beat pudding, Dream Whip, and milk until stiff peaks form. Spread on cooled cake.

Joyce Zach

GOOEY BUTTER CAKE

1 yellow cake mix	4 c. powdered sugar
1 stick butter	1 (8 oz.) pkg. cream cheese
4 eggs	

Mix thoroughly cake mix, butter, and 2 eggs. Spread in a greased and floured 9x13 inch pan. Reserve ½ cup powdered sugar for top. Beat until creamy the remaining powdered sugar, eggs, and cream cheese. Pour over dough. Bake at 350° for 35 minutes. Sprinkle with powdered sugar.

Teena Kern

GRANNY CAKE

½ c. shortening	2 c. flour
½ c. margarine	2 eggs
4 Tbsp. cocoa	½ c. buttermilk
1 c. cold water	1 tsp. vanilla
2 c. sugar	1 tsp. soda

Combine shortening, margarine, and cocoa in a saucepan and bring a boil. Remove from heat and add cup of water. Pour mixture into sugar. Add flour and mix. Add eggs, buttermilk, vanilla, and soda. Pour into sheet or jelly roll pan and bake at 400° for 20 minutes.

Frosting - Combine:

4 Tbsp. cocoa	⅓ c. milk
½ c. butter	

Bring to boil.

Add:

1 box powdered sugar	1 tsp. vanilla
½ c. nuts	

Frost cake immediately when taken from oven.

MAHOGANY CHIFFON CAKE

3/4 c. boiling water	1/2 c. cooking oil
1/2 c. cocoa	7 unbeaten egg yolks
1 3/4 c. sifted Softasilk cake flour	2 tsp. vanilla
1 3/4 c. sugar	1 c. egg whites (7 or 8)
1 1/2 tsp. soda	1/2 tsp. cream of tartar
1 tsp. salt	

Heat oven to 325°. Combine boiling water and cocoa. Cool. Sift into bowl sugar, flour, soda, and salt. Make a well. Add oil, egg yolks, cocoa mixture, and vanilla. Beat until smooth. In large bowl, beat egg whites and cream of tartar very stiff. Pour egg yolk mixture gradually over beaten whites, gently folding with rubber scraper just until blended. Pour into ungreased 10 inch tube pan. Bake 65 to 70 minutes. Invert on funnel. Hang until cold. Frost.

Ethel Anderson

MEXICAN FRUIT CAKE

2 c. sugar	1 (1 lb. 4 oz.) can undrained crushed pineapple (juice and all)
2 c. flour	1 c. pecans, coarsely cut
2 tsp. soda	
2 eggs	

Mix all ingredients together and pour into greased and floured 9x13 inch pan. Bake at 350° for 45 minutes.

Frosting:

2 c. powdered sugar	1 tsp. vanilla
1 (8 oz.) pkg. cream cheese	1 stick oleo

Cream cheese and oleo together. Add sugar and vanilla and beat till smooth. While cake is still hot, prick the cake with a large tined meat fork. Spread the frosting on the cake while it is still hot.

Doris Ratekin

MISSISSIPPI MUD

2 c. sugar	4 eggs
1 1/2 c. flour	2 Tbsp. cocoa
1 tsp. vanilla	1 c. coconut
1 1/2 c. chopped pecans	

Mix. Pour into greased and floured 9x13 inch pan. Bake 20 minutes at 400°. Immediately upon removing from oven, spread with 1 jar marshmallow cream. Spread with the following icing.

Icing:

1/2 c. cocoa	1/2 c. milk
1 lb. box powdered sugar	1 stick melted butter

Lorraine Smith

MISSISSIPPI MUD CAKE

1 c. oleomargarine	1 1/2 c. flour
1/4 c. cocoa	1/4 tsp. salt
4 eggs	1 1/2 c. nuts (optional)
2 c. sugar	1 (7 oz.) jar marshmallow creme

Melt oleo and cocoa in a saucepan. Remove from heat. Add eggs, sugar, flour, and salt to melted mixture. Mix well. Stir in nuts. Pour onto a greased cookie sheet or jelly roll pan. Bake at 350° for 25 minutes. When cake is done, spread marshmallow creme over *hot* cake.

Frosting for cake:

1/2 c. oleo	1/3 c. milk
1/4 c. cocoa	1 box powdered sugar

Melt oleo and cocoa. Add milk and bring to a boil. Boil 1 minute. Add 1 box powdered sugar and 1 teaspoon vanilla. Frost cake.

Vicki Trees

MISSISSIPPI MUD CAKE WITH PECANS

2 sticks margarine, melted	2 c. sugar
1/8 c. cocoa	1 1/2 c. flour
1 c. coconut	1 Tbsp. vanilla (you do use 1 Tbsp. vanilla, this is not an error)
1 c. chopped pecans	1 (13 oz.) jar marshmallow creme
4 eggs	

Frosting:

1 stick oleo	1 box powdered sugar
6 Tbsp. milk	1 tsp. vanilla
2 1/2 Tbsp. cocoa	1 c. chopped English walnuts

Mix sugar, oleo, eggs, flour, cocoa, and vanilla. Mix well. Add nuts and coconut. Pour into greased 9x12 inch pan. Bake at 350° for 30 to 40 minutes. Spread marshmallow cream on top of warm cake. Let cool.

Frosting: Melt and bring to a boil oleo, milk, and cocoa. Add to your powdered sugar. Beat until smooth. Add nuts. Frost cooled cake. Cut in candy size pieces. *Real rich.*

Regina Johnson

NEAPOLITAN REFRIGERATOR CAKE

1 Duncan Hines fudge marble cake mix	1 small pkg. cherry jello
---	----------------------------------

Topping:

- | | |
|---|-----------------------|
| 1 env. Dream Whip | 1½ c. milk |
| 1 small pkg. vanilla instant pudding mix | 1 tsp. vanilla |

Make cake as directed in 9x13 inch pan. Dissolve gelatin in ¾ cup boiling water. Add ½ cup cold water. Set aside at room temperature. Cool cake 20 to 25 minutes. Poke holes in cake with a meat fork (about 1 inch apart). Slowly spoon jello mixture into holes. Refrigerate cake while preparing topping.

Topping: In a chilled deep bowl, blend and whip Dream Whip, pudding, cold milk, and vanilla until stiff (3 to 8 minutes). Immediately frost cake. Cake must be stored in refrigerator and serve chilled.

Peg Anderson

ONE-STEP GERMAN CHOCOLATE CAKE (MICROWAVE)

- | | |
|---|--|
| 1 pkg. German chocolate cake mix | 1 pkg. coconut-pecan frosting mix |
|---|--|

Prepare cake mix according to package directions. Prepare ½ frosting mix according to package directions. (Save other half for next time.) Place frosting mixture in bottom of Bundt cake pan. Pour cake mix over top. Set microwave on SIMMER 9 minutes and then on HIGH power for 5 to 6 minutes or until done. Top will still be moist. Cool 5 minutes, then invert onto platter.

Fina Phillips

PINA COLADA CAKE

- | | |
|--|----------------------------|
| 2 layer white cake mix | 1 c. flaked coconut |
| 1 (4¾ oz.) pkg. instant vanilla pudding | ⅓ c. dark rum |
| 4 eggs | ¼ c. oil |
| | ¾ c. water |

Blend all ingredients in a large bowl and beat for 4 minutes at medium speed. Pour into greased and floured layer pans or a 9x13 inch pan. Bake at 350° for 25 to 30 minutes or until cake springs back when lightly pressed. Don't underbake. Cool in pan for 15 minutes, then cool on rack. Frost with Pina Colada Cake Frosting.

Frosting for Pina Colada Cake:

- | | |
|--|--|
| 1 (8 oz.) can crushed pineapple with juice | ⅓ c. dark rum |
| 1 pkg. instant vanilla pudding (small size) | 8 or 9 oz. frozen whipped topping (Cool Whip) |
| | 1 c. flaked coconut |

Combine pineapple, pudding mix, and rum in a bowl and mix well. Fold in whipped topping and coconut. Frost cake, then *chill and refrigerate cake after frosting!*

Margaret Blumer

PINEAPPLE SHEET CAKE

- | | |
|--|--------------------------|
| 2 eggs | 2 c. flour |
| 2 c. sugar | ½ c. chopped nuts |
| 1 (No. 2) can crushed pineapple, juice and all (20 oz. can) | 1 tsp. vanilla |
| | 2 tsp. soda |

Beat eggs. Add sugar, pineapple, flour, soda, vanilla, and nuts. Bake 35 minutes in a large jelly roll pan at 350°.

Icing:

- | | |
|---|-----------------------------|
| 1 (8 oz.) pkg. cream cheese (room temperature) | 1¾ c. powdered sugar |
| 1 stick margarine | ½ c. nuts |

Frost cake while hot.

Note: There is not shortening, so don't add any.

Margaret Blumer

RAVE COCONUT CAKE

- | | |
|---|-------------------------------------|
| 1 (2 layer size) pkg. yellow cake mix (no pudding mix) | 4 eggs |
| 1⅓ c. water | ¼ c. oil |
| 1 (4 serving size) pkg. vanilla instant pudding | 2 c. coconut |
| | 1 c. chopped English walnuts |

Blend cake mix, pudding mix, water, eggs, and oil in large mixing bowl. Beat at medium speed of electric mixer for 4 or 5 minutes. Stir in coconut and nuts. Pour into 3 greased and floured 9 inch layer pans. Bake at 350° for 35 minutes. Cool in pan for 15 minutes. Remove and cool on rack. Fill and top with coconut cream cheese frosting.

Ardith Sweeney

RED DEVIL FUDGE CAKE

- | | |
|------------------------|-----------------------------|
| ½ c. butter | 2½ c. flour |
| ⅛ tsp. salt | 1 c. cold water |
| 1 c. sugar | 1 tsp. baking powder |
| ½ c. cocoa | 1½ tsp. soda |
| ⅓ c. cold water | 1 tsp. vanilla |
| 3 egg yolks | |

Put the last 3 ingredients in the cold water. Three egg whites, beaten to which ¾ cup sugar has been added. Cream butter, salt, and sugar and blend in ⅓ cup cold water, egg yolks, and flour. Add rest of ingredients. Beat 3 minutes. Fold in egg whites. Bake at 350° for 25 minutes.

Faye Busse

RHUBARB TOPSY-TURVY CAKE

6 c. rhubarb, diced	1/4 tsp. salt
1 1/2 c. sugar	2 c. flour
3 c. small marshmallows	3 tsp. baking powder
1/2 c. butter or margarine	1/2 c. milk
1 c. sugar	2 tsp. vanilla
2 eggs	

Put rhubarb, sugar, and marshmallows into a greased 9x13 inch pan. Cream butter and sugar well. Add eggs. Beat well. Sift flour, salt, and baking powder. Add alternately with the milk and vanilla to creamed mixture. Spread over rhubarb mixture. Bake in 350° oven for 1 hour or until cake mixture is done. Let cool. When ready to serve, cut into squares. Turn upside-down on serving plate. Top with whipped cream or ice cream if desired. Yield: 20 servings.

Mrs. Leonard Butterbaugh (Margaret)

SPICY RAISIN SHEET CAKE

1 1/2 c. cooked raisins	3 c. flour
1 c. juice of raisins	1 tsp. cinnamon
1 c. white sugar	1 tsp. cloves
1/2 c. brown sugar	1/2 tsp. nutmeg
1 c. shortening or butter	1 tsp. baking powder
1 c. nutmeats	1 1/2 tsp. soda
2 eggs	

Cook raisins and salvage 1 cup of their juice. Set aside. Cream together the shortening and sugars. Add eggs. Combine flour, spices, baking powder, and soda. Mix flour combination into creamed mixture alternately with the raisin juice. Add the raisins and nuts. Pour into buttered and floured sheet cake pan or large cookie sheet. Bake in 350° preheated oven for 45 minutes. Frost with thin coating of a powdered sugar while the cake is hot.

Faye Busse

TUNNEL OF FUDGE CAKE

1 1/2 c. butter	2 c. flour
6 eggs	1 pkg. fudge frosting mix
1 1/2 c. sugar	2 c. chopped walnuts

Cream butter in large mixing bowl. Add eggs, one at a time, beating after each. Gradually add sugar, continuously creaming at high speed until light and fluffy (15 minutes). By hand, stir in flour, frosting mix, and walnuts. Pour batter into greased Bundt pan or 10 inch tube pan. Bake at 350° for 60 minutes. Cool 2 hours, then remove from pan.

Teena Kern

UGLY DUCKLING PUDDING CAKE

1 (2 layer) pkg. yellow cake mix	4 eggs
1 pkg. instant lemon Jell-O pudding	1/4 c. oil
1 c. fruit cocktail (including juice)	1/2 c. firmly packed brown sugar
1 can coconut	1/2 c. chopped nuts (optional)

Blend all ingredients, except brown sugar and nuts in a large bowl. Beat 4 minutes at medium speed of electric mixer. Pour into greased and floured 13x9 inch pan. Sprinkle with brown sugar and nuts. Bake at 325° for 45 minutes or until cake springs back when lightly pressed and pulls away from the sides of pan. Do not underbake. Cool 15 minutes. Spoon hot butter glaze over warm cake. Serve warm or cold, with prepared Dream Whip topping if desired. Keeps well for several days.

Butter Glaze: Combine 1/2 each butter or margarine, granulated sugar, and evaporated milk in saucepan. Boil 2 minutes. Stir in 1/3 cups coconut.

Lucille Pennock

WACKY CAKE (CHOCOLATE)

For large 13x9 inch pan (350° for 35 minutes):

3 c. sifted flour	2 tsp. soda
1/2 tsp. salt	6 Tbsp. cocoa
2 c. sugar	

For small 8x8 inch pan (350° for 30 minutes):

1 1/2 c. sifted flour	1 tsp. soda
1/2 tsp. salt	3 Tbsp. cocoa
1 c. sugar	

Sift all dry ingredients together in baking pan. Make 3 wells. Large - first well: 2 tablespoons vinegar; second well - 2 teaspoons vanilla; third well - 3/4 cup salad oil. Small - first well - 1 tablespoon vinegar; second well - 1 teaspoon vanilla; third well - 5 tablespoons salad oil. Pour over preceding: Large - 2 cups cold water; small - 1 cup cold water. Mix all together with a fork until smooth. Bake as directed preceding. Top with favorite 7-Minute Icing recipe.

Shirley Hatcher

WALDORF ASTORIA RED VELVET CAKE

1/2 c. shortening	1 c. buttermilk
1 1/2 c. sugar	2 1/2 c. sifted cake flour
2 eggs	1 1/2 tsp. vinegar
4 Tbsp. cocoa	1 tsp. baking soda
2 (1 oz.) bottles red food coloring	1 tsp. salt
1 tsp. vanilla	

Frosting:

3 Tbsp. flour	1 c. butter
1 c. milk	1 tsp. vanilla
1 c. sugar	

Cream shortening. Add sugar and eggs. Beat well. Make a paste of cocoa and food coloring. Pour into creamed mixture. Blend. Combine salt and vanilla with buttermilk. Add to creamed mixture alternately with sifted cake flour. Mix vinegar and baking soda. Fold into batter. *Do not beat.* Bake in 2 greased and floured 9 inch pans. Bake at 350° for 30 minutes or 9x13 inch pan 35 to 40 minutes. Cool - remove from round pans. Split layers in half (optional). Frost as desired: Cook flour and milk until

thick, stirring constantly. Let cool until cold. Cream together for 4 minutes sugar, butter, and vanilla. Add cold flour mixture. Beat 5 minutes. Time is important. Completed frosting should look like whipped cream. If not, completed mix will look curdled.

Kim Johnson

BUTTER CREAM ICING

1/2 c. vegetable oil	4 c. sifted powdered sugar
1/2 c. margarine	2 Tbsp. milk
1 tsp. vanilla	

Cream oil and margarine and vanilla. Gradually add sugar, one cup at a time. Add milk and beat at high speed till light and fluffy. Will keep in the refrigerator (covered) for 1 week.

Toni Mackland

COCONUT-CREAM CHEESE FROSTING

4 Tbsp. butter or margarine	2 tsp. milk
2 c. coconut	3 1/2 c. sifted powdered sugar
1 (8 oz.) pkg. cream cheese	1/2 tsp. vanilla

Melt 2 tablespoons butter in skillet. Add coconut and stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 tablespoons butter with cream cheese. Add milk - beat in powdered sugar gradually. Blend in vanilla. Stir in 1 3/4 cups of the coconut. Spread between layers and on top of cake, also sides if you wish. Sprinkle remaining 1/4 cup of coconut on top.

Ardith Sweeney

AMISH SUGAR COOKIES

1 c. white sugar	4 1/2 c. flour
1 c. powdered sugar	1 tsp. soda
1 c. margarine	1 tsp. cream of tartar
1/2 tsp. butter flavoring	1 tsp. vanilla flavoring
1 c. cooking oil	1/2 tsp. almond flavoring
2 eggs	1 tsp. salt

Combine sugars, margarine, oil, and flavorings. Beat well. Add eggs and beat again. Add remaining ingredients and mix well. Roll into small balls and put on ungreased baking sheet. Flatten with a fork or a glass. Bake at 350° for 8 to 10 minutes. The dough can be refrigerated overnight. These are a soft, tender cookie.

Sherry Bills

BREAD CRUMB COOKIES

1/2 c. butter	2 c. flour
1 c. sugar	1/2 tsp. cinnamon
1 c. sweet or sour cream	1 tsp. vanilla
1 c. dried bread crumbs	1/2 c. raisins
2 eggs	

Note: If you use sour cream, use 1 teaspoon baking soda. If you use sweet cream, use 2 teaspoons baking powder.

Cream butter and sugar; add eggs and beat well. Add cream and vanilla. Mix all dry ingredients together and add to preceding. Add raisins. Drop by teaspoonfuls onto greased baking sheet. Bake at 350° for 10 minutes or until brown.

Arlene Nelson

BROWN EYED SUSANS

1 1/2 c. shortening	1/2 tsp. salt
1 c. sugar	3 1/2 c. flour
2 eggs	1 tsp. baking powder
2 tsp. vanilla	2 (7 oz.) pkg. chocolate mint wafers

Cream shortening and sugar. Add 2 eggs and vanilla. Mix and add salt, flour, and baking powder. Chill for 1 hour. Shape into 1 inch balls. Place on ungreased cookie sheet and flatten with a wafer. Be sure balls are big enough so wafer won't hang over. Remove from oven at once and from pan. Place on rack to cool. (Bake at 400° for 8 to 10 minutes - if your oven runs hot, 350° for 5 minutes.) Makes 8 dozen.

Susan Dunlavy Mass

BY THE GALLON SUGAR COOKIES

1 c. butter	5 1/2 c. sifted flour
1 c. salad oil	2 tsp. soda
2 c. sugar	2 tsp. cream of tartar
2 eggs	1/4 tsp. salt
2 tsp. vanilla	

Cream butter and oil on low speed. Add sugar, eggs, and vanilla. Mix well. Add remaining ingredients gradually until well mixed. You may chill dough. Roll into walnut size balls. Place on ungreased cookie sheet. Press with a glass dipped in sugar. Bake at 375° for 8 to 10 minutes.

Connie Johnson

CHEWY OATMEAL COOKIES

Sift together:

1 1/4 c. flour	1/2 tsp. soda
1 tsp. baking powder	1 tsp. salt

Cream:

3/4 c. butter	1 1/2 c. packed brown sugar
1/2 c. sugar	

Add:

2 unbeaten eggs	1 tsp. vanilla
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Blend.

Blend into mixture:

2 1/2 c. quick cooking oatmeal	1 c. coconut, coarsely cut
1 c. chopped nuts	

Drop by teaspoonfuls onto greased baking sheet. Bake at 375° for 12 to 15 minutes. Makes about 5 dozen.

Lorraine Galvani

CINNAMON SUGAR COOKIES

Mix together:

1 c. shortening
1½ c. sugar

2 eggs

Sift together and stir in:

2¾ c. sifted flour
2 tsp. cream of tartar

1 tsp. soda
½ tsp. salt

Roll into balls the size of walnuts. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place about 2 inches apart on ungreased cookie sheet. Bake 9 to 10 minutes in 400° oven until light brown, but stiff soft. Cookies puff at first, then flatten with crinkled tops.

Rosa Petersen

COLOR COOKIES

½ c. Crisco
½ c. brown sugar
¼ c. sugar
½ tsp. vanilla
¼ tsp. water

1 egg
1 c. + 2 Tbsp. flour
½ tsp. soda
½ tsp. salt
¾ c. M&M's candies

Blend Crisco and sugars. Beat in vanilla, water, and egg. Sift remaining dry ingredients together and add to sugar and egg mixture. Mix well. Stir in M&M's. Drop from teaspoon onto ungreased cookie sheet. Bake at 375° for 10 to 12 minutes or until golden brown.

Variation: Use Reese's pieces instead of M&M's.

Mary Alice Fehr

COOKIE MIX

3 c. flour
2 tsp. salt
2 tsp. soda
1 tsp. baking powder

6 c. quick cooking oatmeal
2 c. shortening (do not use oil)
2 c. brown sugar, packed
2 c. white sugar

(This is great to keep on hand. Does not require refrigeration.)

In a very large bowl, combine everything *except* the oatmeal. Use mixer or pastry blender to cut shortening in. Add the dry oatmeal - mix well with fork or spoon. Store in airtight container.

To use: Beat 1 egg and 1 teaspoon flavoring. Add 2 cups mix. Bake 8 to 10 minutes at 350°. Makes 20 to 25 cookies.

To add variety, use raisins, nuts, coconut, chocolate chips, etc.

Theresa Beaty

COOKIES (48)

1 stick margarine
1½ c. graham cracker crumbs
1 small pkg. chocolate bits

1 c. nuts
1 (3½ oz.) can flaked coconut
1 can sweetened condensed milk

Melt margarine in 13x9x2 inch pan. Spread evenly over the bottom. Sprinkle crumbs, chocolate bits, nuts, and coconut evenly over margarine. Dribble can of sweetened condensed milk over the mixture. Bake at 350° for 25 minutes until mixture begins to brown. Let cool in pan 15 minutes, then cut into 48 pieces.

Arlene Nelson

DELICIOUS COOKIES

1 c. brown sugar
1 c. butter
1 c. white sugar
1 egg
1 c. oil
3½ c. flour
1 tsp. salt

1 tsp. soda
1 tsp. cream of tartar
2 tsp. vanilla
1 c. oatmeal
1 c. Rice Krispies
6 oz. chocolate chips
1 c. coconut (optional)

Cream brown sugar, butter, sugar, egg, and oil. Add remaining ingredients and drop by teaspoonfuls onto cookie sheet. Bake at 350° for 12 to 15 minutes. Makes approximately 60 cookies.

Denise Mase

DROP OATMEAL COOKIES

1 c. sugar
1 c. vegetable shortening
2 eggs
¾ c. sour milk
½ tsp. soda
1 c. seeded raisins

1 c. quick oatmeal
2 c. flour
¼ tsp. salt
1 tsp. cinnamon
1 c. chopped nutmeats (optional)

Plump raisins in boiling water. Drain and cool. In large electric mixer bowl, beat together sugar, shortening, and eggs. Dissolve soda in milk. Add salt and cinnamon to flour. Alternately add milk and flour to mixture. Add oatmeal, nutmeats, and raisins. Blend well. Drop by spoonfuls onto ungreased, nonstick cookie sheet. Bake at 400°F for approximately 10 to 12 minutes. Makes approximately 60 soft cookies.

Jeselyn Maxwell

GINGER COOKIES

1 c. sugar
¾ c. shortening
1 egg

½ c. molasses
1 tsp. vanilla

Mix the preceding ingredients together and beat well.

Add:

2 c. all-purpose flour
½ tsp. salt

1½ tsp. ginger
1 tsp. cloves

Sift flour, soda, and spices together and add to first mixture. Mix well. Roll into balls. Bake on a lightly greased cookie sheet at 350° for 8 minutes. Do not overbake. They will look soft because of the molasses, but will firm as they cool. Let cookie sheet rest on a wire rack a few seconds to cool before removing the cookies. The balls can be rolled in sugar before baking if you want a sugar coated ginger cookie.

Sherry Bills

GRANDMA HEIBERG'S LARD COOKIES

4 c. flour
2 eggs
1 c. sugar
1/2 lb. lard

It's important that all ingredients be room temperature. Knead together until it will roll into log. Refrigerate. When cool, cut off into slices. Bake in 350° oven. (This takes lots of patience to get worked so it will roll into a log.)

Tressa Heiberg

M&M'S COOKIES

1 c. shortening
2 tsp. vanilla
1 c. brown sugar, packed
1/2 c. white sugar
2 1/4 c. flour
1 tsp. baking soda
1 1/2 c. M&M's (plain)
2 eggs
1 tsp. salt

Blend shortening and sugars in large bowl. Beat in vanilla and eggs. Sift dry ingredients together and add to first mixture and blend well. Stir in 1/2 cup of M&M's. Drop by teaspoonfuls onto ungreased cookie sheet. Decorate with remaining M&M's.

Matthew Phillips

MINDEN IOWA'S BROWN COOKIES

1 Tbsp. water
1 c. corn syrup (light)
1 c. white sugar
1/3 c. butter
2/3 c. lard*
1 tsp. soda
1 tsp. cinnamon
1 tsp. allspice
2 eggs
3 or 4 c. flour

Cream sugar and shortening first, then syrup and eggs. Add the rest as it follows. Roll out thin and use cookie cutters.

* I like to use part lard, because it makes the cookies crisper.

Margaret Ann Stuhr

NO BAKE MACAROONS

Mix in bowl:

3 c. quick cooking oatmeal
6 Tbsp. cocoa
1 c. shredded coconut
1/2 c. nuts (optional)

In pan bring to boil:

2 c. sugar
2 Tbsp. butter
1/2 c. milk
1 tsp. vanilla

Add oatmeal mixture to pan after it comes to a boil. Mix well. Drop quickly by teaspoonfuls onto waxed paper.

Jolene Kiel

NON-ROLLED SUGAR COOKIES

1 c. shortening
1 c. sugar
1 egg
Pinch of salt
1 tsp. vanilla
2 1/2 c. flour
1 tsp. cream of tartar
1 tsp. soda

Mix shortening, sugar, salt, egg, and vanilla. Add flour, soda, and cream of tartar. Form small balls and flatten with sugared glass. Bake 8 to 10 minutes in 350° oven.

Ruth Rooney

OATMEAL COCONUT COOKIES

1 c. brown sugar
1 c. white sugar

Cream together with 1 cup shortening.

Add:

2 eggs
1 tsp. vanilla
1 tsp. soda in 2 tsp. hot water
3 c. oatmeal
1/2 c. coconut
2 c. flour
1 tsp. baking powder

Cream sugars together with shortening. Add eggs, vanilla, and soda water mixture. Add oatmeal, coconut, flour, and baking powder. Bake at 350° for 10 to 12 minutes or until brown.

Faye Busse

OATMEAL CRISPIES

3/4 c. shortening
1 c. brown sugar
1/2 c. granulated sugar
1 egg
1/4 c. water
1 tsp. vanilla
1 c. all-purpose flour
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. soda
1/2 tsp. cloves
1 c. raisins
1 c. chopped nuts
3 c. quick cooking oats

Heat oven to 350°. Mix thoroughly shortening, sugars, egg, water, and vanilla. Stir in remaining ingredients. Drop dough by rounded teaspoonfuls 1 inch apart onto greased baking sheet. Bake 12 to 15 minutes or until almost no imprint remains when touched with finger. Immediately remove from baking sheet. Store in tightly covered container. Makes about 5 dozen cookies.

Helen Frazier

PICTURE PERFECT CUT OUT COOKIES

1 c. butter or margarine
2/3 c. sugar
1 egg

1 tsp. vanilla
1 1/2 c. sifted all-purpose flour
1 c. Quaker oats

Beat butter till creamy. Beat in sugar gradually. Blend in vanilla and egg. Gradually add flour. Mix in oats. Mix thoroughly. Chill dough. Roll on lightly floured pastry cloth to 1/8 inch thickness. You may estimate this - no need to use a ruler. Cut into shapes with assorted cutters. Bake on greased sheet about 350°, about 8 to 10 minutes. Cool. Decorate with confectioners sugar frosting and cookie decorations.

Quick Cream Icing:

3/4 c. powdered sugar
1/4 tsp. vanilla

1 Tbsp. cream

Gertrude Brown Hughes

POTATO CHIP COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1/4 tsp. salt

1 tsp. baking soda
2 c. flour
2 c. potato chips, crushed
1 (6 oz.) pkg. caramel butterscotch chips

Mix and chill. Roll into balls the size of walnuts. Bake at 325° for 10 to 12 minutes.

Helen Sutton

PUMPKIN COOKIES

1 c. shortening
1 c. sugar
1 c. canned pumpkin
1 egg
2 c. flour

1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. ginger
1 c. raisins or nuts

Caramel Icing:

3 Tbsp. butter
1/4 tsp. vanilla
4 Tbsp. milk

1/2 c. brown sugar
1 c. sifted powdered sugar

Cream shortening and sugar. Add pumpkin, vanilla, and egg. Stir to blend. Add dry ingredients, then fruit or nuts. Drop by teaspoonfuls onto cookie sheet. Bake 10 to 12 minutes at 350°.

For icing, combine brown sugar, butter, milk, and vanilla. Bring to a rolling boil. Remove from heat and stir until cool. Add powdered sugar and frost cookies while warm.

Pat Hall

RANGER OATMEAL COOKIES

1 c. shortening
1 c. sugar
1 c. brown sugar, firmly packed
2 eggs
1 tsp. vanilla
2 c. sifted flour
1 1/2 tsp. baking soda

1 tsp. baking powder
1/2 tsp. salt
1 c. quick cooking oats
1 c. chopped walnuts
1 c. flaked coconut
1 c. oven toasted rice cereal

Cream together shortening and sugars until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Sift together flour, baking soda, baking powder, and salt. Gradually add dry ingredients to creamed mixture; mix well. Stir in oats, walnuts, coconut, and rice cereal. Shape into 1 inch balls. Place balls about 2 inches apart on greased baking sheet. Bake in 350° oven for 15 minutes or until done. Remove from baking sheets. Cool on racks. Makes 6 dozen.

Sandy Sealock

RUTH'S CUT OUT COOKIES

1 c. oleo
1 c. sugar
1 egg
2 c. flour

1/2 tsp. soda
1/2 tsp. cream of tartar
1 tsp. vanilla

Mix all ingredients together and chill 1 hour. Roll out.

Frosting:

1 stick oleo
1 lb. confectioners sugar

1 tsp. vanilla

Ruth Chapman Robshaw (Virginia Dunlavy's aunt)

SNICKERDOODLES

1 c. soft shortening
1 1/2 c. sugar
2 eggs
2 3/4 c. flour
2 tsp. cream of tartar

1 tsp. soda
1/4 tsp. salt
2 Tbsp. sugar
2 Tbsp. cinnamon mixed with sugar

Mix shortening, sugar, and eggs well. Mix flour, cream of tartar, soda, and salt. Stir into other mixture. Form walnut size balls and roll in cinnamon-sugar mixture. Place 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes at 400°. Makes 6 dozen cookies.

Note: This is a good recipe for a rainy day or when you want to help Mom out.
Danny Wm. Phillips

SPRITZ COOKIES

1 c. butter
3/4 c. sugar
1 egg
1/2 tsp. baking powder

1/8 tsp. salt
1 1/2 tsp. almond extract
2 1/2 c. flour, sifted

Cream butter and sugar. Add egg. Add flour and extract. Force through cookie press onto ungreased cold cookie sheets. Sugar. Bake at 350° for 6 to 8 minutes. (I sprinkle with red and green sugar on trees and wreaths at Christmas, and yellow, pink, and blue sugar on butterflies, dogs, etc. all year.)

Anne Crowl

STATE FAIR COOKIES

1 c. shortening	1 tsp. soda
1 c. sugar	1/2 tsp. baking powder
1 c. brown sugar	1/2 tsp. salt
2 beaten eggs	1 c. oatmeal
1 tsp. vanilla	1 c. Rice Krispies
2 c. flour	1 c. coconut

Cream shortening. Add sugars and cream thoroughly. Add eggs and vanilla. Sift together the dry ingredients and add to creamed mixture. Mix and add the oatmeal, Rice Krispies, and coconut. Roll into balls about the size of nuts. Bake at 350° for 8 to 10 minutes. Makes 4 dozen.

Karen Jennings

STRAWBERRY COOKIES

2 boxes strawberry jello	1 tsp. strawberry flavoring
1 can Borden's condensed milk	
2 c. finely chopped coconut (put through blender)	

Mix together and form into balls. Roll in red colored sugar. Store in refrigerator. Makes 100 balls.

Variations: Lemon jello - lemon flavoring - yellow colored sugar. Lime jello - lime flavoring - green colored sugar.

Mary Alice Fehr

SUGAR COOKIES

1 c. sugar	2 tsp. vanilla or lemon
1 c. powdered sugar	5 c. flour
1 c. butter or oleo	1 tsp. soda
1 c. oil	1 tsp. cream of tartar
2 eggs	1/4 tsp. salt

Mix sugar, oleo, and oil. Add eggs, one at a time. Sift flour, soda, cream of tartar, and salt. Put into icebox and chill dough. Make walnut size balls. Press down with press or bottom of glass dipped in sugar. Bake at 350° for 10 minutes. Makes about 50 or 60 cookies; all depends on the size you make. *Very good.*

Grace M. Johnson

SWEDISH COOKIES

2 c. butter	1 tsp. vanilla
2 c. sugar	4 c. and 6 Tbsp. flour
1 egg	

Mix until dough will slip from hand. Grease cookie sheets. Use cookie press. Bake at 350° to 375° for 8 to 10 minutes.

Agnes Nimtz

APPLESAUCE BARS

1/2 c. shortening	1 tsp. vanilla
1 c. sugar	

Cream and add 1 pound can applesauce.

2 c. flour	1 1/2 tsp. cinnamon
1 tsp. soda	1/4 tsp. cloves
1/4 tsp. salt	1 tsp. nutmeg

Sift and add to preceding mixture. Add 1/4 cup nuts and 1 cup raisins last. Spread into buttered pan (use jelly roll pan). Bake 25 to 30 minutes in 300° oven.

Topping:

2/3 c. crisp cereal (corn flakes)	1/4 c. brown sugar
1/4 c. sugar	1/2 tsp. cinnamon
1/4 c. nuts	
2 Tbsp. butter or margarine (room temperature)	

Spread on top before baking, then bake.

Patricia Lundquist

CARAMEL LAYER CHOCOLATE SQUARES

50 (14 oz.) light caramels	1/3 c. evaporated milk
1/3 c. evaporated milk	1 c. chopped nuts (optional)
1 pkg. German chocolate cake mix	1 c. semi-sweet chocolate bits
3/4 c. melted margarine	

Cook caramels and first 1/3 cup evaporated milk until melted. Set aside. Combine and mix by hand the cake mix, margarine, 1/3 cup evaporated milk, and nuts until dough holds together. Press half into greased and floured 13x9 inch pan. Reserve remaining for top. Bake at 350° for 6 minutes. Sprinkle 1 cup semi-sweet chocolate pieces over baked crust. Spread caramel mixture over chocolate pieces. Crumble reserved dough over caramel mixture. Return to oven for 15 to 18 minutes. Cool. Refrigerate to set caramel. Cut into 36 bars.

Sherry Bills

CARROT BARS

4 eggs	1 1/2 c. vegetable oil
2 c. sugar	2 c. flour
2 tsp. cinnamon	1 1/2 c. cooked, mashed carrots or 3 baby food jars carrots
1 tsp. salt	
2 tsp. soda	

Frosting:

3 1/2 c. powdered sugar
1/2 c. margarine
8 oz. cream cheese

1/2 tsp. vanilla
1 c. chopped pecans

Mix ingredients and place in greased jelly roll pan. Bake at 350° for 15 to 20 minutes.

Frosting: Soften margarine and cream cheese. Cream with powdered sugar. Add vanilla and nuts. Frost cooled bars.

Verna Jennings

CHOCOLATE REVEL BARS

1 c. oleo
2 c. brown sugar
2 eggs
2 tsp. vanilla

2 1/2 c. flour
1 tsp. salt
1 tsp. soda
3 c. quick oatmeal

Filling:

1 (12 oz.) pkg. chocolate chips
2 Tbsp. oleo

1 (15 oz.) can Eagle Brand milk
1/2 tsp. salt

Cream oleo and brown sugar. Mix in eggs and vanilla. Sift and add flour, salt, and soda. Stir in oatmeal. Spread 2/3 mixture into pan. Cover with filling that has been melted in double boiler. Add 1 cup nuts and 2 teaspoons vanilla to remaining mixture and dot over other in pan. Bake at 350° for 25 to 30 minutes.

Devra Flaharty

EASY FRUIT BARS

1 (18 1/2 oz.) pkg. yellow cake mix
1/3 c. oleo

1 egg

Topping:

1 egg yolk
2 or 3 Tbsp. instant flour
1 c. coconut, flaked
1 c. reserved crumbs, mixed together*

About 1 c. any flavor fruit jam
(raspberry, apricot, strawberry, or peach)

Cut oleo into cake mix in bowl. Stir in egg until mixture is crumbly. Pat into lightly greased 9x13 inch pan. Bake 15 to 20 minutes at 350° until lightly browned. Remove from oven. Spread with jam. Sprinkle topping over top. Return to oven for additional 15 minutes. Cool in pan. Cut into bars.

* Reserve 1 cup of crumbs for topping.

Orma Nourse

FROSTY DESSERT SQUARES

Have ready, 1 quart vanilla ice cream.

Crumb Crust:

1 1/2 c. crushed Cap'N Crunch peanut butter cereal

1/3 c. brown sugar
1/3 c. melted margarine

Chocolate layer:

1/3 c. margarine
1 c. sifted powdered sugar
2 egg yolks

2 egg whites, stiffly beaten
1 sq. unsweetened chocolate, melted and cooled

Mix ingredients for crust. Pat 1/2 of mixture into an 8 inch square pan. Chill 1 hour or freeze until set. Soften ice cream and spread over crust. Freeze until firm. For chocolate layer, beat margarine, and sugar until creamy. Blend in egg yolks and chocolate. Fold in egg whites. Spread over ice cream. Cover with rest of crumbs and freeze several hours.

Eleanor Whitney

FRUIT BARS

1 pkg. dry yeast
2/3 c. scalded milk
3 c. flour

1 c. lard or shortening
2 tsp. sugar
1 can Wilderness filling

Fresh Apple Filling:

6 large apples
3/4 c. sugar (white or brown)
1 tsp. cinnamon
1/4 c. soft butter

Pinch of salt
Vanilla frosting to drizzle over warm bars

Dissolve yeast in warm milk. Mix flour, lard, sugar, and yeast mixture (like pie crust). Divide dough in half and roll out 1/2 to fit cookie sheet. (I roll it on aluminum foil and fit foil with crust on cookie sheet.) Add filling. Roll second half of dough on waxed paper. Transfer onto top of filling. Bake at 350° for 40 minutes. For apple filling: Slice apples onto bottom of dough. Sprinkle with other ingredients. Bake at 350° for 40 minutes.

For mincemeat filling:

1 pkg. None Such mincemeat
1/2 c. water

1/2 c. sugar
3 apples, diced

Cook and stir about 5 minutes. Add 2 teaspoons cornstarch. Bake at 350° for 40 minutes. Drizzle frosting over slightly cooled bars before cutting.

Thelma Lane

GRAHAM CRACKER BARS

1 c. butter
1 c. white sugar
1/2 c. milk
1 egg, beaten

1 c. coconut flakes
1 c. chopped nuts
1 c. graham cracker crumbs

Frosting:

- 1/2 c. butter
- 2 c. powdered sugar
- 1 tsp. vanilla

Use ungreased 13x9 inch glass dish. Cover bottom with a layer of whole graham crackers. Combine butter, sugar, milk, and egg. Cook, stirring constantly, until mixture comes to a boil. Remove from heat. Add coconut flakes, nuts, and graham cracker crumbs. Spread mixture over crackers while warm. Top with another layer of crackers. Combine frosting ingredients and beat until fluffy. Spread on top of graham crackers and sprinkle with chopped nuts. Refrigerate 24 hours. Cut as wanted. May be frozen.

Polly Demory, as received from Helen Clark

HELLO DOLLY BARS

- 1/4 c. oleo
- 2 c. vanilla wafers, crushed
- 1 c. chocolate chips
- 1 c. shredded coconut
- 1 c. chopped nuts
- 1 can Eagle Brand milk

Melt oleo in 9x13 inch pan. Crush wafers to make 2 cups. Sprinkle over oleo and crumbs. Cover with chocolate chips, coconut, and nuts. Pour Eagle Brand milk over top. Bake at 350° for 20 minutes or until edges brown.

HOLIDAY CHERRY SQUARES

- 1 1/2 c. corn flake crumbs
- 1/2 c. butter or soft oleo
- 3 Tbsp. sugar
- 2 c. miniature marshmallows
- 1 1/3 c. flaked coconut
- 3/4 c. chopped maraschino cherries
- 1 (14 oz.) can Eagle Brand milk
- 1 c. nuts, chopped

In a 9x13 inch pan, combine corn flakes, butter, and sugar. Press down lightly with back of spoon. Sprinkle marshmallows, coconut, and cherries evenly over crust. Pour milk evenly over top. Sprinkle nuts evenly over milk. Press lightly into mixture. Bake at 350° till lightly browned around edges, about 25 minutes. Refrigerate before cutting.

Viola Kermeen

LEMON BARS

- 1/2 c. butter
- 1 c. flour
- 1/4 c. powdered sugar
- 2 eggs
- 3 tsp. lemon juice
- 3 tsp. flour
- 1 c. sugar
- 1/2 tsp. baking powder
- 1/2 c. coconut
- Lemon rind

Cut butter into flour and powdered sugar. Pat in the bottom of a 9x9 inch pan and bake 15 minutes in 350° oven. Beat the eggs and add remaining ingredients, spread on top of the baked crust. Bake 20 minutes in 350° oven. Powdered sugar may be sprinkled over top of bars before cutting.

Mrs. Dorothy Cropp

LEMON BARS

- 1/2 c. butter
- 1/4 c. sugar
- 1 c. flour
- 2 Tbsp. lemon juice
- Grated rind of 1 lemon
- 2 beaten eggs
- 1 c. sugar
- 1/2 tsp. baking powder
- 2 Tbsp. flour

Mix butter, sugar, and flour together and put into 9 inch square greased pan. Bake 15 minutes at 350°. Mix remaining ingredients together and pour over crust. Bake 25 minutes at 350°.

Mary Alice Fehr

LEMON BARS

- 1 pkg. Pillsbury lemon cake mix
- 1/2 c. butter or margarine
- 1 egg
- 1 pkg. lemon frosting mix
- 1 (8 oz.) pkg. cream cheese (room temperature)
- 2 eggs

Preheat oven to 350°. Grease jelly roll pan. Combine cake mix, butter, and 1 egg. Pat into pan. Blend frosting mix and cream cheese. Reserve 2/3 cup. Add 2 eggs to remainder - beat until smooth. Frost base. Bake at 350° for 20 to 25 minutes. Cool and frost with reserved frosting. Cut into bars.

Regina Johnson, Pauline Larsen

LEMON BARS

First layer (crust):

- 1 c. flour
- 1/4 c. powdered sugar
- 1/2 c. butter or margarine

- 1/4 tsp. butter flavoring (if using margarine)

Second layer:

- 3/4 c. sugar
- 1/4 c. flour
- 1/2 tsp. baking powder
- 2 eggs, beaten

- 2 Tbsp. lemon juice
- 1/4 tsp. lemon extract
- 1/2 c. coconut

Combine first 4 ingredients. Cut together until crumbly. Pat into 9x9 inch greased pan. Bake at 350° for 15 minutes and cool. Mix second layer of ingredients and pour over cooled crust. Bake at 350° for 25 minutes. Sprinkle with coconut and powdered sugar.

Patty Wells

OATMEAL CARMELITAS

- 1 c. flour
- 1 c. quick cooking rolled oats
- 3/4 c. firmly packed brown sugar
- 1/2 tsp. soda
- 1/4 tsp. salt
- 3/4 c. butter, melted
- 1 c. semi-sweet chocolate pieces
- 1/2 c. chopped nuts
- 3 Tbsp. flour
- 3/4 c. caramel ice cream topping

Combine first 6 ingredients to form crumbs. Press half of crumbs into bottom of 9 inch square pan and bake at 350° for 10 minutes. Remove from oven and sprinkle with chocolate chips and nuts. Mix caramel and 3 tablespoons flour. Drizzle over chocolate and nuts. Sprinkle remaining crumbs over caramel topping. Bake at 350° for 15 to 20 minutes until golden brown. Chill bars for easy cutting.

Cathy Nourse

PEANUT BUTTER SQUARES

1/2 c. white syrup
1/2 c. sugar

1 c. peanut butter
2 c. Rice Krispies

Heat until sugar and syrup melt. Stir in peanut butter and Rice Krispies. Mix well and spread in 9x12 inch pan. Sprinkle butterscotch chips or chocolate chips over top. Place under broiler and when chips are soft. Spread over top. When cool, cut into squares.

Faye Busse

PUMPKIN PIE SQUARES

In a large bowl combine:

1 c. unsifted all-purpose flour
1/2 c. packed brown sugar

1/2 c. quick cooking oatmeal
1/2 c. butter or margarine

Mix until crumbly, using pastry cutter. Press into ungreased 13x9x2 inch pan. Bake at 350° for 15 minutes. In large bowl combine one 1 pound can mashed pumpkin (about 2 cups), 1 can (13 1/2 ounces) evaporated milk, 2 eggs, 3/4 cup sugar, 1/2 teaspoon salt, 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, and 1/4 teaspoon ground cloves. Beat well. Pour on top of crust. Bake at 350° for 20 minutes. In a small bowl, combine 1/2 cup chopped pecans, 1/2 cup packed brown sugar, and 2 tablespoons butter. Sprinkle over pumpkin filling. Return to oven for 15 to 20 minutes more or until filling is set. Cool in pan on rack. Cut into 2 inch squares. Serve with whipped topping.

Margaret Blumer

BLOND BROWNIES

2 c. flour
1 tsp. baking powder
1/4 tsp. soda
1 tsp. salt
1/2 c. nuts

2/3 c. oleo
2 c. brown sugar
2 eggs, slightly beaten
2 tsp. vanilla
1 c. chocolate chips

Melt oleo and mix in sugar. Add 1 tablespoon water. Cool. Add eggs. Stir in vanilla. Combine flour, baking powder, soda, salt, and nuts. Add flour mixture to preceding. Mix well. Spread in greased and floured jelly roll pan. Cover with chips. Bake at 350° for 20 to 25 minutes.

Amy Anderson

BROWNIES

1 stick oleo
1 c. sugar
4 eggs
1 tsp. vanilla

1 c. + 1 Tbsp. flour
1 can Hershey's chocolate syrup
1/2 tsp. baking powder
1/2 c. nutmeats

Combine ingredients and bake 30 minutes in 350° oven using a cookie sheet.

Frosting for brownies:

6 Tbsp. butter or oleo
6 Tbsp. milk

1 1/2 c. sugar
1/2 c. chocolate chips

Combine and boil 30 seconds. Add chocolate chips. Cool before frosting.

Pat Hingst

BROWNIES

4 sq. Baker's unsweetened chocolate
1 c. butter (soft)
4 eggs

2 c. sugar
1 c. flour
1 tsp. vanilla
1 c. black walnuts

Mix together well butter, sugar, and eggs. Then in the following order, mix in 1. chocolate; 2. vanilla; 3. flour; 4. walnuts. Stir until moist, but do not stir too much. Pour into 11x15 inch cookie sheet with edges. Bake at 325° for 20 to 25 minutes. Take out when the brownies pull away from edges.

Frosting for Brownies:

2 sq. Baker's unsweetened chocolate
2 Tbsp. milk

2 Tbsp. water
2 Tbsp. sugar

Cook on low heat until chocolate melts.

Add to melted chocolate mixture:

Pinch of salt
1 Tbsp. butter

1 Tbsp. vanilla

Add powdered sugar until it is the consistency you want.

Sandra Knop

BROWNIES

1 c. butter or margarine
2 c. sugar
4 eggs
1 tsp. vanilla

1 1/2 c. flour
1 tsp. salt
2/3 c. Hershey's cocoa

Cream butter, sugar, eggs, and vanilla. Add flour, salt, and cocoa. Batter will be thick. Pour into greased and floured 9x13 inch pan. Bake at 350° for 20 minutes. Cool and frost.

Denise Mase

BUTTERSCOTCH BROWNIES

1½ c. graham cracker crumbs
6 Tbsp. butter, melted
6 oz. butterscotch chips
6 oz. chocolate chips

4 oz. chopped pecans
½ (6 oz.) pkg. coconut
1 can Eagle Brand condensed milk

Combine graham cracker crumbs with melted butter. Pat into bottom of 9x13 inch pan. Top with butterscotch chips, chocolate chips, pecans, and coconut. Pour Eagle Brand over this. Bake at 350° for 15 to 20 minutes. Let cool.

Lynne Johnson

CARAMEL BROWNIES

1 pkg. German chocolate cake mix
1 (6 oz.) pkg. chocolate chips
1 c. nuts

1 pkg. Kraft caramels (50)
1 small can evaporated milk
¾ c. melted margarine

Melt caramels and ⅓ cup evaporated milk. Set aside. Mix by hand cake mix, nuts, melted oleo, and ⅓ cup evaporated milk. Pat ½ of cake mix into a greased and floured (or Pam sprayed) 9x13 inch pan. Bake at 350° for 6 minutes. Remove from oven. Sprinkle chocolate chips on top. Pour caramel mixture over this. Add remaining cake mix. (This is done by putting small pieces evenly over melted caramel mixture.) Return to 350° oven for 15 minutes.

Regina Johnson

MOIST BROWNIES

3 sq. unsweetened chocolate, melted
⅓ c. margarine
1 c. sugar
2 eggs, beaten

⅓ c. flour
½ tsp. baking powder
½ tsp. salt
1 c. walnuts, chopped
1 tsp. vanilla

Mix all ingredients well. Put batter into greased 8x8 inch pan. Bake at 350° for 25 to 30 minutes.

Jane Holveck

EASY RHUBARB COBBLER

¼ c. butter
1¾ c. sugar
1 c. sifted flour
¼ tsp. salt

1 tsp. baking powder
¼ c. milk
2 egg whites, beaten stiff
4 c. diced rhubarb

Cream butter and ½ cup of the sugar. Sift dry ingredients and add to creamed mixture alternately with the milk. Fold in egg whites. Mix rhubarb with remaining sugar and place in bottom of buttered baking dish. Pour batter over the fruit. Bake in a moderate oven (350°) for 30 minutes. Serves 6.

Lorraine Galvani

RHUBARB COBBLER

3 c. rhubarb
¾ c. sugar
3 Tbsp. butter
½ c. milk

1 c. flour
1 tsp. baking powder
¼ tsp. salt

Topping:

1 c. sugar
1 Tbsp. cornstarch

¼ tsp. salt
1 c. boiling water

Cut rhubarb into pieces and place in bottom of oblong pan. Cream together the sugar and butter. Sift together the flour, baking powder, and salt. Add flour alternately with ½ cup milk. Pour mixture over rhubarb. Combine the 1 cup sugar, cornstarch, and salt. Sprinkle over batter. Pour 1 cup boiling water over all. Bake 1 hour at 375°. Yield: 6 to 8 servings.

Jeane Peters

ARLIA'S RHUBARB CRISP

3 c. diced rhubarb
1 c. granulated sugar
2 Tbsp. butter
1 c. flour

1 c. sugar
1 tsp. baking powder
¼ tsp. salt
1 egg

Combine rhubarb with 1 cup sugar. Put into bottom of well buttered 9x9 inch baking pan. Cut butter into mixture of dry ingredients (as pie crust). Add well beaten egg. Mix till small lumps form. Sprinkle over rhubarb. Bake at 350° for about 50 minutes. Serve warm with whipped or ice cream.

Gertrude Brown Hughes

APPLE PIE PUDDING

1 c. sugar
¼ c. melted butter
1 egg, beaten
1 c. flour

1 tsp. soda
¼ tsp. cinnamon
¼ tsp. nutmeg
2 c. diced apples

Bake in greased pie pan or 9 inch square pan 45 minutes at 350°.

Pudding Sauce:

¾ c. sugar
2 Tbsp. cornstarch

¼ tsp. salt

Mix and add:

1 c. boiling water
2 Tbsp. butter

1 tsp. vanilla

Cook till clear - serve warm over pudding.

Helen Cairney

THE BABY SUE MURRAY'S CHEESECAKE

Cheese Cake:

3 (8 oz.) pkg. cream cheese
1 c. sugar
2 eggs

1 tsp. vanilla
1 tsp. lemon juice
1 Tbsp. almond extract

Crust:

1 pkg. cinnamon crisp graham
crackers

1/4 lb. butter
2/3 c. sugar

Topping:

1/2 pt. sour cream
1/3 c. sugar

1/2 tsp. vanilla

1. Soften butter and mix with sugar and graham crackers, pressing into deep pie dish.
2. Blend all ingredients for cheesecake portion, first at low, then medium until very smooth and uniform in texture. Pour into crust.
3. Bake at 375°F. for 30 minutes or longer if you like a firmer texture.
4. Mix well the ingredients for topping and frost the top of cheesecake. Return to oven for 5 to 10 minutes at 400° to brown topping.
5. Refrigerate 6 to 8 hours to set if possible before serving.

Mary K. Thomsen

CHERRY DESSERT

1/4 c. sugar
1 c. vanilla wafer crumbs (or graham
cracker crumbs)
3 Tbsp. margarine

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
1 pkg. dessert whip topping
1 can prepared cherry pie filling

Whip dessert topping according to box directions and set in refrigerator to chill. Combine sugar, crumbs, and melted margarine. Press into bottom of 8x10 inch pan or dish. Save 1/4 of crumbs for top of dessert. Whip cheese until creamy. Add powdered sugar and fold in chilled dessert topping. Spread cheese mixture over top of crumbs. Spread can of pie filling over mixture. Sprinkle remaining 1/4 cup of crumbs on top. Chill.

Jane Tedesco

CHERRY DESSERT

1 can cherry pie filling
1 can sweetened condensed milk
(Eagle Brand)

1 (15 1/2 oz.) can crushed pineapple,
drained
1 large container whipped topping

Mix all the ingredients together. Put into a cake pan or two smaller pans and freeze. Slice to serve. Can be put in graham cracker crust.

Sheri Wallace

CHERRY-PINEAPPLE DESSERT

1 can cherry pie filling
1 can crushed pineapple, well
drained

1 can Eagle Brand milk
1/2 c. chopped pecans
1 large ctn. Cool Whip

Stir together. Spread in a 9x13 inch pan. This can be refrigerated or frozen.
Theresa Beaty

CHOCOLATE DELIGHT

2 c. flour
1 c. chopped pecans
2 sticks butter
2 pkg. chocolate instant pudding

3 1/3 c. milk
2 pkg. vanilla instant pudding
4 c. vanilla ice cream
2 pkg. Dream Whip

Crust: Mix flour, pecans, and butter together and pat into 9x13 inch pan. Bake at 350° for 15 to 20 minutes. Let cool.

Filling: Mix together pudding, milk, and ice cream. Pour over crust.

Topping: Prepare 2 packages Dream Whip as directed on back of package. Pour over filling. Grate 1 Hershey's chocolate candy bar on top. Refrigerate overnight.
Carla Abel

CREAM PUFFS

1 c. water
1 stick oleo

1 c. flour
4 eggs

Put water and oleo in pan and bring to a boil. Add flour. Stir until it forms into a ball. Put in a bowl and add 1 egg at a time. Beat until smooth. Drop on ungreased cookie sheet. Bake at 350° for 45 to 50 minutes.

Patty Farwell

DEEP DISH APPLE DESSERT

1/2 c. sugar
1/2 c. flour
12 apples

1 c. sugar
1 tsp. cinnamon
Oleo or butter pats

Topping:

1 c. sugar
1 c. flour

1 stick oleo

Spray loaf or 9x13 inch cake pan with Pam. Put sugar and flour into small bowl; mix well. Put into bottom of pan. Peel apples, sliced, put on top of first mixture. Mix sugar and 1 teaspoon cinnamon. Put on apples. Put butter pats on top. Mix topping until crumbly. Put on top. Bake at 350° for 50 minutes until lightly brown and apples done.

Lillian Hartwell (Virginia Dunlavy's aunt)

MILLIONAIRES DESSERT

- | | |
|--|--------------------------------|
| 1 pkg. yellow Jiffy cake mix | 2 c. milk |
| 1 large can crushed pineapple, drained | 1 pkg. instant vanilla pudding |
| 1 (8 oz.) pkg. cream cheese (room temperature) | 1 small ctn. Cool Whip |

Prepare cake as directed. Pour into greased and floured 9x13 inch cake pan. Bake at 350° for 12 minutes. Cool. Whip cream cheese till smooth. Slowly add milk while beating. Add pudding and beat till mixed well. Allow to set 10 minutes, then pour over cooled cake. Cover with pineapple. Top with Cool Whip. Garnish with cherries. Chill several hours. Keep refrigerated.

Fina Phillips

PERSIMMON PUDDING

- | | |
|------------|------------------|
| 2 eggs | 1 c. brown sugar |
| 1 c. sugar | |

Add:

- | | |
|---------------------|------------|
| 2 c. persimmon pulp | 2 c. cream |
|---------------------|------------|

Mix in another bowl:

- | | |
|------------------------------|-----------------|
| 1½ c. flour | ½ tsp. salt |
| 2 rounded tsp. baking powder | 2 tsp. cinnamon |

Add both mixtures together. Melt 1 stick of margarine. Put ½ of the melted margarine in the preceding mixture and leave the other half in the baking pan. Pour pudding mixture into the pan with the margarine and bake 1 hour at 350°.

Vicki Trees

PINEAPPLE DELIGHT

- | | |
|---------------------|----------------------------------|
| ½ c. butter | 1 can crushed pineapple, drained |
| ½ c. sugar | 1 tsp. vanilla |
| 3 egg yolks, beaten | 3 egg whites, beaten |
| 1 c. walnuts | 1 lb. vanilla wafers |

Cream butter and sugar. Add egg yolks, walnuts, pineapple, and vanilla. Mix well. Fold in egg whites. Crush vanilla wafers. Put one layer on the bottom, then pineapple mixture. Cover with remaining wafers. Refrigerate overnight.

Agnes Nimtz

PINEAPPLE CAKE DESSERT

- | | |
|----------------------------|---------------------------------|
| 1⅓ c. vanilla wafer crumbs | ⅔ c. chopped nuts |
| ⅔ c. oleo | 2 c. drained, crushed pineapple |
| 2 c. sifted powdered sugar | 2 env. whipped topping |
| 3 eggs | |

Spread 1 cup crumbs in 13x9 inch pan. Cream oleo and sugar and beat in 1 egg at a time. Blend and spread over in pan. Sprinkle nuts, then spoon pineapple

over nuts. Mix topping and spread over pineapple. Cover with remaining ⅓ crumbs and chill for 4 hours.

RASPBERRY DELIGHT

- | | |
|------------------------|---------------------|
| 24 large marshmallows | 1 Tbsp. lemon juice |
| ½ c. milk | 2 Tbsp. cornstarch |
| 1 c. cream, whipped | 15 graham crackers |
| 1 pkg. red raspberries | ¼ c. melted butter |
| ¼ c. sugar | ¼ c. sugar |

Crush graham crackers. Add melted butter and ¼ cup sugar. Press ⅔ of mixture into 9 inch pie pan; reserve remaining crumbs. In double boiler, melt marshmallows and milk. Cool. Add cream, whipped till stiff. In another pan, cook raspberries, sugar, lemon juice, and cornstarch. Cook till thick and cool. Put marshmallow mixture in pie pan. Sprinkle with part of remaining crumbs. Spoon raspberry mixture in next. Sprinkle with remaining crumbs. Chill 8 hours or longer.

Mary Phillips

RHUBARB PUDDING

Butter a pudding dish and cut up 3 cups rhubarb in dish. Add ¾ to 1 cup sugar and 1 unbeaten egg. Pour over rhubarb.

Cover with batter made of:

- | | |
|-------------|----------------------|
| ½ c. sugar | 1 c. flour |
| 1 Tbsp. oil | 1 tsp. baking powder |
| 1 egg | ¼ tsp. salt |
| ½ c. milk | |

Bake at 350° until done.

Kathryn Smith

RHUBARB SHORTCAKE

- | | |
|----------------------|---------------|
| Sauce: | |
| 4 c. rhubarb | 2 tsp. flour |
| 2½ c. sugar | Butter |
| Batter: | |
| 1½ c. flour | ¼ c. butter |
| ⅓ c. sugar | 1 egg, beaten |
| 2 tsp. baking powder | Milk |
| ¼ tsp. salt | |

Sauce: Cut rhubarb into 9x13 inch pan. Cover with sugar and flour. Dot with butter. Set in 350° oven while mixing batter.

Batter: Mix dry ingredients. Work in butter. Beat 1 egg in cup. Add milk to make 1 cup liquid. Mix with dry ingredients. Cover rhubarb with batter. Bake until golden.

Jolene Kiel

RHUBARB SHORTCAKE

3 Tbsp. butter or margarine
3/4 to 1 c. sugar

3 c. diced rhubarb
1 (10 oz.) pkg. white cake mix

Melt butter in skillet over open flame. Add sugar and few drops of red food coloring. Turn off heat. Add rhubarb and toss lightly. Spread evenly over bottom of skillet or put into cake pan. Prepare cake mix according to package directions and pour over rhubarb. Bake in moderate (350°) oven for 25 to 30 minutes. Loosen around edges with spatula and invert on foil covered cake plate. May be served warm or cold, with or without a garnish of whipped cream or ice cream.

Shirley Hatcher

SNOWBALLS

1 pkg. butter cookies
1 can crushed pineapple
1 container Cool Whip or Dream
Whip

Coconut
Maraschino cherries

Drain pineapple thoroughly. Alternate layers of cookies and pineapple, making about 5 or 6 cookies high. Frost outside of cookie stacks with whipped cream. Sprinkle with coconut. Top with cherry. Freeze overnight or until very firm. Let stand about 10 minutes before serving.

Vicki Trees

STRAWBERRY CRUNCH

1 c. flour
1/2 c. chopped nuts
1/3 c. brown sugar
1/2 c. butter

1 (10 oz.) pkg. frozen strawberries
2 egg whites
2/3 c. sugar
1 c. Dream Whip

Mix together first 4 ingredients. Put into shallow pan. Bake at 350° for 20 minutes, stirring occasionally. Put 2/3 of crumbs in 13x9x2 inch pan. Whip strawberries, egg whites, and 2/3 cup sugar until it stands in peaks. Whip 1 cup whipping cream (Dream Whip). Add to strawberry mixture. Spread over crumbs. Add rest of crumbs on top. Freeze overnight or longer.

Margaret York Friedmeyer

STRAWBERRY DESSERT

Bottom layer - In oblong dish, combine:

2 c. crushed pretzels
1 c. melted butter

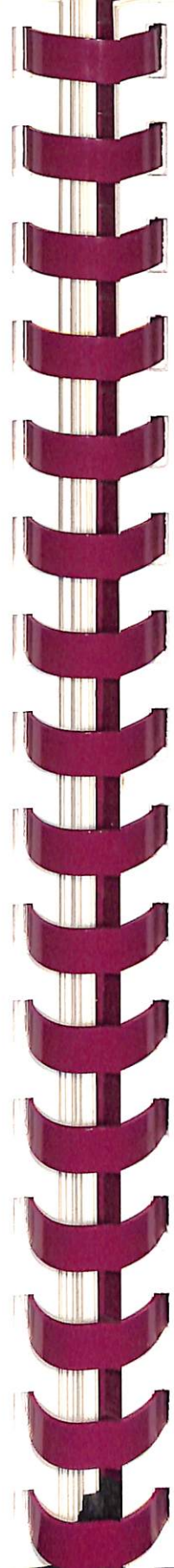
3 Tbsp. sugar

Second layer:

1 (8 oz.) pkg. cream cheese
1 (9 oz.) ctn. Cool Whip

1 c. sugar

Mix and pour over crust. Chill.



Third layer:

2 small pkg. strawberry jello
2 c. water

2 pkg. frozen strawberries

Mix and pour over second layer. Chill until firm and cut into squares.

Denise Mase

STRAWBERRY ICEBOX DESSERT

1/2 lb. Nabisco vanilla wafers
1/2 lb. butter or oleo
2 c. powdered sugar
4 egg yolks
4 egg whites

1 qt. strawberries, cut into halves
and sweetened
1 c. English walnuts
1 pt. whipping cream

Put in layer in cake pan. Roll wafers. Place 1/2 of crumbs on bottom. Cream butter with sifted powdered sugar. Add egg yolks, one at a time. Beat well. Fold in beaten egg whites. Put mixture on top of crumbs. Add layer of nuts, cut into small pieces. Add layer of sliced strawberries, whipped cream over berries. Remaining crumbs sprinkled on top. Chill overnight. Cut and serve.

Virginia Dunlavy

HOMEMADE VANILLA ICE CREAM

4 to 6 eggs
2 c. sugar
Pinch of salt
4 tsp. vanilla

2 cold cans evaporated milk, fill rest
of container up with regular
milk

Makes 1 gallon.

Tim Jorgensen

HOMEMADE ICE CREAM

4 eggs
2 c. sugar
1/4 tsp. salt

2 Tbsp. vanilla
3 pt. half & half
1/2 pt. unwhipped whipping cream

Beat eggs 5 minutes. Add sugar. Beat until thick as cake batter. Add remaining ingredients and mix well. Pour into ice cream freezer (add milk to fill freezer). Freeze.

Pauline Larsen, Credit Anne Gray

VANILLA ICE CREAM (6 QUART FREEZER)

8 eggs
3 1/2 c. sugar
4 Tbsp. vanilla
1 box whipping cream or half & half

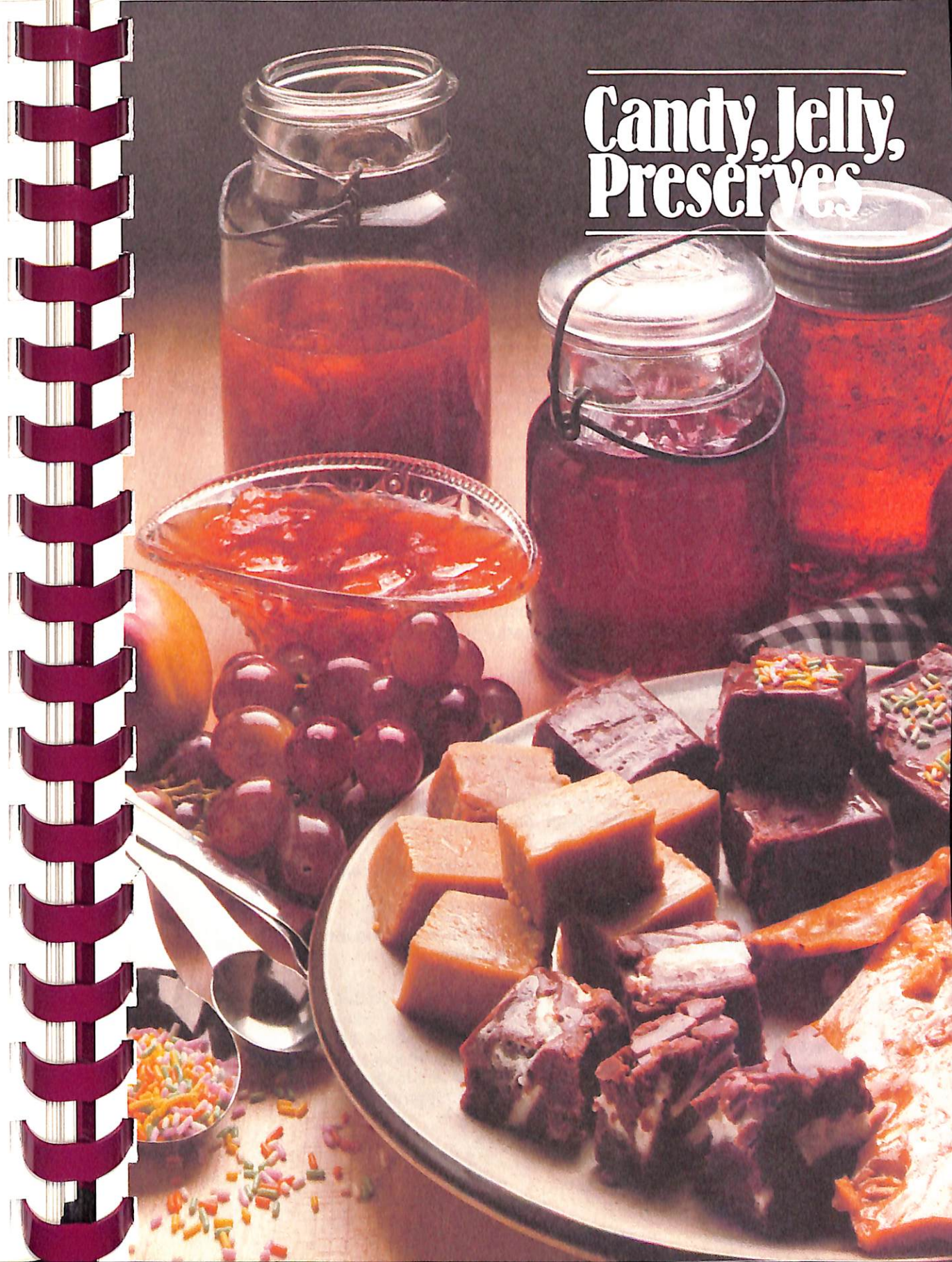
Pinch of salt
1 small container Cool Whip,
thawed
Milk (as needed)

Beat eggs, sugar, and salt together until sugar is dissolved. Add vanilla, whipping cream, and Cool Whip. Blend thoroughly. Add milk as needed to fill freezer approximately 3/4 full. Freeze with hand or electric freezer.

Jeselyn Maxwell

Notes

Candy, Jelly, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

BAVARIAN MINTS

12 oz. pkg. chocolate chips
Extract of peppermint

½ can Borden's Eagle brand
condensed milk

Melt chips in double boiler, stirring with rubber spatula. When melted, add condensed milk. Heat and mix until smooth. Add 2 or 3 teaspoons extract of peppermint. Pour into pan lined with foil. *Do not put in refrigerator.*

Optional: Dip each in chocolate.

Jane Tedesco

CHERRY DIVINITY

3 c. sugar
¾ c. white Karo syrup
¾ c. water

2 egg whites
3½ Tbsp. cherry jello powder
Chopped nuts

Combine sugar, Karo syrup, and water and boil to hard ball stage or 252°. Beat egg whites until stiff, but not dry. Add jello powder gradually. Pour syrup gradually over egg whites. Beat until it holds its shape and loses its gloss. Add nuts. Drop by teaspoonfuls onto waxed paper.

Lenora Tedesco

CHOCOLATE FUDGE

2 sq. baking chocolate
(unsweetened)
¾ c. milk
2 c. granulated sugar

¼ tsp. salt
2 Tbsp. butter
1 tsp. vanilla

Melt chocolate in milk over slow fire until thoroughly dissolved. Add sugar and salt, stirring until dissolved, then allow to cook without stirring. Cook until mixture forms a soft ball in cold water. Remove from fire. Add butter and allow to cool without stirring. Add vanilla. The inside and bottom of the pan should feel lukewarm to the touch and the surface of the fudge should dent without springing back. Beat until the fudge begins to lose its gloss. Pour into buttered pan. Nutmeats may be added just before fudge is ready to turn out.

Jeselyn Maxwell

EASY BUTTER CRUNCH (CANDY)

1 c. butter
1 c. sugar
1½ c. blanched almonds

1 (6 oz.) pkg. semi-sweet chocolate
bits

Melt 1 cup butter in heavy skillet; stir in 1 cup sugar. Add 1½ cups almonds and cook, stirring constantly, till mixture is golden brown and almonds pop, about 12 to 14 minutes. Spread evenly in jelly roll or pizza pan. Immediately sprinkle with 6 ounce package chocolate chips. Spread evenly over candy. Cool. When hard, bread into pieces and store in airtight container. Makes about 1 pound.

Floy Diller

GRANDMA'S CHOCOLATE PEANUT BUTTER CANDY

1/2 c. oleo
2 c. crunchy peanut butter
3 1/2 c. powdered sugar

2 c. Special K cereal (put in blender
for a couple flips of switch)

Topping:

12 oz. pkg. semi-sweet chocolate
morsels

1/2 bar paraffin

Combine first 4 ingredients, using mixer. Form into small balls and chill. Melt chocolate and paraffin in double boiler. Dip balls in this mixture and place on waxed paper covered cookie sheet. Chill until set. These freeze well.

Amanda Parrott

HEATH BARS

2 c. chopped pecans
1 1/2 c. brown sugar

1 c. butter or margarine
1 (6 oz.) pkg. chocolate chips

Spread nuts in 9x13 inch pan. Combine sugar and butter, stirring to boil for 10 minutes (no less). Pour over nuts. Let stand 1 minute. Sprinkle chips over and cover with foil until chocolate melts. Break into pieces. *This is delicious for Christmas.*

Lou Johnson

MICROWAVE FUDGE

1 lb. powdered sugar
1/2 c. cocoa
1/4 c. milk

1/2 c. butter
1 tsp. vanilla
1/2 c. chopped nuts (optional)

1. Blend together sugar and cocoa in 8x8x2 inch dish. Pour in milk. Place butter on top. Heat in microwave on HIGH for 2 minutes or until butter is melted. Stir well to mix ingredients.

2. Add vanilla and nuts. Stir until blended. Place in freezer for 20 minutes or in refrigerator for 1 hour. Cut into 1 inch squares. Store in airtight container. Makes 4 to 5 dozen pieces.

Shirley Hatcher

MILLION DOLLAR FUDGE

4 1/2 c. sugar
Pinch of salt
2 Tbsp. butter
1 2/3 c. evaporated milk

12 oz. chocolate chips
12 oz. German's sweet chocolate
1 pt. marshmallow creme
2 c. chopped nuts

Combine sugar, salt, butter, and milk. Cook over medium heat until it boils. Boil 6 minutes. Stir occasionally. Pour syrup over the chocolate bits in large bowl - beating until smooth. Add marshmallows and nuts - stir until smooth. Pour into 13x9x2 inch buttered pan. Cool several hours and then cut. Store in airtight containers. You can freeze these.

Lenora Tedesco

OLD-FASHIONED PRALINES

2 c. liquid brown sugar
2 Tbsp. butter
Dash of salt

1 c. pecans
1 tsp. vanilla
1/4 c. evaporated milk

1. Combine brown sugar, butter, and salt in heavy saucepan. Bring to boiling; reduce heat and cook to soft ball stage or 240° on candy thermometer.

2. Remove from heat and cool 10 minutes. Stir in pecans, vanilla, and evaporated milk.

3. Beat till mixture thickens. Drop by tablespoonfuls onto foil or lightly greased cookie sheet. Makes 2 1/2 dozen (2 inch) patties.

Fina Phillips

PEANUT BUTTER FUDGE

3 c. sugar
2/3 c. milk
1 c. marshmallow cream

1 c. peanut butter
1 tsp. vanilla

Cook sugar and milk to a soft ball stage. Stir in marshmallow cream, peanut butter, and vanilla. Mix well. Pour into a buttered dish. Cool. Cut into squares.

This recipe is from my Grandma Riley. She always makes it at Christmas.

Kim Johnson

PEANUT BUTTER KISSES

1 c. peanut butter
1 c. honey
1 tsp. maple flavoring (optional)

1/2 tsp. salt
1 1/2 c. nonfat dry milk (more if
necessary)

Mix peanut butter, honey, salt, and maple flavoring until soft and creamy. Add nonfat dry milk (1/2 cup at a time) and mix until fudgelike.

Callie Parrott

PERFECT FUDGE

2 c. sugar
10 marshmallows

1 small can milk (2/3 c.)

Place in pan. Bring to boil. Cook 6 minutes, stirring constantly.

In bowl:

1 cube butter

1 (6 oz.) pkg. chocolate chips

Pour cooked mixture over butter and chips. Beat. Add vanilla and nuts. Pour into pan and refrigerate.

Lenora Tedesco

SODA CRACKER FUDGE

2 c. sugar
2/3 c. evaporated milk
1 tsp. vanilla

7 Tbsp. peanut butter
20 finely ground soda crackers

Boil sugar and milk for 3 minutes, stirring to prevent burning. Add to hot mixture vanilla and peanut butter. Stir till well mixed. Add and stir well, soda cracker crumbs. Pour into 8x8x2 inch buttered pan. Cut when firm.

For variety, 1 tablespoon cocoa may be added to hot mixture or 1 cup brown sugar may be substituted for 1 cup white sugar.

Alice Campain

SPICE PECANS

2 c. sugar
1 tsp. salt
1/2 c. water
1 tsp. cinnamon
1/2 tsp. vanilla
4 to 5 c. pecan halves

Cook all ingredients, except vanilla and nuts until soft ball is formed in cold water. Remove from heat. Add vanilla and nuts. Stir until grainy. Pour onto waxed paper and separate nutmeats.

Fina Phillips

APRICOT-ORANGE JAM

1 1/2 lb. dried apricots
3 unpeeled (medium size) oranges
2 (20 1/2 oz.) cans crushed pineapple (undrained)
8 c. sugar

Soak apricots overnight. Cook until soft. Put apricots and oranges through food grinder. Mix all fruit and sugar and cook 20 to 25 minutes. Pour into hot sterile jars. Seal.

Orma Nourse

CRANBERRY JAM

2 (16 oz.) pkg. cranberries
5 1/2 c. sugar
1/2 (6 oz.) bottle fruit pectin

Heat cranberries and 4 cups of water to boil. Simmer 10 minutes. Measure carefully. If not 7 1/2 cups, add water to make 7 1/2 cups. Return mixture to pan. Add sugar. Over high heat, heat cranberries and sugar to a high rolling boil, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat and immediately stir in pectin. Skim off foam. Put in glasses. Pour on paraffin (for gifts, whip paraffin).

Margaret Blumer

REFRIGERATOR JAM

4 c. sugar
4 c. finely cut rhubarb

Mix together and let stand until sugar dissolves. Boil over medium heat until soft, 10 to 15 minutes. Remove from stove and stir in one 3 ounce box dry gelatin (strawberry, raspberry, cherry) your choice. Pour into jars. Cover and refrigerate. Makes 4 cups.

Arlene Nelson

CANNED APPLES FOR PIES

4 1/2 c. sugar
1 c. cornstarch
2 tsp. cinnamon
1 tsp. salt
10 c. water
3 Tbsp. lemon juice
Sliced apples (about 7 to 8 qt.)

Blend dry ingredients. Stir in water. Cook and stir until it thickens. Add lemon juice. Remove from heat. Fill jars with sliced apples. Add syrup. Process for 20 minutes. Makes 7 quarts.

Ruth Rooney

PICKLED PEACHES

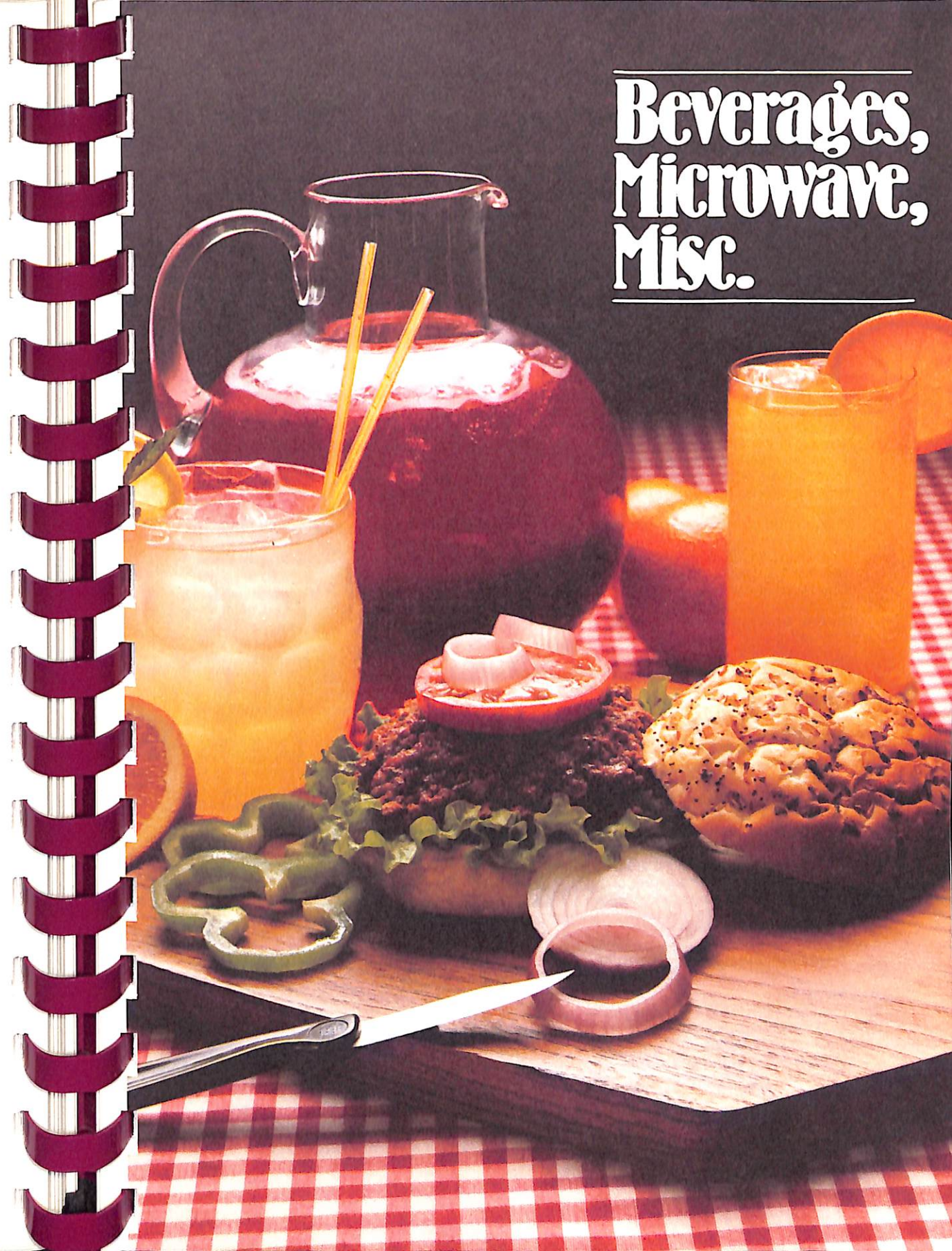
4 c. water
4 c. sugar
1 1/4 c. vinegar
2 sticks cinnamon
1 tsp. cloves
1 tsp. allspice

Cook until spicy. Add whole, peeled peaches. Bring to a rolling boil. Put into hot jars and seal.

Margaret Blumer

Notes

Beverages, Microwave, Misc.



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. 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.
6. Thaw whipped topping...a 4½ 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!
7. 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.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. 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.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. 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.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. 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 nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. 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.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. 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 sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BEVERAGES, MICROWAVE, MISCELLANEOUS

APPLE WARM-UP

- | | |
|-------------------------------|--------------------------------|
| ¼ c. Lipton instant tea | 1 (32 oz.) bottle apple juice |
| ½ c. Minute Maid lemon juice | 2 c. water |
| ½ c. Minute Maid orange juice | 1¼ c. red tropical fruit punch |
| ¼ c. sugar | |

In large saucepan, combine all ingredients. Heat through. Serve in cups or mugs and garnish, if desired, with apple wedges. Makes 8 servings.

Patricia Lundquist

BANANA SMOOTHY

- | | |
|-----------|------------------|
| 2 bananas | 2 Tbsp. honey |
| 1 c. milk | 1 tray ice cubes |

Blend ingredients at high speed in blender for a refreshing drink. For a different touch - add a shot of peanut butter.

Tim Jorgensen

CHRISTMAS PUNCH

- | | |
|----------------------------|---------------------------------|
| 3 pkg. raspberry Kool-Aid | 2 (46 oz.) cans orange juice |
| 3 pkg. strawberry Kool-Aid | 2 (46 oz.) cans pineapple juice |
| 2½ c. sugar (or to taste) | 1 c. ReaLemon |
| 3 (2 qt.) pitchers water | |

Just before serving, add 2 quarts ginger ale. Serves 80+ people.

Jolene Kiel

CRANBERRY PUNCH

- | | |
|----------------------|------------------------|
| 4 c. cranberry juice | 1 Tbsp. almond extract |
| 1½ c. sugar | 2 qt. ginger ale |
| 4 c. pineapple juice | |

I use an ice ring filled with green and red cherries for Christmas.

Vicki Trees

FRIENDSHIP TEA

- | | |
|------------------|-----------------|
| 2 c. Tang | 1 tsp. cinnamon |
| 1 c. instant tea | ½ tsp. cloves |

Mix ingredients. Use 1 rounded tablespoonful to a cup of hot water.

Teena Kern

FROSTY GOLDEN PUNCH

- | | |
|--------------------|--|
| 2 c. sugar | 1½ c. fresh mint leaves or ⅓ c. dried mint |
| 2 c. boiling water | |

Combine. Stir to dissolve sugar. Cool. Chill and strain, then add:

- | | |
|--|--|
| 3/4 c. fresh lemon juice | 1 (6 oz.) can frozen pineapple juice |
| 1 (12 oz.) can apricot nectar, chilled | 2 large bottles (7 or 8 c.) ginger ale, chilled |
| 1 (6 oz.) can frozen limeade concentrate | |
| 1 (6 oz.) can frozen orange juice concentrate | |

I like the apricot flavor and sometimes use 1 quart can apricot nectar.

"Polly" Demory

FRUIT JUICE PUNCH

- | | |
|--|---|
| 1 (6 oz.) can frozen lemonade | 2 pkg. Kool-Aid |
| 1 (6 oz.) can frozen orange juice | 2 qt. ginger ale |
| 1 (6 oz.) can frozen pineapple | 1 qt. soda water |
| 2 c. sugar | 3 cans water for each can of juice |
| 2 qt. water | |

Use pink lemonade and a pink Kool-Aid to make a pretty color. Thaw juice and mix in a blender with sugar, 1 quart of water, and Kool-Aid. Refrigerate and mix with rest of water (cooled) and ginger ale when time to use. Pour the soda water in last. Makes 75 punch cups.

Beth Butler

HOT CHOCOLATE

- | | |
|---------------------------------------|------------------------------------|
| 1 lb. instant chocolate mix | 1 (8 qt.) box powdered milk |
| 6 oz. instant cream (powdered) | 1 lb. confectioners sugar |

Mix thoroughly and store in glass jar. Fill cups 1/3 to 1/2 full of mixture. Add boiling water.

Virginia VanWyngarden

HOT SPICED TEA

Add 6 tea bags to 1 quart of boiling water - steep for 15 minutes. Boil 1 2/3 cups sugar and 2 quarts water for 5 minutes. Combine the tea and sugar water.

Add:

- | | |
|-----------------------------|----------------------------|
| 1 c. orange juice | 4 Tbsp. lemon juice |
| 3 c. pineapple juice | |

Serve hot. Extra may be stored in refrigerator. I add 2 cinnamon sticks, nutmeg, 1 tablespoon whole allspice, and 1 tablespoon cloves - tie in a bag and let steep with tea. Remove before combining all ingredients.

Peg Anderson

LO-CAL MILK SHAKE

- | | |
|---|---|
| 1 c. skim milk | 3 or 4 strawberries or cherries or unsweetened pineapple sugar |
| 1 (1/4 gm.) saccharin tablet or 1 tsp. sugar | |

In blender at high speed, mix all ingredients until ice melts and drink is foamy. (100 - 120 calories per serving)

Ima Phatte Nomor

MARGARITAS

- | | |
|-------------------------------------|-------------------------|
| 1 (6 oz.) can frozen limeade | 3 oz. Triple Sec |
| 1 (6 oz.) can tequila | 2 c. crushed ice |

Blend well. Salt rim of glass.

J.R. and H.R.

MOCK PINK CHAMPAGNE

- | | |
|-----------------------------|-------------------------------|
| 1/4 c. sugar | 1/2 c. pineapple juice |
| 3/4 c. water | 1/4 c. orange juice |
| 1 c. cranberry juice | 1 (7 oz.) bottle 7-Up |

Boil sugar and water until sugar dissolves. Cool. Stir in cranberry, pineapple, and orange juice. Chill. Just before serving, add 7-Up.

Patricia Lundquist

OAHU FRAPPE

- | | |
|---------------------|---|
| 1/2 c. sugar | 3/4 c. orange juice |
| 3/4 c. water | 1 1/2 c. unsweetened pineapple juice |

Cook sugar and water for 5 minutes. Cool slightly. Add orange juice and pineapple juice. Freeze till mushy. Serves 6.

Patricia Lundquist

ORANGE CRUSH

- | | |
|---|--|
| 1 (6 oz.) can frozen lemonade | 1 large can crushed pineapple and juice |
| 1 (6 oz.) can tangerine juice | 2 1/2 c. water |
| 1 box sliced strawberries (frozen) | 1 c. sugar |
| 3 bananas, cut up | |

Mix together lemonade, tangerine juice, bananas, strawberries, pineapple, sugar, and water. Freeze, then thaw to a crush. Stir and serve. If the crush is allowed to thaw too much, for the right consistency to serve, slightly refreeze.

Joyce Zach

ORANGE JULIUS

- | | |
|--|----------------------------|
| 1 (6 oz.) can frozen orange juice | 1/3 to 1/2 c. sugar |
| 1 c. milk | 1 tsp. vanilla |
| 1 c. water | 10 to 12 ice cubes |

Put preceding in blender for 30 seconds.

Denise Mase

PUNCH

5 pkg. orange Kool-Aid
5 qt. cold water
3 c. sugar
1 (6 oz.) can frozen lemon juice

2 (6 oz.) cans frozen orange juice
1½ cans (large) pineapple juice
2 cans orange juice
1 qt. bottle ginger ale

Add ginger ale just before serving. Stir well. Serves 80 people.

Kathryn Smith

RHUBARB PUNCH (A SPRING TONIC)

2 qt. finely cut fresh rhubarb 2 c. water

Bring to a boil and simmer, covered, for 10 minutes. Cool. Blend in blender.

2 c. water 2 cinnamon sticks
3½ c. sugar 24 whole cloves

Simmer, covered, for 10 minutes. Strain out spices and add liquid to blended rhubarb.

2 c. orange juice 1 tsp. vanilla
1 c. lemon juice 6 c. cold water
1 c. lime juice

Add this to rhubarb-spice mixture. Add 3 or 4 quarts of cranapple juice for color and 1 quart of ginger ale before serving. A strawberry ice wreath enhances the punch. Use fresh strawberries and freeze a layer at a time in a ring mold. Serves 60.

Carolyn Allen

RUSSIAN TEA

1¼ c. or 1 (9 oz.) jar orange flavored instant breakfast drink ¼ tsp. ground cloves
½ c. sugar Dash of salt
⅓ c. instant tea Boiling water
½ tsp. ground cinnamon Cinnamon sticks (optional)

To prepare Russian tea, combine instant breakfast drink, sugar, instant tea, spices, and salt. Stir well. Store in tightly covered labeled jar. For each serving of hot Russian tea, place 2 well rounded teaspoonfuls of mix in a cup. Add boiling water. Stir until dissolved. Stir immediately. Garnish with cinnamon stick stirrers. For 1 quart of hot tea, combine ½ cup of the mix with 1 quart boiling water in a teapot. Makes 2 cups mix, enough for 4 quarts or 24 (5 ounce) cups.

Denise Mase

RUSSIAN TEA

2 c. powdered Tang ½ tsp. powdered cloves
1 pkg. lemonade mix ½ c. sugar
½ tsp. cinnamon ½ c. instant tea

Mix all ingredients well. Put 3 teaspoonfuls into a cup and add boiling water.

Verna Jennings

SLUSH

Boil 7 cups water and 2 cups sugar. Cool. Boil 2 cups water and add 4 green tea bags. Cool and remove bags. In a large bowl, mix the sugar water and the tea water together. Add one 12 ounce can frozen orange juice, one 12 ounce can frozen lemonade, and 2 cups vodka or gin (optional). Freeze the mixture and then scoop ½ of each glass with the slush mixture and fill the rest of the glass with 7-Up. You can put green food coloring in it for a refreshing citrus appearance.

Vicki Trees

SOUTHERN COMFORT SLUSH

2½ C. Southern Comfort 2 (6 oz.) cans frozen lemonade
60 oz. 7-Up concentrate
6 oz. lemon juice
1 (6 oz.) can frozen orange juice concentrate

Mix thoroughly and freeze 24 hours. Stir occasionally to keep well mixed.

R.M.G.P.

SPICED APPLE CIDER

2 qt. apple cider 4 cinnamon sticks
1½ qt. cranberry cocktail 1½ tsp. whole cloves
¼ c. brown sugar 1 lemon, thinly sliced

Combine all ingredients in a large kettle. Bring to a boil. Reduce heat and simmer 15 to 20 minutes. Remove spices and lemon or put sugar and spices in basket of percolator. Perk full cycle. Slice of lemon can be floated in each cup. Serves 25 (½ cup each).

Patricia Lundquist

BARBECUE SAUCE

1 (18 oz.) bottle Kraft Old Smoky barbecue sauce ½ c. ketchup
½ bottle (5 oz. size) Worcestershire sauce Dash of cloves
2 Tbsp. lemon juice Dash of onion salt
1 Tbsp. mustard (prepared) Dash of garlic salt
2 lb. brown sugar

Mix all ingredients together and beat until smooth. Very good with pork. Keep refrigerated. This sauce will keep indefinitely.

Ardith Sweeney

CATSUP

3 tsp. whole cloves 1 medium size onion, chopped (optional)
3 tsp. broken stick cinnamon ½ tsp. cayenne pepper
2 tsp. celery seed 2 c. sugar
2 c. white vinegar ½ tsp. garlic salt
16 lb. ripe tomatoes (30 to 35 medium size) 3 Tbsp. pickling salt

Measure spices into pan. Add the vinegar. Cover and bring to boil. Remove from heat and let steep while preparing tomatoes for juice. Cook onion with tomatoes. Add sugar and bring to a boil till mixture has cooked down to almost consistency of boughten catsup. Strain vinegar-spice mixture into kettle, discarding spices. Add salt and garlic salt. Simmer until mixture is thick enough to suit you. Stir frequently. Pour boiling hot into hot jars. Seal. Makes 4 to 5 pints.

Cathy Nourse

DOUBLE ORANGE POPS

1 pkg. orange gelatin **1/2 c. sugar**
2 c. orange juice **2 c. boiling water**

Dissolve gelatin and sugar in boiling water. Add orange juice. Pour into molds (Tupperware popsicle molds).

Amy and Jon Anderson

FINGER JELLO

2 1/2 c. cold water **4 (3 oz.) boxes jello**
5 env. Knox gelatine **1 c. sugar**
2 c. hot water **1 c. ice water**

Put cold water in 9x13 inch pan. Add Knox gelatine and let stand while heating the water. Heat water, sugar, and jello together. Stir until it boils and then mix with first mixture. Add ice water to all of that and stir it. Let set 3 hours in refrigerator. Cut into 1 inch strips or squares. You can put this in a jelly roll pan and then cut with cookie cutters.

Jon Anderson

FINGER JELLO

4 env. Knox unflavored gelatine **4 c. boiling water**
3 (3 oz.) pkg. any flavor jello

Stir gelatine and jello together in boiling water. Pour into shallow pan. Refrigerate until firm. Cut into cubes. Can be eaten with fingers.

Sheri Wallace

POPSICLES

3 env. unflavored gelatin **6 c. unsweetened orange juice (one**
3/4 c. cold water **12 ounce can frozen juice with**
3/4 c. boiling water **water added)**
1 1/2 c. sugar **3 Tbsp. lemon juice**

Sprinkle unflavored gelatin over cold water. Soak 5 minutes. Add boiling water and sugar. Stir till gelatin is dissolved, then add unsweetened juice and lemon juice. Place in 3 ounce Dixie cups (makes 24). You may also use frozen grape juice or lemonade in place of orange juice.

Patricia Lundquist

EMMA'S CARAMEL CORN

1 1/3 c. light brown sugar **1/4 lb. butter**
2/3 c. light corn syrup **1/2 tsp. baking soda**
1/2 c. water **3 qt. popped corn - keep warm**

Heat sugar and corn syrup with water till dissolved. Wipe sides of pan with damp cloth on fork. Boil to 275°; takes a long time. Add melted butter in thin stream, stirring constantly. Boil to 285° (hard crack). Sift on soda. Stir well. Pour in thin stream on warm popcorn in warm pan. Mix well. Put on buttered sheet to cool. Separate into small clusters. This is the secret recipe for "Karmel Korn". This spelling is copyrighted and cannot be used.

Helen Thomsen

CARAMEL CORN

20 c. popped corn **2 c. brown sugar**
1 c. butter **1/2 c. white syrup**
1/2 tsp. salt **1 tsp. vanilla**
1 tsp. soda

Boil brown sugar, butter, syrup, and salt 5 minutes. Add vanilla and soda. Pour over popcorn and mix well. Spread out on cookie sheets and bake for 1 hour at 250°. Stir every 15 minutes.

Carla Abel

CARAMEL CORN

2 sticks butter or oleo **2 c. brown sugar**
1/2 c. white syrup **Pinch of salt**

Boil all ingredients for 5 minutes. As you take it from the stove, add 1/2 teaspoon baking soda and stir well. Pour on popped corn. Stir to cover all. Preheat oven to 250° and put mixture into oven. Stir every 10 minutes for 1 hour. Take from oven. Pour onto foil and break apart. (Use 1 1/2 cups unpopped corn.)

Karen Hissong

PEANUT BUTTER POPCORN

3 qt. popped corn **1/2 c. light corn syrup**
1 c. sugar **1 c. peanut butter**
1/2 c. honey **1 tsp. vanilla**

Butter the sides of a heavy 1 1/2 quart saucepan. Combine sugar, honey, and corn syrup in pan. Bring to a hard boil. Boil 2 minutes. Remove from heat. Stir in peanut butter and vanilla until blended. Immediately pour over popped corn - stirring to coat well. Drop onto waxed paper in clumps. Never gets hard, not sticky, not messy.

Maureen Fischer

SWEET AND SPICY POPCORN

3 qt. popped corn **3/4 tsp. cinnamon**
1/3 c. butter **1/4 tsp. salt**
1/4 c. sugar

Place popped corn in large baking pan. In small pan combine remaining ingredients and cook over low heat until butter is melted and sugar dissolved. Remove from heat. Add to popped corn, tossing lightly to mix well. Bake 15 minutes at 350° until hot and crispy. Store in covered container.

Lorraine Galvani

HOMEMADE PLAY DOUGH

1 c. flour	1 Tbsp. cooking oil
1 Tbsp. alum	1 c. boiling water
½ c. salt	Desired food coloring

Pour boiling water over flour, alum, salt, and oil. Add desired food coloring. Knead until cool. Store in covered container or plastic bag.

Patty Wells

DIRTY DISHES

Thank God for dirty dishes,
They have a tale to tell.
While others go hungry,
We're eating very well!

With home and health and happiness
We shouldn't want to fuss.
For by this stack of evidence,
God's very good to us!

CAKE RECIPE FOR MOTHER

Light oven; get bowl out, spoons, and ingredients. Grease pan; crack nuts. Remove 18 blocks and 7 toy autos from kitchen table.

Measure 2 cups of flour; remove Johnny's hand from flour. Wash flour off him. Measure 1 more cup of flour to replace flour on floor.

Put flour, baking powder, and salt in sifter. Get dust pan and brush up pieces of bowl which Johnny knocked on floor. Get another bowl. Answer doorbell.

Return to kitchen. Remove Johnny's hands from bowl. Wash Johnny. Get out egg. Answer phone. Return. Take out greased pan. Remove ¼ inch of salt from pan. Look for Johnny.

Return to kitchen and find Johnny. Remove his hand from bowl. Wash shortening off him.

Wash kitchen floor. Wash table. Wash walls. Wash the dishes. Call up the baker!

HAPPINESS CAKE

1 c. Good Thoughts	2 c. Sacrifice
1 c. Kind Deeds	2 c. Well Beaten Faults
1 c. Consideration for Others	3 c. Forgiveness

Mix thoroughly. Add Tears of Joy, Sorrow, and Sympathy. Flavor with Love and Kindness. Fold in 4 cups of Prayer and Faith. Blend well. Fold into Daily Life. Bake well with the warmth of Human Kindness. Serve with a Smile anytime. Number of servings: It will satisfy the hunger of *many* starved souls.

Vi Brotherson

LE ROY AND ROGER'S FAVORITE

Usually goes about like this - take a bunch of potatoes. Peel them, etc. Fry a chicken - make 2 generous size hamburgers for each person. In other words, meat and potatoes.

As told to Mary Thomsen by Betty Zacharias

Notes

Notes

Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add ¼ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour ½ cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:		pumpkin, 1 slice	79
roasted in oil, salted, 9-10 nuts	62	raisin, 1 slice, 20 per loaf	60
Apple butter, 1 tbsp.	33	rye, light, 1 slice, 20 per loaf	56
Apple juice, canned or bottled, 1 cup	117	white, firm-crumbs type, 1 slice, 20 per loaf	63
Apples:		whole wheat, firm-crumbs type, 1 slice, 20 per loaf	56
fresh, with skin, 1 average (2½" diameter)	61	Bread stuffing, mix, mixed with butter, water, ½ cup	250
dried, cooked, sweetened, ½ cup	157	Broccoli:	
dried, cooked, unsweetened, ½ cup	100	raw, 1 large spear	32
Applesauce, canned, sweetened, ½ cup	116	boiled, drained, cut spears, ½ cup	20
Applesauce, canned, unsweetened, ½ cup	50	Brussels sprouts boiled, drained ½ cup	28
Apricot nectar, canned or bottled, 1 cup	143	Butter, 1 Tbsp.	100
Apricots:		Butter, whipped, 1 Tbsp.	67
fresh, 3 average (12 per lb.)	55	Cabbage:	
canned, 4 halves with 2 tbsp. heavy syrup	105	red, raw, chopped or shredded, ½ cup	14
canned, water pack, ½ cup with liquid	38	white, raw, chopped or shredded, ½ cup	11
Asparagus:		Cake, mix, prepared as directed on package:	
canned, drained, cut spears, ½ cup	25	angel food, without icing, 3½-oz. serving	269
frozen, 6 spears	23	coffee cake, 3½-oz. serving	322
Avocados, 3½" diameter	185	devil's food, with chocolate icing, 3½-oz. serving	369
Bacon, fried, drained, 2 medium slices	86	white, with chocolate icing, 3½-oz. serving	351
Bacon, Canadian, fried, drained, 1 slice	58	yellow, with chocolate icing, 3½-oz. serving	365
Bagel, egg or water, 1 medium (3" diameter)	165	Candies, 1-oz. serving:	
Bamboo shoots, raw, cuts, ½ cup	21	almonds, chocolate-covered	161
Bananas, 1 average	118	butter mints, after dinner (Kraft)	106
Bean sprouts, soy, raw, ½ cup	24	butterscotch	112
Beans, baked, canned:		cherries, dark chocolate-covered (Welch's)	115
with pork and tomato sauce, ½ cup	156	chocolate, milk	147
green or snap:		chocolate, semi-sweet	144
fresh, boiled, drained, cuts or French style, ½ cup	16	coconut, chocolate-covered	124
canned, with liquid, ½ cup	22	fudge, chocolate, with nuts	121
Beans, lima, immature seeds:		gum drops	98
boiled, drained, ½ cup	95	jelly beans	104
canned, with liquid, ½ cup	88	licorice (Switzer)	101
Beans, pea, navy, or white, dry, cooked, ½ cup	112	Life Savers, all flavors except mint	111
Beans, red kidney, canned, with liquid, ½ cup	115	Life Savers, mint	108
Beef, choice grade cuts (without bone):		mints, chocolate-covered	116
brisket, lean only, braised, 4 oz.	253	marshmallows (Campfire)	100
chuck, arm, lean only, pot-roasted, 4 oz.	219	peanut brittle	119
club steak, lean only, broiled, 4 oz.	277	peanut cluster, chocolate-covered (Kraft)	151
flank steak, lean only, pot-roasted, 4 oz.	222	raisins, chocolate-covered	120
ground, lean (10% fat), broiled, 4 oz.	248	toffee, chocolate (Kraft)	111
porterhouse steak, lean only, broiled, 4 oz.	254	Cantaloupe, fresh, ½ melon, 5" diameter	58
rib, lean only, roasted, 4 oz.	273	Carrots:	
round steak, lean only, broiled, 4 oz.	214	raw, 1 average	21
rump, lean only, roasted, 4 oz.	236	boiled, drained, diced, ½ cup	23
short plate, lean only, simmered, 4 oz.	253	Catsup, tomato, bottled, 1 Tbsp.	16
sirloin steak, double-bone, lean only, broiled, 4 oz.	245	Cauliflower:	
sirloin steak, round-bone, lean only, broiled, 4 oz.	235	raw, flowerbuds, sliced, ½ cup	12
T-bone steak, lean only, broiled, 4 oz.	253	boiled, drained, flowerbuds, ½ cup	14
Beef, corned:		Celery, raw, 1 outer stalk (8" long)	7
boiled, medium-fat, 4 oz.	422	Cereals:	
canned, lean, 4 oz.	211	All-bran, 1 cup	192
Beef and vegetable stew, canned, 4 oz.	90	bran, 100% (Nabisco), 1 cup	150
Beets:		bran flakes, 40%, 1 cup	106
boiled, drained, sliced, ½ cup	33	bran flakes with raisins, 1 cup	144
Blackberries:		corn flakes, 1 cup	97
fresh, ½ cup	42	corn flakes, sugar coated, 1 cup	154
canned, juice pack, ½ cup with liquid	68	Cream of Wheat, cooked, 1 cup	133
Blueberries:		farina, quick-cooking, cooked, 1 cup	105
fresh, ½ cup	45	oat flakes, (Post), 1 cup	165
canned, water pack, ½ cup with liquid	47	oatmeal or rolled oats, cooked, 1 cup	132
Bologna, all meat, 4 oz.	315	rice, puffed, 1 cup	60
Boysenberries:		wheat flakes, 1 cup	106
canned, water pack, ½ cup with liquid	45	wheat, puffed, 1 cup	54
frozen, unsweetened, ½ cup	30	wheat, puffed, presweetened, 1 cup	132
Braunschweiger (smoked liverwurst), 4 oz.	362	wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89
Brazil nuts (3 large nuts)	90	Cheese:	
Bread, commercial:		American, processed, 1 oz.	105
Boston brown, 1 slice	101	blue or Roquefort type, 1 oz.	104
cracked wheat, 1 slice, 20 per loaf	60	brick, 1 oz.	105
French, 1 slice	44	cheddar, domestic, 1 oz.	113
Italian, 1 slice	28	cottage, creamed, small curd, ½ cup	112

CALORIE COUNTER

cream, 1 tbsp.	52
cream, whipped, 1 tbsp.	37
Gouda, 1 oz.	108
Monterey Jack, 1 oz.	103
Mozzarella, part-skim, 1 oz.	85
Muenster, 1 oz.	100
Neufchatel (Borden's), 1 oz.	73
Old English, processed, 1 oz.	105
Parmesan, grated, 1 Tbsp.	23
pimiento, American, processed, 1 oz.	105
Provolone, 1 oz.	99
ricotta, moist, 1 oz.	45
Romano, 1 oz.	110
Roquefort, 1 oz.	105
Swiss, domestic, 1 oz.	104
Cheese food, American, processed, 1 oz.	92
Cherries:	
sweet, fresh, whole, 1/2 cup	41
maraschino, bottled, 1 oz. with liquid	33
Chestnuts, fresh, 10 average	141
Chicken:	
broiled, meat only, 4 oz.	154
roasted, dark meat, 4 oz., no skin	204
roasted, light meat, 4 oz., no skin	207
Chili, with beans, canned 1/2 cup	170
Chili, without beans, canned, 1/2 cup	255
Coconut:	
dried, sweetened, shredded, 1/2 cup	258
Cod (meat only):	
broiled, with butter, fillets, 4 oz.	192
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276
Coffee, prepared, plain, 1 cup	2
Coleslaw, commercial, with mayonnaise, 1/2 cup	87
Cookies, commercial:	
brownies, from mix, with nuts and water, 1 oz.	114
butter thins, 1 piece (2" diameter)	23
chocolate chip, 1 piece (2 1/4" diameter)	50
coconut bar, 1 oz.	140
fig bar, 1 average piece	50
gingersnaps, 1 piece (2" diameter)	29
graham cracker, plain, 1 piece (5" x 2 1/2")	55
ladyfinger, 1 piece	40
macaroon, 1 piece (2 3/4" diameter)	91
oatmeal with raisins, 1 piece (2 5/8" diameter)	59
peanut sandwich, 1 piece (1 3/4" diameter)	58
shortbread, 1 average piece	37
vanilla wafer, 1 piece (1 3/4" diameter)	19
Corn:	
boiled, drained on cob, 1 ear (5" x 1 3/4")	70
boiled, drained, kernels, 1/2 cup	69
canned, cream style, 1/2 cup	105
Corn chips (Fritos), 1 oz.	166
Crackers:	
bacon-flavor, 1 oz.	127
butter, round, 1 piece (1 1/8" diameter)	15
cheese, round, 1 piece (1 1/8" diameter)	17
Melba toast, white, regular, 1 piece	15
Rye-Krisp, 1 piece (1 7/8" x 3 1/2")	21
saltines, 1 piece	12
whole wheat, 1 oz.	114
Cranberry juice cocktail, canned or bottled, 1 cup	164
Cranberry sauce, canned, strained, 1/2 cup	202
Cream:	
half and half, 1/2 cup	162
sour, 1 tbsp.	26
whipping, light, 1/2 cup unwhipped	358
whipping, heavy, 1/2 cup, unwhipped	419
Cream substitute, non-dairy, dry, 1 tbsp.	33
Cucumber, with skin, 1 large (8 1/4" long)	45
Dates, domestic, 10 average	219
Duck, domestic, roasted, meat only, 4 oz.	352

Eclair, custard filled, with chocolate icing, 1 average	239
Eggnog, 8% fat (Borden's), 1/2 cup	171
Eggplant, boiled, drained, diced, 1/2 cup	19
Eggs, chicken:	
boiled or poached, 1 large egg	82
fried, with 1 tsp. butter, 1 large egg	99
scrambled, with 1 tsp. butter, 1 large egg	111
Endive, raw, 10 small leaves	5
Escarole, raw, 1 large leaf	4
Fat, vegetable shortening, 1 tbsp.	111
Figs:	
dried, 1 large fig (2" x 1")	57
Fish cakes, fried, frozen, reheated, 4 oz.	306
Flour:	
all-purpose, sifted, 1 cup	419
buckwheat, dark, sifted, 1 cup	326
cake or pastry, sifted, 1 cup	349
rye, dark, unsifted, 1 cup	419
wheat, self-rising, sifted, 1 cup	405
Frankfurters, all-meat, 1 average (10 per lb.)	133
Fruit cocktail, canned, water pack, 1/2 cup with liquid	46
Fruit, mixed, frozen, sweetened, 4 oz.	125
Gelatin dessert, flavored, prepared with water, 1/2 cup	71
Gooseberries, fresh, 1/2 cup	30
Grape drink, canned, 1 cup	135
Grape juice, canned or bottled, 1 cup	167
Grapes:	
fresh (Concord, Delaware, etc.), 10	18
fresh (Thompson seedless, etc.), 10	34
Grapefruit juice:	
canned, sweetened, 1 cup	133
canned, unsweetened, 1 cup	101
Haddock, fried, breaded fillets, 4 oz.	187
Halibut, fillets, broiled with butter, 4 oz.	194
Halibut, frozen, steak, 4 oz.	254
Halibut, smoked, 4 oz.	254
Ham:	
boiled, packaged, 4 oz. (about 4 slices)	266
fresh, medium-fat, roasted, 4 oz.	426
picnic, cured, medium-fat, roasted, 4 oz.	368
canned, cured, lean only, roasted, 4 oz.	241
canned, deviled, 4 oz.	398
Herring:	
canned, plain, 4 oz. with liquid	236
pickled, Bismark-type, 4 oz.	253
smoked, hard, 4 oz.	340
Hickory nuts, shelled, 4 oz.	763
Honey, strained or extracted, 1 tbsp.	64
Honeydew melon:	
fresh, 1 wedge (2" x 7")	49
Ice cream:	
hardened, rich, 16% fat, 1/2 cup	165
soft-serve (frozen custard), 1/2 cup	167
Ice cream bar, chocolate coated, 3-oz. bar	162
Ice cream cone, sugar 1 cone	37
Ice cream cone, waffle, 1 cone	19
Ice milk, hardened, 5.1% fat, 1/2 cup	100
Ice milk, soft-serve, 5.1% fat, 1/2 cup	133
Ice milk bar, chocolate coated, 3-oz. bar	144
Jams and preserves, all flavors, 1 tbsp.	54
Jellies, all flavors, 1 tbsp.	49
Kale:	
fresh, leaves only, 4 oz.	80
fresh, with stems, boiled, drained, 1/2 cup	16
Knockwurst, 1 link (4" x 1 1/8" diameter)	189
Kumquats, fresh, 1 average	12

CALORIE COUNTER

Lamb, retail cuts:	
chop, loin, lean only, broiled, 2.3 oz. with bone	122
leg, lean and fat, roasted, boneless, 4 oz.	317
shoulder, lean only, roasted, boneless, 4 oz.	233
Leeks, raw, 3 average	52
Lemon juice:	
fresh, 1 tbsp.	4
Lemonade, frozen, diluted, 1 cup	107
Lemons, fresh, 1 average (2 1/8" diameter)	20
Lentils, whole, cooked, 1 cup	212
Lettuce:	
iceberg, 1 leaf (5" x 4 1/2")	3
romaine, 3 leaves (8" long)	5
Limes, fresh, 1 average (2" diameter)	19
Liverwurst, fresh, 4 oz.	348
Lobster, cooked in shell, whole, 1 lb.	112
Lobster, cooked or canned, meat only, cubed, 1/2 cup	69
Macadamia nuts, 6 average nuts	104
Macaroni, boiled, drained, 1/2 cup	96
Macaroni and cheese, canned, 1/2 cup	114
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268
Mangos, whole, 1 average (1 1/2 per lb.)	152
Margarine, salted or unsalted, 1 tbsp.	102
Marmalade, citrus flavors, 1 tbsp.	51
Milk, chocolate, canned, with skim milk, 1 cup	190
Milk, chocolate, canned, with whole milk, 1 cup	213
Milk, cow's:	
whole, 3.5% fat, 1 cup	159
buttermilk, cultured, 1 cup	88
skim, 1 cup	88
skim, partially, 1 cup	145
canned, condensed, sweetened, 1 cup	982
canned, evaporated, unsweetened, 1 cup	345
dry, whole, 1 tbsp. dry form	35
dry, nonfat, instant, 1 envelope (3.2 oz.)	327
Milk, malted, beverage, 1 cup	244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130
Mushrooms, raw, sliced, chopped or diced, 1/2 cup	10
Mushrooms, canned, with liquid, 1/2 cup	21
Mustard greens, boiled, drained, 1/2 cup	16
Nectarines, fresh, 1 average (2 1/2" diameter)	88
Noodles, chow-mein, canned, 1/2 cup	110
Noodles, egg, cooked, 1/2 cup	100
Oil, cooking or salad:	
corn, safflower, sesame or soy, 1 tbsp.	120
olive or peanut, 1 tbsp.	119
Olives, pickled, canned or bottled:	
green, 10 large (3/4" diameter)	45
ripe, salt-cured, Greek style, 10 extra large	89
Onions, mature:	
raw, 1 average (2 1/2" diameter)	40
raw, chopped, 1 tbsp.	4
Orange juice:	
fresh, California, Valencia, 1 cup	117
fresh, Florida, Valencia, 1 cup	112
canned, sweetened, 1 cup	130
canned, unsweetened, 1 cup	120
frozen, concentrate, unsweetened, diluted, 1 cup	112
Oranges, fresh, 1 average	71
Pancakes, prepared from mix as directed on package:	
plain and buttermilk, 4" diameter cake	61
buckwheat and other flours, 4" diameter cake	54
Papaya juice, canned, 1 cup	120
Papayas, fresh, whole, 1 papaya (3 1/2" x 5 1/8")	119
Peach nectar, canned, 1 cup	120
Peaches:	
fresh, 1 average	38
canned, in juice, 2 peach halves with 2 tbsp. juice	45
dried, 1/2 cup	210
Peanut butter, commercial, 1 tbsp.	94
Peanuts:	
roasted, in shell, 10 nuts	105
roasted, chopped, 1 tbsp.	52
Pear nectar, canned, 1 cup	130
Pears:	
fresh, Bartlett, 1 pear (2 1/2" diameter)	100
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71
dried, 1/2 cup	241
Peas, green:	
boiled, drained, 1/2 cup	57
Peas, split, cooked, 1/2 cup	115
Pecans:	
shelled, 10 large nuts	62
chopped, 1 tbsp.	52
Peppers, hot, chili:	
green, raw, seeded, 4 oz.	42
green, chili sauce, canned, 1/2 cup	25
red, chili sauce, canned, 1/2 cup	26
Peppers, sweet, green:	
raw, fancy grade, 1 pepper (3" diameter)	36
Peppers, sweet, red:	
raw, fancy grade, 1 pepper (3" diameter)	51
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382
Perch, white, raw, meat only, 4 oz.	134
Pickle relish:	
hamburger (Heinz), 1 tbsp.	17
sweet, 1 tbsp.	21
Pickles, cucumber:	
dill, 1 large (4" long)	15
sweet gherkins, 1 small (2 1/2" long)	22
Pies, frozen:	
apple, baked, 3 1/8" arc (1/8 of 8" pie)	173
cherry, baked, 3 1/8" arc (1/8 of 8" pie)	211
coconut custard, baked, 3 1/8" arc (1/8 of 8" pie)	187
Pimientos, canned, drained, 1 average	10
Pineapple:	
fresh, sliced, 1 slice (3 1/2" diameter x 3/4")	44
canned, heavy syrup, chunks or crushed, 1/2 cup	95
canned, water pack, tidbits, 1/2 cup with liquid	48
Pineapple juice, canned, unsweetened, 1 cup	138
Pistachio nuts, chopped, 1 tbsp.	53
Plums:	
damson, fresh, whole, 10 plums (1" diameter)	66
canned, purple, 3 plums and 2 3/4 tbsp. liquid	110
Popcorn:	
popped, plain, 1 cup	23
popped, with oil and salt added, 1 cup	41
Pork:	
Boston butt, lean only, roasted, 4 oz.	279
chop, lean only, broiled, 4 oz. with bone	308
loin, lean only, roasted, 4 oz.	288
Potato chips, 10 chips (2" diameter)	114
Potato sticks, 1/2 cup	95
Potatoes, white:	
baked, in skin, 1 long	145
boiled, in skin, 1 round	104
fried, 1/2 cup	228
frozen, hash brown, cooked, 1/2 cup	174
mashed, with milk and butter, 1/2 cup	99
Potatoes, sweet:	
baked, in skin, 1 average	161
boiled, in skin, 1 average	172
boiled, in skin, mashed, 1/2 cup	146
candied, 1 piece (2 1/2" long x 2")	176
Pretzels, commercial varieties:	
rods, 1 pretzel (7 1/2" long)	55
twisted, 3-ring, 10 pretzels	117
Prune juice, canned or bottled, 1 cup	197
Prunes, dried, medium-size, 1 average	16
Pumpkin, canned, 1/2 cup	41
Radishes, raw, whole, 10 medium	8
Raisins, seedless (1/2 cup)	210

CALORIE COUNTER

Raspberries:	
black, fresh, 1/2 cup	49
red, fresh, 1/2 cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, 1/2 cup with liquid	43
frozen, red, sweetened, 1/2 cup	123
Rhubarb, cooked, sweetened, 1/2 cup	191
Rice, cooked (hot):	
brown, long grain, 1/2 cup	116
white, long grain, 1/2 cup	112
white, parboiled, long grain, 1/2 cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, 7/8-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3 3/8" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), 1/2 cup	35
Sauerkraut, canned, 1/2 cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5 3/8" long x 1" diameter)	231
pork, cooked, 1 link (4" long x 7/8" diameter)	62
pork, cooked, 1 patty (3 3/8" diameter x 1/4")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, 1/2 cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consomme, 1 cup	51
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consomme, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, 1/2 cup	96
canned, in tomato sauce with cheese, 1/2 cup	95
canned, with meatballs in tomato sauce, 1/2 cup	129
Spinach:	
boiled, drained, leaves, 1/2 cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, 1/2 cup	15
yellow, boiled, drained, sliced, 1/2 cup	14
zucchini, boiled, drained, sliced, 1/2	11
Squash, winter:	
acorn, baked, 1/2 squash (4" diameter)	86
acorn, boiled, mashed, 1/2 cup	42
butternut, baked, mashed, 1/2 cup	70
putternut, boiled, mashed, 1/2 cup	50
Strawberries:	
fresh, whole, 1/2 cup	28
canned, water pack, 1/2 cup with liquid	27
Sugar, beet or cane:	
brown, 1/2 cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, 1/2 cup	385
granulated, 1 tsp.	15
powdered, unsifted, 1/2 cup	231
powdered, stirred, 1 tbsp.	31
Sunflower seed kernels, in hull, 1/2 cup	129
Sunflower seed kernels, hulled, 1/2 cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2 3/8" diameter)	
Tomato juice, canned or bottle, 1 cup	46
Tomato juice cocktail, canned or bottled, 1 cup	51
Tomato paste, canned, 1/2 cup	108
Tomato puree, canned 1/2 cup	49
Tomatoes, ripe:	
raw, whole, 1 average (about 2 1/2" diameter)	20
canned, 1/2 cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, 1/2 cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, 1/2 cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, 1/2 cup	15
Turnips, boiled, drained, cubed, 1/2 cup	18
Vegetable juice cocktail, canned, 1 cup	
Vegetables, mixed, frozen, boiled, drained, 1/2 cup	58
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

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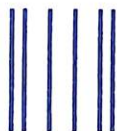
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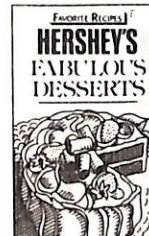
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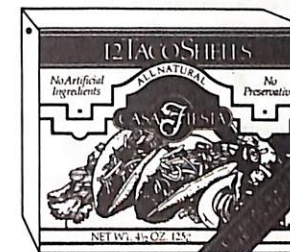
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Retailer: Hormel will redeem this coupon for amount shown plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. To redeem coupon, mail to HORMEL, CMS Dept. #37600, 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1/20¢. LIMIT ONE COUPON PER PURCHASE.

25¢

15¢ OFF

MANUFACTURER'S COUPON NOVEMBER 30, 1993

15¢ OFF

RED STAR® ACTIVE DRY OR QUICK·RISE™ YEAST®



TO GROCER: RED STAR® YEAST & PRODUCTS will pay the face value of this coupon plus 8¢ handling provided you and your customer have complied with the terms of this offer. Invoices showing purchases of sufficient stock to cover coupons presented must be shown upon request. Any other use constitutes fraud. Void where prohibited, taxed or otherwise restricted. Customer must pay any sales tax. Cash value 1/20 of 1¢. Coupon will not be honored if presented through outside agencies, brokers or other parties who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Mail to RED STAR® YEAST & PRODUCTS, P.O. Box 700045, El Paso, TX 88570-0045. TO CONSUMER: This coupon is good only on the products indicated. Any other use constitutes fraud.

70165315

15¢ OFF



5 34600 11015 4

35¢

Manufactures Coupon Expires: December 31, 1993

35¢

SAVE 35¢



109092

On any box of Idahoan® Potatoes 4.75 oz. size or larger.

Grocer: As our agent, accept this coupon from the consumer on the purchase of any Idahoan brand product. You will be reimbursed the face value of this coupon plus 8¢ handling. Any other use constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Consumer must pay any sales tax. Void if transferred, assigned, reproduced, taxed, licensed, restricted or otherwise prohibited by law. Offer good only in the USA. Cash 1/100 of 1¢. Mail to Idahoan Foods, P.O. Box 880503, El Paso, TX 88588-0503

35¢

109092



5 29 700 10035 2

CHANTILLY POTATOES

Serves 8

- 6 servings prepared IDAHOAN® MASHED POTATOES
- 1 C. diced ham
- 1/2 C. whipping cream
- 1 C. shredded cheddar cheese

Preheat oven to 450° F. Spread mashed potatoes in a 2-quart casserole. Cover with ham.

Whip cream until stiff, fold in cheese. Spread mixture over ham. Bake for 10-15 minutes or until golden brown.

MANUFACTURER COUPON EXPIRES 11/30/93

SAVE 25¢

When you buy one box



1-800-NO BOIL-1

CONSUMER: Redeem this coupon ONLY by purchasing product intended, with the face value of this coupon deducted from retail selling price. Any other use constitutes fraud. Coupon is not transferable, nor may it be reproduced. You pay any sales tax involved. LIMIT ONE COUPON PER PURCHASE.

RETAILER: Shade Pasta, Inc. will pay you for the face value of this coupon plus 8¢ for handling. Coupon reimbursements are not to be deducted from Shade Pasta, Inc. invoices. Submission by unauthorized intermediary agents will not be accepted. Valid only if redeemed by retail distributors of our product. PROPERLY REDEEMED COUPONS SHOULD BE SENT TO: SHADE PASTA, INC., 805 S. Union, Fremont, NE 68025.

Cash Value 1/100 of 1¢.

25¢



SAVE 25¢
on any 12 oz.

SPAM®
Must



...the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...



15% OFF

ON OTHER ACTIVE DRY
ON OTHER ACTIVE DRY



...the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...

On any box of Idaho® Potatoes 4.75 oz. size or larger

SAVE 35¢



...the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...

When you buy one box

SAVE 25¢

1-800-NO-BOLL-1

...the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...
...it's the most popular lunch meat in the world...

