

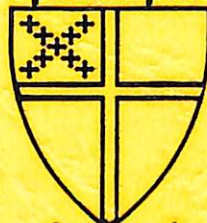
COUNCIL BLUFFS PUBLIC LIBRARY



3 5226 00565004 9

Culinary Classics

episcopal

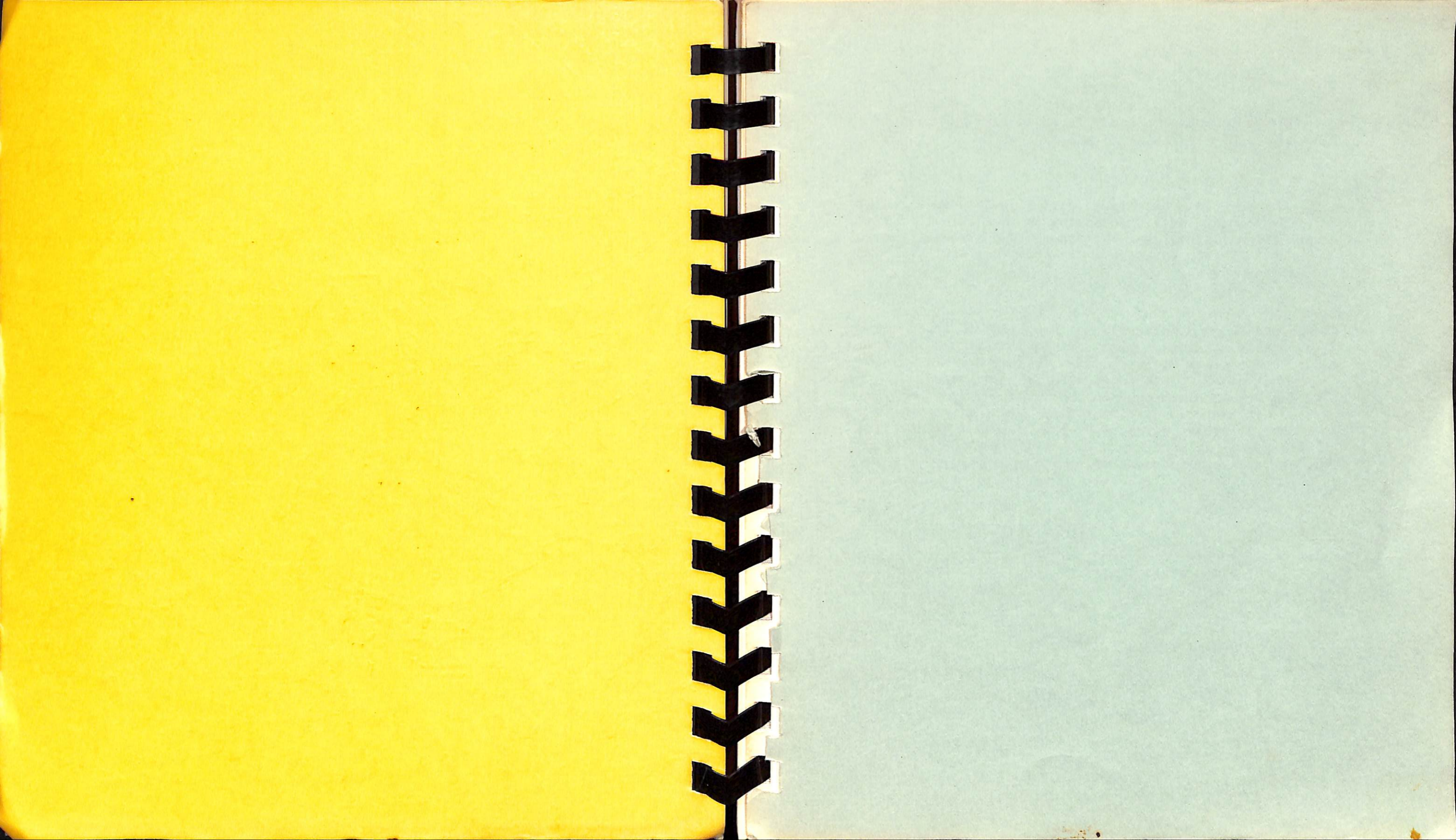


church

Spec.
Coll.
641.5
Sa24

ST. PAUL'S EPISCOPAL CHURCH
COUNCIL BLUFFS, IOWA
1977

**SPECIAL
COLLECTIONS**



RECIPES
 Compiled by
 Members and Friends of St. Paul's Episcopal Church
 Council Bluffs, Iowa

"We may live without poetry, music and art;
 We may live without conscience and live without heart;
 We may live without friends; We may live without books;
 But civilized man cannot live without cooks."

Owen Meredith.

On the pages of this book you will find some of the special recipes of St. Paul's membership. Some recipes originated with their donor while others have been collected from friends and relatives over the years. All have been "family taste tested".

Your Cook Book Committee has enjoyed collecting these recipes and thanks all for sharing their favorites with us.

When you try a recipe, and your family enjoys it, remember to tell the person who contributed it. Our hope is that you will use these recipes often, remembering one another with love and prayer each time.

OUR THANKS AND APPRECIATION

Alice Wambold

Doris Y. Engelke

Linda Wambold

Gladys Braun

Ethel Allerton

Evelyn Blyth

Ruth Cowan

Claris Wisner

Genevieve Stoufer

Vivian Purscell

St. Paul's Episcopal Church--
History of a Pioneer

St. Paul's Episcopal Church counts its years back to 1856 -- four years after Council Bluffs received its town charter. The community was raw and brash, serving as a supply point for emigrants leaving on the dangerous overland route west. In those early days, Sunday was just another work or play day for the rough and ready populace.

Dexter C. Bloomer, who came here from New York in 1855 with his feminist wife, Amelia (of bloomer fame), played a leading role in establishing the first Episcopal church here. "I remember when I first came here, Sunday was given up almost entirely to secular employments," he later reminisced. "The stores and shops and gambling houses were all open, and it was a great day for hunting, fishing, shooting and all manner of .. amusements."

Mr. Bloomer and Mr. W. C. James arranged for the Rev. Edward W. Peet of Des Moines to come and organize a mission church. The clergyman spent a week here in April, 1856. Using the Congregational church, he conducted the first divine services according to the Episcopal form of worship ever held here. Before he left, the parish was organized by a group of 18 petitioners. Their meeting on April 17 marks the birthday anniversary of St. Paul's.

The first rector, Rev. George W. Watson, arrived in January of 1857 after a strenuous journey across the state in bone-chilling, blustery winter weather. A recent graduate in theology from Griswold College, his assignment was to serve both St. Paul's and Trinity parish in Omaha.

An early attempt to build a church (on the site now occupied by the "squirrel-cage" county jail) fizzled out with the autumn panic of 1857. Pledges could not be honored and plans had to be abandoned. The small membership struggled through a period of irregularly-held services, but by 1861 the congregation felt financially able to build. During the construction period, the Rev. Faber Byllesby came from Atchison, Mo., as rector to succeed Mr. Watson.

That first frame building measured 22 by 45 feet, costing \$1,100.00. Its pews could seat 100 worshippers. Five years later it was necessary to double the capacity by extending the nave.

Diocesan conventions were lively in those days. St. Paul's played host to the 1871 convention delegates on May 30 and 31. Women's right to vote for election of vestrymen was vigorously debated, but defeated. The group was moved to give a generous offering for the purchase of prayer books for the state penitentiary, after experiencing "an interesting religious service." The degree of low church sentiment is revealed by a further convention incident. Rector John Chamberlain had placed a large, plain cross on the communion table, but after the opening exercises, Bishop Lee summarily ordered it removed, and the delegates did not see the offending symbol again.

During those early years, the church's sole dependable income came from pew rentals. Additional funds came from "circulating a subscription", plus constant money-raising schemes by the church women. By 1876 the vestry was considering the pledge envelope system, although it was 1896 before pew rentals were discontinued.

By the 1880's, the congregation numbered 400 and began to have growing pains in the tiny church. Under the leadership of Rev. Thomas J. Mackey, a lot was purchased nearby and plans made to build a splendid stone church.

Bishop Perry laid the cornerstone in April, 1886, and in September the parish members occupied the handsome structure. Its cost, including interior furnishings and memorials, came to \$40,000. A pipe organ was installed in 1887 from money raised by the Sunday School.

In 1881 and again in 1889, St. Paul's established mission churches in other parts of the city, but neither one persevered for more than a few years.

Under the leadership of Rev. Wilford Ernst Mann, who came to Council Bluffs in 1917, the church debt was retired so that the church could be consecrated. The date was June 1, 1919, thirty-three years after construction. In 1924 the previously uncompleted church tower was finished and an exceptionally fine pipe organ installed. In addition, the church basement was excavated for use as a crypt.

St. Paul's celebrated its 80th birthday on April 19, 1936, with a festival eucharist. The actual date was observed at a Woman's Auxiliary meeting with a historical talk by Mrs. George Damon, first to be confirmed in the stone church.

A generous gift from Richard and Angela Bennett seeded the new \$220,000 parish center north of the church, which was dedicated in 1968. During construction, Father Raymond J. Ray succeeded Father Bernard G. Miars as rector.

But scarcely had the congregation begun to enjoy the center's convenience when it became apparent that the church itself was in trouble. An unstable foundation condition put the walls out of plumb. Interior bracing could not stem the deterioration; finally repair appeared futile and costs prohibitive. Regretfully, the once handsome building was torn down, but the valuable stained glass windows were carefully removed and restored for incorporation in the future church.

When the county decided to build a new courthouse, they purchased all of St. Paul's property. A new church site was selected overlooking Highway 6 at Simms Avenue. The church was designed to display to advantage the magnificent windows, which has been termed "irreplaceable" by the restorer.

Bishop Walter C. Righter officiated at the consecration services on Easter Sunday, April 18, 1976, 120 years after the founding of the parish. It seemed right and good that St. Paul's should occupy its new church in the year of America's Bicentennial observance.

The following rectors have served here since 1900:

Rev. George Edward Walk	1899-1903
Rev. Homer W. Starr	1904-1907
Rev. John William Jones	1908-1911
Rev. Alfred G. A. Buxton	1912-1916
Rev. Wilford Ernst Mann	1917-1928
Rev. Clarence C. Reimer	1928-1932
Rev. John Dysart	1932-1934
Rev. Rodney F. Cobb	1934-1938
Rev. Albert C. Baker	1939-1950
Rev. John Denmere King	1950-1954
Rev. Bernard G. Miars	1954-1967
Rev. Raymond J. Ray	1967-

TABLE OF CONTENTS

PARTY FARE - - - - -		7 - 14
Appetizers - - - - -	7 - 11	
Beverages - - - - -	11 - 12	
Sandwiches - - - - -	12 - 14	
BREADS - - - - -		15 - 26
Quick Breads, Yeast Breads and Miscellaneous Breads		
CAKES - - - - -		27 - 44
Cakes - - - - -	27 - 39	
Frostings - - - - -	39 - 44	
CANDY - - - - -		45 - 50
COOKIES - - - - -		51 - 64
CASSEROLE DISHES AND ONE DISH MEALS - - - - -		65 - 78
DESSERTS - - - - -		79 - 92
Baked Desserts - - - - -	79 - 86	
Chilled Desserts - - - - -	86 - 92	
FOREIGN FOODS - - - - -		93 - 98
MEAT - - - - -		99 - 112
Meat - - - - -	99 - 107	
Poultry - - - - -	107 - 111	
Fish - - - - -	112 -	
LOW CALORIE AND DIABETIC - - - - -		113 - 118
PIES - - - - -		119 - 128
SALADS - - - - -		129 - 142
Salads - - - - -	129 - 140	
Salad Dressings - - - - -	140 - 142	

Continued Next Page.

Printed and bound by ---

GENERAL PUBLISHING AND BINDING

Telephone --1-515-648-3144

IOWA FALLS, IOWA

1977AB

TABLE OF CONTENTS (Continued).

VEGETABLES - - - - -	143 - 152
MEN'S GOURMET - - - - -	153 - 158
SOMETHING MORE - - - - -	159 - 166
Soups - - - - -	159 - 160
Jellies and Preserves - - - - -	160 -
Pickles, Relishes and Canning	161 - 163
Large Quantity Recipes - - - - -	163 -
Helpful Hints - - - - -	163 - 166



Weights and Measures

Standard Abbreviations

- | | |
|-------------------|----------------------|
| t. — teaspoon | d.b. — double boiler |
| T. — tablespoon | B.P. — baking powder |
| c. — cup | oz. — ounce |
| f.g. — few grains | lb. — pound |
| pt. — pint | pk. — peck |
| qt. — quart | bu. — bushel |

Guide to Weights and Measures

- | | |
|-------------------------------|---------------------|
| 1 teaspoon = 60 drops | 1 pound = 16 ounces |
| 3 teaspoons = 1 tablespoon | 1 cup = 1/2 pint |
| 2 tablespoons = 1 fluid ounce | 2 cups = 1 pint |
| 4 tablespoons = 1/4 cup | 4 cups = 1 quart |
| 5 1/3 tablespoons = 1/3 cup | 4 quarts = 1 gallon |
| 8 tablespoons = 1/2 cup | 8 quarts = 1 peck |
| 16 tablespoons = 1 cup | 4 pecks = 1 bushel |

Substitutions and Equivalents

- 2 tablespoons of fat = 1 ounce
- 1 cup of fat = 1/2 pound
- 1 pound of butter = 2 cups
- 1 cup of hydrogenated fat plus 1/2 t. salt = 1 cup butter
- 2 cups sugar = 1 pound
- 2 1/2 cups packed brown sugar = 1 pound
- 1 1/3 cups packed brown sugar = 1 cup of granulated sugar
- 3 1/2 cups of powdered sugar = 1 pound
- 4 cups sifted all purpose flour = 1 pound
- 4 1/2 cups sifted cake flour = 1 pound
- 1 ounce bitter chocolate = 1 square
- 4 tablespoons cocoa plus 2 teaspoons butter = 1 ounce of bitter chocolate
- 1 cup egg whites = 8 to 10 whites
- 1 cup egg yolks = 12 to 14 yolks
- 16 marshmallows = 1/4 pound
- 1 tablespoon cornstarch = 2 tablespoons flour for thickening
- 1 tablespoon vinegar or lemon juice + 1 cup milk = 1 cup sour milk
- 10 graham crackers = 1 cup fine crumbs
- 1 cup whipping cream = 2 cups whipped
- 1 cup evaporated milk = 3 cups whipped
- 1 lemon = 3 to 4 tablespoons juice
- 1 orange = 6 to 8 tablespoons juice
- 1 cup uncooked rice = 3 to 4 cups cooked rice



LENGTH

1 millimeter = 0.04 inch
 1 centimeter = 0.39 inch
 1 meter = 39.37 inches
 = 1.09 yards
 1 kilometer = 0.62 statute mile

METRIC - U.S. EQUIVALENTS
 (To second decimal place)

CAPACITY
 1 cubic centimeter = 0.27 fluid dram
 1 liter = 1.06 liquid quarts

WEIGHT

1 gram = 0.04 ounce avoirdupois
 1 kilogram = 2.20 pounds avoirdupois
 = 1000 kilograms
 1 metric ton = 2204.62 pounds avoirdupois
 = 1.10 tons

EQUIVALENTS OF THE COMMON CAPACITY UNITS USED IN THE KITCHEN

Units	Fluid drams	Teaspoonful	Tablespoonful	Fluid ounces	1/4 cupful	Gills (1/2 cupful)	Cupful	Liquid pints	Liquid quarts	Milliliters	Liters	Units
1 fluid dram equals	1	3/4	1/4	1/8	1/16	1/32	1/64	1/128	1/256	3.7	0.004	Equals 1 fluid dram
1 teaspoon equals	1-1/3	1	1/3	1/6	1/12	1/24	1/48	1/96	1/192	4.9	0.005	Equals 1 teaspoonful
1 tablespoon equals	4	3	1	1/2	1/4	1/8	1/16	1/32	1/64	15	0.015	Equals 1 tablespoonful
1 fluid ounce equals	8	6	2	1	1/2	1/4	1/8	1/16	1/32	30	0.030	Equals 1 fluid ounce
1/4 cupful equals	16	12	4	2	1	1/2	1/4	1/8	1/16	59	0.059	Equals 1/4 cupful
1 gill (1/2 cupful) equals	32	24	8	4	2	1	1/2	1/4	1/8	118	0.118	Equals 1 gill (1/2 cupful)
1 cupful equals	54	48	16	8	4	2	1	1/2	1/4	237	0.237	Equals 1 cupful
1 liquid pint equals	128	96	32	16	8	4	2	1	1/2	473	0.473	Equals 1 liquid pint
1 liquid quart equals	256	192	64	32	16	8	4	2	1	946	0.946	Equals 1 liquid quart
1 milliliter* equals	0.27	0.20	0.068	0.034	0.017	0.0084	0.0042	0.0021	0.0011	1	1/1000	Equals 1 milliliter*
1 liter equals	270	203	67.6	33.8	16.9	8.45	4.23	2.11	1.06	1000	1	Equals 1 liter

*For all household purposes 1 milliliter may be considered as equal to 1 cubic centimeter.

PARTY

FARE



APPETIZERS

HELP YOURSELF AVOCADO DIP

Minneapolis Special

1 med. tomato (peeled) 2 T. finely chopped chili peppers
 2 ripe avocados (1 1/2 lbs.) (canned)
 1/4 c. chop finely onion 1 1/2 T. white vinegar
 Dash of Tabasco sauce 1 tsp. salt

Mash tomatoes after peeling, blend with pitted avocados. Add onion and chili peppers, vinegar, salt and Tabasco sauce; blend well. Serve in a bowl and surround with previously cleaned pieces of cauliflower, celery stalks, green onions, radishes, cherry tomatoes and cucumber sticks.

BOURSIN AU POIVRE - Phil Willson

Irene Peters

1 (8 oz.) pkg. cream cheese 1 clove garlic
 1 tsp. each caraway seeds,
 basil, dill weed, and chopped
 chives

Blend, pat into round, flat shape and sprinkle with lemon pepper. Refrigerate a day or more.

COCKTAIL BISCUITS

Ethel Allerton

2/3 c. flour 2 T. butter
 1/2 tsp. salt 2 to 3 T. milk
 6 T. grated cheese

Sift flour and salt, cut in cheese and butter, add milk and mix lightly. Roll as for pastry. Cut tiny rounds and spread deviled ham between two rounds. Bake at 425° for 10 to 15 minutes.

HOT BROCCOLI DIP

Ethel Allerton

1 pkg. chopped frozen broccoli 1 roll of Kaukauna Club garlic
 (uncooked) cheese
 1 c. cream of mushroom soup
 (undiluted)

Thaw, but do not cook broccoli. Simmer all ingredients in double boiler until broccoli is tender. Put in chafing dish and serve with corn chips.

Think only of yourself and others will soon forget you.

CHEESE BALLS

Betty Davis

1 c. flour
1 cube butter or margarine
1/2 T. dry mustard
1 sharp Cheddar cheese

1 tsp. cayenne pepper
1 T. salt
Dash of black pepper

Have ingredients at room temperature. Mix well with hands. Take 1 tsp., roll into ball. Freeze or put on ungreased cookie sheet. Bake at 450°, 10 to 12 minutes.

BLUE CHEESE BALL

Lois Krumenacher

1 (8 oz.) cream cheese
1/3 c. crumbled blue cheese

1 T. grated onion

Mix until smooth. Roll in chopped parsley, paprika, or chopped pecans. Chill.

CHEESE BALL

Helen Sullivan

1 glass Old English cheese
6 oz. Roquefort cheese
1 large pkg. cream cheese
1 T. Worcestershire sauce

1/2 grated onion (med.)
1 T. parsley (chopped)
Chopped pecans

Roll all ingredients into a ball. Warm cheese to room temperature. Roll ball in pecans. Garnish with parsley. Chill 8 hours. Nice for parties or snacks anytime.

CHEESE ROLL

Phyllis Klein

1 (8 oz.) jar very sharp cheese
4 oz. blue cheese
12 oz. cream cheese
1 T. Worcestershire sauce
1 c. chopped pecans

1/4 tsp. red pepper
1/4 tsp. salt
1 tsp. garlic powder or small amount of grated garlic

Mix cheese at room temperature. Add 1/2 cup nuts and all seasoning. Spread other half of nuts on large sheet of waxed paper. Shape cheese in roll and roll on waxed paper until covered with nuts. Place in refrigerator and let stand overnight. Can be kept indefinitely in freezer.

Beware of little expenses;
A small leak will sink a great ship.

JERRY'S CHEESE DIP

Irene Peters

2/3 c. mayonnaise
1/3 c. sour cream
1 tsp. beau monde

1 T. chopped onion
1 T. chopped parsley
1 tsp. dill weed

Mix it all together and dip a chip or cracker into this tasty dish.

CHEESE MOLD - Louise Filbert

Irene Peters

1 (8 oz.) pkg. cream cheese
1/4 lb. sharp cheese (grated)
1 wedge Roquefort
1 tsp. garlic salt

1/2 tsp. curry powder
2 T. Worcestershire sauce
1 tsp. mayonnaise
1 tsp. lemon juice

Mix, adding cream if necessary. Form into ball and roll in parsley or nuts.

CURRY DIPPING SAUCE (Odyssey Restaurant,
Granada Hills, California)

Irene Peters

1 c. mayonnaise
1 c. sour cream
1 tsp. curry powder

1 tsp. Maggi seasoning
1/2 tsp. soy sauce
Salt and pepper

Mix in blender and refrigerate. Dip with fresh vegetables.

SALMON SPREAD - Phyllis Weinberg; Fremont, Nebr.

Irene Peters

1 (No. 1) can red salmon
(drain and flake)
1 (8 oz.) cream cheese
1 T. lemon juice

2 T. grated onion
1 tsp. horseradish
1/4 tsp. salt
1/4 tsp. liquid smoke

Mix well, make night before and refrigerate. Form into ball and roll in nuts or parsley. Extra good hors d'oeuvres.

JOAN CAMPBELL'S SAUSAGE ROLL (Salami)

Irene Peters

2 lbs. hamburger
1/4 tsp. salt
1/4 tsp. garlic salt
1 T. liquid smoke

1 T. mustard seed
2 T. Morton's tender-quick salt
3/4 T. water

Mix well, roll tightly in foil and refrigerate for 24 hours. Bake for 1 hour, 15 minutes at 350°. After baking, unroll and wrap immediately in new foil. Slice thinly and put on cracker with a little Durkee's or mustard.

Nothing makes people stoop so low as a keyhole.

GOOD VEGETABLE "DUNK"

Betty Davis

Mix together:

1 c. mayonnaise
2 T. catsup
1 or 2 T. grated onion
Salt and pepper

1/4 tsp. curry powder
2 tsp. tarragon vinegar
1/8 tsp. ground thyme
Chives on top

VEGETABLE DIP

Nina Walling

1 pt. mayonnaise
3 tsp. curry powder
1 T. Worcestershire sauce
Salt (to taste)

3 T. chili sauce
1/4 tsp. salt
1 T. grated onion and juice
1/2 tsp. crushed garlic

Mix at least one day ahead. Refrigerate.

CRABMEAT ENGLISH MUFFINS

Marilyn Petersen

1 can or frozen pkg. crabmeat
(approx. 6 1/2 oz.)
1/4 lb. butter or margarine
1 T. gallo sherry or sauterne
wine

3 oz. cream cheese
1/2 tsp. onion salt

Melt together.

6 English muffins

Split English muffins. Spread with crab mixture. Cut into 4ths and place on cookie sheet. Sprinkle with Parmesan cheese and broil about ten minutes until browned. Serve.

SAUSAGE BALLS

Marilyn Petersen

8 oz. sausage
1 (14 oz.) can sauerkraut
(chop in blender)
2 T. bread crumbs
1/4 c. onion (chopped)

3 oz. cream cheese
1 tsp. prepared mustard
2 T. parsley flakes
1/4 tsp. garlic salt

Cook sausage and onion until browned; Drain well. Add chopped sauerkraut and bread crumbs. Combine remaining ingredients, stir into sausage mixture. Roll into balls and chill several hours or overnight. After chilling balls; coat balls with 1/4 cup flour, dip in 1 beaten egg and 2 T. milk, then roll in 3/4 cup bread crumbs. Cook in oil heated to 350° until golden. Serve warm. This can be made ahead and frozen.

Look before you leap.

SWEDISH MEAT BALLS AND GRAPE JELLY SAUCE

Ronda Bradman

3 1/4 lb. chopped meat
1 c. flavored bread crumbs
Salt and pepper

3 eggs
1 (8 oz.) can Hunt's tomato sauce

Combine all ingredients. Form 1 inch meat balls. Arrange in broiling pan and heat in oven at 350° for 30 to 40 minutes.

GRAPE JELLY SAUCE:

1 (12 oz.) bottle Heinz chili sauce
1 (12 oz.) jar grape jelly
6 T. lemon juice

Melt grape jelly on low flame; blend thoroughly. Add lemon juice. Put meat balls in serving dish and mix thoroughly with sauce.

BEVERAGES

EGG COFFEE

Betty Davis

Beat one egg and two tablespoons water. Stir two tablespoons of the egg mixture into 3/4 cup regular grind coffee. Add cold water to completely moisten grounds. Put in coffee pot and add 6 cups cold fresh water; stir. Bring to full boil. Stir again. Remove from heat. Add dash of cold water. Strain and serve.
Makes 6 to 8 cups.

ICED COFFEE

Betty Davis

Make double strength coffee and chill. To 4 cups add 1/2 cup sifted confectioners' sugar and 2 1/2 tsp. vanilla. Stir. Add 1/3 tsp. cinnamon and dash of nutmeg to 1/2 cup whipping cream. Just before serving, whip until stiff. Pour coffee into chilled glasses filled with coffee ice cubes.* Top with whipped cream. Six servings.
*The coffee ice cubes let it look different and exciting!

DELECTABLE ICE TEA

Alice Bradman

3 large c. orange juice
Juice of 3 lemons
1 qt. strong tea
1 qt. ginger ale

2 c. thin syrup
(sugar and small amount of water
boiled)

Makes a large amount.

Teach your child to hold his tongue,
He'll learn fast enough to speak.

HOT CRANBERRY TEA (Holiday Punch)

Helen Sullivan

1 lb. raw cranberries
2 1/2 qts. water
2 c. sugar

1 c. orange juice
2 T. lemon juice
5 to 10 whole cloves

Cook cranberries in two quarts of water. Mash and strain. Heat two cups water, add two cups sugar; combine with cranberries and let cool. Just before serving, add one quart more of water and serve hot. The cloves are removed before serving.

EGG NOG

Stella Scheel

Measure in qt. jar:
2 eggs (well beaten)
2 c. milk (cold)
2 T. sugar

Dash of cinnamon
Dash of nutmeg
1 tsp. vanilla

Shake up in jar until well mixed.

FIELD MOUSE SPECIAL (Punch)

Betty Davis

1 c. sugar
12 whole cloves
2 (2 inch pieces) cinnamon stick

1 can (46 oz.) unsweetened grapefruit juice
1 can (6 oz.) frozen orange juice concentrate reconstituted
1 quart cider

Make sugar syrup. In small saucepan, combine sugar, 1/2 cup water, the cloves and cinnamon sticks; bring to boiling. Reduce heat; simmer, uncovered 20 minutes. Strain.

In a large bowl, combine fruit juices and cider; mix well. Stir in sugar syrup. Reheat and serve hot (or serve well chilled). If desired, garnish with orange slices and cinnamon sticks. Makes 26 punch cup servings.

SANDWICHES

OPEN FACED SANDWICHES

Vivian Purscell

1 1/4 c. chopped or flaked meat (ham, tuna, chicken)
1 c. finely diced celery
2 to 3 T. minced onion
1/4 c. mayonnaise

Salt and pepper (to taste)
1/2 c. diced American cheese or 3/4 c. grated
1 small can chopped ripe olives

Remove centers from six to eight buns. Butter the buns. Divide filling among them and place on baking sheet in 350° oven for 15 minutes.

PARTY TRAY

Nancy Brown

(1) Cranberry - Peanut Butter: Blend 1/2 cup each canned cranberry sauce and crunchy peanut butter. Top with cranberry cut-outs; can make Christmas trees cut outs.

(2) Peanut Butter - Onion: To 1/2 cup peanut butter, add 2 to 3 tablespoons salad dressing and 2 tablespoons finely grated onion.

(3) Chili-Cream Cheese: Blend 1 (3 oz.) pkg. cream cheese with 1/4 cup chili sauce. Stack 4 spread slices. Chill.

(4) Peanut Butter - Pickle: Blend 1/2 cup peanut butter, 2 to 3 tablespoons mayonnaise. Spread on bread. Top with pickle slices.

(5) Walnut Dreams: Combine 1 (3 oz.) pkg. cream cheese, 1 tablespoon butter, 1/4 tsp. salt, 1/4 cup very finely chopped California walnuts, 1 tsp. sherry flavoring and a dash of paprika. Garnish with stuffed olive slices.

(6) Orange - Cheese Spread: Blend 1 (3 oz.) pkg. cream cheese, 1/8 tsp. salt, 1 tsp. grated orange peel and minced pulp of one orange, 1 tsp. grated onion. Garnish with walnut halves.

RUNZA SANDWICH

Suzanne Davison - Beverly Martin

Prepare 2 pkgs. Pillsbury roll mix. While dough rises, prepare filling. Roll out 12 pieces of dough about 8 x 6 inches. Place 2/3 cup filling down center of dough and fold over and pinch seams and ends together. Place seam side down on greased baking sheet. Bake at 400° for 20 to 25 minutes. After the first 15 minutes, remove and glaze with 1 egg yolk and 2 T. water beaten.

FILLING:

2 lbs. hamburger
2 c. chopped onion
4 c. shredded cabbage

1 tsp. shortening
2 T. water

Saute' hamburger in large skillet until almost brown. In saucepan or pressure cooker, steam onion, cabbage, shortening and water. Steam 10 to 15 minutes. Strain liquid from skillet and saucepan; combine with the following ingredients.

1/4 tsp. leaf oregano
1/4 tsp. savory sauce (Heinz 57)
1/4 tsp. pepper

1/4 tsp. monosodium glutamate
1/2 tsp. seasoned salt
1/4 tsp. chili powder (if desired)

Mix thoroughly and cool completely before adding to dough. Serves 12.

TUNA BURGERS

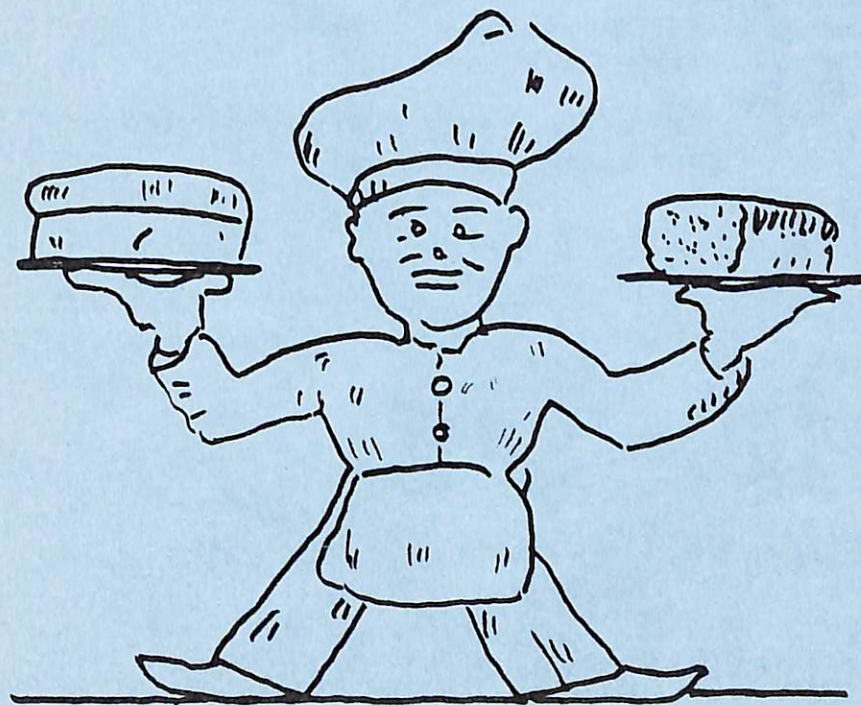
2 T. olives
2 T. onion
1/4 c. cheese
2 T. green pepper

2 T. pickle relish
3 hard boiled eggs
7 oz. can tuna

Chop all the above together and mix with 1/2 cup mayonnaise.
Put on bun; wrap in foil. Heat in oven at 350°.

Rita Boecken

BREADS



BREADS

PERFECT WHITE BREAD

Gladys Braun

1 pkg. active yeast or 1
cake compressed yeast
1/4 c. water
2 c. milk (scalded)
2 T. sugar

2 tsp. salt
1 T. shortening
6 to 6 1/4 c. sifted all purpose
flour

Soften active dry yeast in warm water (110°) or compressed yeast in lukewarm water (85°). Combine hot milk, the sugar, salt, and shortening. Cool to lukewarm.

Stir in 2 cups of the flour; beat well. Add the softened yeast; mix. Add enough of remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth and satiny (8 to 10 minutes). Shape in a ball; place in a lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double (about 45 minutes). Cut dough in 2 portions. Shape each in smooth ball; cover and let rest till double (about 1 hour). Bake in hot oven 400°, 35 minutes or till done. If tops brown too fast, cover loaves with aluminum foil last 20 min. Makes 2 loaves.

CHRISTMAS BREAD

Gladys Braun

1 egg (slightly beaten)
1/2 c. butter
1/2 c. milk
1 pkg. yeast
1/2 c. warm water
1/4 c. sugar

1 tsp. salt
1 c. raisins
1/2 c. candied fruit
1/2 c. chopped almonds
3 1/2 to 4 c. sifted flour

Reserve 1 tablespoon beaten egg. Heat butter and milk. Cool to lukewarm. Soften yeast in warm water; stir in sugar, salt, raisins, fruit, nuts, remaining egg and milk mixture. Add flour gradually to make a stiff dough; knead well. Let rise in warm place until doubled in size, about 2 hours. Shape in two round loaves; place in greased 8 inch pans or star shape pans. Cover; let rise until double in size, about 1 hour. Bake at 350° for 30 to 35 min. Brush with reserved egg.

It's nice to be important,
but it's more important to be nice.

FATHER RAY'S DINNER ROLLS

Father Raymond Ray

1 c. liquid (1/2 milk and 1/2 water)
 1/4 c. shortening
 1/4 c. sugar
 1/8 tsp. salt
 1 egg (beaten)

1 pkg. or cake yeast (dissolved in 1/4 cup lukewarm water)
 3 1/2 c. flour
 Salad oil

Cream shortening, sugar and salt in a bowl. Heat liquid to simmer and add to shortening, sugar and salt. This will dissolve the shortening, etc. Add beaten eggs. Add the dissolved yeast only when the temperature of the liquid has been reduced to tepid stage. This is important only when tepid. Mix in flour 1/3 at a time. Make certain that the first addition of flour is well beaten in the liquid. Place dough in a warm place to lighten, until double in bulk or about 1 1/2 hours. Break dough into 12 rolls according to your favorite method. Anoint each roll with salad oil. After the rolls have raised to double size (or dough dimples to touch). Bake for 15 minutes in a preheated oven at 400°. Yield 12 rolls.

NO KNEADING BREAD ROLLS

Gladys Braun

1 cake yeast
 1/4 c. lukewarm water
 1/4 c. shortening
 1 1/4 tsp. salt

2 T. sugar
 1 c. boiling water
 1 egg
 3 1/2 c. flour

Dissolve yeast in lukewarm water. Place shortening, salt and sugar in separate bowl and add boiling water, stirring until all dissolves. When lukewarm, add yeast and beaten egg. Stir in flour to make a soft dough (begin with 3 cups and add as needed). Grease large bowl, place dough in it, cover with plate. Chill 2 to 3 hours. Pinch off dough, place in muffin tins, brush with melted butter. Let rise about 2 hours in warm place. Bake 425° for 20 minutes. Makes 24.

WELSH BARA BRITH (Speckled Bread)

Clariss Wisner

Scald 1 1/2 cups milk; add 3/4 cup sugar, 1/2 t. salt; stir to dissolve sugar; cool. Dissolve 1 1/2 cakes or envelopes yeast in 6 T. lukewarm water; add to milk mixture. Stir in one beaten egg, 1 cup each raisins, currants, 1/4 cup chopped candied peel, 1/4 tsp. cinnamon, 1/8 tsp. nutmeg, 2 1/2 cups presifted flour; beat smooth. Add 6 tablespoons lukewarm melted butter, 3 cups more flour; thoroughly mix and form into a ball. Turn onto lightly floured board; knead well.

Continued Next Page.

WELSH BARA BRITH (Continued).

Place in bowl; grease top, cover; let rise until doubled in bulk. Divide in half; form loaves. Place into two greased loaf pans, 8 x 4 x 2 inches. Cover; let rise in warm place until doubled in bulk. Bake 40 minutes at 375°F. or until done.

FILLED COFFEE CAKE

Gail Sunderman

1 c. sugar
 1/4 c. shortening
 2 eggs
 1/2 c. milk

2 tsp. baking powder
 1 1/2 c. flour
 1 tsp. vanilla
 1/4 tsp. salt

Cream sugar and shortening, add eggs, then remaining ingredients.

FILLING:

1 c. nuts
 1 T. flour
 2 T. butter (melted)

1 c. brown sugar
 1 T. cinnamon

Mix sugar and flour and cinnamon. Blend in butter, add nuts. Place half of batter in pan, then sprinkle with half of filling. Add rest of batter, then rest of filling. Bake 45 to 50 minutes at 375° oven.

SOUR CREAM COFFEE CAKE

Marilyn Petersen

1/4 lb. butter or margarine
 1 c. sugar
 1 tsp. vanilla
 1/2 pt. (1 c.) sour cream
 1/4 tsp. salt

1 tsp. baking soda
 2 eggs
 2 c. flour
 1 tsp. baking powder

Cream butter and add sugar, beat until creamy. Add eggs and vanilla. Sift flour, baking powder and baking soda and salt. Add flour and sour cream, alternately to cream mixture; mix well.

Make topping:

1/4 c. sugar
 1 tsp. cinnamon

1/2 c. nuts

Mix together. Put 1/2 of cake mixture in greased tube pan. Add 1/2 topping and rest of batter; top with remaining topping and swirl through cake. Bake 350° for 45 to 55 minutes.

Blessed to us is the night,
 for it reveals to us the stars.

CHERRY COFFEE CAKE

Rosemary Williams

1/2 c. margarine 2 tsp. baking powder
 1 c. sugar 1 egg and enough milk to make one
 2 c. flour cup

Beat ingredients well and spread in a greased 9 x 13 inch pan.
 Top with one can of cherry pie filling mix (1 lb. 5 oz.)

Sprinkle with: 1 cup sugar, 1 cup flour, 1 stick melted oleo.
 Bake at 350° for 50 to 60 minutes.

HERITAGE PINEAPPLE-COCONUT COFFEE CAKE

Claris Wisner

2 eggs 2 c. all purpose flour
 2 c. sugar 1 tsp. soda
 2 c. crushed pineapple and 1/2 tsp. salt
 juice (No. 303 can)

Put eggs into mixer bowl. Beat until light and fluffy; gradually beat in sugar. Stir in pineapple. Sift together dry ingredients and blend into first mixture. Pour into a well-oiled 13x9x2 inch baking pan. Bake at 350° for 35 to 45 minutes or until done. Spread topping on while cake is hot.

TOPPING:

1/2 c. or 1 stick butter or 1/2 c. evaporated milk
 margarine 1 c. flaked coconut
 1 c. sugar 1 c. chopped nuts

Melt butter in small pan over medium heat and brown, but do not burn. Stir in sugar and milk. Cook ten minutes stirring occasionally. Stir in coconut and nuts. Spread on hot cake. Serve warmed for breakfast or anytime with ice cream or a dollop of whipped cream.

NOTE: For holidays or a festive occasion, garnish with candied pineapple and cherries. This cake freezes well.

OVERNIGHT COFFEE CAKE

Linda Wambold

3/4 c. butter or margarine 1 tsp. cinnamon
 1 c. white sugar 1 tsp. nutmeg
 1/2 c. brown sugar 1 tsp. baking powder
 2 eggs 1/2 tsp. salt
 2 c. flour 1 c. nutmeats
 1 tsp. soda 1 c. commercial sour cream

Cream shortening, sugar, brown sugar and eggs. Sift dry ingredients and mix with creamed mixture, add sour cream and nuts. Pour into greased 9 x 13 inch pan. Sprinkle about 1/2 cup brown sugar on top.

Continued Next Page.

OVERNIGHT COFFEE CAKE (Continued).

Cover and refrigerate overnight. Next morning, preheat oven to 350° and bake 35 to 40 minutes. Good served warm or cold.

PINEAPPLE COFFEE CAKE

Cream 1 cup shortening and 1 1/2 cups sugar. Add 4 egg yolks. Beat 4 egg whites separately; put aside. Sift 3 cups flour with 3 teaspoons baking powder, 1/2 teaspoon salt. Add dry ingredients alternately with 1 cup milk and 1 teaspoon vanilla. Add 1 cup drained crushed pineapple. Fold in egg whites. Line greased pan with mixture of nuts, sugar and cinnamon. Also when putting batter into pan, alternate batter with cinnamon mixture. Bake in 350° oven for 1 hour and 15 minutes. Spoon pineapple juice over cooled cake.

TROPICAL COFFEE CAKE

Lois Blyth

1 1/2 c. flour 8 oz. plain yogurt or sour cream
 1 c. sugar 1/2 c. cooking oil
 2 tsp. baking powder 2 eggs
 1/2 tsp. salt

Lightly spoon flour into cup, level off. Combine all ingredients in large bowl. Stir 70-80 strokes until well blended. Pour into greased pan; set aside.

TOPPING:

1 c. coconut or nuts 1 tsp. cinnamon
 1/3 c. sugar

Combine in small bowl. Sprinkle over batter. Bake at 350° for 35 to 45 minutes until done.

LEBKUCKEN

Claris Wisner

1/4 c. butter or margarine 1 tsp. cinnamon
 1/2 c. dark brown sugar 1/2 tsp. each cloves, nutmeg, salt,
 (packed) soda
 1 egg 1/2 c. strong coffee
 1 tsp. grated lemon peel 1 c. finely chopped walnuts
 1/3 c. molasses 1/2 c. diced mixed candied fruits
 2 c. sifted all purpose flour

Cream butter, sugar, egg and lemon peel together well. Blend in molasses. Resift flour with spices, salt and soda. Blend into creamed mixture alternately with coffee. Stir in walnuts and candied fruits. Spread in greased 10x15x1 inch pan. Bake at 375° for 15 minutes.

Continued Next Page.

LEBKUCKEN (Continued).

Cool in pan. May be frosted with glaze of confectioners' sugar mixed with sufficient water for spreading consistency. Cut into 2 1/2 x 1 inch bars. Makes 60 bar cookies.

CINNAMON CRISPS (24 Elephant Ears)

Suzanne Davison

2 c. flour	1 beaten egg
3 tsp. double acting baking powder	1/2 c. milk
1/2 tsp. salt	3 T. melted butter <u>or</u> oleo
1/2 c. butter (or margarine)	2 c. sugar
	1 T. cinnamon

(1) Sift together in bowl: flour, baking powder, salt, 1 T. sugar.
 (2) With pastry blender, cut in butter until mixture is like coarse corn meal.

(3) Put beaten egg in measuring cup and add enough milk to make 3/4 cup. Mix well and add to flour mixture. Mix only until flour is well moistened and dough clings together. Turn out on lightly floured board. Knead 1 minute.

(4) Roll out to long narrow sheet 1/4 inches thick. Brush lightly with melted butter. Mix sugar and cinnamon. Sprinkle 1/4 cup sugar mixture over dough. Roll as for cinnamon rolls, sealing edge firmly and cut into 1/2 inch slices.

(5) Put remaining sugar mixture on 12 inch piece of waxed paper. Dip cut side of each slice of dough into melted fat and lay it on the sugar mixture.

(6) Cover with piece of waxed paper and flatten with rolling pin slightly. Roll about 1/8 inch thin.

(7) Remove top waxed paper; with spatula, place each sugar coated slice on greased baking sheet. Bake 10 to 12 minutes at 425° or until lightly browned. Makes 24.

BANANA BREAD

Gladys Braun

1 c. sugar	1/2 c. shortening
Cream together, then add:	
2 eggs	Salt
3 bananas (mashed)	Some nuts
1/4 c. maraschino cherries	2 c. flour
1/4 c. pineapple	1 tsp. soda

Mix well. Bake at 350° for 1 hour.

Scatter your flowers as you go;

You will never go over the same road again.

CRANBERRY FRUIT-NUT BREAD

Clariss Wisner

2 c. all purpose flour (sifted)	3/4 c. orange juice
1 c. sugar	1 T. grated orange rind
1 1/2 tsp. double acting baking powder	1 egg (well beaten)
1/2 tsp. soda	1/2 c. chopped nuts
1 tsp. salt	2 c. fresh cranberries (chopped)
1/4 c. shortening	

Sift together flour, sugar, baking powder, soda and salt. Cut in shortening until mixture resembles coarse corn meal. Combine orange juice and grated rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries. Spoon into greased loaf pan (9x5x3). Spread corners and sides slightly higher than center. Bake in moderate oven, 350°F. about one hour...until crust is golden brown and toothpick inserted comes out clean. Remove from pan; cool. Store overnight for easy slicing.

DATE LOAF

Edna Whitney

Pour one cup boiling water over the following:

1 c. chopped dates	1 T. butter
1 tsp. soda	

Let stand while you mix:

3/4 c. sugar	1/4 tsp. salt
1 whole egg	3/4 c. chopped nuts
2 c. flour	1 tsp. vanilla
1 tsp. baking powder	

Combine both mixtures. Bake in loaf pan about 45 minutes at 350°.

HOLIDAY NUT LOAF

Helen Sullivan

1 1/2 c. flour	2 lbs. shelled walnuts (4 1/3 c.)
1 1/2 c. sugar	1 lb. shelled Brazil nuts
1 tsp. baking powder	(1 1/4 c.)
1 tsp. salt	1 (8 oz.) bottle maraschino cherries
2 lbs. pitted dates	5 large eggs
	1 tsp. vanilla

Sift together in large bowl the flour, sugar, salt and baking powder. Add (do not chop) dates, walnuts, Brazil nuts and drained cherries. Stir to coat nutmeats and fruit with flour.

Continued Next Page.

HOLIDAY NUT LOAF (Continued).

Combine well beaten eggs and vanilla; mix into flour-nut mixture. Spoon into three 8 1/2 x 4 1/2 x 2 1/2 inch greased loaf pans or four 7 1/2 x 3 1/4 x 2 1/4 inch pans. Line bottom of pans with waxed paper. Bake in moderately hot oven (325°) one hour. May be checked after first 45 minutes, not before. Cool thoroughly before slicing with a very sharp knife.

JEWISH MONDEL BREAD

Betty Davis

Beat in mixer:
3 eggs 1 c. sugar
Beat for 3 minutes.
Add:
1 c. Mazola oil
1 tsp. vanilla
Sift:
3 1/2 c. flour 1/4 tsp. salt
3 tsp. baking powder
Add:
1/2 c. chopped nuts or fine coconut

Bake at 350° about 3/4 hour. Slice while hot. Place in oven and bake until toasted brown. Grease pan.
(Wet hands with cold water before handling dough.)

NUT BREAD

Rita Boecken

4 c. flour 2 T. soda
2 c. brown sugar 1 c. nuts
2 c. sour cream 1 T. baking powder
1/2 T. salt 2 T. shortening
2 eggs

Cream brown sugar and shortening. Add ingredients; mix well. Add flour last. Bake 1 hour at 350°. Let set 12 hours.

NUT BREAD

Mary Gillett

1 1/2 c. flour 1 tsp. salt
1 tsp. baking powder (heaping)
Mix in dish pan.
2 lbs. dates (separated and cut up) 1 lb. Brazil nutmeats
2 lbs. English walnuts 1 (8 oz.) maraschino cherries (whole-drained)

Continued Next Page.

NUT BREAD (Continued).

Beat 5 eggs and 1 tsp. vanilla together. Then mix all together well. Mix in 3 loaf pans. Bake at 325° for 1 hour to 1 hour and 15 minutes. If too brown on top, cover with aluminum foil.

MOTHER'S NUT BREAD

Gladys Braun

1 c. sugar 1 egg
1 c. milk 1 c. nutmeats
4 tsp. baking powder Flour (enough to thicken)
I use 3 cups flour. Mix well and pour in loaf pan. Bake at 350° for 25 minutes or until done.

PUMPKIN BREAD

Alice Pinhero

3 1/2 c. flour 1 tsp. cinnamon
2 tsp. baking soda 1 tsp. nutmeg
1 1/2 tsp. salt 3 c. sugar
2 c. pumpkin or No. 1 can (16 oz.)

Mix all dry ingredients, make a well, add one cup Mazola oil, 4 eggs, the 2 cups of pumpkin, 1/2 cup nuts; beat well.

To bake, use four 1 lb. coffee cans or loaf pans, fill cans almost half full. Bake 55 to 65 minutes at 350°.

ZUCCHINI BREAD

Louise Hansen Derowitsch

2 beaten eggs 1/2 tsp. soda
1/2 c. vegetable oil 1/2 tsp. baking powder
1 c. sugar 2 tsp. cinnamon
1 c. grated zucchini 1/2 tsp. salt
1 tsp. vanilla 1/2 c. nutmeats or raisins or both
1 3/4 c. flour

Mix the first ingredients, sift flour and other dry ingredients and combine; mixing until well blended. Add nutmeats or raisins. Bake at 325° for one hour in buttered floured bread loaf pan. Freezes well.

PUFF BALLS

Helen Sullivan

Sift together the following ingredients in a bowl:
2 c. flour 1 tsp. salt
1/4 c. sugar 1 tsp. nutmeg
3 tsp. baking powder

Continued Next Page.

MY FAVORITE HOTCAKES (Continued).

Combine eggs, milk and shortening. Add flour, sifted with salt, baking powder and sugar; beat until smooth. Bake on ungreased griddle. Recipe makes twelve to fifteen small cakes.

MRS. PEARL ROE'S PANCAKES

Gladys Braun

2 eggs (beaten)	2 c. flour
2 c. milk	2 tsp. baking powder
2 T. sugar	2 T. melted fat
1 tsp. salt	

Mix well together.

BREAKFAST FRITTERS

Maud Sorensen

1 c. flour	1 tsp. baking powder
1/2 tsp. salt	2 well beaten eggs

Add enough milk to make thin batter, drop small teaspoonfuls of batter into hot fat (lard or Wesson oil). Have oil deep enough to float batter. Brown and serve with syrup.

JOHNNY PETER'S HUSH PUPPIES

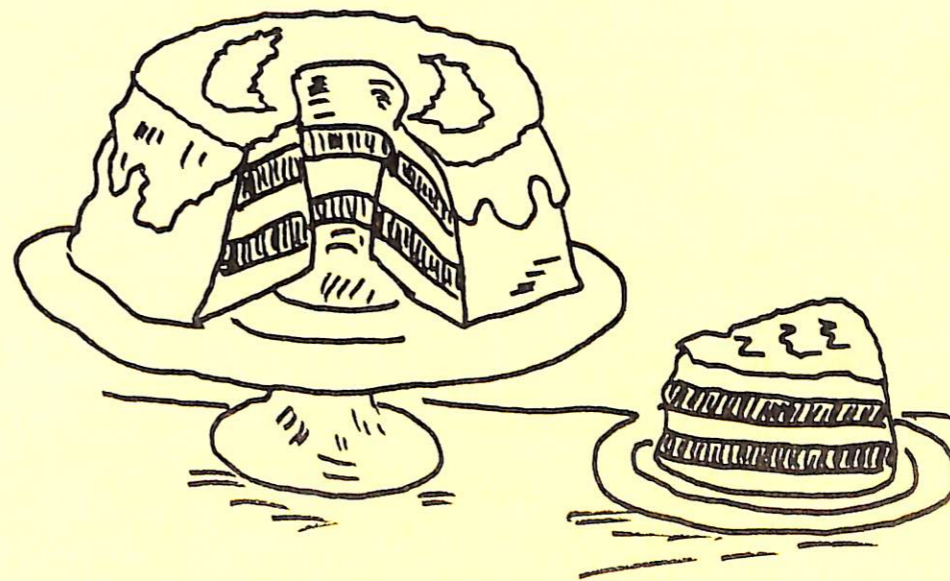
Irene Peters

1 1/4 c. corn meal	1/3 tsp. garlic salt
3/4 c. flour	1/2 tsp. pepper
3/4 tsp. salt	2 c. minced onion
6 tsp. baking powder	2 eggs
1 1/4 tsp. sugar	1 c. milk

Mix dry ingredients and stir the onion in. Separate the eggs and beat the yolks with the milk. Then stir this into the dry ingredients. Beat the egg whites until smooth (not stiff). Add a light sprinkling of baking powder to egg white just before you finish beating them. Fold them into the batter with as little stirring as possible. Drop by spoonfuls into hot oil. Ooooh, boy are these perfect with a big skillet of freshly caught fish!

* * * * *

CAKES



CAKES

GREAT GRANDMOTHER'S ALMOND ANNIVERSARY CAKE

3/4 c. butter <u>or</u> vegetable shortening	2 1/2 tsp. baking powder (double action)
2 c. sugar	1/2 tsp. salt
1 c. milk	5 egg whites (beaten stiff)
2 1/2 c. cake flour	1 tsp. almond extract

Cream butter and sugar. Add milk alternately with flour which has been sifted with baking powder and salt. Fold in stiffly beaten egg whites and almond extract. Do not beat after egg whites are added. Bake in two 9 inch layer pans at 350° for 30 to 35 minutes. Do not substitute.

ICING:

1 1/2 c. sugar	1 tsp. cream of tartar
1/2 c. water	4 egg whites
	1 tsp. almond extract

Cook water, sugar and cream of tartar until it spins a thread. Beat 4 egg whites until stiff. Add almond extract. Add syrup gradually to egg whites, beating all the time.

ANGEL FOOD CAKE

Rita Boecken

1 c. cake flour	1 c. powdered sugar
1 c. granulated sugar	1/4 tsp. salt
1 1/2 c. egg whites	1 1/2 tsp. cream of tartar
1 tsp. vanilla	1/2 tsp. almond or lemon extract

Sift flour; measure. Sift powdered sugar once; measure. Sift together four times. Add salt to egg whites and beat until frothy. Add cream of tartar and beat egg whites until they are stiff and hold their shape. Then fold in granulated sugar. Add flavoring and sift in flour and powdered sugar mixture (about 2 T. at a time). Bake in ungreased pan 50 to 60 minutes at 325°.

APPLE CHUNK CAKE

Alice Pinhero

Sift together:	
2 c. flour	2 tsp. soda
2 tsp. cinnamon	1/2 tsp. salt

Continued Next Page.

APPLE CHUNK CAKE (Continued).

Add all at once:

1 can (1 lb. 5 oz.) apple pie filling mix	1 c. sugar
1/2 c. butter (soft) <u>or</u> salad oil	2 tsp. vanilla
2 beaten eggs	1/2 c. chopped walnuts
	1 c. raisins (softened in warm water)

Mix well; pour batter in 9 x 13 inch pan and bake at 350° for 50 minutes. Cake may be frosted or served with topping or ice cream.

APPLE CINNAMON CAKE

Claris Wisner

2 eggs (beaten)	1 1/2 tsp. cinnamon
1 1/2 c. sugar	1/2 tsp. nutmeg
1/2 c. oil	1 1/2 tsp. salt
3 c. thinly sliced apples	1 c. chopped nuts
2 c. flour	1 c. raisins (Put in hot water a few minutes; drain well.)
1 1/2 tsp. baking soda	

In large bowl, combine eggs, sugar and oil; blend well. Add apples. Sift together flour, soda, spices and salt. Add to apple mixture, then add nuts and raisins. Pour into well greased and floured 9 x 13 inch pan and bake at 350° for 45 minutes or until toothpick inserted comes out clean.

APPLESAUCE FRUIT CAKE

1/2 c. butter	2 tsp. soda
1 1/3 c. sugar	1 tsp. cinnamon
3 eggs	1/2 tsp. cloves
1 1/2 c. applesauce	1/2 tsp. nutmeg
1 c. strawberry preserves	1/2 c. chopped nuts (pecans are best)
1 c. chopped dates	Dates may be omitted if you prefer
1/2 tsp. salt	
2 c. plain flour	

Cream butter and sugar. Add eggs, beat until fluffy, sift dry ingredients together and alternately with applesauce and strawberry preserves; mix and pour into greased pan. Bake 325° for 45 minutes to one hour.

APRICOT NECTAR CAKE

Evelyn Blyth

1 pkg. yellow cake mix	1 c. apricot nectar
1 pkg. lemon gelatin	3/4 c. corn oil
4 eggs	

Continued Next Page.

APRICOT NECTAR CAKE (Continued).

Mix in order given, cake mix, gelatin, eggs, corn oil and nectar. Beat for two minutes. Bake 375° in ungreased tube cake pan for 50 minutes. Let cool in pan, then put upside down on platter.

BANANA CAKE

Lois Krumenacher

1/2 c. shortening	1/2 tsp. salt
1 1/2 c. sugar	1/2 tsp. soda
2 eggs	1/4 c. milk
1 tsp. vanilla	1 c. banana pulp
2 c. flour	1/2 tsp. baking powder
1/2 c. nuts (if desired)	

Beat together the shortening, sugar, eggs and vanilla. Add other ingredients alternately with milk and banana pulp. Bake at 350°. This makes 2 layers. Bake 35 minutes or 1 large 13 x 9 inch cake. Bake 40 to 45 minutes. Cool and frost.

BUNDT DARK CHOCOLATE CAKE

Nina Walling

1 pkg. devil's food cake mix (18 1/2 oz.)	1/2 c. cooking oil
1 pkg. instant chocolate pudding (3 3/4 oz.)	1/2 c. warm water
1 c. commercial sour cream	4 eggs

Combine all ingredients. Beat 4 minutes. Fold in 1 1/2 cups semi-sweet chocolate chips. Bake 350° for 50 to 60 minutes in 12 cup cast aluminum bundt pan. (Carefully floured and greased). Cool 10 minutes in pan, turn out on wire rack. When cooled, sprinkle with powdered sugar.

CHOCOLATE CAKE (Really Good)

Gail Sunderman

1/2 c. butter <u>or</u> oleo	2 sqs. chocolate (melted)
2 c. sugar	1 tsp. vanilla
2 eggs	1 c. boiling water
2 c. flour	1 tsp. soda
1/2 c. buttermilk	1 tsp. baking powder

Cream butter and sugar, add eggs and buttermilk, chocolate and vanilla, flour and baking powder. Add soda to boiling water and add last. Bake in large sheet pan, cut in squares, split and put slice of ice cream between. Pour sauce over all.

Continued Next Page.

CHOCOLATE CAKE (Continued).

SAUCE:

1/4 c. cocoa	1 T. flour
1/2 c. sugar	1 c. boiling water
1 T. butter	Pinch of salt
	1 tsp. vanilla

Boil all until thick.

CHOCOLATE CAKE

Maxine Jensen

2/3 c. Crisco	2 tsp. baking soda
2 c. sugar	2 c. sour milk
10 T. cocoa	2 tsp. vanilla
2 eggs	3 1/2 c. flour
1/4 tsp. salt	

Bake 35 minutes in 350° oven.
9 x 13 inch greased pan.

GRANDMA'S CHOCOLATE CAKE

Sarah Ann Friend

"It's light, it's moist, it melts in your mouth."

1/2 c. shortening	1/2 c. hot water
1 c. white sugar	2 c. cake flour
1/2 c. brown sugar	1/4 tsp. salt
2 well beaten eggs	1 tsp. soda
1 tsp. vanilla	2/3 c. sweet <u>or</u> sour milk
3 (1 oz.) sqs. unmelted chocolate	

Thoroughly cream shortening and sugars; add eggs and vanilla; beat until fluffy. Melt chocolate in hot water over low heat; blend thoroughly and cool slightly. Gradually add to creamed mixture. Add sifted dry ingredients alternately with milk; after each addition, mix just until smooth. Pour into 3 waxed paper-lined 8 inch round layer cake pans. Bake in a moderate oven (350°) for 25 minutes. Frost layers with Mocha Chocolate Frosting.

MOCHA CHOCOLATE FROSTING:

Combine 6 T. cocoa and 6 T. hot coffee. Add 6 T. butter and 1 tsp. vanilla; beating until smooth. Gradually add 3 cups confectioners' sugar, beating until spreading consistency. Garnish with chopped California walnuts.

Give others a piece of your heart,
not a piece of your mind.

CHOCOLATE CHIP ANGEL FOOD

Lois Krumenacher

Fold 2 squares unsweetened grated chocolate into angel food batter before pouring into pan. Bake as usual.

CHOCOLATE CHERRY CAKE

Gayle Blakeman

1 pkg. German chocolate cake mix (18.5 oz. size)	1 can (1 lb. 5 oz.) cherry pie filling
2 eggs (unbeaten)	1 tsp. almond flavoring

Stir with spoon; pour into greased cake pan, 13x10 or larger. Bake at 350° for 25 to 30 minutes. Frost when cool.

FROSTING:

1 1/2 c. granulated sugar	6 T. milk
6 T. margarine	

Boil one minute; stir in one cup chocolate chips; stir until melted. Spread on cake.

CRAZY CAKE

Marilyn Petersen

3 c. flour	2 tsp. baking soda
2 c. sugar	1/2 tsp. salt
1/2 c. cocoa	2/3 c. Wesson oil
2 c. cold coffee (fresh made or instant)	2 tsp. vanilla
2 tsp. white vinegar	

Mix ingredients in order given. Bake 350° for 40 minutes, use 9 x 12 inch pan.

CREAM FROSTING:

2 T. flour	1/2 c. milk
------------	-------------

Mix in saucepan. Cook over low flame until thick; put aside to cook.

1/4 c. sweet butter } or 1/2 c.	1/2 c. powdered sugar
1/4 c. shortening } margarine	1 tsp. vanilla

Cream shortening and butter 4 minutes. Add sugar; mix 4 min. Add flour paste; beat 4 minutes. Add vanilla and beat 4 minutes. Spread on cake.

COCA-COLA CAKE

Mitchell Goldsberry

2 c. flour	1/2 c. buttermilk
2 c. sugar	2 beaten eggs
2 sticks oleo	1 tsp. vanilla
3 T. cocoa	1 tsp. soda
1 c. Coca-Cola	2 c. miniature marshmallows

Continued Next Page.

COCA-COLA CAKE (Continued).

Combine flour and sugar in a large bowl. In a saucepan, combine oleo, cocoa, and Coca-Cola. Heat to a boil. Pour over sugar and flour; mix well. Combine eggs, buttermilk, soda and marshmallows in another bowl. Add to flour mixture; mix well. Batter will be thin, marshmallows will float on top. Bake in jelly roll pan that has been greased and floured. Bake 350° for 25 minutes.

FROSTING:

Heat to boil, 1/2 cup oleo, 3 T. cocoa and 6 T. Coca-Cola. Add 1 lb. powdered sugar; beat till smooth. Add 1 cup pecans or English walnuts. Spread over cake as it comes out of oven.

FRUIT CAKE

Helen Sullivan

3 c. seedless raisins (1 pkg.)	1/2 c. wine
3 c. chopped dates	1 c. butter
2 c. nuts	1 1/4 c. brown sugar (packed)
1 pkg. citron	2 c. flour
1 pkg. candied pineapple	1/2 tsp. salt
1 jar candied cherries	1/4 tsp. soda
1/4 c. honey	1/2 tsp. cloves
4 whole eggs	1/2 tsp. cinnamon

Mix fruit and nuts; let stand while mixing other ingredients. Bake in slow oven, 250°, two and one half hours. Pour wine and apricot brandy over cake a few days after it is baked.

FRUIT COCKTAIL CAKE

Evelyn Blyth

2 c. fruit cocktail (partly drain)	1 tsp. salt
2 c. flour	2 tsp. soda
2 c. sugar	2 eggs (stir with fork)
	Small eggs, use 3

Place in bowl order given and stir; do not use electric beater. Place in greased 9 x 13 inch pan. Bake in 350° oven about 40 minutes.

TOPPING:

1 c. brown sugar and 1 c. nuts

Place topping on batter and bake as above. Serve warm with whip cream, good cold also.

My house is clean enough to be healthy,
And dirty enough to be happy.

FRUIT PUNCH CAKE

Gladys Braun

2 eggs	1 1/2 tsp. soda
1 1/2 c. sugar	1/2 tsp. salt
Vanilla	1 (16 oz.) can fruit cocktail with juice or another choice of fruit
1 1/3 c. flaked cocoanut	
2 1/4 c. flour	

Beat eggs until fluffy. Add sugar, fruit cocktail and juice, flour, soda, salt and vanilla. Beat together, then pour batter into a 11 x 17 inch lightly greased and floured jelly roll pan. Spread cocoanut on top and bake at 350° for 25 minutes.

TOPPING:

While cake is warm, spread with a glaze made by combining 3/4 cup sugar, 1/2 cup margarine and 1/4 cup of milk. Bring to a boil and let boil two minutes.

FUDGE CAKE

Gladys Braun

1/4 c. shortening	1/2 tsp. baking powder
2 sqs. unsweetened chocolate	1 egg
1/2 c. water	1/2 tsp. baking soda
1 c. sugar	1/4 c. sour milk <u>or</u> buttermilk
1 c. flour	1 tsp. vanilla
1/2 tsp. salt	

Melt shortening in top of double boiler; add chocolate which has been cut in small pieces. When chocolate is melted, add water and sugar, stir until well blended. Remove from heat and allow to cool thoroughly.

Sift flour, measure, add salt and baking powder, sift together. When chocolate mixture is cool, add egg, unbeaten; mix well. Then add dry ingredients; blend well.

Dissolve soda in sour milk or buttermilk and add to batter. Add vanilla. Pour into pan 8 x 8 x 2 inches, greased and lined with wax paper. Bake in 350° oven for 30 to 35 minutes. When done, invert on wire rack, remove paper while hot. Spread with chocolate fudge frosting and top with walnut halves. Cut in squares or diamonds. May be cut in 12 or 16 servings.

LEMON SHEET CAKE

Evelyn Blyth

1 box lemon Jello	3/4 c. salad oil
1 c. boiling water	4 eggs
1 box yellow cake mix	1 T. lemon extract

Continued Next Page.

LEMON SHEET CAKE (Continued).

Pour the boiling water into the lemon Jello in a small bowl, mix until dissolved; then let cool. Turn the cake mix into the large bowl of the electric mixer and add the oil. Beat at moderate speed, add the eggs one at a time, beating well after each. Add the lemon extract, then the cooled Jello, using low speed on mixer. Turn into greased pan, floured (9x14) and bake 350° for 35 minutes or until done.

Remove from the oven and make holes in the top of cake inserting point of paring knife. Mix 1 cup powdered sugar with the juice of 1-2 lemons (until sugar forms a thin glaze) and pour this over the top of cake, it will form a glaze and seal the holes while seeping through cake.

GRANNY CAKE

Lee Ames

1/2 c. shortening	2 c. flour
1/2 c. margarine	2 eggs
4 T. cocoa	1/2 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 to a boil. Remove from heat and add cup of water. Pour mixture into sugar, add flour and mix, then add eggs, buttermilk, vanilla and soda. Pour into sheet or jelly roll pan and bake at 400° for 20 minutes.

FOR THE FROSTING:

Combine 4 T. cocoa, 1/2 cup butter and 1/3 cup milk. Bring to a boil. Add one box of powdered sugar, 1/2 cup nuts and one teaspoon vanilla. Frost cake immediately when taken from oven.

FAMOUS LEMON CAKE

Betty Davis

3/4 c. butter <u>or</u> margarine	1/4 tsp. salt
1 1/4 c. sugar	3/4 c. milk
8 egg yolks	1 tsp. vanilla
2 1/2 c. cake flour	1 tsp. grated lemon rind
3 tsp. baking powder	1 tsp. lemon juice

Preheat oven to 325°. Cream 3/4 cup butter or margarine with 1 1/4 cups sugar until light and fluffy. In a separate bowl, beat 8 egg yolks until light and lemon colored, blend into creamed mixture. Sift together cake flour, baking powder and salt; resift three times. Add the sifted ingredients in thirds, alternating with milk.

Continued Next Page.

FAMOUS LEMON CAKE (Continued).

Beat the batter thoroughly after each addition. Add vanilla, grated lemon rind and lemon juice and beat two minutes. Bake in a greased bundt pan for one hour or until a straw inserted in the center comes out clean.

OATMEAL CAKE

Gladys Braun

1 c. oatmeal scalded with 1 1/2 cups boiling water; let set 20 minutes.

Cream:

1 c. brown sugar	1/2 c. shortening
1 c. white sugar	

Add:

2 eggs (well beaten)

Sift:

1 tsp. soda	1 1/2 tsp. cinnamon
1/4 tsp. salt	1 1/2 c. flour

Add to above mixture, then add 1 tsp. vanilla. Bake 35 to 40 minutes at 350°.

TOPPING:

2/3 stick butter	1 c. chopped nuts
1/2 c. brown sugar	1 c. cocoanut
1/4 c. cream	1 tsp. vanilla

Mix the above ingredients and spread on baked cake. Put under broiler or in oven until topping is sort of bubbling and cocoanut is toasted looking.

ORANGE CAKE

Stella Scheel

1 c. light <u>or</u> dark raisins	2 c. sifted flour
1/2 c. shortening	1 tsp. baking powder
1 c. sugar	1 tsp. salt
1 T. grated orange rind	1/2 tsp. soda
1 tsp. vanilla	2/3 c. buttermilk <u>or</u> sour milk
2 eggs	

Rinse and drain raisins. Cream together shortening and sugar. Blend in rind, vanilla and well beaten eggs. Sift together flour, baking powder, salt and soda and add to creamed mixture alternately with buttermilk. Stir in raisins. Pour into greased 8 inch square pan. Bake 350° for 50 to 60 minutes.

TOPPING:

1 T. grated orange rind	1/3 c. orange juice
1/2 c. sugar	Continued Next Page.

ORANGE CAKE (Continued).

Blend together topping ingredients while cake bakes, and pour over cake as soon as it is removed from oven. Cool in pan. Serves 9 to 12.

ORANGE CAKE

Claris Wisner

Mix the juice of one orange with 1/2 cup brown sugar; let stand while mixing cake.

Grind the peel of the orange with 1 cup raisins. Cream 1/2 cup shortening, gradually add 1 cup sugar and cream well. Add 2 eggs, one at a time; beating well. Measure 2 cups sifted flour, sift with 1 tsp. soda. Add sifted dry ingredients to batter alternately with 1 cup sour milk. Add the ground peel and raisins and 1/2 cup chopped nuts. Pour batter into greased 13 x 9 x 2 inch pan dusted with flour. Bake in moderate oven 30 to 35 minutes. Remove from oven; over the top of the hot cake, pour brown sugar orange mixture.

POPPY SEED CAKE FOR SPECIAL OCCASION

Laura Lacy

Soak 1/4 cup of poppy seed in 1 cup of milk 2 hours.

Cream:

1/2 c. butter	1 1/2 c. sugar
Add (sifted):	
3 c. flour	1/4 tsp. salt
3 tsp. baking powder	

Alternate with poppy seed and milk.

Fold in 5 beaten egg whites (save yolks for filling)

Makes 3 layers (if desired). Bake 350° oven.

FILLING:

1 1/2 c. milk (scalded)	1/2 c. sugar
2 T. cornstarch	Beat yolks of eggs well

Mix altogether and cook in double boiler until thick. Add 1 cup of salted nuts. Spread between layers of cake and frost top.

POPPY SEED COFFEE CAKE

Gayle Blakeman

1 pkg. yellow cake mix (18.5 oz. size)	1 c. hot water
1 pkg. instant pudding (vanilla or lemon)	1/4 c. poppy seeds
4 eggs	1 tsp. vanilla or lemon flavoring
1/2 c. salad oil	

Continued Next Page.

POPPY SEED COFFEE CAKE (Continued)

Beat four minutes. Bake at 350° for 45 to 50 minutes in a bundt pan.

POTATO CAKE

Betty Davis

1 c. sugar	1 sq. chocolate
1 c. flour	1 3/4 tsp. baking powder
1/3 c. butter	1/2 tsp. cinnamon
2 eggs (separated)	1/4 tsp. nutmeg
1/4 c. milk	1/2 c. chopped nuts
1/2 c. mashed potatoes	

Cream butter and sugar. Add egg yolks and potatoes. Sift flour, spices and baking powder. Add, alternating with milk. Add chocolate and nuts. Fold in stiffly beaten egg whites. Bake at 350° for 30 minutes or until done. Frost.

PRAIRIE BEER CAKE

Roberta Hannum Schunke
Torrance, Cal.

1 c. shortening	1 tsp. cinnamon
2 c. brown sugar (packed firm)	1/2 tsp. allspice
2 well beaten eggs	1/2 tsp. cloves
3 c. sifted flour	2 c. (1 pint) beer
1/2 tsp. salt	1 c. chopped pecans <u>or</u> walnuts
2 tsp. baking soda	2 c. finely chopped dates <u>or</u> prunes

Cream shortening until soft in a large bowl, gradually add sugar creaming until light and fluffy. Add beaten eggs; beat well. Sift together flour, salt, soda and spices. Reserve about two tablespoons. Beat remainder into batter. Slowly add beer (it may foam while beating). Blend thoroughly. Toss nuts and fruit with reserved flour mixture to coat lightly. Fold into batter blending thoroughly. Pour batter into greased, floured 10 inch tube pan. Bake in preheated oven at 350° one hour and 15 minutes or until cake tester comes out clean. Cool in pan ten minutes. Carefully turn out on plate and cool completely. Cover and refrigerate overnight.

Cover with lemon glaze made as follows: 1 1/2 cups sifted confectioners' sugar, 3 to 4 tablespoons fresh lemon juice. Yield 12 to 14 servings.

Make your cakes as best you can,
For that's the way to please a man.

RUM ANGEL CAKE

Evelyn Blyth

1 stick margarine or butter	1/2 c. chopped almonds
1 1/2 c. powdered sugar	1 angel cake
5 egg yolks (beaten)	1/2 pint heavy cream (whipped)
4 T. rum <u>or</u> 2 tsp. rum extract	

Cream margarine and sugar, add egg yolks, flavoring and almonds; mixing well. Slice cake crosswise into four layers. Spread mixture between layers. Frost with whipped cream. Chill 24 hours. Serves eight.

STRAWBERRY SHORTCUT CAKE

Lee Ames

Oven 350°, 13 x 9 inch baking pan. Generously grease bottom only of pan. Sprinkle evenly over bottom of greased pan: 1 cup miniature marshmallows

Thoroughly combine; set aside:

2 cups (two 10 oz. pkgs.) frozen sliced strawberries in syrup, completely thawed, 1 pkg. (3 oz.) strawberry Jello, 2 1/4 cups Pillsbury's best all purpose flour and 1 1/2 cups sugar.

Blend at low speed until moistened; the following:

1/2 c. solid shortening	1 c. milk
3 tsp. baking powder	1 tsp. vanilla
1/2 tsp. salt	3 eggs

Beat 3 minutes at medium speed, scraping sides of bowl occasionally. Pour batter over marshmallows in pan. Spoon strawberry mixture evenly over batter. Bake at 350° for 45 to 50 minutes until golden brown and toothpick inserted in center comes out clean.

HIGH ALTITUDE ADJUSTMENT

-5200 Feet Decrease baking powder to 2 1/2 tsp. Bake at 375° for 40 to 50 minutes.

TEXAS CAKE

Marilyn Petersen

2 c. flour	2 c. sugar
------------	------------

Sift together and set aside.

Mix in saucepan:

2 sticks of margarine	1 c. water
1/4 c. cocoa	

Bring to rapid boil; pour over dry ingredients and mix well.

Add:

1/2 c. buttermilk	1/2 tsp. cinnamon
2 beaten eggs	1/2 tsp. salt
1/2 tsp. vanilla	1/2 tsp. soda (rounded)

Continued Next Page.

TEXAS CAKE (Continued).

Mix and pour into large greased pan (28x8). Bake 25 minutes at 350°.

FROSTING:

1 stick margarine	6 T. milk
4 T. cocoa	

Bring to boil.

Add:

1 box powdered sugar	1 c. chopped walnuts
1 tsp. vanilla	<u>or</u> pecans

Pour over cake when cake comes out of oven. Cool and serve. Quick and easy.

"WACKY" CAKE

Doris Y. Engelke

1 1/2 c. flour	1 c. cold water
1 c. sugar	1 tsp. soda
3 T. cocoa	1/2 tsp. salt
1 T. vinegar	6 T. oil
1 tsp. vanilla	

Sift flour, sugar, cocoa, soda and salt into an ungreased baking dish. Make 3 holes and pour in shortening, vinegar, and vanilla. Do not stir. Cover with 1 cup cold water and now stir with a fork right in the baking dish. Bake in a 350° oven for 25 minutes. "It's wacky but very good".

FROSTINGS

APRICOT FILLING

Gladys Braun

1 c. sugar	Yolks of 5 eggs
1 1/4 c. milk	1 to 1 1/2 c. cream (whipped)
3 T. flour	1/2 pkg. dried apricots (cooked and ground)
1 envelope Knox gelatin (mixed in a little water)	1 tsp. vanilla

Cook in double boiler until thick the first three ingredients, then add gelatin mixed with a little water. Add yolks of eggs, cook a little more. Chill. Whip cream and add flavoring and apricots.

Cut an angel food in two about 1/2 way from top. Spread on generous layers of filling. Replace top of cake and frost entire outside with the rest of the filling.

BROILED COCONUT HONEY TOPPING

Gladys Braun

3 T. soft butter
 1 tsp. grated lemon rind
 2/3 c. dry shredded cocoanut
 1/8 tsp. salt
 1/4 c. honey

Spread top of cake with butter. Combine cocoanut, honey, lemon rind and salt; blend well. Spread over cake. Broil just long enough to toast cocoanut light, 2 to 4 minutes.

TINTED COCOANUT

Gladys Braun

2 c. cocoanut
 Red, yellow, blue and green fruit coloring

For each color tint 1/2 cup of water with 4 drops of food coloring. Add 1/2 cup cocoanut. Soak until the cocoanut absorbs the color (about 5 minutes). Spread out on absorbent paper to dry. Repeat for each color. After the cocoanut has dried out, mix the colors together and sprinkle on cake icings while it is soft.

BROILED PINEAPPLE TOPPING

Gladys Braun

3 T. butter
 1/3 c. drained crushed pineapple
 1/2 c. shredded cocoanut
 1/2 c. firmly packed brown sugar
 1/2 c. chopped walnuts

Melt butter and add remaining ingredients. Mix well and spread on hot or cold cake. Broil 10 minutes 5 inches from heat.

BUTTER CREAM FROSTING (For cake decorated & used at home)

Gladys Braun

3/4 c. butter or margarine
 6 c. sifted confectioners' sugar
 About 1/2 cup cream or milk

Cream butter with spoon or electric beater until light and fluffy. Gradually stir in about 1/3 of the sifted confectioners' sugar. Add remaining sugar and cream, alternately and beat until very smooth. Add only enough cream to make the proper consistency. When mixture is smooth, add vanilla and use on cake.

CHOCOLATE FROSTING

Ethel May Stokes

1 c. sugar
 1/4 c. cocoa
 1/4 c. oleo
 1/4 c. milk
 2 T. white syrup
 1/8 tsp. salt
 1 to 1 1/2 c. powdered sugar
 1 tsp. vanilla

Stir and bring to boil for 3 minutes everything except the powdered sugar and vanilla. Remove from heat and add the last two ingredients (sugar and vanilla).

CREAM CHEESE FROSTING

Gladys Braun

1 (3 oz.) pkg. cream cheese
 1 1/2 c. powdered sugar
 1 tsp. vanilla

Spread on hot cake and let stand overnight before cutting, but not necessary.

EZY CAKE FROSTING

Gladys Braun

3/4 c. sugar
 1/8 tsp. cream of tartar
 1/2 tsp. vanilla
 1/2 c. water
 2 egg whites

Cook and stir sugar, water and cream of tartar over low heat until sugar dissolves. Increase heat and cook 266° or until syrup spins long thread. Add syrup to stiffly beaten egg whites while beating constantly. Add vanilla and coloring (if desired). Continue beating until frosting holds its shape. This makes an unusually good and decorative frosting.

LEMON FILLING

Gladys Braun

3/4 c. sugar
 3 T. flour
 1/16 tsp. salt
 1/4 c. lemon juice
 Grated rind of 1 lemon
 1/2 c. water
 3 egg yolks (beaten)
 2 T. butter

Mix flour, sugar and salt together thoroughly. Add lemon juice and rind and mix well. Add water, egg yolks, butter and blend. Place over hot water and cook until smooth and thick, stirring constantly (about 15 minutes). Cool and spread between cake layers. If desired, all the filling can be spread between the layers and the top the cake dusted with confectioners' sugar.

NESTLES QUICK CHOCOLATE FROSTING

Betty Davis

1 c. Nestles Quick
 1/4 c. softened butter
 1 tsp. vanilla
 1/3 c. boiling water

Stir till smooth. Beat in gradually 2 3/4 cups sifted confectioners' sugar till thick enough to spread. Fills and frosts two 8 inch cake layers.

FOR SAUCE

Betty Davis

Decrease sugar to 1/2 cup. Serve over ice cream or cake. Yields: approximately one cup.

It costs nothing to say something nice about someone.

ADDITIONAL RECIPES

CANDY



CANDY

CANDY FRUIT BALLS

1 (8 oz.) pkg. pitted dates	1/4 tsp. salt
1 (8 oz.) pkg. dried apricots	1/4 c. butter <u>or</u> margarine
1/2 lb. candied pineapple	1 (6 oz.) pkg. chocolate bits
1 c. raisins	1 1/4 c. flaked coconut
1 c. pecans	

Run fruits and nuts through coarse grinder, add salt. Melt butter and chocolate bits, add to fruit mixture. Work together until well blended. Shape into one inch balls and roll in cocoanut. Chill. Keeps well in refrigerator. Yield: 3 pounds.

CARAMEL CORN

Doris Y. Engelke

First, pop 4 quarts or 1 gallon of popcorn. Butter and salt it. Put in a 250° oven to keep warm while making the following syrup.

SYRUP:

2 c. sugar	1 T. butter <u>or</u> oleo
1/2 c. water	1/4 tsp. cream of tartar

Combine in a heavy saucepan and bring slowly to a boil; stir. Boil mixture until it comes to a light caramel color (spins a hair). Take off burner and add 1/4 tsp. soda; stir vigorously as this foams. Pour over popcorn; mix thoroughly and then spread on a cookie sheet to cool. Break into small pieces when cool and store "left over" in a covered container.

CHOCOLATE NUT TOFFEE

Rita Boecken

Spread 1 cup of nuts (broken) on the bottom of an ungreased pan. Boil 3/4 cup butter and 1 1/2 cups brown sugar for 7 minutes. Spread over nuts. Then add a 6 oz. pkg. of chocolate chips. Let melt on hot mixture. Then spread as for a frosting.

CHOW MEIN NOODLE CANDY

Marilyn Petersen

1 pkg. (12 oz.) semi-sweet chocolate chips	1/2 c. chopped walnuts (optional)
1 can chow mein noodles	

Melt chocolate chips in double boiler. Stir in noodles and nuts. Drop by teaspoonfuls on waxed paper until cooled.

Continued Next Page.

CHOW MEIN NOODLE CANDY (Continued).

Children love them and they can help make.

A CREAMY FUDGE

Mary Brown

2 T. butter	1 c. evaporated milk (undiluted)
3 c. sugar	1/4 tsp. salt
1/4 c. corn syrup	3/4 c. nutmeats
3 sqs. chocolate	

Put the butter into a saucepan and let it melt over a slow fire. Then, watching carefully lest it burn, allow the butter to become a beautiful brown, not too dark of course, but about the color of vanilla caramels. Browning the butter in this manner gives the fudge a rich caramel flavor. Add all the other ingredients with the exception of the nuts. Boil until a soft ball stage is formed, when a little is tried in cold water. Cool until lukewarm, add the nuts and beat until creamy.

PEG ENGELKE'S UNCOOKED FUDGE

Submitted by Doris Y. Engelke

2 eggs	1 c. chopped walnuts <u>or</u> pecans
1 lb. powdered sugar	1 stick butter <u>or</u> oleo
1 pkg. Red Dot semi-sweet chocolate	1 tsp. vanilla

Melt butter and chocolate over hot water. Beat eggs separately and then put them together. Add powdered sugar gradually to eggs. Add to this, the hot mixture of butter and chocolate, then add nuts and vanilla. Put in pan and refrigerate for a day or two before serving. Pan size - 7 x 11 inches. Cut into squares before it sets up too hard.

FUDGE

Ruth Cowan

1 small can (5 1/3 oz.) evaporated milk	16 large marshmallows
1 1/3 c. sugar	Dash of salt
1/4 c. butter	

Cook and bring to full boil; stirring constantly. Boil for five minutes. Add 1 1/2 cups chocolate bits, one teaspoon vanilla and one cup broken nutmeats.

We will pass through this world only once.
Any good or kindness we can render do it now.
We shall not pass this way again.

Stella Scheel

FUDGE

2 c. sugar	1 tsp. vanilla
1/2 c. milk	2 T. butter
6 T. cocoa	Dash of salt

Mix all ingredients; boil over medium flame until it forms a soft ball in cold water. Beat well, pour onto buttered platter.

GOOEY MARSHMALLOW PUFFS

Cory Peters

Marshmallows	Butter
Sugar	Ready to bake refrigerator biscuits
Cinnamon	

Take a marshmallow and dip in the butter, which has been melted. Then, roll in sugar and cinnamon, to desired coating. Roll out the refrigerator biscuits, separately, until they are a little larger than a silver dollar. Wrap the dough around the marshmallows. Bake at about 325° until golden brown or until the marshmallows is yummy gooey. Great to eat hot, or let cool and eat later. Yum!

MINT PUFFS ("Bits of airy fluff, stay creamy for days.")

Gladys Braun

1 1/2 c. sugar	Peppermint extract
2 T. light corn syrup	Red food coloring or any color you wish
1/4 c. water	
1 stiff beaten egg white	

Combine sugar, syrup, and water; stir until sugar dissolves. Cook to soft ball stage (234°). Slowly pour over egg white; beating until mixture holds shape when dropped from spoon. Add a drop or two of extract. Color delicate pink. Swirl from teaspoon onto waxed paper. Makes 2 1/2 dozen.

MARGE BUCKNAM'S FIVE POUND FUDGE

Submitted by Doris Engelke

1 (15 oz.) Hershey chocolate bar	1/4 lb. oleo (1 stick)
3 (6 oz.) pkg. chocolate chips	4 c. chopped nuts (pecans or walnuts)
1 (10 oz.) or 12 oz. jar of Marshmallow Creme	

Combine the above in a very large heavy pan. Break the chocolate bar into pieces as to facilitate melting. Put on low heat to start melting. Do not cook.

Then in another pan, combine:
1 large can Carnation milk 4 1/2 c. white sugar
Continued Next Page.

MARGE BUCKNAM'S FIVE POUND FUDGE (Continued).

Bring to a boil and boil for 5 minutes. (Stir constantly as it scorches easily.) Pour this hot mixture over first chocolate mixture and stir with wooden spoon until well blended. Pour into buttered pans. Cool before storing. This will store indefinitely. (Loaded with calories.)

5 POUND FUDGE

Gladys Braun

15 oz. Hershey bars (2 large and 1/3 of a bar)	1/4 lb. butter
3 pkgs. (6 oz.) chocolate chips	10 oz. jar Marshmallow Creme
	4 c. chopped pecans

Place this in a large pan. Add 4 1/2 cups sugar and 1 large can Carnation milk. Bring to boil. Boil 5 minutes; stirring constantly. (Scorches easily). Pour above hot mixture over other pan mixture and stir until all dissolves. Pour into buttered cookie pan 15 x 11 inches with edge. I keep in refrigerator, can be frozen. This is the best I ever made.

OLD FASHIONED FUDGE

Julie Martin

2 c. sugar	Pinch of salt
1/3 c. cocoa	Few drops of vanilla
1/2 c. milk	1 tsp. butter (rounded)

Combine sugar, cocoa, milk, salt and vanilla in a cold iron skillet; mix well. Bring to boil over low heat. Let boil, stirring occasionally, until a definite ball forms in cold water. Remove from heat, add butter. Let stand until almost cool enough to hold your hand on bottom of skillet. Beat vigorously until mixture starts to set. Pour into buttered plate. Cool. Cut into squares.

PEANUT BRITTLE "SIMPLE"

Doris Y. Engelke

First, grease a rimmed cookie sheet well; set aside.

Measure out 2 cups of raw peanuts (not Spanish).

In a heavy pan, measure out:

1 c. granulated sugar	1 c. white corn syrup
-----------------------	-----------------------

Place on a medium burner. When sugar has dissolved, put in raw peanuts. Boil mixture until the peanuts turn a light brown and the syrup spins a very thin "hair". Use a wooden spoon. Remove from stove and add 1 tsp. (rounded) of soda. Stir vigorously as this foams immediately. Pour into the shallow buttered pan and press out with your wooden spoon to cover pan. Cool and break into pieces.

Do not use salt or butter in mixture.

RAINBOW CONFECTIONS

Nancy Brown

Dip marshmallows one at a time in hot milk and roll in tinted coconut until well coated. Dry on waxed paper. Serve as candy

SHIRLEY'S BON BONS

Beverly Martin

1/4 lb. oleo	1/2 tsp. vanilla
2 lbs. powdered sugar	10 oz. pkg. Angel Flake coconut
1 can Eagle Brand milk	

Roll into balls; little (size of end of your thumb). Let set. Melt 2/3 bar paraffin, 12 oz. pkg. chocolate chips in double boiler. Cool. Dip balls.

* * * * *

ADDITIONAL RECIPES

COOKIES



COOKIES

NO BAKE COOKIES

Ethel Allerton

Melt slowly:

1 (12 oz.) pkg. butterscotch drops 1/2 c. chunk peanut butter

Add:

4 c. corn flakes 1/2 c. coconut
Pat in 13 x 9 inch pan. Frost with 6 melted Hershey bars.

NO BAKE COOKIES

Ethel Allerton

12 oz. pkg. chocolate chips 1 c. nutmeats
1 T. butter 3 c. colored marshmallows
1 egg Coconut
1 c. powdered sugar

Beat egg slightly, add powdered sugar, warm chocolate, nuts and marshmallows. Roll in coconut. Chill overnight or several hours.

BUTTERSCOTCH CRUNCHIES (Unbaked cookies)

Nancy Brown

- (1) Melt one 6 oz. pkg. (1 cup) Nestle's butterscotch morsels over hot (not boiling) water.
- (2) Add 2 cups (one 3 oz. can) chow mein noodles. Stir till well coated.
- (3) Drop by teaspoonfuls onto waxed paper. Chill. Makes about 2 1/2 dozen.

SUBSTITUTE FOR NOODLES:

- (1) 2 cups broken thin pretzel sticks
- (2) 2 c. corn flakes and 1/2 cup salted peanuts.
- (3) 2 c. packaged corn chips.

If you have some cashews or other nuts left from a party, add these.

SPIDERS

Jo Flack

2 (6 oz.) pkgs. chocolate chips 2 c. mini marshmallows
1 (3 oz.) can Chinese noodles 2 T. salad oil

Melt chocolate chips. Add salad oil. Pour over mixture of noodles and marshmallows. Drop spoonfuls on wax paper and chill.

Let Christ stay through the meal;
don't dismiss Him with the blessings.

PEANUT BUTTER TREATS (Kids like to make and love to eat!) Marilyn Petersen

1 1/2 c. honey 9 oz. non-fat dry milk
1 1/2 c. peanut butter 2 tsp. vanilla
Mix with wooden spoon. Turn on bread board and knead like dough. Roll into small balls in extra dry milk or coconut.

BANANA CHOCOLATE CHIP COOKIES Gladys Braun

2 1/4 c. flour 1 c. sugar
2 tsp. baking powder 2 beaten eggs
1/4 tsp. soda 1 tsp. vanilla
1/4 tsp. salt 1 c. bananas (mashed)
2/3 c. shortening
Sift flour, baking powder, soda and salt. Cream shortening and sugar until fluffy. Add the beaten eggs. Beat in the mashed bananas, chocolate chips and vanilla. Add dry ingredients and stir well. Drop from teaspoonful on a greased cookie sheet. Bake in 350° oven for 10 minutes or until browned. This makes 50 cookies.

BESS DUDLEY'S COOKIES Submitted by Doris Engelke

Cream:
1 c. granulated sugar 2 sticks oleo
1 c. powdered sugar 1/2 tsp. salt
Add:
2 beaten eggs 1 tsp. soda
1 tsp. vanilla 1 tsp. cream of tartar
1 c. buttery oil (comes in a bottle) 4 1/2 c. sifted flour

Mix thoroughly and let stand overnight. Roll into balls. Put in an ungreased cookie sheet and press with thumb or a fork dipped in sugar. Bake at 350° for 8 to 12 minutes. Yields about 100 cookies. (If thumb is used, after baking drizzle powdered sugar icing into thumb part.)

BESS TALLEY'S VANILLA WAFERS Submitted by Doris Engelke

Mix:
1 c. butter 2 c. flour
Add:
1/3 thick cream

Chill overnight. Roll quite thin (1/8 inch) and cut with round cheese glass. Prick with fork 3 times. Toss with fork into sugar, both sides. Bake 6 minutes at 425°. (They shrink as they bake.)

Continued Next Page.

BESS TALLEY'S VANILLA WAFERS (Continued).

Cool and put together with icing.

ICING:

2 c. powdered sugar 1 egg yolk
1/2 c. butter 2 drops lemon flavoring or lemon rind

Beat well. Put between 2 of above wafers after cooling.
Yield - 6 dozen cookies.

BUTTERSCOTCH COOKIES

Rita Boecker

1 c. Crisco 1 tsp. vanilla
1 c. sugar 1 c. brown sugar
2 eggs 1 1/2 c. flour
1 tsp. baking soda 1 tsp. salt
1/2 c. nuts 2 c. oatmeal
1/2 c. butterscotch chips

Cream Crisco and sugar. Add other ingredients and stir well. Drop on greased cookie sheet. Bake 350° until brown. Watch it!

BUTTERSCOTCH ROUNDS

Claris Wisner

3/4 c. butter (1 1/2 sticks) 1 tsp. soda
1 c. firmly packed brown sugar 1/4 tsp. each ground ginger, cinnamon and salt
1 egg 1 c. finely chopped walnuts
1 tsp. vanilla
2 c. flour

Cream butter, gradually add sugar and beat until light and fluffy. Add egg and vanilla; beat thoroughly. Stir together flour, soda, spices and salt; gradually add to creamed mixture. Stir in nuts. Chill for ease in handling. Shape into balls, one inch in diameter. Place on baking sheet. Flatten slightly with bottom of glass dipped in flour. Bake 10 to 12 minutes in a moderate oven, 350°. Remove to wire rack to cool. Makes about 48 cookies.

CHOCOLATE SCOTCHEROOS

Mary Brown

1 c. sugar 1 c. peanut butter
1 c. light corn syrup 6 c. Kellogg's Rice Krispies
1 c. (6 oz. pkg.) Nestle's semi-sweet chocolate morsels 1 c. (6 oz. pkg.) Nestle's butterscotch morsels

Combine sugar and syrup in 3 quart saucepan. Cook over moderate heat, stirring frequently until mixture begins to bubble.

Continued Next Page.

CHOCOLATE SCOTCHEROOS (Continued).

Remove from heat. Stir in peanut butter; mix well. Add Kellogg's Rice Krispies; stir until well blended. Press mixture into buttered 13 x 9 inch pan.

FROSTED CHOCOLATE COOKIES

Gail Sunderman

1 c. brown sugar	1 tsp. soda
1/2 c. melted butter	2 T. cocoa
1/2 c. milk	1/2 c. nuts
2 c. flour	Pinch salt
1 egg	

Cream butter and sugar. Add eggs, then milk. Sift dry ingredients; stir into above mixture, add nuts. Drop on greased cookie pan and bake. When done, frost.

FROSTING:

2 c. powdered sugar	4 T. coffee
4 T. cocoa	1 tsp. vanilla
2 T. butter	

CORNFLAKE COOKIES

Charlene Caruso

1 c. brown sugar	2 well beaten eggs
1 c. white sugar	1/2 tsp. salt
1 c. shortening	1 tsp. vanilla
2 c. flour	2 tsp. baking powder
2 c. oatmeal	1 tsp. soda
2 c. cornflakes	1 c. nuts

Cream shortening with sugar, add dry ingredients. Bake in 400° oven, greased cookie sheet.

MODIFIED "DUTCH BUTTER COOKIES"Marlyn Cairns
(Nat. Foods)(N.Y. Times)

1 c. butter	1 c. whole wheat flour
3/4 c. brown sugar	1/2 c. wheat germ raw
1 egg (separated)	1 c. unbleached flour
1 tsp. vanilla	1/2 c. chopped pecans <u>or</u> halves
1/4 tsp. sea salt	

Cream butter and sugar together very well. Beat in the egg yolks, vanilla and salt. Stir in the whole wheat flour, wheat germ and unbleached white flour. Stir in chopped pecans and press the mixture into a well buttered 15 x 10 x 1 inch jelly roll pan or press pecans halves

Continued Next Page.

MODIFIED "DUTCH BUTTER COOKIES" (Continued).

into spread mixture. Beat egg white and brush over top. Bake 20 minutes. Cut into 5 dozen bars while hot and cool.

GRAHAM CRACKER COOKIES

M. Grahl

Roll 10 graham crackers until powdery. Beat 2 eggs together, add 1 cup sugar, add graham cracker crumbs, 1 T. vanilla, 1 cup broken walnut meats. Bake in well greased loaf cake pan about 9 x 9 inches in 325° oven for 20 minutes (no longer). When cool, cut into small squares. Roll in powdered sugar and store in cookie jar.

SPICE COOKIES

Alice Ellsworth

1 c. shortening	1/4 tsp. salt
1 c. brown sugar	1 tsp. vanilla
2 c. flour	1/2 tsp. each cinnamon, nutmeg, allspice
1 tsp. soda	2 c. oatmeal
5 T. juice from cooked raisins	1/2 c. nutmeats
2 beaten eggs	
1 c. raisins	

Cream sugar and shortening. Sift together flour, salt, cinnamon, nutmeg and allspice. Add beaten eggs to creamed sugar and shortening, the teaspoon of soda dissolved in raisin juice, vanilla and mix well. Add flour mixture. Add raisins, oatmeal, and nuts. Drop by spoonfuls on greased cookie sheet and bake at 350°.

MOTHER'S BEST MOLASSES CRISPS

Claris Wisner

- (1) Turn on oven; set at moderately slow (350°).
- (2) Grease two large cooky sheets.
- (3) Sift flour, then measure into sifter:

2 c. flour	1/2 tsp. cloves
1/2 tsp. salt	1/2 tsp. ginger
2 tsp. baking soda	1 tsp. cinnamon

 Sift together two times onto piece of paper.
- (4) Into 2 quart (or larger) bowl; mix 3/4 cup soft shortening and 1 cup sugar. Mix sugar in about 2 T. at a time. Mix until light and fluffy.
- (5) Add one (1) unbeaten egg; beat mixture well.
- (6) Stir in and mix until well blended 1/4 cup molasses.
- (7) Add flour mixture about 1/3 at a time, mixing well each time. Put into a small bowl:

3 T. sugar	
------------	--

Continued Next Page.

MOTHER'S BEST MOLASSES CRISPS (Continued).

Shape dough into one inch balls; then roll in sugar. Place on cooky sheets about 2 inches apart. Bake on top rack of oven 15 minutes or until browned. Makes about 4 1/2 dozen 2 inch cookies. (If using self-rising flour, omit salt and use only 1 tsp. baking soda.)

MOLASSES COOKIES

Clariss Wisner

1 c. shortening	1 tsp. cinnamon
1 c. brown sugar	1/2 tsp. cloves
1/3 c. granulated sugar	1/2 tsp. nutmeg
2 eggs	1/4 tsp. salt
1/2 c. molasses	3 1/2 c. flour
1 tsp. ginger	1 tsp. soda

Cream shortening and sugar. Add eggs and molasses. Beat two minutes. Add rest of ingredients. Chill dough. Break off bits of dough and flatten with a fork or bottom of a glass. Bake 12 minutes in moderate oven. These are crisp cookies which will blend well with beverages.

SISTER EILIEEN SNICKERDOODLES

Mary Garrett

Mix together:	
1 c. shortening	2 eggs
1 1/2 c. sugar	
Sift together:	
2 3/4 c. flour	1 tsp. soda
2 tsp. cream of tartar	1/2 tsp. salt

Stir into first mixture. Roll into balls the size of small walnut. Roll in a mixture of 2 T. sugar and 2 tsp. cinnamon. Place about 2 inch apart on ungreased cookie sheet. Bake 9-10 minutes in 400° oven until light brown but still soft. Cookies fluff at first, then flatten into wrinkled tops.

FILLED OATMEAL COOKIES

Clariss Wisner

3 c. quick oats	1 c. brown sugar
3/4 c. shortening	1 c. flour
1/4 c. boiling water	1 tsp. soda
1/2 tsp. salt	

Grind oats, mix with sugar, salt and flour. Add melted shortening; mix thoroughly. Add soda dissolved in boiling water. Chill. Continued Next Page.

FILLED OATMEAL COOKIES (Continued).

Roll very thin and cut out. Bake in hot oven five minutes. If desired, the dough may be formed into a roll, chilled overnight and sliced thin.

DATE FILLING:

One package dates, 1/2 cup sugar, 1/4 cup cold water. Cut up dates; mix with other ingredients and cook until it forms a paste. Cool and spread between cookies.

ORANGE PECAN COOKIES

Martha Keller

1 c. shortening	2 T. orange juice
1/2 c. brown sugar	1 T. grated rind
1/2 c. granulated sugar	1/2 c. chopped pecans
1 egg	2 3/4 c. flour
1/2 tsp. soda	Little salt

Cream shortening, add sugar gradually. Beat egg and add, add rind and juice, then sifted dry ingredients and pecans. Form into rolls and chill. Slice thin, bake about 8 minutes or till slightly brown, 400° oven.

PEANUT BLOSSOM COOKIES

Betty Davis

Bake at 375°, two to five minutes. Yield - 3 dozen

Sift together:	
1 3/4 c. flour (presifted)	1/2 tsp. salt
1 tsp. soda	

Cream together well:	
1/2 c. shortening	1/2 c. sugar
1/2 c. peanut butter	1/2 c. firmly packed brown sugar

Add:	
1 unbeaten egg	1 tsp. vanilla
2 T. milk	

Beat well. Blend in dry ingredients gradually; mix thoroughly. Shape by rounded teaspoon into balls. Roll in sugar and place on ungreased cookie sheet. Remove from heat. Place a solid milk chocolate candy kiss on each, pressing down so cookie cracks around edge.

My Mother has a cookie jar
Upon the pantry shelf.
Whenever I get hungry
I go and help myself.

PECAN COOKIES

Betty Davis

1 (3 oz.) pkg. Philadelphia cream cheese
 1/2 c. butter or margarine
 1 c. flour
 1 egg
 3/4 c. brown sugar

1 T. butter or margarine
 2/3 c. chopped pecans
 1 tsp. vanilla
 Dash of salt

- (1) Cream cheese, flour and margarine.
- (2) Chill one hour.
- (3) Mix together 1 egg, brown sugar, 1 T. butter, vanilla and salt. Beat to a smooth mix.
- (4) Divide dough into 24 balls. Place in small muffin pans. Use thumb and forefinger to press each ball against side of pan.
- (5) Sprinkle a few pecans in bottom of crust, spoon filling into cups. Sprinkle rest on top or place whole pecan nutmeats on top of each. Bake 25 minutes in 325° oven.

RUM DROPS, UNCOOKED

Betty Davis

Place in mixing bowl:
 2 c. finely sifted, toasted sponge cake, zwieback or graham cracker crumbs.

Add:
 2 T. cocoa
 1 c. sifted powdered sugar

1/8 tsp. salt
 1 c. finely chopped nutmeats

Combine:
 1 1/2 T. honey or syrup
 1/4 c. rum or brandy

Add the liquid ingredients slowly to the crumb mixture (use your hands). When the ingredients will hold together nicely, stop adding the liquid. If the mixture is too dry, add a few drops more of the liquid. Roll the mixture into one inch balls. Roll the balls in powdered sugar or granulated sugar. Makes approximately 45 one inch balls. Set the drops aside in a tin box for 12 hours to ripen.

SCOTCHER SHORTBREADMarlyn Cairns
N.Y. Times Nat. Foods

3 1/2 c. rolled oats
 2/3 c. raw sugar
 1/4 c. unbleached white flour

3/4 c. soft butter
 1/2 tsp. salt
 1 tsp. vanilla

Place all ingredients in a bowl and work together lightly with a wooden spoon or finger tips. Press into well buttered 9 x 13 inch baking pan. Bake 325° oven 30 minutes or until done. Cool 10 min. Cut into squares. Makes 2 dozen squares.

BROWN SUGAR COOKIE

Mary Garrett

2 c. brown sugar
 1 c. butter and lard
 Salt - 2 eggs
 1 tsp. cream of tartar

1 tsp. ginger
 1 tsp. vanilla
 1 tsp. soda
 3 c. flour

Roll in small balls and press down with a fork criss-cross.

SUGAR COOKIESFern Hannum Gruber
El Cajon, Cal.

1 c. white sugar
 1 c. brown sugar
 1 c. lard or shortening
 2 eggs
 3 c. all purpose flour

1 tsp. soda
 1 1/2 tsp. baking powder
 1 tsp. cream of tartar
 1 tsp. vanilla

Cream sugar and shortening until fluffy, add beaten eggs. Add sifted dry ingredients and mix well. Roll dough into one inch balls and place on cookie sheet two inches apart. Bake 12 minutes at 350°.

SUGAR COOKIES

Vivian Purscell

Cream 1 cup of butter with 1 cup powdered sugar. Mix 2 cups flour, 1 teaspoon cream of tartar, 1 teaspoon soda, 1/2 teaspoon salt, then add 1 beaten egg, 2 teaspoons vanilla. Drop by teaspoonfuls on cookie sheet and press down with sugar glass. Bake in 350° about 8 minutes. Watch carefully as they brown very quickly.

SUGAR DROP COOKIES

Lois Krumenacher

1 egg
 1/2 c. shortening
 3/4 c. sugar
 1/4 tsp. salt
 1 tsp. vanilla
 1 1/2 c. flour

1 1/2 tsp. baking powder
 1 T. water or milk
 1/2 c. raisins
 1/2 c. nuts, chocolate chips or butterscotch chips as desired

Cream the egg, shortening, sugar, salt and vanilla. Add the rest of the ingredients. Drop by teaspoonfuls on greased cooky sheet. Bake 375° for 12 minutes. Makes 3 dozen.

SAND TARTS

Nancy Stillman

3/4 c. butter or margarine
 3/4 c. sugar
 1 egg (unbeaten)

1/3 c. ground almonds or pecans
 1 3/4 c. flour

Continued Next Page.

SAND TARTS (Continued).

Cream butter and sugar, add egg; beat, add nuts. Add flour little at time; mix well. Cool in waxed paper for about 3 hours or overnight. Press dough thinly into greased molds. Place molds on baking dish. Cook at 350° for 10 minutes or until light brown color. Makes about 3 dozen tarts. If you don't have tart molds, make into cookies.

THUMB PRINT COOKIES

LuAnn Olson

Beat together until fluffy:

1/2 c. soft butter	2 egg yolks
1/2 c. shortening	1/2 tsp. salt
2/3 c. brown sugar (packed)	1 tsp. vanilla
	1/2 tsp. almond extract

Then add 2 cups flour and mix to a moderately stiff dough. Use one level tablespoon to each cookie and roll into a ball and dip in unbeaten egg whites and roll in chopped nuts. Place on cookie sheet, 2 inches apart, use thumb and make a deep impression in each cookie. Fill with jelly or jam. Bake in slow oven 325° for 20 to 25 minutes. Makes 2 1/2 to 3 dozen cookies.

WELSH CAKES

Claris Wisner

Cream together 1 cup each sugar and shortening. Add 3 1/3 cups presifted flour, 1 1/2 tsp. baking powder, 1/2 tsp. baking soda, 1 tsp. each salt and nutmeg; blend well. Stir in 1 cup raisins, 1/2 cup milk, 1 egg; blend well. With floured hands and board, carefully pat or roll dough to 1/4 inch thickness; cut into 2 inch triangles. Slowly bake on lightly greased griddle, turning twice to brown. Dip warm cakes into sugar-cinnamon mixture. Makes five dozen.

MAGIC COOKIE BARS (Kids can make.)

Marilyn Petersen

1/2 c. butter or margarine	1 1/3 c. (15 oz. can) Eagle Brand milk
1 1/2 c. graham cracker crumbs	
1 c. coarsely chopped walnuts	1 1/3 c. (3 1/2 oz. can) cocoa nut (flaked)
1 c. (6 oz.) chocolate or butterscotch chips	

Melt butter in the bottom of 13 x 9 inch pan; sprinkle cracker crumbs over butter, then walnuts, chips and coconut. Pour Eagle Brand milk on top; spread as poured. Bake 350° oven for 25 minutes, or until lightly browned on top. Cool in pan 15 minutes. Cut into bars. Makes 2 dozen, 1 1/2 by 3 inch bars.

FINGER ROLLS (Cookies)

Nina Walling

1 stick margarine	1 c. sugar
1 (8 oz.) pkg. dates (chopped)	1 c. nutmeats (broken)
	Pinch salt

Combine all ingredients and cook over low heat 8 minutes; stir constantly.

Remove from heat and add:

1 tsp. vanilla	1 1/2 c. Rice Krispies
----------------	------------------------

Stir in well. Pinch off small amounts and form into rolls.

When cool, roll in powdered sugar. Can use the 12 oz. pkg. of sugar rolled dates, then cut down little on the cupful of sugar.

FUDGE BROWNIES

Julie Martin

1 stick margarine	1/2 c. flour
1 c. sugar	1/2 c. cocoa
2 eggs	1 tsp. vanilla

Cream margarine and sugar. Add eggs, one at a time, mixing well after each addition. Gradually add flour, cocoa, and vanilla. Bake at 325° for 35 minutes. Top with chocolate frosting.

Yield: 25 servings.

BROWNIES

Kathleen Tuttle

1 c. sugar	1 c. flour
1 stick oleo	1 can Hershey's chocolate syrup
4 eggs (already beaten)	(Add cup of nuts if desired)

Bake at 350° for 20 to 25 minutes. Bake in a jelly roll pan or cookie sheet.

FROSTING FOR BROWNIES:

1 1/3 c. granulated sugar	1/2 c. chocolate chips
6 T. oleo	4 T. milk

Bring to a boil and boil for 1 minute. Remove from heat and add 1/2 cup of chocolate chips. Cool. Top brownies and sprinkle fine nuts on top.

BROWNIES

Madeline Glass

1 stick margarine	1 c. flour
1 c. sugar	1 lb. can chocolate syrup
4 eggs	

Combine margarine, sugar, eggs, flour and syrup. Bake in a jelly roll pan for 25 minutes, 350° oven.

Continued Next Page.

BROWNIES (Continued).

FROSTING:

Combine 1 1/3 cups sugar, 6 T. milk and 6 T. margarine. Bring to boil, add 1/2 cup chocolate chips; beat until spreading consistency. Cut in squares. Yield 3 dozen.

CHOCOMALLOW BROWNIES

Linda Wambold

1 stick butter <u>or</u> oleo	1/2 c. nuts
1 c. sugar	Dash of salt
4 eggs	1 tsp. vanilla
1 can (1 lb.) chocolate syrup	4 c. miniature marshmallows
1 c. flour	

Cream butter and sugar together, add eggs, syrup, flour, nuts, salt and vanilla. Pour into a greased and floured 15 x 10 inch jelly roll pan. Bake in a 350° oven for 30 to 35 minutes. Remove from oven and cover with miniature marshmallows. Put back in oven until marshmallows are softened. Cool, then frost with Fudge Frosting.

FUDGE FROSTING:

1 stick butter <u>or</u> oleo	6 T. milk
1 1/2 c. sugar	1 c. chocolate chips

Combine butter, sugar and milk; bring to a boil for 30 seconds. Remove from heat and add chocolate chips. Stir until chips are melted. Frost brownies immediately as mixture sets fast. Yield: 3 dozen.

LEMON CURD TARTS

Vivian Purscell

Grated rind of 2 med. lemons	1 c. butter or oleo
1/2 c. lemon juice	4 eggs (well beaten)
2 c. sugar	4 dozen mini baked tart shells

Combine lemon rind, lemon juice and sugar in top of double boiler, add butter. Heat over boiling water; stir until butter is melted. Stir in eggs. Continue cooking, stirring constantly until mixture is thick enough to pile slightly, about 15 minutes. Cool thoroughly. Spoon filling into tart shells. Makes 4 dozen.

LEMON SQUARES

Marie Stephens

First Part:

1 c. oleo or butter	1/4 tsp. salt
1/2 c. sifted powdered sugar	2 c. sifted flour

Mix and press into 10 x 13 inch pan. Bake at 340° for 20 min.

Continued Next Page.

LEMON SQUARES (Continued).

Second Part:

4 eggs (slightly beaten)	4 T. flour
2 c. sugar	5 T. lemon juice
	1 lemon rind (grated)

Mix well and pour over first part. Bake 340° for 20 minutes. Take out of oven and sprinkle with powdered sugar.

SCOTCH SHORTBREAD

Olive Leffler

Set out two 9 inch piepans.

Cream until softened:

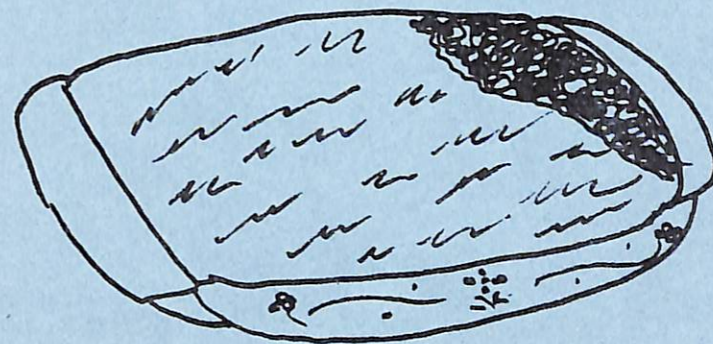
1 c. butter or margarine
Add gradually, creaming until fluffy after each addition.
1/2 c. sugar
Add gradually, beating until well blended (mixture will be crumbly)
3 1/2 c. sifted flour

Turn one half of mixture into each piepan. With fingers, press dough into pans and with knife handle, make indentations around edges about 1/2 inch apart. Mark each shortbread into wedges and prick with fork.

Bake at 300° about 30 minutes or until lightly browned. Remove racks to cooling racks and cool slightly. Cut shortbread into wedges, remove from pans and cool thoroughly. Serve alone or with fresh fruit. 16 large wedges.

ADDITIONAL RECIPES

CASSEROLES



CASSEROLE DISHES ONE DISH MEALS

ASPARAGUS CASSEROLE

Joyce Radtke

1 lb. ground beef	1 can (green) asparagus spears
1 small onion (chopped)	1 c. grated cheese
1 tsp. salt	2 T. flour
2 T. butter	
3 slices of bread (cubed)	

Brown meat, onion and salt. Cut bread in fine pieces (reserving some). Grease casserole and put in bread crumbs.

Pour over the cubes browned meat and onions. Then drain and save juice from asparagus spears. Put spears on top of meat mixture. Prepare white sauce by adding enough water to drained reserved juice to make 1 1/2 cups of liquid. Add butter, flour, salt and pepper to taste. Pour white sauce over asparagus. Sprinkle on top the grated cheese and reserved bread cubes. Bake 40 minutes at 350°.

GROUND BEEF CASSEROLE

Martha Keller

Saute' 1 lb. ground beef and 1 small chopped onion. Add 1 can tomato soup. Rinse can with small amount of water. Add 1 can cut green beans, drained. Bake 30 minutes, 300° oven. Salt as wanted.

BEEF AND NOODLE CASSEROLE

Betty Davis

"For party - serves 12 to 16.

1 pkg. (12 oz.) wide noodles	2 T. salt
4 qts. boiling water	1 T. olive oil

SAUCE:

1 1/2 c. chopped onion (very large)	1 T. minced parsley
2 cloves garlic (minced or mashed)	1 T. crumbled oregano
1/4 c. olive oil <u>or</u> salad oil	1/4 tsp. freshly ground black pepper
1 1/2 lbs. lean beef (cut in small pieces)	2 tsp. salt
1/2 lb. chicken livers (quartered)	1 c. dry red wine <u>or</u> tomato sauce
1 can (6 oz.) tomato paste	Additional water (about 1 cup)
2 c. water	

Continued Next Page.

BEEF AND NOODLE CASSEROLE (Continued).

FILLING:

3 c. cottage cheese Salt and pepper
 1/2 to 1 lb. Ricotta or
 Jack cheese

Cook noodles in boiling water to which salt and oil have been added for about 10 minutes or until just tender. Drain. In large, heavy pan, cook onion and garlic in olive oil until golden; discard garlic. Add beef and livers to onion and brown lightly. Stir in tomato paste, water, seasonings and wine. Simmer for 2 or 3 hours (longer the better), adding more water if necessary. When sauce is done, taste and correct seasoning. Grease a 3 1/2 or 4 quart casserole. Arrange a layer of noodles in bottom. Cover with layer of sauce, then put spoonfuls of cottage cheese and slices of Ricotta cheese on top; sprinkle cheese with salt and pepper. Repeat until casserole is filled, reserving a few of the noodles for the top; arrange these symmetrically either as the spokes of a wheel or in a lattice design. Before serving, put in a moderate oven (350°) and bake uncovered, for 45 minutes or until hot. If casserole is refrigerated, add 30 minutes oven time. If noodles are dry, brush with milk or cream.

BROCCOLI AND RICE CASSEROLE

Lee Ames

1 c. chopped onions 2 1/2 c. cooked rice
 Margarine 2 (10 oz. pkg. frozen broc-
 1 can (10 1/2 oz.) cream coli (thawed)
 of chicken soup Garlic powder, salt and pepper
 1 can cream of mushroom soup to taste
 1 (16 oz.) jar Cheez Whiz

Saute' onions in small amount of margarine. Blend in chicken soup, mushroom soup and Cheez Whiz; add rice, onions, broccoli, garlic powder, salt and pepper. Bake for 30 minutes at 350°. Yield 8 servings.

SURE TO PLEASE CHICKEN CASSEROLERoberta Hannum Schunke
Torrance, Cal.

1 (4 oz.) can sliced mushrooms 1 (10 1/2 oz.) can condensed cream
 (drained) of celery soup
 1/2 c. green pepper (chopped) 1 1/2 c. grated Cheddar cheese
 1/2 c. green onion tops 2 c. cooked chicken (chopped)
 (sliced) 1/4 c. sliced ripe olives (opt.)
 1 (8 oz.) can small peas 3 c. hot cooked rice
 1 T. margarine or butter
 1/2 c. sour cream

Continued Next Page.

SURE TO PLEASE CHICKEN CASSEROLE (Continued).

Saute' mushrooms, green pepper and onion tops in butter until crisp. Blend in soup, 3/4 cup cheese and sour cream. Add chicken, olives, peas and rice. Turn into two quart casserole and top with remaining grated cheese. Bake at 350° for 20 minutes or until thoroughly heated. Sprinkle top with paprika. Yield six servings.

CHINESE CHICKENHelen Berger
Los Angeles, Calif.

Cut chicken in small pieces, boil slowly in 3 cups of water with cut up mushrooms (black preferred), add bamboo shoots, fresh if available.

15 minutes before chicken is done, take out, add to gravy one teaspoon of cornstarch, salt, pepper, 1 tsp. sugar, 2 tsp. vinegar and 5-6 T. of soy sauce. Replace the chicken and simmer 15 minutes. A real Chinese recipe from an old family in peking. It is delicious if you like Chinese food.

CORN BEEF-NOODLE CASSEROLERoberta Hannum Schunke
Torrance, Cal.

1 large pkg. noodles (cooked) 1/2 c. chopped onion
 1 (10 1/2 oz.) can cream of 1 (5 1/4 oz.) can evaporated milk
 chicken soup
 2 (12 oz.) cans corned beef

In large bowl, mix soup and can of milk. Add corned beef, broken up with fork. Add cooked noodles and chopped onion; mix well and pour into greased casserole. Bake 40 minutes in 350° oven. Canned pimientos or mushrooms, add much to this tasty dish.

CHICKEN ALMOND CASSEROLE

Marilyn Cairns

1 c. chicken or 2 cans (canned 1 can cream chicken soup
 and boned) 1/2 tsp. salt
 1 c. uncooked rice 2 tsp. lemon juice
 1 c. diced celery (dice thinly) 1 small grated onion
 1/2 c. sliced almonds 1/2 c. mayonnaise
 3 sliced boiled eggs

Mix soup, salt, lemon juice, onion and mayonnaise. In casserole dish, place a layer of rice, chicken, celery, almonds, eggs and mayonnaise mixture. Use thin layers-twice. Top with crushed potato chips. Bake uncovered 1 hour at 300°.

CHICKEN-TURKEY OR TUNA CASSEROLE

M. Grahl

1 1/2 c. uncooked spaghetti thin	1 small onion
1 1/2 c. cooked chicken or any above	1 can undiluted mushroom soup
1/4 c. green pepper	1/2 c. broth (add water to make a cup)
1/4 c. pimiento	1 3/4 c. Old English cheese Cracker Barrel
1/2 tsp. pepper	
1/2 tsp. salt	

Cook spaghetti; drain. Mix turkey or chicken, onion; put in soup broth. Pour chicken mixture over spaghetti. Put 1/2 cheese mixture in other half on top. Bake 350° oven for 45 minutes.

DEVEILED CRAB

Nancy Brown

1 med. onion (chopped)	1 tsp. parsley
2 tsp. green pepper	3/4 c. half & half cream
2 T. butter	2 grated hard boiled eggs
1 T. flour	1 can crab meat
1 T. lemon juice	1 c. bread crumbs (may use blender)
1 tsp. Worcestershire sauce	

Saute' onion and pepper in butter. Sprinkle in flour. Add cream, Worcestershire sauce, parsley and eggs; add crab. Add lemon juice last. You may add two teaspoons of sherry wine. Butter casserole. Put layer of crumbs on bottom, crab mixture and layer of crumbs on top. Bake at 300° for 20 to 25 minutes. Four generous servings.

DRIED BEEF CASSEROLE

Louise Hansen Derowitsch

1 c. shell uncooked macaroni	1/4 lb. grated cheese
1 can cream mushroom soup	2 hard boiled eggs
1 pkg. dried beef (cut fine)	

Put uncooked macaroni into casserole, blend soup and 1 cup of milk until smooth. Pour over macaroni; stir in dried beef, grated cheese and eggs. Sprinkle cheese on top. Bake 1 hour 325°.

GOLDEN FISH CASSEROLE

Stella Wisner Scheel

Saute' 1 small green pepper, 2 medium onions, thinly sliced, 3 T. butter.

Blend in: 4 T. flour, 3/4 tsp. salt.

Remove from heat, stir in gradually 2 cups milk. Return to heat and bring to boil. Cook 5 minutes. Stir in carefully 2 cups flaked salmon, 1 T. lemon juice.

Continued Next Page.

GOLDEN FISH CASSEROLE (Continued).

Pour mixture into well greased 8 inch round baking dish, 3 inches deep. Place in moderate oven (400°), bake 15 minutes. Biscuits with 3/4 cup grated sharp cheese may be put on top.

HACIENDA DINNER

Lois Krumenacher

1 lb. pork sausage	1 c. chopped onion
2 c. (No. 1 can) tomatoes	1 pkg. macaroni and cheese dinner (Kraft dinner)
1 c. chopped green pepper	

Brown and drain sausage. Add tomatoes, green pepper, onions, uncooked macaroni and the cheese sauce from dinner; mix well. Cover and simmer 20 minutes; stirring occasionally.

HAMBURGER CHINESE NOODLE CASSEROLE

Vivian Purscell

1 lb. hamburger	1/4 c. diced onions
1/2 c. diced celery	

Cook together until hamburger, celery, onions are done. Add 1/4 cup cooked rice with 1 cup diced mushrooms or 1 can cream mushroom soup, 1 can cream chicken soup, 1 tsp. soy sauce. Mix the ingredients with 1/4 pkg. of Chinese noodles. Pour into greased casserole and bake 15 minutes at 350°. Remove from oven and sprinkle remaining noodles on top. Return to oven and bake another 15 min.

HAMBURGER PIE

Suzanne Davison

1 lb. hamburger	1 can drained green beans
2 med. chopped onions	5 med. size potatoes
1 can Food Club spaghetti sauce	1 egg
Salt and pepper (to season)	

Boil potatoes for mashing. Saute' hamburger and onion, salt and pepper. Add spaghetti sauce and green beans. Place mixture in casserole. Beat one egg, add to whipped potatoes and cover hamburger mixture. Place in oven to brown. Serves 4.

ASPARAGUS HAM BAKE

Genevieve Stoufer

2 c. cooked <u>or</u> canned ham (cubed)	1 can condensed cream of mushroom soup
2 oz. sharp American cheese (shredded, 1/2 cup)	3/4 c. milk
3 T. finely chopped onion	1 c. pkg. precooked rice (cooked as directed but without salt)
1 (10 oz.) pkg. frozen asparagus cuts cooked and drained	

Continued Next Page.

ASPARAGUS HAM BAKE (Continued).

In large bowl, blend soup and milk, then add ham, cheese, onion and rice. Spoon half of the ham mixture into a 10 x 6x1 1/2 inch baking dish; top with the asparagus, then add remaining ham mix. Combine 1/2 cup dry bread crumbs and 2 T. butter, melted; sprinkle over top. Bake at 375° for 45 to 50 minutes. Serves 6.

HAM-BROCCOLI CASSEROLE

Betty Davis

Cook one pkg. frozen broccoli, chopped.

Grease casserole.

Put drained broccoli in bottom of casserole.

Cup ham or turkey on top.

Sprinkle 2 T. flour over

Can of bean sprouts (drained well)

Can of chicken soup (cream)

1/2 c. Miracle Whip

Lemon juice over top.

Bake one hour at 350°. Sprinkle top with buttered crumbs or slivered almonds.

HAM AND NOODLE CASSEROLE

Irene Olson

1 1/2 c. noodles

1/2 c. shredded celery

3/4 c. ground ham (Spam is good)

1 1/2 c. milk

2 eggs

1/2 c. grated cheese

Paprika - little salt

1/2 c. shredded green pepper

Bread crumbs

Grease baking dish. Cook noodles. Place in dish layers of noodles, sprinkled with ham - cheese - green pepper and celery.

Combine milk and eggs, paprika and salt; pour over noodles. Cover top with bread crumbs or potato chips. Bake 1 hour at 350°.

HAM-NOODLES WITH WINE

Ethel Allerton

3 c. cooked ham (cut up)

1/2 c. sherry plus 1/2 c. sauterne

1/2 (6 oz.) pkg. noodles

Salt - cayenne

1 can mushroom soup

1 c. white sauce with 1/2 c.

3 med. size onions (sliced)

grated cheese

Cook noodles in boiling water 12-15 minutes; drain. Blend soup, white sauce, onions, add wine and stir into noodles. Add ham; mixing well, put in greased casserole. Cover; bake 350° oven for 45 minutes. Serves 8.

MORE FROM SARA GINN (Serves 20)

Irene Peters

1 large pkg. noodles

2 med. jars green stuffed olives

3 1/2 lbs. hamburger

3 cloves garlic

2 large green peppers

1 T. parsley

2 tsp. oregano

1 tsp. pepper

2 tsp. salt

2 (large) cans whole tomatoes

3 small cans tomato paste

1 T. chili powder

3 small cans water

2 cans tomato sauce

1 lb. Tillamook cheese or some mild Cheddar)

2 cans mushrooms

2 T. sugar

Brown onions, pepper and garlic in olive oil. Drain and brown hamburger. Add all except noodles and cheese. Simmer 4 hours, then add cheese and cooked noodles. Set in refrigerator overnight. Re-heat 1 hour at 350°. Don't stir too much and moosh up the noodles. This is just a super dish for a big party. It tastes like some More.

POTATO CASSEROLE

Ina E. Smith

2 lbs. frozen hash brown potatoes

1 small carton sour cream

2 c. grated cheese

1 can cream chicken soup

Mix well and put in 9 x 13 inch pan. Sprinkle with chopped onions. Bake in moderate oven 325° for 35 to 40 minutes.

TONCHITA MUNSON'S OVEN CHOP SUEY

Irene Peters

1 lb. ground beef

3 onions

Brown beef and saute' onion with it.

Add: 1 cup raw rice (not Minute Rice), 2 cups diced celery, 1 can cream of mushroom soup, 2 cans water (including bean sprout water), 1/2 cup soy sauce, 1 can bean sprouts and do not use salt. Bake 1 hour at 350° oven. Serves 8 to 10.

Good dish for ladies luncheon, served with rolls and relish plate.

PORK CHOP-ONION-RICE BAKE

Clariss Wisner

6 pork chops (cut to 1 1/2 inches thick)

1 (4 oz.) can sliced mushrooms

2 T. diced pimiento

2 T. lard or drippings

Hot water

1 c. uncooked rice

1 envelope dry onion soup mix

Brown chops in lard. Spread rice in bottom of 9 x 13 x 2 inch baking dish.

Continued Next Page.

PORK CHOP-ONION-RICE BAKE (Continued).

Reserve one tablespoon dry onion soup mix; sprinkle remaining on rice. Drain mushrooms, reserving liquid and distribute mushrooms and pimiento over rice. Add hot water to reserved mushroom liquid to total 3 cups liquid and pour over rice. Arrange browned chops on top of mixture and sprinkle chops with reserved seasoning. Cover tightly with foil and bake in a 350° oven 45 minutes to one hour, depending upon thickness of chops. Remove foil and continue cooking for 10 minutes or until any excess liquid is absorbed. Serves six.

SCALLOPED PORK CHOPS AND POTATOES

Joyce Radtke

4 pork chops	2 T. chopped parsley
1 can cream of mushroom soup	4 c. thinly sliced potatoes
1/4 c. water	Salt and pepper (to taste)
1/2 c. sour cream	

Brown chops. Blend soup, sour cream, water, and parsley in a 2 quart casserole. Alternate layers of potatoes; sprinkled with salt and pepper. Cover with sauce. Top with chops. Cover; bake in oven 375° for 1 1/4 hours. Makes 4 servings.

RICE AND CHICKEN CASSEROLE

Clariss Wisner

2 (10 1/2 oz.) cans condensed cream of mushroom soup	1 1/2 oz. pkg. dry onion soup mix
1 c. milk	2 T. diced green peppers (if desired)
1 1/2 c. uncooked rice	2 T. diced pimientos <u>and</u> 1 cut in strips for garnish
1 (4 oz.) can mushroom stems and pieces	3 halved chicken breasts

In a bowl, mix mushroom soup and milk; reserve 1/2 cup of mixture. In another bowl, mix remaining soup mixture, rice, mushrooms, mushroom liquid, diced green pepper, diced pimientos with half of the onion soup mix. Pour into shallow casserole. Place chicken breasts on top. Pour reserved soup mixture over chicken breasts; sprinkle with remaining onion soup mix; cover. Bake at 350° for one hour. Uncover; bake an additional 15 minutes. Serves six.

SCRAMBLED SPAGHETTI

Charlene Caruso

Brown in heavy skillet, 2 lbs. ground beef, 3 cloves garlic (crushed or chopped fine), salt and pepper to taste. Add 2 heaping T. Parmesan cheese, 1 tsp. oregano, 1 large can Contadina tomato paste, 4 cans water and 2 T. sugar. Simmer for one hour and add 1 lb. cooked macaroni.

BETTY SHOCKEY'S CASSEROLE

Irene Peters

Brown 1 lb. hamburger with chopped onion. Pour in one can tomato soup and 1 can water. Sprinkle in 1 cup noodles and cover. Cook low till tender. Pour in one can corn, drained and put in casserole. Add chopped cheese, chopped green pepper, Worcestershire sauce, a tomato or two, and bake 325° for 1 hour.

SUPER TUNA CASSEROLE

Clariss Wisner

Combine a can of condensed cream of mushroom soup with 1/2 cup salad dressing and 1/2 cup milk; mix well. Stir in a 10 oz. pkg. of frozen carrots and peas, cooked and drained. Two 7 oz. cans of tuna, drained and flaked, 2 cups cooked macaroni, 2 tablespoons chopped onion; mix lightly. Pour into a 1 1/2 quart casserole; sprinkle with one cup crushed potato chips. Bake at 350° for 30 minutes

POTATO TUNA CASSEROLE

Madeline Glass

3 med. size potatoes	2 T. minced onions
1 can mushroom soup with 1/3 can water	1 can light tuna
Small can tender peas	Salt
	1 c. potato chips

Preheat oven to 350°. Grease oven dish with cooking oil. Slice 1 1/2 potatoes very thin and spread evenly in bottom of dish. Drain can of peas and spread over potato slices. Sprinkle generous tablespoon of minced onion over peas and potatoes; salt lightly. Dilute the can of mushroom soup and water mixture. Add half of liquid over vegetables in dish. Flake the tuna and spread evenly of the soup. Slice the remaining potatoes very thin and place over the tuna. Cover with remaining soup; salt lightly. Crush the potato chips (about 2 handfuls) and sprinkle over top. Bake for 1 hour or until potatoes are tender.

EASY QUICK BEEF STROGANOFF

Irene Peters

1 1/2 lbs. round steak	1 can mushroom soup
1 c. sour cream	1 can mushroom
2 large onions	

Cut steak up; flour and brown. Cut onions 1/4 inch thick. Line baking dish with onions, top with steak and pour mixed sour cream, soup and mushrooms over it. Cover and bake at 300° for 1 hour.

Education is expensive but ignorance costs more.

TUNA CASSEROLE

Lois Blyth

2 (6 1/2 oz.) cans tuna in oil
 2 T. finely chopped onions
 1 c. sliced celery
 1/4 tsp. ginger
 1 T. curry powder

1 (14 oz.) can pineapple chunks
 1 (10 1/2 oz.) cream mushroom soup
 2 T. raisins
 1 T. lemon juice
 1 tsp. salt

DRAIN oil from tuna into saucepan, add onion, celery and some green pepper. Cook until crisp. Stir in curry powder, ginger and salt. Drain syrup from pineapple, and measure 1/2 cup. Add pineapple syrup, soup and raisins to saucepan. Bring mixture to boil; stirring constantly. Add lemon juice, pineapple and tuna. Heat to serving temperature. Serve on rice.

SHERRIED SWEET POTATO CASSEROLE

Clariss Wisner

8 med. sweet potatoes
 1 c. brown sugar
 2 T. cornstarch
 1/2 tsp. salt
 1/2 tsp. shredded orange peel

2 c. orange juice
 1/2 c. raisins
 6 T. butter or margarine
 1/3 c. dry sherry
 1/4 c. chopped walnuts

Cook potatoes in boiling salted water till just tender; drain. Peel and cut lengthwise into 1/2 inch thick slices. Arrange in 13x9x2 inch baking dish. Sprinkle with a little salt. In saucepan, combine brown sugar, cornstarch, and the 1/2 tsp. salt. Blend in orange peel and juice; add raisins. Cook and stir over medium heat till thickened and bubbly; cook one minute more. Add butter or margarine, sherry and walnuts; stirring till butter is melted. Pour over potatoes. Bake in 325° oven for 30 minutes or till potatoes are well glazed, basting occasionally. Makes 8 servings.

NOTE: Substitute three 18 oz. cans sweet potatoes for the fresh ones, if you wish.

ZUCCHINI CASSEROLE

Lois Blyth

3 cups grated zucchini; put in colander with 1/2 tsp. salt. Let drain several hours, reserving juice. Saute' 1 cup chopped onions. Squeeze juice of zucchini. Add to onions (saute'd). Add 3 T. flour cook 2 minutes. Stir in some of reserved juice, enough to moisten lightly. Add a small amount of milk and heavy cream. Should be fairly soft texture. Salt and pepper to taste. Add 1/2 cup cheese (Parmesan). Turn into casserole. Top with bread crumbs, 1/2 cup Parmesan and melted butter. Bake 325° until bubbly.

SPAGHETTI SAUCE

Rita Boecker

2 lbs. hamburger
 2 c. celery (diced)
 2 cloves garlic (diced)
 2 c. onions (diced)
 2 green peppers (diced)

1 c. mushrooms (drained)
 2 cans (8 oz.) Hunt's tomato sauce
 2 cans water
 1 T. Italian seasoning
 1/4 tsp. cayenne pepper (paprika)
 Salt and pepper

Brown hamburger, garlic and seasoning in a little cooking oil. Put vegetables in a kettle with a little oil and steam while hamburger is browning. Add hamburger to vegetables and add drained mushrooms, tomato sauce and water. Add 1 T. Italian seasoning. Cover and simmer 5 hours so as to thicken faster. This sauce is good frozen or canned.

CHINESE EGG ROLLS

Betty Davis

Saute':
 1 can each of mushrooms, bamboo shoots, crab, chicken or shrimp
 Onion (1/2 or 1 - your choice)
 Green pepper (probably one whole)
 A little soy sauce

Above is the filling for the egg roll.

EGG ROLL:

2 1/2 tsp. cornstarch for 1 egg
 1/2 shell water for each egg (double this for 1 can of crab).
 You'll have to experiment. Put a bit into a small skillet and roll around. Stuff egg roll with filling; seal ends with cornstarch and water. Brown in hot oil.

QUICHE "You'll Like It"

Grace Hughes Caughlan

1 commercial frozen pie (Homemade is too rich)
 1/2 lb. ground beef
 1 T. minced onion
 1/4 c. parsley

1 T. oleo
 1/2 tsp. salt

Saute' beef, onion with onion and salt, breaking beef and cook until done, or loses color; cool. Put beef in pie shell, add over it 1 1/2 cups sharp cheese (Cheddar) coarsely grated and the parsley. Put in lower rack of preheated oven (350°) and pour over mixed together:

2 eggs
 1/2 c. milk
 1/2 half tsp. Worcestershire sauce

1/2 c. mayonnaise
 1 T. cornstarch

Continued Next Page.

QUICHE (Continued).

Bake in oven 35 to 40 minutes; let stand 5 to 7 minutes before serving. Cut in pie shape wedges.

EGGS FLORENTINE IN MORNAY SAUCE

Marlyn Cairns

Divide 2 (10 oz.) pkgs. of frozen chopped spinach, cooked and drained into 6 individual broiler-proof baking dishes or shallow 1 1/2 quart baking dish. Make depressions in spinach and put 1 poached egg in each. Melt 1/3 cup butter; blend in 1/3 cup flour, add 3/4 tsp. salt and 1/8 tsp. cayenne. Gradually add 2 cups milk and cook; stirring constantly until smooth and thickened. Stir in 1/3 cup cream and 1/3 cup grated Parmesan cheese. Pour sauce over eggs and spinach. Broil until lightly browned and bubbly. Makes 6 servings. From Salton Egg Cooker Cookbook.

AUNT GRACE'S EGGS (Great for Brunch)

Grace Hughes Caughlan

12 hard boiled eggs	Scant tsp. wet mustard
1 stick oleo (6 T. for white sauce)(2 T. for bread crumbs)	1 tsp. Worcestershire sauce
6 T. flour	4 drops Tabasco sauce
3 c. milk	Salt and pepper
4 T. mayonnaise	1/2 c. fine dry bread crumbs
3 tsp. vinegar	

Make white sauce with 6 T. oleo, 6 T. flour and milk. When nice and thick, add some cheese, no salt. Taste for amount of cheese. Devil eggs with the mayonnaise, vinegar, mustard, Tabasco sauce, salt and pepper. Put thin layer of white sauce in 9 x 9 inch pan which has been greased. Then layer of eggs and remainder of white sauce. Saute' bread crumbs in 2 T. of oleo till brown; then cover over eggs. When cool, cover and refrigerate. To serve, put in 350° oven till good and bubbly.

EASY QUICHE

Ronda Bradman

2 Mrs. Smith's frozen pie shells (9 5/8 inch)	2 c. whole milk
6 slices bacon	1 tsp. salt
1 medium onion (chopped)	1/4 tsp. nutmeg
8 oz. Colby, Longhorn or Cheddar cheese (shredded (makes 2 cups))	1/8 tsp. pepper
4 eggs	

Bake crust for 5 minutes according to directions on package.

Continued Next Page.

EASY QUICHE (Continued).

Prick the shell extra before filling. Cool a little. Set oven at 450°. Fry bacon; drain and crumble it. Saute' onion in 2 T. bacon fat until soft, but not browned. Spread cheese evenly in the layer of pastry shell. Add onion. Beat eggs, slowly add milk, salt, nutmeg and pepper. Pour into pastry shell. Bake in hot oven for 15 minutes. Lower the temperature to 350° for 15 minutes more or until center is almost set, like a custard but still soft. Let stand 15 minutes before serving. This makes filling for two crusts. This is especially good with Spinach Salad.

CHEESE FONDUE

Gladys Braun

1 c. grated cheese	Milk enough to moisten the bread crumbs
2 eggs	
1 c. bread crumbs	

Bake in buttered casserole at 350° for 25 minutes. Serve at breakfast or lunch.

QUICHE A LA RIQUEWHIR From Helen Adams

Irene Peters

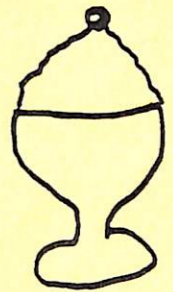
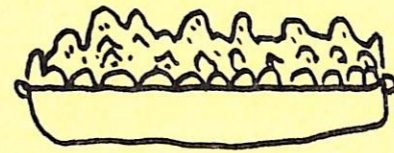
Syracuse, N.Y.

1 T. Ch. shallots	3 T. dry white wine
1/2 med. onion (minced)	1 c. heavy cream
1/4 lb. bacon (cut in 1/4 inch pieces)	1 1/2 c. grated cheese
4 eggs	Salt and pepper
1 unbaked pie shell (prebake pie shell)	

Fry shallots and onion with bacon till tender. Drain fat. Beat eggs. Add bacon and cream and wine. Fold in cheese. Add salt and pepper. Pour in shell. Bake at 375° for 25 to 30 minutes till set. Serves 6.

* * * * *

DESSERTS



BAKED DESSERTS

APPLE PIE CAKE

Grace Hughes Caughlan

1 egg	1/4 tsp. salt
2/3 c. sugar	1/3 c. nuts
1/3 c. flour	1 c. peeled apples
1 tsp. baking powder	

Combine all ingredients, stir to moisten. Press into 9 inch greased (oleo) piepan. Bake 30 minutes to 35 minutes in preheated oven 350°. Serve in wedges with ice cream, Cool Whip or cheese.

CRISP APPLE SCALLOP

Claris Wisner

Peel, core and slice 10 or 11 apples; place in greased casserole or 9 x 13 x 3 inch pan and cover with 1/2 cup of water and two tablespoons of lemon juice. Meanwhile, work together until crumb-like 1 cup of sugar, 1/2 cup butter or margarine, 3/4 cup of flour and two teaspoons of cinnamon and sprinkle over the apples. Bake uncovered in medium 350° oven for 45 minutes or until done.

BLUEBERRY DELIGHT

Gladys Braun

2 c. graham cracker crumbs	2 eggs
1/2 c. sugar	1 (8 oz.) pkg. cream cheese
1/2 c. melted butter	1/2 c. sugar

Mix and press in 9 x 12 inch pan, the graham cracker crumbs, sugar and butter; bring up on sides to allow for filling.

Make filling - Soften cheese and cream well. Add sugar; beat thoroughly and add two eggs, one at a time and beat again. Add 1/2 tsp. vanilla. Pour over crust and bake at 350° for 15 minutes. May take a little longer. Test by putting knife in center; cool thoroughly. Spread one can of blueberry pie mix over top and chill. Serve with whipped cream. Makes 12 servings.

BRAZILIAN PUDIM

Marlyn Cairns

(Pronounced Pudjum, Custard Dessert)

Combine:	
4 eggs	1 condensed milk can of milk
1 can condensed milk (13 1/2 oz.)	

Continued Next Page.

BRAZILIAN PUDIM (Continued).

Melt:

1/4 to 1/3 c. sugar in a heat-proof mold till brown tilting around edges to coat mold. Pour in egg-milk mixture and bake in a steamer 20 minutes until knife comes out clean; cool slightly to the touch and invert on a lovely plate. Garnish with fruit, if desired.

CAROUSEL COBBLER

Marilyn Petersen

1 (29 oz.) can peach slices	1/4 tsp. allspice
1/2 c. packed brown sugar	1 T. lemon rind
1/2 c. chopped pecans	1/2 c. milk
1 1/2 T. cornstarch	1 1/2 c. Bisquick
2 T. butter or margarine	

Drain peaches, reserve syrup. Pour peaches into 8 cup baking dish. Mix together 2 T. brown sugar and pecans. Sprinkle over peaches. In saucepan, mix reserve syrup and cornstarch. Add butter, allspice, lemon rind and remaining brown sugar. Heat to boiling. Add milk to Bisquick; mix all at once. Stir until moistened, then drop by spoonfuls over peaches. Spoon boiling syrup over top. Bake 425° oven for 20 to 25 minutes or until biscuits are brown. Serve warm with whip cream or ice cream.

CARROT PUDDING

1 c. carrots	1/2 c. flour
1 c. potatoes	1/2 tsp. cloves
1 level tsp. soda	1 tsp. cinnamon
1 c. raisins	1 tsp. nutmeg
1 c. sugar	1/2 tsp. salt

Mix carrots and potatoes with one level teaspoon soda. Add nuts, raisins, etc., to your taste about one cup each. Steam for three hours. Serve with vanilla sauce.

CHEESECAKE

Doris Y. Engelke

2 lbs. cream cheese	1 T. vanilla
4 eggs	1 3/4 c. ground filberts
1/2 c. heavy cream	1 c. graham cracker crumbs
1 1/3 c. sugar	

Continued Next Page.

CHEESECAKE (Continued).

Combine first five ingredients in mixer at slow speed, gradually increase speed until well mixed. Add nuts and mix well. Generously butter a deep cake pan, then dust crumbs on sides and bottom of pan. Pour out excess crumbs. Pour in batter, place pan in another pan with 1 inch of water on top of stove and bring to a boil. Then place in a 300° oven for 2 hours. Chill before serving.

GRANDMA'S CHEESECAKE

Mrs. Joseph (Betty) Davis

1 lb. Ricotta cheese	1 tsp. salt
1 lb. cream cheese	1 tsp. vanilla
1/2 c. melted butter	3 T. flour
1 c. sugar	3 T. cornstarch
4 eggs	1 pt. sour cream
Juice of 1 lemon	

Mix cheeses well with beater. Add butter and eggs. Add remaining ingredients; fold in sour cream. Thoroughly grease bundt pan and dust with fine Zwieback or plain Melba Toast crumbs. Pour batter into pan and bake at 350° for one hour. Turn off oven and allow cheesecake to remain in oven for one additional hour. Glaze with Strawberry Glace.

STRAWBERRY GLACE:

1 pkg. (3 oz.) strawberry gelatin	2 c. sweetened sliced fresh strawberries (I use 1 (16 oz.) pkg. frozen)
1 c. boiling water	
3/4 c. cold water	

Dissolve gelatin in boiling water. Add cold water. Cool till syrupy. Add strawberries and spoon over cheesecake. May sprinkle confectioners' sugar on top when serving.

NO CRUST CHEESECAKE

Marlyn Cairns

2 (8 oz.) pkgs. cream cheese (room temperature)	1/2 c. honey
3 eggs	1 tsp. vanilla

Beat until smooth. Pour into 9 to 10 inch buttered pie plate. Bake 30 minutes at 350°; cool. Top with any fruit slightly mashed up with a little honey. Fresh raspberries are our favorite.

May your life be like arithmetic --
Friends added, enemies subtracted, joys multiplied and
errors divided.

CHERRY CRUMB DESSERT

Roberta Hannam Schunke
Torrance, Cal.

1 c. sifted flour	1 c. coconut
1/2 tsp. salt	1 c. oatmeal
1/2 tsp. cinnamon	1/2 c. chopped walnuts
1/2 c. butter	1 (1 lb. 5 oz.) can cherry pie filling mix
1/2 c. packed brown sugar	
1 tsp. vanilla	

Sift together flour, salt and cinnamon. Cream butter well, add sugar gradually, cream until fluffy. Add vanilla, then sifted dry ingredients; blend well. Stir in coconut, oatmeal and nuts.

Press 2 1/2 cups of the crumb mixture into bottom of ungreased baking dish. Bake at 350° for 10 minutes. Remove from oven and top with cherry pie filling. Sprinkle balance of crumb mixture over cherries and bake in 350° oven for an additional 15 minutes until light brown. Chill before serving. Top with ice cream. Serves 9 to 12.

CHOCOLATE LADY FINGER PUDDING

Gladys Braun

Soak 1 tablespoon gelatin in 1/4 cup cold water 5 minutes. Add 2 squares of chocolate to 1 1/2 cups milk and heat in a double boiler until chocolate melts; beat smooth.

Beat 3 egg yolks with 1/2 cup sugar and 1/4 tsp. salt. Add hot chocolate milk, gradually to beaten yolks. Cook in double boiler until thick and smooth. Remove from heat, add dissolved gelatine and 1 tsp. vanilla. Cool. When cool and slightly thick, add cup of stiffly beaten whipped cream.

Put layer of lady fingers split around pan and on sides, then layer of mixture, lay lady fingers over this. Just before serving, add whipped cream. Cut in squares. Angel food cake can be substituted for lady fingers.

MOTHER'S CREAM PUFFS

Gladys Braun

1/2 c. butter	4 eggs
1 c. boiling water	1 c. flour

Boil butter and water together. Add flour at once; stir vigorously. Remove from fire as soon as mixed; cool thoroughly. Add unbeaten eggs, one at a time. Continue beating. When thoroughly mixed, drop by spoonfuls on a butter sheet or muffin tins. Bake 30 minutes. Have oven quite hot at first and reduce temperature after 5 minutes. Fill with cream filling.

CUSTARD

Cleo Prominski

2 eggs (beat well)	1/3 c. Grape Nuts
1/3 c. sugar	Dash of salt
2 c. milk	1 tsp. vanilla

Put sprinkled nutmeg on top. Bake in oven 3/4 hour, 325° or 350°.

VARIATIONS: Add 1 cup cooked rice, raisins, cocoanut or bread.

DATE PUDDING

Gail Sunderman

Whites of 2 eggs	1 c. cut up dates
3/4 c. sugar	1/2 c. walnuts
2 tsp. baking powder	

Beat egg whites, fold in sugar, then dates and nuts. Bake in 9 inch square pan 20 minutes, 350° oven.

DATE PUDDING

Helen Sullivan

Part 1:

1 c. chopped dates	1 tsp. soda
1 c. boiling water	

Let stand while mixing Part 2.

Part 2:

1 c. sugar	1 egg
1 tsp. butter	1 tsp. baking powder
1/2 c. flour	1/2 c. nuts (chopped)

Stir into Part 1 and bake 30 minutes in slow oven.

Part 3:

1/2 c. chopped dates	1 c. sugar
1/2 c. whole nuts	1/2 c. boiling water

Boil until thick and pour over pudding while hot.

DATE PUDDING

Betty Davis

1/2 lb. dates (cut up)	1 tsp. soda
1 c. boiling water	

Mix together and let stand until cool.

Mix together:

1 c. sugar	1 egg
2 T. shortening (rounded)	

Cream together, then add alternately with date mix and flour, etc.

1 1/2 c. flour	1/2 c. chopped nuts
1/2 tsp. baking powder	

Continued Next Page.

CREAMY RICE PUDDING

Louise Hansen Derowitsch

3/4 c. regular rice 2 egg yolk
 4 c. milk Pinch salt
 1/2 c. sugar 1 tsp. vanilla

Place rice and milk in top of double boiler; stir with a fork occasionally until done. Add egg yolks, sugar, salt and vanilla. Fold in beaten egg whites.

RICE CUSTARD SOUFFLE

Stella Greenberg

3/4 c. cooked rice 1/2 c. raisins
 3 eggs 1 tsp. vanilla
 2 c. milk Nutmeg
 1/2 c. sugar

Cook rice. Add beaten eggs, add to rest of ingredients. Bake in buttered casserole. Place in hot water for 50 minutes in moderate oven. Before baking, sprinkle nutmeg from can to cover surface. Bake until a silver knife comes out clean when inserted. Serve hot or cold.

CHILLED DESSERTS - ICE CREAM

TRIFLE

Betty Davis

Pound cake or two egg yellow cake
 Raspberry preserves
 2 egg cream pudding (the same as you would make for a banana or coconut cream pie) or a packaged vanilla pudding
 1 c. heavy cream
 Glace' cherries, almonds, etc., for decorating
 1 can apricots (halved)
 Sherry

Cut cake into thin slices and spread with raspberry jam. Make into sandwiches and line a serving dish with them. Sprinkle sherry over the cake slices. Place apricot halves, cut side down, on top of cake. Pour warm pudding over cake and fruit, making sure that it completely covers them; cool.

A couple of hours before serving, whip cream, pile it on top of pudding and then decorate. Leave in refrigerator until serving time.

My house is clean enough to be healthy,
 And dirty enough to be happy.

ANGEL FOOD DESSERT

Edna Whitney

2 pkgs. Jello lemon chiffon pie filling (mix according to instructions on pkg.)

Use large bowl; beat stiff.

Buy a 10 oz. or 11 oz. loaf angel food cake. Break into small pieces.

1/2 c. maraschino cherries
 (drained and chopped)
 1 c. crushed pineapple (drained)
 1/2 c. chopped nuts (if desired)

Mix all ingredients into lemon pie filling. Make the day before. Put in a 9 x 13 inch pan. Cover with Saran Wrap. Place in refrigerator. Serve with whipped cream and a maraschino cherry on top.

BLUEBERRY DESSERT

Jo Flack

1 (25¢) pkg. vanilla wafers 1 c. sugar
 1/3 c. butter 1 pkg. Dream Whip
 1 pkg. (6-8 oz.) Phil. cream 1 can blueberry pie mix
 cheese

Roll wafers and mix with butter. Place half crumb mixture in 8 x 13 inch pan. Mix cream cheese with sugar, whip Dream Whip and mix with cheese. Place in pan over wafers. Spread pie mix on top of cheese mixture and top with remaining crumbs. Chill several hours.

CHERRY DREAM (Unusually pretty salad dessert)

Joyce Radtke

1 can cherry pie filling
 Add 1 can Eagle Brand milk
 1 c. or 303 can crushed pineapple (well drained)
 1/2 (9 oz.) Cool Whip
 2 c. mini marshmallows

Mix all together and refrigerate.

FOUR LAYER DESSERT

Alice Ellsworth

First layer:
 1 c. flour 1/2 c. chopped nuts
 1/2 c. butter or oleo
 Second layer:
 8 oz. cream cheese 1 c. Cool Whip
 1 c. powdered sugar

Continued Next Page.

FOUR LAYER DESSERT (Continued).

Third layer:

3 c. milk 2 pkgs. pistachio instant pudding

Fourth layer:

1/4 c. chopped nuts Cool Whip

Mix flour and butter (cream well), add nuts. Press on bottom of 9 x 13 inch pan and bake at 350° for 15 minutes. Cool. After crust is cooled, add second and third layers. For the second layer, blend softened cream cheese with powdered sugar and add Cool Whip. For the third layer, mix as directed on package. Then spread with Cool Whip and sprinkle with nuts for fourth layer.

HEAVENLY DESSERT

LuAnn Olson

1 angel food cake (long kind) 2 eggs
 1/2 c. chopped walnuts 1 c. sugar
 1 (No. 2) can crushed pineapple 1 pkg. lemon Jello (3 oz.)
 (drained) 1 pt. whipped cream or 1 pkg.
 1 pt. milk Dream Whip

Cook the milk, sugar and beaten egg yolks until creamy and while hot, add the lemon Jello and beaten egg whites. Cool until firm. Then fold in whipped cream. Break cake into small pieces and put 1/2 of them in a 9 x 13 inch pan. Pour 1/2 of the filling over cake, then sprinkle pineapple and walnuts. Repeat with other half of ingredients. Smooth top with spoon. Chill until set. Cut into squares and serve.

HEAVENLY HASH

Betty Nortensen

1 bottle (8 oz.) maraschino 1 1/2 c. fruit juice (cherry juice
 cherries plus water)
 1 (3 oz.) pkg. lemon Jello 1 c. nuts
 6 eggs 1/2 lb. vanilla wafers
 1 c. sugar

Let juice come to a boil. Pour over Jello. Beat egg yolks; add the sugar and beat well, add the Jello. Put in double boiler and boil. Cook this until thick like gravy. Cool.

Beat egg whites until stiff and fold into Jello mixture. Line a pan with crushed vanilla wafers. Pour a layer of custard and sprinkle with chopped cherries and nuts. Pour in rest of custard and a layer of wafers. Chill or you can freeze this.

One thing is always sure to please,
 Just give them pudding such as these.

HERSHEY DELIGHT

LuAnn Olson

1 box chocolate wafers or 1 pt. whipping cream
 graham cracker crumbs 6 almond Hershey bars (shaved)
 (crushed)
 45 marshmallows
 1 1/2 c. milk

Heat marshmallows and milk together until melted; cool. Whip cream. Fold cooled marshmallow mixture into whipped cream and add shaved Hershey bars. Put crumbs over bottom of 9 x 13 inch pan, saving 1/3 cup crumbs for topping. Spread whipped cream mixture over crumbs and top with remaining crumbs. Chill several hours.

LEMONADE DESSERT (Serves 18)

Lois Coons

60 Ritz crackers (mashed) 1/2 c. melted oleomargarine
 1/4 c. powdered sugar

I put crackers in plastic sack and roll over them with rolling pin to make crumbs. Mix and put 2/3 of crumb mixture in bottom of large cake pan.

Beat together:

1 can pink lemonade (frozen 1 large carton Cool Whip
 but thawed) 1 can Borden's milk

Spread over crumbs and the remaining 1/3 on top. Keeps in freezer for days.

LEMON FLUFF

Louise Hansen Derowitsch

1 large can Pet milk 3/4 c. sugar
 1 pkg. lemon Jello
 1 3/4 c. hot water
 Juice of 1 lemon

Mix together:

Crush 1/2 lb. graham crackers 4 T. butter (melted)
 Whip Jello when it is light and fluffy, add lemon juice and sugar in separate bowl. Whip milk until thick. Fold together. Line the large cake pan with the cracker crumbs; pour mixture. Sprinkle rest of crumbs on top and refrigerate. Can be made a day ahead.

He who loses money loses much;
 He who loses a friend loses more,
 But he who loses faith loses all.

LIME DESSERT

Alice Ellsworth

24 to 26 Hydrox cookies
 1 rind and juice of lemon
 (grated)
 1 tall can evaporated milk
 (well chilled)

1 pkg. (3 oz.) lime Jello
 1/4 c. sugar
 1/2 c. boiling water

Roll Hydrox cookies and add 2 T. melted butter and pat about two-thirds of it in bottom of pan. Save rest for top. While milk is whipping dissolve Jello and sugar in the 1/2 cup boiling water. Add juice and rind of lemon. Chill for a while to cool, then add to whipped milk. Pour this on the crumbs and sprinkle rest over top. This serves 15 nice servings. This can be made ahead. This isn't much water to dissolve the Jello in but keep stirring it will and don't let it congeal; pour into whipped milk while still liquid.

MARSHMALLOW DELIGHT

From the Nonpareil Cooking School "1925"

1/2 lb. marshmallows
 1 T. gelatine
 1/4 c. cold water
 1 pt. heavy cream
 Sugar (to taste)

1 c. pineapple (crushed) drained
 1/2 c. maraschino cherries
 2 tsp. lemon juice

Cut the marshmallows into quarters and the cherries into halves and if necessary cut up the pineapple. Soak the gelatine in the cold water. Whip the cream and sweeten to taste. Dissolve the gelatine over hot water. Mix all the ingredients into the cream, using two forks. Pour into the serving dish or individual dishes and chill well. Garnish with cherries.

PISTACHIO PUDDING DESSERT

Marlyn Petersen

(Great to serve after evening bridge.)

1st Layer:

Cream:
 1 stick margarine
 1 1/2 c. flour
 1/2 c. chopped pecans

Press into bottom of 9 x 13 inch pan. Bake 20 minutes, 325° oven; cool completely.

2nd Layer:

1 (8 oz.) cream cheese
 1 c. powdered sugar
 1/2 large container Cool Whip
 Whip together and spread on 1st layer.

Continued Next Page.

PISTACHIO PUDDING DESSERT (Continued).

3rd Layer:

2 pkgs. pistachio Pudding
 3 c. milk
 Mix by pkg. directions and cool till set. Put on layer No. 2.

4th Layer:

Remainder of Cool Whip
 1/2 c. pecans
 Spread on top of pudding and sprinkle with pecans.

ANGEL FOOD CAKE DESSERT

1 angel food cake (a strong
 half of 10 inch cake)
 1/2 c. cherries (cut up)
 2 c. Cool Whip or whipping cream
 1 pkg. strawberry or any
 flavor Jello
 2 c. liquid (1 of water, 1
 pineapple juice)
 2 c. mini marshmallows
 1 can crushed pineapple
 1/2 c. nutmeats (optional)

Break cake and put in pan, also cherries, pineapple and marshmallows over cake. Pour Jello which has been whipped and cream folded in Jello. Pour over cake etc. and mix.

QUICK BAKED ALASKA

Serves six persons:

6 cupcakes
 1 qt. vanilla ice cream
 6 egg whites
 Pinch of salt
 1 T. sugar
 1 tsp. vanilla

Slightly hollow out cupcakes; place scoop of ice cream in each hollow. Beat egg whites until stiff, adding salt and sugar and vanilla. Cover each cupcake with a solid covering of the meringue. Place on cookie sheet and in a preheated 400° oven for two minutes or until meringue is light brown. Remove with spatula to serving plates, garnish with fresh flowers or fruit salad, drained well.

ICE CREAM CAKE

Stella Greenberg

3 egg yolks (beat)
 1/2 c. sugar
 Juice and rind of 1 lemon

Mix all in double boiler. Cook until thick, then cool. Beat whites of eggs stiff. Beat 1/2 pint whipping cream. Fold yolks into whites of eggs. Fold in whipped cream. Line refrigerator tray with crushed graham cracker crumbs and pour mixture into tray.

Continued Next Page.

ICE CREAM CAKE (Continued).

Sprinkle a few remaining crumbs over top of cream. Takes about 12 or 14 graham crackers finely crushed. Serves about 8.

PEANUT ROCKY ROAD

Nancy Brown

1 c. peanuts (chopped) 3 pts. vanilla ice cream (cut up)
 1 c. semi-sweet chocolate bits 1 1/2 c. peanut butter
 (chopped)
 2 c. miniature marshmallows

In a bowl, toss together peanuts, chocolate bits and marshmallows; set aside. In a mixing bowl, beat ice cream until smooth. Spoon one half the ice cream into an 8 inch square pan and spread evenly into pan. If ice cream seems too soft to swirl in peanut butter, return to freezer for a short time. Sprinkle one half the peanut-marshmallow mixture. Spread remaining ice cream over peanut-marshmallow mixture and swirl in remaining peanut butter. Sprinkle remaining peanut-marshmallow mixture over the top and lightly press into ice cream. Freeze until set. Cut into 3 inch by 4 inch pieces. Serves approximately 12.

ICE CREAM

Mary Gillett

6 to 8 egg whites (beaten stiff) Pinch of salt
 Add egg yolks 1 tsp. lemon extract
 2 c. sugar 1 tsp. vanilla
 Beat well. Add 1 quart of half and half cream and 2 cups milk. Freeze in ice cream freezer.

HEATH BAR ICE CREAM

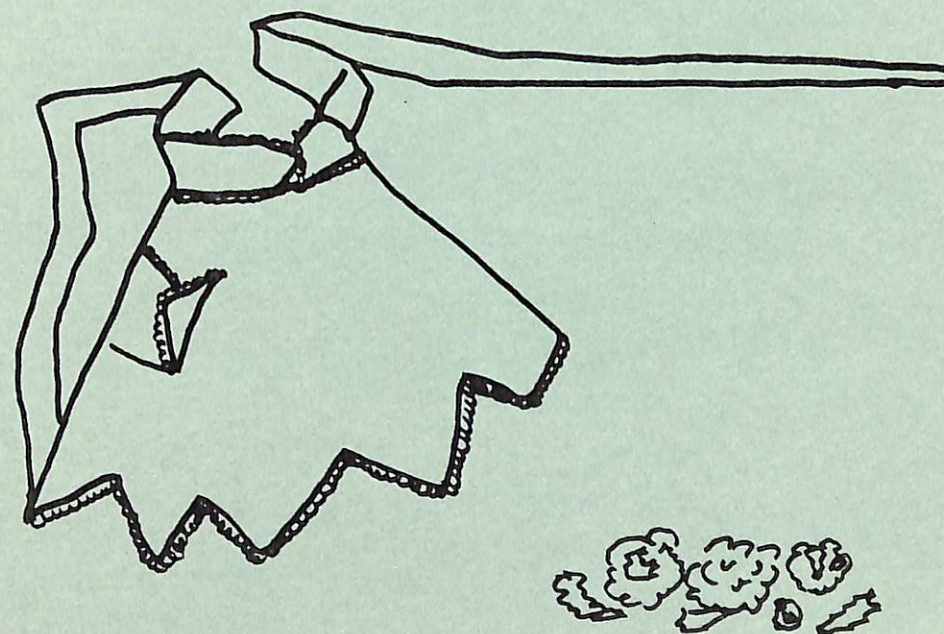
Linda Wambold

2 c. milk 2 c. whipping cream
 1 c. brown sugar 7-8 Heath bars (broken)
 1 T. flour 1 T. vanilla
 3 eggs

Beat eggs; add sugar, flour and vanilla. Bring to boil 2 cups milk and pour over mixture. Beat together. Cool. Pour into freezer; freeze.

Smiles are like the sunshine
 They freshen up our day,
 They tip the pearls of life with light
 And drive our cares away.

FOREIGN FOODS



FOREIGN FOODS

AEBLEKAGE (Danish Apple Cake)

Betty Nielsen

3 c. dry bread crumbs
 4 T. sugar
 1/4 c. butter

3/4 c. sweetened applesauce
 1 c. red raspberry jam
 1/2 pt. whipping cream

Melt butter in heavy skillet. Add sugar and crumbs and mix over low heat until lightly browned. Place a layer of crumbs in shallow baking dish or a mold, lightly buttered. Add alternate layers of applesauce and crumbs, with one layer of red raspberry jam in between. Top layer should be crumbs. Press well and bake in a 350° oven for 30 minutes. Unmold on a serving dish and top with whipped cream.

CHINESE CHEWS

Nancy Brown

1/2 c. butter
 1 c. brown sugar
 2 eggs
 1/2 c. cut up dates

1 T. chopped raisins
 1 T. coconut
 3/4 c. flour (sifted)
 1/2 c. chopped mixed nuts

Cream the butter and brown sugar until light and fluffy. Add the other ingredients and beat until blended. Bake in a lined 8 x 8 x 2 inch baking pan. Bake for 40 minutes or until done in moderate oven (350°) and while still warm, cut into squares.

CZECHOSLAVAKIAN MUSHROOM DISH

Irene Peters

1/4 c. butter
 1 c. finely chopped green onions
 1 lb. fresh mushrooms (sliced)
 1/2 tsp. paprika

1/2 T. marjoram (or less, this may be too much for you)
 3 T. finely chopped parsley
 Salt and pepper (to taste)
 1 c. sour cream

Heat butter and saute' green onions until soft. Add mushrooms and cook until mushrooms give up liquid, 5 to 8 minutes. Add remaining ingredients except sour cream; stir well. Add sour cream and heat but do not boil. This makes about 6 servings. You never tasted such a good mushroom dish in your life. It is a fabulous accompaniment to a juicy steak and with a big green salad you have a whole gourmet meal.

The heart can sing though the lips be silent.

ENGLISH FRUIT CAKE

Evelyn Blyth

1/2 lb. butter	Pinch of salt
1/2 lb. brown sugar	2 c. plain flour
6 eggs	A little grated apple
10 oz. currants	1/2 tsp. nutmeg
8 oz. sultanas	1/2 tsp. mace
6 oz. raisins	4 oz. glazed cherries
4 oz. ground almonds	4 T. rum
3 oz. whole almonds (blanched and chopped)	1 lemon rind and juice

Cream butter and sugar. Add eggs. Mix flour with fruit. Stir in remaining ingredients. Pour into loaf pans that have been lined with buttered paper. Decorate with candied cherries and whole almonds. Bake 2 loaf pans about 2 hours, 1 large round 4 hours, 4 small loaves 1 3/4 hours. All at 325°. (3 inch deep) Store in foil or a tin and 1 T. rum or bourbon over it weekly until consumed. Will last indefinitely. Recipe from Sunnyside, Newcastle/Tyne, England.

FRIKADELLER (Danish Meat Balls)

Betty Nielsen

2 lbs. ground beef	1/2 c. sifted bread crumbs
1/2 lb. ground pork sausage	1 tsp. salt
1 egg (well beaten)	1/2 tsp. pepper
1 med. onion (grated)	1/2 c. milk
2 T. flour	

Combine meat and bread crumbs and then gradually add flour. Add egg, onion, and seasonings. Slowly add milk and mix thoroughly. Shape mixture with a tablespoon before dropping into heated frying pan containing melted butter or cooking oil. Turn until well browned. Make brown gravy (recipe below) in same pan and pour over Frikadellers.

BROWN GRAVY:

1 small onion (chopped)	1 c. potato water
1 T. margarine	1 can mushroom soup (optional)
1 T. flour	Salt and pepper

Remove meat balls. Melt margarine in skillet. Add chopped onion and brown slowly; stirring to prevent scorching. Add flour and mix well. Slowly add potato water, a little at a time, stirring each time to make it smooth. Season to taste and simmer until thickened. Add mushroom soup, milk or cream for creamier gravy.

GERMAN APPLE KUCHEN

Anna Christina Braun

1 pkg. dry yeast dissolved in 1 T. warm water	4 c. flour
1 1/2 c. milk	1 tsp. salt
3/4 c. lard	1 tsp. vanilla
2 eggs (beaten slightly)	3/4 tsp. cinnamon
1 1/2 c. sugar	5 med. apples (peeled, sliced very thin)
	1 T. butter

Scald milk and lard, when cool, add dissolved yeast and beaten eggs. Add 1/2 cup sugar, flour, salt and vanilla. Let rise 3 hours at room temperature or overnight in the refrigerator. Spread dough to cover greased jelly roll pan. Let rise 1 hour; punch down to 1/2 inch thickness (dough is very moist). Mix cinnamon and remaining 3/4 cup of sugar. Sprinkle over apples. Slightly overlap apple slices in lengthwise rows on dough; pressing apples into dough. Brush with melted butter and sprinkle remaining sugar mixture over apples and dough. Bake at 350° for 40 minutes.

GERMAN POTATO SALAD

Nancy Brown

6 med. size potatoes	1/4 tsp. black pepper
1/4 lb. fat bacon	1/2 c. hot vinegar
1 small onion	2 T. salad oil
2 tsp. salt	

Boil the potatoes and after draining set them over the fire to dry. Peel and slice while warm. Cover at once with dressing made as follows: Cut the bacon into small pieces and fry slowly. Shred the onion into a large bowl, add salt, hot vinegar and hot water. When the fat is a light brown color and well crisped, add the salad oil and pour it into the vinegar and onion, turning it slowly at first lest it spatter. Serve on crisp lettuce leaves, garnish with pickled beets. Best to serve immediately.

GREEK EGGPLANT CASSEROLE (Mousaka)

Anne Brooks

2 med. eggplants	1/2 c. grated cheese
2 med. onions (chopped)	1/4 lb. butter
2 T. minced parsley	1/2 c. olive oil
1/2 c. tomato paste	1 lb. ground beef
1 c. water	1/2 c. bread crumbs
2 eggs (beaten)	Salt and pepper (to taste)

Brown meat and onion in olive oil. Add water, tomato paste, parsley, butter, salt and pepper. Simmer for 1 hour or until thickened

Continued Next Page.

GREEK EGGPLANT CASSEROLE (Continued).

In the meantime, peel eggplant and cut lengthwise in 1/4 inch slices. Sprinkle slices with flour and saute' them in olive oil or butter until golden brown. Add 2 T. bread crumbs to meat mixture and mix well. Butter a baking dish well and sprinkle with bread crumbs. Place half the eggplant slices in dish and spread half meat mixture over them. Add remaining eggplant and meat alternately. Pour well beaten eggs on top and spread evenly. Sprinkle with grated cheese and bread crumb mixture. Bake at 350° for 30 minutes or until golden brown.

HOLISHKES (Meat Filled Cabbage Leaves)

Jeanette Katelman

1 lb. ground beef	10 or 12 cabbage leaves
1/4 c. uncooked rice	1/4 c. lemon juice
1 egg	1/2 c. brown sugar
1 grated onion (med. size)	1 c. canned tomato sauce
1 large grated carrot	1/2 c. large dark seeded raisins
1/4 tsp. salt	Water (to cover)

Combine chopped or ground beef, rice and egg. Grate in onion and carrot. Add salt. Blanch cabbage leaves by covering them with boiling water for 2 or 3 minutes. Drain cabbage leaves. Place a ball of the meat mixture in the center of each leaf and roll up, tucking in the ends securely. Pin ends with toothpicks. Place close together in a heavy frying pan with iron handle or heavy pot; add other ingredients and enough water to cover. Cover tightly and cook over moderate heat for 30 to 40 minutes. Reduce heat and simmer 20 minutes longer. Bake in oven another 20 to 30 minutes at 350° to brown top, turn once to brown undersides. Bake longer if necessary. Hot water may be added in small quantities if necessary during baking period. Serves 4 to 6. Even better the second day.

HONEY CAKE

Lillian Finkel

6 eggs	1 1/2 c. sugar
1 1/2 tsp. baking soda	1 c. honey
1/2 tsp. baking powder	1 tsp. vanilla
1/2 tsp. salt	1 c. Crisco oil
3 c. flour	1 c. black coffee

Sift 1 1/2 cups flour, baking powder, baking soda and salt. Sift the remaining ingredients. Add sugar to egg whites; then add the honey, then vanilla. Add egg yolks to egg whites, then oil, then black coffee. Add flour and mix well. Line pan with wax paper. Bake 1 hour and 15 minutes at 350°.

HUNGARIAN GOULASH

Ronda Bradman

1 lb. hamburger	3 onions (sliced thin)
1 green pepper (optional)	1 tsp. salt
2 c. cooked tomatoes	2 T. sugar
1 1/2 c. cooked macaroni	1/4 tsp. pepper
1/4 tsp. celery salt	1/2 tsp. Worcestershire sauce

Brown hamburger and onions, add following ingredients and simmer, covered about 20 minutes. Electric skillet.

KOLACHES (Czechoslovakian)

Cleo Prominsky

1 1/2 c. lukewarm milk	2 eggs (beaten)
1/2 c. sugar	1 tsp. salt
2 pkgs. dried yeast	1/2 c. soft margarine
5 c. flour	

Combine milk, sugar and yeast; let set till yeast dissolves. Stir in eggs, salt, margarine and 3 cups flour; beat thoroughly. Gradually add remaining flour. Beat till smooth, form in ball. Cover and let rise till double. Shape dough in 2 inch balls and place on greased sheet and let rise. Make depression in center of each ball and fill with fruit filling. Bake 375° till brown about 10 minutes. Cover with a sprinkle of frosting.

MONDEL BREAD

Stella Greenberg

3 eggs	1 c. chopped nuts
1/2 c. sugar	1 tsp. baking powder
1/2 c. oil	1/4 tsp. salt
1 1/2 c. flour	1 tsp. vanilla

Beat eggs. Add oil, sugar, flour and baking powder. Pour in pan and bake 30 minutes in moderate oven. When baked and still warm, cut in long strips about 2 inches long and roll in mixture of cinnamon and sugar, and place on cookie sheet, toast in slow oven until nice and brown.

POTATO LATKES (Grated Potato Pancakes)

6 med. size potatoes	1/2 c. flour
1 onion	1 T. salt
2 eggs	1/2 tsp. pepper

Pare and grate potatoes into a mixing bowl and squeeze out liquid. Peel and grate onion into potatoes. Add eggs, flour, salt and pepper and stir to make a smooth batter that will drop heavily from the spoon.

Continued Next Page.

POTATO LATKES (Continued).

Heap the shortening in a heavy frying pan using enough to cover the pancakes amply. Drop the batter from a spoon into the hot shortening, making pancakes 3 inches in diameter. Fry over moderate heat until brown on the underside, turn to brown. Lift out and drain off excess fat on paper towel. Pancakes fried in deep fat should be puffed and crisp.

RAGOUT

Anne Blotcky

1 1/2 c. sliced onion	1 1/2 c. diced potatoes or canned potatoes
3 T. fat	
1 bouillon cube dissolved in 1 cup water	1 1/2 c. diced carrots or canned carrots
1 1/2 c. cubed leftover cooked beef	1/2 c. prune juice
1 tsp. salt	12 cooked prunes
3/4 c. leftover gravy or prepared gravy	1 lemon (quartered)
	12 walnut halves

Saute' onion in fat. Simmer onions, meat, salt and bouillon 20 minutes. Add gravy, lemon and vegetables. Cook 20 minutes more. Add prune juice and cook 5 minutes more. Remove lemon quarters. Garnish with prunes and nuts. Total cooking time 45 minutes. Serves 6.

RODKAL (Danish Red Cabbage)

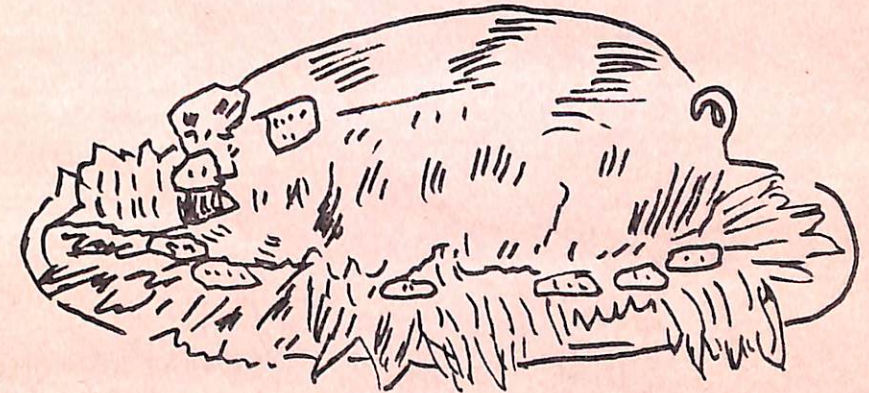
Betty Nielsen

1 med. head of red cabbage	1/4 c. vinegar
3 T. butter	1/4 c. water
3 T. sugar	1 T. salt
1/4 c. currant jelly	

Quarter the cabbage and shred into long thin strips. Brown butter in heavy skillet or kettle, add shredded cabbage and stir well. Then add salt, sugar, vinegar and water. Cover and simmer over low heat for several hours. When cabbage is tender, add currant jelly and stir until it is dissolved. Red cabbage tastes best if it has been made the day before and reheated.

* * * * *

MEATS



MEATS

BARB BQ BRISKET

Lois Blyth

6-8 lb. brisket

1 day ahead, marinate brisket. Generously sprinkle meat with onion salt, garlic salt and celery salt; pour over. Add 3 oz. liquid smoke. Cover, if you use foil, do not let it touch meat. Refrigerate overnight. Pour Worcestershire sauce over meat, about 1 cup.

Cook 5 hours at 275°. Pour 1/2 bottle of Heinz barbecue sauce over and cook 1 hour more, uncovered. Serve thinly sliced.

BARBECUED HAMBURGER

Genevieve Stoufer

4 lbs. ground beef (browned in Dutch oven and salted)

Add:

2 cans tomato soup (undiluted)	4 T. vinegar
1 c. catsup	4 T. sugar
1/2 c. barbecue sauce	2 c. chopped celery
1 T. Worcestershire sauce	2 green peppers (chopped)
Chopped onion to taste (if desired)	

Cook all together slowly for 2 or 3 hours, stirring frequently. Skim fat off the top at the last. Leftovers can be frozen.

BAR B Q RIBS

Alice Wambold

1 1/2 c. catsup	2 tsp. dry mustard
3 T. brown sugar	1 T. Worcestershire sauce
1/2 tsp. celery seed	1/2 tsp. red pepper

Par boil ribs in salt water 1 hour. Mix dry ingredients together. Add catsup. Dip ribs in sauce; place in pan. Cover with rest of sauce. Bake until tender, 1 1/2 hours.

BEEF CURRY

Alta Cunnan

1 lb. sirloin steak (cut in 3/4 inch cubes)	2 T. or more fat
2 c. sliced onions	1 c. boiling water
1 T. or more flour	1 clove minced garlic
1 1/2 tsp. salt	1 tsp. curry powder
Black pepper	1/2 c. tomato juice
	1 beef bouillon cube

Continued Next Page.

BEEF CURRY (Continued).

Combine flour, salt, pepper; roll beef in mixture. Heat the fat, add onions, garlic, and beef; brown lightly. Sprinkle curry over all. Add water; simmer 1 1/4 hours. Add juice before serving. Reheat. Serve over rice. The following condiments may be added: chutney, peanuts, cocoanut, pineapple, bananas, crisp bacon (broken up), green peppers, chopped and candied ginger.

BEEF SALAMI

Nina Walling

2 lbs. ground beef	1 c. water
1/4 tsp. onion powder	2 T. Tenderquick salt
1/8 tsp. garlic powder	1 T. brown sugar
1 tsp. liquid smoke	Pinch salt
1/2 tsp. pepper (coarse ground)	

Mix like meat loaf. Form into 3 x 6 inch rolls, wrap in Saran Wrap and let set overnight (24 hours) in refrigerator. Unwrap and place on broiler pan in oven and bake one hour at 300°.

BEEF WITH PEPPERS (Pepper Steak)

Betty Davis

"Niu Jou Ch'ao La Tzu"

Heat pan, add 1 1/2 T. oil and 1 clove garlic, crushed (opt.). When garlic turns brown, remove. Add 1 lb. beef, cut in small thin pieces and fry a few minutes. Season with 1 tsp. salt and pepper to taste. Add 1 cup soup stock and continue to cook a few seconds. (May be made in advance to this point.)

Add mixture of 2 T. cornstarch, 1 T. soy sauce and 2 T. water. Cook until sauce thickens, stirring slowly. Add 1 cup green peppers, sliced lengthwise and 1/2 tsp. fresh ginger, chopped fine. Heat thoroughly and serve hot. Serves 4 to 6. Serve with rice.

CAIRNS PIZZA

DOUGH: Dissolve 1 tsp. dry yeast over 2 T. warm water; set aside. Mix 1 cup warm water, 2 cups whole wheat flour or lite wheat flour, 1 tsp. salt. Add yeast mixture and beat well. Add enough more flour 1-2 cups to make kneadable soft dough mixture. Let rest 10 minutes. Round up in oil bowl. (Cover with plastic wrap and let double 1 1/2 to 2 hours.) Punch down and let rise again. Divide into 2 balls and roll out on board. Place rounds on well greased pizza pans building up an edge to hold ingredients.

Continued Next Page.

CAIRNS PIZZA (Continued).

Top each pizza with ingredients in this order:

1 (8 oz.) can tomato sauce
12 oz. shredded Mozzarella
4 oz. canned drained mushrooms
1/2 lb. browned Italian sausage (broken)
Whatever else you like
1/8 c. olive oil
1/8 c. grated Parmesan
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. oregano (not ground but crumbled leaves)

Bake 400° for 30 to 45 minutes until crust is brown and crisped.

CHINESE MEAT LOAF

Betty Davis

1 can (8 oz.) tomato sauce	1 can (3 oz.) chow mein noodles (finely crushed)
1/3 c. sweet and sour sauce	1 can (1 lb.) Chinese mixed vegetables (rinsed and drained)
2 T. soy sauce	1/4 tsp. pepper
2 lbs. ground beef	1 1/2 tsp. salt
2 eggs (beaten)	
1 tsp. dry mustard	
2 tsp. onion powder	

Combine sauces, reserve 1/4 cup for basting. Combine remaining sauce and ingredients. Shape into eight loaves. Place in shallow baking pan. Bake at 350° for 50 minutes, basting occasionally with sauce. Serves 8.

FIVE HOUR BEEF STEW

Mary Garrett

1 1/2 lbs. lean beef stew meat (cubed)	1 bay leaf (optional)
6 med. carrots (sliced 1 inch)	1 T. sugar
1 large onion (diced)	2 T. tapioca
1 c. diced celery	1 c. tomato juice
3 med. potatoes (cubed)	Salt to taste

Mix all together. Do not brown meat. Cook 5 hours in oven at 250°. Do not uncover while cooking.

FRANKFURTER PUFFS

Suzanne Davison

5 to 6 med. potatoes	1 egg
1 lb. hot dog	Minced onion (dried good)
Mustard	Continued Next Page.

FRANKFURTER PUFFS (Continued).

Boil potatoes for mashing. Slice hot dogs lengthwise and spread inside with mustard. Place hot dogs in casserole. Add 1 beaten egg to whip potatoes and mix in preferred amount of minced onion. Cover hot dogs with potatoes and brown in oven.

HAMBURGER CASSEROLE

Betty Davis

Brown one lb. hamburger with small onion and add one cup celery, cut up. After browning, add 1/2 cup Minute Rice. Put in casserole, add 1 can (10 1/2 oz.) mushroom soup and 2 T. soy sauce (optional). Bake 1/2 hour at 350°. During last 15 minutes, sprinkle one can Chinese noodles over top.

HAM LOAFRoberta Hannum Schunke
Torrance, Cal.

1 1/2 lbs. ground ham	1/4 c. water
1 lb. lean ground pork	2 eggs (beaten)
1 (20 oz.) can country style baked beans	2 T. brown sugar
1/2 c. oats	2 T. vinegar
1 c. milk	Bottled ham glaze

Combine ham, pork, baked beans, oats, milk and eggs in large bowl; mix well. Mold into a 9 x 5 inch loaf pan. Mix brown sugar, vinegar and water and pour over loaf. Cover with aluminum foil. Bake at 325° for 2 to 2 1/2 hours or until done. Pour off excess liquid and cover ham loaf with ham glaze. Bake another ten minutes. Makes 8 to 10 servings. Good hot or cold sliced for sandwiches.

INDIVIDUAL HAM LOAVES (20 or more)

Lois Coons

2 lbs. hamburger	2 c. graham cracker crumbs
2 lbs. ground Ham (ham off cheaper cuts will do)	1 1/2 c. milk
3 eggs	

Baste with 1 cup brown sugar, 1/2 cup water, 1/2 cup vinegar. Bake until loaves are done at 350°.

MEAT BALLS

Betty Davis

1 lb. ground beef	1/2 c. grated soft bread crumbs
1/4 c. milk	1 onion (finely chopped)
Salt and pepper	1/4 lb. bleu or Roquefort cheese
1/4 c. Parmesan cheese	1 egg

Continued Next Page.

MEAT BALLS (Continued).

Mix all ingredients together. Put 2 T. butter in heavy skillet and brown the balls. Use 1 tsp. beef per ball and shape. Pour off excess fat and combine 1/2 cup California sherry and 1/2 cup catsup and 1 tsp. oregano. Add this and simmer 20 minutes. Stir balls gently so they will all be covered with the sauce. Serve in chafing dish or casserole with warmer. Provide toothpicks for spearing.

ITALIAN MEAT SAUCE

Betty Davis

1 lb. ground beef	1/4 tsp. oregano
1/4 c. salad oil	2 c. tomatoes (4 cups)
1/2 tsp. garlic powder	1 small can tomato paste
2 T. onion powder (or 1 cup fresh minced onion)	1/8 tsp. black pepper
1/4 tsp. sweet basil	1 1/2 tsp. salt
	2 tsp. Worcestershire sauce

Brown meat in hot oil, separating with fork. Add remaining ingredients. Simmer 1 to 3 hours (longer the better), stirring occasionally (if necessary, add water while cooking). Serve hot over spaghetti. 6 to 8 servings.

SPAGHETTI ORIENTAL

Doris Wind

1 lb. or a little more premium ground beef	3/4 c. grated sharp cheese
2 c. chopped celery and leaves	1 can tomato soup
1 (No. 2) can fancy chow mein vegetables	1/2 c. liquor from vegetables
4 oz. (3/4 c.) spaghetti	1 1/2 tsp. salt

Cook meat until brown. Drain off grease. Add celery and cook 10 minutes. Add chow mein vegetables, drained. Cook spaghetti and add. Add salt and cheese. Pour into greased casserole and combine soup and 1/2 cup of the vegetable water and put on top. Bake in 350° oven 45 minutes to one hour.

LEFTOVER POT ROAST CURRY

Irene Peters

2 c. cubed cooked pot roast	1 to 2 T. curry
2 c. hot cooked rice	3 T. flour
Snipped parsley	2 T. chopped green pepper
1 c. bouillon	1 small onion (chopped)
1/4 tsp. salt and pepper	2 T. oil

Saute' onion and green pepper till tender. Stir in flour, curry, salt and pepper. Add bouillon gradually. Add meat, cover; simmer till heated. Serve on rice and parsley.

ROAST BEEF HASH WITH VEGETABLES

Nancy Brown

2 cans (15 oz. each) roast beef hash
 2 cans ready-to-serve mushroom gravy (beef flavor)
 1 boil-in-a-bag pkg. (about 10 oz.) mixed vegetables in butter sauce, cooked as directed on pkg.
 Potato chips

Heat hash and gravy thoroughly in a skillet. Carefully blend in the cooked vegetables. Crush potato chips slightly. Spoon a generous layer over hash and vegetable mixture. Garnish center with a small parsley ball. Bring skillet to table when ready to serve. 6 to 8 servings.

MUSHROOM STEW (A weekly special)

Marlyn Cairns

1 1/2 lbs. lean stew pieces 1/4 to 1/2 lb. fresh mushrooms or
 (raw) a can
 1 (10 1/2 oz.) can cream of 1 c. liquid, water and/or red wine
 mushroom soup
 1/2 pkg. dry onion soup mix

Combine all ingredients in large (2 qt.) casserole. Cover. Bake 3 to 5 hours at 350° or 300°. Serve over noodles, rice, toast cups, etc.

PICNIC MEAT LOAF

Clariss Wisner

1 egg 2 tsp. salt
 1/2 c. milk 1 tsp. basil leaves
 1/4 c. catsup 1 1/2 lbs. lean ground beef
 1/2 tsp. hot pepper sauce 1 can (3 or 4 oz.) chopped mush-
 1 1/2 c. soft bread crumbs rooms (drained)
 1/4 c. finely chopped onion 3 T. finely chopped parsley

In large bowl, stir together egg, milk, catsup and hot pepper sauce. Add remaining ingredients, except parsley. Sprinkle parsley evenly over bottom of 9 x 5 x 3 inch loaf pan. Press meat mixture into pan. Bake at 350°F. about 1 hour. Let cool slightly. Invert on platter and cool. Place in refrigerator until thoroughly chilled. Slice for picnic. Makes 6 to 8 servings.

PORCUPINE BALLS

Genevieve Stoufer

1 lb. ground beef, 1 lb. ground 2 cans condensed tomato soup
 pork, lean 2/3 c. raw rice
 1 beaten egg mixed with 1/2 c. 1 tsp. salt
 milk

Continued Next Page.

PORCUPINE BALLS (Continued).

Mix all together, make into 1 inch balls, brown in skillet. Cook slowly in sauce of diluted tomato soup, stirring often, until sauce is thick and meat balls are done.

SWEET-SOUR BEEF BALLS WITH PEPPERS AND PINEAPPLE

Mrs. Alan Sydow

Mix 1 lb. ground beef, one egg, 1 T. cornstarch, 1 tsp. salt, 2 T. onion, (chopped) and a few grains of pepper. Form into 18 balls or more. Brown them in a small amount of oil; drain 1 T. oil and add 1 cup pineapple juice and cook over low heat for a few minutes. Add mixture of cornstarch (3 T.), 1 T. soy sauce, 3 T. vinegar, 6 T. water and 1/2 cup sugar. Cook until juice thickens, stirring constantly*. Add meat balls, 4 slices pineapple (cut in pieces) and 3 large green pepper, each cut into 12 to 15 strips lengthwise; heat thoroughly. Serve hot over rice. Serves 6 to 8. May be made in advance to this point.*

SWEDISH MEAT BALLS

Helen Sullivan

1 c. bread crumbs 1/8 tsp. pepper
 1/3 c. milk 1/4 tsp. nutmeg
 1/4 c. minced onion 2 T. butter or oleo
 1 lb. ground beef 2 T. flour
 1 egg (slightly beaten) 1 1/2 c. beef bouillon
 1 tsp. salt 1/2 c. light cream

Soak bread crumbs in milk. Mix with onions, meat, egg, salt, pepper, and nutmeg; mix lightly, but thoroughly. Shape into small balls. Saute^e in butter until lightly browned. Remove meat balls. Blend flour with drippings in skillet. Gradually add bouillon and cream and stir mixture until it thickens. Return meat balls to gravy. Cover and simmer 15 minutes. Nice served with rice or noodles.

TEXAS MEAT LOAFRoberta Hannum Schunke
Torrance, Cal.

2 eggs 1 1/2 tsp. salt
 1 (8 oz.) can or 1 c. cut 1/4 tsp. pepper
 up tomatoes 2 to 3 tsp. chili powder
 1 can drained kidney beans Dash of cayenne pepper
 1/2 c. fine dry bread crumbs 4 oz. sharp cheese (cubed to make 1
 1 clove minced garlic cup
 1 T. Worcestershire sauce 1 1/2 lbs. lean ground beef
 1/2 c. finely chopped onion 1/2 lb. ground pork
 Continued Next Page.

TEXAS MEAT LOAF (Continued).

Combine all ingredients except cheese and meat, mashing beans slightly. Blend in cubed cheese, add meat and mix well. Pat mixture into 9 x 5 x 3 inch loaf pan. Bake at 350°, 1 1/2 hours or until done. Serves 6 to 8.

HOMEMADE SAUSAGE

Sylvia Johnson

Mix:

2 lbs. ground beef	2 T. instant onion powder
2 lbs. ground sausage (unseasoned)	2 T. sausage seasoning
4 tsp. salt	4 T. flour
1/2 tsp. pepper	2 1/2 c. milk
	6 beaten eggs

This will not be a firm mixture so put in pan with a large spoon and fry slowly till done. Serve with eggs, pancakes, waffles etc. Makes a large amount so I put some on cookie sheets and put in freezer till frozen then wrap.

BARBECUED PORK CHOPS

Nadine Jacobsen

Brown 8 pork chops, cover with following mixture:

1/2 c. catsup	1 bay leaf
1 tsp. salt	3 T. brown sugar
1/3 c. vinegar	1 tsp. celery seed
1 c. water	

Bake 325°F. 1 1/2 hours.

SWEET SOUR PORK

Marilyn Petersen

4 T. flour	1/2 tsp. salt
1 lb. pork (cubed)	3 T. vinegar
1 green pepper (cubed)	3 T. sugar
1 tomato (cubed)	2 T. soy sauce
1 small can pineapple chunks	4 T. pineapple juice

Flour pork with flour and salt. Brown in oil. Remove; add pepper and stir, fry 5 minutes. Add pineapple, tomato and pork. Mix vinegar, sugar, soy sauce and pineapple juice; pour over meat. Cook, turning frequently, until mixture looks sticky. Serve with white rice immediately.

Heaven - it is God's throne.
The earth - it is His footstool.

LAMB PATTIES WITH MINT SAUCE

Nancy Brown

1 1/2 lbs. ground lean lamb	2 T. finely chopped onion
3/4 c. quick cooking rolled oats	1 1/2 tsp. salt
3/4 c. milk	1/4 tsp. pepper
1 slightly beaten egg	1/4 tsp. monosodium glutamate
3 T. chopped parsley	1/2 c. mint jelly

Mix together all ingredients except jell. Form into 6 large patties, about 3/4 inch thick. Broil 4 to 5 inches from heat, about 10 minutes or till lightly browned on top. Turn patties. Broil 5 to 7 minutes longer. Serve with hot mint sauce: Heat jelly slowly, stirring occasionally till melted. Makes 6 servings.

POULTRY

BARBECUED CHICKEN

Lois Blyth

Wash and dry cut up or quartered fryer. Coat by shaking in a bag of seasoned flour, Melt 1/4 cup fat, half butter in baking pan in oven at 425°. Place chicken in pan in single layer, skin-side down. Bake 45 minutes. Pour off fat and turn. Spoon hot barbecue sauce over chicken and bake at 375° for 30 to 45 minutes or until tender. Baste with sauce during baking.

CHICKEN A LA KING

Marlyn Cairns

2 T. butter (melted)
Saute 2 T. onion, 2 T. pimiento, 2 T. green pepper and 4 oz. mushrooms. Add 2 cans cream of chicken soup (condensed), don't add milk or water. Add 1 to 2 cups cut up cooked chicken. When heated through, add 1 T. sherry and serve over waffle or patty shell. Top with almonds.

CHICKEN BREASTS SUPREME

Lois Blyth

3 med. chicken breasts (cut in half lengthwise)	1/4 c. sauterne
3/4 tsp. seasoned salt	1/2 tsp. instant minced onion
Paprika	1/2 tsp. curry powder
1 chicken bouillon cube	Dash of pepper
1 c. boiling water	Mushroom sauce

Sprinkle chicken with seasoned salt and paprika. Place in 11 x 7 x 1 1/2 inch baking pan.

Continued Next Page.

CHICKEN BREASTS SUPREME (Continued).

Dissolve chicken bouillon in boiling water, add wine, instant minced onion, curry powder and pepper. Pour over chicken. Cover with foil; bake at 350° for 30 minutes. Uncover and bake 45 minutes longer or till tender. Remove chicken to warm platter. Strain pan juices, reserve.

Prepare mushroom sauce: In saucepan, blend 2 T. flour with 1/4 cup cold water; slowly stir in reserved pan juices. Cook and stir over low heat till sauce thickens and bubbles; boil 3 to 4 minutes longer. Add one 3 ounce can sliced mushrooms, drained (1/2 c.); heat through. Spoon sauce over chicken.

CHICKEN BREASTS HAWAIIAN

Mrs. Alan Sydow

2 chicken breasts	2 T. lemon juice
1 egg (slightly beaten)	1 T. cornstarch
1 c. finely grated bread crumbs	1/4 tsp. curry paste
1 tsp. salt	1 T. sugar
1 c. pineapple juice	Slivered almonds

Split breasts in half. Remove bones, keeping meat all in one piece. Dip in egg. Roll in bread crumbs. Season with salt. Pan fry in 1/4 inch hot fat in a heavy skillet until brown. Remove fat from pan. Combine juices, cornstarch, curry and sugar. Pour over chicken. Cover skillet 25 minutes. Top with slivered almonds. Serves 4.

CHICKEN CACCIATORE

LuAnn Olson

12 meaty pieces of chicken (preferably breasts and thighs)

Wash the chicken, dry, salt and pepper and roll in flour. Brown in oil until almost done. Put in roaster and set aside.

Prepare:

2 large coarsely chopped onions	2 buttons of garlic
2 large coarsely chopped bell peppers	1 T. thyme
2 pkgs. sliced fresh mushrooms	1 T. oregano
2 large cans tomatoes	1 T. sweet basil
2 cans tomato sauce	3/4 c. cooking sherry

Saute' the vegetables about 10 minutes in olive oil, add tomatoes, tomato sauce, spices and wine. Heat and pour over chicken. Cook in oven at 375° for one hour, basting occasionally.

NOTE: This can be prepared the day before then refrigerate overnight and baked one hour before serving.

CHICKEN CURRY (Hotel Pierre)

5 lb. chickens	1 tsp. cumin
1/2 c. olive oil	1 tsp. coriander
3 or 4 cloves = chopped olives	1/2 tsp. cinnamon
4 chopped onions	2 or 3 bay leaves
2 ripe tomatoes	5 or 6 white cloves
1 1/2 tsp. salt	6 or 8 cardamon seeds
2 T. curry powder	1 T. paprika
1/2 tsp. black pepper	

Heat oil in stew pot, add garlic and onions and brown together for a few minutes. Add bay leaves, cinnamon, cloves and cardamon. Cover and cook for 10 to 15 minutes. Add meat and cook for one hour, adding water only if necessary. Then add salt, pepper, cumin, coriander, paprika, tomatoes and curry powder. This should be carefully stirred with meat to avoid burning. Add enough water to cover and cook until meat is tender. Serve over rice.

FLUFFY RICE:

Saffron	1 tsp. salt
1/4 lb. butter or margarine	1 chopped onion
3 c. rice	

Soak saffron (about the size of a tea ball) in 1 cup of cold water for about 20 minutes. (This will add an interesting flavor to the rice, although it is not essential.) Melt shortening and add raw rice, chopped onion and salt. Add liquid from the saffron to rice and butter and put in a hot oven. Stir every 10 minutes until the rice is very dry. Then add 3 cups of hot water and stir. Cover for 15 minutes, then turn off fire and keep in warm place until ready to serve. Yield: 6 to 8 servings.

CHICKEN-DRESSING BAKE

1 (7 or 8 oz.) pkg. herb seasoned stuffing mix	2 1/2 c. diced cooked chicken or turkey
1 (10 1/2 oz.) can condensed cream of mushroom soup	1/2 c. milk
2 c. chicken broth	2 T. chopped canned pimiento
2 well beaten eggs	

Toss stuffing mix with half can of the soup, the chicken broth and beaten eggs. Spread mixture in 11 x 7 x 1 1/2 inch baking pan. Top with the cooked chicken or turkey. Combine remaining half can of soup with milk and pimiento; pour over all. Cover with foil. Bake in a moderate (350°) oven for 45 minutes or till set. Makes 6 to 8 servings.

GLAZED FRUITED CHICKEN

Genevieve Stoufer

1 jar (29 oz.) fruits for salad
 2/3 c. mayonnaise
 1 pkg. (7 oz.) herb stuffing
 1 fryer chicken (cut up)
 1/2 tsp. salt
 Dash pepper
 1 jar cranberry relish

Drain fruit; set aside. Reserve 2/3 cup liquid. Stir reserved liquid into mayonnaise. Stir constantly over medium heat until mixture boils; add stuffing. Spread in 13 x 9 x 2 inch pan. Add chicken. Sprinkle with salt and pepper; brush with additional mayonnaise. Bake in 350° oven 1 hour. Melt the fruit relish; arrange fruits around chicken and top with cranberry relish sauce. Bake 15 minutes longer. Garnish with parsley. Serves 4.

CHICKEN-SAUSAGE PIE

1/2 lb. bulk pork sausage
 1/3 c. chopped onion
 1/4 c. chopped green pepper
 1/4 c. shredded carrot
 4 tsp. cornstarch
 1/2 tsp. salt
 1/2 c. milk
 1 c. chicken broth
 2 c. cubed cooked chicken
 3 T. snipped parsley
 6 refrigerated baking powder biscuits

Brown sausage in hot skillet; drain off excess fat. Add onion, green pepper and carrot; cook till tender. Combine cornstarch and salt with milk. Add cornstarch mixture and chicken broth to sausage. Bring to a boil; stirring constantly. Add chicken and parsley; heat through. Pour into 10 x 6 x 1 1/2 inch baking dish. Top with biscuits and bake at 425° for 12 to 15 minutes. Makes 4 to 6 servings.

INTERNATIONAL CHICKEN "Crock Pot"

Peggy Blyth

3 lbs. fryer (cut into serving pieces)
 1/4 c. flour
 2 tsp. salt
 2 tsp. curry powder
 1/8 tsp. pepper
 1 large onion (chopped)
 1 large green pepper (seeded and diced)
 2 cloves garlic
 1/2 c. raisins
 1 can (16 oz.) whole tomatoes (mashed)
 3 T. flour
 3 T. water

Rinse and dry chicken. Combine flour, salt, curry and pepper. Dust chicken well with flour mixture. Place chicken in crock pot and mix in vegetables, garlic and raisins. Pour tomatoes over all.

Continued Next Page.

INTERNATIONAL CHICKEN (Continued).

Cover and cook on low setting 7 to 10 hours or (Hi for 2-3 hours). Remove chicken to warm platter. Thicken sauce before serving by stirring a smooth paste of the 3 T. flour and water into the sauce in crock pot. Cover and cook on Hi until thick. Good served on rice. Spoon sauce over top.

COUNTRY CAPTAIN

Marilyn Petersen

2 chickens (2 1/2 lbs. each)
 cut into serving pieces
 1/4 c. flour
 1/2 tsp. pepper
 1 large chopped onion (1 cup)
 1 large green pepper (chopped)
 1 large clove of garlic (crushed)
 2 tsp. salt
 3 T. vegetable oil
 3 tsp. curry powder
 1/2 c. raisins or currants
 1 can (1 lb.) tomatoes
 Hot cooked rice

Combine flour with 1 tsp. salt and 1/4 tsp. pepper in bag. Coat chicken. Brown chicken in oil in a heavy kettle or Dutch oven. Remove chicken; keep warm. Add onion; green pepper, garlic and curry powder to kettle drippings. Saute' until soft. Add tomatoes (breaking with spoon), raisins and reserved chicken; cover. Simmer 1 hour or until chicken is tender. Arrange chicken on bed of rice. Spoon sauce over top.

TURKETTE

Ladye Clason

2 c. cooked chicken or turkey
 1/4 c. diced pimiento
 1/4 c. diced green pepper
 1/2 c. small onion (cut fine)
 1 can cream of mushroom soup
 1/2 tsp. salt
 1/4 tsp. pepper
 1 3/4 c. grated sharp Cheddar cheese
 1 1/4 c. cooked spaghetti (tender and break it up)

Reserve 1/2 cup cheese to put on top of dish 1 hour before serving. Combine all together and bake in greased pan or dish, 350° oven for 45 minutes, uncovered.

Each time you turn the pages
 Looking for something new to cook
 Fondly remember each person
 Who makes possible this book.

FISH

SALMON LOAF

Maud Sorensen

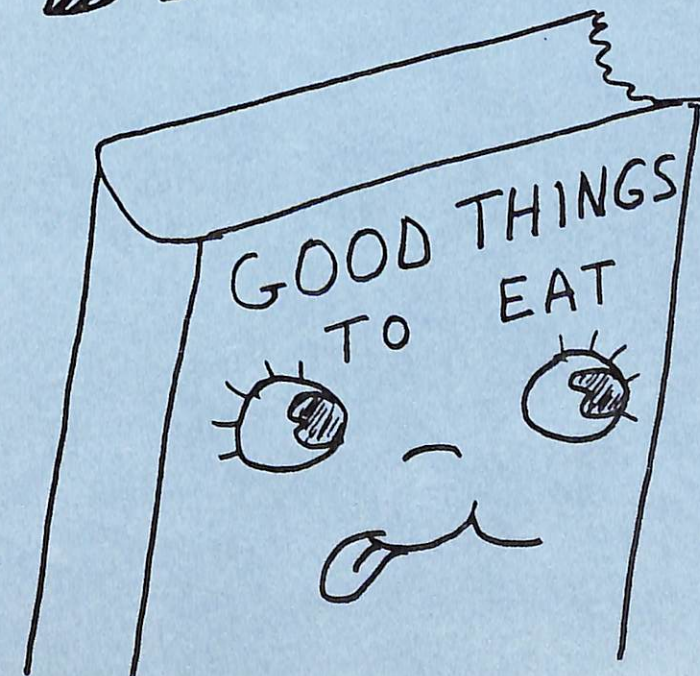
1 (No. 1) can red salmon
 2 tsp. butter
 1/2 c. chopped celery
 1/2 c. chopped onion
 1/2 c. soft bread crumbs
 2 eggs

1 can evaporated milk
 2 T. chopped parsley
 2 T. lemon juice
 1 tsp. Worcestershire sauce
 1/2 tsp. salt

Preheat oven at 350°. Grease 8 1/2 x 4 1/2 x 2 1/2 inch pan. Line with wax paper and grease. Drain salmon, remove skin and bones. In hot small skillet, saute' onion and celery until tender. Stir in bread crumbs. Remove from heat. In medium bowl, slightly beat eggs. Stir into bread mixture, the parsley, Worcestershire sauce and salt. Fold in salmon and lemon juice until blended. Turn into prepared pan, bake 45 minutes in a 350° oven. Let stand a few minutes, loosen around sides and turn into heated platter.

* * * * *

LOW
 CALORIE
 AND
 DIETETIC



STEAMED CABBAGE

Linda Wambold

2 heads cabbage (about 2 lbs. each)
1 c. water

1 tsp. salt
2 T. melted butter

Buy young green heads of cabbage. Wash thoroughly and remove the coarse outer leaves. Cut each head into 4 wedges. Bring the water to a boil; drop the cabbage into it. Cover and cook over low heat about 8 minutes or until tender, but firm. Don't overcook. Drain. Toss the cabbage with the butter. Serves 6 - 50 cal. per serving.

STRING BEAN SALAD

Gladys Braun

1 c. cooked fresh or frozen green beans (56 cal.)
1/4 c. grated carrots, raw (15 cal.)

2 T. minced onion (4 cal.)

Mix all together and serve on lettuce leaf with sweet sour dressing. 2 servings at 38 calories per serving.

WALDORF SALAD

2 c. diced celery
2 apples (peeled and diced)

3 T. chopped pecans
3/4 c. sweet cooked salad dressing

Mix together all the ingredients. Serve on lettuce leaf. Serves 6. 80 calories each.

WILTED LETTUCE SALAD

2 slices bacon (diced)
4 T. cider vinegar
2 T. water
1 tsp. grated onion

1 tsp. salt
1 tsp. sugar
2 heads lettuce

Fry the bacon crisp; drain well, but have the bacon in the pan. Add the vinegar, water, onion, salt and sugar; bring to a boil. Break the lettuce into fairly large pieces and pour the hot dressing over it. Toss well. Spinach may be served in the same manner. Serves 6 - 20 calories per serving.

BLUEBERRY ICE

1 (20 oz.) can low calorie blueberry pie filling
1/2 of a 6 oz. can (1/3 cup) frozen lemonade concentrate, thawed

Continued Next Page.

BLUEBERRY ICE (Continued).

Carefully beat pie filling with rotary beater till part of the berries are mashed. Add lemonade concentrate, 3/4 cup water and 1/2 cup of sugar; mix carefully. Pour into 3 cup refrigerator tray; freeze until firm, about 5 hours. Makes 8 servings. 92 calories per serving.

LOW CALORIE VEGETABLE SOUP

Susan Davison

1 can (46 oz.) tomato juice
4 beef bouillon cubes
1/2 head cabbage (shredded)
1 can water
3 chicken bouillon cubes
1/3 c. dehydrated onions

1 pkg. frozen French style green beans
1 pkg. frozen cauliflower
Salt (pinch)

Mix first six ingredients in a large pot and simmer for 30 minutes. Add remaining ingredients and simmer altogether for 30 minutes. Separate cauliflower so it falls apart and looks like rice.

CHOCOLATE ANGEL WITH LIMEADE FLUFF

205 calories per serving

1 pkg. angel cake mix
1/3 c. cocoa powder
1/2 of a 6 oz. can frozen limeade concentrate, thawed (1/3 cup)

2 drops green food coloring
1/2 of a 2 1/2 oz. pkg. (1 envelope) low calorie whipped topping mix

For one-step cake, stir cocoa powder into dry mix.

For two-step cake, stir cocoa powder into flour mixture.

Prepare cake according to package directions. Beat 2 eggs; stir in lemonade concentrate and 1/3 cup sugar. Cook and stir till thickened; add food coloring and cool. Prepare topping mix according to directions. Fold in lime mixture; chill. Serve over cake wedges. Makes 12 servings.

LOW CALORIE CHICKEN ORIENTAL

Marilyn Petersen

2 chicken, cut up (3 lbs.)
1 can (1 lb.) unsweetened pineapple chunks in juice
3 T. wine vinegar
1 T. soy sauce
1/2 tsp. dry mustard

1 tsp. salt
1 T. cornstarch
1/4 tsp. pepper
2 green peppers (seeded and cut in strips)
2 T. water

Continued Next Page.

LOW CALORIE CHICKEN ORIENTAL (Continued).

Place chicken skin side up in a shallow baking dish and surround with pineapple chunks. Mix juice with vinegar, soy sauce, mustard, salt and pepper and pour over chicken. Bake uncovered at 325° for 40 minutes, basting occasionally. Add pepper strips; combine cornstarch and water in a cup. Stir into liquid in baking dish and bake 15 minutes or until thick and bubbly. Serves 6.

BROILED LIVER

1 1/2 lbs. calf's liver (sliced 1/4 inch thick)	1 T. lemon juice
2 T. melted butter <u>or</u> margarine	2 tsp. chopped parsley
1 tsp. salt	1/8 tsp. pepper

Turn broiler on 10 minutes before you will need it. Wash and dry the liver. Grease a broiling pan with a little of the melted butter. Arrange the liver in it side by side. Sprinkle with the remaining butter. Broil 3 inches under the heat, 2 minutes on each side for rare, 3 medium or 4 well done. Season with the salt, pepper, lemon juice and parsley. Serves 6. 180 calories in each serving.

VEAL PAPRIKA

1 tsp. salt	2 onions (finely chopped)
1/4 tsp. pepper	1 T. paprika
1 3/4 lbs. veal (cut in 1 inch cubes)	1 c. chicken broth, fresh or canned
2 T. butter <u>or</u> margarine	1/4 c. yogurt

Sprinkle the salt and pepper on the veal. Melt the butter in a heavy saucepan; brown the veal in it on all sides. Add the onions and brown them. Sprinkle with the paprika and mix well. Add the broth. Cover and cook over low heat 1 hour, or until veal is tender. Stir in the yogurt; heat but do not let boil. Taste for seasoning. Serves 6 - 310 calories per serving.

FRUIT COCKTAIL (Diabetic)

Doris Y. Engelke

1/4 grapefruit (25 grams)	1 T. unsweetened grape juice (15 grams)
1/4 orange (25 grams)	
8 white cherries (water packed) (25 grams)	

Cut grapefruit and orange into small slices. Add cherries. Mix together and drain well.

Continued Next Page.

FRUIT COCKTAIL (Continued).

Sprinkle powdered saccharin over fruits. Add grape juice. Set in refrigerator until ready to serve.

(C 9.7 grams Prot. 10 grams Fat=None Cal. 54)

COCKTAIL SAUCE

1/2 c. diabetic chili sauce	1/2 tsp. Tabasco sauce
2 tsp. lemon juice (10 grams)	1/4 tsp. onion salt
1 tsp. horseradish (grated) (5 grams)	2 tsp. mild vinegar
	1/4 tsp. celery salt

Combine all ingredients. Mix thoroughly. This recipe makes about one cup of the sauce. (C. 7 grams Prot. 2.2 grams Fat=None Cal. 37)

OYSTER STEW

6 medium sized oysters (100 grams)	1/2 c. cream (20 per cent) (120 grams)
1/2 c. cold water	1 tsp. butter (5 grams)
	Salt and pepper (to taste)

Heat oysters in water until edges curl. Add cream, butter, salt and pepper. Reheat and serve. C. 10.7 grams Prot. 13.4 grams Fat 30 grams Cal. 366

BAKED SALMON

1/2 c. canned salmon (75 grams)	1 tsp. onion juice (5 grams)
1 egg (60 grams)	Salt and pepper (to taste)
1 tsp. parsley (chopped) (5 grams)	

Remove skin and bone from canned salmon. Combine salmon meat with the egg which has been slightly beaten. Season with salt, pepper, parsley, and onion juice. Bake in an individual baking dish until done.

C. 1 gram Prot. 21.4 Fat 13.2 grams Cal. 208

HAMBURGER SUPREME (low calorie)

Gladys Braun

1 lb. lean hamburger (678 cal.)	4 tsp. chopped onion (2 cal.)
4 slices tomatoes (32 cal.)	

Divide the hamburger into 8 parts, make into 8 thin patties. Place a slice of tomato and 1 tsp. onion on 4 of the patties, placing the other 4 patties on top. Press the edges together, add salt

Continued Next Page.

HAMBURGER SUPREME (Continued).

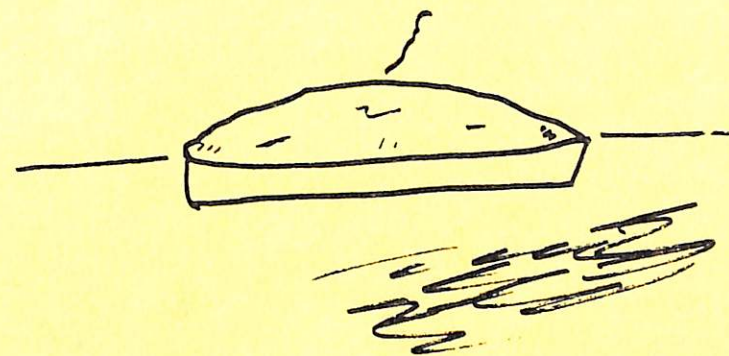
and pepper and broil until done. Serves 4, 178 calories per servings.

PLAIN OMELET

2 eggs (120 grams) 2 tsp. butter (10 grams)
1 T. evaporated milk (15 grams) Salt and pepper (to taste)
Break the eggs and beat the yolks and whites separately.
Combine beaten yolks and whites and add milk, salt and pepper.
Melt butter in a skillet and pour egg mixture into it. Cook
over a slow fire until the mixture is brown on the underside.
Place in a hot oven, 425° and cook for ten minutes. Remove from
the skillet. Fold over. Serve at once.
C 1.4 grams Prot. 13 grams Fat 21.1 grams Cal. 247

* * * * *

PIES



PIES

BUTTERSCOTCH PIE

Betty Davis

1 c. brown sugar
2 eggs
2 T. flour (heaping)

1 c. cold water
2 T. butter
1 tsp. vanilla

Mix sugar and flour together, add the water gradually and stir over fire until thick. Add egg yolks and butter (be sure they are mixed together good before adding), then vanilla. Beat egg whites until stiff, add 2 T. sugar per egg and beat only long enough to have well mixed. Put filling into pre-cooked pie shell, top with egg whites, brown in oven.

(I like pies thick, so often double the recipe, using only 7 T. sugar in meringue.)

DEEP DISH APPLE PIE

Suzanne Davison

9 med. apples
1 c. sugar
2 1/2 T. flour
Dash salt

1 1/2 tsp. cinnamon
1/8 tsp. nutmeg
2 T. butter

Pare apples, slice thin. Mix in sugar, flour, salt and spices. Fill in uncooked pie crust. Adjust top crust. Bake at 400°.

CRUST:

2 c. flour
1 tsp. salt

2/3 c. shortening (Fluffo)
6 to 7 T. water

Sift flour and salt, add shortening; blend. Add water; stir to form ball. Roll out. Add dots of butter over apple mix. Glaze top crust with sugar, butter and milk. You can get 2 pies out of this crust by rolling very thin for a nice flaky crust.

DUTCH APPLE PIE

Gladys Braun

1 pie crust (unbaked)
3/4 c. sugar
3/4 tsp. cinnamon
3 to 4 apples (sliced)

1/2 c. brown sugar
1 c. flour
1/2 c. butter (1 stick)

Mix sugar, cinnamon and apples. Place in pie crust. Mix remaining ingredients until crumbly. Sprinkle over the apples and bake 40 minutes at 400°.

Scatter sunshine everywhere you go.

SPECIAL CHERRY CHEESE PIE

Roberta Hannum Schunke
Torrance, Cal.

1 (8 oz.) pkg. cream cheese
1 (14 oz.) can sweetened condensed milk
1/3 c. lemon juice

1 tsp. vanilla
1 (1 lb. 5 oz.) can cherry pie filling mix

Let cheese stand until it reaches room temperature, then beat until fluffy. Gradually stir in condensed sweetened milk, add lemon juice and vanilla. Stir until well blended. Pour into baked pie crust. Chill two to three hours in refrigerator before putting on the pie filling mix. (Can use blueberry, peach or strawberry pie filling, if preferred.)

PIE CRUST:

1 c. flour
1 T. powdered sugar

1 c. butter or margarine

Sift dry ingredients together, cut in butter until it is the consistency of fine crumbs. Pat in pie tin by hand. Bake at 350° for 15 minutes. Cool before adding the filling.

CHERRY PIE (10 inch pie)

Stella Scheel

1 qt. cherries
(peaches or apricot may be used)
1 c. sugar

4 T. minute tapioca
Dash of cinnamon
1 T. butter

Mix well, cook until slightly thickened. Place in unbaked pie crust, put crust over top.

FRENCH CHERRY PIE

Joanne Jorgensen

1 baked pie shell

Cream 1 large pkg. cream cheese. Add 1/2 cup powdered sugar. Beat well. Whip 1/2 pt. cream stiff. Add 1 tsp. vanilla. Fold whipped cream and cheese together and pour into baked pie shell. Top with 1 can cherry pie filling. Chill.

CHOCOLATE BROWNIE PIE

Baked one 9 inch pie crust.

BROWNIE FILLING:

Melt:
2 sqs. (2 oz.) chocolate
1/2 c. butter

3/4 c. sugar
1/4 tsp. salt

Continued Next Page.

CHOCOLATE BROWNIE PIE (Continued).

in top of double boiler. Stir over hot water until well blended. Cool for five minutes. Add 2 eggs, slightly beaten, stirring until smooth. Blend in 1 tsp. vanilla. Combine 1/2 cup sifted flour, 1/2 cup chopped pecans. Add chocolate mixture and blend well. Bake in slow oven 325° for 25 to 35 minutes. Cool. Before serving, top with sweetened whipped cream or Dream Whip and decorate with grated chocolate and pecan halves.

COCONUT CREAM PIE

Claris Wisner

1 baked 9 inch pastry shell
1/4 c. Argo cornstarch
2/3 c. sugar
1/2 tsp. salt
2 1/2 c. milk

3 eggs (separated)
1 tsp. vanilla
1 c. flaked coconut
6 T. sugar

Mix cornstarch, sugar and salt in double boiler top. Slowly stir in milk. Cook over boiling water, stirring constantly until thick enough to mound slightly when dropped from spoon. Cover; cook 10 minutes longer, stirring occasionally. Stir in a little hot mixture into beaten egg yolks, then stir all into remaining hot mixture. Cook 2 minutes, stirring constantly. Remove from boiling water. Stir in vanilla and 3/4 cup coconut. Cool to room temperature. Turn into pastry shell. Beat egg whites until foamy. Add sugar, 1 tablespoon at a time, beating well after each addition. Continue beating until stiff peaks form when beater is raised. Spread some meringue around edge of filling first, touching crust all around, then fill in center. Sprinkle with 1/4 cup coconut. Bake in 425° (hot) oven 5 minutes or until meringue browns and coconut is toasted. Cool at room temperature away from drafts. Makes 6 to 8 servings.

COCONUT CUSTARD PIE

Gladys Braun

4 eggs
1/2 c. flour
6 T. butter
Dash of salt
2 c. milk

2/3 c. sugar or a little more
1 tsp. vanilla
1 c. coconut
(Coconut or butter flavoring, optional)

Put in blender for 10 seconds. Grease and flour 10 inch pie tin. Bake 350° for one hour. This pie makes it's own crust.

Say HI to a stranger once in awhile.

CREAM PIE

Nell Ford

1/2 pt. cream
1 pt. half & half
4 egg whites

1 c. sugar
1 T. flour
Pinch of salt

Add the flour and salt to the sugar. Whip all together and bake with crust. Sprinkle nutmeg on top.

OLD ENGLISH DATE PIE

Mary Allen

1 1/2 c. dates (cut fine)
1 1/2 c. evaporated milk
3 eggs
1 c. sugar
1 tsp. cinnamon

1/2 tsp. nutmeg
Dash of cloves
3/4 c. Angel cocoanut
(if desired)

Sprinkle dates in unbaked pie shell. Combine rest of ingredients (except cocoanut if used). Beat with rotary beater until well mixed. Pour over dates. Bake at 450° for 15 minutes. Then bake at 325° until knife is clean when put into pie. If you use cocoanut, sprinkle over top and return to oven.

FAIRY PIE

Cream 1/2 cup butter and 1/2 cup of sugar. Add 4 well beaten egg yolks, mix well. Stir in alternately, 1/2 cup sifted flour with 4 T. milk. Last, mix 1 teaspoon baking powder with 2 T. flour and add to batter. Pour into two well greased and floured pans. Now, make the meringue - Beat egg whites stiff and add slowly 3/4 cup of sugar and 1 teaspoon vanilla. Put meringue on each unbaked layer and sprinkle with chopped nuts. Bake 20 to 30 minutes in a 325° oven. When done, do not stand in draft. Beat one cup of cream stiffly, add powdered sugar and small can of drained crushed pineapple and place between layers. Place layer with meringue down on plate and other layer with meringue up.

GRASSHOPPER CREME DE MENTHE PIE

Judy Cilla

Crust:
24 Hydrox chocolate cookies
(crushed) filling and all

1/4 c. butter (melted)

Mix together and pat in piepan - 9 inch. Save 1/2 cup for topping.

1/4 c. creme de menthe
or creme de cacao

2 c. whipping cream
1 jar Marshmallow Creme

Continued Next Page.

GRASSHOPPER CREME DE MENTHE PIE (Continued).

Combine creme de menthe Marshmallow Creme:mixing thoroughly. Fold in whipping cream. Pour in piepan. Top with remaining crushed cookies. Store in freezer. Serves 10 to 12.

FROZEN GRASSHOPPER PIE (Deanna Engelke)

Doris Y. Engelke

Crush 14 Oreo chocolate cream cookies and mix with 2 T. melted butter or oleo. Press this mixture into an 8 inch piepan.

Melt 24 large marshmallows in 1/2 cup milk; let cool. To the cooled marshmallow mixture, add 3 T. creme de menthe and 1 T. creme de cacao. Add 2 cups Cool Whip. Pour into cookie crust and freeze. Serve frozen. 6 servings.

LEMONADE PIE

Vivian Purcell

1 small can lemonade
1 can Borden's milk

1 small carton of Cool Whip

Beat frozen juice and milk together. Pour into crumb crust. Cover with Cool Whip and refrigerate for 2 hours.

MARY ELIZABETH'S LEMON PIE

Doris Y. Engelke

2 c. sugar
Juice of 2 lemons

3 T. cornstarch
3 egg yolks

Mix the above and add 2 cups water and juice of 1 lemon which was boiling while mixing the first 4 ingredients. Cook all together and stir until thick. Add a large piece of butter. Pour into cooled baked pie shell. On a large platter, beat the 3 egg whites with 3 T. of ice water. Use a whisk (no electric mixer here) and beat into stiff peaks, then gradually add 3 T. sugar and continue beating until sugar is used. Bake in a 325° oven to brown meringue. Watch it.

LEMON MERINGUE PIE

Phyllis Klein

1 c. sugar
1/4 c. flour
1/8 tsp. salt
1 c. water
3 egg yolks

2 T. butter or margarine
1/4 c. lemon juice
Grated rind of one lemon
9 inch baked pastry shell

Mix sugar, flour, salt and 1/4 cup water until smooth. Beat egg yolks, add with 3/4 cup water; cook over hot water, stirring constantly until thick. Cover; cook 10 minutes. Add butter or margarine, lemon juice and rind. Pour into pastry shell, swirl meringue on filling. Bake in moderate oven at 325° for 20 minutes.

Continued Next Page.

LEMON MERINGUE PIE (Continued).MERINGUE:

3 egg whites, few grains of salt. Beat egg whites until stiff, then add 3 tablespoons of sugar and one teaspoon of vanilla.

SUPER LEMON PIE

Esther Wallace

1 1/2 c. water 1/4 c. cornstarch
1 1/4 c. sugar 1/4 c. water
Pinch of salt

Boil water, sugar and salt until sugar is melted, then add 1 grated lemon rind. Stir together carefully avoiding lumps, the cornstarch and water. Add to sugar syrup, stirring well. Cook together until thick. Beat 3 egg yolks and add to hot syrup, stirring slowly and constantly. Add juice of 1 lemon (or about 1/4 cup) and 1 tablespoon of butter. Pour in baked pie crust. Cover with meringue while filling is still hot. Bake in 350° oven until meringue is slightly brown, then lower heat to 250° and bake till done or about 1/2 hour.

MERINGUE:

3 egg whites (beaten stiff) 4 T. sugar (folded in)

PASTEL PARTY PIE "Great for summer."

Marilyn Petersen

1 pkg. (10 oz.) frozen sliced strawberries (Fresh strawberries decorate top of pie) 1 pkg. (3 oz.) lemon Jello
1 pt. vanilla ice cream
8 inch baked pie shell

Drain strawberries. Add water to juice to make 1 1/4 cups. Heat to boiling. Dissolve Jello in hot liquid. Add ice cream. Stir until melted. Chill until thickened. Fold in berries. Pour into pie shell. Chill until firm. Slice some fresh strawberries on top. Serve.

PINEAPPLE CREAM FILLING

Mary Brown

3/4 c. sugar 2 egg yolks
2 T. cornstarch 1 1/2 c. scalded milk
1/4 tsp. salt 1 c. crushed pineapple (drained)

Use egg whites for meringue.

If you can't be thankful for what you receive,
Be thankful for what you escape.

BLACK RASPBERRY SOUR CREAM PIE

Ethel Allerton

1 (8 inch) unbaked pie shell 1 c. sour cream - thin with 3 T. milk
1 qt. black raspberries
(if using frozen berries, thaw and drain juice before using)

Mix together:

1 c. sugar 1/4 c. flour
Pour over berries. Spoon cream over berries. Bake at 400° for 45 minutes.

SOUR CREAM RAISIN PIE

Doris Engelke

1 unbaked pie shell 1/2 c. chopped walnuts or pecans
2 eggs 1/2 tsp. pumpkin pie spice
1 c. raisins 1/4 tsp. salt
1 c. dairy sour cream 1/8 tsp. ginger
3/4 c. sugar 2 T. lemon or lime juice

Beat eggs and add sugar. Stir in all other ingredients. Bake in hot oven 450° for 10 minutes, then 350° until filling is firm. Cool.

RHUBARB MACARON PIE

Marlyn Cairns

2 c. sugar 2 eggs
1/2 c. flour 4 c. rhubarb (cut in about 1/4 inch cubes)
1/8 tsp. nutmeg
1/2 tsp. cinnamon 1 uncooked pie shell (9 or 10 inch)
1/2 tsp. salt

Combine first 5 ingredients. Add eggs, blending thoroughly. Add rhubarb; mix well. Put in pie crust. Bake in oven preheated to 350°. Bake about 1 hour or until filling is thickened and knife inserted in center comes out clean.

RHUBARB MERINGUE PIE

Gladys Braun

3 1/2 c. rhubarb (cut) 1/2 tsp. cinnamon
3 egg yolks (beaten) 1/8 tsp. nutmeg
2 c. sugar 3 T. butter (melted)
1/2 tsp. salt 3 T. flour

Mix and put into unbaked pie shell to bake 1 hour at 350°. Beat egg whites into meringue with 4 T. sugar and a pinch of salt. Put on the pie and brown in a moderate oven for 15 minutes.

SODA CRACKER PIE

Nancy Brown

14 soda crackers (roll fine) 12 dates (cut)
 1 c. sugar 4 egg whites (stiffly beaten)
 1 tsp. baking powder 1/2 c. nuts
 1 tsp. vanilla

Bake in piepan. Combine above ingredients and add to beaten egg whites. Bake at 350° for 25 to 30 minutes. Serve with whipped cream.

FRENCH STRAWBERRY PIE

Marlyn Cairns

CRUST:

1 1/2 c. flour (at least unbleached, I use whole wheat)
 pastry flour 7 T. cooking oil
 1 1/2 tsp. sugar 3 T. milk
 1 tsp. salt

Combine flour, sugar, salt in 9 inch pie plate. Combine oil with milk, whipping with fork until mixed. Pour over flour and blend until flour is completely dampened. Press evenly over bottom and sides of plate. Bake 425° oven for 12 minutes. Cool.

FILLING:

1 (3 oz.) pkg. cream cheese 1 c. sugar or 1/2 c. honey
 Milk 3 T. cornstarch
 2 boxes fresh strawberries 1/3 c. water
 (save out beauty for each 1 c. heavy cream
 slice)

Mix cream cheese with milk and spread over bottom of crust. Arrange 1 box of strawberries over cheese. Mash remainder and cook with sugar or honey. Add cornstarch which has been blended with water and cook gently until thickened. Cool and spread over berries in pie shell. Chill and spread with sweetened whipped cream. Plunk a gorgeous berry on each serving.

MILE HIGH STRAWBERRY PIE

Evelyn Blyth

2 egg whites 1 T. lemon juice
 2 c. sugar 2 c. whipped cream or 1 pkg. of
 1 large pkg. frozen straw- Dream Whip or Cool Whip
 berries

Beat egg whites until fluffy, add sugar, strawberries and lemon juice. Beat at high speed 15 minutes (no less), fold in cream and pour into 2 pie crusts.

Continued Next Page.

MILE HIGH STRAWBERRY PIE (Continued).

CRUST:

2 1/4 c. flour 3 T. milk
 2 1/4 tsp. sugar 3/4 c. vegetable oil
 1 1/2 tsp. salt

Pour milk and oil over dry ingredients; mix well. Pat into 2 piepans. Bake 10 to 15 minutes at 425°. Be sure pie crust is cold before putting in above mixture. Refrigerate until ready to serve.

TEA TIME TOFFEES

Blend softened cream cheese (1 (3 oz.) pkg.) and 1/2 cup butter with 1 cup flour; chill. Shape into two dozen balls, one inch in diameter. Place each ball into a greased miniature muffin tin. Press dough around the bottom and up the side of tin to form a miniature pie shell; set aside.

FILLING:

1 egg 1 tsp. vanilla
 3/4 c. brown sugar 2/3 c. pecans (broken)
 1 T. soft butter

Beat the first four items until smooth. Place one half of the broken pecans into the individual formed pie shells. Pour filling into the shell. Top with more pecans. Bake in 350° oven until a delicate brown. Yield: 24 miniature pecan pies.

MAZOLA PIE CRUST

Ethel Fountain

1 3/4 c. flour 1/2 c. Mazola oil
 1 tsp. salt 3 T. water

Mix; roll between 2 sheets waxed paper, size you need. Makes two regular size crusts.

PIE CRUST

Irma Suchy

2 c. flour 1/2 tsp. baking powder
 3/4 c. lard Pinch of salt

Blend with pastry blender until fairly fine. Put a tsp. vinegar in a measuring cup and fill up to a half cup with water. Pour a little liquid and stir around and repeat. Sometimes you do not need the whole amount of liquid. You may handle the dough as much as you like and it will not be tough. I use quite a bit of flour when I roll out my pies. In case you are wondering about the baking powder and vinegar, the baking powder makes the crust easy to digest and the vinegar helps make the crust flaky.

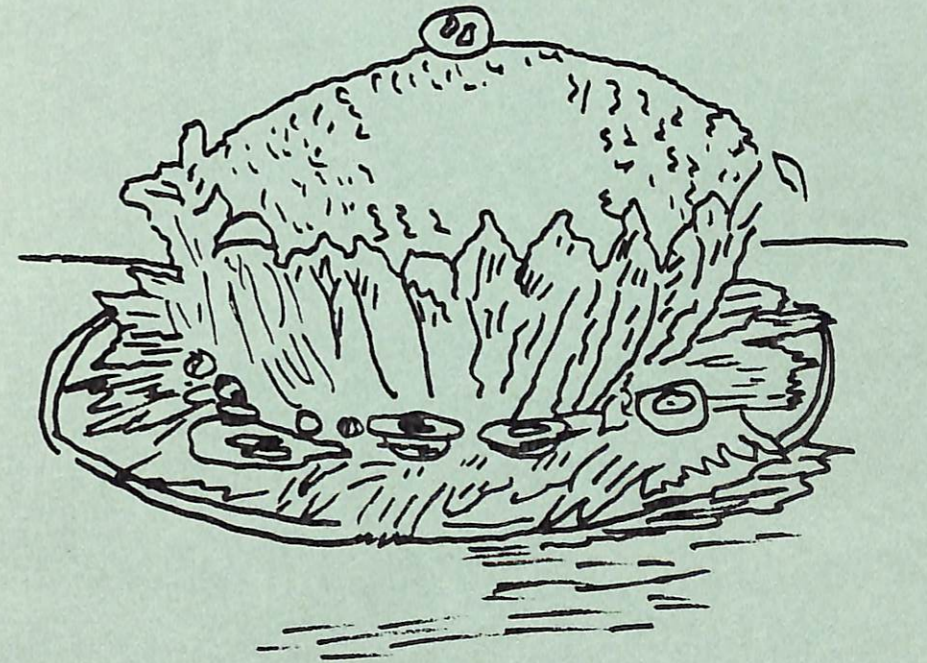
Continued Next Page.

PIE CRUST (Continued).

For shortening, I always use lard. Makes double crust pie and 1 extra crust.

* * * * *

SALADS



SALADS

BING CHERRY SALAD

Laura Lacy

1 T. gelatine	1 large can bing cherries (pitted)
1 T. lemon juice	(pit and stuff with pecans)
2/3 c. orange juice	1 c. cherry juice
2/3 c. water (use 1/2 in gelatin)	2/3 c. sugar

Dissolve gelatine in 1/2 cup of water 10 minutes. Boil cup of cherry juice; turn off fire, add sugar and let dissolve. Add to gelatine and rest of water; the orange juice and lemon juice. Place cherries in mold and pour liquid over them and let set. Serve with mayonnaise and whipped cream dressing.

BLACK CHERRY SALAD

Vivian Purscell

1 (No. 2 1/2) can pitted bing cherries	3/4 c. chopped pecans
1/3 c. lemon juice	1 (3 oz.) bottle stuffed olives (sliced)
1 pkg. orange gelatine	

Drain cherries, add water to cherry syrup and lemon juice to make 1 3/4 cup liquid. Heat, pour over gelatine and stir until dissolved. Chill until partially set; add cherries, nuts and olives. Pour into individual molds or shallow pans; chill until firm.

DOROTHY SCOTT'S BLUEBERRY SALAD

Doris Y. Engelke

1 large can crushed pineapple	1 (3 oz.) pkg. lemon Jello
1 can blueberries	1 (9 oz.) carton Cool Whip
2 (3 oz.) pkg. black raspberry Jello	

Heat 2 cups water to boiling. Add to Jello. Combine juice of berries and pineapple and water to make 4 cups. Put 3 cups of this liquid in Jello. Add fruit. Refrigerate till set. Put remaining 1 cup liquid in 1 (9 oz.) carton of Cool Whip. Spread on top of set Jello.

CABBAGE GRAPE SLAW

Evelyn Blyth

4 c. finely shredded cabbage	1/2 tsp. salt
1 c. seedless grapes	3 T. sugar
1 c. sour cream	Lettuce cups
3 T. lemon juice	

Continued Next Page.

CABBAGE GRAPE SLAW (Continued).

Combine shredded cabbage and grapes. Moisten with a dressing made by mixing sour cream, lemon juice, salt and sugar. Serve in a lettuce cup and garnish with additional grapes. Serves six.

CHICKEN ALMOND SALAD

Marlyn Cairns

3 c. diced cooked chicken	1 c. mayonnaise
1 1/2 c. diced celery	1 tsp. dry mustard
3 T. lemon juice	1/2 tsp. salt
1/2 c. diced apples	Pepper (dash)
1/2 c. pineapple cubes	1/4 c. light cream
1 c. <u>or</u> less toasted almonds (cut up)	

Mix mayonnaise, mustard, salt, pepper and cream. Add seasonings to the chicken, celery, lemon juice, pineapple cubes, and almonds. Toss lightly and chill for at least two hours. Serve on a tray of greens.

CHICKEN WAIKIKI

Maxine Jensen

3 c. diced cooked chicken	Mayonnaise as desired
2 c. diced celery	2 T. pimiento
1 3/4 c. pineapple chunks (drained)water packed	1/4 c. slivered almonds
Serves 6.	1 lime (rind and juice)

COTTAGE CHEESE SALAD

Vivian Purscell

1 small carton creamed cottage cheese	1 small carton Cool Whip
1 small pkg. lime Jello	1/2 c. small marshmallows
1 small can (drained) pineapple tidbits	

Pour dry Jello over cottage cheese. Stir until dissolved. Add pineapple, Cool Whip (thawed out) and marshmallows. Stir all together and leave overnight. Put cherries on top.

CRAB MEAT SALAD

Ronda Bradman

1 can crab meat	1 c. cooked frozen peas
1/2 c. chopped celery	3 to 4 T. whipped salad dressing
3 T. chopped onion	Chopped ripe olives (optional)

Continued Next Page.

CRAB MEAT SALAD (Continued).

Combine crab meat, chopped celery, onion, peas and olives. Add enough dressing to hold the mixture together. Let chill for a couple of hours. Serve on lettuce leaves. Makes four half cup servings.

CRANBERRY SALADRoberta Hannum Schunke
Torrance, Cal.

2 c. raw cranberries (ground)	1/2 c. nuts (chopped)
1 orange (ground)	1/2 c. orange juice
1 apple (chopped)	1 (3 oz.) pkg. orange Jello
1/2 c. celery (chopped)	1 c. boiling water
1/2 c. sugar	

Dissolve Jello in one cup boiling water, add orange juice. Let stand until half jelled, then add balance of ingredients.

CRANBERRY SALAD

Charlene Caruso

1 pkg. cherry Jello	1 T. pineapple juice from 20 oz. can
1 c. hot water	
1 c. sugar	1 T. lemon juice

Mix and chill in refrigerator.

Grind:

1 c. raw cranberries (or frozen)	1 c. crushed pineapple (drained)
1 c. grated oranges	1 c. chopped celery
Add to set Jello	1/2 c. black walnuts

FESTIVE FROZEN CRANBERRY SALADRoberta Hannum Schunke
Torrance, Cal.

1 (14 oz.) can sweetened con- densed milk	1/2 c. chopped pecans <u>or</u> walnuts
1/4 c. lemon juice	1 (9 oz.) frozen non dairy whipped topping (thawed)
1 (16 oz.) can whole cranberry sauce	Lettuce leaves (optional)
1 (20 oz.) can crushed pine- apple (drained)	

In a large bowl, combine sweetened condensed milk and lemon juice. Stir in cranberry sauce, pineapple and nuts. Fold in whipped topping. Spread in 13 x 9 inch baking dish and freeze until firm. Serve on lettuce leaves. Return leftover salad in dish to freezer. Yield 15 servings.

Continued Next Page.

FESTIVE FROZEN CRANBERRY SALAD (Continued).

(Can also add coconut and maraschino cherries for special company dish.)

\$50 SALAD

LuAnn Olson

Dissolve 1 pkg. of lime Jello (3 oz. size) in 1 cup hot water and boil 1 minute. Let cool until syrupy; whip thoroughly.

Mix in Jello:

1 c. chopped pecans 1 c. crushed pineapple (drained)
1 c. pears (drained and chopped) 8 oz. small marshmallows
Make a sauce of 4 eggs beaten, 2 tsp. sugar and 2 tsp. vinegar. Mix thoroughly and cook over low flame until thick; stirring constantly.

Cool sauce and add to Jello mixture. Whip 1/2 pt. whipping cream and add to Jello mixture. Makes large pan or bowl full.

FRANK'S KRAUT SALAD

Jane Olson

1 lb. Frank's kraut 1 small onion (cut fine)
1/2 c. green pepper (cut fine) 1/2 c. sugar
2 c. celery (cut fine) Salt and pepper (to taste)
Drain kraut, mix all ingredients and let stand in refrigerator.
Keeps well.

FROZEN SLAW

Marilyn Petersen

Makes large amount, but great to freeze in small amounts for couples or singles.

1 head cabbage (shredded)

Sprinkle with 1 tsp. salt and let stand one hour.

Mix the following:

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

Boil one minute; cool. Chop 3 sticks celery and 1 1/2 green peppers to cabbage that has been drained. Mix well and put in containers and freeze.

FRUIT SALAD ICE

Betty Davis

1 large pkg. frozen strawberries 4 diced bananas
1 (No. 2) can crushed pineapple 1 c. water
(drained) 2 c. sugar or 1 cup if you prefer
1 (No. 2 1/2) can apricots less sweet, plus thrift
(drained and cut)

Continued Next Page.

FRUIT SALAD ICE (Continued).

Combine fruits. Cook sugar and water to make a syrup. Pour syrup over fruits.

Apportion fruits into small cupcake liners set in muffin tins. Freeze until solid, then remove paper. Store salads in freezer in plastic bag. May serve on endive. Advisable to remove from freezer 10 to 12 minutes before eating time to make the bite easier. Makes about 24 small cups.

FRUIT SALAD

Betty Davis

Mix together and refrigerate in mold:

1 pkg. 3 oz. lemon Jello
(dissolve with 1 cup
boiling water)

Add:

1 c. ginger ale
Cool and add:
1/2 jar black cherries (cup) 1 c. diced pineapple
1/4 c. pecans
1/2 c. green or white grapes
(quartered)

DRESSING:

Equal parts mayonnaise and sour cream.

GOLD AND WHITE SALAD

Betty Davis

4 oz. can pimiento (cut in 1 c. shredded iceberg lettuce
1/2 inch pieces) 1 c. toasted, slivered almonds
1/2 c. pitted ripe olives 3 T. French dressing
(quartered) 1 T. lemon juice
1/2 c. stuffed green olives 1/4 to 1/2 c. mayonnaise
(sliced) Spinach
3 c. shredded cabbage (colorful Endive
to use 1/2 green & 1/2 red,
if desired)
1 c. grated carrots
1/2 med. onion (grated)

Combine first six ingredients and chill in refrigerator. When ready to serve, add lettuce, toss with French dressing and lemon juice. Add mayonnaise to blend. Line salad bowl with spinach and endive leaves. Put salad into prepared salad bowl. Sprinkle almonds over the top. 6 to 8 servings.

JELLO SALAD

Mrs. Clarence Burley

1 pkg. orange Jello 3/4 c. chopped pecans
1 can dark red cherries (pitted)

Mix Jello with one cup hot water and one cup of juice from cherries. When starting to congeal, add cherries and nuts.

LEMON SALAD

Ina E. Smith

Dissolve 2 small or 1 large pkgs. of lemon Jello in 2 cups boiling water. Drain pineapple and add enough 7-Up to make 2 cups and add to Jello. Cool until nearly set. Fold in the following ingredients:

1 (No. 2) can crushed pineapple (drained well)
2 sliced bananas
1 can lemon pie filling
2 c. miniature marshmallows
1 pkg. prepared Dream Whip

Pour in 8 x 13 1/2 inch pan and cool.

LIME JELLO SALAD

Mrs. Clarence Burley

2 pkgs. lime Jello 1 c. pear juice
1 c. boiling water

Let begin to harden and add one pint lime sherbet and 1 cup sour cream. Beat the above until frothy. Add 2 cups cut up pears and 1 cup cut up pineapple. Serve with Cool Whip on top. Can be made the day before.

LUNCHEON CHICKEN SALAD

Mary Allen

1 (3 oz.) pkg. cream cheese 1 1/2 c. cooked chicken
 (softened) 1 (13 1/2 oz.) (1 1/2 cups) pine-
1/2 c. sour cream apple tidbits (well drained)
Dash salt 1 (8 oz.) can (1 cup) jellied
3/4 c. sliced celery cranberry sauce
1/2 c. black walnuts
2 T. chopped green pepper

Chill cranberry sauce, cut into cubes. In mixer bowl, beat together cream cheese, sour cream and salt. Stir in celery, walnuts, and green pepper. Fold in chicken and pineapple tidbits; chill mixture thoroughly. Top with cranberry cubes when ready to serve. Makes 4 to 5 servings.

You can't expect people to see eye to eye with you if you look down on them.

MARLENE'S FRUIT SALAD

Beverly Martin

1 can mandarin oranges
1 can chunk pineapple
Banana

1 pkg. vanilla tapioca pudding
1 pkg. orange tapioca pudding
Miniature marshmallows

Drain off juice from canned oranges and pineapple and add enough water to make 3 cups of liquid. Bring liquid and puddings to a boil and cook just a little. Cool. Add oranges, pineapple, 1 sliced banana and a handful of miniature marshmallows.

FROZEN NECTARINE SALAD

Evelyn Blyth

1 c. unpeeled apricot wedges
1 c. strawberries (halved)
1/2 c. halved seedless grapes
1/2 c. pineapple tidbits
 (drained)

1 c. mayonnaise
1 T. unflavored gelatin
2 T. canned pineapple juice
1/2 c. whipping cream
2 T. confectioners' sugar

Soak gelatin in pineapple juice five minutes. Dissolve over hot water. Combine gelatin, fruit and mayonnaise; mix well. Let stand a few minutes. Whip cream; add sugar. Add to fruit mixture; mix well. Freeze until firm. Serves eight.

ORANGE TAPIOCA SALAD

Nadine Jacobsen

1 box vanilla tapioca
 pudding

1 c. milk

Boil until thick.

1 (3 oz.) orange Jello dissolved in 1 c. hot water

Stir the 2 above mixtures together while hot. When cool, fold in 2 cups whipped cream and 1 can mandarin orange sections. Refrigerate.

OVERNIGHT TOSSED GREEN SALAD

Linda Wambold

1 head iceberg lettuce
 (med. size)
1 (10 oz.) pkg. fresh spinach
1/2 c. sliced green onions
1 pt. cherry tomatoes (halved)
1 (10 oz.) pkg. frozen peas
 (thawed)
1 lb. bacon, diced, cooked
 and drained

1 1/2 c. mayonnaise
1 c. dairy sour cream
2 T. lemon juice
1/2 tsp. oregano leaves
1/4 tsp. basil leaves
1/4 tsp. salt
1/8 tsp. pepper

Tear lettuce and spinach into bite size pieces in a very large salad bowl. Add onion, tomatoes, peas, and bacon; toss gently.

Continued Next Page.

SEVEN-UP SALAD (Continued).

Add lemon and walnuts and food coloring and pineapple. Chill until almost set. Fold in Dream Whip; chill.

SPICED PEACH FRUIT MOLD

Betty Davis

1 (No. 303) can bing cherries	1 pkg. lime flavored gelatin
1 (No. 2 1/2) can cling peach halves	1 c. diced, unpeeled apple
1 T. whole cloves	1/2 c. Tokay grapes (halved and seeded)
2 to 3 inch stick cinnamon	1 orange (peeled and diced)
1/4 c. lemon juice	1/4 c. broken pecans
1 pkg. lemon flavored gelatin	

Drain cherries. Drain peach halves also but reserve the syrup. Add water to peach syrup to make 1 3/4 cups. Pour syrup in saucepan with cloves, cinnamon and lemon juice. Bring to boil, simmer 10 min. Add peaches, heat slowly 5 minutes more. Remove peaches from syrup; place cut side up in 3 quart ring mold (11 inch diameter). Place an equal number drained cherries between each peach half. Strain syrup, measure and add hot water to make two cups. Bring to boil. Add to lemon flavored gelatin, stirring until dissolved. Pour over peaches. Chill until almost firm. Meanwhile, prepare fruits and pecans. Dissolve lime-flavored gelatin in 1 cup boiling water. Add 8 to 12 ice cubes and stir constantly for 3 minutes until gelatin starts to thicken. Remove unmelted ice. Let stand about 5 minutes, add fruits and pecans. Pour over peach layer. Chill till firm. Unmold on crisp lettuce or other greens, fill center with greens. Serve with fruit salad mayonnaise. Fold 1/2 cup mayonnaise into 1/4 cup whipping cream, whipped. 10 to 12 servings.

TACO SALAD

LuAnn Olson

1 lb. ground beef	1 med. onion
1 can red kidney beans	

Brown and chill meat and onion. Add the kidney beans, lettuce, tomatoes, grated cheese, 1 pkg. Dorito chips and 1 bottle Russian dressing. Toss all together. Makes large quantity. Almost a meal.

TACO SALAD

Beverly Martin

1 lb. hamburger	1 can kidney beans (rinsed)
1 head lettuce	Sliced ripe olives
8 oz. Cheddar cheese	Avocado (chopped)
1 onion (chopped)	5 1/2 oz. corn chip
2 or 3 tomatoes	Continued Next Page.

TACO SALAD (Continued).

Put corn chips in just before serving. Use French dressing.

TUNA FISH SALAD "Family Favorite"

Marilyn Petersen

1 can tuna fish (drained)	1 hard boiled egg (chopped)
5 or 6 small chopped sweet pickles <u>plus</u> a few drops pickle juice <u>or</u> equal amount of sweet pickle relish	1/2 apple (chopped with skin left on)
	Mayonnaise (to taste)
	Chopped pecans or walnuts

Mix together using amounts of each to suit own taste. Good as sandwich filling or served on lettuce.

TURKISH EGGPLANT SALAD

Betty Davis

1 lb. eggplant (4 big ones)	2 tomatoes
1/2 c. olive oil	1 onion
1 T. vinegar	6 green peppers
1 lemon	Several black olives
Salt	

Bake or broil eggplant, preferably on gas fire or charcoal fire. Peel off burned skin with a knife. Put 1/2 cup olive oil in a bowl and add eggplant to it, pouring some lemon juice after each one. Salt. Crush the eggplant in the oil with a fork. Then add 1 T. of vinegar and continue crushing. When well mixed, dress it with tomatoes, onions, olives and serve.

TWENTY-FOUR HOUR SALAD

Gladys Braun

1 (8 oz.) can pineapple tidbits	16 marshmallows (1/4 lb. quartered)
2 eggs (slightly beaten)	1/2 c. chopped walnuts
1/4 c. granulated sugar	1 c. seedless grapes
1/4 c. flour	1/3 c. walnut halves
Dash salt	1 c. heavy cream (whipped)
1/4 c. fresh, frozen <u>or</u> canned lemon juice	

Drain pineapple, reserving 1/2 cup syrup. In saucepan, mix syrup with eggs, sugar, flour, salt. Cook over low heat, stirring constantly, until very thick and smooth. Stir in lemon juice. Refrigerate until cool. Fold in whipped cream. Lightly mix in pineapple, marshmallows, chopped walnuts, and grapes. Cover. Refrigerate 24 hours.

Continued Next Page.

TWENTY FOUR HOUR SALAD (Continued).

To serve, spoon into hollowed out pineapple shell or individual lettuce cups set on pretty tray. Garnish with walnut halves. Makes 8 to 10 servings.

WATERGATE SALAD

Rita Boecken

1 (9 oz.) carton Cool Whip	1 c. miniature marshmallows
1 (2 3/4 oz.) pkg. instant pistachio pudding mix (dry)	1/4 c. chopped maraschino cherries
1 large can crushed pineapple (undrained)	1/2 c. chopped dates
	1/2 c. chopped pecans

Fold all ingredients together. Refrigerate.

SALAD DRESSINGS

DOROTHY LYNCH SALAD DRESSING

Phyllis Klein

1 c. salad oil (heat to warm)	1 tsp. salt
1 (10 1/2 oz.) can tomato soup	1 tsp. celery seed
1/2 c. sugar	1 tsp. black pepper
1/2 c. vinegar (or 5 oz.) to your taste	1 tsp. paprika
1/8 tsp. garlic powder	1 T. dry mustard

Cool the oil to warm, put everything in blender and mix. Makes 3 1/2 cups of dressing.

FAVORITE LEMON DRESSING

Gen Stoufer

Juice of 2 large lemons	1 c. sugar
2 oz. water	1/2 c. safflower oil

Stir or shake to blend and dissolve sugar. Use for green salads, fruit salads and marinating vegetables.

FRENCH DRESSING (Very Good)

Alice Wambold

1 c. Mazola or olive oil	1/3 c. sugar (may add little if desired)
2/3 c. vinegar	1 tsp. salt
1/2 c. catsup	1 tsp. paprika
1 grated onion (med. to lg.)	
1 clove garlic (dropped in)	

Mix all together. Shake well.

FRENCH DRESSING

Claris Wisner

1 can (10 1/2 oz.) tomato soup	1 tsp. salt
1/2 c. olive oil or salad oil	1 tsp. dry mustard
1/2 c. vinegar or lemon juice	1 tsp. Worcestershire sauce
1 tsp. sugar	

Mix in blender until well mixed. Store in refrigerator. Makes one pint.

HONEY DRESSING

Alice Pinhero

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

Heat vinegar, honey and lemon juice. Cool and add other ingredients. Good for any salad, but especially fruit salad.

ROQUEFORT DRESSING

Doris Y. Engelke

1 clove garlic (minced)	1/3 c. mayonnaise
1 1/2 tsp. salt	3/4 c. salad oil
1 pt. sour cream	1/4 c. vinegar
	3 oz. pkg. Roquefort cheese

Combine ingredients, mix well and chill. Makes one quart. Very tasty on baked potatoes; as well as salad.

SALAD DRESSING

Louise Hansen Derowitsch

1 can tomato soup	1/8 tsp. garlic powder
1 c. sugar	1 T. dry mustard
1/2 c. cider vinegar	1 tsp. black pepper
1 T. celery seed	1 c. vegetable oil
1 tsp. paprika	

Put in blender and mix until smooth and thick or put in a quart jar and shake well.

SAVORY FRENCH DRESSING (For Fruit Salads)

Doris Y. Engelke

1/2 c. sugar	1 tsp. salt
1 1/2 tsp. paprika	1 c. oil
1 tsp. dry mustard	1/2 c. vinegar

Put dry ingredients into a covered jar and add oil and the vinegar. Shake well. Makes 1 1/2 cups.

JANE STRONG'S SUMMER FRUIT SALAD DRESSING

Gladys Braun

1/3 to 1/2 c. sugar

Juice of 1 lemon (1/4 c.)

2 T. cornstarch

1 c. pineapple juice

Dash salt

1 egg beaten until frothy

Cook until clear and thick. This is good with white grapes,
marshmallows, cantaloupe, pineapple and bananas.

TONCHITA'S DRESSING

Doris Y. Engelke

1 can tomato soup

1 c. vinegar

1 1/2 c. salad oil

1/2 tsp. salt

1 c. sugar

1 tsp. paprika

1 or 2 cloves of crushed
garlic (optional)

Mix well together.

VEGETABLES



VEGETABLES

ARTICHOKES - SPINACH - CHEESE

Betty Davis

1 jar (6 oz.) marinated artichoke hearts (drained)	2 T. margarine
2 pkgs. frozen chopped spinach (thawed)	4 T. milk
2 pkgs. (3 or 4 oz.) cream cheese	Pepper
	1/2 c. grated Parmesan cheese

Put artichoke hearts in a medium casserole. Squeeze the spinach dry and arrange evenly over the artichokes. Beat cream cheese and butter until smooth and gradually add milk. Spread over spinach and then give it a good grind of pepper and sprinkle with cheese. Cover and refrigerate for up to 24 hours. Then bake at 350° for 40 minutes, covered for 30 minutes, then uncover and bake 10 minutes. Serves 4 to 5.

ASPARAGUS AND PEA CASSEROLE

Lee Ames

1 can green peas	1 c. grated cheese
1 can asparagus tips	Salt and pepper (to taste)
1 can cream of mushroom soup	Bread crumbs

Arrange peas, asparagus, soup and cheese in alternating layers in baking dish; add salt and pepper. Top with additional cheese and bread crumbs. Bake at 400° for about 30 minutes. Yield: 6 servings.

BRONCO BEANS (Vegetarian main dish)

Marlyn Cairns

Soak 1 lb. drysoy or pinto beans overnight. Simmer 1 day at low altitude or at least 2 days in mile high city or use canned beans, (2 lbs. or 4 cups).

Saute' onions (at least one, chopped) in some butter. When clear or starting to color, add 2 cups cooked beans with their liquid and mash with potato masher to make a creamy refried texture. Add 2 more cups beans with their cooking liquid, whole.

Season with salt, pepper, garlic, ground cumin oregano and chili powder; heat thoroughly, add sour cream 6 to 8 ozs. and 3/4 lb. grated cheese. Pour into baking dish garnish with 1/4 lb. grated Cheddar cheese and bake 350° oven for 20 minutes. Serve with a green salad and a vegetable or bread.

BOURBON BAKED BEANS

Betty Davis

4 cans Boston style baked beans
 3/4 tsp. dry mustard
 1/2 c. chili sauce
 1/3 c. strong black coffee
 1/3 c. bourbon
 12 slices pineapple
 Brown sugar

Place everything except pineapple and brown sugar in baking dish. Cover and let stand 3 hours or overnight. Preheat oven to 375° and bake covered for 30 minutes. Arrange pineapple on beans and sprinkle with brown sugar and bake uncovered for 40 minutes longer. Serves 12 to 16.

CALICO BEANSOlive Leffler
Via Barb St. Clair

✓ Brown 1/2 lb. ground beef (I use a little more than that), 1/2 lb. bacon, diced and 1/2 cup chopped onion.

Add:
 1/2 c. catsup
 1 tsp. salt
 2 tsp. vinegar
 3/4 c. brown sugar
 1 tsp. dry mustard
 1 (1 lb.) can pork and beans
 1 (1 lb.) can butter beans (drained)
 1 (1 lb.) can kidney beans (drained)

Pour into greased casserole and bake at 350° for 1 to 1 1/2 hours. (I fine it does take more than the hour.)

JANIE SCOTT'S BEANS

Doris Y. Engelke

1 (15 oz.) can baked beans
 3 to 4 T. brown sugar
 1 T. instant onion
 1 tsp. cinnamon
 1/8 tsp. ginger
 1/8 tsp. nutmeg
 2 to 3 slices chopped bacon (raw)
 1 c. catsup

Bake in a 350° oven for 2 hours.

CARROT CASSEROLE

Mrs. Clarence Burley

1 c. cooked mashed carrots
 Add:
 1 beaten egg
 1 1/2 c. milk
 5 T. melted oleo
 1/2 c. crushed ^{crackers} pineapple-chunks
 1/2 tsp. salt
 3/4 c. cheese (cut fine)

Crushed potato chips over the top. Bake 325° for 35 minutes. Do not cover.

GREEN BEAN CASSEROLE

Claris Wisner

2 pkgs. frozen French style green beans or 2 (1 lb.) cans (drained)
 3/4 c. milk
 1 can (10 1/2 oz.) condensed cream of mushroom soup
 1/8 tsp. black pepper
 2 T. diced pimiento
 1 can (3 oz.) French fried onions

Cook frozen beans in salted water. Drain. Combine milk, soup, pepper; pour over beans. Add 1/2 can onions; pour into 1 1/2 quart casserole. Bake at 350° for 20 minutes. Garnish with 1/2 can of onions and pimiento; bake 5 minutes longer. Serves six.

COMPANY BEETS

Claris Wisner

1 T. cornstarch
 2 T. sugar
 1/4 tsp. salt
 1 (9 oz.) can pineapple tidbits
 1 T. butter
 1 T. lemon juice
 1 (No. 303) can sliced beets (drained)

Combine cornstarch, sugar and salt in saucepan, add pineapple (with syrup). Cook and stir until syrup is thick and clear. Add remaining ingredients; heat thoroughly. Makes 4 to 5 servings.

BROCCOLI CASSEROLE

Marilyn Petersen

1 pkg. frozen chopped broccoli
 1 can cream of mushroom soup
 1 can water chestnuts (cubed)
 1 T. dried onion soup mix
 1/2 c. cheese (shredded)
 1 beaten egg
 Buttered crumbs

Place frozen block of broccoli in casserole. Mix all ingredients together and put in casserole with broccoli. Top with buttered crumbs. Bake 350° for 40 to 45 minutes.

CARROTS PIEDMONTESE

"Something different"

Marilyn Petersen

1 lb. pared carrots
 3 T. butter or margarine
 1 small thinly sliced onion
 1 small clove of garlic
 1/2 tsp. salt
 1 T. vinegar
 1 T. finely chopped chives

Slice carrots into thin rings (1/8 inch thick). Cook in boiling salted water, 3 minutes (covered saucepan). Drain, return to saucepan. Add butter, onion, garlic and salt; cover. Cook over low heat, ten minutes or until carrots are crisply tender. Discard garlic, stir in vinegar. Place carrots in serving dish. Sprinkle with chives. Serves 6.

CELERY DISH A LA PATTY (Barb Miars)

Irene Peters

1 large bunch celery
2 cans chicken-rice soup
2 T. butter
2 T. flour

Buttered crumbs (bread)
Salted almonds
Salt and pepper

Cut up celery into soup. Cook for 10 minutes. Drain off liquid and use it for cream sauce. Add salt and pepper. Place all in casserole, cover with crumbs and sprinkle top with salted almonds. Bake at 325° for 45 minutes. This recipe will serve 6, maybe 8 and is a delightful, delicate flavored dish. Good to serve with ham or chicken.

CHILI CORN

Ronda Bradman

1 med. green pepper (chopped)
1 small onion (chopped)
1 T. Wesson oil
1 pkg. (10 oz.) frozen whole kernel corn or 12 oz. can whole kernel corn (drained)

1/4 to 1/2 tsp. chili powder
1/2 tsp. salt
1 pimiento (chopped)

Cook green pepper and onion slowly in Wesson oil, about 5 min. Blend in corn, chili powder and salt. Cover and cook over low heat for 10 minutes. Add the pimiento just before serving. Serves 4.

CORN SCALLOP

Phyllis Klein

1 c. milk
2 eggs
1 tsp. salt
1 T. all purpose flour
1 (16 oz.) can cream style corn

1 (3 oz.) can chopped mushrooms (drained)
3 c. bite size shredded corn cereal (crushed makes 1 1/2 c.)

Mix milk, eggs and flour; beat smooth. Add corn, mushrooms and one cup crushed cereal. Turn into an ungreased round baking dish (8 x 1 1/2 inch). Sprinkle with remaining 1/2 cup crushed cereal. Bake uncovered at 350°, 40 to 45 minutes or until knife inserted just off center comes out clean.

EGGPLANT CASSEROLE

Alice Brooks

1 large eggplant
Salt and pepper (to taste)
Corn meal
Vegetable oil
1 (14 oz.) can peeled tomatoes

1 small can mushrooms
1/2 c. diced green pepper
1 or 2 slices pimientos
Grated Parmesan cheese
Continued Next Page.

EGGPLANT CASSEROLE (Continued).

Peel and slice eggplant, salt and pepper slices and dip in corn meal. Saute' slices in very little oil. Stack in buttered casserole, two pieces, one on top of another. Drain tomatoes and mushrooms, reserve liquid. Pour tomatoes and mushrooms over eggplant. Sprinkle cheese, then add reserved liquid. Bake at 350° for 45 to 50 minutes. Garnish with pimiento.

BAKED EGGPLANT MOUSSAKA

Marlyn Cairns

(1) 1 large eggplant
Salt

(2) 2 onions (diced)
3 cloves garlic
1/2 c. olive oil
1/2 c. butter

(3) 1/2 c. tomato sauce
1/2 c. wine
1/2 c. parsley
1 lb. Jack cheese

(4) 4 T. butter
4 T. flour
2 c. heated milk
Salt, white pepper
4 eggs (beaten)

(5) 1 c. grated Parmesan
1/4 tsp. cinnamon

(1) Cut eggplant in half inch slices. Sprinkle with salt and let stand 20 minutes. Drain. Bake slices on greased cookie sheet 10 minutes at 350°.

(2) Saute' onions and garlic in some of the oil-butter.

(3) Add the parsley, tomato sauce and wine. When heated, remove from heat and gradually add grated Jack cheese. Grease a large casserole. Sandwich filling (2-3) between layers of eggplant which have been brushed with oil-butter mixture.

(4) Prepare white sauce and beat gradually into already beaten eggs. Pour over eggplant.

(5) Brush the top with remaining oil-butter and sprinkle with Parmesan and cinnamon. Bake 1 hour at 350°.

EGGPLANT PARMEGIANE

Florence Ogden

1 med. size eggplant
1 small can of tomatoes
Olive oil

1 small onion
Mozzarella or American cheese
5 eggs (beaten)

Wash and slice eggplant lengthwise. Fry in oil until tender. Place a layer in casserole. Fry small, sliced onion in olive oil, add tomatoes and a little salt and pepper and simmer slowly for 1/2 hour. Add some tomatoes onto layer of eggplant, then layer of sliced cheese and repeat. Continued Next Page.

EGGPLANT PARMEGIANE (Continued).

Pour beaten eggs over the whole mixture. Bake in slow oven for 1 hour.

STUFFED EGGPLANT

Marlyn Cairns

Cut 1 eggplant in half. Cut three 1 inch deep slits inside flesh of each half. Salt slits and let stand 30 minutes. Drain well, bake 20 minutes face down in electric skillet with 1/2 inch of water or on greased cookie sheet at 350°. Drain and scoop out pulp leaving a substantial edge for stuffing attractively. Drain.

Mix together pulp, thickly chopped tomato, scallions, sliced fresh mushrooms, basil, salt and other vegetable you prefer such as celery or green peppers, leaving in bite size pieces. (Maybe walnuts, rice, or sunflower nuts), a little wine and some bread crumbs or cubes. My favorite is whole wheat sunflower bread.

Stuff mixture, bake into eggplant shell, sprinkle with Parmesan cheese and bake in 30 minutes. Just until vegetables are very hot but still crisp.

EGGPLANT, ZUCCHINI CREOLE

Irene Peters

Cut up eggplant and zucchini and parboil 10 minutes in salted water. Drain and put in baking dish. Melt 3 T. flour and 3 T. butter. Peel and chop 3 large tomatoes, 1 green pepper and 1 onion. Add to butter mix, with 1 tsp. salt, 1 T. brown sugar and 1/2 bay leaf. Cook for 5 minutes. Pour over eggplant and zucchini. Cover with bread crumbs or cheese. Bake for 30 minutes. "A delicious way to use up your summer vegetables. I have even put some of this mixture in foil pans and frozen, it can be used in winter when you're hungry for a taste of summer.

HOMINY CASSEROLE

Lee Ames

1 1/4 tsp. salt	1 tsp. sugar
1/2 lb. ground beef chuck	1 1/2 T. flour
1/2 c. chopped onions	2 c. tomatoes and juice
1 tsp. chili powder	1/2 lb. grated cheese
1 tsp. paprika	6 c. hominy (drained)

Sprinkle salt in bottom of skillet; place on heat. Saute' meat in pan; do not use any fat. Add onions, chili powder, paprika and sugar; simmer about 30 minutes. Add flour and tomatoes and half the cheese. Stir in hominy; mix until combined. Place in 9 x 9 inch pan; sprinkle top with remaining cheese. Bake at 325° for 30 minutes. Yield 10 servings.

CREAMED ONION CASSEROLE

Betty Davis

Cook onions (or canned small onions) in salted water, covered, 15 minutes; drain.

Medium white sauce:

2 c. milk	3 to 4 T. flour
3/4 T. butter	

Alternate in buttered baking dish:

Onions - Velveeta cheese - white sauce.

Dry bread rolled fine in melted butter.

Bake 350° for 45 minutes.

ESCALLOPED ONIONS

Dorothy Perkins

Peel and slice 6 or 8 large onions in saucepan. Add water and boil until almost tender. Butter a baking dish, add a layer of onions, then a layer of crackers crumbled, alternate until dish is filled, add salt and pepper and a small pinch of sugar to each layer. Cover with cream and bake.

GREEN PEAS WITH CREAM SAUCE

Vivian Purscell

1 pkg. green peas with cream sauce (frozen)	1/4 tsp. curry powder
---	-----------------------

Cook until smooth. Fold in 1 cup cooked chicken, cover, simmer 5 minutes and serve over rice.

STUFFED PEPPER CUPS

Marlyn Cairns

6 medium green peppers	1/2 c. uncooked long grain rice
1 lb. ground beef	(if you use brown rice, precook it until 15 minutes before tender and omit 1/2 cup water below)
1/3 c. chopped onion	
1 (16 oz.) can tomatoes (cut up)	4 oz. processed American cheese (shredded)
1 tsp. Worcestershire sauce	

Cut off tops of peppers, precook in boiling water (salted) 5 minutes; drain. Omit cooking for crisp cooked peppers. Sprinkle inside with salt. Brown meat with onion. Add 1/2 tsp. salt and dash of pepper. Stir in tomatoes, rice, 1/2 cup water and Worcestershire sauce. Cover, simmer 15 minutes. Stir in cheese. Stuff peppers, place in a 10 x 6 x 1 1/2 inch baking dish. Bake at 350° for 20 to 25 minutes. Serves 6.

Tomorrow is often the busiest day of the week.

AU-GRATIN POTATOES

LuAnn Olson

2 lb. bag hash browns (frozen ones)
 1 stick oleo dribbled over top
 1 can cream of chicken soup
 1 tsp. salt
 1/4 tsp. pepper

1/2 c. chopped onion
 2 c. milk
 1 c. sour cream
 1 1/2 c. grated Cheddar cheese

Mix together. Bake at 350° for one hour.

POTATOES ROMANOFF (Good with ham dinner)

From an old friend

6 c. diced cooked potatoes
 2 tsp. salt
 2 c. creamed cottage cheese
 1 c. sour cream

1/4 c. finely minced onion
 1 small garlic clove (crushed)
 1/2 c. shredded American cheese

Cook unpeeled potatoes only until tender, then cool, peel and cut into small cubes. Sprinkle with salt. Combine cottage cheese, sour cream, onion and crushed garlic. Fold in potato cubes and put into a buttered casserole dish. Top with grated cheese and sprinkle with paprika. Bake in moderate oven (350°) until thoroughly heated and slightly browned on top. Six to eight servings.

SAUERKRAUT SPECIAL

Alice Pinhero

1 (2 1/2 size) can sauerkraut
 1 (2 1/2 size) can solid pack tomatoes
 1 c. sugar

1/2 lb. bacon (diced)
 2 medium onions (chopped fine)

Brown lightly the bacon and onions. Add other ingredients; mix well. Bake in 350° oven for 1 hour.

SQUASH CONTINENTAL

Marilyn Petersen

"We love this!" (We only use zucchini)

8 small squash (zucchini or crookneck)
 1/4 c. butter
 2 tsp. water

1 clove crushed garlic
 1/2 tsp. salt
 1/8 tsp. pepper

Cut unpared squash in 1/2 inch rounds. Saute' in mixture of butter, water, garlic, salt and pepper. Cook covered 6 to 8 minutes. Serve while hot, crisp and holds it's shape. Sprinkle with grated Parmesan cheese or Cheddar cheese, if desired.

A frown is a smile turned upside down.

INDIVIDUAL BAKED SUMMER SQUASHES

Betty Davis

Hollow out the tops of young squashes with a spoon, add one extra squash, cut up, for good measure and boil in salted water until tender; drain well.

Add the drained squash to a cream sauce of:

1 c. milk
 2 T. flour
 2 egg yolks

1 tsp. butter
 1/4 tsp. salt

After the two are mixed, return to the raw shells, with bread crumbs on top, bake about 30 minutes at 300° to 350°.

BAKED STUFFED TOMATOES

Betty Davis

6 tomatoes
 1/2 c. chopped broiled bacon
 1/4 c. chopped celery
 1 small onion (minced)

1 c. soft bread crumbs
 1/2 tsp. salt
 1/2 c. grated cheese
 6 tsp. butter

Heat oven to 350° (moderate). Wash tomatoes, but do not peel. Cut slice from top of each, scoop out centers and lightly salt insides. Mix tomato pulp, bacon, celery, onion, bread crumbs, salt and 1/2 of cheese. Fill tomato cavities with mixture. Cover with remaining cheese. Dot with butter. Place in greased muffin cups or greased baking dish. Bake about 30 minutes. Six servings.

TORTA

Mrs. Joseph (Betty) Davis

Saute' 1 large onion until light brown. Add one quart of diced zucchini and 1 can tomatoes or equivalent. Stew until zucchini is cooked. Add 2 level tsp. salt, dash of pepper and 1 tsp. cut parsley. Remove from fire, add one cup bread crumbs, one cup grated sharp Cheddar cheese and 3 eggs, beaten. Bake at 350° for 30 min. or until eggs are set.

STUFFED ZUCCHINI

Lois Blyth

2 (6-9 inch) zucchini
 2 1/2 c. soft bread crumbs
 1 small onion (minced)
 1 tsp. salt
 1/8 tsp. pepper

3 T. chopped parsley
 2 beaten eggs
 1/2 c. grated sharp cheese
 6 slices bacon (fried and crumbled)

Cut squash in half lengthwise, do not peel. Cook 10 minutes. Remove pulp. Mix pulp with crumbs, onions; add a little milk if necessary. Sprinkle with cheese and bacon. Bake 350° for 45 min.

* * * * *

MEN'S GOURMET



MEN'S GOURMET

BEEF A LA ST. LOUIS AMBASSADOR "Marvelous party dish, as it may stand."

1 can beef broth	1 bay leaf
2 T. butter	2 cloves
2 T. flour	2 T. tomato paste
1/2 c. burgundy wine	

Make a smooth sauce with the above. Simmer for about two min. 2 lb. tenderloin, cut on a bias; saute' meat in 2 T. olive oil with 1 green pepper chopped fine and 1 sliced onion. Saute' 1/2 lb. mushrooms in 2 T. butter. Place sauce, meat, mushrooms in layers in casserole. Cover and bake 30 to 45 minutes at 350°.

BEEF BURGUNDY ON RICE

An Executive Chef

2 lbs. cubed chuck	Salt
5 med. diced onions	Pepper
1/2 lb. mushrooms	1/2 c. bouillon
1 pinch of thyme	1 c. burgundy wine
1 pinch of marjoram	1 1/2 T. flour

Braise cubed chuck and onions. Add flour, seasonings and liquids. (Bouillon and wine; you may substitute 1 1/2 cups of bouillon if you prefer to leave out the wine.) Simmer for 3 1/2 hours. If it cooks down, add more liquid in some proportions. Then add the mushrooms and simmer 3/4 to 1 hour longer. If needed, before serving, thicken with a little flour. Serve over the following:

Melt 3 T. butter in a baking dish and stir in 1 3/4 cups Uncle Ben's converted rice. Warm and stir in 2 cans (approx. 13 fluid oz. each) of chicken broth. Add some salt and pepper.

Place in oven and bake at 325° to 350°, for about 45 minutes. Stir it occasionally and if liquid is cooking away to fast, add a little more or use lower temperature. Liquid should have disappeared and rice should be moist when done. Just before serving the rice, add the following: 3/4 cup grated carrot, 3/4 cup chopped green onions, 3/4 cup chopped toasted almonds. Place the beef burgundy and rice in separate serving dishes and let your family or guests serve themselves.

Nothing makes people stoop so low as a keyhole.

BULGAR WHEAT BREAD

Marvin B. Gum

In large mixing bowl, add one cup of bulger wheat to three cups of boiling water. Add 1 tsp. of salt and let it cool to lukewarm. While waiting, sift seven cups of flour in a separate container. Take lukewarm water and mix up 2 pkgs. of dry yeast and add to lukewarm mixing bowl. Blend flour into mixing bowl until uniform and turn dough onto floured board and knead for 5 minutes until dough is elastic. Then, in well buttered large bowl, put dough in warm place to rise. Let rise for 2 hours. Then punch down and put into buttered bread pans. Let rise for 1 hour. Then bake for 50 minutes to 1 hour at 350°.

CHEESEBURGER BAKE

Edward A. Martin

Combine 1 1/2 lbs. hamburger, 2 T. flour and brown with 1/4 cup chopped onion in skillet. Add 1 cup tomato sauce, 1/2 cup catsup, 1 tsp. salt and 1/8 tsp. pepper; mix well. Pour into 8 or 9 inch square baking dish. Top with 1 cup shredded (or 1/4 lb. sliced) American cheese. Cover with 9 biscuit squares, place side by side on top of cheese-meat mixture. Bake 20 to 25 minutes at 425°.

BISCUIT SQUARES:

Sift together 2 cups sifted flour, 3 tsp. baking powder and 1/2 tsp. salt into mixing bowl. Cut in 1/4 cup shortening until particles are fine. Add 3/4 cup milk. Stir till dough clings together in a ball. Let rest 5 minutes. Knead lightly. Roll out to 8 or 9 inch squares to fit baking dish. Serves 6 to 8.

CHILI CON CARNE

Floyd G. Davis

2 lbs. beef	1 large onion (chopped)
2 T. chili powder (Gebhardt's)	2 tsp. salt
2 cloves of garlic (minced)	1 1/2 quart hot water
3 T. flour	1 (No. 2) can Mexican style beans
4 T. fat	1 (No. 1) can tomato puree
2 T. chopped suet	

You may use the cheaper cuts of beef (stew meat) and cut in small chunks (do not grind); remove gristle.

Mix thoroughly with chili powder, garlic and flour. Melt fat and suet in a large, deep pot and fry onion until tender before adding the meat. Simmer 45 minutes or until meat is tender. Then add the red beans and heat thoroughly before serving. We always add one teaspoon of crushed comino seed and the tomato puree with the beans. This chili is even better if made one day and served the next. You can add a little more here or little less there, according to your taste.

SCOTT PETER'S CROCK POT ROAST BEEF

Scott Peters

3 lb. roast	1 T. instant minced onion
1 bouillon cube	1 tsp. caraway seeds
1 c. boiling water	2 tsp. salt
1/4 c. catsup	1/2 tsp. pepper
1 T. Worcestershire sauce	

Mix all these ingredients and pour over meat in crock pot. Cook all day on low. After meat is tender, drain off the juice and thicken with some flour. Add 1 can mushrooms and some sour cream and pour back over the pot roast just before serving. Yumm, good. Throw in a little red wine along the way.

TEEN BEAN BAKE

Edward A. Martin

Grease 13 x 9 x 2 inch pan. Combine in pan the following:

1/2 lb. wieners (cut in 1/2 inch pieces)	1/2 c. catsup
3 1/2 c. baked beans (2 (1 lb.) cans)	1 T. mustard
	1/2 c. water

Sift together 3/4 cup flour, 1 T. sugar, 1 1/2 tsp. baking powder, 1 tsp. salt. Stir in 2/3 cup corn meal. Add 1 slightly beaten egg, 2/3 cup milk, 1/4 cup oil and 1/3 cup chopped onion. Spoon over beans in baking pan. Bake 400° for 35 to 40 minutes. Serves 8 to 10.

OLD FASHIONED SAUERBRATEN

An Executive Chef

1 (4 lb.) chuck roast	2 T. celery flakes
2 tsp. salt	1/4 tsp. thyme
1/4 tsp. pepper	1 tsp. mustard seed
1/2 tsp. monosodium glutamate	1 large carrot (sliced)
2 c. water	1/4 c. sugar
2 c. vinegar	1/2 c. red wine (optional)
1/2 c. instant chopped onions	Flour
3 bay leaves	2 T. oil
12 whole black peppers	1/4 c. raisins (plumped)
6 whole cloves	18 dark gingersnaps (crushed)

Rub roast with salt, pepper and monosodium glutamate. Place in large bowl or crock with water, vinegar, onions, bay leaves, whole pepper, cloves, celery flakes, thyme, mustard seed, carrot and sugar. Add wine if desired. Cover and marinate in refrigerator 3 days. Turn several times. When ready to cook, remove meat from marinade, dry and dust with flour. Brown on all sides in hot oil. Add marinade. Cover and simmer 3 hours or until tender. Remove meat to hot platter and keep hot in oven. Strain stock. Add raisins and ginger snaps.

Continued Next Page.

OLD FASHIONED SAUERBRATEN (Continued).

Cook and stir until thick. Pour part of gravy over meat and pass remaining gravy separately. Makes 6 servings with leftovers.

GAZPACHO

Floyd G. Davis

2 cans (14 oz. each) stewed tomatoes	1/4 c. grated green pepper
1 can (32 oz.) tomato juice	1/4 c. finely chopped celery
1 med. onion (grated)	1/2 cucumber (chopped)
1/2 cucumber (sliced)	Hot pepper sauce, salt and pepper to taste

Combine all ingredients except sliced cucumber. Season to taste (should be spicy). Chill soup thoroughly. Serve in chilled bowls; garnish with sliced cucumber. Yield 8 to 12 servings.

CREPES A LA REINE Serves 12

Chef of the Blackstone

CREPES:

1 1/2 c. flour	2 T. sugar
2 c. milk	1/2 tsp. salt
4 eggs	Butter <u>or</u> margarine

In bowl, beat flour, milk, eggs, sugar and salt until smooth. Chill 1 hour. In hot greased small skillet, cook 24 crepes (6 inches in diameter) on both sides, using 2 tablespoons batter for each.

FILLING:

1 can (10 1/2 oz.) condensed cream of chicken soup	1/4 c. light cream
1 can (10 1/2 oz.) condensed cream of mushroom soup	4 c. diced cooked chicken
	1/2 c. sherry

In a saucepan, blend soups until smooth; stir in cream, sherry and chicken. Heat, stirring now and then. Fill each crepe with 2 tablespoons chicken mixture and roll up. Place 2 filled pancakes on each plate; spoon additional filling at open ends.

CREAM CHEESECAKE "Shades of the Blackstone Hotel"

CRUMB CRUST:

1 c. finely crushed zwiebach	3 T. melted butter (do not substitute)
1/4 c. powdered sugar	1/2 tsp. vanilla

Mix and pat into 9 x 1 1/2 inch spring form pan; covering bottom and sides. Chill at least 45 minutes.

Continued Next Page.

CREAM CHEESECAKE (Continued).

FILLING:

12 oz. cream cheese	1/2 tsp. vanilla
1/2 c. granulated sugar	3 eggs (beat until lemon color)

Soften cheese, blend with sugar, then add beaten eggs and vanilla. If extra moisture is needed, add 1 tsp. white corn syrup. Pour into crumb crust and bake 20 minutes at 375°. Cool 5 minutes and cover with topping.

TOPPING:

1 c. sour cream	2 T. granulated sugar
1/2 large size pkg. frozen strawberries (thawed and well drained)	

Pour topping over cheese and return to a 475° oven for 5 min. Remove and cool. When cold, spread second half of drained strawberries over cake and chill in refrigerator at least 2 hours. A 9 inch cake, cut 12 generous wedges. It's very rich.

HARRY'S CHEESECAKE

From Harry's Restaurant in Omaha

Mix 2 cups graham cracker crumbs (36 crackers) and 1/4 lb. butter. Line pan. Leave 1/2 cup for topping.

4 small pkgs. Philadelphia cream cheese (3 oz. size)	1/2 c. sugar	1 tsp. vanilla
2 eggs		

Beat eggs, add sugar, add cheese and vanilla. Beat until smooth. Bake 20 minutes at 375°. Remove from oven. Cool 15 minutes.

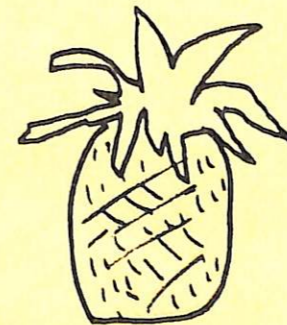
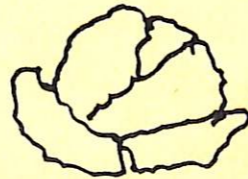
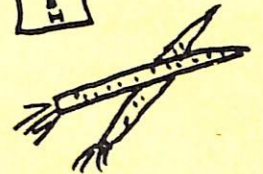
TOPPING:

1 pt. sour cream	1 tsp. vanilla
2 T. sugar	

Spread on top of cake, sprinkle cracker crumbs. Bake 5 minutes at 475°.

* * * * *

SOMETHING MORE



SOUPS

QUICK CORN CHOWDER

Ronda Bradman

1 (10 1/2 oz.) can condensed
cream of mushroom soup
1 (No. 2) can (2 1/2 cups)
whole kernel corn
4 c. milk

1 small onion (sliced)
1 T. fat
1/2 tsp. salt
Dash of pepper

Combine soup, corn and milk. Add onion browned in fat.
Season with salt and pepper. Simmer 15 minutes.
Serves 8.

TAHITIAN FRENCH ONION SOUP

Marlyn Cairns

2-3 medium sized onions
(thinly sliced)
1 clove garlic (minced)
1-2 T. butter
1 T. flour

1 qt. chicken broth
2 c. grated Gruyere cheese or 1/2
cup per bowl
4 small thick slices hard, dry
toasted French bread

Saute' onions and garlic in butter till clear. Stir in flour.
Add chicken broth. Simmer until well flavored. Place French bread
slice in each oven proof soup dish. Add 1/2 cup cheese. Fill with
soup and bake 30 minutes or more in 325° oven until bubbly. Serve.

PONDEROSA SOUP

Olive Leffler

3 avocados
3 c. chicken broth or
bouillon
1 1/2 cucumbers (peeled and
sliced)
3/4 c. sour cream

3 T. lemon juice
1 1/2 tsp. salt
Dash Tabasco
3 large tomatoes (peeled and diced)

Puree avocados with all ingredients, except tomatoes; chill
thoroughly, then garnish with the tomatoes. 6 to 8 servings.
Deliciously cool and attractive looking for a summer luncheon or as
a "dinner soup". Enjoy!

HEARTY TUNA CHOWDER

Marlyn Cairns

Saute':
1/2 c. chopped celery
1/2 c. chopped onion
In 2 T. butter.

Continued Next Page.

HEARTY TUNA CHOWDER (Continued).

Add:

1 large can tuna, 3 cans potato soup or make your own potato soup and 3 soup cans milk. Heat thoroughly but do not boil and serve.

STEAK SOUP (Famous recipe from Pucci's in K.C.) Irene Peters

Melt 1 stick oleo, whip in 1 cup flour to paste, stir in 2 quarts water. Saute' 2 cups ground beef (1 lb.). Drain off grease and add to pot. Parboil 5 minutes the following: 1 cup onions, 1 cup celery and 1 cup carrots. Pour off water and put in blender, make a puree and put in soup. Add the following:

1 pkg. frozen mixed vegetables 1 med. can tomatoes
1 T. Ac'cent 2 T. beef base (BV)
1 tsp. pepper

Bring to boil, then simmer. Taste for salt. It's better after refrigerating for a day, if you can wait that long.

JELLIES - PRESERVES

QUICK RHUBARB JAM (Nellie Wredt) Doris Y. Engelke

5 c. finely chopped rhubarb 3 c. sugar
Bring to a boil and cook for about 5 minutes. Remove from stove. Add 1 small pkg. of strawberry Jello. Stir well and pour into jars. This must be stored in refrigerator after completion. Do not seal. Makes about 2 pints.

RHUBARB JELLY Mary Garrett

4 c. diced rhubarb 4 c. sugar
Bring to boil and boil 12 minutes. Add 1 can (tall thin can) crushed pineapple. Bring to boil and boil 4 minutes. Take off stove and add box of cherry or strawberry Jello (powder). Keep refrigerated. Can be frozen too. Makes 3 to 3 1/2 cups.

CHRISTMAS JAM Gladys Braun

1 pkg. dried apricots (12 oz.) 1 jar (8 oz.) maraschino cherries
1 can (1 lb. 14 oz.) chunk style 6 c. sugar
pineapple
3 1/2 c. water

In large saucepan, combine apricots, pineapple and juice, water and cherry liquid; let stand 1 hour. Cook slowly until apricots are tender.
Continued Next Page.

CHRISTMAS JAM (Continued).

Add sugar and cook slowly, stirring often, until thick and clear. Add cherries, cut in quarters; cook a few minutes longer. Pour into hot sterilized jars; cover with melted paraffin. Makes six 1/2 pint jars.

PICKLES - RELISHES - CANNING

BREAD AND BUTTER PICKLES Doris Y. Engelke

1 gal. cucumbers (sliced) 1/2 c. salt
8 small onions

Sprinkle the salt over the cucumbers and onions, then let stand for 3 hours.

Bring to a boil:

3 c. vinegar 1 T. celery seed
5 c. sugar 1/2 tsp. ground cloves
2 T. mustard seed

Put cucumbers and onions in vinegar solution and just scald.

Do not boil. Put in jars and seal.EVERCRISP PICKLES Mary Garrett

2 lbs. sliced cucumbers 2 c. hydrated lime
(pencil shape)
2 gal. water

Cover sliced cucumbers with solution made of lime water. Let soak for 24 hours; rinse well. Cover with clear water. Soak 2 hours; drain. Make a solution of the following:

2 qts. vinegar 1 tsp. allspice
9 c. sugar 1 tsp. mixed pickling spice
1 tsp. celery seed 1 T. salt

Add green food coloring to your liking. Pour this uncooked solution over drained cucumbers and let stand overnight. Drain off solution and heat to boiling point. Add cucumbers and simmer 35 minutes. Pack in jars and seal. Makes 10 pints plus.

KRAUT RELISH Lee Ames

1 can (No. 303) sauerkraut 1/4 c. finely chopped green pepper
1/2 c. to 3/4 c. finely chopped 1/4 c. minced onion
celery 1/4 c. vinegar
1 c. sugar Continued Next Page.

KRAUT RELISH (Continued).

Use a knife or kitchen shears to chop sauerkraut. Do not drain. Add chopped celery, green pepper and onion. In a saucepan, heat sugar and vinegar to boiling point, but do not boil. Cool slightly and pour over the other ingredients. Refrigerate at least two days before serving.

GREEN TOMATO RELISH

Gladys Braun

Grind:

24 green tomatoes 2 green peppers
8 medium onions 1 red pepper

Add:

3 c. sugar 2 T. salt
2 T. mustard seed 2 c. vinegar
2 T. celery seed

Boil 15 minutes and seal in jars. A very good relish for meat and sandwiches.

LINDBERGH SPECIAL

Claris Wisner

2 medium sized heads of 8 red or green peppers
cabbage 12 medium sized onions
8 medium sized carrots

Grind all the vegetables in the food chopper. Add 1/2 cup of salt and let stand for two hours. Drain and mix with three pints of vinegar, 6 cups sugar and 1 teaspoon each of mustard seed and celery seed.

NOTE: This relish requires no cooking and need not be sealed. Add a little salad dressing the result is a new and appetizing salad.

TO CAN CORN

Claris Wisner

12 c. corn (cut off cob) 1 c. sugar
1 c. salt

Let stand for one hour, then boil for 5 minutes. Pack in sterilized jars, tight and seal. Add no water as corn makes its own juice. When you are ready to eat it, freshen the corn by boiling a number of times, or soaking it overnight. Cook the corn about one half hour, then add cream or seasonings to suit taste.

Honesty is not only the best policy;
It is basic in character building.

CANNED BEANS

Claris Wisner

1/2 gallon beans 3 1/2 c. hot water
1/2 c. vinegar 1 T. salt

The stringless podded beans are the best for canning. Wash and break into pieces. Heat the water, salt and vinegar to the boiling point, then add the beans and cook for five minutes. Put in sterilized jars and fill to the overflowing with the liquor of the beans, adding more boiling water if it is needed. Seal in sterilized jars. To use, drain from the liquid and put in fresh water, changing twice before cooking as for fresh beans.

LARGE QUANTITY RECIPE

HAM LOAF FOR 50

Marjorie Kraushaar

1 box quick oatmeal 1 T. pepper
1 tall can tomato juice 4 med. onions (chopped fine)
12 eggs 5 lbs. ground beef
1/4 c. salt 5 lbs. ground ham

Mix well in large pan. Mold in loaves in flat pans or bread pans. If all is baked at once, 1 1/2 hours at 325°.

HELPFUL HINTS

Sprinkle baking soda on grease spot on wool rug. Let stand overnight. In morning, vacuum up, or brush away. Repeat if necessary.

Use rubbing alcohol to remove printers ink from clothes. Rub in well and then wash.

Place a piece of charcoal in refrigerator to keep odors out.

Wrap cracked eggs in foil and hard or soft egg as usual. Foil holds the white inside the shell.

For neat, unusual deviled eggs, place yolk mixture in your cake decorator; use to fill whites - for fancy eggs; try various attachments, too.

For a children's party game, give each guest a styrofoam snow ball. Set out trays of trimmings: pins, sequins, buttons, yarn, colored paper, pipe cleaners. Award a prize for the most unusual face.

Raisins add a delicious taste to salads, cereals, cookies, or other desserts. Here is a new twist for flavor: rinse raisins and drain; cover with orange juice and store in refrigerator several hours or overnight so the raisins will absorb the juice. Good in apple or grated carrot salad.

Rugs: Freshly spilled ink can be removed by sprinkling with salt. Scrape up the salt as it absorbs the ink. If small stain remains, apply mild liquid detergent with brush. Wipe spot with damp absorbent cloth.

Freeze applesauce in ice cube trays to use as accompaniment for meat courses. One or two cubes are enough for a serving-will defrost in a few minutes.

To remove cod liver oil from Baby's clothes, rub talcum into fresh spot and brush out. Repeat several times, wash as usual.

When whipping cream won't get stiff, add three or four drops of lemon juice.

To keep boiled syrup from crystallizing, add a pinch of baking soda.

To remove onion smell from hands, rub with salt before washing them.

Use powdered sugar to sweetened whipped cream as it holds up nicer and for a longer period of time.

Use cake flour in making scalloped potatoes and they won't curdle.

Brush the tops of two crust pies with cream or milk, then sprinkle with sugar for a nice brown pie.

Use a metal sponge for cleaning eggs.

A soup ladle can serve as a double boiler when placed in a small pan of water (boiling). Use it to melt chocolate, butter, or shortening or top heat baby food.

Stir a half package of chocolate chips into your seven minute frosting while it is still hot. It will turn out creamy and taste wonderful.

An easy made funnel for filling salt and pepper shakers can be made by using the corner of an envelope and cutting off a small portion of the tip.

You can cut a meringue pie clean by coating both sides of the knife lightly with butter.

Tough steak can be tenderized by dipping into ice water just before rolling in flour to fry.

For a quick seasoning for green beans, add 1 tsp. chopped onions to 1/2 cup liquid from sweet pickles and pickles and pour over beans.

Stuff a paper napkin lightly in the neck of vacuum bottles to be stored. Then bottles won't have a musty odor that tightly closed ones may have.

Johnson's Jubilee is a very good polish for patent leather shoes - also good for white or bone white shoes

Use an empty spray deodorant bottle to rinse the leaves of delicate house plants.

ADDITIONAL RECIPES

We hope you are enjoying using this Cook Book and find it useful in your kitchen. This book was printed by GENERAL PUBLISHING AND BINDING of Iowa Falls, Iowa, which is a Company that was founded by two women who are dedicating their time to printing Cook Books for Churches and other organizations at a cost that they can afford to pay. Our aim is to help others with money making projects by printing your favorite recipes in book form.

If you are interested in having Cook Books printed for your organization, please write to us for our Cook Book Kit which gives prices and other details about making money with Cook Books.

PHYLLIS HARRIS

DOROTHY SURRETT

GENERAL PUBLISHING AND BINDING

Iowa Falls, Iowa 50126

If you are interested in more information, tear out this page and mail it to us with your name and address.



