

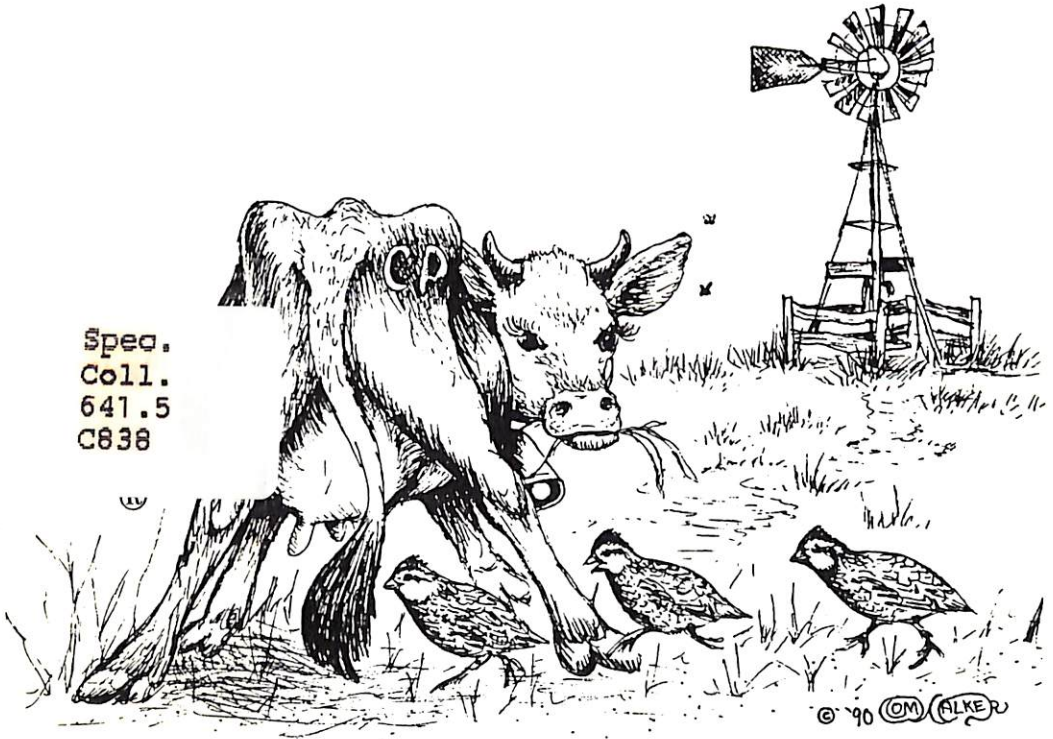
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Cow Patty's Cook Book

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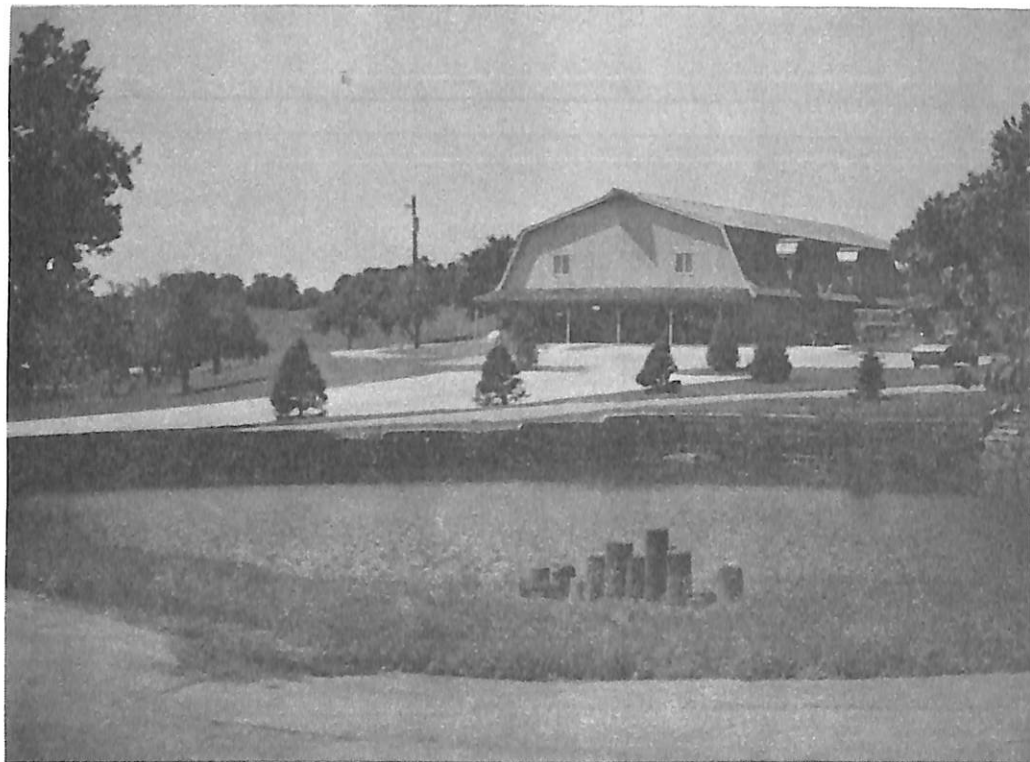
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**SPECIAL
COLLECTIONS**

Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

*Organized by
Cow Patty's daughter
Wendy Fairbanks*



Preface

Cow Patty's began in September of 1988 as a small antique and homemade country crafts shop in the basement of the home of Patty James.

It wasn't long until the whole family pitched in to help make Patty's dream of owning her own business come true.

Two days before the grand opening disaster struck, with a flooded basement that soaked the carpet and destroyed the wood floors. But once again friends and relatives came to the rescue and Cow Patty's opened for business September 10, 1988. Since then Patty hasn't had a peaceful day.

After two years of operating out of the basement Patty realized the need for more room. Thus, Cow Patty's Barn was built to provide 14,000 square feet of shopping pleasure for her customers.

The Barn houses over 50 antique stalls, 25 areas of Homemade Country Crafts, Homemade Candy, Snack bar and restaurant by appointment.

The Barn was designed by her husband, Gary, and built by Gary and friends.

When you visit Cow Patty's, you experience a real country atmosphere. You are greeted by Buck the Great Dane and Bomber the Labrador retriever (he's the one with a stick in his mouth). You will also see the ducks and geese on the pond, the cats, horses and cows roaming over the 160 acres at Cow Patty's.

Now, thanks to Cow Patty's wonderful customers, this cookbook was created. The recipes are a collection of our customers' favorite recipes. Patty's special cheese cake recipe is here also.

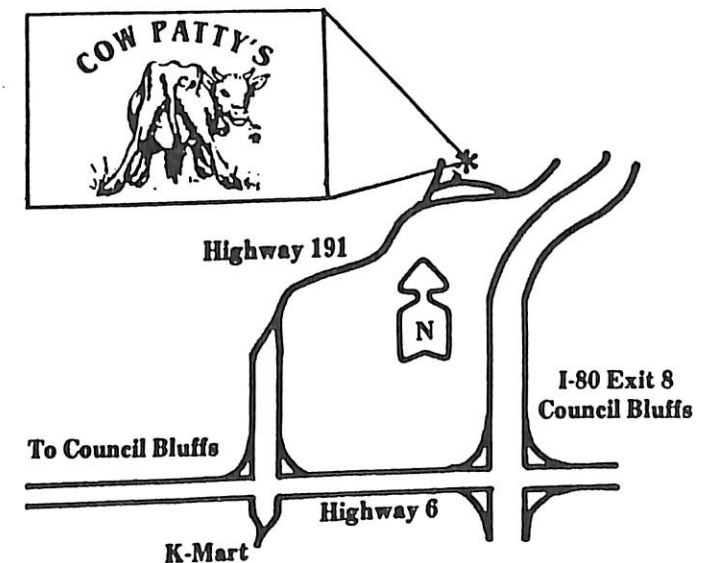
This book is dedicated to all of our customers that helped make it a reality. Hope you have many hours of happy cooking experiences trying out these wonderful recipes.

Cow Patty

How to find COW PATTY'S :

Located just northeast of Council Bluffs, Cow Patty's can be reached by driving two miles north of the intersection of Highway 6 and Highway 191 ("K-Mart Corner") on the eastern edge of Council Bluffs.

The turnoff to Cow Patty's is clearly marked by a blue-and-white highway sign and the turns into the lane are marked by black-and-white "Cow Patty's" signs.





RECIPE FOR A LOVELY DAY

- 4-6 (several) Friends
- 1 Fall Day — suitable for a drive
- 1-2 Autos
- 1 Reservation for lunch at "Cow Patty's"
- 1-2 hours to Browse at the wonderful merchandise

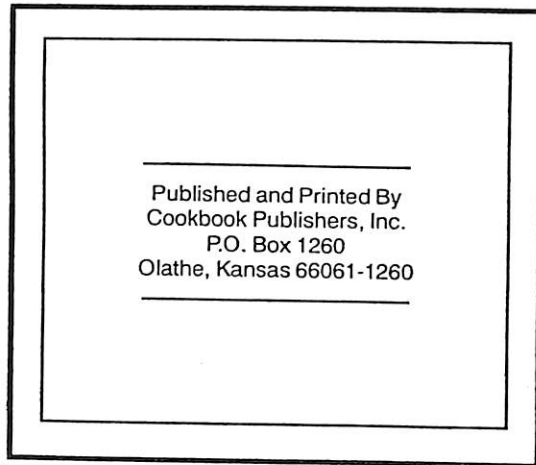
Mix and enjoy a delightful
lunch and a fun afternoon!

Rita Ronk, Council Bluffs IA

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A HANDY SPICE AND HERB GUIDE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

APPETIZERS, PICKLES, RELISHES

COW PATTY'S SALAD DRESSING

2 tsp. celery seed	2 c. sugar
1 Tbsp. salad herbs	1 Tbsp. vinegar
16 oz. sour cream	3 c. milk
3 c. salad dressing	

Beat well. Put in freezer until icy, then pour over lettuce salad.

Cow Patty's

SOUR CREAM SALAD DRESSING

1/2 c. pineapple juice	1 Tbsp. sugar
1 1/2 tsp. lemon juice	1/2 c. sour cream
1/4 tsp. salt	

Mix fruit juices, salt, and sugar. Add cream and stir until smooth. Makes about 3/4 cup.

Effie Olson, Soldier, IA

ROQUEFORT DRESSING

4 oz. Roquefort or Blue cheese	Celery salt
1 c. sour cream	1/4 c. Worcestershire sauce
1 c. salad dressing	Dab of Tabasco sauce
Garlic salt	Dab of mustard
Onion salt	Dab of horseradish

Norene Riley, Soldier, IA

GRANNY'S SALAD DRESSING

1 c. vinegar	1/2 c. catsup
1 c. sugar	1 tsp. garlic salt
1 c. oil	1 tsp. onion salt
1/2 c. water	

Combine and mix. Shake before using. Refrigerate.

Granny Vi, Soldier, IA

DOROTHY LYNCH SALAD DRESSING

1 can tomato soup	1 tsp. onion salt
1 1/3 c. sugar	1 tsp. prepared mustard
1 1/3 c. salad oil	1 tsp. celery seed
2/3 c. dark vinegar	1 tsp. black pepper
1 tsp. garlic salt	1 tsp. salt

Mix in a blender. Store in refrigerator.

Ann Adler, Omaha, NE

SOUR CREAM

2/3 c. cottage cheese
1/4 c. water

1 tsp. lemon juice
Salt

Whip ingredients together and refrigerate.

Marlene Brenden, Soldier, IA

BEET PICKLES

Beets
Water

Sugar
Vinegar

Remove tops and wash beets clean. Cook in water to cover until tender. Put 1 cup to each pint jar. Drain beets and peel. Remove roots. If beets are very large, slice them and pack into jars. Add cold vinegar to fill. Put lids on tight and shake until all sugar is dissolved. Open jars and fill with more vinegar if needed. Seal.

These are very easy and quick to make and are very good. Spices may be added if you like.

Mrs. Ivan Gibbs, Soldier, IA

MICROWAVE BREAD AND BUTTER PICKLES

1 large cucumber, sliced in 1/4 inch
thick rounds (2 c.)
1 medium onion, sliced thin (3/4 c.)
1 c. granulated sugar
1/2 c. white vinegar

1 tsp. salt
1/2 tsp. mustard seeds
1/4 tsp. celery seed
1/4 tsp. turmeric

Mix all ingredients in 2 quart microwave-safe bowl. Microwave on HIGH 7 to 8 minutes, stirring twice, until cucumber is crisp-tender and onion translucent. Ladle into glass jar. Cover. Cool slightly and refrigerate. Makes 2 1/2 cups. Contains 86 calories per 1/4 cup.

Virginia Tourek, Omaha, NE

PEARL'S REFRIGERATOR PICKLES

7 c. sliced cucumbers
1 c. diced green pepper
1 c. onion slices
2 c. sugar

1 c. vinegar
1 tsp. celery seed
1 Tbsp. salt

Place cucumbers, green pepper, and onion in stainless steel or glass bowl. Add salt and let stand for 1/2 hour. Combine sugar, vinegar, and celery seed and pour over cucumbers. Refrigerate. Wait approximately 2 weeks before eating.

Donna Syndergaard, Neola, IA

CANDIED DILL PICKLES

1 qt. sliced hamburger dills
3 c. sugar

2/3 c. cider vinegar
2 Tbsp. mixed pickling spices

Combine sugar, vinegar, and spices. Bring to boil and boil 1 minute. Cool slightly. Drain pickles and repack into quart jar. Strain out pickling spices and pour warm syrup over pickles. Store in refrigerator 1 week before using.

Rosalie Rodenburg, Neola, IA

SUMMER SAUSAGE

2 lb. ground beef
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. onion salt

1/4 tsp. garlic powder
1 Tbsp. liquid smoke
2 Tbsp. Morton's Tender-Quick

Mix all ingredients well. Form in rolls. Wrap in aluminum foil. Refrigerate 24 hours. Prick foil with fork for drainage. Bake at 350°, 1 hour 20 minutes (on rack).

Irene VanEvery, Omaha, NE

CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 (8 1/2 oz.) can crushed pineapple,
drained
1 c. chopped pecans

1/4 c. finely chopped green pepper
2 Tbsp. finely chopped onion
1 tsp. Lawry's seasoned salt
Dash of garlic salt

Cream cheese with fork. Stir in pineapple and 1 cup nuts. Form 1 or 2 balls. Roll in remaining nuts.

Donna Syndergaard, Neola, IA

5-MINUTE "MEXI CHEESE SNACKS"

1 (8 oz.) pkg. shredded Mozzarella
cheese
1 (12 oz.) jar picante salsa
(medium)

1 loaf French/Italian bread
1 (4 oz.) can diced green chiles
Black olives

In a large bowl, combine cheese and salsa. Stir until well mixed. Slice bread lengthwise. Cover each half of bread with cheese and salsa mixture. Broil for 5 minutes, or until golden brown. Add green chiles and black olives if desired. Slice and serve immediately.

Donna Syndergaard, Neola, IA

BEAN DIP

1 lb. refried beans
1 lb. pork sausage
1 small onion, chopped
1 (4 oz.) can chopped green chiles

2 1/2 c. grated Monterey Jack
cheese
3/4 c. red taco sauce
1 small can chopped black olives

Mix and set aside:

1 c. sour cream

2 containers avocado dip

Brown sausage and onion. Drain. Butter casserole dish or 9x9 inch square pan. Spread beans on bottom, then top with sausage mixture. Add green chiles, cheese, and taco sauce. Bake at 400°, 25 minutes. Spread sour cream and avocado dip on top. Top with olives. Serve warm with tortilla chips.

Lisa Gregor, Bellevue, NE

SUPER NACHOS

1 lb. ground beef	8 oz. sour cream
1 onion, chopped	1 mashed avocado
1 can refried beans	3/4 c. taco sauce
1 (4 oz.) can green chili peppers	
3 c. cheese (Cheddar, Monterey Jack)	

Spread refried beans in a greased 9x13 inch pan. Brown ground beef and onion. Drain, then spread over refried beans. Chop green chiles and sprinkle over beef. Top with grated cheese and taco sauce. Bake at 350°, 20 to 25 minutes. Mash avocado and mix with sour cream. Spread over hot mixture. Serve with tortilla chips.

Jan Muller, Griswold, IA

NACHO CHEESE DIP

2 lb. Velveeta cheese	Salt
2 lb. ground beef	Pepper
1 onion, chopped	1 jar taco sauce

Combine taco sauce and Velveeta in crock pot. Melt. Brown beef, onion, salt, and pepper. Drain and add to cheese. Serve with tortilla chips.

Stephanie Ainsworth, McClelland, IA

TORTILLA PINWHEELS

1 1/2 pkg. tortillas	2 cans chopped green chiles
1 pt. sour cream	2 cans chopped ripe olives
2 (8 oz.) pkg. softened cream cheese	12 oz. grated Cheddar cheese

Mix all together. Spread on top of tortillas. Roll up and slice about 1 inch. Serve with Ricardo's chunky salsa for dip.

Nita Dilts, Crescent, IA

CORN CHIP CHEESE DIP

1 large cream cheese	3 Tbsp. light cream
1 Tbsp. mayo	1/4 tsp. salt
1/2 tsp. paprika	2 tsp. lemon juice
3 cloves garlic, grated	1 tsp. Worcestershire
1 tsp. prepared mustard	

Mix cheese with cream until smooth. Add rest of ingredients. Refrigerate. Serve with chips, celery, etc.

Anne Byrne, Omaha, NE

CHIP BEEF CHEESE SPREAD

8 oz. cream cheese	1/4 c. mayonnaise
1/2 c. sour cream	3 tsp. dry onion soup
1 green pepper	1 pkg. chipped beef
1/2 can black olives, chopped	

Mix all together.

Donna Syndergaard, Neola, IA

DILL DIP

3/4 c. sour cream	3/4 c. mayonnaise
1 pkg. green onion dip	1 tsp. Worcestershire
1 tsp. dill weed	1 tsp. Beau Monde
Tabasco to taste	

Mix. Let stand several hours in refrigerator. Serve with raw vegetables.

Donna Syndergaard, Neola, IA

PINEAPPLE FRUIT DIP

1 small instant vanilla pudding (dry)	1 c. milk
1/2 c. sour cream	6 oz. frozen orange juice

Mix well. Hollow out fresh pineapple for bowl.

Donna Syndergaard, Neola, IA

CRAB DIP WITH CHEESE

1 large onion, chopped	1 lb. Velveeta cheese
1/4 lb. butter	1 can or pkg. frozen crabmeat
1/4 c. milk	

Saute onion and butter until onion is tender. Add milk and cheese until melted. Stir in crabmeat. Serve hot in chafing dish with crackers or chips.

Linda Nicholas, Bettendorf, IA

TACO DIP

2 lb. ground beef
1 pkg. taco seasoning
1 can tomatoes

1 can cream of mushroom soup
2 lb. Velveeta cheese
Onion

Brown ground beef and add taco seasoning. Drain grease and add 1 cup water. Let simmer for 5 minutes. Mash tomatoes and add with juice. Add remaining ingredients. Put in crock pot to keep warm. Serve with chips.

Janice Watts, Council Bluffs, IA

SEASONED CRACKERS

2 pkg. oyster crackers
1 pkg. Hidden Valley Ranch salad dressing mix

2 Tbsp. dill weed
3/4 c. vegetable oil

Mix crackers, dressing mix, and dill weed in big bowl. Add oil and stir to mix. Put in paper sack and shake to absorb excess oil. *Enjoy!*

Lisa Gregor, Bellevue, NE

HANKY-PANKY APPETIZERS

1 lb. bulk pork sausage
1 lb. ground beef
1 lb. Velveeta cheese
1/2 tsp. oregano

1/2 tsp. garlic salt
1/2 tsp. Worcestershire sauce
2 loaves party rye bread

Brown sausage and ground beef together and drain. Slice cheese and add to meat mixture. Stir until melted. Add seasonings. Spread mixture on rye slices. Bake at 350° until hot. (Can be made ahead of time and frozen on trays. If frozen, bake 8 to 10 minutes at 350°.)

Bee Lowrey, Omaha, NE

HI PROTEIN SNACK BALLS

1 c. powdered milk
1 c. honey

1 c. crunchy peanut butter
1/2 c. coconut or nuts

Stir and roll into balls. Store in Tupperware.

Peggy Leonard, Omaha, NE

DELICIOUS SNACK

1 stick oleo
12 oz. chocolate chips
1 1/2 c. peanut butter

1 medium box Crispix
2 c. powdered sugar

Melt oleo, chocolate chips, and peanut butter in microwave. Pour over Crispix and mix in large bowl. Place powdered sugar in large brown bag. Put chocolate mixture covered cereal into bag and shake hardy. All pieces will be individual bite-size snacks.

Bev Edwards, Milwaukee, WI

Soups, Salads, Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	¾ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	½ pound and 1½ gal. water	½ pound and 3 gal. water	½ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

CHEESE-BROCCOLI SOUP

1½ qt. chicken stock
1 lb. fresh broccoli or 10 oz.
frozen, chopped (reserve 6 or
8 flowerets for garnish)
⅔ c. flour

½ c. butter
1 small onion, diced
8 oz. Cheddar spread with garlic
5 strips bacon, fried and diced
1 c. hot milk

Cook broccoli in chicken stock. Saute onion in butter. Add flour. Cook 5 minutes, stirring constantly. Add broccoli and chicken stock. Bring to a boil; simmer 10 minutes. Add cheese spread and allow to melt. Add hot milk and bacon pieces. Pour soup into tureen or bowls.

Marilyn Colman, Macedonia, IA

POTATO SOUP

10 to 12 medium potatoes
2 to 3 c. celery
2 to 3 c. ham

1 onion
1 stick butter
3 to 4 c. milk

Dice potato, celery, ham, and onion. Put in covered pan with enough water to just cover and salt. Cook over medium heat until potatoes are tender. Add butter and milk. Salt and pepper to taste.

Wendy Fairbanks, Council Bluffs, IA

CALICO BEAN SOUP

1 lb. browned hamburger
1 can kidney beans with juice
1 can pork and beans (large) with
juice
1 can corn with juice
1 can lima beans with juice
1 Tbsp. garlic powder

1 c. ketchup
1 tsp. vinegar
½ c. packed brown sugar
2 tsp. prepared mustard
2 tsp. Worcestershire sauce
Green pepper to taste
Onion to taste

Cook in crock pot at least several hours, or most of the day.

Lisa Gregor, Bellevue, NE

CREAMED POTATO SOUP

4 c. chicken broth (homemade or
canned)
Chopped celery
Chopped onion
Chopped carrots

8 medium to large potatoes
1 Tbsp. parsley
1 stick real butter
1 pt. non-dairy creamer

Simmer chicken broth, celery, onion, and carrots. Cook potatoes, reserving 2 cups of potato water. Throw potatoes and water in blender. Add to chicken broth mixture. Add parsley, salt and pepper to taste, and 1 stick butter. Stir until melted. Be careful all liquids are still hot. Add 1 pint dairy creamer (found in frozen foods). Keep warm and serve with sandwiches or rolls.

Lisa Gregor and Mom, Bellevue, NE

RED, WHITE, AND BLUEBERRY SALAD

First layer:

1 pkg. raspberry jello 2 c. hot water

Second layer:

1 c. milk ½ c. cold water
1 c. sugar 8 oz. softened cream cheese
1 env. unflavored gelatin 1 tsp. vanilla

Third layer:

1 c. hot water 1 can blueberries with juice
1 pkg. raspberry jello

Dissolve first layer ingredients and pour in 8x12 inch pan. For second layer, heat milk and sugar. Add envelope of unflavored gelatin to cold water. Add this to hot milk. Beat cream cheese plus vanilla. Beat until smooth. Add to milk/gelatin mixture. Mix third layer and pour over second layer.

Donna Syndergaard, Neola, IA

COLORFUL FRUIT SALAD

1 can peach pie filling 1 bottle drained maraschino
1 can drained mandarin oranges cherries
15 oz. chunk drained pineapple 2 medium bananas

Mix and enjoy.

Diane Vandenberg, Council Bluffs, IA

GEORGIA PEACH SEAFOAM SALAD

1 large can peaches 1 (8 oz.) pkg. cream cheese
1 large box peach jello 1 large container whipped topping

Drain and mash peaches, saving 1 cup of the juice. Heat juice to boiling. Add jello and stir to dissolve. Place jello and soften cream cheese in a blender. Blend until smooth. Add mashed peaches. Refrigerate until mixture is cool and thick. Fold in whipped topping and refrigerate in a 8x12 inch pan. Serves 6.

Donna Syndergaard, Neola, IA

CREAMY ORANGE SALAD

1 large vanilla pudding 1 c. miniature marshmallows
1 large orange jello 15¼ oz. crushed pineapple,
2½ c. water drained
12 oz. Cool Whip
2 small cans mandarin oranges,
drained

Mix pudding and jello with water. Bring to a boil and refrigerate overnight. Whip next morning until fluffy. (Ingredients will be sticky and thick.) Combine other ingredients. Makes a large bowl.

Jean Behrens, Council Bluffs, IA

STRAWBERRY FLUFF

1 (16 oz.) pkg. strawberry jello 1 (10 oz.) pkg. frozen strawberries
3 c. water 1 c. whipping cream, whipped
2 c. mini marshmallows

Dissolve jello in water. Add marshmallows and strawberries. When this starts to set up, fold in whipping cream. Place in 9x13 inch pan and when set, cut into squares and serve.

Darlene Conradson, Springfield, NE

CHINESE ALMOND JELLO (White jello - Almond tofu)

2 pkg. unflavored gelatin 1 large can chunk pineapple
⅓ c. cold water 2 cans mandarin oranges
1½ c. milk 1 jar maraschino cherries
⅓ c. sugar 2 c. ice water
1 c. boiling water 2 tsp. almond extract
1 tsp. almond extract 2 tsp. sugar

Mix gelatin and ⅓ cup cold water. Pour into 8 inch square pan. Mix ⅓ cup sugar and 1 cup boiling water. When dissolved, add to gelatin mixture and mix well, then add 1½ cups milk and 1 teaspoon almond extract. Refrigerate until set. Cut into small cubes. Place in large bowl. Add pineapple with juice, oranges with juice, drained cherries, ice water, 2 teaspoons almond extract, and 2 teaspoons sugar (dissolve in fruit juice before adding). Refrigerate for 1 hour. *Very refreshing.*

Lisa Gregor, Bellevue, NE

MOLDED JELLO SALAD

1 pkg. lemon jello ¾ c. crushed pineapple
1 c. boiling water 1 c. chopped celery
½ c. orange juice 1 pickle
½ c. mayo 1 medium carrot, grated

Dissolve jello in 1 cup boiling water. Add orange juice. Let cool and when it begins to thicken or jell, beat and add mayo. Whip well. Add pineapple, celery, pickle, and carrot. Mix well. Pour into mold and chill. Serve on lettuce leaf.

Marie Jensen, Spirit Lake, IA

FRUIT TORTE

- | | |
|--|--------------------------|
| 1 c. sugar | 2 Tbsp. sugar |
| 1/2 c. butter | 1 tsp. ground cinnamon |
| 2 eggs | 1 tsp. grated lemon peel |
| 1 c. flour | 1 Tbsp. lemon juice |
| 1 tsp. baking powder | Make ahead whipped cream |
| Dash of salt | |
| 2 c. quartered or halved and pitted plums or other fruit | |

Butter a 10 inch springform pan; set aside. Cream 1 cup sugar and butter till fluffy; add eggs and beat well. Combine flour, baking powder, and salt. Add to creamed mixture and beat on low speed till well mixed. Spread into prepared pan. Arrange plums or other fruit, skin side up, over top of batter. Combine 2 tablespoons sugar and cinnamon. Sprinkle over fruit. Combine lemon peel and juice; sprinkle atop. Bake in 350° oven for 50 to 60 minutes, or till done. Cool. Top with whipped cream.

Rosalie Rodenburg, Neola, IA

BROCCOLI AND CAULIFLOWER SALAD

- | | |
|---------------------|--------------------------------|
| 4 heads broccoli | 2 jars mayo |
| 3 heads cauliflower | 4 pt. sour cream |
| 2 lb. carrots | 2 pkg. Hidden Valley seasoning |
| 1 bunch celery | Dill |
| 1 onion | Pepper |
| 2 cans black olives | |

Cut broccoli and cauliflower into bite-size pieces. Chop carrots, celery, and onion in food processor in chunks. Mix mayo, sour cream, and Hidden Valley salad dressing seasoning. Add this to vegetables and mix well. Add dill, pepper, and black olives. Makes 1 big Tupperware bowl full.

Stephanie Ainsworth, McClelland, IA

MANDARIN ORANGE SALAD

- | | |
|--|---|
| 2 (11 oz.) cans mandarin oranges | 1 pt. orange sherbet |
| 2 (3 oz.) pkg. orange flavored gelatin | 1 (13 1/2 oz.) can crushed pineapple, drained |

Drain oranges, reserving liquid. Add water to reserved liquid to measure 1 1/2 cups. Bring liquid to a boil. Remove from heat and add gelatin, stirring until dissolved. Add sherbet, stirring until melted. Chill until slightly thickened (20 minutes). Fold in mandarin oranges and pineapple. Pour mixture into a 2 quart mold and refrigerate until firm.

Cow Patty's

SPAZELLO SALAD

- | | |
|--------------------------|----------------------------|
| 1 c. macaroni spazello | 1/2 pkg. mini marshmallows |
| 1 can mandarin oranges | 1 Tbsp. corn starch |
| 1 (20 oz.) can pineapple | 1 tsp. vanilla |
| 1 c. sugar | 8 oz. Cool Whip |
| 2 eggs | |

Cook macaroni spazello for 10 minutes with 1/2 teaspoon salt. Drain and blanch with cold water. Add sugar, eggs, and juices and boil. Add corn starch and some water. Put this in boiling mixture. Boil till clear. Cool this. When cool, add all ingredients, except Cool Whip. Refrigerate overnight and then add Cool Whip. *Very good.*

Stephanie Ainsworth, McClelland, IA

MAKE AHEAD SALAD

- | | |
|--------------------------------|----------------|
| 1 can French style green beans | 1 green pepper |
| 1 can white corn | 1 onion |
| 1 can small peas | 1 c. celery |
| 1 jar pimientos | |

Chop pimientos, onion, and celery very *fine*. Drain beans, corn, and peas. Mix together and stir in dressing.

Dressing: Combine 1 cup sugar, 3/4 cup white vinegar, and 1/2 cup salad oil. Bring ingredients to a boil and cool.

Jean Ulmer, Soldier, IA

YOGURT SALAD

- | | |
|---------------|----------------|
| 3 oz. jello | Fruit cocktail |
| 1 ctn. yogurt | Cool Whip |

Match flavors of jello and yogurt. Sprinkle jello over can of fruit cocktail and stir to moisten. Stir in yogurt and Cool Whip. Pour into serving bowl. Refrigerate.

FIVE BEAN SALAD

- | | |
|-------------------------------------|------------------------------|
| 1 (16 oz.) can green beans | 1/2 c. onion, chopped |
| 1 (16 oz.) can wax beans | 1/2 c. celery, chopped |
| 1 (16 oz.) can peas | 1/2 c. green pepper, chopped |
| 1 (16 oz.) can kidney beans, washed | 1/2 c. cauliflower, chopped |
| 1 (16 oz.) can lima beans | 1/4 c. pimiento, chopped |

Drain beans; place in a large bowl. Add cauliflower, celery, onion, green pepper, and pimiento.

Dressing:

1½ c. sugar
½ tsp. paprika
1 c. cider or white vinegar
½ c. salad oil

Pour dressing over the vegetables and mix well. Cover and refrigerate 12 hours or more. Keeps well for several days.

COW PATTY'S CRANBERRY SAUCE

1 bag fresh cranberries
2 oranges
2 c. sugar
1 red apple

Wash and drain cranberries, apple, and oranges. Use food processor to grate cranberries, apple, and whole oranges. Mix together with sugar and keep refrigerated until served.

Very easy and very good.

Cow Patty's

PRETZEL JELLO SALAD

2 c. crushed pretzels
¾ c. butter
3 Tbsp. sugar
8 oz. cream cheese
8 oz. Cool Whip
1 c. powdered sugar
2 (10 oz.) pkg. frozen strawberries
2 small pkg. strawberry jello
2 c. boiling water

Mix pretzels, sugar, and butter. Press in 9x13 inch pan. Cool. Mix Cool Whip, cream cheese, and powdered sugar; spread on pretzel mixture. Mix jello, water, and strawberries. When it sets, pour over cream cheese. Keep refrigerated.

Mary Smith, Omaha, NE

SEVEN LAYER SALAD

Lettuce
Frozen peas (not cooked, just rinsed)
4 boiled eggs
Onion
Ham
Cheddar cheese

Sauce:

2 c. mayo
2 Tbsp. sugar
1 Tbsp. Hidden Valley dressing

Layer all ingredients, except cheese. Mix sauce and spread over salad. Top with shredded Cheddar cheese. Can also top with tomato, green pepper, or bacon bits.

Stephanie Ainsworth, McClelland, IA

RED HOT SALAD

1 c. red hots
2 c. water
8 oz. cream cheese
1 pkg. lime jello
2 c. water
2 pkg. lemon jello
2 c. applesauce
1 c. crushed pineapple
2 Tbsp. mayo

Put red hots and water in pan and bring to a boil. Stir until candy is all melted. Add lemon jello. Stir until dissolved. Add applesauce and pineapple. Pour into 8x12 inch dish. Let set. Blend cream cheese and mayo together. Dissolve lime jello in hot water and set aside to cool. When first mixture is set, spread cream cheese mixture over the top and set aside. When lime jello cools and starts to gel, pour over cream cheese. Refrigerate overnight. Good salad to serve with ham.

Jean Ulmer, Soldier, IA

MARINATED MACARONI SALAD

1 (8 oz.) pkg. macaroni
¾ c. sugar
⅔ c. vinegar
⅓ c. Mazola oil
1 tsp. salt
1 c. salad dressing
1 c. chopped celery
1 can tuna
Chopped onion (optional)
1 tsp. onion salt
1 tsp. celery salt
Pepper (optional)
Peas (optional)

Marinate overnight the macaroni cooked in sugar, vinegar, Mazola oil, and salt. Drain excess dressing. When ready to prepare, add salad dressing, celery, tuna, chopped onion, onion salt, celery salt, peas, and pepper.

Gaylene Dickinson, Soldier, IA

QUICK CRANBERRY SALAD

1 can whole cranberry sauce
1 small can crushed pineapple
2 pkg. cherry Jell-O
2½ c. boiling water
English walnuts, chopped

Put cranberry sauce in blender and blend for a few seconds. Dissolve Jell-O in boiling water; add cranberry sauce and pineapple. Use juice too. Nuts can either be stirred into salad before refrigerated, or sprinkle on top of salad when partially set. Keeps for days.

Carlyss Major, Soldier, IA

CABBAGE SALAD

1 medium head cabbage
2 carrots
1 green pepper
½ onion, chopped
¾ c. cold water
⅓ c. oil
1 env. Knox gelatine
⅔ c. sugar
⅔ c. vinegar
1 tsp. celery seed
½ tsp. salt
Black pepper

Mix shredded vegetables and sprinkle ½ cup cold water over and chill. Soften gelatine in remaining cold water. Mix sugar, vinegar, celery seed, salt, and pepper. Bring to a boil. Stir in gelatine and cool until slightly thickened. Beat well. Beat in oil. Drain vegetables; pour dressing on and mix well. Chill overnight.

Elaine Hadden, Soldier, IA

CARROT-CHEESE SALAD

- | | |
|-------------------------------|--------------------------------|
| 1 pkg. lemon or orange Jell-O | 1 c. crushed drained pineapple |
| 1 (3 oz.) pkg. cream cheese | 1 c. grated carrots |
| 2 c. boiling water | 1 c. whipped topping |
| 12 large marshmallows, cut up | ½ c. pecans, chopped |

Dissolve Jell-O in the boiling water; add cream cheese broken in pieces and marshmallows. Stir until melted. Let set until partially set. Whip with beater. Add pineapple, carrots, cream, and pecans. Put in mold.

Marceil Frydenlund, Soldier, IA

BUSY DAY SALAD

- | | |
|--------------------------|---------------------|
| 1 c. strained applesauce | Juice from 1 orange |
| 1 pkg. strawberry Jell-O | 1 small bottle 7-Up |

Heat applesauce in pan. Stir in Jell-O until dissolved. Add orange juice and 7-Up. Mix thoroughly after foaming stopped. Pour into mold. Chill.

LaVirta Lee, Soldier, IA

SUMMER SALAD

- | | |
|-----------------------------|-----------------------|
| 1 pkg. lemon gelatin | 1 c. watermelon balls |
| 1 (scant) pt. boiling water | 1 c. cantaloupe balls |
| 2 Tbsp. sugar | 1 c. diced pineapple |
| 1 Tbsp. lemon juice | 1 c. green apples |

Dissolve gelatin in water and then add sugar and lemon juice. Refrigerate and when it starts to set, add fruits. Pour into a mold. Refrigerate.

Stephanie Ainsworth, McClelland, IA

GREEN SALAD

- | | |
|---------------------|-------------------|
| 1 lb. romaine | 3 Tbsp. olive oil |
| 1 lb. spinach | ½ c. red onion |
| 1 Tbsp. honey | 1 c. radishes |
| ½ tsp. cinnamon | 6 oranges |
| 1 c. toasted pecans | |

Toast pecans in oven. Slice onion and radishes very thin. One hour before, slice, peel, and seed oranges. Squeeze remaining juice from pulp. Drizzle honey and cinnamon over oranges. Let stand 1 hour. Fix greens. Drizzle olive oil and toss. Salt and pepper before serving. Toss with oranges and nuts.

Jean Ulmer, Soldier, IA

ROADHOUSE POTATOES

- | | |
|--|--|
| 3 c. half milk or cream | 1 stick oleo |
| 1 tsp. salt | 1 tsp. minced onion |
| 1 (8 oz.) pkg. shredded Cheddar cheese | 1 (2 lb.) pkg. frozen Southern style hash browns |

Melt butter in milk. Add onions and salt. Add potatoes. Pour into a 9x13 inch baking dish and top with cheese. Bake at 350° for 1 hour.

Donna Syndergaard, Neola, IA

WESTERN STYLE BEANS

- | | |
|-------------------------------|---------------------------|
| 1 lb. browned hamburger | 1 pkg. dry onion soup mix |
| 2 (1 lb.) cans pork and beans | ¼ c. brown sugar |
| 1 (1 lb.) can kidney beans | 2 Tbsp. mustard |
| 1 c. catsup | ⅛ c. vinegar |

Drain beans. Cook in crock pot, or bake at 350° for 1 hour.

Marion Vanscoy, Papillion, NE

BEST EVER CORN CASSEROLE

- | | |
|-------------------------|------------------------------|
| 1 can whole kernel corn | 1 (8 oz.) sour cream |
| 1 can cream corn | 1 egg, slightly beaten |
| 1 stick oleo or butter | 1 box "Jiffy" corn bread mix |

Melt oleo in pan. Drain whole kernel corn. Combine all ingredients, mixing well. Bake at 350° for 1 hour, or until nicely browned.

Maudie Aden, Omaha, NE

BAKED BROCCOLI AND CAULIFLOWER

- | | |
|--------------------------------|---------------------------|
| 2 pkg. frozen chopped broccoli | 1 pkg. frozen cauliflower |
| 1 can cream of chicken soup | 1 can Cheddar cheese soup |
| 3 Tbsp. melted butter | 1 c. cracker crumbs |

Cook broccoli and cauliflower as directed and drain. Mix together and place in greased baking dish. Combine soups and heat in pan and pour over vegetables. Combine melted butter and crumbs. Sprinkle over casserole. Bake at 350° for 30 minutes, or until bubbly and light brown.

This dish may be made ahead and kept in refrigerator or freezer till time to bake. If frozen, set out 1 hour before baking.

Patti Rief, Council Bluffs, IA

"CRUMBY" GREEN BEAN CASSEROLE WITH CHEESE

1/2 tsp. chopped onion	1/2 c. milk
2 Tbsp. butter	1/2 c. sour cream
2 Tbsp. flour	2 (1 lb.) cans green beans
1/2 tsp. sugar	4 oz. Swiss cheese, shredded
1/2 tsp. salt	1/3 c. corn flake crumbs
Dash of pepper	1 Tbsp. butter

Cook onion in butter 1 minute. Blend in flour, sugar, salt, and pepper. Add milk. Cook until smooth. Remove from heat and add sour cream. Mix beans and cheese. Spread 1/3 beans in casserole. Put a layer of sauce over the beans. Alternate layers, ending with the beans. Combine corn flake crumbs and melted butter. Spread on top of casserole. Bake at 400° for 20 minutes.

Donna Syndergaard, Neola, IA

ZUCCHINI ROUNDS

1/3 c. biscuit mix	2 slightly beaten eggs
1/4 c. Parmesan cheese, grated	2 c. shredded unpared zucchini
Pepper	

In mixing bowl, combine biscuit mix, cheese, and pepper. Stir in beaten eggs till mixture is moistened. Fold in zucchini. Drop tablespoons of mixture in small amount of oil. Brown on both sides, 2 to 3 minutes on each side.

CORN CASSEROLE

1 can cream style corn	1/2 chopped green pepper
1 can whole kernel corn	4 Tbsp. oleo
3 beaten eggs	1 box Jiffy corn meal bread mix
1/2 chopped onion	Grated Cheddar cheese

Saute onion and green pepper in oleo. Add this to corn meal mix, then add other ingredients. (Do not drain corn.) Pour into large casserole pan. Bake at 325°, 1 1/2 hours, depending on size of pan. Ten minutes before done, sprinkle grated Cheddar cheese on top.

Arlene Hoogensen, Harlan, IA

COW PATTY'S DRESSING

1 (16 oz.) box Stove Top dressing	1 stick butter
1 (8 oz.) pkg. Cheddar cheese	2 c. chicken broth

Follow directions on box.

Cow Patty's

CORN CASSEROLE

1 can whole kernel corn	3 well beaten eggs
1 can cream style corn	1 small pkg. Jiffy corn bread mix
1 container sour cream (small)	A little salt
1 stick melted butter	

Bake at 325° for 1 hour in a greased 2 quart casserole dish.

Doris DeVivo, Council Bluffs, IA

CELERY CASSEROLE

4 c. sliced celery	1/4 c. pimienta
1 (5 oz.) can water chestnuts, drained and sliced	1/2 c. soft bread crumbs
1 can cream of chicken soup	1/4 c. toasted slivered almonds
	2 Tbsp. melted butter

Cook celery till tender crisp, about 8 minutes. Drain. Mix celery, water chestnuts, soup, and pimienta in a 1 quart casserole. Toss bread crumbs with almonds and melted butter. Sprinkle on top of mixture. Bake at 350°, 35 to 40 minutes.

Wanda Leaders, Underwood, IA

SCALLOPED CABBAGE

1/2 head cabbage	1 can cream of mushroom soup
1/4 c. chopped onion	Velveeta or American cheese

Cut or chop cabbage and precook cabbage with onion until tender. Layer cabbage. Add cream of mushroom soup and cheese. Salt and pepper to taste. Bake at 350°, 20 to 25 minutes. Bake in 1 1/2 quart casserole dish.

Kathy Torneten, McClelland, IA

SWISS VEGETABLE MEDLEY

1 (16 oz.) bag broccoli, carrots, and cauliflower, thawed	1/4 tsp. bell pepper
1 can cream of mushroom soup	1 (4 oz.) jar diced pimienta, drained
1 c. (4 oz.) shredded Swiss cheese	1 (2.8 oz.) can Durkee French fried onions
1/3 c. sour cream	

Preheat oven to 350°. In large bowl, combine veggies, 1/2 cup cheese, sour cream, pepper, pimienta, and 1/2 can onions. Pour into shallow 1 quart casserole. Bake, uncovered, at 350° for 30 minutes. Sprinkle cheese and onions over and brown for 5 minutes.

Darlene Conradson, Springfield, NE

SWISS VEGETABLE MEDLEY

1 (16 oz.) bag broccoli, carrots, and cauliflower mix, thawed	1/3 c. sour cream
1 can mushroom soup	1/4 tsp. pepper
1 c. (4 oz.) shredded Swiss cheese	1 can French fried onions

Reserve 1/2 cheese and French fried onions. Put all ingredients in casserole. Bake, covered, at 350° for 30 minutes. Uncover and add remaining cheese and onions. Bake another 5 minutes.

Rhonda Schoening, Carson, IA

PARTY POTATOES

2 lb. frozen hash browns	1 can cream of chicken soup
1/2 c. melted margarine	1 pt. sour cream
1/2 tsp. salt	2 c. crushed corn flakes
2 c. grated Cheddar cheese	1/4 c. melted margarine
1/2 c. chopped onion	

Thaw hash browns. Mix all ingredients, except corn flakes and 1/4 cup margarine. Put into a 9x13 inch pan. Top with crushed corn flakes that have been mixed with the melted margarine. Bake at 350° for 1 hour. If using a glass baking dish, 325°.

Rosalie Rodenburg, Neola, IA

3-BEAN BAKE

1/2 lb. hamburger	3/4 c. brown sugar
1/2 lb. bacon, diced	1/2 c. white sugar
1/2 chopped onion	1/2 c. catsup
1 large can pork and beans	1/2 tsp. dry mustard
1 can red beans, drained	2 tsp. vinegar
1 can lima beans, drained	Salt and pepper to taste

Brown and drain hamburger, bacon, and onion. Stir into remaining ingredients. Bake slowly until heated through.

Shirley Larson, Omaha, NE

COW PATTY'S BAKED BEANS

2 lb. white navy beans	2 small onions
5 lb. ham bone	1 bottle barbecue sauce
2 lb. brown sugar	

Simmer ham bone for 6 hours. Add onion, beans, and enough water to cover beans. Cook beans. Let cool. Put in baking dish with brown sugar and barbecue sauce. Bake on low for 2 hours.

Cow Patty's

BAKED BUTTER BEANS

2 cans Reber's California butter beans	3 Tbsp. Cookies barbecue sauce
1 Tbsp. diced onion	4 Tbsp. brown sugar

Spray a 2 quart casserole with Pam. Empty the 2 cans of butter beans in bottom. Add onions, barbecue sauce, and brown sugar and stir well. Bake in 350° oven at least 45 minutes. Serve from the casserole.

Rosalie Rodenburg, Neola, IA

SCALLOPED POTATOES

5 lb. potatoes	Chunks of ham
1 stick butter	1 lb. Velveeta cheese

Peel and slice potatoes and put in baking dish. Cut butter in chunks and drop on top of potatoes. Place a layer of ham on top and then a layer of cheese. Put a little milk in bottom of baking dish. Cover with foil and bake at 350° for 2 hours.

Cow Patty's

GREEN BEAN CASSEROLE

2 Tbsp. butter	1 tsp. sugar
1 Tbsp. minced onion	1/2 c. milk
2 Tbsp. flour	4 cans green beans
1 tsp. salt	8 oz. shredded Swiss cheese
1 tsp. pepper	1 pt. sour cream

Cook butter and onion together in microwave for 2 minutes, then add flour, salt, pepper, sugar, and milk. Microwave to soft boil. Add sour cream and Swiss cheese to mixture. Drain green beans. Add to mixture. Melt 2 tablespoons butter and 1 cup crushed corn flakes. Place green beans in casserole dish and put corn flakes on top. Bake at 350° for 45 minutes.

Kathleen Nielsen, Council Bluffs, IA

LIVER PATE

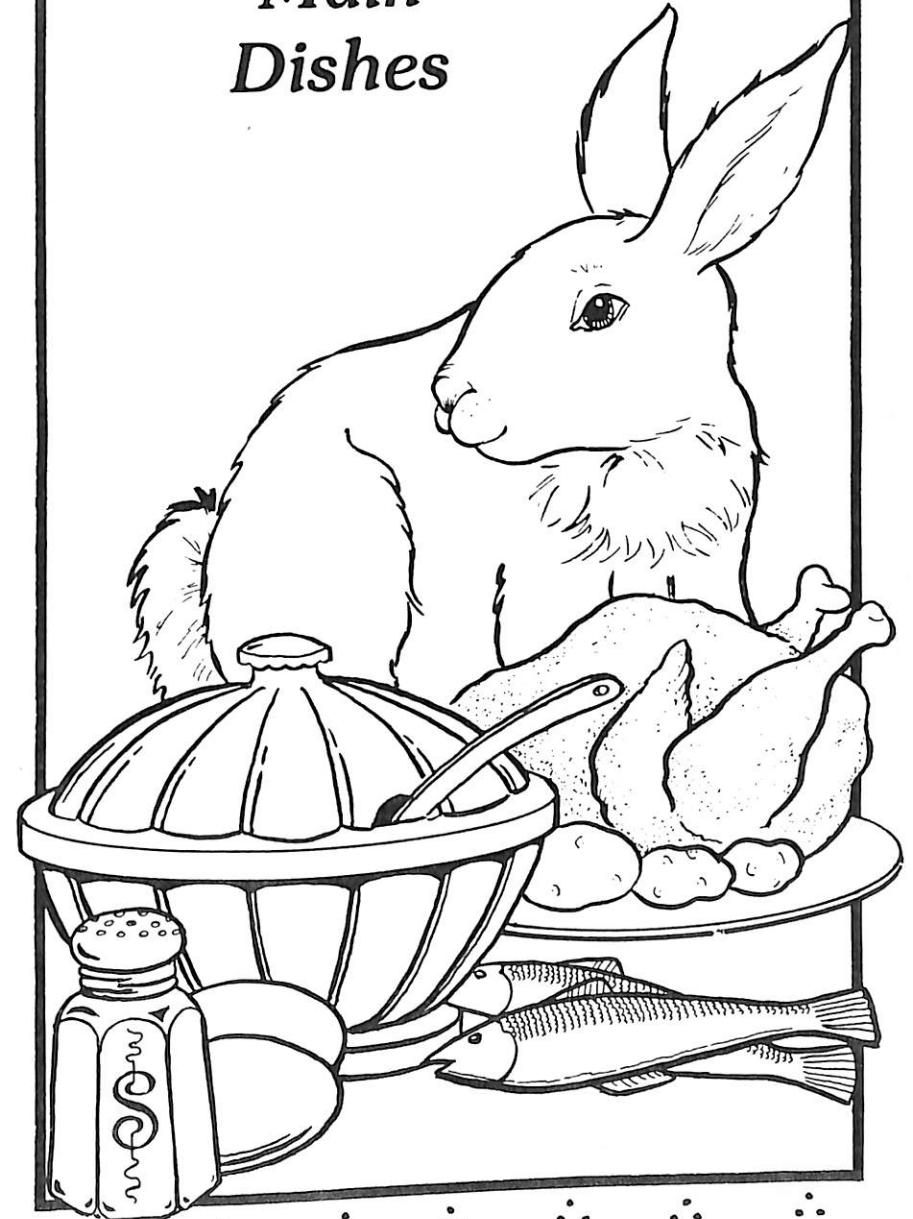
1 lb. liverwurst	1/2 tsp. sweet basil
Pinch of salt	1/4 tsp. mayonnaise
1 (8 oz.) pkg. cream cheese, softened	1/8 tsp. Tabasco sauce

Combine liverwurst, garlic salt, sweet basil, and minced onion. Mold in shape and refrigerate. Combine cream cheese, mayo, and Tabasco sauce. Spread over pate. Refrigerate. Serve with crackers.

Liz Walton, Omaha, NE

Notes

Main Dishes



MEAT ROASTING GUIDE

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

POULTRY ROASTING GUIDE

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

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

MAIN DISHES

STUFFED GREEN PEPPERS

6 green peppers
1 c. rice, cooked
2 lb. hamburger
1 chopped onion
1/2 c. chopped celery
Salt and pepper to taste

1/2 c. chopped green pepper
1 (8 oz.) pkg. shredded Cheddar cheese
8 oz. shredded Mozzarella cheese
1 can tomato sauce

Mix ingredients and stuff peppers. Place in baking dish and cover with a can of tomato sauce. Pour enough water in baking dish to just cover bottom. Cover with tin foil and bake at 350° for 2 hours. Before you serve, add a slice of American cheese on each pepper and melt.

Cow Patty's

COW PATTY'S STUFFED TOMATOES

4 large ripe tomatoes
1 large baked chicken or 2 cans tuna
1 c. mayo
8 oz. Cheddar cheese, shredded

1 c. chopped celery
1 c. chopped cauliflower
1 c. chopped broccoli
1/2 c. chopped black olives
1/4 c. fresh chopped onion

Mix all ingredients and stuff tomatoes. Put on a leaf of lettuce with veggies on the side.

Cow Patty's

BULL GARY SCALLOP SAUCE

2 lb. scallops
4 oz. butter
16 oz. sour cream
4 oz. cream cheese
Dash of garlic powder
Dash of parsley flakes
Dash of vegit flavoring
Dash of salt and pepper

Cauliflower
Broccoli
Carrot slices
Mushroom slices
Mozzarella, grated

Melt butter in wok. Add scallops until cooked, then add remaining ingredients. Serve over linguini or spaghetti. Add milk to thin.

Bull Gary

BEEF STROGANOFF

1 1/2 lb. round steak
1 (10 oz.) can beef broth
1/2 c. onion, finely chopped
1 clove garlic

1 (4 oz.) can mushrooms
1 c. sour cream
3 c. cooked noodles

Slice round steak into thin strips. Coat with flour and brown in butter. Add beef broth, onion, garlic, and mushrooms. Cook on low heat until tender, approximately 1 hour. Stir in sour cream. Cook 5 minutes. Serve over noodles.

Wendy Fairbanks, Council Bluffs, IA

HAMBURGER MEATBALL CASSEROLE

6 slices bacon	Pinch of sage
1 lb. ground beef	1/4 c. bread crumbs
1 egg, well beaten	1/2 clove garlic, minced
3/4 c. finely chopped onion	1/2 c. mushrooms
14 tsp. freshly ground pepper	1 c. cream of mushroom soup
1/2 tsp. salt	1/2 c. dry red wine

Fry bacon and set aside. Mix ground beef with egg, onion, bread crumbs, and seasonings. Form into balls and brown on all sides in fat rendered from bacon. Place in greased low casserole. Keep warm while sauce is prepared. Drain all but 3 tablespoons of fat from frying pan. To this, add garlic and mushrooms and fry 3 minutes. Add soup, thinned with red wine. Heat mixture and pour over meatballs in casserole. Crumble bacon slices and sprinkle over casserole. Bake in 350° oven for 45 minutes. I serve this with fried rice and salad. Serves 4.

Jean Ulmer, Soldier, IA

SPANISH RICE

1/4 c. salad oil	1 1/2 tsp. salt
1 c. uncooked rice	1/2 tsp. chili powder
1/2 c. minced onion	1/2 c. finely chopped green pepper
1 (8 oz.) can tomato sauce	1/2 c. diced celery
2 c. water	

Heat oil in heavy large fry pan. Add rice; cook, stirring, over medium heat until golden in color. Add onion and cook 1 minute. Add tomato sauce, water, seasonings, green pepper, and celery. Cover and cook over low heat, 25 minutes or longer if necessary, until rice is tender.

Mary Smith, Omaha, NE

BEER GLAZED HAM

4 Tbsp. brown sugar	1 tsp. finely grated onion
1/4 tsp. dry mustard	1/2 c. beer
2 Tbsp. catsup	Ham (whole), sliced or shaved

Combine all ingredients in small mixing bowl. Pour over ham and heat through. Glaze will cover 1 ham.

BARBECUE BEEF

4 lb. boneless chuck roast	1/4 c. lemon juice
1 c. chopped onion	2 Tbsp. brown sugar
1/2 c. chopped green pepper	1 Tbsp. Worcestershire sauce
14 oz. catsup	2 tsp. vinegar
1/2 c. water	1/2 tsp. dry mustard
12 c. chopped celery	1 Tbsp. oil or butter

In a skillet, saute onion and green pepper in 1 tablespoon butter; add beef and brown lightly. Drain any excess fat. Place beef and all ingredients in crock pot. Cook on HIGH for 1 hour and on LOW for the remaining 10 hours until tender. Shred beef and return to crock pot.

SHRIMP AND CLAM SAUCE FOR PASTA

2 cloves minced garlic	1/2 tsp. leaf oregano
1/4 c. olive oil	3 cans minced clams with juice
1/4 c. minced fresh parsley	2 (6 oz.) pkg. small frozen cooked shrimp
1/2 tsp. leaf basil	

Saute garlic in oil. Do not brown. Add spices, clams, and shrimp. Cook until heated through. Serve over hot cooked pasta with grated Parmesan. Serves 4 to 6.

Julie DiCeare, Shenandoah, IA

BARBECUED PORK CHOPS

1/2 c. catsup	Onion slices
2 Tbsp. vinegar	6 pork chops, browned
1/2 tsp. Worcestershire sauce	

Bring catsup, vinegar, and Worcestershire sauce to a boil. Place chops in a baking dish; place 1 slice of onion and 1 tablespoon sauce over each pork chop. Cover and bake 1 hour at 350°.

Betty Sandvold, Soldier, IA

CHEESEBURGER CASSEROLE

2 Tbsp. fat	1/4 c. catsup
1 lb. hamburger	1 (8 oz.) can tomato sauce
1/4 c. chopped onion	1 (8 oz.) pkg. cheese slices
3/4 tsp. salt	1 can biscuits or sesame seed rolls
1/8 tsp. pepper	

Combine fat, beef, and onion in skillet. Cook until meat is lightly browned. Drain; add salt and pepper. Stir in catsup and tomato sauce; heat thoroughly. Turn into 8 inch square, or 1 1/2 quart casserole. Cut cheese in thin strips and spread over meat. Top with biscuits or rolls. Bake at 425° for 20 to 25 minutes, or until biscuits are golden brown.

Lori Conradson, Springfield, NE

CHICKEN SALAD

1 c. diced chicken
1 c. pineapple cubes
1/2 c. shredded almonds
1/2 tsp. salt

1/8 tsp. white pepper
1/2 c. mayonnaise
1/4 c. heavy cream, whipped

Mix chicken, pineapple chunks, almonds, salt, and pepper. Blend whipped cream and mayo. Mix together. Serve on lettuce.

Bobbie Salsler, Gretna, NE

DEVILISH PIG WONGS

You will need 36 (6 inch) skewers.

3 lb. boneless pork center strips
1/4 lb. melted butter
3 Tbsp. hot pepper sauce
1 Tbsp. paprika
1 tsp. salt
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. red pepper

3/4 tsp. white pepper
3/4 tsp. black pepper
3/4 tsp. thyme
1/2 tsp. oregano (grounded)
1/2 c. corn flake crumbs
11 to 12 oz. home-style Blue
cheese salad dressing
(optional)

Preheat oven to 375°. Insert skewers with meat. Melt butter and sauce in small bowl. In shallow dish, blend seasoning and crumbs. Dip pork strips into butter mix. Roll into crumb/seasonings. Place strips on ungreased baking sheet 1 inch apart. Bake 10 to 20 minutes, depending on meat preference, or till golden brown. Serve with dressing for dippings.

Elisa Burke, Council Bluffs, IA

BACON WRAP-UPS

Begin with 3 cans whole water chestnuts, wrapped in 1/2 strip bacon, secured with toothpicks. Bake in jellyroll pan for 1 hour at 350°. Take out. Drain on paper towel, then put in casserole that has sauce in it. Spread some of the sauce over wrap-ups. Bake at 350° for another hour. Sauce is very thick.

Sauce:

2 c. brown sugar
1 c. ketchup

1 tsp. mustard
1 tsp. Worcestershire sauce

Mix together.

Kathy Torneten, McClelland, IA

PEACHY GLAZED CHICKEN

1 (3 lb.) frying chicken, cut up
1/2 tsp. salt
2 Tbsp. margarine, melted
1 (16 oz.) can peach halves

1 c. Good Seasons Open Pit
barbecue sauce
1 Tbsp. lemon juice
1/4 c. onions

Rub chicken with salt; brush with melted margarine (or butter). Place in shallow pan. Bake 30 minutes at 375°. Drain peaches, reserving 1/2 cup syrup. Combine syrup, barbecue sauce, and lemon juice. Pour over chicken. Bake 30 minutes. Arrange peaches around chicken. Baste with sauce. Bake 30 minutes longer, or until chicken is tender.

APPLESAUCE MEAT LOAF

2 lb. ground beef
3/4 c. applesauce
1 c. bread crumbs
2 tsp. salt

1/2 tsp. sage
2 eggs
2 Tbsp. chopped onion
1/2 c. milk

Topping:

1/4 c. catsup
2 Tbsp. brown sugar

2 tsp. prepared mustard

Combine and place in a pan. Mix topping and pour over meat mixture. Bake 50 to 60 minutes at 350°.

Marie Jensen, Spirit Lake, IA

CHICKEN DIVAN

1 pkg. frozen broccoli
3 deboned chicken breasts
2 cans cream of chicken soup
1 c. mayo
1 Tbsp. lemon juice

1 tsp. curry powder
1/2 c. shredded sharp cheese
1 Tbsp. melted butter
1/2 c. corn flakes

Cook broccoli and arrange in greased 13x9 inch pan. Cut up cooked chicken and arrange on top of broccoli. Combine soup, mayo, lemon juice, and curry powder. Heat in pan or microwave. Pour over chicken. Sprinkle on cheese. Sprinkle crushed corn flake crumbs, mixed with 1 tablespoon melted butter. Bake at 350° for 30 minutes.

Lisa Gregor, Bellevue, NE

NEAR QUICHE

2 eggs
1 1/2 c. flour
1 tsp. salt
1/4 c. green pepper, diced
2 c. mushrooms

8 oz. grated Swiss cheese
8 oz. grated Cheddar cheese
2 c. milk
1/4 c. chopped onion
2 c. ham, chopped

Mix all ingredients well, reserving 1/4 cup of the cheeses. Put in 9x13 inch pan and bake at 425° for 30 minutes. (Sprinkle reserved cheese on top before baking.)

DUMP CASSEROLE

2 cans mixed vegetables
1 can cream of mushroom soup
1/2 c. chopped onion

1 lb. ground beef
Frozen tater tots

Brown and drain hamburger. Layer in 8x10 inch pan in order given. Brush or dribble with melted oleo. Bake at 325°, 30 to 35 minutes, until bubbly and tater tots are brown. (Can substitute 2 cans mixed vegetables with juice with 1 large bag frozen vegetables and 1/2 cup water.)

ITALIAN STEW

4 lb. stew meat
1 Tbsp. oregano
1 Tbsp. salt
1 Tbsp. garlic salt
1/4 Tbsp. black pepper

2 Tbsp. salad oil
3 Tbsp. grated Parmesan cheese
1 can (medium) tomatoes
5 c. water

Cook for 3 hours. (Meat does not have to be browned before.) Add vegetables of your choice.

Tom Dober, Omaha, NE

SWEET SOUR PORK

Sauce:

3 lb. pork steak
1 1/2 c. brown sugar
3 Tbsp. corn starch
1/2 tsp. ground ginger

1 c. vinegar
2 c. water
1/2 c. soy sauce

Cut pork in inch pieces and saute. Simmer browned meat in sauce. Thicken with corn starch. When ready to serve, add 1 can large chunk pineapple, slices of green pepper, and diced tomato. Serve over rice.

Kathalyn Iversen, Mondamin, IA

HAM BALLS

1 lb. ground ham
1 1/2 lb. ground pork
2 c. bread crumbs

2 eggs, well beaten
1 c. milk

Mix all ingredients and form into balls the size of an egg. Brown and then put in flat pan.

Cover with the following mixture:

1 c. brown sugar
1/2 c. water

1/2 c. vinegar
1 tsp. dry mustard

Bake 1 hour at 325°, basting frequently.

Kitty Richardson, Omaha, NE

CHICKEN SALAD

4 c. cooked cubed chicken
1 c. mandarin oranges
1/2 c. stuffed olives
1/2 pkg. sunflower seeds
1/2 pt. mayo

1 c. chopped celery
1 c. pineapple tidbits
1 c. cashew nuts
1/4 c. chopped red onion
1/2 pt. sour cream

Drain fruits and add all other ingredients. Mix with mayonnaise and sour cream. Makes a large salad.

Chris Sversen, Carlsbad, CA

TUNA CHEESIES

1 (6 oz.) can drained tuna
2 medium stalks celery
1/2 c. diced Velveeta cheese
1 Tbsp. minced onion

1/4 tsp. salt
1/8 tsp. pepper
1/4 c. mayo or salad dressing
6 split hamburger buns

Mix tuna, chopped celery, cheese, onion, pepper, and mayo. Butter buns and fill with tuna. Wrap in foil. Place on ungreased cookie sheet. Cook at 350°, 20 minutes.

Kathy Gibson, Omaha, NE

SALMON QUICHE

Crust:

1 c. whole wheat flour
2/3 c. sharp cheese
1/4 c. chopped almonds

1/2 tsp. salt
1/4 tsp. paprika
6 Tbsp. oil

Filling:

1 (15 oz.) can salmon
3 beaten eggs
1 c. sour cream
1/4 c. mayonnaise

1/2 c. Cheddar cheese
1 Tbsp. green onion
1/4 tsp. dill

Mix crust and reserve 1/4 cup. Pat remaining mixture in pan. Drain salmon and fold into filling mixture last. Pour in dish and bake at 400° for 30 minutes.

TUNA NOODLE CASSEROLE

1 can cream of mushroom soup
1/2 c. milk
1 (7 oz.) can tuna

2 c. noodles
3 Tbsp. buttered crumbs
2 Tbsp. chopped pimento

Blend mushroom soup with milk. Add tuna, noodles, and pimento. Pour into casserole dish. Top with buttered crumbs. Bake at 350° for 30 minutes. Yields 6 servings.

Marie Jensen, Spirit Lake, IA

BARBECUED MEAT BALLS

1 can evaporated milk
3 lb. hamburger
2 c. quick cook oatmeal
2 eggs

1/2 tsp. garlic powder
2 tsp. salt
1/2 tsp. pepper
2 tsp. chili powder

Sauce:

2 c. catsup
2 Tbsp. liquid smoke
2 c. brown sugar

1 tsp. garlic powder
1/2 c. chopped onion

Mix all this and shape into balls the size of a walnut. Place in flat pan. Pour sauce over meat balls. Bake 1 hour at 350°.

Jean Greer, Mo Valley, IA

POP-OVER TACO

1 lb. ground beef
1 large onion, diced
1 env. Old El Paso taco seasoning mix
1 (15 oz.) can tomato sauce
1/2 c. water
1 (16 oz.) can refried beans

1 (4 oz.) can chopped green chilies
1 c. grated Monterey Jack cheese
1 c. milk
2 eggs
1 Tbsp. oil
1 c. sifted flour

Cook beef and onion in skillet until brown; drain. Stir in taco seasoning mix, tomato sauce, and water. Simmer 10 minutes. Spread refried beans into bottom of greased 13x9 inch pan. Layer half chilies over beans. Pour meat mixture evenly over chilies. Layer remaining chilies over meat. Top with grated cheese. Blend milk, eggs, oil, and flour. Pour evenly over pan. Bake at 400° for 30 minutes, or until golden brown. Cut into squares. Makes 8 servings.

Can use Cheddar cheese.

Virginia Hartman, Omaha, NE

CHICKEN PALERMO

6 chicken breasts
3 slices Mozzarella cheese
1/4 c. butter

1/2 c. fine dry bread crumbs
1/4 c. grated Parmesan cheese

Debone and skin chicken breasts. Pound chicken between Saran Wrap to flatten. Cut Mozzarella cheese into strips. Place 2 strips in each breast. Fold chicken around cheese and fasten with a toothpick. Melt butter and roll chicken in it. Mix Parmesan cheese and bread crumbs. Roll chicken in it. Place chicken in baking dish. Bake at 400° for 25 to 30 minutes.

Linda Corrao, Clovis, CA

SPAGHETTI SAUCE

20 cut up ripe tomatoes (not peeled)
3 1/2 c. onion
1 green pepper
5 to 6 oz. tomato paste
4 ribs celery
5 bay leaves

5 c. water
1 Tbsp. garlic powder
2 Tbsp. salt
2 c. sugar
1 tsp. pepper
1 Tbsp. oregano

Put all ingredients in blender, except bay leaves. Bring to boil (including bay leaves). Boil 2 hours, stirring constantly. Remove bay leaves. Pack in hot jars and seal. Makes 13 pints.

Catsup tomatoes, add more tomato paste.

Mary Freml, Harlan, IA

CHICKEN CASSEROLE

Crackers
1 box (2 c.) "Creamettes" macaroni (uncooked)
2 c. cooked chicken
2 c. broth or milk

2 cans cream of mushroom soup
1/2 lb. Velveeta cheese
1 small chopped onion
2 Tbsp. pimento

Mix and pour in 9x12 inch greased dish. Set in refrigerator overnight. Take out 1 hour before baking and top with cracker crumbs. Bake 1 hour at 350°.

Rosalie Rodenburg, Neola, IA

CHICKEN BREASTS WITH DRIED BEEF AND BACON

8 boneless chicken breasts, split
8 slices bacon
2 cans cream of mushroom soup

2 pkg. dried beef
1 can mushroom bits
12 oz. sour cream

Tear dried beef and layer into bottom of a 9x13 inch pan (buttered or sprayed with Pam). Roll each half chicken breast in 1/2 strip bacon. Lay on top of dried beef. Sprinkle mushroom bits over. Mix soup and sour cream and spread over all. Bake 3 hours at 225°, uncovered. (If it browns too much, put foil over during last hour.)

Joyce Tiarks, Underwood, IA

HASH BROWN QUICHE

3 c. loose packed frozen hash brown potatoes, thawed
1/3 c. melted butter
1 c. cooked, diced ham

1 c. shredded cheese
1/2 c. milk
2 eggs
1/4 tsp. salt

Spray 8x8 inch baking dish. Press hash browns on bottom of pan. Drizzle melted butter over crust. Bake at 425° for 25 minutes. Reduce heat to 350°. Place ham and cheese on crust. Beat eggs, cream, and salt. Pour over hash browns and bake for 25 minutes, or until a knife inserted near center comes out clean.

Wendy Fairbanks, Council Bluffs, IA

TURKEY LOAF

3 c. leftover turkey
2 c. dressing
1 can cream of celery soup

2 eggs
1 can cream of mushroom soup

Grind turkey with dressing. Add celery soup and eggs. Form into a roll and cover with mushroom soup. Bake at 425° for 2 hours, or until brown.

Marie Jensen, Spirit Lake, IA

PORK CHOPS AND STUFFING

4 pork chops
3 c. soft bread cubes
2 Tbsp. onion, chopped
¼ c. melted butter

Water
¼ tsp. poultry seasoning
1 (10½ oz.) can cream of mushroom soup

Brown pork chops. Pour off grease. Mix bread cubes, onion, butter, ¼ cup water, and seasoning. Place a mound of stuffing on each chop. Blend soup with ⅓ cup water. Pour over chops in baking dish. Bake at 350° for 1 hour.

Mrs. Dean Skokan, Soldier, IA

LEMON CHICKEN

3 Tbsp. butter
⅓ c. lemon juice
⅓ c. honey
½ Tbsp. grated lemon peel

4 chicken breasts
½ c. water
2 Tbsp. cornstarch

Melt butter. In a measuring cup, mix lemon juice, honey, lemon peel, and melted butter. Place 4 chicken breast (halves) in pan; pour sauce over. Cover and bake at 350° for 1¼ hours, basting often. Place breasts on serving plate. Mix water and cornstarch and add to lemon sauce in pan. Cook and stir until thick. Pour sauce over breasts.

OVEN FRIED CHICKEN

¼ stick butter
Egg
Milk
1 cut up chicken

Hungry Jack potato flakes
Parmesan cheese
Pepper

Dip chicken in egg and milk. Dip in potato flakes, Parmesan cheese, and pepper. Place in a 9x13 inch glass pan, skin side up. Bake at 375° for 1 hour. Turn chicken after 30 minutes.

Nancy Core, Omaha, NE

BREAKFAST CASSEROLE

6 to 8 eggs
2 c. milk
6 slices bread, cubed
1 lb. bulk sausage, ham, or bacon

1 can sliced mushrooms
1 tsp. salt
1 tsp. dry mustard
1 c. shredded cheese

Brown sausage; drain and cool. Beat eggs, milk, salt, and mustard. Beat again. Add bread cubes, cheese, and sausage. Stir. Put into greased glass baking dish, 9x13 inches. Refrigerate overnight. Bake at 350° for 40 to 45 minutes.

JOHNNY MARGHETTI

1 lb. ground beef
1½ to 2 c. macaroni
1 (16 oz.) can tomato sauce
1 (16 oz.) can chili beans
1 small onion, chopped
1 or 2 (8 oz.) pkg. sharp Cheddar cheese

Slices American cheese
Salt to taste
Pepper to taste
Garlic salt to taste

Saute ground beef; drain. Cook pasta. Drain and rinse. Combine ground beef, pasta, and all other ingredients. Put into casserole, 9x13 inch pan. Top with squares of American cheese. Cook in microwave until thoroughly heated. Serve hot.

Pam Swanson, Omaha, NE

CRESCENT ROLL HAMBURGER CASSEROLE

2 pkg. crescent rolls
1½ lb. brown hamburger
Onion
1 large can tomato sauce

1 small can tomato sauce
1 pkg. Sloppy Joe mix
4 oz. shredded Cheddar cheese

Stretch 1 can of crescent rolls on bottom of 9x13 inch pan. Layer all other ingredients in order. Add more cheese if you're cheesy. Layer second can of crescent rolls on top. Bake ½ hour at 350°.

Terese Beebe, Blair, NE

BAKED CHICKEN WITH RICE

1½ c. uncooked rice (not Minute rice)
1 can mushroom soup
1 can chicken gumbo soup

1 soup can water
1 pkg. onion soup mix
1 frying chicken

Cut up frying chicken. Mix rice, soups, and water in greased 9x13 inch pan. Sprinkle with ¼ onion soup mix. Place chicken on top. Push in to be sure chicken is covered with soup. Sprinkle rest of onion soup mix. Cover with foil and bake 2 hours at 325°.

Susan Gramkow, Pocatello, ID

NIGHT BEFORE CASSEROLE

- | | |
|--------------------------------|-----------------------------|
| 2 c. macaroni (uncooked) | 2 c. milk |
| 2 c. tuna, chicken, or turkey | 1 green pepper or pimento |
| 2 cans mushroom soup | 3 hard-boiled eggs, chopped |
| 1/2 lb. American cheese, cubed | |

Mix all ingredients together and refrigerate overnight. Remove from refrigerator and bake in 350° oven for 1 hour.

LEMON CHICKEN

- | | |
|--------------------------------------|-----------------------------------|
| 1 lb. skinned, boned chicken breasts | 1 large carrot, sliced diagonally |
| 1 medium onion, chopped | 2 Tbsp. fresh lemon juice |
| 2 garlic cloves, crushed | 1/2 tsp. grated lemon rind |
| 2 Tbsp. butter | 1/2 tsp. salt |
| 1 Tbsp. cornstarch | 1 c. snow pea pods |
| 1 (13 3/4 oz.) can chicken broth | 3 Tbsp. chopped parsley |
| | 1 1/2 c. dry Minute rice |

Cut chicken breasts in strips. Saute chicken, onion, and garlic in butter until chicken is lightly browned, about 5 minutes. Stir cornstarch and cook 1 minute. Add broth, carrot, lemon juice, lemon rind, and salt. Bring to full boil. Stir in pea pods, parsley, and rice. Cover. Remove from heat. Let stand 5 minutes. Fluff with a fork.

Susan Gramkow, Pocatello, ID

BREAKFAST DISH

- | | |
|-----------------------------|------------------------------|
| Kellogg's seasoned croutons | Sausage or cubed ham |
| 4 eggs | 1 can cream of mushroom soup |
| 2 1/2 c. milk | Shredded Cheddar cheese |

Cover bottom of 9x13 inch casserole dish with Kellogg's seasoned croutons. Mix eggs and milk well and pour over croutons. Add browned sausage or cubed ham on top of mixture. Cover and refrigerate overnight. Preheat oven to 350°. Spread soup over top of casserole and sprinkle cheese. Cook for 45 minutes. Let set 10 minutes before cutting.

Kathy Torneten, McClelland, IA

BURGER MUSHROOM BAKE

- | | |
|-----------------------|-----------------------------|
| 1 can mushroom soup | 1 slightly beaten egg |
| 1 1/2 lb. ground beef | 1/4 c. finely chopped onion |
| 1/2 c. bread crumbs | 1/3 c. water |

Combine 1/4 cup soup with ingredients, except water. Mix thoroughly. Shape into 6 patties; place in shallow baking dish and bake at 350° for 30 minutes. Combine remaining soup and water; pour over meat. Bake 10 minutes more.

Marsha Rath, Schuyler, NE

MICROWAVE MEAT LOAF

- | | |
|-------------------------------|-----------------------------|
| 1 1/2 lb. ground beef | 1/4 c. chopped green pepper |
| 2 c. soft bread cubes | 1 1/2 tsp. salt |
| 1/2 c. celery, finely chopped | 1 egg |
| 1/2 c. chopped onion | 1/2 c. catsup |

Sauce:

- | | |
|---------------------|-----------------------------|
| 1/2 c. catsup | 1 Tbsp. lemon juice |
| 1/4 c. chili sauce | 1 tsp. dry mustard |
| 2 Tbsp. brown sugar | 1 tsp. Worcestershire sauce |

Mix meat mixture well and pat into 9x5 inch glass loaf dish. Brush meat loaf with sauce mixture. Microwave for 25 to 35 minutes on MEDIUM HIGH (ROAST), or until well done in center (about 140°F.). Pour off liquid and let stand, covered with foil, for 5 minutes before serving. Serves 5 to 6.

Donna Syndergaard, Neola, IA

HAMBURGER DELUXE

- | | |
|------------------------------|----------------------|
| 1 lb. hamburger | 1 small onion, diced |
| 1 can mushroom soup | 1 can celery soup |
| 1 small can peas and carrots | Chow mein noodles |

Mix all ingredients, except noodles. Put mixture in baking dish and top with noodles. Bake 30 minutes at 350°.

CHICKEN CASSEROLE

- | | |
|------------------------------|---|
| 6 chicken breasts | 1 c. mayo |
| 2 cans cream of chicken soup | 1 can water chestnuts, sliced |
| 1 1/2 c. diced celery | 1/2 c. chicken broth |
| 2 Tbsp. grated onion | Pepperidge Farm crumbly seasoned stuffing |
| 1 Tbsp. lemon juice | |

Cook chicken. Cool and then debone and dice. Mix all the other ingredients. Pour chicken and mix together. Pour into 9x13 inch pan. Sprinkle top with Pepperidge Farm seasoned stuffing mix. Bake 35 to 40 minutes at 350°.

QUICK CASSEROLE

- | | |
|-------------------------|-------------------|
| 1 lb. brown ground beef | 1 can tomato soup |
| 1 can mixed vegetables | Mashed potatoes |

Mix vegetables, drained beef, and soup together. Place in pan. Top with mashed potatoes. Cover with foil tightly. Bake 20 minutes at 350°.

Pat Osborn, Council Bluffs, IA

BARBECUED MEATBALLS

1 (13 oz.) can evaporated milk
3 lb. lean hamburger
2 c. quick oatmeal (uncooked)
2 eggs
1 c. chopped onion

1 tsp. pepper
2 tsp. salt
½ tsp. garlic powder
2 tsp. chili powder

Sauce:

2 c. catsup
½ c. vinegar
⅔ c. brown sugar

2 Tbsp. liquid smoke
½ tsp. garlic powder
½ c. chopped onion

Mix meat mixture. Shape into balls. Place in 9x13 inch baking dish. Mix sauce together. Simmer for ½ hour. Pour over meatballs and bake for 1 hour at 350°. Serves 8 to 12.

Donna Syndergaard, Neola, IA

COUNTRY STYLE BARBECUE RIBS

4 lb. country style ribs
1 Tbsp. butter
1 clove garlic
¾ c. catsup
¾ c. chili sauce
4 Tbsp. brown sugar
1 tsp. celery salt

½ tsp. salt
4 lemon juice slices or 2 Tbsp. lemon juice
2 Tbsp. chopped onion
1 Tbsp. preferred mustard
1 Tbsp. Worcestershire sauce

Simmer ribs in salted water until tender. Drain ribs and remove excess fat. In the meantime, cook sauce (remaining ingredients). Cook about 5 minutes watching it so it doesn't stick. Put ribs in pan and pour sauce over ribs. Cover with foil and cook at 350° for 1 hour.

The secret is the precooking to eliminate the fat.

Delores Kay, Mondamin, IA

MOCK CHOW MEIN

1 lb. ground beef, browned
1 c. chopped celery
½ c. chopped onion
1 can cream of mushroom soup

1 can cream of chicken soup
2 c. cooked rice
¼ c. soy sauce

Combine all ingredients and place in 9x13 inch pan. Bake 30 minutes at 350°. Top with Chinese noodles and bake 10 minutes more.

Marie Jensen, Spirit Lake, IA

BRUNCH CASSEROLE

8 or 9 slices bread (in cubes)
1½ c. shredded Cheddar or American cheese
1 lb. bacon, ham, or sausage, cooked

12 eggs
¾ tsp. dry mustard
2¼ c. milk
1 can cream of mushroom soup
½ c. milk

Grease 9x13 inch pan. Layer bread, meat, and cheese in pan. Beat eggs, milk, and mustard. Pour over bread mixture. Can be covered and refrigerated at this stage. Before baking, top with soup mixed with ½ cup milk.

Wanda Leaders, Underwood, IA

PIZZA WICHES

1 lb. ground beef
1 lb. grated Cheddar cheese
2 chopped onions
1 can tomato soup

1 tsp. garlic salt
½ tsp. oregano
1 can grated ripe olives

Brown ground beef and cool. Mix all other ingredients together and add meat. Let stand 4 hours before using. Spread on Vienna bread or hamburger buns. Broil until cheese is bubbly. *Meat mixture freezes well.*

Jean Stevens, Omaha, NE

CHICKEN PASTA SALAD

3 chicken breasts, cooked
4 sticks chopped celery
1 (20 oz.) can unsweetened pineapple chunks

1 c. Miracle Whip

Dice chicken into bite-size pieces. Mix all ingredients and chill. Use only ½ of pineapple juice, but save rest to add as needed to keep salad moist. Cook ½ to 1 package spinach, assorted colors spiral noodles. Mix together with other ingredients and chill.

RAISED MEAT BALLS

1½ lb. ground beef
4 slices bread, broken into small pieces
½ c. milk
1 egg

1 tsp. salt
3 tsp. baking powder
2 Tbsp. chopped onion
Cream of mushroom soup or spaghetti sauce

Combine bread, milk, and egg. Add to ground beef. Add salt, baking powder, and chopped onion. Mix all together very well. Roll out in 1 inch balls and brown in small amount of shortening. Mix with a can of cream of mushroom soup and 1 can of milk, or a jar of spaghetti sauce. Serve over rice or spaghetti.

Stella Hendrix, Glenwood, IA

BEEF BURGUNDY

2 lb. round steak, cut in cubes
1 env. onion soup mix
1 can mushrooms
1 env. mushroom gravy mix
1 c. hot water
1/2 c. burgundy wine

Put all in a covered casserole and bake at 350° for 2 hours. Serve over noodles.

Wanda Leaders, Underwood, IA

HOMEMADE CHICKEN AND NOODLES

6 eggs
1 tsp. salt
1 tsp. baking powder
5 to 6 c. flour
3 chicken thighs
3 chicken breasts
Onion
Celery

Beat eggs, salt, and baking powder. Add 5 to 6 cups flour to mixture. Roll out on flour and cut into noodles. Let dry overnight or 5 to 6 hours. Cook chicken in covered pan with enough water to cover chicken. Salt and pepper chicken. Add a little onion and celery. When done, pull chicken out and debone. Add more water to chicken broth. Add chicken and after boils, add noodles. Cook until noodles are tender.

Hazel Rief, Council Bluffs, IA

CHICKEN OR BEEF PIE

Pie crust:

2 2/3 c. flour
1 tsp. salt
1 c. Crisco
8 Tbsp. cold water

Mix flour and salt. Cut in Crisco. Add water. Mix into a ball. (Do not overwork.) Divide in half. Roll halves for 10 inch pie pan.

Sauce:

2 Tbsp. butter
2 Tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
2 c. milk
3 c. mixed vegetables (broccoli, cauliflower, and carrots)
2 c. chopped chicken or beef, cooked

Melt butter and flour in saucepan. (Use low heat.) Stir. Add salt, pepper, and milk. Turn heat to medium, stirring constantly, until sauce thickens (10 minutes). Add vegetables and meat to sauce, cooking over medium low heat 10 minutes. (Do not scorch.) Pour into pie crust. Cover with second crust. Seal and flute. Put slits in crust. Bake on cookie sheet 35 to 40 minutes at 350°. Let set 5 minutes before serving.

Jackie Bruner, Omaha, NE

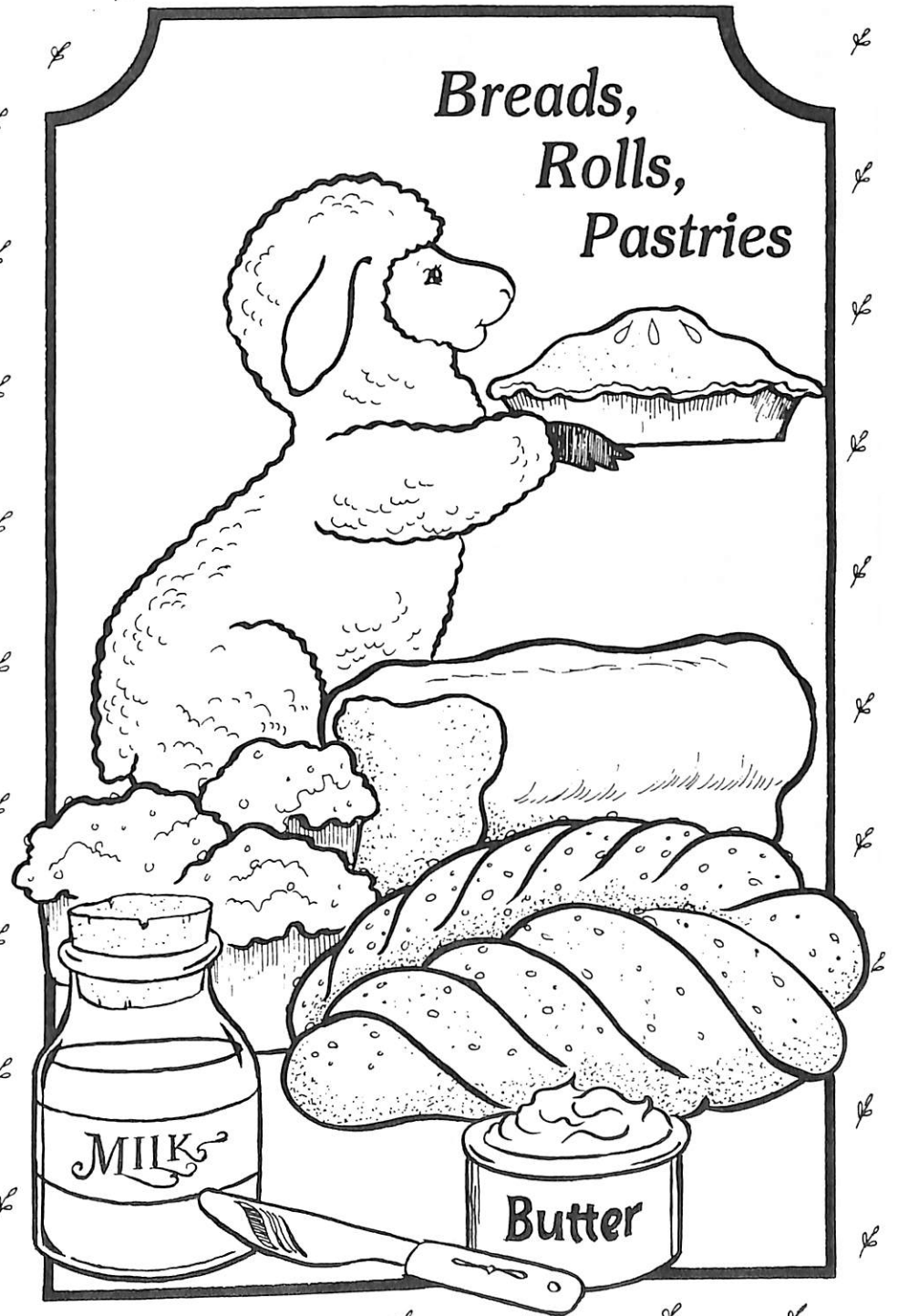
CHILE EGG BAKE

10 eggs
1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 (1 lb.) pkg. Monterey Jack
grated cheese
1/2 c. melted butter
2 c. chopped green chilies
1 small pt. curd cottage cheese

Beat eggs until light and fluffy. Add the remaining ingredients. Blend well with eggs. Pour into buttered 13x9 inch pan. Bake at 350°, 35 minutes. Let set 10 to 15 minutes.

Lisa Gregor, Bellevue, NE

Notes



BREADS, ROLLS, PASTRIES

EQUIVALENT CHART

3 tsp.....	1 Tbsp.	1/4 lb. crumbled Bleu cheese.....	1 c.
2 Tbsp.....	1/8 c.	1 lemon.....	3 Tbsp. juice
4 Tbsp.....	1/4 c.	1 orange.....	1/3 c. juice
8 Tbsp.....	1/2 c.	1 lb. unshelled walnuts.....	1 1/2 to 1 3/4 c. shelled
16 Tbsp.....	1 c.	2 c. fat.....	1 lb.
5 Tbsp. + 1 tsp.....	1/3 c.	1 lb. butter.....	2 c. or 4 sticks
12 Tbsp.....	3/4 c.	2 c. granulated sugar.....	1 lb.
4 oz.....	1/2 c.	3 1/2-4 c. unsifted powdered sugar.....	1 lb.
8 oz.....	1 c.	2 1/4 c. packed brown sugar.....	1 lb.
16 oz.....	1 lb.	4 c. sifted flour.....	1 lb.
1 oz.....	2 Tbsp. fat or liquid	4 1/2 c. cake flour.....	1 lb.
2 c.....	1 pt.	3 1/2 c. unsifted whole wheat flour.....	1 lb.
2 pt.....	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked	macaroni.....
1 qt.....	4 c.	7 oz. spaghetti.....	4 c. cooked
5/8 c.....	1/2 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked	noodles.....
7/8 c.....	3/4 c. + 2 Tbsp.	28 saltine crackers.....	1 c. crumbs
1 jigger.....	1 1/2 fl. oz. (3 Tbsp.)	4 slices bread.....	1 c. crumbs
8 to 10 egg whites.....	1 c.	14 square graham crackers.....	1 c. crumbs
12 to 14 egg yolks.....	1 c.	22 vanilla wafers.....	1 c. crumbs
1 c. unwhipped cream.....	2 c. whipped		
1 lb. shredded American cheese.....	4 c.		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces **compressed yeast** = 3 (1/4 ounce) packets of dry yeast
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic
- 1 lb. **whole dates** = 1 1/2 cups, pitted and cut
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven.....	250° to 300°F.
Slow oven.....	300° to 325°F.
Moderate oven.....	325° to 375°F.
Medium hot oven.....	375° to 400°F.
Hot oven.....	400° to 450°F.
Very hot oven.....	450° to 500°F.

CONTENTS OF CANS

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

Size:	Average Contents
8 oz.....	1 cup
Picnic.....	1 1/4 cups
No. 300.....	1 3/4 cups
No. 1 tall.....	2 cups
No. 303.....	2 cups
No. 2.....	2 1/2 cups
No. 2 1/2.....	3 1/2 cups
No. 3.....	4 cups
No. 10.....	12 to 13 cups

PECAN TASSIES

Pastry:

1 (3 oz.) pkg. cream cheese
1 c. flour

1/2 c. margarine

Let cheese and margarine soften at room temperature and blend. Stir in flour. Shape into 2 dozen 1 inch balls and place in ungreased 1 1/4 inch muffin pans. Press into pans, forming crust on bottom and sides.

Filling:

1 egg
2 Tbsp. margarine
1/2 tsp. vanilla

3/4 c. brown sugar
Dash of salt
1/2 c. chopped pecans

Blend all ingredients and divide evenly among pastry lined pans. Bake at 325° for 25 minutes, or until filling is set. Cool and remove.

PUMPKIN CHIFFON PIE

1/2 c. sugar
3 egg yolks
1/2 c. milk
1 1/2 c. pumpkin
1/2 tsp. cinnamon
1/2 tsp. nutmeg

1/4 tsp. ginger
1/2 tsp. salt
1 env. Knox gelatine
3 egg whites
1/2 c. sugar

Mix 1/2 cup sugar, egg yolks, milk, pumpkin, spices, and salt. Cook until thick. Add gelatine which has been soaked in a little water, then add 3 egg whites which have been beaten until stiff with 1/2 cup sugar. Mix with the pumpkin and put into a baked pie shell.

LEMON CHIFFON PIE

1 (8 inch) baked and cooled crust
1 can Eagle Brand milk
1 (6 oz.) can frozen lemonade

1 (10 oz.) container whipped topping

In large mixing bowl, mix milk and lemonade. Fold in whipped topping. Pile in crust; refrigerate. Dot with topping before serving.

Marjie Murphy, Omaha, NE

APPLE CIDER PIE

1 c. apple cider
2/3 c. sugar
6 c. pared, cored, and sliced apples
2 Tbsp. water
2 1/2 Tbsp. cornstarch

1/4 tsp. lemon juice
1 tsp. vanilla
1 Tbsp. butter
Dash of cinnamon
Dash of nutmeg
Pastry

Combine cider and sugar in saucepan and bring to a boil. Add apple slices and cook till tender, about 6 to 8 minutes. Drain apples. Reserve syrup. If necessary, add more cider to make 1 1/2 cups syrup. Combine syrup, water, cornstarch, lemon juice, vanilla, butter, nutmeg, and cinnamon. Cook over medium heat till thickened. Add apples to mixture. Pour into pie shell and top with crust. Bake at 350° until crust is lightly browned.

Margaret Fairbanks, Council Bluffs, IA

COCONUT CREAM PIE

1 pie shell (large)
2 small pkg. instant vanilla or coconut cream pudding

16 oz. sour cream
2 c. milk
Coconut

Combine milk and pudding and beat. Fold in sour cream and coconut. Put in pie shell. Can top with Cool Whip. Refrigerate.

Wendy Fairbanks, Council Bluffs, IA

PIE CRUST

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

1 egg
1 tsp. vinegar
4 to 6 Tbsp. water (approx.)

Mix and cut together flour, lard, salt, and baking powder. Beat egg and vinegar and add to flour mixture. Add water to pie texture.

Diane Vandenberg, Council Bluffs, IA

LATTICE TOP APPLE PIE

Pastry:

2 1/2 c. unsifted flour
3/4 c. unsalted butter
2 large egg yolks, beaten with 1/4 c. ice water

Topping:

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

3 Tbsp. sugar

1 Tbsp. cinnamon

Filling:

1/2 c. sugar
1 large egg
3 Tbsp. flour
6 to 8 medium baking apples

8 oz. sour cream
1/4 tsp. salt
Vanilla

Roll dough into 11 inch circle for 9 inch pie plate. In large bowl, beat sour cream, sugar, egg, salt, vanilla, and flour. Add apples and stir till coated. Spoon into prepared plate. Make topping and sprinkle evenly over apple mixture. Roll out remaining dough into a 10 inch circle. Cut into 1/2 inch strips. Arrange in a lattice on top of pie. Trim ends and crimp edges. Bake 10 minutes at 375° and 35 minutes at 350°. Cover lightly with foil if crust begins to overbrown.

Cow Patty's

MOCK APPLE PIE

1 1/2 c. white sugar
1 1/2 c. water
1 1/2 tsp. cream of tartar
1/2 tsp. cinnamon

1 walnut size lump of butter
16 soda crackers
Pie crust

Combine sugar, water, butter, cream of tartar, and cinnamon and cook to a rapid boil. Break crackers into 1/4 inch pieces; place in a pie crust. Pour boiling liquid over crackers and add to crust. Bake 30 minutes at 450°.

Marie Jensen, Spirit Lake, IA

STRAWBERRY PIE

Crust:

1 c. flour
1 stick margarine

1/4 c. powdered sugar

Filling:

1 c. cold water
2 Tbsp. cornstarch
1 c. sugar

3 Tbsp. strawberry jello
1 qt. sliced strawberries

Mix crust mixture. Spread on cookie sheet. Bake 15 minutes at 350°. Cool. Spread and put into pie shell. Arrange strawberry slices into pie shell. Cook water, sugar, and cornstarch until clear, then add jello. Cool. Pour over strawberries and refrigerate. Use Cool Whip for topping.

Laura Porter, Council Bluffs, IA

GOLDEN APPLE PIE BUCKLE

1/4 c. butter or margarine
1/2 c. packed brown sugar
1 egg
1/8 tsp. lemon extract
1 c. flour
1/2 tsp. salt

1/3 c. milk
1 tsp. baking powder
1/2 tsp. ground allspice
2 Golden Delicious apples, pared,
cored, and sliced

Cream together butter and brown sugar. Add egg and extract. Mix well. Stir together the flour, baking powder, allspice, and salt. Add to creamed mixture alternately with milk. Pour into greased 9 inch pie plate. Arrange apples on batter. Bake at 375° for 35 to 40 minutes.

Topping to cover apples:

1/2 c. flour
1/4 c. butter or margarine

1/4 c. sugar

Combine flour and sugar. Cut in butter until crumbly.

Elizabeth Stuehm, Papillion, NE

PUMPKIN PIE

2 eggs
3/4 c. sugar
1 1/2 Tbsp. flour
1/2 tsp. salt
1/4 tsp. ginger

1/8 tsp. cloves
1/2 tsp. cinnamon
1 (16 oz.) can pumpkin
1 1/2 c. milk
1/2 Tbsp. melted butter

Mix and bake in 9 inch pie plate at 400°, 50 to 60 minutes.

Barb Schuler, Cumberland, IA

FRENCH COCONUT PIE

3 beaten eggs
1 1/4 c. sugar
1 (7 oz.) pkg. coconut
2 3/4 tsp. vinegar

1 tsp. vanilla
1/2 c. melted butter
Pastry for 9 inch pie

Combine eggs, sugar, coconut, vinegar, vanilla, and melted butter. Mix thoroughly. Put in unbaked pie crust. Bake at 350°, 1 hour.

Eileen Sondag, Council Bluffs, IA

PERFECT PIE CRUST

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

Cut in 1/2 cup lard. Add 1/4 cup water all at once. Divide dough in half.

Marsha Rath, Schuyler, NE

BANANA CHERRY PIE

1 large can crushed pineapple
1 can cherry pie filling
3/4 c. sugar
1 Tbsp. corn starch

1 (3 oz.) box raspberry jello
4 to 6 bananas
1 c. chopped pecans

Cook pie filling, pineapple, sugar, and corn starch till thickened. Add jello. Cool. Add bananas and pecans. Pour into 2 pie shells, or graham cracker crusts. Top with whipped cream or Cool Whip. Chill.

Wanda Leaders, Underwood, IA

GLAZED PEACH PIE

1 c. crushed peaches
1 c. sugar
3 Tbsp. cornstarch

1/2 c. water
1 Tbsp. butter
8 to 10 peaches

Bring first 4 ingredients to a boil and cook 2 or 3 minutes over low heat. Add 1 tablespoon butter. Cool. Slice peaches into a baked 9 inch pie crust. Cover all over with the peach glaze. Chill 2 hours. Serve with whipped cream. *Dee-licious!*

Ethel Torneten, McClelland, IA

BISHOPS CHOCOLATE PIE

Crust:

1 c. flour
1 stick margarine

1/4 c. powdered sugar

Mix together. Spread on cookie sheet. Bake 15 minutes at 350°. Cool. Spread and pat in 9x13 inch pan.

Filling:

1 pkg. French vanilla instant pudding
2 c. milk

1 pt. softened vanilla ice cream
1 pkg. instant chocolate fudge pudding

Mix puddings and milk, then add softened vanilla ice cream. Pour into 9x13 inch pan. Top with Cool Whip and shaved Hershey's bar. Refrigerate.

Lora Porter, Council Bluffs, IA

IMPOSSIBLE COCONUT PIE

4 beaten eggs
1/2 c. flour
1/2 c. sugar

1 tsp. vanilla
1/4 c. soft oleo
1 1/2 c. shredded coconut

Blend eggs, flour, and sugar very well. Add rest of ingredients and beat till well mixed. Pour into greased and floured 10 inch pie pan. Bake at 350° for 45 minutes. This makes a thin crust, thick cream filling, and toasted coconut top.

"WILLIAMSBURG" APPLE CUSTARD PIE (From Williamsburg, Virginia)

1 unbaked pie shell
2 large eggs, slightly beaten
1/2 c. sugar
1 tsp. vanilla
2 c. milk
2 small apples

Mix all ingredients, except apples. Slice apples thin, peeled, with dash of nutmeg. Pour custard into unbaked shell. Arrange sliced apples over carefully, making a concentric circle. Sprinkle nutmeg over pie. Bake at 325° for 35 minutes.

Marjorie Thomas, Crescent, IA

VANILLA CREAM PIE

3/4 c. sugar
1/3 c. flour or 3 Tbsp. cornstarch
1/4 tsp. salt
2 c. milk
3 slightly beaten egg yolks
1 tsp. vanilla

Combine first 3 ingredients. Gradually add milk. Cook and stir over medium heat until bubbly. Cook and stir 2 minutes. Remove from heat and stir small amount of hot mixture over yolks, then immediately add to hot mixture. Cook 2 minutes, stirring constantly. Remove from heat. Add vanilla.

For coconut cream pie, add 1 cup coconut to filling.

Laura Porter, Council Bluffs, IA

CUSTARD PUMPKIN PIE

1 can pumpkin
8 eggs
1 can milk
2/3 c. brown sugar
1/2 c. white sugar
1 tsp. salt
1/2 tsp. nutmeg
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. ginger

Mix all together in a large bowl and pour into 2 (9 inch) pie crusts. Bake at 375° for 50 minutes.

Patti Rief, Council Bluffs, IA

PECAN PIE

3 Tbsp. butter
1/2 c. brown sugar
1/2 c. white sugar
3 eggs
Dash of salt
1/4 c. lite syrup
3/4 c. dark syrup
1 tsp. vanilla
1 c. pecans

Cream butter and add sugars and cream. Add 3 beaten eggs, salt, syrups, vanilla, and nuts. Pour in unbaked pie crust at 350° for 1 hour.

Donna Syndergaard, Neola, IA

SOUR CREAM AND RAISIN PIE

1 c. sour cream
1/2 c. chopped raisins
1/2 tsp. cinnamon
1/4 tsp. cloves
Pinch of nutmeg
1 c. sugar
3 beaten eggs

Bake in unbaked pie shell. One egg white may be saved for top.

Velda James, Council Bluffs, IA

RHUBARB PIE

1 qt. cut up rhubarb
1 c. sugar
1/3 c. flour
Pinch of salt
3/4 c. cream

Beat sugar, flour, salt, and cream until smooth. Put rhubarb in unbaked pie shell. Pour sugar mixture over rhubarb. Bake in very hot oven, 450°, for 20 minutes until crust begins to brown. Reduce heat to 350° and bake until filling thickens.

Dagny Lund, Soldier, IA

ITALIAN BREAD STICKS

1 tsp. water
1 tsp. instant minced garlic
1 Tbsp. butter
1/2 tsp. Italian seasoning
1 (11 oz.) refrigerated soft bread sticks

In cup, combine water and garlic. Let stand 10 minutes. Stir in melted butter and Italian seasoning. Place bread sticks on ungreased cookie sheet 1 inch apart. Brush bread with mixture. Bake at 350°, 15 to 18 minutes.

Marcia Winchester, Council Bluffs, IA

INDIAN FRIED BREAD

2 c. flour
1 Tbsp. baking powder
1 Tbsp. butter, melted
3/4 tsp. salt
1 tsp. sugar
1 c. warm water

Mix the preceding ingredients together. Let stand for 30 minutes. Knead the dough gently. Roll dough 1/4 inch thick. Cut into 3x4 inch rectangles. Put a slit crossways in each piece of dough. Deep fat fry until golden brown. Roll in sugar while warm. Serve with honey.

BREAD

1 qt. water (very warm)
2 yeast
1/3 c. oil
3 c. flour
3/4 c. sugar
2 tsp. salt

Work like pancake batter and let set 1/2 hour. Add enough more flour to make a regular bread dough. Let rise. Shape and bake.

Cow Patty's

SOUTHERN GAL BISCUITS

2 c. sifted flour
4 tsp. baking powder
½ tsp. cream of tartar
½ tsp. salt

2 Tbsp. sugar
½ c. shortening
1 egg (unbeaten)
⅔ c. milk

Sift dry ingredients into a bowl. Add shortening and blend together. Pour milk into flour. Mix slowly. Add egg. Stir to a stiff dough. Knead 5 times. Roll to ½ inch thickness. Cut into biscuits. Bake 10 to 15 minutes at 450°.

Blythe Ellsworth, Magnolia, IA

BANANA BREAD

½ c. butter
1 c. sugar
2 eggs, separated
2 bananas (fully ripe)
½ c. cold water

2 c. sifted flour
1 tsp. baking powder
1 tsp. soda
½ c. chopped nuts

Cream butter and sugar thoroughly. Add egg yolks. Beat well. Add bananas and blend into mixture with water. Sift dry ingredients and fold into mixture with nuts. Grease and flour 2 small pans. Bake at 375°, 1 hour and 15 minutes.

Marie Jensen, Spirit Lake, IA

DINNER ROLLS

2 Tbsp. yeast
½ c. oil
2 eggs
¼ to ½ c. sugar

6 c. flour
2½ c. warm water
½ c. powdered milk

Dissolve yeast in water. Add eggs. Alternate dry ingredients till all are stirred in well. Let rise for 45 to 60 minutes. Shape into rolls. Let rise again for 30 minutes. Bake at 400° for 15 to 20 minutes.

Iris Arch, Council Bluffs, IA

RYE BREAD

3 c. rye flour
2 tsp. salt
3 Tbsp. molasses (dark)
2 Tbsp. Crisco
½ c. brown sugar

3 c. boiling water
2 pkg. yeast
2 Tbsp. sugar
½ c. lukewarm water

Pour 3 cups boiling water over flour, salt, molasses, Crisco, and brown sugar. Let cool to lukewarm. Dissolve 2 packages of yeast in ½ cup warm water with 2 tablespoons sugar. Add to first mixture. Stir and mix to stiff dough and knead. Let rise, then shape into 3 loaves. Let rise and bake 45 to 50 minutes in 350° oven.

Marie Jensen, Spirit Lake, IA

MOTHER'S CORN BREAD

¼ c. flour
¾ c. corn meal
4 Tbsp. sugar
3 tsp. baking powder

1 tsp. salt
1 c. milk
1 beaten egg
3 Tbsp. melted butter

Sift together dry ingredients. Add milk, egg, and melted butter. Bake in 8 inch greased pan for 30 to 40 minutes at 400°. Smear top with butter. Brown lightly under broiler.

Donna Syndergaard, Neola, IA

BEER BATTER BREAD

3 c. sifted self-rising flour
1 Tbsp. wheat germ (optional)

3 Tbsp. sugar
1 (12 oz.) can beer

Mix all ingredients together and put in a greased 9x5 inch pan. Brush top with beaten egg. Sprinkle with Grape-Nuts, sesame seed, or other seed of choice. Bake at 350° for 50 to 60 minutes. Cool on rack. Brush top with butter.

Donna Syndergaard, Neola, IA

CHOCOLATE ZUCCHINI BREAD

3 eggs
2 c. sugar
1 c. oil
2 (1 oz.) sq. unsweetened chocolate
1 tsp. vanilla
2 c. grated zucchini

3 c. flour
1 tsp. salt
1 tsp. cinnamon
¼ tsp. baking powder
1 tsp. baking soda
1 c. chopped nuts

Beat eggs and sugar together. Add oil and beat in. Melt unsweetened chocolate and add to sugar mixture. Add vanilla and zucchini. Sift dry ingredients into egg mixture and stir in. Add walnuts. Grease and flour 2 loaf pans. Bake at 350°, 1 hour and 20 minutes, or until done. Test with toothpick at 1 hour 5 minutes.

Cheryl Kenworthy, Omaha, NE

REFRIGERATOR ROLLS

Mix and let rise:

½ c. warm water
2 pkg. yeast

Combine:

1½ c. warm water
⅓ c. shortening
1 tsp. salt

1 tsp. sugar
½ c. sugar
1 egg, beaten
¼ c. flour

Add egg to mixture and dissolved yeast. Add 2½ cups flour. Beat until smooth. Stir in remaining flour. Place on a well floured board and knead until elastic. Place dough in greased bowl. Cover tightly with waxed paper. Store in refrigerator.

tor until double in bulk. Mix down once. When double again, it is ready to work into rolls. This dough will keep 2 or 3 days in the refrigerator. Bake at 375° for 20 minutes, or until brown on top.

Cow Patty's

PUMPKIN BREAD

3½ c. flour	3 c. sugar
2 tsp. soda	1 c. oil
1½ tsp. salt	4 eggs
1 tsp. cinnamon	⅔ c. water
1 tsp. nutmeg	2 c. pumpkin

Sift dry ingredients together, including sugar, into mixing bowl. Make a well in dry ingredients and add all remaining ingredients. Mix together until smooth. Divide batter into 3 loaf pans that have been greased and floured. Bake at 350° for about 1 hour. Cool slightly in pans, then turn onto racks.

Wendy Fairbanks, Council Bluffs, IA

NUT BREAD

1 egg	1 tsp. baking soda
1 c. dark brown sugar	1 c. walnuts, cut small
1 c. buttermilk	1 c. currants
1 c. flour	

Mix all ingredients together. Bake at 350° for 45 minutes in a greased loaf pan. Makes 1 loaf.

Alice Amundson, Soldier, IA

OVERNIGHT BUNS

2 pkg. yeast	⅓ c. warm water
Mix in order given.	
3 c. warm water	2 tsp. salt
3 eggs, beaten	½ c. oil
1½ c. sugar	

Add yeast mixture. Add 11 to 12 cups flour. Make at 4:00. Punch down at 6:00. Make buns at 10:00. In morning, bake at 350° to 375° for 10, 12, or 15 minutes. Makes 6 dozen or so.

Elsie Baker, Council Bluffs, IA

SPICE MUFFINS

2 c. flour	1 tsp. ginger
1 egg, well beaten	1 tsp. nutmeg
½ c. sugar	1 tsp. cinnamon
1 c. milk	3 tsp. baking powder
¼ c. melted shortening	1 tsp. salt

Sift flour with spices, baking powder, and salt. Combine egg, sugar, shortening, and milk. Add dry ingredients. Beat only until smooth. Fill well oiled muffin tins ⅔ full. Bake in hot oven at 425°, 15 to 20 minutes. Makes 12 servings.

Wendy Fairbanks, Council Bluffs, IA

KAY'S PECAN ROLLS

Pecans	½ c. butter
12 frozen rolls	¼ c. brown sugar
1 small butterscotch pudding (not instant)	

Begin with well oiled pan and place pecans in bottom. Place 12 frozen rolls in pan and sprinkle pudding on top. Pour butter and brown sugar mixture over rolls and let stand overnight. Bake 30 minutes at 350°.

Donna Syndergaard, Neola, IA

BRAN MUFFINS

1 c. flour	½ tsp. salt
3 tsp. baking powder	1 c. Nabisco 100% Bran
1 c. milk	3 Tbsp. soft oleo
½ c. sugar	1 egg, lightly beaten

Mix flour, salt, and baking powder. Add bran to milk; let stand 5 minutes. Beat shortening with sugar till light. Add eggs; stir in bran. Bake at 400° for 25 to 30 minutes.

Donna Syndergaard, Neola, IA

TOPPING FOR ROLLS

1 c. brown sugar	¼ c. butter or oleo
2 Tbsp. white or dark syrup	½ tsp. vanilla
2 Tbsp. water	

Bring sugar, syrup, water, and shortening to a boil. Do not boil. Add vanilla. Cool. Pour over rolls after they have raised and are ready to bake. Bake as usual.

Rosalie Rodenburg, Neola, IA

APPLESAUCE MUFFINS

1 c. margarine, softened	1 tsp. cloves
2 c. sugar	2 tsp. allspice
2 eggs	3 tsp. cinnamon
3 tsp. vanilla	2 tsp. soda
4 c. flour	1 (1 lb.) can applesauce

Cream margarine, sugar, eggs, and 1 teaspoon vanilla. Sift together flour and spices. Add to the creamed mixture. Blend 2 teaspoons vanilla into the applesauce. Add soda, then blend with the batter, using a wooden spoon. Batter will be stiff, so stir until well mixed. Spoon into greased muffin tins, $\frac{1}{2}$ full; bake at 400° for 12 minutes. Serve hot with butter, or sprinkle with powdered sugar. Yield: 4 dozen.

Rosalie Rodenburg, Neola, IA

ORANGE "BOW KNOT" ROLLS

1½ c. milk, scalded
1 c. lukewarm water
2 pkg. yeast
2 Tbsp. sugar
2 beaten eggs
½ c. sugar

1 tsp. salt
½ c. lard *plus* 2 Tbsp. butter
½ c. orange juice
2 Tbsp. orange rind
7 to 8 c. flour

Soften yeast in 1 cup lukewarm water and 2 tablespoons sugar. Scald milk; add sugar, salt, and shortening. Let cool to lukewarm; add yeast mixture, eggs, orange juice, and orange rind. Blend well. Add flour, 2 cups at a time, and beat until smooth. Let stand 10 minutes. Knead on lightly floured board until a soft dough is smooth and elastic.

Place in greased bowl. Let rise 2 hours. Punch down and roll dough out ½ inch thick. Cut 10 inch strips ½ inch wide. Tie knot loosely. Arrange on greased cookie sheet. Cover and let rise until double in size, 400° for 12 to 15 minutes.

Frosting:

2 Tbsp. orange juice
1 c. powdered sugar

Vanilla
Butter

Edna Holverson, Soldier, IA

PECAN ROLLS

3 pkg. yeast
1 Tbsp. sugar
1 c. sugar
½ c. shortening
1 c. milk

6 c. flour
1 c. lukewarm water
3 eggs
1 tsp. salt

Combine yeast, 1 tablespoon sugar, and lukewarm water; let rise for a few minutes. Beat eggs; add sugar, milk, salt, and shortening. Add to yeast mixture. Add flour and mix well. Put in a bowl and let rise until it doubles in bulk. Knead down and roll out into balls; top with sugar and cinnamon. Put in greased pans with brown sugar, butter, and syrup. Bake at 375° until golden brown.

Marcie Phillips, Soldier, IA

DUMPLINGS

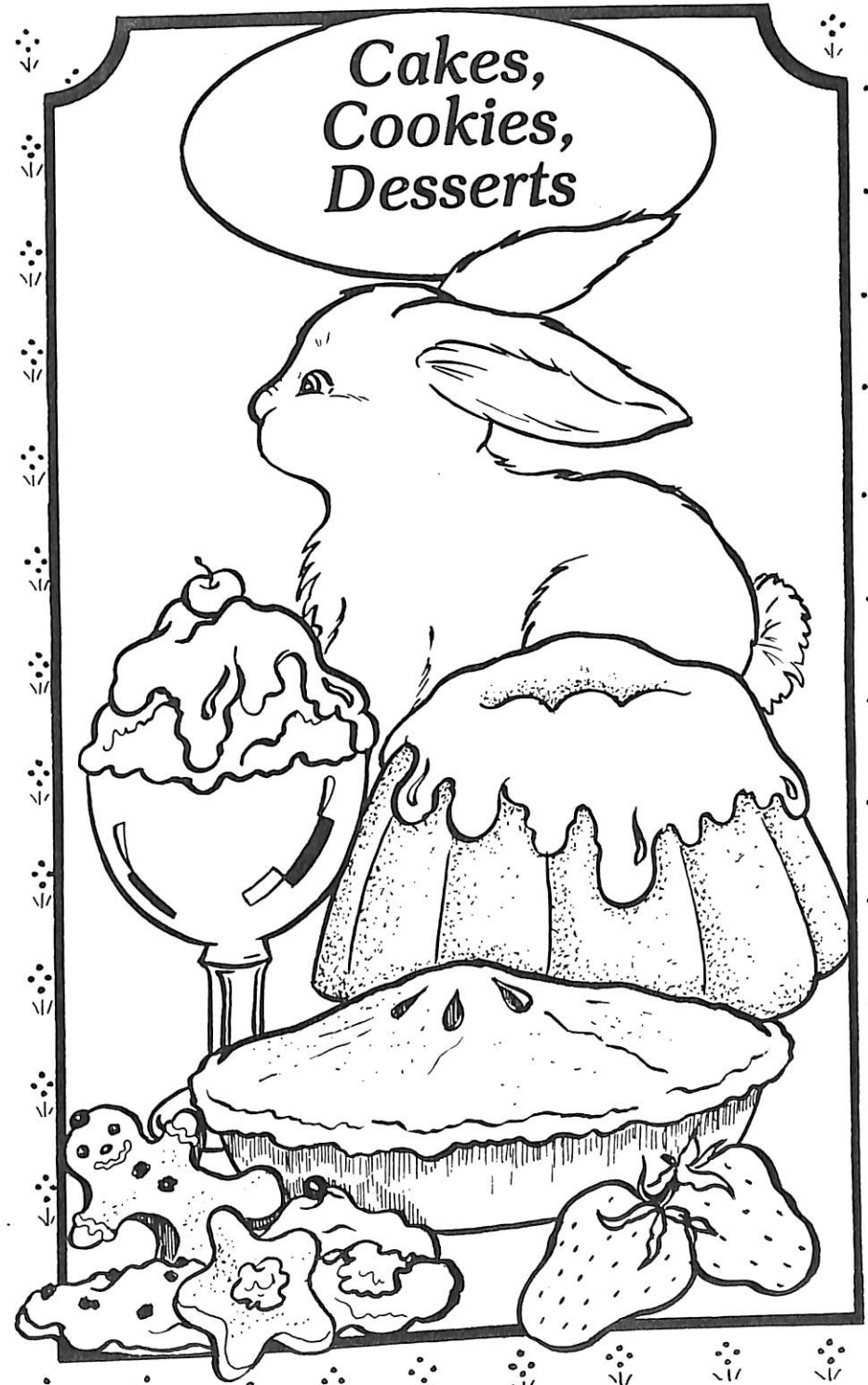
2 c. flour
4 tsp. baking powder
½ tsp. salt

4 Tbsp. fat
⅔ c. milk

Mix together and drop by spoonfuls into stew or broth.

Janet Foss, Soldier, IA

Notes



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

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

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

CAKES, COOKIES, DESSERTS

COW PATTY'S CHEESECAKE

Crust:

16 cinnamon graham crackers
1/2 c. sugar

1/4 c. melted butter

Cake:

24 oz. soft cream cheese
3 c. sour cream
1 1/2 c. sugar

1 1/2 tsp. vanilla
1 Tbsp. lemon juice
4 eggs

Beat cream cheese and sugar until creamy. Add eggs, one at a time, while beating. Add sour cream, vanilla, and lemon juice. Blend. Pour into crust and bake 50 to 60 minutes at 350°. Turn off and leave to cool for 1 hour. *Do not open oven door.*

You need a 10 inch cheesecake pan.

Cow Patty's

ANITA'S CARROT CAKE

1/4 c. oil
2 c. sugar
2 c. flour
Dash of salt
2 tsp. soda
2 tsp. baking powder

3 tsp. cinnamon
1 tsp. vanilla
4 eggs
3 c. shredded carrots
1 c. walnuts

Mix sugar and oil in small bowl. Set aside. Mix remaining ingredients and add to sugar mixture. Grease and flour 9x13 inch pan. Bake at 350° for 45 to 50 minutes.

Cream Cheese Frosting:

6 oz. cream cheese
6 Tbsp. butter
1 tsp. milk

1 tsp. vanilla
2 to 3 c. powdered sugar

Janice Watts, Council Bluffs, IA

BANANA CAKE

1/2 c. oleo
1 1/4 c. sugar
2 eggs
2 ripe bananas or 1 c.
2 c. flour

1 tsp. soda
1 tsp. baking powder
1 c. sour milk
1 tsp. vanilla

Cream oleo and sugar together. Add 1 egg at a time, beating well. Add bananas and beat well. Add dry ingredients alternately with milk and ending with flour mixture; add vanilla. Place in greased 9x13 inch pan. Bake at 325° for 45 minutes, or until a toothpick comes out clean.

I use cream cheese frosting. Very good!

Kristin Conradson, Springfield, NE

MOCK GERMAN CHOCOLATE CAKE

1 white cake mix
1 instant chocolate pudding
2 eggs

1/3 c. milk
2 Tbsp. oil

Mix all together and bake at 350° for 35 minutes. Frost with pecan frosting.
Violet Ulmer, Soldier, IA

CARAMEL SPICE CAKE

1/2 c. butter
2 c. brown sugar
4 eggs
2 sq. chocolate
1 tsp. vanilla
1/2 tsp. cinnamon

1/4 tsp. cloves
1/2 c. raisins
1 c. milk
2 tsp. baking powder
2 1/2 c. flour

Cream butter and brown sugar; add eggs, one at a time. Add chocolate (melted in microwave). Add dry ingredients alternately with milk. Cook raisins; drain. Add nuts if desired. Bake at 350° for 25 minutes in 3 layers.

Caramel Frosting:

1/3 c. butter
1/4 c. milk

1 1/2 c. brown sugar
Powdered sugar

Melt butter and brown sugar in small pan over low heat until sugar melts. Add milk and cook. Beat in powdered sugar.

Helga Holt, Soldier, IA

SOUR CREAM COFFEE CAKE

1/4 lb. margarine
1 1/2 c. sugar
2 eggs
1 c. sour cream
1 tsp. baking soda

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

Dissolve baking soda in sour cream. Cream together margarine, 1 cup of sugar, eggs, and soda/sour cream. Set aside. Sift together flour and baking powder. Add to cream and mix thoroughly. Add vanilla and mix. Pour half of the batter in a round greased cake pan. Sprinkle half of the nut mixture over the batter. Repeat layers, then swirl with a fork. Bake at 350° for 40 minutes.

Nut mixture:

1/2 c. sugar
Nuts

Cinnamon

Cow Patty's

BROWNIES

2 sq. unsweetened chocolate (2 oz.)
1/3 c. shortening
1 c. sugar
2 eggs

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

Heat oven to 350°. Grease a square pan, 8x8x2 inch. In top of double boiler, place unsweetened chocolate and shortening. Melt until smooth. Remove from heat. Add sugar, eggs, and vanilla. Mix well. Add flour, baking powder, and salt. Add nuts. Bake for 30 to 35 minutes. Cool and frost.

Julie Larsen, Underwood, IA

CHOCOLATE SHEET CAKE

2 c. flour
2 c. sugar
2 sticks margarine
4 Tbsp. cocoa
1 c. hot water

1/2 c. sour milk
1 tsp. soda
2 eggs
1 tsp. vanilla

Sift flour and sugar and set aside. Mix margarine, cocoa, and water in saucepan. Bring to boil and remove from heat. Add flour and sugar. Mix well. Add rest of ingredients. Batter is thin. Bake in a jelly roll pan at 350° for 20 minutes. Prepare frosting while cake is baking.

Frosting:

1 stick margarine
4 Tbsp. cocoa
6 Tbsp. milk

4 c. powdered sugar
1 tsp. vanilla
Nuts (optional)

Bring margarine, cocoa, and milk to boil. Add rest of ingredients and mix well. Spread on warm cake.

Rosalie Rodenburg, Neola, IA

PEA PICKIN CAKE

1 yellow cake mix
4 eggs
1/2 c. oil

1 can mandarin oranges (juice included)

Mix all preceding ingredients well until oranges are all blended. Bake in a greased and floured 9x13 inch pan at 350° for 35 minutes.

Frosting: Mix 1 large can crushed pineapple (14 ounces) and 1 small package instant vanilla pudding. Add one 8 ounce container of Cool Whip to the pineapple and pudding. Stir together and spread on cake. Refrigerate.

Joyce Tiarks, Underwood, IA

SOUR CREAM CHEESECAKE

2 (8 oz.) pkg. cream cheese	1 tsp. vanilla
1½ c. sour cream	3 Tbsp. margarine or butter, melted
½ c. sugar	
2 eggs	

In blender, put sour cream, sugar, and eggs and blend until smooth. Add 1 inch squares of cream cheese as blender is running. Blend 15 to 20 seconds, or until smooth. Add vanilla and butter. Blend a few more seconds. Pour into a deep graham cracker crust. I use a 10 inch pie pan. Bake at 350° for 45 minutes, or until center is firm. Top with sweetened strawberries or cherry pie filling if you wish.

Rosalie Rodenburg, Neola, IA

CREAM CHEESE POUND CAKE

1 c. butter	3 c. sifted cake flour
½ c. shortening	6 eggs
3 c. sugar	1 tsp. vanilla
1 (8 oz.) pkg. soft cream cheese	

Cream butter and shortening. Gradually add sugar, beating well at medium speed. Add cream cheese, beating well until light and fluffy. Alternately add flour and eggs, beginning and ending with flour. Stir in vanilla. Bake in greased and floured 10 inch tube pan at 325°, 1 hour and 15 minutes. Cool in pan 10 minutes. Remove and cool on wire rack.

Rosalie Rodenburg, Neola, IA

PUNCH BOWL CAKE

1 devils food cake mix	4 c. milk
1 c. Kahlua	1 large ctn. Cool Whip
3 small pkg. chocolate instant pudding	

Bake devils food cake in 9x13 inch pan. While cake is still warm, pour Kahlua over cake. Cut cake into thirds. Mix 3 small packages of chocolate instant pudding with 4 cups milk. Break ⅓ cake in bottom of a punch bowl. Put ⅓ of pudding over cake and top with ⅓ Cool Whip. Repeat layers 2 more times. Top with shaved chocolate if desired. *A chocolate lover's dream!*

Pat Hiller, Underwood, IA

GRANNY'S CHEESE CAKE

1 pkg. lemon or lime jello	1 c. sugar
1 c. boiling water	2 tsp. vanilla
16 to 25 crushed graham crackers	1 can sweetened condensed milk
½ c. melted butter	1 Tbsp. 10X sugar (confectioners)
1 (8 oz.) pkg. cream cheese	1 can crushed pineapple

Line 9x13 inch pan with crushed graham crackers and ½ cup melted butter. (Reserve ⅓ cup of crumbs.) Mix jello and boiling water. Set aside to cool. Cream softened cream cheese, 1 cup sugar, and vanilla together. Add sweetened condensed milk and 1 tablespoon confectioners sugar, then add drained crushed pineapple. Now add jello mixture. Pour mixture over crumbs and sprinkle extra crumbs on top. Let set a few hours or overnight in refrigerator.

Lisa Gregor, Bellevue, NE

MILK CHOCOLATE BROWNIE CAKE

1 c. butter	1 tsp. baking soda
1 c. water	½ tsp. salt
⅓ c. cocoa	2 eggs
2 c. flour	½ c. plain yogurt or dairy sour cream
2 c. sugar	

Heat butter, water, and cocoa to boiling in saucepan, stirring occasionally. Remove from heat. Add flour, sugar, baking soda, salt, eggs, and sour cream. Beat until smooth. Batter will be very thin. Pour into greased jelly roll pan. Bake in 375° oven, 20 to 25 minutes. Cool and frost with cocoa frosting.

Patti Rief, Council Bluffs, IA

POOR MAN'S CAKE

1 tsp. cinnamon	1 c. currants
1 tsp. nutmeg	1 c. boiling water
1 tsp. cocoa	2 c. flour
¼ c. Crisco	1 tsp. soda
Pinch of salt	1 tsp. baking powder
1 c. raisins	

Boil first 8 ingredients for 3 minutes. Let stand until lukewarm. Add dry ingredients to mixture. Put into prepared 9x13 inch pan. Bake 45 minutes at 350°.

Grandma Minnie Rief

GERMAN CHOCOLATE CAKE

1 (4 oz.) pkg. Baker's German's sweet chocolate	1 tsp. vanilla
½ c. boiling water	2¼ c. flour
1 c. butter or margarine	1 tsp. baking soda
2 c. sugar	½ tsp. salt
4 egg yolks	1 c. buttermilk
	4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, 1 at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into three 9 inch layer pans, lined on bottoms with paper. Bake at 350° for 30 to 35 minutes. Cool. Frost.

Hazel Rief, Council Bluffs, IA

CRAZY CHOCOLATE CAKE

3 c. flour	2 c. sugar
1/3 c. cocoa	2 tsp. soda
1 tsp. salt	

Sift ingredients preceding into floured and greased 9x13 inch pan.

Add:

2 Tbsp. vinegar	2 tsp. vanilla
2/3 c. oil	2 c. cold water

Stir with fork to blend. Do not beat. When well mixed, bake at 350° for 25 to 35 minutes. Cool in pan.

If mixed in a bowl, this recipe will make 2 (9 inch) cakes.

Darlene Conradson, Springfield, NE

PINA COLADA CAKE

1 box yellow cake mix	1 (8 oz.) ctn. whipped cream
1 can Eagle Brand condensed milk	1 1/2 c. flaked coconut
1 (14 or 16 oz.) can crushed pineapple	

Bake cake as directed on box. Pierce cake evenly with fork when hot. Spread Eagle Brand milk over cake and let cool, then top with pineapple and Cool Whip. Sprinkle with coconut.

Josephine Hamilton, Spirit Lake, IA

POPCORN CAKE

4 qt. popped popcorn	1 c. gumdrops
1 c. candy corn	1/4 c. oil
1 c. M&M's	1 cube oleo
1 c. salted peanuts	1 (16 oz.) pkg. marshmallows

Melt oil, oleo, and marshmallows. Pour over popcorn and candies. Mix well and pour into a greased angel food cake pan. Let set 24 hours.

Josephine Hamilton, Spirit Lake, IA

CHEESE CAKE

1 c. graham cracker crumbs	1/4 tsp. salt
1/4 c. melted butter	1 1/2 tsp. vanilla
5 (8 oz.) pkg. Philadelphia cream cheese	1 1/2 c. sugar
1/2 c. milk	1 c. sour cream
6 eggs	1/4 c. sugar
	1 tsp. vanilla

Mix graham cracker crumbs and 1/4 cup melted butter. Pat on bottom for spring form pan, 10 inch. Add cream cheese and milk, then add eggs, one at a time, salt, 1 1/2 teaspoons vanilla, and 1 1/2 cups sugar. Pour over crumbs. Bake 1 hour and 10 minutes at 350°. Cool 10 minutes. Mix 1 cup sour cream, 1/4 cup sugar, and 1 teaspoon vanilla. Pour over cake. Bake 5 minutes at 450°. Serve with Wilderness blueberries, cherries, or fresh strawberries. *Delicious!*

Celine Kay, Harlan, IA

SOUR CREAM COFFEE CAKE

1 c. butter	1 tsp. vanilla
2 c. sugar	1 tsp. baking powder
2 eggs	1/4 tsp. salt
1 c. sour cream	2 c. flour

Cream butter, sugar, and eggs. Fold in sour cream and vanilla. Add dry ingredients. Spread 1/2 batter in greased 9x13 inch pan. Sprinkle with 1/2 topping. Add remaining batter and topping. Bake at 350°, 40 to 45 minutes.

Topping:

4 Tbsp. brown sugar	1/2 tsp. cinnamon
1/2 c. chopped nuts	

Dianne Drummy, Council Bluffs, IA

YULE POUND CAKE

1 1/2 c. butter	2 tsp. vanilla
2 1/4 c. sugar	3 c. flour
6 eggs	1/2 tsp. baking soda
3/4 c. milk	1/2 tsp. salt

Cream butter and sugar. Add eggs, one at a time. Mix vanilla with milk and add alternately to creamed mixture with sifted flour, soda, and salt. Turn batter into a greased and floured tube pan. Bake at 350°, 1 hour 20 minutes. Remove from oven and let cool 15 minutes. Cool completely on cake rack. Sprinkle with sifted powdered sugar.

So delicious with a cup of tea and a good friend.

Gerri Nordell, Valley, NE

COCA-COLA CAKE

2 sticks oleo
3 Tbsp. cocoa
1 c. cola (Coke pop)
2 c. sugar
2 c. flour

2 beaten eggs
1 tsp. soda
1 tsp. vanilla
1/2 c. buttermilk
1 1/2 c. miniature marshmallows

Boil in saucepan, oleo, cocoa, and cola. Mix sugar and flour in a large bowl. In another large bowl, mix the eggs, soda, vanilla, buttermilk, and marshmallows. Combine saucepan mixture and sugar/flour mixture. Add third mixture and stir together. Bake in 15 1/2 x 10 1/2 x 1 inch pan, 25 minutes at 350°.

Frosting - Boil in pan:

1 stick oleo
3 Tbsp. cocoa

1/3 c. cola (Coke)

Mix with 1 pound powdered sugar. Frost cake while hot.

Kathy Torneten, McClelland, IA

THROW TOGETHER CHOCOLATE CAKE

1 1/2 c. sugar
1/2 c. shortening
2 eggs
1 tsp. vanilla
1 c. sour milk

2 c. flour
2 Tbsp. cocoa
1/4 tsp. salt
1 tsp. soda (in 1/2 c. boiling water)

Mix everything together in mixing bowl, except soda and water. Beat for 2 minutes, then add 1 teaspoon soda in 1/2 cup boiling water. Mix. Bake at 350° about 25 to 30 minutes.

Laura Porter, Council Bluffs, IA

CHOCOLATE ZUCCHINI CAKE

3 eggs
2 c. sugar
1/2 c. oil
2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon

1/2 tsp. nutmeg
1/4 c. cocoa
3/4 c. buttermilk
2 c. grated unpeeled zucchini
1 tsp. vanilla
1 c. nuts

With electric mixer, beat eggs. Add sugar and beat until fluffy. Beat in oil, beating until light. Sift together dry ingredients; add to egg mixture alternately with buttermilk and zucchini, mixing well. With a spatula, blend in vanilla and nuts. Bake in greased and floured 13x9 inch pan. Bake 40 to 50 minutes at 350°. Cool completely and frost with chocolate or cream cheese frosting.

Mickey Arkfeld, Panama, IA

FUZZY NAVEL CAKE

1 box yellow cake mix
1/2 c. vegetable oil
1 (6 oz.) pkg. instant vanilla pudding mix

4 eggs
3/4 c. peach Schnapps
1/2 c. orange juice
1/2 tsp. orange extract

Combine first 7 ingredients in mixing bowl and blend well. Pour into greased and lightly floured 9 1/2 inch Bundt pan. Bake 45 to 50 minutes at 350°, or until top of cake springs back.

Combine:

4 Tbsp. peach Schnapps
2 Tbsp. orange juice

1 c. powdered sugar

While cake is still warm in pan, poke holes in the top. Pour liquid mixture over it. Allow the cake to cool in the pan for 2 hours before removing.

Donna Syndergaard, Neola, IA

MAYONNAISE CAKE

1 chocolate cake mix
1/2 c. mayonnaise

1 1/2 c. water
2 eggs

Mix together and bake according to package directions. Do not use Miracle Whip.

Gerrie Lee, Council Bluffs, IA

CHOCOLATE CHEESE CAKE

2 c. finely crushed chocolate wafers

1/4 c. granulated sugar
6 Tbsp. melted butter

Mix well and pat into a springform pan. Bake 10 minutes at 400°. Remove and cool. Reduce oven to 300°.

3 pkg. (8 oz.) cream cheese
1 (14 oz.) can sweetened condensed milk
1 (12 oz.) pkg. semi-sweet chocolate chips, melted

4 eggs
2 tsp. vanilla

In a large mixer bowl, beat cheese until fluffy. Add condensed milk and beat until smooth. Add chocolate chips, eggs, and vanilla. Pour onto crust layer and bake at 300° for 1 hour. Cool to room temperature. Garnish with Cool Whip if you wish.

Diane Vandenberg, Council Bluffs, IA

BETTER THAN SEX CAKE

1 yellow cake mix
1 (16 oz.) can crushed pineapple
1 c. white sugar
2 bananas

1 large size vanilla instant pudding
8 oz. cream cheese
8 oz. Cool Whip

Prepare yellow cake mix according to package directions. Bake. When done, poke holes in the top of cake. Combine pineapple and sugar in saucepan and cook 5 minutes. Pour over cake while still hot. Let this cool. Slice bananas on top. Make pudding mix according to directions on box, then add cream cheese and whip together. Spread over bananas on the cake. For last layer, 8 ounces Cool Whip. You may sprinkle with coconut and nuts for garnish.

Donna Syndergaard, Neola, IA

CARROT BARS

2 c. sugar
2 c. flour
1 c. oil
1 tsp. cinnamon
2 tsp. soda

1 tsp. salt
4 eggs
2 junior size strained carrots
(Gerber)

Beat eggs and mix all well together. Put in jelly roll pan. Bake at 350°, 30 to 35 minutes, or till toothpick comes out clean. Top with Cream Cheese Frosting.

Frosting:

1 cube butter
2 c. powdered sugar

2 tsp. vanilla
6 oz. cream cheese

Keep in refrigerator.

Kathleen Nielsen, Council Bluffs, IA

CRUNCHY FUDGE SANDWICH

1 (6 oz.) pkg. butterscotch chips
½ c. peanut butter
4 c. Rice Krispies
1 Tbsp. water

1 (6 oz.) pkg. semi-sweet
chocolate chips
½ c. powdered sugar
2 Tbsp. margarine

Melt butterscotch chips with peanut butter. Add Rice Krispies and press ½ mixture into buttered 8x8x2 inch pan. Chill. Combine sugar, margarine, and water with chocolate chips and melt. Spread this over chilled mixture. Spread remaining cereal over top.

Jean Reed, Soldier, IA

THUMB COOKIES

¼ c. shortening
½ c. brown sugar
1 c. flour
1 egg yolk

Pinch of salt
1 tsp. vanilla
½ c. nuts

Combine shortening and sugar; cream until fluffy. Add egg. Blend well; add flour and stir in nuts and vanilla. Bake in oven, 375°; take out and put thumbprint before done. Bake 12 minutes.

Frosting:

2 c. powdered sugar
½ c. cocoa
1 tsp. vanilla

½ c. hot coffee
1 Tbsp. butter

Merena Disrude, Soldier, IA

GOLD RUSH BROWNIES

2 c. graham cracker crumbs
1 can Eagle Brand milk
1 tsp. vanilla
Butter size of walnut

1 pkg. chocolate chips
¼ tsp. salt
½ c. pecans

Mix all ingredients together and spread on a generously buttered 9x13 inch pan. Bake 30 minutes in 375° oven, or until edges are brown. Cut and remove from pan before cool.

Mrs. George Burson, Soldier, IA

CRACKLE TOP GINGER COOKIES

1 c. shortening
1 c. sugar
1 c. molasses
4 c. sifted flour
2 tsp. soda
1 egg

½ tsp. salt
2 tsp. ginger
½ tsp. cinnamon
½ tsp. cloves
2 tsp. soda

Cream together shortening and sugar. Add egg and mix well. Stir in molasses. Sift dry ingredients and combine with molasses mixture. Chill thoroughly. Roll dough into 1 inch balls; roll in sugar. Place 2 inches apart on greased cookie sheet. Bake at 350° for 18 to 20 minutes. Makes 5 dozen.

CHOCOLATE WAFFLE COOKIES

1½ c. sugar
1 c. margarine
4 eggs
2 tsp. vanilla

2 c. flour
6 Tbsp. cocoa
Pinch of salt

Mix well sugar, margarine, eggs, and vanilla. Sift together flour, cocoa, and salt. Add to sugar mixture. Mix well. Drop by teaspoonful onto heated waffle iron. Bake about 2 minutes. When cool, frost with your favorite frosting.

COTTON CANDY COOKIES

1 (3 oz.) pkg. any flavored Jell-O
⅔ c. sugar

4 egg whites

Mix together dry Jell-O and sugar. Beat egg whites until stiff and then gradually add sugar mixture. Continue mixing until all is mixed and stiff. Drop by teaspoonful onto greased cookie sheet. Bake at 250° for 40 to 50 minutes. Cookies should not brown. Let cool 5 minutes. Remove from cookie sheet. Store in loose container when cold. *Tastes like cotton candy.*

CHINESE NOODLE COOKIES

1 pkg. chocolate chips
1 pkg. butterscotch chips
1 large can Chinese noodles
1/2 c. nuts

Melt chips together in double boiler. Add noodles and nuts. Cover noodles with melted mixture. Drop by teaspoonful onto waxed paper. Let set until firm.

MONSTER COOKIES

6 eggs
2 1/2 c. brown sugar
2 c. white sugar
1 tsp. dark syrup
1 tsp. vanilla
1/2 tsp. salt
4 tsp. baking powder
1/2 lb. butter
3 c. peanut butter
9 c. oatmeal
1/2 lb. chocolate chips
1/2 lb. M&M's

Mix the preceding ingredients in the order listed. Bake in a preheated oven at 350° after dropping cookies by rounded teaspoonfuls on baking sheet. After 4 or 5 minutes of baking, flatten cookies. Bake an additional 4 to 5 minutes. Let cookies remain on baking sheet for 1 minute before removing.

Wendy Fairbanks, Council Bluffs, IA

OATMEAL COOKIES

2 c. oleo
2 c. white sugar
2 c. brown sugar
2 tsp. salt
2 Tbsp. vinegar
4 eggs
2 tsp. vanilla
4 c. flour
2 tsp. soda
2 tsp. baking powder
4 c. rolled oats
2 c. chocolate chips
Raisins
Coconut

Combine oleo, sugars, vinegar, and salt. Add eggs and vanilla. Sift dry ingredients. Add to first mixture. Stir in rolled oats, chocolate chips, raisins, or coconut. Drop by teaspoonful onto baking sheet. Bake at 350°, 11 to 12 minutes. Yield: 20 dozen cookies.

Betty Olsen, Mo Valley, IA

CHERRY IN THE MIDDLE BARS

1 c. margarine
1 1/2 c. sugar
1/2 tsp. vanilla
4 eggs
2 c. flour
Dash of salt
1/2 tsp. baking powder
1 can cherry pie filling

Cream margarine, sugar, salt, and vanilla. Add eggs, one at a time, beating well after each addition. Stir in the flour and baking powder. Spread in a greased and floured jelly roll pan. Spoon pie filling over the batter. Bake at 350° for 20 to 25 minutes. While still warm, frost with thin powdered sugar glaze.

Rosalie Rodenburg, Neola, IA

SPICE BARS

1 1/2 c. raisins, covered with water
1 1/2 tsp. soda
1 c. shortening
1 1/2 c. sugar
2 eggs
3 c. flour (all-purpose)
2 tsp. cinnamon
1 c. raisin juice

Cream shortening, sugar, and eggs until well mixed. Add dry ingredients alternately with raisin juice. Bake in a large greased and floured jelly roll pan at 350° for 25 to 30 minutes.

Rosalie Rodenburg

LEMON BARS

Base:
1 pkg. lemon cake mix
1 1/2 c. quick cooking rolled oats
1 c. chopped nuts
1/2 c. margarine or butter, softened
1 egg
Filling:
1 can ready to spread frosting
1 (8 oz.) pkg. cream cheese, softened
2 eggs

Heat oven to 350°F. Grease 13x9 inch pan. In large bowl, combine base ingredients; mix until crumbly. Reserve 2 cups for topping; press remaining crumbs into prepared pan. In large bowl, blend all filling ingredients; beat at highest speed until smooth and creamy. Pour over crust. Sprinkle reserved crumbs over filling. Bake at 350°F. for 45 to 50 minutes, or until firm when pan is lightly shaken. Chill before serving. Store in refrigerator.

Rosalie Rodenburg, Neola, IA

NEIMAN-MARCUS BARS

1 white cake mix (pudding or sour cream type)
1 stick melted oleo
2 beaten eggs
1 c. coconut
2 c. English walnuts
8 oz. cream cheese
3 c. powdered sugar
1 tsp. vanilla

Mix cake mix, oleo, eggs, coconut, and walnuts all together. Put in a 9x13 inch pan. Whip cream cheese with powdered sugar and vanilla and spread over batter. Bake at 350° for 30 minutes.

Rosalie Rodenburg, Neola, IA

ROCKY ROAD FUDGE BARS

Bar:

1/2 c. butter or margarine	1/2 c. nuts
1 oz. unsweetened chocolate	1 tsp. baking powder
1 c. sugar	1 tsp. vanilla
1 c. flour	2 eggs

Melt unsweetened chocolate and butter in large saucepan over low heat. Add remaining bar ingredients. Mix well and pour in 9x13 inch pan.

Filling:

8 oz. cream cheese	1/2 tsp. vanilla
1/2 c. sugar	1/4 c. nuts
2 Tbsp. flour	1 (6 oz.) pkg. semi-sweet chocolate chips
1/4 c. butter	
1 egg	

Reserve 2 ounces cream cheese for frosting. Combine all filling ingredients, except nuts and chocolate chips, and beat 1 minute at medium speed. Stir in nuts; spread over bar mixture and sprinkle with chocolate chips. Bake at 325° for 25 to 35 minutes. Sprinkle with 2 cups mini marshmallows. Bake 2 minutes longer.

Frosting:

1/4 c. butter	Reserved 2 oz. cream cheese
1 oz. unsweetened chocolate	1/4 c. milk

Melt over low heat in saucepan and add 3 cups powdered sugar and 1 teaspoon vanilla. Beat well. Pour immediately over marshmallows and swirl.

Marsha Rath, Schuyler, NE

NO ROLL SUGAR COOKIES

1 c. white sugar	2 1/2 c. flour
1 c. shortening	1 tsp. cream of tartar
1 egg	1 scant tsp. soda
1 tsp. vanilla	

Beat sugar, shortening, and egg to light and fluffy. Add dry ingredients. Roll into balls and flatten with fork or glass. Bake 8 to 12 minutes at 350°.

Marie Jensen, Spirit Lake, IA

MOLASSES COOKIES

3/4 c. shortening	2 c. flour
1 c. sugar	2 tsp. soda (scant)
1 egg	1 tsp. ground cinnamon
1/4 c. molasses	1/4 tsp. ground ginger
1/4 tsp. salt	1/2 tsp. ground cloves

Cream shortening and sugar. Add egg and molasses. Sift dry ingredients into shortening mixture. Combine well and roll dough into small balls (about 3/4 inch). Roll balls in granulated sugar. Put on cookie sheet. Don't flatten. They will spread out as they bake. Bake at 350° for 9 to 12 minutes.

Marie Jensen, Spirit Lake, IA

OLD-FASHIONED SUGAR COOKIES

3 1/2 c. sifted flour	1 1/2 c. sugar
2 1/2 tsp. baking powder	2 eggs
1/2 tsp. salt	3 tsp. vanilla
1 c. shortening	

Cream oleo, sugar, eggs, and vanilla until light and fluffy. Add dry ingredients. Roll into balls. Butter bottom of water glass; dip in sugar and press down carefully 1/8 inch thick. Bake 10 to 12 minutes at 400° until edges are golden brown.

Marie Jensen, Spirit Lake, IA

COWBOY COOKIES

1 c. butter or margarine	1/2 tsp. salt
1/2 c. sugar	2 c. rolled oats (uncooked)
1 1/2 c. brown sugar	1 c. flaked coconut or raisins
2 eggs	2 c. flour
1 tsp. baking soda	1 pkg. chocolate chips
1 1/2 tsp. vanilla	

Cream butter and sugar. Add eggs and beat well. Mix in remaining ingredients. Drop by teaspoonful onto a greased cookie sheet. Bake at 350° for about 15 minutes.

Marie Jensen, Spirit Lake, IA

DANISH KRINGLER (COOKIES)

1 c. butter	3 1/2 c. flour
1 egg	2 tsp. baking powder
1 c. cream	

Mix all ingredients. (Your egg and cream should measure 1 cup.) Chill. Roll small amount at a time, 7 inches wide and 1/4 inch thick. Sprinkle with sugar. Cut 1/4 inch wide strips. Shape like pretzel. Bake in 375° oven.

Arlene Hoogensen, Harlan, IA

FORGET 'EM COOKIES

2 egg whites	1 (6 oz.) pkg. mini chocolate chips
3/4 c. sugar	1 c. chopped pecans

Beat egg whites and sugar until stiff. Combine chocolate chips and pecans with beaten egg whites. Turn oven on 350°. Line sheets with brown paper and spray with Pam. Drop by spoonful. Turn oven off. Put cookies in and leave overnight.

Anita Butera, Omaha, NE

SUGAR COOKIES

1 c. margarine	1 tsp. vanilla
1 c. 10X confectioners sugar	5½ c. flour
1 c. sugar	½ tsp. salt
¾ c. (vegetable) oil	1 tsp. soda
2 eggs	1 tsp. cream of tartar

Mix sugars and butter well. Add egg and oil to sugar mixture. Stir together dry ingredients and add to wet mixture. Spoon by teaspoonful onto cookie sheet 2 inches apart. Take a flat bottom glass and dip in sugar, pressing down on cookies to flatten. Bake at 375°, 8 minutes.

Lisa Gregor, Bellevue, NE

MOLASSES CRISP COOKIES

1½ c. shortening	4 tsp. soda
2 c. sugar	½ tsp. salt
2 eggs	1 tsp. cloves
½ c. molasses	1 tsp. ginger
4¼ c. flour	1 tsp. cinnamon

Roll into small balls and roll in sugar. Place on cookie sheet 1 to 2 inches apart. Sprinkle whole sheet with water. Bake at 375°, 10 to 12 minutes.

Lisa Gregor, Bellevue, NE

CHOCOLATE CHIP PUDDING COOKIES

2¼ c. unsifted flour	1 tsp. vanilla
1 tsp. soda	2 eggs
1 c. butter	1 small pkg. instant chocolate pudding
¼ c. granulated sugar	1 (12 oz.) pkg. chocolate chips
¾ c. packed brown sugar	1 c. nuts
1 tsp. salt	

Cream butter and sugars. Add vanilla, pudding, eggs, and salt. Combine with dry ingredients. Add chips and nuts. Bake on ungreased cookie sheet at 375°, 8 to 10 minutes.

Wendy Fairbanks, Council Bluffs, IA

CHOCOLATE OATMEAL BARS

1 c. chocolate chips (6 oz.)	2 c. brown sugar
1 c. butterscotch chips (6 oz.)	2 eggs
1 c. Eagle Brand milk (Borden)	2 tsp. vanilla
1 tsp. salt	2¼ c. flour
2 Tbsp. butter	1 tsp. soda
1 c. nuts	3 c. oatmeal
1 c. oleo	

Melt chips, milk, salt, and butter; add nuts and set aside. Cream oleo, sugar, eggs, and vanilla; beat well. Add flour and soda; beat well and add oatmeal. Spread ¾ of batter in 11x8 inch pan, then spread chocolate mixture over that. Drop rest of batter on top. Spread with fingers. Bake at 350° for 20 to 22 minutes. Don't overbake. Cut into small pieces as this is very rich.

Patti Rief, Council Bluffs, IA

APPLE BARS

2½ c. flour	Milk
1 tsp. salt	1 c. sugar
½ c. shortening	1 tsp. cinnamon
½ c. margarine	1 egg white
1 egg yolk	1 c. powdered sugar
1 c. corn flakes	3 to 4 tsp. milk
8 to 10 apples	

Cut in margarine and shortening into flour and salt. Beat egg yolk, adding enough milk to make ⅔ cup liquid. Roll ½ dough for 17x12 inch pan. Sprinkle corn flakes. Top with apples, sugar, and cinnamon. Roll remaining dough. Seal edges and cut slices. Beat egg white and brush on top of crust. Bake at 375°, 50 minutes. Cover with foil if crust gets too brown. Drizzle powdered sugar frosting while pastry is warm.

Patti Anderson, Shenandoah, IA

OATMEAL BARS

4 c. quick oats	½ c. white Karo syrup
1 c. brown sugar	⅔ c. melted margarine
½ tsp. salt	3 tsp. vanilla

Topping:

⅔ c. crunchy peanut butter

6 oz. chocolate chips

Mix all ingredients and press in a 10x12 inch pan, well greased. Bake at 425° for 5 to 10 minutes, or until it bubbles all around edges. Don't overbake. Melt chocolate chips and peanut butter in microwave. Mix and pour on cooled bars. Let harden before cutting.

Pat Hiller, Underwood, IA

SUGAR COOKIES

4 c. flour
1 c. sugar
2 tsp. baking powder
1 tsp. soda
4 Tbsp. canned milk

1 c. shortening or margarine
½ tsp. salt
2 eggs
3 tsp. vanilla

Combine flour, sugar, baking powder, soda, and salt and sift. Mix shortening, eggs, milk, and flavoring together. Add flour mixture a little at a time. Mix till forms a ball. Roll out ¼ inch thick. Cut cookies and bake on greased cookie sheet in 400° oven for 8 to 10 minutes.

Patti Rief, Council Bluffs, IA

CHOCOLATE CHERRY BARS

1 pkg. devils food cake mix
1 can Wilderness cherries
1 egg
1¾ c. milk

1 (4 oz.) pkg. chocolate pudding mix
1 (6 oz.) pkg. chocolate chips
1 c. nuts

Cook pudding with milk as directed. Partially cool. Combine pudding and cake mix and 1 egg. Fold in Wilderness cherries. Spread in greased and floured jelly roll pan. Sprinkle chocolate chips and nuts over top. Bake 25 to 30 minutes in 350° oven. Makes 40 to 48 bars. To serve as a dessert, cut into squares and top with Cool Whip.

Can be baked ahead and frozen.

Patti Rief, Council Bluffs, IA

PUMPKIN BARS

1 c. oil
2 c. sugar
2 c. pumpkin
2 tsp. baking powder
2 tsp. cinnamon

4 eggs
2 c. flour
1 tsp. soda
½ tsp. salt

Mix together. Put in greased jellyroll pan. Bake for 20 to 25 minutes at 350°.

Frosting:

1 (3 oz.) pkg. cream cheese
1 tsp. vanilla
¾ stick margarine

1 tsp. cream or milk
1¾ c. powdered sugar

Mix together and spread on cooled bars.

Darlene Conradson, Springfield, NE

SOFT CHOCOLATE CHIP COOKIES

1 c. shortening
1½ c. sugar
2 eggs
1 tsp. vanilla
1 c. milk

1 small pkg. chocolate chips
¾ c. flour
2 tsp. baking powder
1 tsp. soda
¼ tsp. salt

Cream shortening and sugar. Add eggs to mixture, beating well after adding. Add vanilla to milk and add this to sugar mixture. Add chocolate chips. Sift flour, baking powder, soda, and salt to mixture. Drop by teaspoonful onto ungreased cookie sheet, 2 inches apart. Bake at 375° for 10 minutes.

Laura Porter, Council Bluffs, IA

CARAMEL PECAN DREAM BARS

1 pkg. Pillsbury Plus yellow cake mix
Filling:
1 (14 oz.) can sweetened condensed milk
1 egg

⅓ c. butter, softened
1 egg
1 tsp. vanilla
1 c. chopped pecans
½ c. Heath Bits 'O Brickle chips

Combine cake mix, butter, and egg and mix until crumbly. Press in 13x9 inch greased pan. In small bowl, beat milk, egg, and vanilla. Stir in pecans and Bits 'O Brickle. Pour over. Spread to cover. Bake at 350°, 25 to 35 minutes until light golden brown. Will set upon cooling. Allow cooling before cutting.

Omaha, NE

CHOCOLATE-CARAMEL BROWNIE

1 German chocolate cake mix
¼ cubes margarine, melted
⅔ c. evaporated milk
6 to 8 oz. chocolate chips

50 Kraft caramels
1 c. nuts
⅔ c. milk

Combine cake mix, margarine, and ⅓ cup milk. Pat half the batter in greased 13x9 inch pan. Bake for 6 minutes at 350°. Melt caramel with ⅓ cup milk. Sprinkle chocolate chips over Brownies. Cover with melted caramels and nuts, then other half of batter. Bake 10 to 15 minutes. Don't overbake. Cool for 15 minutes and cut into pieces.

Bunny Ebert, Council Bluffs, IA

HARVEST PUMPKIN BARS

2 c. flour
2 c. sugar
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt

1 Tbsp. pumpkin pie spice
2 tsp. cinnamon
2 c. pumpkin (one 16 oz. can)
¾ c. oil
4 eggs

Icing:

3 oz. softened cream cheese
6 Tbsp. softened butter
1 tsp. milk
1 tsp. vanilla
1½ to 2 c. powdered sugar

Stir together dry ingredients in large mixing bowl. Add pumpkin, oil, and eggs. Mix until smooth. Spread batter evenly in greased 15x10x1 inch jellyroll pan. Bake in 350° oven for 20 to 25 minutes, or until done. Cool and spread thinly with frosting. Top with ¼ cup chopped nuts.

Judy Stuart, Crescent, IA

BREAKFAST COOKIES

2 c. brown sugar
¾ c. shortening
2 eggs
1 tsp. soda in 2 Tbsp. hot water
1 tsp. baking powder
2 c. flour
1 c. oatmeal
2 c. crushed corn flakes

Mix in order given. Add 1 cup coconut, nuts, or chocolate chips. Make in balls. Roll in sugar and bake at 350°.

Wanda Leaders, Underwood, IA

BEST SUGAR COOKIES

2 sticks oleo
2 c. sugar
2 eggs
½ tsp. salt
2 tsp. baking soda
2 tsp. cream of tartar
5 c. flour
1 c. vegetable oil
2 tsp. vanilla

Cream oleo, sugar, and eggs. Mix together dry ingredients. Alternately stir into cream mixture dry ingredients and 1 cup vegetable oil and vanilla. Roll dough into walnut size balls. Dip glass into sugar (colored or white), then press onto dough balls. Bake at 350° for 8 to 10 minutes, or until light brown. Makes 5 dozen or more.

You can't stop at one!

Helen Sommerfeldt, Council Bluffs, IA

PEANUT BARS

Part 1:

1 c. white syrup
1 c. white sugar

Part 2:

4 c. slightly crushed Kellogg's K
1 c. peanuts
1 c. flaked coconut

1½ c. peanut butter

1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips

Bring to a boil white syrup and sugar, stirring constantly. Remove from burner and stir in peanut butter. Mix Kellogg's K, peanuts, and coconut. Mix to part 1. Stir thoroughly. Place in 9x12 inch pan. Cool. Add topping.

Topping: Melt chocolate chips and butterscotch chips.

Treynor, IA

FOOD FOR THE GODS

1 lb. English walnuts
1 lb. dates, cut fine
4 Tbsp. cracker crumbs
1 c. sugar, heaping
1 tsp. baking powder
1 tsp. vanilla
3 eggs

Mix all together, then add 1 egg at a time (3 eggs, beaten separately). Bake 20 minutes at 350°. Top with whipped cream.

M.J. Delchart, Omaha, NE

ALMOND BARK COOKIES

1 lb. almond bark
1 c. crunchy peanut butter
2 c. Rice Krispies
2 c. miniature marshmallows
1 c. salted peanuts

Heat oven to 200° and turn off. Put 1 pound almond bark in 9x13 inch pan and melt. Add ingredients. Drop by spoonful on wax paper. Refrigerate.

Mary Stuehm, Ralston, NE

CHOCOLATE CHIP COOKIES

1 c. shortening
½ c. sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
2½ c. flour
1 tsp. salt
1 tsp. baking soda
1 c. nuts
12 oz. chocolate chips

Beat until creamy shortening, sugar, vanilla, and eggs. Sift together flour, salt, and soda. Add to first mixture. Add nuts and chocolate chips. Bake in 375° oven 10 minutes. Yield: 6 to 7 dozen.

Gladys Davis, Mo Valley, IA

O'HENRY BARS

4 c. quick oatmeal
⅔ c. margarine
½ c. corn syrup
1 c. brown sugar
1 tsp. vanilla
1 (6 oz.) pkg. chocolate chips
⅔ c. peanut butter

Cream butter with syrup. Add other ingredients. Pat dough in greased 9x13 inch pan. Bake at 350° for 15 minutes. Melt chocolate chips with peanut butter. Spread on bars after cooling slightly. Cut into bars.

Jean Reed, Soldier, IA

CHOCOLATE BOILED COOKIES

1 c. sugar
¼ lb. oleo
¼ c. milk
2 c. oatmeal

¼ c. cocoa
½ Tbsp. peanut butter
½ tsp. vanilla

Blend together sugar, milk, and oleo in a saucepan. Cook over low flame until it boils. Let boil exactly 1 minute. Remove from heat. Blend in cocoa, oatmeal, peanut butter, and vanilla. Drop by teaspoonful on wax paper and let cool 10 minutes. Makes 1 dozen.

Laura Porter, Council Bluffs, IA

PEANUT BUTTER COOKIES

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

1 c. peanut butter
3 c. flour
2 tsp. soda
¼ tsp. salt

Cream shortening and sugars together. Add remaining ingredients in order. Roll dough into balls. Mash down with fork. Bake at 350° for 15 minutes. After cooled, add a candy star in middle.

Lisa Gregor, Council Bluffs, IA

CARAMEL CHEWS

50 caramels
⅓ c. evaporated milk
1 German chocolate cake mix

¾ c. melted oleo
⅓ c. evaporated milk
1 c. chopped nuts

Melt caramels and ⅓ cup evaporated milk and set aside. Mix together remaining ingredients and place ½ batter in 9x13 inch pan. Bake at 350° for 6 minutes. Remove from oven. Sprinkle 1 cup chocolate chips on top of cake. Add caramel mixture. Spread rest of cake mix over top. Bake for another 16 to 18 minutes. Refrigerate 30 minutes before cutting.

Diane Vandenberg, Council Bluffs, IA

COOKIES AND BARS

1¾ c. unsifted flour
¾ c. confectioners sugar
¼ c. Hershey's cocoa
1 c. cold butter
1 (12 oz.) pkg. semi-sweet chocolate chips

1 (14 oz.) can Eagle Brand sweetened condensed milk
1 tsp. vanilla extract
1 c. chopped nuts

In medium bowl, combine flour, sugar, and cocoa. Cut in butter until crumbly. (Mixture will be dry.) Press firmly on bottom of 13x9 inch baking pan. Bake 15 minutes at 350°. Meanwhile, in medium saucepan over medium heat, melt 1 cup

chips with sweetened condensed milk and vanilla. Pour evenly over prepared crust. Top with nuts and remaining 1 cup chips; press down firmly. Bake 20 minutes, or until set. Cool. Chill if desired. Cut into bars. Store tightly covered.

Donna Syndergaard, Neola, IA

HERSHEY'S CHOCOLATE CHUNK BUTTER PECAN BARS

1 c. packed light brown sugar
1 c. softened butter
1 egg yolk
1 tsp. vanilla extract
2 c. flour

¼ tsp. salt
¾ c. (10 oz. pkg.) Hershey's premium milk chocolate or semi-sweet chocolate chunks
½ c. coarsely chopped pecans

Heat oven to 350°. Grease 13x9x2 inch baking pan. In large mixer bowl, combine brown sugar, butter, egg yolk, and vanilla; blend in flour and salt. Press mixture into prepared pan. Bake 25 to 30 minutes, or until lightly browned. Remove from oven; immediately sprinkle chocolate chunks on crust. Let stand until softened, about 5 minutes. Spread evenly over crust; sprinkle with pecans. Cool completely; cut into bars.

Donna Syndergaard, Neola, IA

TAPIOCA PUDDING

⅓ c. sugar
6 Tbsp. (large) pearl tapioca
2 eggs

¼ tsp. salt
1 qt. rich milk

Soak tapioca for several hours or overnight. Before cooking, put sugar, tapioca, salt, and milk in double boiler and cook until thick. Stir often. Add egg yolks, beaten well and cook about 5 minutes longer, or until thick. Beat egg whites and fold in when done.

Nettie McGee, Soldier, IA

APPLE CRISP

6 apples
½ c. orange juice

Topping:

½ c. sugar
¾ c. flour

½ c. sugar
Cinnamon
6 Tbsp. butter

Pour orange juice, sugar, and cinnamon over apple slices in 9x13 inch pan. Put topping on apples and bake in 350° oven until light brown on top and apples are done.

Debbie Hansen, Soldier, IA

CHOCOLATE MOUSSE

1 (8 oz.) cream cheese
1 c. powdered sugar
1½ sticks butter
2 small pkg. chocolate instant pudding

3 c. milk
1 (8 oz.) pkg. Cool Whip

Cream cream cheese, powdered sugar, and butter together. Mix pudding mix and milk. Combine with creamed mixture and beat, then fold in Cool Whip. Refrigerate. Can top with crushed chocolate cookie crumbs.

Cow Patty's, Council Bluffs, IA

BUTTERFINGER DESSERT

1 pkg. graham crackers, crushed
¼ c. melted margarine
2 small boxes instant coconut pudding

2 c. milk
¼ gal. French vanilla ice cream
1 medium tub Cool Whip
2 Butterfinger candy bars, crushed

Blend together pudding, milk, and ice cream. Pour over graham cracker crust in 9x13 inch pan. Spread Cool Whip over top. Sprinkle candy bars over that. Enjoy!

Carolyn Wiggins, Underwood, IA

BLUEBERRY COBLER

2 Tbsp. sugar
1 tsp. cornstarch
1½ c. fresh or frozen blueberries
2 tsp. lemon juice
½ c. buttermilk baking mix

2 tsp. sugar
2 Tbsp. milk
2 Tbsp. dairy sour cream
1 tsp. sugar
⅛ tsp. ground cinnamon

Mix 2 tablespoons sugar and cornstarch in 1 quart casserole. Stir in blueberries and lemon juice. Microwave, uncovered, on 385 watts until boiling (3½ to 6½ minutes). Stir. Mix baking mix, 2 teaspoons sugar, milk, and sour cream until soft dough forms. Drop dough by 6 spoonfuls onto hot blueberry mixture. Mix 1 teaspoon sugar and the cinnamon. Sprinkle over dough. Microwave, uncovered, until top of dough is almost dry, 2½ to 4½ minutes. Let stand 5 minutes.

Anna Carlson, Omaha, NE

BUTTERFINGER DESSERT

1 c. coconut
1 c. flour
¼ c. brown sugar
½ c. butter
8 oz. cream cheese
2 Butterfinger bars

1 c. powdered sugar
2 c. Cool Whip
1 c. miniature marshmallows
3 c. milk
2 pkg. instant butter pecan or butterscotch pudding

Mix flour, brown sugar, coconut, and butter. Press into an ungreased 9x13 inch pan. Bake at 350°, stirring frequently, until lightly browned, about 10 to 15 minutes. Cool. Mix powdered sugar, cream cheese, and Cool Whip, then stir in marshmallows. Spread mixture on cooled crust. Beat milk and pudding. Pour over second layer. Layer Cool Whip. Crush candy bars and sprinkle over the top. Refrigerate until served. Makes 12 servings.

Mary Lynn Arkfeld, Harlan, IA

FOUR LAYER DELIGHT DESSERT

1 c. flour
½ c. butter
½ tsp. butter flavor
1 c. pecans or walnuts
2 c. whipped topping

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

First layer: Mix 1 cup flour, ½ cup melted butter, ½ teaspoon butter flavor, and ½ cup chopped pecans or walnuts well and bake in 9x13 inch pan for 15 minutes. Cool.

Second layer: Beat mixture of 1 cup whipped topping, 1 cup powdered sugar, and 8 ounces softened cream cheese until fluffy. Spread on first layer.

Third layer: Mix together 2 packages of instant chocolate pudding and 3 cups cold milk. Spoon over second layer.

Fourth layer: Top with Cool Whip topping (1 cup). Chill and serve.

Lora Porter, Council Bluffs, IA

CREAM PUFFS

1 c. boiling water
1 stick butter
1 c. flour

½ tsp. salt
4 eggs

Melt butter in water on high heat. Turn to low heat. Add flour and salt. Remove from heat and stir until comes away from edge of pan (into a ball). Add eggs, one at a time, blending completely between each one. Spoon onto greased cookie sheet. Bake 50 minutes without peeking at 400°. Slice and fill powdered sugar on top.

Wilda Thomas, Council Bluffs, IA

ECLAIR DESSERT

1 box graham crackers
3 small pkg. instant vanilla pudding

4½ c. milk
9 oz. Cool Whip, thawed

You will need 1 can chocolate frosting for topping.

Butter bottom and sides of a 9x13 inch pan. Line bottom with whole crackers. (Do not crush). Mix pudding and milk. Let stand a few minutes, then fold in Cool Whip. Pour ½ of pudding over the layer of crackers. Add next layer of crack-

ers, then place the rest of pudding. Add another layer of crackers. Always use whole crackers.

Remove all foil from frosting can, or put it into a microwaveable bowl and microwave until it just becomes pourable. Stir well, then pour over the top layer of crackers. Must let set in refrigerator 24 hours.

Diane Vandenberg, Council Bluffs, IA

BUSTER BAR DESSERT

2 c. crumbs	1 c. powdered sugar
1/2 c. oleo	1 (6 oz.) pkg. chocolate chips
1/2 gal. vanilla ice cream	1/2 c. oleo
2 2/3 c. salted peanuts	1 can evaporated milk

Crush Oreos. Add melted oleo. Pat into a 9x13 inch pan. Slice ice cream about 1 inch thick and place on top of Oreos. Sprinkle peanuts on top. Place in freezer.

Chocolate sauce: Melt 1/2 cup oleo, chocolate chips, evaporated milk, and powdered sugar. Bring to a boil and simmer 10 minutes. Cool completely and pour over the ice cream. Keep in freezer. Makes 15 servings.

Diane Vandenberg, Council Bluffs, IA

RHUBARB PUDDING

4 slices white bread	2 egg yolks or whole egg
2 c. rhubarb, cut up	1/2 c. sugar
2/3 c. sugar	1 3/4 c. milk
Dash of nutmeg	Butter or margarine

In buttered 9 inch square baking dish, place a layer of half the bread cubes. Top with rhubarb. Sprinkle with 2/3 cup sugar and nutmeg. Top with remaining bread cubes and dot with butter. Mix egg yolks, 1/2 cup sugar, and milk. Pour over bread cubes. Bake in a moderate 350° oven for 45 minutes. Serve hot or cold with cream.

Darlene Conradson, Springfield, NE

DOUBLE BOILER ICING

1 egg white	3 Tbsp. water
3/4 c. sugar	1 tsp. vanilla
1/8 tsp. cream of tartar	

Combine all but vanilla in top of a double boiler. Place over rapidly boiling water. Beat with eggbeater until very light. Icing is done when it barely holds shape, 5 to 7 minutes. Add vanilla.

Velda James, Council Bluffs, IA

CHOCOLATE CHIP FROSTING

1 c. sugar	1 c. (6 oz.) semi-sweet chocolate chips
5 Tbsp. margarine	
1/3 c. milk	

Combine sugar, margarine, and milk. Boil constantly 1 minute. Remove from heat. Stir in chocolate chips. Stir until smooth. Pour over warm bars or cake. Will frost a 15x10 inch or 9x13 inch pan.

Patti Rief, Council Bluffs, IA

WHITE BAKERY FROSTING

1/2 c. Crisco or Philadelphia cream cheese	3 c. powdered sugar
3 tsp. vanilla	1 egg white, beaten stiff
	2 Tbsp. milk

Mix Crisco, vanilla, 2 cups powdered sugar, and milk together, then add stiff egg white and last cup of powdered sugar.

Patti Rief, Council Bluffs, IA

COCOA FROSTING FOR CAKE BROWNIES

1/2 c. butter	1 pkg. powdered sugar (4 1/2 c.)
1/3 c. cocoa	1 tsp. vanilla
1/3 c. milk	Dash of salt

Heat butter, cocoa, and milk in saucepan, stirring occasionally. Remove from heat. Add powdered sugar, vanilla, and salt. Beat until smooth. Spread over cooled cake.

Patti Rief, Council Bluffs, IA

COCONUT-PECAN FROSTING

1 3/4 c. evaporated milk	1 tsp. vanilla
1 3/4 c. sugar	2 c. coconut
4 slightly beaten egg yolks	1 or 2 pkg. chopped pecans
1 1/2 sticks oleo	

Combine milk, sugar, egg yolks, oleo, and vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add coconut and pecans. Cool until thick enough to spread, beating occasionally.

Hazel Rief, Council Bluffs, IA

WHITE GOOEY FROSTING

2 egg whites	1/4 c. water
1 c. sugar	2 Tbsp. powdered sugar
2 Tbsp. white Karo syrup	1 tsp. vanilla

Beat egg whites till stiff. In a separate pan, cook until threads, 1 cup sugar, 2 tablespoons white Karo syrup, 1/4 cup water, and 2 tablespoons powdered sugar. Add 1 teaspoon vanilla after threads. Pour cooked mixture over egg whites slowly. Beat until fluffy and stiff. Spread over cake.

Laura Porter, Council Bluffs, IA

MOCK MARSHMALLOW FROSTING

2 1/2 Tbsp. flour	1/2 c. sugar
1/2 c. milk	1 tsp. vanilla
1/2 c. butter	

Cook flour and milk and cool. Whip butter, sugar, and vanilla. Add the two together and whip again. Put on cool cake.

Diane Vandenberg, Council Bluffs, IA

NO WEEP MERINGUE

1/2 c. water	1 Tbsp. cornstarch
1/4 c. sugar	Dash of salt

Combine ingredients and cook over low heat until it turns clear. Cool. Beat 3 egg whites very stiff, then fold in cold mixture. Bake at 350°, 12 to 15 minutes.

Diane Vandenberg, Council Bluffs, IA

APRICOT BARS

1 c. brown sugar	1 tsp. baking powder
1 1/2 c. flour	3/4 c. butter
1 1/2 c. quick oatmeal	1 (12 oz.) jar apricot jam

Mix ingredients, except jam, together and spread 2/3 of mixture into greased 9x13 inch pan. Spread on jam. To spread easier, heat the jar in hot water. Sprinkle rest of mixture on top and bake in 350° oven for 30 minutes.

Mary Severson, Soldier, IA

FRUIT FLUFF DESSERT

Crust:

2 c. flour	1 c. brown sugar
2 sticks margarine	1/2 c. chopped nuts

Topping:

2 pkg. Dream Whip	8 oz. cream cheese
2 c. powdered sugar	

Mix and bake 15 minutes in a 9x13 inch pan at 400°, stirring once. Reserve 1 cup for top. Cool. Cream topping ingredients together. Press crumb mixture in pan. Spread on half cream mixture on crust. Spread cherry or blueberry pie filling over cream mixture. Spread remaining cream mixture. Top with reserved cup of crumbs. Chill. *Very rich, but yummy!*

Jean Ulmer, Soldier, IA

FRUIT LOOPS FIESTOS

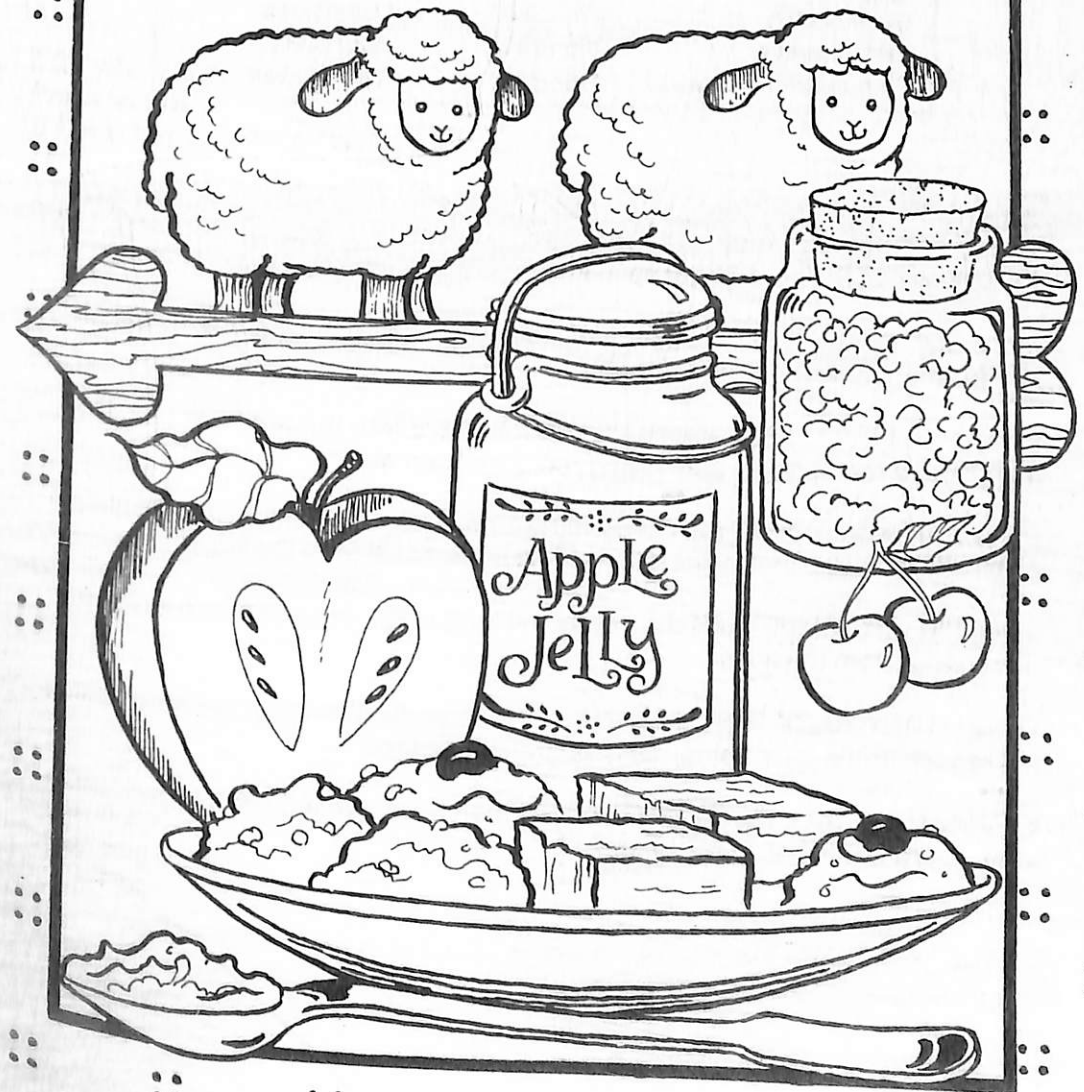
2 c. Fruit Loops cereal	1 c. margarine
2 c. sifted flour	1/2 c. sugar
1/2 tsp. baking powder	1 egg
1/4 tsp. salt	1 tsp. vanilla

Crush Fruit Loops into medium crumbs. Sift flour, baking powder, and salt. Blend butter, sugar, egg, and vanilla until fluffy. Add sifted dry ingredients and mix thoroughly. Shape into 1 inch balls. Roll in broken Fruit Loops. Place on ungreased baking sheet at 350°, 10 to 12 minutes. Makes 46 cookies.

Regena Lash, Omaha, NE

Notes

Candy, Jelly, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

RHUBARB JAM

5 c. rhubarb, finely cut
1 c. water
5 c. sugar

1 can cherry pie filling
2 (3 oz.) pkg. cherry Jell-O

Cook rhubarb in water till tender. Add sugar and cook 6 to 8 minutes longer. Remove from heat. Stir in Jell-O and stir until dissolved. Add cherry pie filling. Pour into jars and seal. Store in refrigerator or freezer.

Cheryl Schuster, Omaha, NE

EASY STRAWBERRY JAM

1 lb. whole strawberries
Pinch of salt
1 Tbsp. lemon juice or ½ lemon

2½ c. sugar
5 Tbsp. powdered pectin

Sprinkle powdered pectin over berries in a suitable bowl. Stir. Mash berries. Add pinch of salt and the 2½ cups sugar. Stir to dissolve. Heat just to boiling while stirring. Remove from heat. Stir in lemon and pour into hot sterilized jars and seal.

Ida Murphy, Omaha, NE

GRAPE MARMALADE

3 c. sugar
2 c. blue grapes

Squeeze pulp out of grapes. Cook pulp until soft. Strain seeds. Combine skins and pulp. Mix well. Add sugar to grape mixture. Cook to boil and boil for 5 minutes. Put in jars and seal.

Hazel Rief, Council Bluffs, IA

TWINKIE FILLING

1 c. milk
5 tsp. flour
1¼ c. sugar
1 c. Crisco

½ c. butter
¼ tsp. salt
1 tsp. vanilla

Cook milk and flour over low heat until thickened. Set aside and let cool. Mix remaining ingredients and add cooled mixture. Beat at high speed until filling is like whipped cream. Ready for cakes.

Patti Anderson, Shenandoah, IA

NEVER FAIL FUDGE

- | | |
|---|--|
| 2¼ c. sugar | 1 (1 oz.) sq. unsweetened baking chocolate |
| ⅔ c. evaporated milk | ½ c. nuts |
| ¼ c. margarine | |
| 1 (7 oz.) jar marshmallow cream | |
| 1 (6 oz.) pkg. semi-sweet chocolate chips | |

Put sugar, milk, margarine, and marshmallow cream into a 2 quart glass bowl. Microwave on HIGH 3 minutes; stir well. Continue to microwave on HIGH for another 2 to 3 minutes, or until mixture boils. When boils, microwave on MEDIUM 50% and boil 5 minutes. Reduce heat if candy starts to boil over. Stir in chocolate chips and chocolate until melted. Fold in nuts. Put in buttered 8 inch square pan. Cool before cutting.

Wendy Fairbanks, Council Bluffs, IA

CREAMY DOUBLE DECKER FUDGE

- | | |
|--|---|
| 1 c. Reese's peanut butter chips | 1 tsp. vanilla extract, divided |
| 1 (14 oz.) can Eagle Brand sweetened condensed milk, divided | 1 c. Hershey's semi-sweet chocolate chips |

Line 8 inch square pan with foil. In small microwave-safe bowl, place peanut butter chips and ⅔ cup sweetened condensed milk. Microwave on HIGH (100%) 1 to 1½ minutes, stirring after 1 minute, until chips are melted and mixture is smooth when stirred. Stir in ½ teaspoon vanilla. Spread evenly into prepared pan. In microwave-safe bowl, place remaining sweetened condensed milk and chocolate chips; repeat preceding microwave procedure. Stir in remaining ½ teaspoon vanilla. Spread evenly on peanut butter layer. Cover; chill until firm. Cut in 1 inch squares. Cover. Store in refrigerator.

Donna Syndergaard, Neola, IA

MICROWAVE PEANUT BRITTLE

- | | |
|------------------|-----------------------|
| 1 c. sugar | ½ c. white Karo syrup |
| 1 c. raw peanuts | ⅛ tsp. salt |

Put into a 1½ quart dish. Don't stir ingredients. Microwave on HIGH for 4 minutes. Take out and stir. Put back in microwave. Microwave on HIGH for 4 minutes. Take out and add 1 teaspoon vanilla and 1 teaspoon butter. Return to microwave on HIGH 1 minute. Take out and add 1 teaspoon soda. Quickly spread out on greased cookie sheet.

Donna Syndergaard, Neola, IA

CARAMELS

- | | |
|--------------------------|---|
| 1 c. butter | 1 tsp. vanilla |
| Dash of salt | 1 (15 oz.) can sweetened condensed milk |
| 2½ c. packed brown sugar | |
| 1 c. light corn syrup | |

Melt butter in heavy 3 quart saucepan. Add sugar and salt. Stir thoroughly. Stir in corn syrup. Mix well. Gradually add milk, stirring constantly. Cook and stir over medium heat to firm ball stage (245°). Pour into buttered 9x9x2 inch pan. Cool. Cut into squares and wrap in waxed paper. (This burns very easily, so watch constantly.)

Shirley Adams, Omaha, NE

SWEDISH NUTS

- | | |
|--------------------|--|
| 1 lb. pecan halves | 1 stick margarine |
| 1 c. sugar | 2 stiffly beaten egg whites (3 if small) |
| Dash of salt | |

Toast nuts on jelly roll pan in 325° oven until lightly browned. In the meantime, beat egg whites until stiff. Fold in sugar and salt. Beat until fairly stiff. Fold in nuts. Melt margarine on jelly roll pan and spread nut mixture over melted margarine on sheet. Roast at 325° for about 30 minutes, stirring every 10 minutes, until nuts are golden brown and all margarine is absorbed.

Lori Schmidt, Omaha, NE

HOT FUDGE SAUCE

- | | |
|----------------------------|-----------------------|
| ¾ c. chocolate chips | 1⅓ c. evaporated milk |
| ½ c. butter | 1 tsp. vanilla |
| 2 c. sifted powdered sugar | |

Melt chips and butter over low heat, stirring occasionally. Gradually add sugar and milk, blending well. Bring to a boil and cook 8 minutes, stirring constantly. Add vanilla. Serve warm.

Kathy Torneten, McClelland, IA

EXCELLENT POPCORN BALLS

- | | |
|------------------|--------------------------------|
| 2 c. popcorn | 2 Tbsp. water |
| ¾ c. white syrup | 1 lb. powdered sugar |
| ¼ c. margarine | 1 c. mini marshmallows, cut up |

Pop 2 cups popcorn and place in a large roaster pan. In 3 quart pan, mix together the white syrup, margarine, water, powdered sugar, and marshmallows. Bring mixture just to boiling over low heat. Remove from fire and pour slowly over popcorn. Toss to coat. Moisten hands and form corn into balls.

Ethel Torneten, McClelland IA

SALTED NUT ROLLS

- | | |
|----------------------------------|--------------------------------|
| 2 large jars dry roasted peanuts | 1 can sweetened condensed milk |
| 1 pkg. peanut butter chips | 2 c. mini marshmallows |
| 2½ Tbsp. butter | |

Pour 1 jar of peanuts in buttered 9x13 inch pan. Melt chips with butter. Remove from heat and stir in marshmallows. Pour over peanuts and pour other jar on top. Press down. Chill and cut.

Patti Anderson, Shenandoah, IA

SALTED NUT ROLL BARS

1 (16 oz.) jar dry roasted peanuts 2½ Tbsp. margarine
1 (12 oz.) pkg. peanut butter chips 2 c. miniature marshmallows
1 can sweetened condensed milk

Place half of the peanuts in 9x13 inch pan. Melt margarine and peanut butter chips in pan. Stir in milk and marshmallows until blended. Spread on top of peanuts in pan. Sprinkle remaining half of peanuts on top. Press firmly. Cut in bars.

Lorene Aldag, Atlantic, IA

PEANUT BRITTLE

2 c. sugar 1 c. butter or oleo
1 c. light corn syrup 2 c. raw peanuts
½ c. water 1 tsp. baking soda

Heat sugar, syrup, and water, stirring, until sugar dissolves. When syrup boils, blend in oleo. Stir often after temperature reaches 230°. After temperature reaches 280°, add peanuts. Stir constantly to hard crack stage, 305°. Remove from heat. Quickly stir in soda, mixing well. Pour onto 3 buttered cookie sheets. Put buttered spatula underneath and stretch. *Very good candy.*

Esther Allen, Omaha, NE

COCOA SYRUP

1½ c. sugar ½ c. white syrup
2 Tbsp. cocoa ½ tsp. vanilla
⅔ c. evaporated milk

Mix together sugar and cocoa. Gradually add evaporated milk. Heat over medium heat. Stir until sugar dissolves. When boiling, add syrup and vanilla. Beat until glossy and smooth. Store in tight container. No refrigeration necessary. Use on ice cream, puddings, cakes, etc.

Bev Edwards, Milwaukee, WI

CARAMEL MARSHMALLOW CANDIES

1 can Eagle Brand milk Large marshmallows
2 (10 oz.) pkg. caramels Rice Krispies
2 sticks butter Coconut

Melt in double boiler the Eagle Brand milk, caramels, and butter. Keep in double boiler and dip large marshmallows in the caramel mixture until coated, then roll in Rice Krispies or coconut. Place on wax paper. Makes 50.

Elayne Thoreson, Soldier, IA

GRANDMA'S POPCORN BALLS

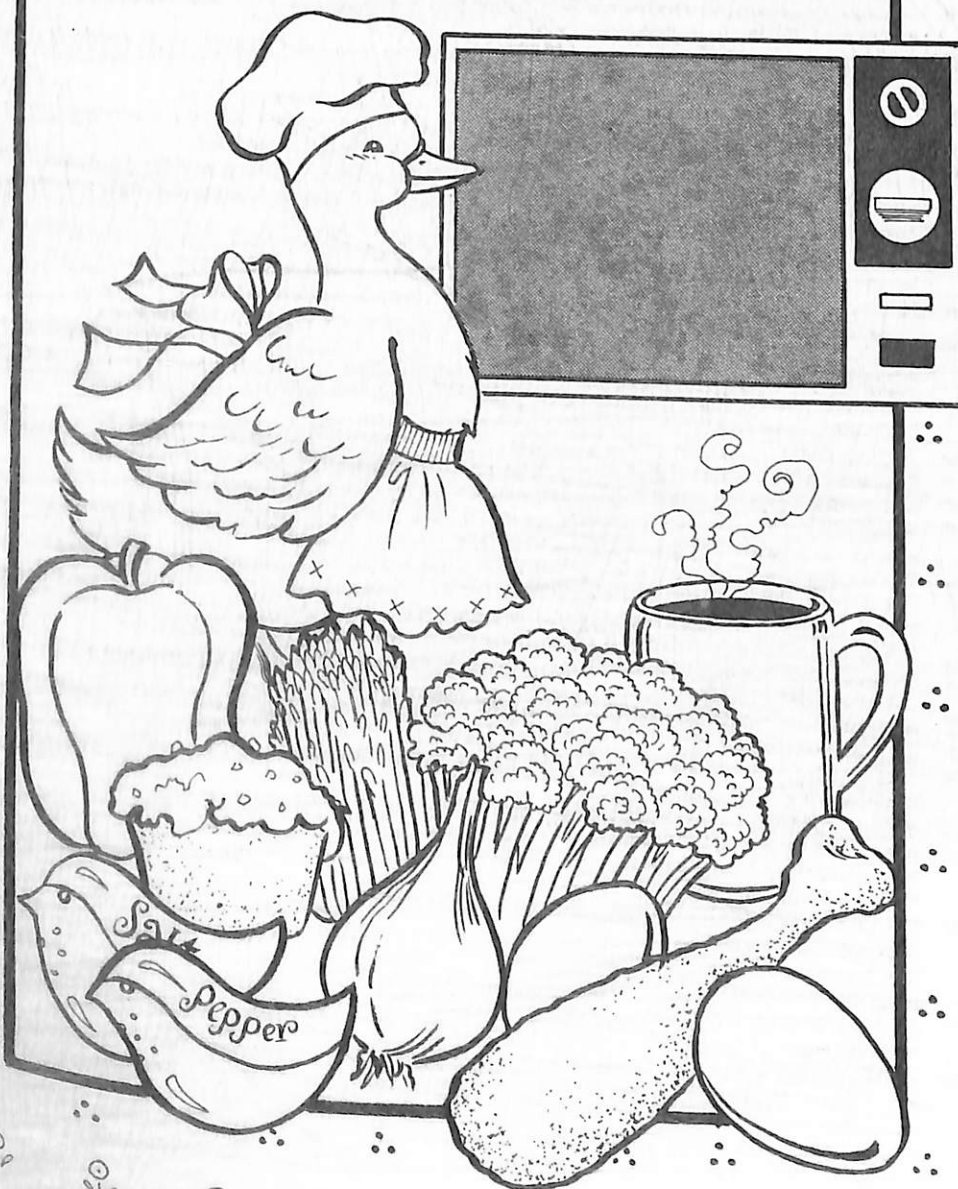
1½ c. sorghum 3 Tbsp. vinegar
1½ c. sugar 1½ tsp. soda
½ stick butter

Boil sorghum, sugar, butter, and vinegar to ball stage, then add soda. Stir well and pour over popcorn.

Stephanie Ainsworth, McClelland, IA

Notes

Beverages, Microwave, Miscellaneous



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2 1/2 minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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BEVERAGES, MICROWAVE, MISCELLANEOUS

VODKA SLUSH

- | | |
|---------------------------------|-----------------------------|
| 9 c. water | 1 large can frozen lemonade |
| 2 c. sugar | 2 c. vodka |
| 1 large can frozen orange juice | |

Boil water and sugar, then add remaining liquids. Put in ice cream pail and freeze. Stir 2 to 3 times till set. Fill glass and add 7-Up till slush.

Josephine Hamilton, Spirit Lake, IA

PERKED PUNCH

- | | |
|------------------------|-----------------------|
| 2 to 3 sticks cinnamon | 1 gal. apple cider |
| 20 cloves | 2 qt. cranberry juice |
| 2 c. water | 2 c. pineapple juice |

Put cinnamon sticks, cloves, and water in saucepan. Cook 5 minutes. In large 35 cup percolator, put apple cider, cranberry juice, and pineapple. Put spices and water in basket and perk. Can add handful of red hots in basket. The punch contains no added sugar, unless you add red hots.

Donna Snydergaard, Neola, IA

FRUITY DAIQUIRI PUNCH

- | | |
|---|--|
| 1 (12 oz.) can frozen orange juice concentrate, thawed | 1/3 c. peach Schnapps |
| 1 (12 oz.) can frozen pink lemonade concentrate, thawed | 4 (12 oz.) cans lemon-lime carbonated beverage (6 c.), chilled |
| 2 1/4 c. water | Ice cubes or ice ring |
| 2 c. peach or apricot nectar | Strawberries |

In punch bowl or large bowl, combine orange juice concentrate, lemonade concentrate, and daiquiri mix. Stir in water, peach, or apricot nectar and Schnapps. Chill till needed. At serving time, add carbonated beverage, ice cubes or ice ring, and float strawberries in punch. Serve immediately. Makes about 15 cups or 20 (6 ounce servings).

Donna Snydergaard, Neola, IA

SANGRIA PUNCH

- | | |
|---------------------------|----------------------|
| 2 c. sugar | 1 large sangria wine |
| 2 c. water | 3 cinnamon sticks |
| 1 1/2 qt. cranberry juice | 10 whole cloves |

Heat and dissolve water and sugar. Pour into a 22 cup percolator. Add 1 1/2 quarts cranberry juice cocktail and wine. Put cinnamon stick and whole cloves into percolator basket. Plug in and perk.

Crescent, IA

CRANBERRY SPRITZER

9 qt. Cranapple or cranberry juice 7 qt. ginger ale or club soda
4½ qt. white grape juice

Chill all ingredients. Mix as needed. Makes 20½ quarts.

Charlotte Molzer, Papillion, NE

INSTANT HOT COCOA

1 (8 qt.) pkg. instant powdered milk 1 lb. instant chocolate mix (Nestle Quik)
1 (6 oz.) jar Pream or other non-dairy creamer ½ c. powdered sugar

To serve, pour hot water over ¼ cup of the mix in a cup.

Patti Rief, Council Bluffs, IA

HOT WASSAIL

1 gal. cider 1 stick cinnamon
1 (6 oz.) can frozen orange juice ½ tsp. nutmeg
1 (6 oz.) can frozen lemonade 1 large apple with 1 tsp. whole
½ to 1 c. sugar cloves pressed into it
Juice and hull of 1 orange

Pour cider into large kettle; add other ingredients. Simmer (do not boil) for about 3 hours. Serve hot. Makes 40 punch cups.

You won't have to use your potpourri pot as the wassail fills the house with a spicy aroma.

Beverly King, Council Bluffs, IA

BOURBON SLUSH

2 c. sugar 2 small cans orange juice (frozen)
7 c. water 1½ c. bourbon
1 small can lemonade (frozen)

Mix. Put in large container and freeze.

Kathy Torneten, McClelland, IA

Notes

Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CALORIE COUNTER

cream, 1 tbsp.	52
cream, whipped, 1 tbsp.	37
Gouda, 1 oz.	108
Monterey Jack, 1 oz.	103
Mozzarella, part-skim, 1 oz.	85
Muenster, 1 oz.	100
Neufchatel (Borden's), 1 oz.	73
Old English, processed, 1 oz.	105
Parmesan, grated, 1 Tbsp.	23
pimiento, American, processed, 1 oz.	105
Provolone, 1 oz.	99
ricotta, moist, 1 oz.	45
Romano, 1 oz.	110
Roquefort, 1 oz.	105
Swiss, domestic, 1 oz.	104
Cheese food, American, processed, 1 oz.	92
Cherries:	
sweet, fresh, whole, 1/2 cup	41
Cherries, maraschino, bottled, 1 oz. with liquid	33
Chestnuts, fresh, 10 average	141
Chicken:	
broiled, meat only, 4 oz.	154
roasted, dark meat, 4 oz., no skin	204
roasted, light meat, 4 oz., no skin	207
Chili, with beans, canned, 1/2 cup	170
Chili, without beans, canned, 1/2 cup	255
Coconut:	
dried, sweetened, shredded, 1/2 cup	258
Cod (meat only):	
broiled, with butter, fillets, 4 oz.	192
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276
Coffee, prepared, plain, 1 cup	2
Coleslaw, commercial, with mayonnaise, 1/2 cup	87
Cookies, commercial:	
brownies, from mix, with nuts and water, 1 oz.	114
butter thins, 1 piece (2" diameter)	23
chocolate chip, 1 piece (2 1/4" diameter)	50
coconut bar, 1 oz.	140
fig bar, 1 average piece	50
gingersnaps, 1 piece (2" diameter)	29
graham cracker, plain, 1 piece (5" x 2 1/2")	55
ladyfinger, 1 piece	40
macaroon, 1 piece (2 3/4" diameter)	91
oatmeal with raisins, 1 piece (2 5/8" diameter)	59
peanut sandwich, 1 piece (1 3/4" diameter)	58
shortbread, 1 average piece	37
vanilla wafer, 1 piece (1 3/4" diameter)	19
Corn:	
boiled, drained on cob, 1 ear (5" x 1 3/4")	70
boiled, drained, kernels, 1/2 cup	69
canned, cream style, 1/2 cup	105
Corn chips (Fritos), 1 oz.	166
Crackers:	
bacon-flavor, 1 oz.	127
butter, round, 1 piece (1 7/8" diameter)	15
cheese, round, 1 piece (1 5/8" diameter)	17
Melba toast, white, regular, 1 piece	15
Rye-Krisp, 1 piece (1 7/8" x 3 1/2")	21
saltines, 1 piece	12
whole wheat, 1 oz.	114
Cranberry juice cocktail, canned or bottled, 1 cup	164
Cranberry sauce, canned, strained, 1/2 cup	202
Cream:	
half and half, 1/2 cup	162
sour, 1 Tbsp.	26
whipping, light, 1/2 cup unwhipped	358
whipping, heavy, 1/2 cup, unwhipped	419
Cream substitute, non-dairy, dry, 1 Tbsp.	33
Cucumber, with skin, 1 large (8 1/4" long)	45
Dates, domestic, 10 average	219
Duck, domestic, roasted, meat only, 4 oz.	352
Eclair, custard filled, with chocolate icing, 1 average	239
Eggnog, 8% fat (Borden's), 1/2 cup	171
Eggplant, boiled, drained, diced, 1/2 cup	19
Eggs, chicken:	
boiled or poached, 1 large egg	82
fried, with 1 tsp. butter, 1 large egg	99
scrambled, with 1 tsp. butter, 1 large egg	111
Endive, raw, 10 small leaves	5
Escarole, raw, 1 large leaf	4
Fat, vegetable shortening, 1 Tbsp.	111
Figs:	
dried, 1 large fig (2" x 1")	57
Fish cakes, fried, frozen, reheated, 4 oz.	306
Flour:	
all-purpose, sifted, 1 cup	419
buckwheat, dark, sifted, 1 cup	326
cake or pastry, sifted, 1 cup	349
rye, dark, unsifted, 1 cup	419
wheat, self-rising, sifted, 1 cup	405
Frankfurters, all-meat, 1 average (10 per lb.)	133
Fruit cocktail, canned, water pack, 1/2 cup with liquid	46
Fruit, mixed, frozen, sweetened, 4 oz.	125
Gelatin dessert, flavored, prepared with water, 1/2 cup	71
Gooseberries, fresh, 1/2 cup	30
Grape drink, canned, 1 cup	135
Grape juice, canned or bottled, 1 cup	167
Grapes:	
fresh (Concord, Delaware, etc.), 10	18
fresh (Thompson seedless, etc.), 10	34
Grapefruit juice:	
canned, sweetened, 1 cup	133
canned, unsweetened, 1 cup	101
Haddock, fried, breaded fillets, 4 oz.	187
Halibut, fillets, broiled with butter, 4 oz.	194
Halibut, frozen, steak, 4 oz.	254
Halibut, smoked, 4 oz.	254
Ham:	
boiled, packaged, 4 oz. (about 4 slices)	266
fresh, medium-fat, roasted, 4 oz.	426
picnic, cured, medium-fat, roasted, 4 oz.	366
canned, cured, lean only, roasted, 4 oz.	241
canned, deviled, 4 oz.	394
Herring:	
canned, plain, 4 oz. with liquid	234
pickled, Bismark-type, 4 oz.	25
smoked, hard, 4 oz.	344
Hickory nuts, shelled, 4 oz.	76
Honey, strained or extracted, 1 Tbsp.	61
Honeydew melon:	
fresh, 1 wedge (2" x 7")	49
Ice cream:	
hardened, rich, 16% fat, 1/2 cup	165
soft-serve (frozen custard), 1/2 cup	167
Ice cream bar, chocolate coated, 3-oz. bar	162
Ice cream cone, sugar 1 cone	37
Ice cream cone, waffle, 1 cone	19
Ice milk, hardened, 5.1% fat, 1/2 cup	100
Ice milk, soft-serve, 5.1% fat, 1/2 cup	133
Ice milk bar, chocolate coated, 3-oz. bar	144
Jams and preserves, all flavors, 1 Tbsp.	54
Jellies, all flavors, 1 Tbsp.	49
Kale:	
fresh, leaves only, 4 oz.	80
fresh, with stems, boiled, drained, 1/2 cup	16
Knockwurst, 1 link (4" x 1 1/8" diameter)	189
Kumquats, fresh, 1 average	12

CALORIE COUNTER

Lamb, retail cuts:	
chop, loin, lean only, broiled, 2.3 oz. with bone	122
leg, lean and fat, roasted, boneless, 4 oz.	317
shoulder, lean only, roasted, boneless, 4 oz.	233
Leeks, raw, 3 average	52
Lemon juice:	
fresh, 1 Tbsp.	4
Lemonade, frozen, diluted, 1 cup	107
Lemons, fresh, 1 average (2 1/8" diameter)	20
Lentils, whole, cooked, 1 cup	212
Lettuce:	
iceberg, 1 leaf (5" x 4 1/2")	3
romaine, 3 leaves (8" long)	5
Limes, fresh, 1 average (2" diameter)	19
Liverwurst, fresh, 4 oz.	348
Lobster, cooked in shell, whole, 1 lb.	112
Lobster, cooked or canned, meat only, cubed, 1/2 cup	69
Macadamia nuts, 6 average nuts	104
Macaroni, boiled, drained, 1/2 cup	96
Macaroni and cheese, canned, 1/2 cup	114
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268
Mangos, whole, 1 average (1 1/2 per lb.)	152
Margarine, salted or unsalted, 1 Tbsp.	102
Marmalade, citrus flavors, 1 Tbsp.	51
Milk, chocolate, canned, with skim milk, 1 cup	190
Milk, chocolate, canned, with whole milk, 1 cup	213
Milk, cow's:	
whole, 3.5% fat, 1 cup	159
buttermilk, cultured, 1 cup	88
skim, 1 cup	88
skim, partially, 1 cup	145
canned, condensed, sweetened, 1 cup	982
canned, evaporated, unsweetened, 1 cup	345
dry, whole, 1 Tbsp. dry form	35
dry, nonfat, instant, 1 envelope (3.2 oz.)	327
Milk, malted, beverage, 1 cup	244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130
Mushrooms, raw, sliced, chopped or diced, 1/2 cup	10
Mushrooms, canned, with liquid, 1/2 cup	21
Mustard greens, boiled, drained, 1/2 cup	16
Nectarines, fresh, 1 average (2 1/2" diameter)	88
Noodles, chow-mein, canned, 1/2 cup	110
Noodles, egg, cooked, 1/2 cup	100
Oil, cooking or salad:	
corn, safflower, sesame or soy, 1 Tbsp.	120
olive or peanut, 1 Tbsp.	119
Olives, pickled, canned or bottled:	
green, 10 large (3/4" diameter)	45
ripe, salt-cured, Greek style, 10 extra large	89
Onions, mature:	
raw, 1 average (2 1/2" diameter)	40
raw, chopped, 1 Tbsp.	4
Orange juice:	
fresh, California, Valencia, 1 cup	117
fresh, Florida, Valencia, 1 cup	112
canned, sweetened, 1 cup	130
canned, unsweetened, 1 cup	120
frozen, concentrate, unsweetened, diluted, 1 cup	112
Oranges, fresh, 1 average	71
Pancakes, prepared from mix as directed on package:	
plain and buttermilk, 4" diameter cake	61
buckwheat and other flours, 4" diameter cake	54
Papaya juice, canned, 1 cup	120
Papayas, fresh, whole, 1 papaya (3 1/2" x 5 1/8")	119
Peach nectar, canned, 1 cup	120
Peaches:	
fresh, 1 average	38
canned, in juice, 2 peach halves with 2 Tbsp. juice	45
dried, 1/2 cup	210
Peanut butter, commercial, 1 Tbsp.	94
Peanuts:	
roasted, in shell, 10 nuts	105
roasted, chopped, 1 Tbsp.	52
Pear nectar, canned, 1 cup	130
Pears:	
fresh, Bartlett, 1 pear (2 1/2" diameter)	100
canned, in heavy syrup, 1 pear half and 2 Tbsp. syrup	71
dried, 1/2 cup	241
Peas, green:	
boiled, drained, 1/2 cup	57
Peas, split, cooked, 1/2 cup	115
Pecans:	
shelled, 10 large nuts	62
chopped, 1 Tbsp.	52
Peppers, hot, chili:	
green, raw, seeded, 4 oz.	42
green, chili sauce, canned, 1/2 cup	25
red, chili sauce, canned, 1/2 cup	26
Peppers, sweet, green:	
raw, fancy grade, 1 pepper (3" diameter)	36
Peppers, sweet, red:	
raw, fancy grade, 1 pepper (3" diameter)	51
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382
Perch, white, raw, meat only, 4 oz.	134
Pickle relish:	
hamburger (Heinz), 1 Tbsp.	17
sweet, 1 Tbsp.	21
Pickles, cucumber:	
dill, 1 large (4" long)	15
sweet gherkins, 1 small (2 1/2" long)	22
Pies, frozen:	
apple, baked, 3 1/8" arc (1/8 of 8" pie)	173
cherry, baked, 3 1/8" arc (1/8 of 8" pie)	211
coconut custard, baked, 3 1/8" arc (1/8 of 8" pie)	187
Pimientos, canned, drained, 1 average	10
Pineapple:	
fresh, sliced, 1 slice (3 1/2" diameter x 3/4")	44
canned, heavy syrup, chunks or crushed, 1/2 cup	95
canned, water pack, tidbits, 1/2 cup with liquid	48
Pineapple juice, canned, unsweetened, 1 cup	138
Pistachio nuts, chopped, 1 Tbsp.	53
Plums:	
damson, fresh, whole, 10 plums (1" diameter)	66
canned, purple, 3 plums and 2 3/4 Tbsp. liquid	110
Popcorn:	
popped, plain, 1 cup	23
popped, with oil and salt added, 1 cup	41
Pork:	
Boston butt, lean only, roasted, 4 oz.	279
chop, lean only, broiled, 4 oz. with bone	308
loin, lean only, roasted, 4 oz.	288
Potato chips, 10 chips (2" diameter)	114
Potato sticks, 1/2 cup	95
Potatoes, white:	
baked, in skin, 1 long	145
boiled, in skin, 1 round	104
fried, 1/2 cup	228
frozen, hash brown, cooked, 1/2 cup	174
mashed, with milk and butter, 1/2 cup	99
Potatoes, sweet:	
baked, in skin, 1 average	161
boiled, in skin, 1 average	172
boiled, in skin, mashed, 1/2 cup	146
candied, 1 piece (2 1/2" long x 2")	176
Pretzels, commercial varieties:	
rods, 1 pretzel (7 1/2" long)	55
twisted, 3-ring, 10 pretzels	117
Prune juice, canned or bottled, 1 cup	197
Prunes, dried, medium-size, 1 average	16
Pumpkin, canned, 1/2 cup	41
Radishes, raw, whole, 10 medium	8
Raisins, seedless (1/2 cup)	210

CALORIE COUNTER

Raspberries:	
black, fresh, 1/2 cup	49
red, fresh, 1/2 cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, 1/2 cup with liquid	43
frozen, red, sweetened, 1/2 cup	123
Rhubarb, cooked, sweetened, 1/2 cup	191
Rice, cooked (hot):	
brown, long grain, 1/2 cup	116
white, long grain, 1/2 cup	112
white, parboiled, long grain, 1/2 cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, 7/8-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3 1/8" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), 1/2 cup	35
Sauerkraut, canned, 1/2 cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5 3/8" long x 1" diameter)	231
pork, cooked, 1 link (4" long x 7/8" diameter)	62
pork, cooked, 1 patty (3 3/8" diameter x 1/4")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, 1/2 cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consommé, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consommé, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
ciam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, 1/2 cup	96
canned, in tomato sauce with cheese, 1/2 cup	95
canned, with meatballs in tomato sauce, 1/2 cup	129
Spinach:	
boiled, drained, leaves, 1/2 cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, 1/2 cup	15
yellow, boiled, drained, sliced, 1/2 cup	14
zucchini, boiled, drained, sliced, 1/2	11
Squash, winter:	
acorn, baked, 1/2 squash (4" diameter)	86
acorn, boiled, mashed, 1/2 cup	42
butternut, baked, mashed, 1/2 cup	70
outternut, boiled, mashed, 1/2 cup	50
Strawberries:	
fresh, whole, 1/2 cup	28
canned, water pack, 1/2 cup with liquid	27
Sugar, beet or cane:	
brown, 1/2 cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, 1/2 cup	385
granulated, 1 tsp.	15
powdered, unsifted, 1/2 cup	231
powdered, stirred, 1 tbsp.	31
Sunflower seed kernels, in hull, 1/2 cup	129
Sunflower seed kernels, hulled, 1/2 cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2 3/8" diameter)	
Tomato juice, canned or bottle, 1 cup	39
Tomato juice cocktail, canned or bottled, 1 cup	46
Tomato paste, canned, 1/2 cup	51
Tomato puree, canned 1/2 cup	108
Tomatoes, ripe:	49
raw, whole, 1 average (about 2 2/5" diameter)	20
canned, 1/2 cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, 1/2 cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, 1/2 cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, 1/2 cup	15
Turnips, boiled, drained, cubed, 1/2 cup	18
Vegetable juice cocktail, canned, 1 cup	
Vegetables, mixed, frozen, boiled, drained, 1/2 cup	41
58	
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

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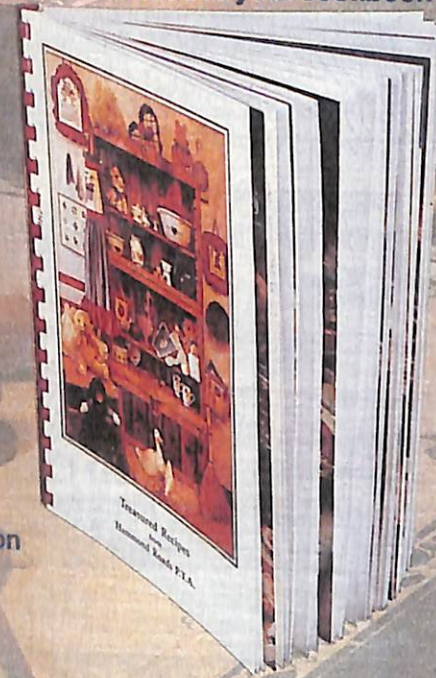
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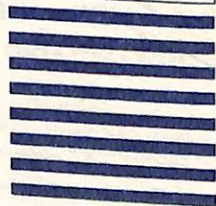
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20¢ ON TWO

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged or transferred.
RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in accordance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus incentive proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.

MANUFACTURER COUPON EXPIRES: 3/31/96

Save 20¢ on 2

Campbell's
Healthy Request
CONDENSED SOUP
(Any Variety)

00551



5 51000 11556 5

CHUNKY BEEF OVER RICE

Prep Time: 10 min. Cook Time: 5 min.

- 1 can (19 oz.) CAMPBELL'S® CHUNKY Beef Soup
- 1 cup cooked broccoli flowerets
- 2 tsp. Worcestershire sauce
- 2 cups cooked rice

In saucepan, combine soup, broccoli and Worcestershire. Over medium heat, heat through, stirring often. Serve over rice. 2 servings.



MANUFACTURER'S COUPON / EXPIRES DECEMBER 31, 1996

SAVE 10¢

When You Buy Any Size Louisiana Hot Sauce Product

Consumer: This coupon good only on product indicated. Limit one coupon per purchase. Void if copied or reproduced. Retailer: You are authorized to redeem this coupon at face value plus 8¢ handling where the terms of the offer have been complied with in accordance with our redemption policy (copy available upon request). Retailers and authorized clearing houses, send coupons to: Bruce Foods Corporation, CMS Dept. #17600, One Faucett Drive, Del Rio, TX 78840.

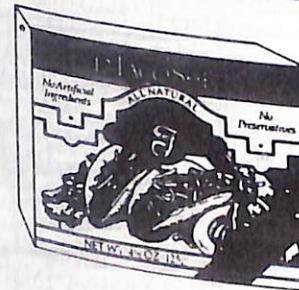


MANUFACTURER'S COUPON / EXPIRES DECEMBER 31, 1996

SAVE 50¢

When You Buy Any Size Casa Fiesta Salsa, Taco or Picante Sauce

Consumer: This coupon good only on product indicated. Limit one coupon per purchase. Void if copied or reproduced. Retailer: You are authorized to redeem this coupon at face value plus 8¢ handling where the terms of the offer have been complied with in accordance with our redemption policy (copy available upon request). Retailers and authorized clearing houses, send coupons to: Bruce Foods Corporation, CMS Dept. #17600, One Faucett Drive, Del Rio, TX 78840.



MANUFACTURER'S COUPON / EXPIRES DECEMBER 31, 1996

SAVE 25¢

When You Buy Any Size Casa Fiesta Taco Shell, Taco Tray or Taco Dinner

Consumer: This coupon good only on product indicated. Limit one coupon per purchase. Void if copied or reproduced. Retailer: You are authorized to redeem this coupon at face value plus 8¢ handling where the terms of the offer have been complied with in accordance with our redemption policy (copy available upon request). Retailers and authorized clearing houses, send coupons to: Bruce Foods Corporation, CMS Dept. #17600, One Faucett Drive, Del Rio, TX 78840.

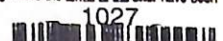


MANUFACTURER'S COUPON / EXPIRES DECEMBER 31, 1996

SAVE 15¢

When You Buy Any Size Casa Fiesta Seasoning Mix or Bean Product

Consumer: This coupon good only on product indicated. Limit one coupon per purchase. Void if copied or reproduced. Retailer: You are authorized to redeem this coupon at face value plus 8¢ handling where the terms of the offer have been complied with in accordance with our redemption policy (copy available upon request). Retailers and authorized clearing houses, send coupons to: Bruce Foods Corporation, CMS Dept. #17600, One Faucett Drive, Del Rio, TX 78840.





MANUFACTURER COUPON

EXPIRES: 3/31/96

Save 20¢ on 2

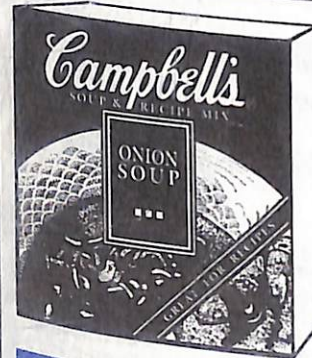


CHICKEN BROTH

When all you want to add is flavor.

20¢ ON TWO

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged or transferred. RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 1¢. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT. #51000, ONE FAWCETT DRIVE, DEL. RID, TX 78840. Failure to produce on request invalidates previous purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.



MANUFACTURER COUPON

EXPIRES: 3/31/96

Save 20¢ on 1

Campbell's
DRY SOUP AND RECIPE MIX

20¢ ON ONE

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged or transferred. RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 1¢. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT. #51000, ONE FAWCETT DRIVE, DEL. RID, TX 78840. Failure to produce on request invalidates previous purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.



MANUFACTURER COUPON

EXPIRES: 3/31/96

Save 20¢ on 2

Campbell's
CREAM SOUPS
(Any Variety)

Delicious soups that makes great recipes!

20¢ ON TWO

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Void if sold, exchanged or transferred. RETAILER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. If submitted in compliance with Campbell Soup Company's Coupon Redemption Policy (copies available upon request), you will be reimbursed face value plus 1¢. Mail to: CAMPBELL SOUP COMPANY, CMS DEPT. #51000, ONE FAWCETT DRIVE, DEL. RID, TX 78840. Failure to produce on request invalidates previous purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.



SAVORY POT ROAST

Prep Time: 5 min. Cook Time: 3 hr.

- 2 tbsp. vegetable oil
- 3 1/2- to 4-lb. beef round or chuck pot roast
- 1 can (10 1/2 oz.) CAMPBELL'S® condensed Cream of Mushroom Soup
- 1 pouch CAMPBELL'S® Dry Onion Soup and Recipe Mix

- 1 1/4 cups water
- 6 medium potatoes, quartered
- 6 carrots, cut into 2" pieces
- 2 tbsp. all-purpose flour

1. In 6-qt. Dutch oven, over medium-high heat cook roast until browned, in hot oil. Spoon off fat.
2. Stir in mushroom soup, onion soup mix and 1 cup water. Cover; cook over low heat 2 hr. Add vegetables. Cover; cook 45 min. or until roast and vegetables are fork-tender, stirring occasionally.
3. Remove roast and vegetables. Stir together flour and remaining 1/4 cup water until smooth. Gradually stir into soup mixture. Cook until mixture boils and thickens, stirring constantly. 8 servings.

25¢

Manufacturers Coupon Expires December 31, 1995

SAVE 25¢

on any 12 oz.

SPAM® Luncheon Meat



14750



5 37600 21140 1

Retailer: Hormel will redeem this coupon for amount shown plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. To redeem coupon mail to HORMEL, CMS Dept #37600, 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1.20¢. LIMIT ONE COUPON PER PURCHASE.

25¢

35¢

Manufacturers Coupon Expires March 31, 1996

SAVE 35¢

HORMEL® Real Bacon Bits & Pieces



35¢

13413



5 37600 22135 6

CONSUMER: Limit one coupon per purchase of specified product(s). Cash value 140¢. Coupon not transferable. Reproduction of coupon is prohibited.
RETAILER: Hormel Foods Corp. will reimburse you for the face value of the coupon plus 8¢ handling if submitted in compliance with Hormel Foods Redemption Policy. Any other use constitutes fraud. Consumer must pay any sales tax. Coupons not properly redeemed will be voided. Void where prohibited. Mail to Hormel Foods, Dept. 37600, 1 Fawcett Drive, Del Rio, TX 78840.

35¢

Quality, Toasted Enriched Bread Crumbs — convenient & ready-to-use — Plain or Italian-Style! America's favorite Bread Crumbs!

20¢ OFF any PROGRESSO® Bread Crumbs



20¢ OFF

MANUFACTURER'S COUPON EXPIRES 6/30/96

RETAILER: Send to Pet Incorporated, P.O. Box 870127, El Paso, TX 88587-0127. You will be reimbursed the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copies available upon request. Void if copied, prohibited or regulated. Cash value 120¢. ONE COUPON PER PURCHASE. A9086

872398



5 41196 14020 5

50¢ OFF

MANUFACTURER'S COUPON FEBRUARY 28, 1996

50¢ OFF RED STAR® ACTIVE DRY OR QUICK-RISE™ YEAST®



TO GROCER RED STAR® YEAST & PRODUCTS will pay the face value of this coupon plus 8¢ handling provided you and your customer have complied with the terms of this offer. Invoices showing purchases of sufficient stock to cover coupons presented must be shown upon request. Any other use constitutes fraud. Void where prohibited, taxed or otherwise restricted. Customer must pay any sales tax. Cash value 1.20 of 1¢. Coupon will not be honored if presented through outside agencies, brokers or other parties who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Mail to: RED STAR® YEAST & PRODUCTS, Lees Dept. #1540, 11500 Rojas, El Paso, TX 79938. TO CONSUMER: This coupon is good only on the products indicated. Any other use constitutes fraud.



5 34600 10050 6

50¢ OFF

70165550

25¢



SAVE 25¢

SPAM
Meat
Lunch



35¢

35¢



SAVE 35¢

HOMER'S Real Bacon
Bix & Pieces

35¢

20¢ OFF
BUY
PROGRESSO

Beef
Cups



20¢ OFF

50¢ OFF

BUY ONE BOTTLE OF
ONION RING SAUCE



