

"Our
Daily
Bread"

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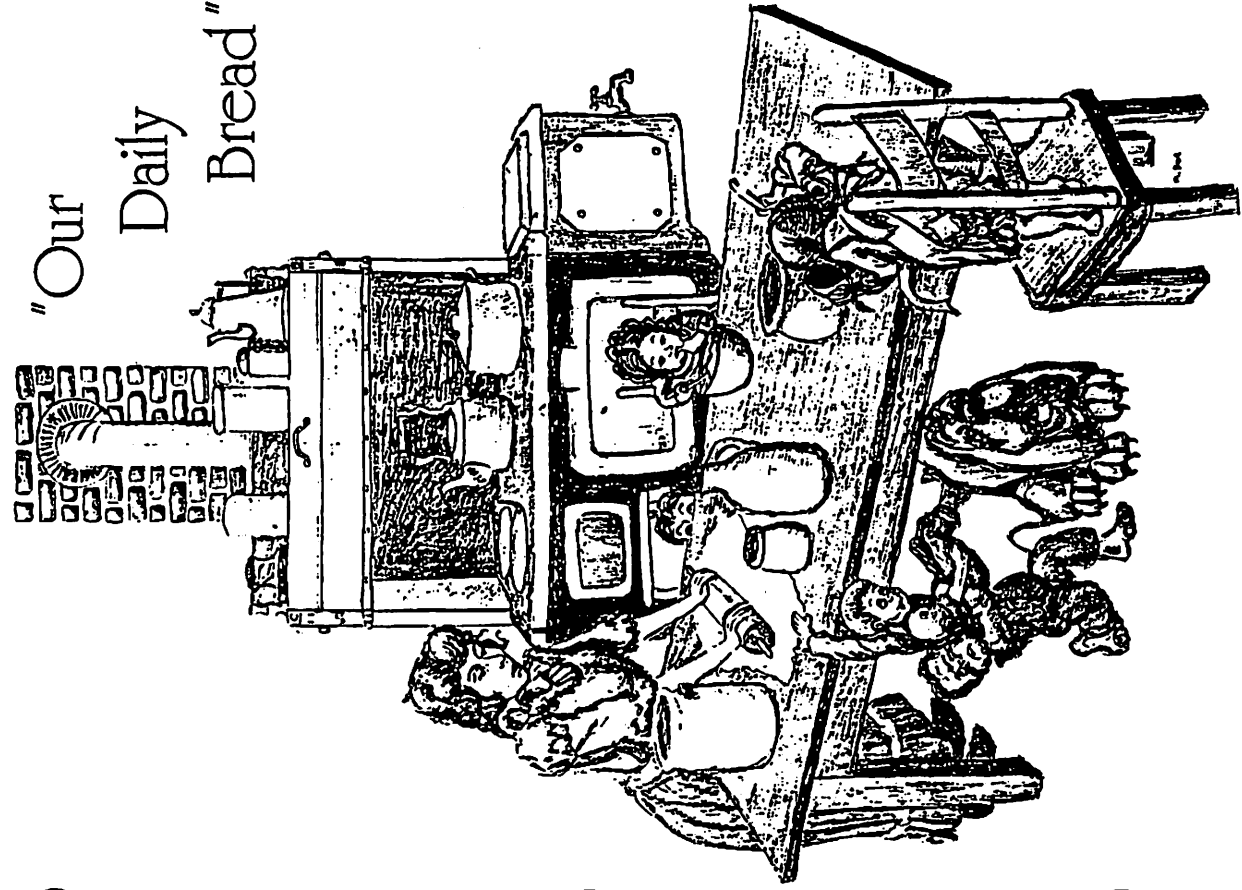


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"Our
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About The Cover:

Cover illustration designed by Mark Foor, Wapakoneta, Ohio, formerly one of the evangelists for the McPherson Avenue Church of Christ.

Special Thanks:

To the group that meets on Thursday nights at Jack and Audrey Reed's home, whose brainstorming came up with the idea for this book.

To everyone who contributed recipes. To the typist: Audrey Reed, Shelly Bailey, Gary Bristol, Lisa Vannatta, Lisa Dollen, Bill and Pam Stewart.

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THANK YOU!

**Edited By:
Pamela Stewart**

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Dedication

The members and friends of the McPherson Avenue Church of Christ in Council Bluffs, Iowa, dedicate this book to the Church of Christ that meets in Ulyanovsk, Russia. Because of our association and friendship we have all become stronger in the Lord.

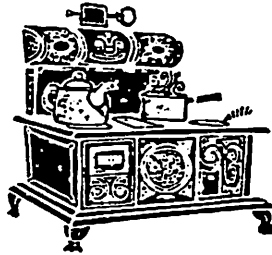
In July, 1992, the church sent three men, Arlen Dollen, Norm Kinney and Bill Stewart to plant the Lord's church in Ulyanovsk. Seven people responded to the gospel of Jesus Christ during that first effort. The church plans to send additional teams to further this work.

All proceeds from this book will be used to preach the gospel in Russia.

Some of the recipes in this book are treasured family keepsakes and some are new. They all reflect the love for good food and fellowship.

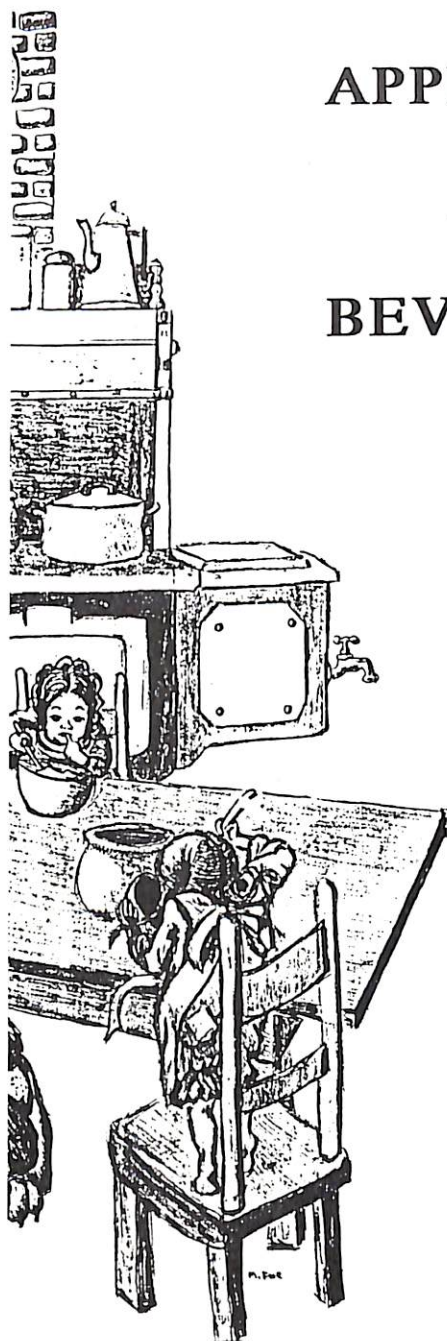
We hope you will enjoy the many outstanding and treasured recipes on the following pages.

Standard Abbreviations



- tsp.* - *teaspoon*
- T.* - *tablespoon*
- c.* - *cup*
- oz.* - *ounce or ounces*
- lb.* - *pound or pounds*
- sq.* - *square*
- doz.* - *dozen*
- ctn.* - *carton or container*
- pkg.* - *package(s)*
- btl.* - *bottle*
- sm.* - *small*
- med.* - *medium*
- lg.* - *large*
- pt.* - *pint*
- qt.* - *quart*
- pk.* - *peck*
- bu.* - *bushel*
- env.* - *envelope(s)*
- pkt.* - *packet(s)*

APPETIZERS AND BEVERAGES



MY BIBLE

Though the cover is worn,
And the pages are torn
And though places bear
traces of tears;
Yet more precious than gold
Is this Book, worn and old,
That can shatter and scatter
my fears
This old Book is my guide,
Tis a friend by my side.
It will lighten and brighten
my way:
And each promise I find
Soothes and gladdens
the mind,
As I read it and heed it
each day.
To this Book I will cling.
Of its worth I will sing.
Though great losses and
crosses be mine:
For I cannot despair,
Though surrounded by care,
While possessing this
blessing Divine.

Author Unknown

DIPS

Avocado Dip Pamela Stewart

2 cans bean dip	2 tsp. lemon juice
3 lg. or 4 med. avocados	1 c. sour cream
1/2 c. mayonnaise	1 pkg. taco seasoning
1 c. black olives	8 oz. cheddar cheese
green onions	tomatoes

On 2 trays, spread 1 can bean dip on each tray. Mash avocados with lemon juice, salt and pepper; spread 1/2 of mixture over beans on each tray. Next mix mayonnaise, sour cream and taco mix; spread 1/2 mixture over avocado mixture on each. Top with tomato, green onions, black olives and last, shredded cheese.

Bean Dip Phyllis Keyser

1 lg. can refried beans	1 can chopped chilies
2-3 T. taco sauce	4-5 slices Velveeta cheese

Heat first 3 ingredients until bubbling. Remove from heat and add cheese. Serve with tortilla chips or over tacos and burritos.

Caramel Dip Lisa Vannatta

1 - 8 oz. pkg. cream cheese
1 c. brown sugar
1 tsp. vanilla

Mix together softened cream cheese, brown sugar, and vanilla. Stir until creamy. Great to dip apples or other fruits.

Creamy Vegetable Dip

Sandra Dollen

2 T. milk	12 oz. cottage cheese
1/4 tsp. garlic powder	1 tsp. onion salt or
1/2 c. mayonnaise/salad dressing	minced onion

Whirl all ingredients in blender (or beat with mixer) until smooth. Cover and chill. Serve with raw vegetables.

Cucumber Dip

Marty Lynch

1-8oz. pkg. cream cheese (softened)
 1 cucumber chopped fine
 6 green onions chopped fine (including tops)
 pepper to taste
 garlic salt
 dill weed

Mix all ingredients, with exception of dill weed, until well blended. Top with dill weed.

Dill Dip

Paula Mahan

1 pt. sour cream	1 pt. mayonnaise
2 T. parsley flakes	2 T. onion powder
2 T. dill weed	2 tsp. seasoned salt

Mix together and serve with vegetables.

Fruit Dip

Deb Ogle

1-16 oz. jar marshmallow cream
 2-8 oz. cream cheese

Mix together and add your favorite food coloring.

Fruit Dip

Dorothy Swig (Submitted by Deb Pope)

1/2 c. sour cream
 6 oz. orange juice concentrate
 1 sm. box instant vanilla pudding mix
 1-1/4 c. milk

Combine milk and pudding mix, beat 2 minutes. Add orange juice and sour cream. Blend well. Chill. Serve with fresh fruit.

Fruit Dip

Kay Redmon

8 oz. cream cheese
 1/4 c. white sugar
 3/4 c. brown sugar
 1 tsp. vanilla

Mix and chill. Serve with apples.

Layered Mexican Dip

Judy Robbins

1-16 oz. can refried beans	1 T. finely diced onion
1 c. sour cream	1/4 c. sliced jalapeno
1/2 pkg. dry taco seasoning mix	peppers (optional)
1 or 2 ripe avocados	1 lg. bag tortilla chips
1/4-1/2 c. chopped green onion	1 sm. diced tomato
1 tsp. lime juice	1/2 c. sliced blk. olives
1 1/2 - 2 c. grated cheddar or jack cheese	

Spread refried beans almost to edge of platter. Mix sour cream and taco seasoning mix and spread over bean layer. Peel and mash avocado and mix with onion, lime juice and sour cream for guacamole and spread carefully over first two layers. Top with cheese and add rest of ingredients over top of layered dip. Serve with tortilla chips.

Mexican Appetizer

(A Man's Recipe)
Teresa Dunlap

Oysters

Lime - squeezed

Chili Pepper - Chopped

Shrimp

Onion - Chopped

Tomatoes - Chopped

Mix (as much of each as you want). Serve with tortilla chips.

Mexican Dip

Drucilla Coan

1-1/2 lb. hamburger - cooked and drained

1 lg. can tamales - mashed up in pan

2 cans creamed corn

2 cans tomato sauce

Combine all ingredients and cook over low heat until hot. Can add any spices you like. May be served with hot sauce. Also good on buns like a sloppy Joe.

Old El Paso Dip

Dianna Coan

2 - 16 oz. cans refried beans (spread in dish)

1 lb. shredded Monterey jack cheese

2 sm. cans chopped chilies (drained)

1 - 10 oz. hot taco sauce

2 c. avocado dip

2 bunches chopped green onions (save 1/4 c.)

1 - 16 oz. sour cream

Spread beans in dish. Add alternate layers of cheese, chilies, taco sauce. Place in 400 degree oven for 20 minutes. Remove from oven. Cool 5 - 10 minutes. Combine avocado dip and green onions and spread on top of layers. Spread sour cream over avocado mixture. Garnish with rest of onions. Serve with tostada chips.

Olive Dip

Paula Mahan

8 oz. cream cheese	3/4 c. mayonnaise
1/2 c. chopped pecans	1 c. chopped olives
2 T. olive juice	
pepper to taste	

Serve with vegetables and or crackers. Can be re-frigerated for weeks.

Sensational Shrimp Dip

Lori Seilstad

1 pkg. cream cheese
 1/2 c. sour cream
 2 T. mayonnaise
 2 T. lemon juice
 1 T. Worcestershire sauce
 4 oz. pkg. frozen pre-cooked shrimp (thawed)
 1/2 jar cocktail sauce
 8 oz. pkg. mozzarella cheese
 Sprinkle with parsley flakes if desired.

Mix cream cheese, mayonnaise, Worcestershire sauce, sour cream, lemon juice for the bottom layer. Layer rest of ingredients, one at a time, on top. Serve with tortilla chips.

Shrimp Dip

Judy Robbins

1-11 oz. ctn. soft cream cheese
 1-6 oz. can small shrimp (well drained)
 1 T. lemon juice
 1/2 tsp. horseradish
 1 T. catsup
 2 T. finely chopped onion
 1/4 c. sour cream

Mix in order given. Chill and serve with crackers or fresh vegetables.

Optional: Use 6 oz. can pink/red salmon instead of shrimp for another dip.

Shrimp Dip

Marty Lynch

1 lg. ctn. sour cream
 1/2 onion (grated)
 1/2 med. cucumber (grated)
 1 pkg. Hidden Valley Ranch Dip
 1 sm. can tiny cocktail shrimp

Mix all ingredients and chill.

Taco Chip Dip

Deb Doty

2 cans beanless chili
 2 lb. Velveeta cheese (cubed)
 2 lb. browned hamburger, drained
 1 pkg. taco seasoning, optional

In a crock pot, mix all ingredients. Cook on low heat.
 Great with tortilla chips.

Vegetable Dip

Deb Pope

1 c. mayonnaise (not salad dressing)	1 c. sour cream
1 T. parsley	1 T. minced onion
1 tsp. sugar	1 T. dill weed

Mix and chill. Best if made a day ahead.

Vegetable Dip

Theresa Liston

16 oz. real mayonnaise (Do not use miracle whip)
 16 oz. sour cream
 1 tsp. Beau Monde
 1 tsp. dill weed

Mix and chill. Serve with raw cauliflower, broccoli, carrots, celery, radishes, cucumbers, etc. Also can be used as a salad dressing - just add small amount of milk and shake.

OTHER APPETIZERS

Cheese Ball

Deb Doty

8 oz. cream cheese
2 T. milk
1 c. shredded cheddar cheese
1 tsp. Worcestershire sauce
nuts

Mix together, cream cheese, milk, cheddar cheese, Worcestershire sauce, roll in nuts, shape by pressing into a buttered dish.

Cheese Ball

Lisa Dollen

2 pkg. cream cheese (softened)
2 pkg. wafer thin beef (cut in thin strips)
1 T. onion flakes
garlic salt to taste
Shredded cheddar cheese

Mix together, cream cheese, beef, onion flakes, garlic salt, roll into ball. Roll in shredded cheddar cheese, refrigerate 2 hours. Eat with crackers.

Crab Spread

Audrey Reed

2 cans crab meat
1/4 c. chopped onion
1/2 lb. shredded Colby or cheddar cheese
1 c. mayonnaise
1/4 c. chopped celery
1/4 c. chopped black olives

Stir all together and refrigerate.

Great Holiday Cheese Ball

Sandy Reischl

2 - 8 oz. cream cheese
 2 T. chopped onion
 2 T. chopped green pepper
 1 1/2 tsp. seasoning salt
 1/4 c. crushed pineapple (drained)
 chopped pecans
 shredded cheddar cheese

Soften cheese. Add onion, pepper, salt, pineapple. Form into a ball. Roll ball in chopped pecans and shredded cheddar cheese. Refrigerate. Serve with your favorite crackers.

Ham Rolls

Linda Dollen

10 slices ham
 1 - 8 oz. cream cheese

10 whole pickles

Spread cream cheese on ham slices. Roll pickle up in ham slices and slice into bite size pieces. Insert toothpick. Ready for deli tray.

Ham Tortilla

Lisa Dollen

1 tsp. garlic salt
 1 sm. green pepper, diced
 2-3 stalks green onions, diced
 2 T. Italian dressing
 2 pkg. (8 oz) cream cheese, softened
 2 pkg. wafer thin ham
 1 pkg. 10 inch flour tortillas

Mix green pepper, green onion, garlic salt, Italian dressing, cream cheese. Layer tortilla, mixture, ham. Repeat until mixture is gone. Add mixture to top of ham so the layers will stick together. When finished, put tortilla as last layer. Cut into squares. Pierce with toothpicks.

Homemade Summer Sausage

Audrey Reed

1 lb. ground beef	1 c. water
1 1/2 tsp. liquid smoke	2 T. mustard seed
1 1/2 tsp. garlic salt	1/2 tsp. onion salt
3 T. Morton Tender Quick Meat Cure	

Mix together and roll into 2 or 3 rolls. Wrap in foil (shiny side in). Refrigerate 24 hours. Punch holes in bottom of rolls with fork. Place on rack in a baking pan and bake for 1 hour at 325 degrees. This can be frozen after baking.

Lazy Wife Dill Pickles

Ellinor Dollen (Submitted by Audrey Reed)

4 c. sugar	cucumbers
1 qt. vinegar	1/2 tsp. celery seed
1/2 c. canning salt	1 head dill
1 pt. water	3 slices onion

Bring sugar, vinegar, salt and water to boil. Mix celery seed, dill and onion. Pour over cucumbers in jar and seal.

Liver Pate

Drucilla Coan

1 lb. chicken livers	1 bay leaf
thyme	2/3 c. onion
3 sticks butter	salt and pepper

Boil chicken livers, bay leaf, thyme, onion until livers are done. Remove bay leaf and drain. In food processor blend liver, onion, butter, salt, and pepper. Chill. Serve at room temperature.

Oyster Cracker Party Mix

Shelly Bailey

24 oz. oyster crackers
 1 tsp. dill weed
 1 c. cooking oil
 2 pkg. Hidden Valley Ranch Salad Dressing
 1/2 tsp. lemon pepper without salt
 1/2 tsp. garlic powder

In very large bowl, mix ingredients together and let set for 1/2 hour.

Party Cheese Ball

Pat Dwyer

2 - 8 oz. cream cheese
 2 c. (8 oz.) sharp cheddar
 1 T. chopped pimento
 1 T. chopped green pepper
 1 T. finely chopped onion
 2 tsp. Worcestershire sauce
 1 tsp. lemon juice
 dash pepper and dash salt
 finely chopped pecans

Combine softened cream cheese and cheddar, mixing until well blended. Add pimento, green pepper, onion, Worcestershire sauce, lemon juice and seasonings.. Mix well. Chill. Shape into ball and roll in nuts. Serve with crackers. Left over cheese ball can be reshaped and refrigerated.

Pickled Eggs

Marty Lynch

2 doz. hard boiled eggs (peeled)	1 lg. sliced onion
4 tsp. salt	2 T. sugar
1/2 c. water	2 c. vinegar
1 T. mixed pickling spices	1/4 tsp. pepper
1 T. cayenne pepper	(black)

Layer eggs and onions in two quart glass jar. Cook salt, sugar, water until dissolved. Pour over eggs and onions. Mix vinegar, spices, pepper, cayenne. Pour over rest of ingredients. Cover and refrigerate for twenty-four hours.

Quick Egg Rolls

Mike Green

1 lb. your choice of meat
(hamburger, beef, pork or chicken)
1 bag pre-cut cole slaw mix
1 to 2 eggs
salt and pepper - to taste
onion - diced
soy sauce - to taste
1 pkg. egg roll wrappers

Preheat oil to about 350 degrees. Mix first six ingredients together. Place a portion in wrapper on one end, fold sides over and roll wrapper. Wet the end of wrapper to make it stick. Fry to a golden brown.

Relish (For Hamburgers)

Anna Ross

12 c. zucchini	5 c. sugar
5 qt. or 15 c. cucumbers	5 c. apple cider vinegar
2 green peppers	1 1/2 tsp. turmeric
8 onions	2 T. mustard seeds
1/2 c. canning salt	1 1/2 tsp. ground cloves
1 tray ice cubes	1 T. celery seed

Grind zucchini, cucumbers, green pepper and onions. Mix together with salt and ice cubes. Let set 3 hours. Boil sugar, vinegar, turmeric, mustard seeds, cloves, celery seed. Drain cucumber mixture. Mix with hot vinegar mixture. Bring to a scalding point. Can.

Roasted Pumpkin Seeds

Julia Reischl

2 c. pumpkin seeds
1 1/2 T. oil
1 tsp. salt

Combine seeds, oil and salt. Mix well and spread in shallow pan. Roast in oven at 250 degrees for 30-40 minutes or until brown and crisp.

Salsa

Marty Lynch

15 med. to lg. tomatoes (peeled and cut)
 3 1/2 c. chopped bell pepper
 1 c. chopped jalapeno pepper
 1 c. chopped banana pepper
 1/8 tsp. ground cayenne (optional)
 1 1/2 c. chopped onion
 5 cloves garlic, minced
 1 1/2 T. canning salt
 1 c. cider vinegar

Cook tomatoes down. Add other ingredients. Cook down again for few minutes. Can in hot jars.

Salsa

Deb Pope

1 - 29 oz. can tomatoes, chopped, with juice
 1 - 29 oz. can tomato sauce
 1 med. or lg. onion
 1 lg. can Ortega chilies, chopped, with juice
 1 tsp. oregano leaves
 garlic salt and Tabasco sauce to taste
 3 T. finely chopped fresh cilantro

Mix well and chill before serving. Yields 12 cups.
The key to this recipe is the fresh cilantro.

Sausage Balls

Lucille Ward

1 lb. bulk sausage, medium or hot, uncooked
 12 oz. grated cheddar cheese
 2 c. biscuit mix.

Mix all ingredients together. Roll into small balls. Bake at 375 degrees for 15 minutes. Can be frozen before baking.

Sausage - Cheese Puffs

Lisa Dollen

1 lb. hot or sweet Italian sausage
1 lb. sharp cheddar cheese, shredded
3 c. biscuit baking mix
3/4 c. water

Remove sausage from casings, cook in large skillet breaking up the meat with fork until no longer pink, about 8-10 minutes. Drain off fat, spoon sausage in bowl and cool completely. Add cheese, biscuit mix and water. Mix with fork until just blended. Roll into 1 inch balls and place on large cookie sheet, 2 inches apart. Bake 12-15 minutes at 400 degrees. Remove from cookie sheet, cool completely. Makes 120 puffs. You can make ahead and freeze.

Sweet Pickle Relish

Jackie Goss

10 c. ground cucumbers
4 c. ground onions
5 tsp. salt
water
2 1/4 c. vinegar
2 1/2 c. sugar
1 tsp. nutmeg
1 tsp. mustard seed
1 tsp. turmeric
2 T. celery seed
1 T. corn starch
4 green peppers, chopped

Mix cucumbers, onions and salt. Cover with water and let stand over night. Drain and rinse well and squeeze out moisture. Add all other ingredients and bring to a boil for 30 minutes. Stir often to prevent scorching. Makes 6-7 pints.

Taco Spread

Deb Doty

1 lg. c. refried beans
2 T. sour cream
2 T. avocado dip
2 T. Kraft guacamole dip
1 pk. dry taco seasoning
shredded lettuce, enough to cover
diced tomatoes
1 half moon cheddar cheese tortillas

Layer one at a time in order given. Add more sour cream and tomato wedges for garnish. Serve with tortilla chips.

Tortilla Appetizer

Karen Dahlgaard

16 oz. cream cheese
1/2 c. mayonnaise
1 green pepper (diced)
6-8 green onions (diced)
1 pk. dried beef (diced)
5-7 - 9" tortillas

Mix together and spread on tortillas. Continue with layers until gone. Refrigerate. Cut small pieces. Picture a bicycle wheel!

BEVERAGES

Crazy Juice Sandra Dollen

1-12 oz. can orange juice with 3 cans water
1-12 oz. can apple juice with 3 cans water
1-12 oz. can grape juice with 3 cans water
1 small btl. cranberry juice

Mix all together and pour into pitchers or bottles.
Children love it!!

Eggless Egnog Lori Seilstad

1 pkg. sugar free vanilla instant pudding
4 c. skim milk
1/2 tsp. rum flavoring
1/4 tsp. nutmeg
1 pkg. artificial sweetener

Beat milk and pudding for 1 minute. Add remaining ingredients. Diabetic count: 1-1/2 milk

Home Made Root Beer Bill Stewart

5 gal. water
5 lb. sugar
5 lb. dry ice
2 oz. root beer extract

Mix water, sugar and extract together in large container (over 5 gal.). Add dry ice and allow to dissolve before drinking.

Hot Chocolate Mix

Marty Lynch

2 lb. container Hershey Quick
 1 box (11 oz.) Coffee Mate
 1 box instant milk (Carnation makes 8 qts.)
 1 lb. powdered sugar

Mix dry ingredients. Store mix in large airtight container. Two to three heaping teaspoons to a cup of hot water.

Hot Chocolate Mix

Melva Stevens

1-8 qt. box powdered milk
 1 sm. jar Coffee Mate
 1-c. powdered sugar
 1-1b. can Nestles Quick

Mix ingredients. Measure 1/3 to 1/2 cup dry mix to cup. Add boiling water. Stir. Top with marshmallows.

Hot Grog

Patty Winger

4 c. cranberry cocktail	4 c. pineapple juice
2 c. apricot nectar	1/4 tsp. nutmeg
1/4 tsp. ground cloves	cinnamon sticks
orange slices	

Heat cranberry cocktail, nectar, cloves, pineapple juice and nutmeg to boiling point. Pour into punch bowl. Float orange slices in bowl. Serve in mugs with cinnamon sticks. Also good with a pat of butter floated in mugs. Yields 2-1/2 quarts.

Instant Hot Tea Mix

Lucille Ward

1 c. instant tea	2 c. Tang
1 c. sugar	1 c. lemonade mix
1 T. cinnamon	1 T. cloves

Mix together. Store in moisture proof container. To serve add three rounded teaspoons of mixture to one cup hot water. Some may prefer less.

Mock Champagne

Connie Roundy

1 - 16 oz. jar white grape juice
1 liter 7 up

Mix and serve. If served from punch bowl, float lime on top. Red grape juice may also be used.

Orange Julius

Pamela Stewart

1 - 6 oz. can orange juice	1/2 c. sugar
1 c. milk	1 tsp. vanilla
1 c. water	10-12 ice cubes

Beat high speed in blender.

Sherbet Punch

Pamela Stewart

6 qts. ginger ale
6 pts. sherbet
2 or 3 pts. vanilla ice cream (optional)

Place sherbet in punch bowl to let soften. At serving time, pour ginger ale over sherbet. Add vanilla ice cream and mix. Yields 50 servings. The vanilla ice cream adds extra "body" to the punch. Do not use if you want thinner punch. The color of sherbet will determine the color of the punch.

Slush Punch

Pamela Stewart

1 lg. can pineapple juice	2 lg. cans Hawaiian Punch
1 med. btl. lemon juice	1 c. sugar

Mix all together; put in freezer several hours before serving. Stir away from sides every hour. Serve slushy.

Slushy Punch

2 pkg. jello (reg. size)	1 -16 oz. btl. lemon juice
2 c. boiling water	2 tall cans pineapple juice
1 c. sugar	2 btl. ginger ale
1 - 10 oz. btl. almond extract	

Mix all ingredients except ginger ale and freeze. Set out 2 hours before serving. Pour chilled ginger ale over. Yields 50 (4 oz.) servings. The color of the jello determines the color of the punch.

Spice Tea

Paula Mahan

2 c. sugar or Sugar Twin which equals 2 c.
 1/2 c. instant tea
 2 c. Tang
 1/4 c. lemon aid mix.
 1 tsp. cinnamon

2 tsp. to a cup of hot water.

Spiced Tea

Joe & Marla Truitt

1 3/4 c. Tang
 2 pkg. (3 oz. each) Wylers lemonade mix
 3/4 c. instant tea
 2 c. sugar
 1/2 tsp. cloves
 1 tsp. cinnamon

Shake all together in large jar to mix. Use 3/4 tsp. per cup.

Strawberry (Orange) Julius

Shelly Bailey

**10 oz. frozen sweetened strawberries
(or 6 oz. frozen orange juice concentrate)
1 c. milk
1 c. water
1/2 c. sugar
1 tsp. vanilla
8 ice cubes**

Mix all ingredients in blender.

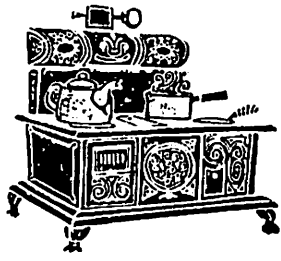
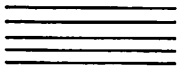
Sweetened Condensed Milk

Phyllis Keyser

**2 c. dry milk
1 1/2 c. sugar
2/3 c. boiling water
6 T. melted butter (slightly cooled)**

Mix dry milk and sugar, slowly add boiling water and stir in melted butter. Whip in blender until smooth. Can store in refrigerator or can be frozen for about 6 mo. Makes 20 oz.

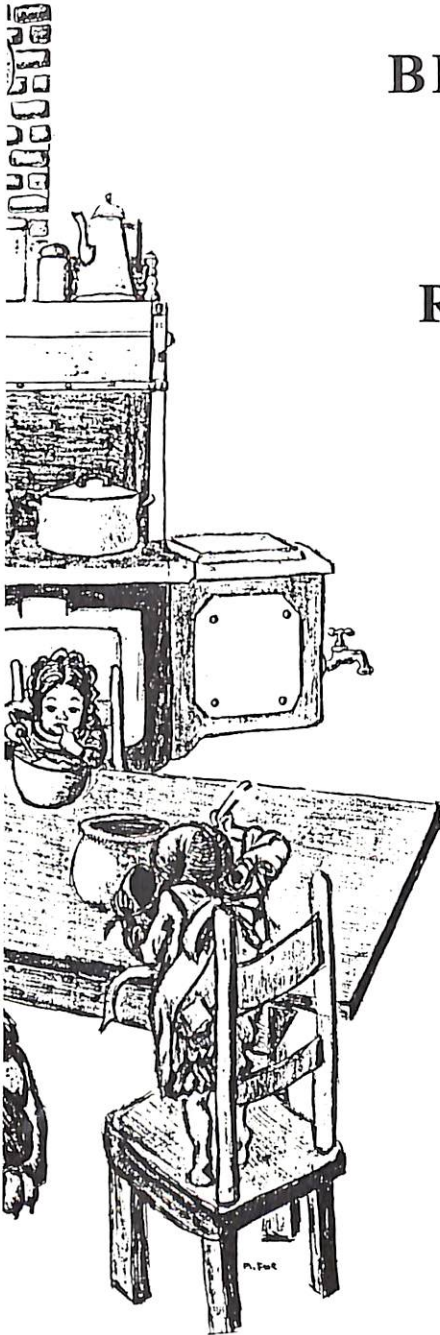
Notes



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BREADS AND ROLLS



Step-by-Step Recipe for Chocolate Chip Cookies (With Three Little Helpers)

Get out mixer to make cookies. Search through toy boxes looking for beaters. Return to find three "assistants" (ages 5, 2, and 1) on three chairs, eagerly assembled at cookie construction site. Scoot chairs apart enough to get to cabinet.

Get out cookie recipe. Put two ingredients in bowl. Remove hands of helper No. 3. Clean hands of helper No. 3. Return to find hands of helper No. 2 in bowl. Clean hands of helper No. 2.

Send helper No. 1 to refrigerator for eggs. Add next ingredient. Clean egg off floor while alternately adding other eggs to mixture as helper No. 2 vigorously cracks them.

Find helper No. 3 removing recipes from recipe box. Put recipes back in box in new, creative order. Put recipe box back in cabinet where it should have been.

Back to cookies. Find helper No. 1 sifting flour as directed; however, not necessarily into bowl. Helper No. 2 decides to help helper No. 1 with the flour. Clean flour off cabinet, floor and helpers.

Change diaper of helper No. 3. Return. Wash hands.

Helper No. 2 screams that she wants to be on chair that helper No. 1 is on. Helper No. 1 screams that he wants to be on chair that helper No. 3 is occupying. Helper No. 3 just screams. Mother screams. Helpers looked shocked.

Add next ingredients. Get out chocolate chips. Hands everywhere! Add what chips remain to cookie mixture. Helper No. 3 covered with chocolate from face to toe. Laugh. (Or should that be cry?) Put cookies on cookie sheet from three spoons and in 15 different sizes and shapes. Put cookies in oven.

Time to clean kitchen. Helpers disappear. Eat 3 dozen cookies to calm nerves.

--Author Unknown

BREADS AND ROLLS

Apple Bread

Judy Robbins

3 c. flour	3 eggs
1 tsp. salt	2 tsp. vanilla
1 1/2 tsp. soda	1 c. oil
1 tsp. cinnamon	1/4 c. buttermilk or sour milk
2 c. sugar	
3 c. thinly sliced apples	

Sift together dry ingredients. Beat eggs, vanilla, oil and buttermilk until blended. Add dry ingredients and blend well with mixer. Blend in sliced apple by hand. Grease and flour 2 large or 4 small bread pans. Divide batter evenly in pans and sprinkle each loaf with cinnamon sugar mixture (1/2 cup sugar and 1/2 teaspoon cinnamon). Bake at 350 degrees for one hour until done or toothpick inserted comes out clean.

Applesauce Raisin Muffins

(Low Fat)

Lori Seilstad

2/3 c. dry milk	12 pkg. aspartame sweetener
6 T. flour	1 tsp. vanilla
1 tsp. cinnamon	2 eggs or egg substitute
1/4 tsp. ginger	1 c. applesauce
1/4 tsp. cloves	1/4 c. raisins
1/4 tsp. nutmeg	1/2 c. grated carrot
1 tsp. baking soda	

Combine all the ingredients in a large bowl. Pour into muffin tin sprayed with a release agent or line with paper. Bake at 350 degrees for 25 to 30 minutes.
Diabetic Count: 3 muffins = 1/2 bread, 1 fruit, 1/2 milk, 1/2 protein.

Banana Bread

Karlene Coan

1 c. butter	1 c. sugar
2 eggs	2 eggs
3-5 bananas	2 c. flour
1 tsp. soda	3/4 c. pecans

Cream butter and sugar. Add eggs. Mash bananas and add to mixture. Stir in flour, soda and pecans. Bake in 350 degree oven for 1 hour. Makes 2 medium loaves.

Banana Muffins

Kay Redmon

1/2 c. butter (softened)	1/3 cup honey
1/3 c. Sugar Twin	2 eggs
2 bananas	1 1/2 c. wheat flour
3/4 tsp. soda	1/2 tsp. salt
Nutmeg or cinnamon	

Combine butter, honey, sweetener, eggs and bananas together until well mixed. Add flour, soda and salt. Scoop into muffin tins. Bake at 325 degrees for 25 minutes or until they spring back.

British Tea Scones

Pamela Stewart

2 c. sifted flour	1 T. sugar
1/2 tsp. salt	4 tsp. baking powder
4 T. cold shortening	1/2 to 2/3 c. milk
1 egg, well beaten	
melted butter, sugar	

Sift dry ingredients together and cut in shortening. Add milk to egg, then add to flour mixture, gradually adding more milk if necessary. Knead lightly on a floured board. Roll to 1/2 inch thickness. Cut into wedges, place on greased baking sheet, brush with melted butter and dredge with sugar. Bake in hot oven (400 degrees) 15 minutes. Makes 15 scones.

Churek (Russian)

(Flat Armenian bread with sesame seeds)
Evelyn Bland

10 lg. rounds

1 pk. yeast

1 T. sugar

2 1/4 c. lukewarm water (110 - 115 degrees)

6 c. flour (all purpose)

1/4 c. unsalted melted butter

1 T. salt

2 T. white sesame seeds

Sprinkle yeast and sugar into 1/4 cup lukewarm water in small bowl. Let stand 2-3 minutes and then stir to dissolve yeast completely. Set bowl aside in draft free spot for about 5-10 minutes. Pour flour into large mixing bowl. Make a well in center and pour in yeast mixture, remaining water, melted butter, remaining sugar and salt. With large spoon, beat flour into liquid ingredients, continuing to beat for as long as 10 minutes or until a soft spongy dough is formed. Cover loosely with towel and set aside until mixture doubles in volume.

Preheat oven to 350 degrees. Place dough on lightly floured surface and divide into 10 equal parts. Roll each part as thinly as possible into circles. Then place 2-3 circles on cookie sheet. Sprinkle lightly with cold water and a few sesame seeds and set cookie sheet on floor of the oven. Bake about 20 minutes or until a pale golden brown. Transfer breads to cake rack and bake remaining rounds similarly. The bread will keep several days at room temperature if wrapped securely in foil.

Croissants

Doris Ogle

5 c. flour
2 pk. dry yeast
1/4 c. sugar
2 tsp. salt

1 c. water
3/4 c. evaporated milk
1 1/4 c. real butter
1 egg

In large bowl combine: 1 cup flour, yeast, sugar and salt. Blend well and set aside. In a sauce pan, heat to 125 degrees: water, milk and 1/4 cup real butter. At low speed with mixer, add liquid to flour mix. Add egg, beat about 3 minutes. Set aside. In another large bowl, cut one cup real butter into 4 cups flour until butter pieces are size of peas. Pour flour/yeast mixture into flour/butter mixture and stir only until flour is moistened. Cover and refrigerate at least 2 hours. When ready to form rolls, place dough on floured surface and knead 10 times and divide into 4 balls. Roll each fourth into circle of 12 to 14 inches. With sharp knife, cut into 10 pie wedges. Starting with the wide edge, roll toward the point. Place on ungreased cookie sheet, point side underneath roll. Curve like a half moon if you like. Let rise in warm place until almost double (1 hour). Bake 350 degrees for 15 minutes or light brown.

Daddy's Rolls

Bill Stewart

3 c. warm water
1 pk. yeast
1/4 tsp. salt
1/2 to 1 c. sugar
1 c. Crisco
7 c. sifted flour (or until dough)

Knead all ingredients together and place back in mixing bowl. Allow room in bowl for dough to double in size. (Depending on room temperature. If it is very cool it will not rise and if it is very hot it will rise too quickly).

After dough has doubled in size, place on floured counter and roll flat. About 1/2 inch in thickness.

Use 3 to 3 1/2 inch diameter cutting tool, or large glass to cut into circles and place in a greased pan.

Allow to double in size again before cooking. Cook at 400 degrees for 10-12 minutes or until golden brown.

Debbie Hiatt's Banana/Cranberry Bread or Cake

Patty Winger

5-6 bananas
 1 c. cranberries
 4 eggs
 1 tsp. salt
 2 tsp. soda
 1 c. Crisco
 4 c. flour (for cake)
 5-6 c. flour (for bread)
 nuts - optional

Combine ingredients. Pour into loaf pan for bread or 9 X 13" cake pan. Bake at 350 degrees for 40 minutes.

Dilly Bread

Connie Roundy

1 pk. dry yeast	1/4 c. warm water
1/2 c. creamed cottage cheese	2 T. sugar
1 T. instant minced onion	2 tsp. dill seed
1 T. butter	1 tsp. salt
1/4 tsp. soda	1 unbeaten egg
1 1/4 to 2 1/2 c. flour	

Combine water and yeast. Mix other ingredients, mixing flour last. Cover and let rise until light and doubled. Stir down, turn into well greased 8 inch round (2 quart) casserole. Let rise until light. Bake at 350 degrees for 40 - 50 minutes. Brush with butter, sprinkle with salt.

Easy Donuts

Linda Dollen

1 tube biscuits
 hot oil
 powdered sugar

Make hole in the middle of each biscuit. Drop into hot oil and turn until both sides are brown. Roll in powdered sugar. (Or mix water with powdered sugar for a glaze). Serve after school or at a Bible study. Quick!

Flour Tortillas

Nanette Reed

3 c. flour	1/2 tsp. salt
1 tsp. baking powder	1/2 c. shortening
3/4 c. very warm water	

Combine flour, salt, baking powder. Cut in shortening until crumbly and add water until dough is moistened and clings together. Should feel moist and not sticky. Knead one minute, cover for 30 minutes, cut dough in 12 pieces and shape into balls. Keep dough covered. Roll paper thin. Stack tortillas between wax paper. Cook on hot griddle, pressing with spatula as dough begins to blister and bubble. Cook until dry and blisters brown. Keep warm tortillas in foil.

General Grenville M. Dodge

Cracked-Wheat Bread

Penny Chatfield

2 pk. dry yeast	1 c. cold water
1 c. warm water	1 c. cracked wheat (soak in
1 c. scalded milk	c. of cold water overnight)
2 T. butter	6 c. flour
1/4 c. molasses or sorghum	2 tsp. salt

Dissolve yeast in warm water in a large mixing bowl. Pour milk over butter, molasses and cracked-wheat mixture in another bowl. Stir until lukewarm; then combine with yeast and water, stirring constantly. Gradually add half the flour and beat for 3 minutes; then add the rest of the flour to make a stiff dough.

Turn out onto lightly floured board and knead until satiny-smooth (12 minutes). Place in greased bowl, turn once, cover with a clean cloth and place in a warm spot. Let rise until doubled in bulk (approximately 35 minutes).

Punch down, shape into loaves, place in greased bread pans or your favorite baking containers. Bake in 375 degree oven for nearly 10 minutes, lower heat to 350 degrees and bake for 40 more minutes. Remove from pans to rack, cool.

(Taken from Historic General Dodge House
Receipts Book Used by permission.)

Grandma's Banana Bread

Therèsa Liston

1 1/2 c. sugar
 1/2 c. shortening
 1/2 c. milk
 2 eggs
 1 1/2 c. flour
 1 tsp. soda in milk
 1 tsp. vanilla
 nuts
 1 ripe banana

Bake at 350 degrees for 45 minutes.

Hush Puppies

Patty Winger --- Bill Stewart

1/2 c. flour	1 sm. onion
2 tsp. baking powder	1 1/2 c. corn meal
1 T. sugar	1 egg
1/2 tsp. salt	3/4 c. milk

Stir all together and drop by teaspoon into hot oil until brown. May need to turn so both sides will cook.

Jalapeno Corn Bread

Joe & Marla Truitt

3 c. cornbread mix (2 Jiffy Boxes)
 2 - 3 pieces crumbled bacon (optional)
 1/2 c. chopped jalapeno peppers
 1 lg. onion, grated or finely chopped
 1 1/2 c. grated cheese
 1/2 - 1 tsp. garlic powder
 1 c. buttermilk
 3 eggs, beaten
 1 c. cream corn
 1/2 c. corn oil

Drain and rinse jalapeno peppers under cold water and remove seeds and membrane; chop into very small pieces. Beat eggs in a large bowl, blend in milk, then rest of ingredients. Mix well. Bake in 400 degree oven for 20-30 minutes. Makes 28-30 muffins.

Johnny Cake (Corn Bread)

Jackie Goss

1 c. flour	1 tsp. salt
3 1/2 tsp. baking powder	2 T. sugar
1 c. cornmeal	1 egg, beaten
1 c. milk	1 1/4 c. melted shortening

Mix flour, salt, baking powder and sugar. Mix in cornmeal. Combine egg, milk and shortening. Add to dry ingredients, stir just until moistened. Bake in greased 9 inch square pan for 25 minutes at 450 degrees.

Monkey Bread

Jackie Goss, Judy Robbins, Ronda Peterson

1 c. sugar	4 tubes buttermilk biscuits
3/4 c. margarine	(10 per can, quartered)
1 1/2 tsp. cinnamon	3/4 c. sugar
1/4 c. evaporated milk	1/2 c. whole pecans
1/4 c. brown sugar	

Mix sugar, margarine, cinnamon, milk and brown sugar in sauce pan and warm until well blended. Quarter biscuits. Take a 10-12 cup bundt pan and coat with shortening or butter. Place pecans in pan first. Mix the cinnamon and sugar and coat the biscuits a few at a time and put in bundt pan over nuts. Pour the warmed ingredients over biscuits. Bake 45 minutes at 350 degrees. When done, remove from oven and carefully invert quickly onto large platter. Serve warm and enjoy.

Orange Corn Muffins

Doris Ogle

1 c. yellow cornmeal	1 c. flour
1/3 c. sugar	4 tsp. baking powder
1 egg, beaten	1 c. milk
1/4 c. vegetable oil	1 T. grated orange peel

In a mixing bowl, combine cornmeal, flour, sugar, baking powder and salt. In another bowl, combine egg, milk, oil and orange peel. Add to cornmeal mixture, stirring just until ingredients are combined. Fill greased muffin tins 2/3 full. Bake at 425 degrees for 15 minutes.

Pastry

Melva Stephens

2 crust pie

2 c. flour
1 1/2 tsp. salt
1/2 c. Mazola oil
1/4 c. milk

1 crust pie

1/3 c. flour
1 tsp. salt
1/3 c. Mazola oil
3 T. milk

Sift flour and salt into bowl. Pour milk and oil over flour and mix with fork. Roll between 2 sheets of waxed paper. Dampen counter so paper does not slide. Put in pie pan and bake.

Poppy Seed Bread

Deb Pope

1 yellow cake mix
1/2 c. vegetable oil
1/2 c. water
1 tsp. vanilla
cinnamon and sugar mixture

1 sm. instant vanilla pudding
1/2 c. orange juice
4 eggs
1/4 c. poppy seed

Combine cake and pudding mix. Add oil, fruit juice and water. Add eggs, one at a time, beating well after each addition. Add vanilla and fold in poppy seed.

Pour into two 9 x 5 inch loaf pans that have been greased and coated with cinnamon and sugar mixture. Bake at 350 degrees, 45 minutes. Remove from pan while hot. Cool completely before slicing.

Pumpkin Bread

Caronna Kinney

2 1/2 c. sugar
1 c. oil
4 eggs
2 c. pumpkin
1/2 c. water

3 1/2 c. flour
2 tsp. soda
1 1/2 tsp. salt
1 tsp. cinnamon
1 c. chopped pecans

Mix oil and sugar. Add eggs. Add pumpkin and water. Sift in dry ingredients. Add nuts. Put in 2 greased loaf pans. Bake at 350 degrees, 1 hour.

Pumpkin Bread

Deb Ogle

3 eggs	1 c. oil
2/3 c. water	2 c. pumpkin
2 c. sugar	1/2 tsp. salt
3 tsp. cinnamon	1 tsp. pumpkin pie spice
3 1/2 c. flour	2 tsp. baking soda
1 c. nuts (optional)	

Mix and bake at 350 degrees for 45 to 60 minutes in greased loaf pans. Test with toothpick for doneness. Makes two loaves.

Pumpkin Bread

Donna Rieken

3 1/3 c. flour	3 c. sugar
1 1/2 tsp. salt	2/3 c. water
2 tsp. soda	1 c. oil
1 T. cinnamon	4 eggs
1 T. nutmeg	2 c. pumpkin
1/2 tsp. ginger	nuts, if desired

Sift all dry ingredients. Make a well in dry ingredients and add wet ingredients. Mix well. Bake at 350 degrees for 1 hour. Test for doneness. This will make 2 loaves of bread.

Pumpkin Bread

Marilyn French & (mom) Ethel Marsh

3 c. sugar	1 1/2 T. salt
1/2 T. baking powder	2 T. baking soda
1 T. cinnamon, cloves, nutmeg	3 1/3 c. flour
1 c. Wesson oil	1 c. water
2 c. pumpkin	4 eggs

Mix dry ingredients and add to mixed wet ingredients. Spray 2 large loaf pans with cooking spray. Bake at 300 degrees for 1/2 hour then 325 for 1 hour.

Pumpkin Bread

Evalina Holcomb

3 c. sugar	1 c. oil
4 eggs	2 c. pumpkin
1/3 c. water	3 1/2 c. flour
2 tsp. soda	1 1/2 tsp. salt
2 tsp. cinnamon	1 tsp. nutmeg
1/2 tsp. ginger	1/2 tsp. cloves

Mix dry ingredients in one bowl and all moist ingredients in another bowl. Then mix both together and bake in well greased and floured bread pans at 350 degrees for 50-60 minutes.

Roger & Anita's Sticky Rolls

Teresa Dunlap

2 loaves frozen bread dough	
1/2 c. margarine	2 boxes vanilla pudding
1 c. brown sugar	4 c. milk

Cut bread dough (thawed) into little pieces and place on 9 x 13" greased pan. Mix other ingredients. Pour over dough. Bake at 350 degrees for 30 minutes or cover with plastic and store overnight in refrigerator. Remove by turning pan over and shaking out.

Scandinavian Cinnamon Rolls

Lori Thomas

1 c. shortening (1/2 c. lard, 1/2 c. margarine)	
4 c. flour	1 tsp. salt
1/4 c. sugar	1 pk. dry yeast
1/4 c. warm water	4 egg yolks, beaten
1 c. luke-warm milk (scalded)	

Cut shortening into flour, salt, and sugar until it resembles pie crust. Dissolve the yeast in warm water. Add to yolks and milk; add flour. Stir well and chill overnight. Divide dough into halves. Roll out into rectangle; brush with margarine, sprinkle with cinnamon-sugar. Roll and cut into 12 slices. Place in greased muffin pans. Let rise in warm place for 1 hour. Dough will not double but rise slightly. Bake at 350 degrees for 20-25 minutes. Cover with glaze.

Glaze: Mix 1 1/2 cups powdered sugar, 2 tablespoons margarine, 1 teaspoon vanilla and 2 tablespoons milk

Sour Cream Banana Bread

Mike Green

1 c. butter	2 tsp. baking soda
2 c. sugar	1 tsp. salt
8 oz. sour cream	2 c. mashed banana
4 eggs	1/2 c. chopped nuts
3 1/3 c. flour	1 tsp. vanilla

Cream butter, sugar and sour cream until fluffy. Add eggs, one at a time and beat well. Add vanilla. Sift dry ingredients and add to creamed mixture alternating with mashed bananas. Add nuts. Pour into two large loaf pans and bake at 325 degrees for 1 hour.

Southern Biscuits

Pamela Stewart

2 c. sifted flour	3 tsp. baking powder
1/2 tsp. salt	4 T. cold shortening
3/4 c. milk	

Sift dry ingredients together and cut in shortening. Add milk to make a soft dough. Place on a floured board and knead lightly a few seconds, using as little flour as possible on board. Roll out 1/2 inch thick and cut with floured biscuit cutter or cup. Place on greased baking sheet and bake in very hot oven (450) about 12 minutes. Makes 14 (2 inch) biscuits.

Sweet Rolls

Donna Bailey

2 pk. yeast	3/4 c. sugar
1 T. sugar	1 tsp. salt
1 c. lukewarm water	7 c. flour
1 c. scalded milk	3 eggs, beaten
6 T. shortening	

Dissolve yeast and tablespoon sugar in water. Scald milk, add shortening, sugar and salt. Add 2 cups flour to make a batter. Add yeast and beaten eggs. Beat well. Add rest of flour to make a soft dough. Place in warm place. Let stand until double in bulk - about 2 hours. Roll out and put in pans. Let rise and bake in 350 degree oven for 15 to 20 minutes.

Sweet Rolls

Jackie Goss

3 c. boiling water
1 c. sugar
1 pk. yeast
9 c. flour

3 T. shortening
1 T. salt
1/2 c. warm water
2 eggs

Pour boiling water over shortening. Add sugar and salt. Stir until dissolved. Dissolve yeast in warm water. When all liquid is lukewarm, add flour and eggs. Mix well and let set covered over night. Next morning roll out a small portion and cut into strips, about 5 inches long and 2 inches wide. Dip into melted butter first. Dip in mixture of cinnamon and sugar. Place in greased pan or muffin tins. Let rise until double in size. Bake 15 minutes at 400 degrees. Variations: roll dough out, brush with oleo, sprinkle with sugar and cinnamon, add a few raisins and roll like a jelly roll. Cut 1/2 inch, place in pan and make cinnamon rolls or make bread.

Swirly Buns - Cinnamon Rolls

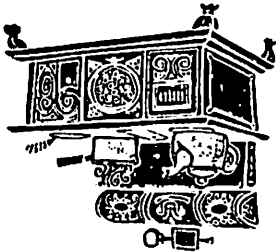
Kathy Pennel and mother

1 1/4 c. milk
1/4 c. sugar
2 tsp. salt
1 stick butter
1 pk. yeast
4 c. flour

1 stick butter (melted)
1 c. sugar
2 tsp. cinnamon
2 eggs

Scald milk. Add stick of butter to melt at same time in milk. Add 1/4 cup sugar and salt to milk mixture as it is cooling. Measure flour. Add yeast dry to flour. Mix eggs into cooled milk. Add to flour, turn out on floured board and knead until smooth. Let rise until double. Punch down. Divide dough into 2 parts and roll out. Spread melted butter on dough. Mix 1 cup sugar and cinnamon and sprinkle on dough. Roll up and cut into 1/2 inch pieces. Cook.

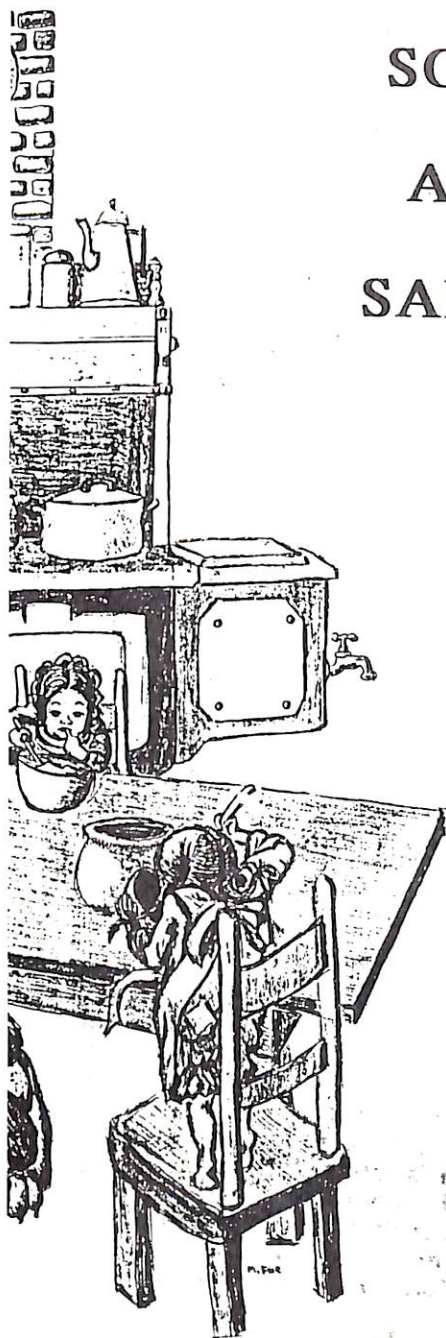
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Notes

SOUPS AND SALADS



SOUPS AND
SALADS

Proverbs 31:10-31

- 10 Who can find a good wife? She is worth more than the Hope diamond!
- 11 Her husband trusts in her so much that he never feels that he's missing out on any of the good things of life.
- 12 She always seeks to do what's best for him until the day she dies.
- 13 She looks out for the basic necessities of her home, and isn't afraid of hard work.
- 14 She shops around for the needs of her home, investigating many possible sources.
- 15 She gets up early in the morning, often before sun rise, makes breakfast and organizes her tasks for the day.
- 16 She agrees to buy a lot with room enough for a nice vegetable garden, which she faithfully plants and tends.
- 17 She diets and exercises to keep herself physically fit.
- 18 She sees that her time is spent profitably and doesn't lounge in a dark room watching TV all evening.
- 19 She bakes and sews.
- 20 She is goodhearted and volunteers a helping hand to anyone in need.
- 21 She doesn't dread winter, because she sees that the family is properly dressed.
- 22 Her own clothing is attractive and in good taste.
- 23 Her husband is highly thought of by others because she never berates him.
- 24 She has a profitable hobby or sometimes a part-time job.
- 25 You won't find her forever complaining about being tired, nor is she the type that mopes around the house looking like something the cat dragged in. She is generally cheerful and optimistic.
- 26 She speaks intelligently and kindly.
- 27 She is a good housekeeper, not lazy.
- 28 Her children love her and her husband compliments her often, saying
- 29 "Of all the women I know, I would still choose you."
- 30 Charm is often deceiving, hiding an ugly personality, and beauty is only skin deep, but a woman who fears God is truly charming and lovely.
- 31 Treat her right, both at home and in public. A little consideration goes a long way with her.

Paraphrase by Mrs. Carolyn Lung
Read along with the King James Version

SOUPS

Broccoli Cheese Soup

Pamela Stewart

3 T. butter
 1 tsp. salt
 3/4 c. chopped onion
 3 c. milk
 3 c. water
 1 - 10 oz. pkg. frozen broccoli
 3 chicken bouillon cubes
 1 c. cubed Velveeta cheese
 2 c. fine egg noodles (not frozen)
 1/4 tsp. garlic salt

Saute onion in butter; add water and bouillon cubes. Heat to boiling until cubes are dissolved. Gradually add noodles and salt. Continue to boil uncovered for three minutes. Stir in broccoli and garlic salt. Turn heat to low. Add milk and cheese. Continue cooking until cheese melts.

Cabbage & Beef Soup

Doris Ogle

1 lb. lean ground beef
 1/2 tsp. garlic salt
 1/4 tsp. garlic powder
 1/4 tsp. pepper
 2 celery stalks, chopped
 1 can (16 oz.) kidney beans (undrained)
 1/2 med. head cabbage (chopped)
 1 can (28 oz.) tomatoes, chopped and liquid reserved
 1 tomato can water
 4 beef bouillon cubes
 chopped fresh parsley

In dutch oven, brown ground beef. Add all remaining ingredients except parsley. Bring to a boil. Reduce heat and simmer covered for 1 hour. Garnish with parsley.

Cheddar Chowder

Val Reed

2 c. boiling water	2 c. diced potatoes
1/2 c. chopped carrots	1/2 c. chopped broccoli
1/4 c. chopped onions	salt & pepper
1/4 c. butter	1/3 c. flour
2 c. milk	1 c. diced ham
2 c. shredded cheddar cheese	

Add vegetables to water, simmer 15 minutes. Make white sauce with butter, flour and milk. Add white sauce and ham to vegetables. Add cheese until melted. DO NOT BOIL. (Favorite vegetables can be used).

Cheese Soup

Patty Winger

3 c. chopped potato	1 c. water
1/2 c. carrots, sliced	1/2 c. cut celery
1/4 c. chopped onion	1 tsp. parsley flakes
1 chicken bouillon cube	1/2 tsp. salt
dash pepper	1 1/2 c. milk
2 tsp. flour	1/2 lb. Velveeta

In large saucepan, combine potatoes, water, celery, carrots, onion, parsley, bouillon cube, salt and pepper and mix well. Simmer 15-20 minutes, until tender. Gradually add milk to flour and blend. Add milk mixture to vegetables. Cook until thick, then add cheese. Stir until melted.

Chili

3 lbs. hamburger	1 med. onion
1 can Mexican stewed tomatoes	1 green pepper
1 can kidney beans	chili pepper
2 cans red beans	
1 lg. jar med. taco sauce	
1 8 oz. can tomato paste	

Brown hamburger, onion and green pepper. Drain and put into crockpot. Add chili pepper to taste. Drain beans and put rest of ingredients into crockpot. Cook four to six hours.

Clam Chowder

Nanette Reed

1 stick butter
1 med. onion
3 cans cream of potato soup
2 cans New England Clam Chowder
1 qt. half & half
1 can minced clams with juice

Saute onion in butter in large pot. Add all ingredients. Cover and simmer. May add bacon and parsley before serving. Can thin with milk.

Clam Chowder

Karen Dahlgaard

2 c. cubed potatoes
1 c. chopped onions
1 c. celery - diced
salt & pepper
1 stick butter
2/3 c. flour
1 qt. half & half
juice from 3 lg. cans clams

Cover potatoes, onions, celery, salt and pepper with water. Cook until done. Add clams. In another pan melt butter, flour and half and half. Add to clam mixture. It gets thick. Stir often to prevent sticking.

Corn Chowder

Mike Green

3 slices bacon, cut 1/4 in. pieces
 1/4 c. chopped onions
 1/2 can (12 oz.) whole kernel corn
 1/4 c. chopped celery
 2 potatoes, cubed
 1 can (17 oz.) cream corn
 2 tsp. salt
 1/4 tsp. pepper
 1 c. evaporated milk

Cook bacon over medium heat until lightly browned. Add onions and cook until onions are transparent, stirring occasionally. Absorb bacon fat with paper towel. Drain whole kernel corn. Save liquid. Add water to liquid from corn to total 2 cups. Stir into onion mixture. Add celery and potatoes. Cover and simmer 15 minutes or until potatoes are soft. Add drained corn, cream corn, salt, pepper and milk. Cook on low heat. Thicken with mixture of 2 teaspoons flour and 1/4 cup water, if thicker chowder is desired. Yield: 6 - 1 cup servings.

Hamburger Vegetable Soup

Sandy Reischl

1 lb. hamburger	1 c. diced onion
1 c. diced potatoes	1 c. diced carrots
1 c. chopped celery	4 c. tomato juice or stewed tomatoes
1/4 c. rice, uncooked	3 tsp. salt
3 c. water	1/4 tsp. thyme
1/4 tsp. basil leaves	
1 bay leaf	

Brown hamburger and diced onion. Add other ingredients and simmer one hour.

Jack's Stew for Everyone

Jack Reed

3 qt. water	2 packets beef stew mix
1 1/2 lb. lean stew meat	salt
1/8 tsp. black pepper	1/8 tsp. garlic powder
1/8 tsp. onion salt	
1/8 tsp. Mrs. Dash (Table Blend)	
2 cans navy beans	
2 cans beefy mushroom soup	
1 can whole kernel corn (drained)	
1 can peas (drained)	
2 qt. water	2 c. carrots (raw)
6 med. potatoes (raw)	1 sm. onion (diced)
1 1/2 c. macaroni or pasta	2 c. cabbage

In 5-6 quart pot, cook 1 quart water, stew mix, stew meat, salt, Mrs. Dash, pepper, garlic powder, onion salt. When done, chop meat in a food processor. Then add beans, soups, corn, and peas. In another pan, cook 2 quarts water, carrots, potatoes, onion, macaroni or pasta, and cabbage. When done, add to first mixture. Makes 8-10 quarts. For a meatier stew, cook 1-2 pounds lean ground beef in frying pan, drain and rinse. You can use any other vegetables.

Oyster Stew

Linda Dollen

1 qt. oysters in juice
 1 gal. milk
 1/2 stick or 8 T. butter
 salt & pepper to taste

Simmer oysters until edges curl. Heat milk until steaming hot. Add butter, salt and pepper. Now add cooled oysters complete in their juice. Let stand for awhile. Heat until milk is steaming again. DO NOT BOIL.

Potato Cheese Soup

Marla Truitt

1 lb. potatoes, peeled & cut in 1/2" cubes
 2 c. water
 1/2 c. chopped carrots
 1/2 c. chopped celery
 1/2 c. chopped onion
 2 T. chicken bouillon granules
 1/8 tsp. pepper
 4 oz. sharp cheddar cheese, shredded
 1 c. minced fresh or dried parsley flakes.

In large saucepan, place potatoes, water, carrots, celery, onion, bouillon and pepper. Over medium heat, bring to a boil. Reduce heat to low. Cover and simmer for 25 minutes or until vegetables are tender. Place 1/2 at a time in blender and process until smooth. Return mixture to saucepan. Add cheese. Over low heat, cook and stir until cheese melts. To serve - sprinkle with parsley.

Potato Soup

Connie Roundy

3 c. diced raw potatoes	1 c. chopped onion
1 c. chopped celery	1 T. dried/fresh parsley
1 c. water	1 can cream of celery soup
3 c. whole milk	salt & pepper to taste

Cook potatoes, onion, celery, parsley and water until potatoes are well done. Do not drain off water. Mix soup, milk, salt and pepper to taste. Add to potato mixture. Heat. Serve with cheddar cheese on top.

Potato Soup

Linda Dollen

10 lg. potatoes	1/2 lb. bacon
1 sm. onion, diced	1/2 gal. milk
1 lb. cheese	salt and pepper

Cut potatoes into cubes and boil. Brown bacon and onion in skillet. Drain potatoes. Heat milk to steamy. Add potatoes, bacon and cheese. Finish heating.

Potato Soup

Lisa Vannatta

1 - 12 oz. pkg. sausage links	1/2 c. chopped onion
1 pkg. Augratin potatoes (6 oz.)	4 c. milk
2 cans cream of celery soup	2 c. water

Prepare potatoes on top of stove, according to package directions. Brown sausage, drain, slice thin. Saute onion in sausage drippings. Drain. Combine cooked potatoes in large kettle with sausage, onion, celery soup, water and milk. Heat. Makes approximately 3 1/2 quarts.

Potato Soup

Marge Bahr

4 med. russet potatoes	1/2 carrot
1 onion	heart of celery stalk
Mrs. Dash Seasoning Broth	sea salt
To Fu Moo (Nature Sunshine Product)	

Scrub potatoes clean. Grate. Put in pure water. Grate carrot, onion, celery into potatoes. Let set for few minutes. Rinse vegetables and put into another pan to cook. Add pure water until vegetables float. Simmer until tender. Add To Fu Moo, one scoop for every 8 ounces of water and one more for good measure. Add butter on top. Can thicken if you desire.

Ranch Hand Soup

Karlene Coan

1 lb. pinto beans	1 lb. diced onions
1 lb. great northern beans	1 lb. diced green peppers
3 gal. water	2 lb. diced tomatoes
1 lb. bacon (raw)	4 T. chili powder
2 lb. ground beef	2 tsp. ground cumin
1 lb. ham (diced)	1 1/2 lb. tomato paste
pepper	

Soak beans overnight. Drain. Cook in water until tender. Cook and chop bacon. Add to beans. Brown ground beef. Add to beans along with the rest of ingredients. Simmer for 1 to 1 1/2 hours. Yield: 2 gallons.

SALADS

Acini dePepe Salad

Lorna Kinney

- 1 c. sugar
- 1 tsp. salt
- 2 T. flour
- 3 beaten egg yolks
- 1 3/4 c. pineapple juice
(drained from fruit)
- 1 - 16 oz. box of Spezziello macaroni
- 2 cans Mandarin oranges (drained & cut up)
- 1 lg. can crushed pineapple (drained)
- 1 lg. can pineapple tidbits (drained)
- 1 - 9 oz. tub cool whip
- 1 sm. bag miniature marshmallows

Combine sugar, salt, egg yolks, flour and pineapple juice and cook until thick. Cook macaroni in boiling water and drain well. Pour cooked sauce over cool macaroni, cover and refrigerate over night. Next day add mandarin oranges, crushed pineapple, pineapple tidbits, cool whip and marshmallows.

Broccoli Cauliflower Salad

Marty Lynch

- | | |
|----------------------|-----------------------|
| 1 head broccoli | 1 head cauliflower |
| 1 red onion | 1 lb. bacon |
| 1 c. sunflower seeds | 1 1/2 c. miracle whip |
| 6 T. sugar | 1 1/2 T. vinegar |

Cook and crumble bacon. Cut broccoli and cauliflower into bite size pieces. Cut onion into thin rings. Mix miracle whip, sugar and vinegar and combine with all other ingredients. Refrigerate.

Broccoli Salad

Paula Mahan

1 bunch broccoli	12 slices bacon
2 T. chopped onion	1 c. mayonnaise
3/4 c. raisins	1/4 c. sugar
1 c. salted sunflower seeds	2 T. vinegar
1 carrot	

Cook and crumble bacon. Cut broccoli into bite size pieces. Grate carrot. Combine broccoli, onion, raisins, sunflower seeds, carrot and bacon. Mix mayonnaise, sugar and vinegar for dressing.

Cabbage Salad

Sandra Dollen

1 head cabbage, chopped	3/4 c. salad oil
4 green onions with tops	1 tsp. salt
1/2 c. sliced almonds	1/2 tsp. pepper
2 pkg. plain Ramen noodles	2 tsp. Accent
2 T. cider vinegar	4 T. white sugar

Mix everything except almonds and noodles. Add almonds and noodles just before serving.

Circus Peanut Salad

Jackie Goss

1 pkg. orange jello	1 c. boiling water
20 circus peanuts	1/2 c. pineapple juice
1 sm. can crushed pineapple	1 pkg. dream whip

Cut peanuts into small pieces. Mix orange jello, boiling water, peanuts and pineapple juice. Let set until it starts to congeal. Add crushed pineapple and dream whip. Nuts may be added if desired.

Cranberry Apple Salad

Jackie Goss

2 pkgs. cherry jello	1 1/2 c. hot water
1 can whole cranberry sauce	1 sm. can crushed pineapple
1 apple (diced fine)	

Dissolve jello in water. Drain pineapple juice and save juice. Add cranberry sauce, pineapple and apple. Add water to pineapple juice to make 2 cups and add to mixture. Let set. Makes 9x13 pan.

Cranberry Salad

Connie Roundy

2 - 12 oz. pkgs. fresh cranberries
 3 c. sugar
 4 c. miniature marshmallows
 1 lg. can pineapple tidbits (drained)
 1 c. cream
 1 sm. carton cool whip

Grind cranberries and combine with sugar and marshmallows. Let set overnight. Add pineapple tidbits to cranberry mix. Whip cream and add to cool whip. Add to cranberry mixture.

Cranberry Salad

Deb Pope

1 sm. box orange jello	1 sm. box lemon jello
2 1/2 c. boiling water	1 can cranberry sauce
3/4 c. crushed pineapple	without berries
1/2 c. nuts	

Dissolve jello in boiling water in 9x9 pan. Chill until syrupy. Drain pineapple and add with other ingredients to jello. Mix well. Set until firm.

Cranberry Salad

Fatty Winger

2 c. cranberries	1 1/2 c. sugar
1 lg. orange	1/2 c. nuts
1 lg. red apple	2 - 4 oz. boxes jello
1 c. diced celery	

Core apple and orange, but do not peel. Grind cranberries, apple and orange. Mix all ingredients and pour into dissolved jello. Let stand until firm.

Easy Dump Salad

Doris Ogle

1 can apricot pie filling
 1 8 oz. container whipped topping
 1 No. 2 can crushed pineapple (do not drain)
 1 can Eagle Brand milk

Dump ingredients together in 9x13 inch pan. Sprinkle nuts on top, if desired. Freeze. Remove from freezer about 20 minutes before serving.

Five Cup Salad

Fran Whitmire

1 - 8 1/4 oz. can pineapple chunks
 1 - 11 oz. can mandarin orange sections (drained)
 1 c. coconut
 1 c. tiny marshmallows
 1 - 8 oz. carton dairy sour cream
 2 T. chopped pecans

Drain pineapple chunks, reserving 1 T. syrup. Combine pineapple chunks, reserved syrup, mandarin orange sections, coconut, marshmallows and sour cream. Cover and chill for 2 to 24 hr. Before serving, sprinkle with pecans. Makes 6 side-dish servings.

Four Bean Salad

Doris Ogle

- 1 - 16 oz. can green beans (drained)
- 1 - 16 oz. can wax beans (drained)
- 1 - 16 oz. can garbonzo beans (rinsed & drained)
- 1 - 16 oz. can kidney beans (rinsed & drained)
- 1/4 c. slivered green pepper
- 1 sm. onion (chopped)
- 3/4 c. sugar
- 1/2 c. vinegar
- 1/4 c. vegetable oil
- 1/2 tsp. salt

In lg. bowl mix all vegetables. In small bowl mix remaining ingredients. Mix together and refrigerate overnight. Stir occasionally.

Glorified Rice Salad

Pamela Stewart

- | | |
|--|------------------|
| 2 pkg. orange jello | 3 c. hot water |
| 2 c. cooked rice | 20 marshmallows |
| 1 can pineapple tidbits or
cut up pineapple | 2 T. lemon juice |
| | 1 c. cool whip |
| 1/2 c. chopped unpeeled apple | |

Dissolve jello in hot water. Stir in rice and marshmallows. Add juice from can of pineapple. Chill. When mixture has started to thicken, stir in pineapple and chopped apple to which lemon juice has been added. Chill until nearly set. Fold in cool whip. Refrigerate until ready to serve.

Gram's Grape Nut Apple Salad

Judy Camp

- | | |
|--------------------------|--------------------------|
| 1 c. (1/2 pt.) cool whip | 1/2 c. coconut |
| 1/2 c. Delicious apples | 1/2 c. crushed pineapple |
| 1/2 c. grapenuts | maraschino cherries |

Finely chop apples and maraschino cherries and fold all together and chill.

Grandma's Gelatin Fruit Salad

Doris Ogle

2 c. boiling water (divided) 1 - 3 oz. pkg. lemon gelatin
 2 c. ice cubes (divided) 1.- 3 oz. pkg. orange gelatin
 1 - 20 oz. can crushed pineapple (drain & reserve liquid) 2 c. miniature marshmallows
 3 lg. bananas (sliced)
 1/2 c. finely shredded cheddar cheese

Cooked Salad Dressing:

1 c. reserved pineapple juice 1/2 c. sugar
 1 egg (beaten) 2 T. cornstarch
 1 T. butter or margarine 1 c. whipped topping

In a mixing bowl, combine 1 cup water and lemon gelatin. Add 1 cup ice cubes, stirring until melted. Add pineapple. Pour into a 13x9x2 in. baking pan; refrigerate until set. Repeat with orange gelatin, remaining water and ice. Stir in marshmallows. Pour over lemon layer; refrigerate until set. For dressing, combine pineapple juice, sugar, egg, cornstarch and butter in a saucepan. Cook over medium heat, stirring constantly, until thickened. Cover and refrigerate overnight. The next day, arrange bananas over gelatin. Combine dressing with whipped topping; spread over bananas. Sprinkle with cheese. Yield: 12-15 servings.

Holiday Cherry Salad

Doris Ogle

1 - 8 oz. pkg. cream cheese
 1 - 4 oz. bottle red maraschino cherries
 1 c. whipped cream or 2 c. cool whip
 1/2 c. sugar (if you use whipped cream)
 2 c. miniature marshmallows
 1 sm. can crushed pineapple (drained)

Beat cream cheese; add juice of cherries. Add marshmallows, cherries, pineapple and a small amount of pineapple juice. Refrigerate overnight.

Jello Bavarian

Phyllis Keyser

- | | |
|--------------------------|----------------------------|
| 1 - 3 oz. pkg. jello | 1/4 c. sugar |
| 1 c. boiling water | 3/4 c. cold water or juice |
| 1 envelope dream whip or | |
| 1 c. whipping cream | |

Dissolve jello and sugar in boiling water. Add cold water. Chill until slightly thickened. Prepare topping mix. Stir into jello. Pour into 1 quart mold. Can add fresh or canned fruit. You can also make this sugar free by using jello with Nutra Sweet and non fat cool whip.

Jello Salad

Lisa Vannatta

- | | |
|-------------------------|--------------------------|
| 2 sm. pkg. orange jello | 1 sm. 6 oz. orange juice |
| 3 c. hot water | 3 med. apples (grated) |

Topping:

- | | |
|------------------------|-----------------------------|
| 2 - 8 oz. cream cheese | 1 sm. can crushed pineapple |
| 1/2 c. chopped walnuts | |

Dissolve jello in hot water. Add orange juice and grated apples. Let set. Mix together topping ingredients and spread over jello.

Jello Salad

Marilyn French

- 1 lg. box wild strawberry jello
- 1 lg. carton cottage cheese
- 3 lg. bananas
- 1 med. carton cool whip

Put cottage cheese in medium bowl. Sprinkle dry jello over and mix well. Add cut up bananas and cool whip and mix well. Other good combinations:
 Lime jello, pineapple and pecans
 Orange jello, mandarin oranges, etc.

Kim's Oriental Salad

Teresa Dunlap

(From Church of Christ in Elizabethtown, Pa.)

1/2 c. shaved almonds (toasted)
 1/2 c. sunflower seeds (toasted)
 1 pkg. Ramen noodles, raw & broken (save seasoning)
 1 can chow mein noodles
 1/2 head red cabbage (shredded)
 2 green onions (chopped)

Dressing:

1/2 c. oil	2 T. vinegar
4 T. sugar	1 tsp. salt
pinch pepper	
noodle soup base seasoning mix	

Toss almonds, sunflower seeds, Ramen noodles, chow mein noodles, cabbage and onions in large bowl. Mix dressing ingredients. Just before serving, pour dressing over salad and toss to coat well.

Ladies' Day Ham Salad

Teresa Dunlap

(From Church of Christ in Huron, S.D.)

2 c. chopped ham	1 c. celery (chopped)
1 can pimentos	2 hard-boiled eggs
1 onion (chopped fine)	1 green pepper (cut fine)
2 c. cooked macaroni	1 c. salad dressing
dash salt	

Mix together. Refrigerate.

Little Rock Salad

Pamela Stewart

- | | |
|---|----------------------------|
| 2 c. hot water | 1 #2 can crushed pineapple |
| 1 pkg. (pt.) fresh or frozen strawberries | 2 pkg. strawberry jello |
| 1 pkg. cool whip or sour cream | 1 c. pecans |

Add hot water to jello. Cool slightly. Add fruit and pecans. Divide into two equal parts. Put one part into 9x13 in. dish and refrigerate until set. Put either cool whip or sour cream on top. Add the rest of the jello mixture. Refrigerate until set. Put cool whip on top.

Mary Alice's Salad

Teresa Dunlap

(From Church of Christ in Huron, S.D.)

- | | |
|-----------------------------------|-------------------------|
| 2 c. broccoli flowerettes | 2 c. cauliflower |
| 1/2 lg. purple onion(sliced) | 1/8 c. honey (or sugar) |
| 1/4 c. parmesan cheese | 1/4 tsp. basil |
| 1 c. mayonnaise or Miracle Whip | |
| 1/2 lb. bacon (cooked & crumbled) | |
| 1 c. seasoned croutons | |
| 4 oz. can sliced water chestnuts | |

Combine broccoli, cauliflower and onion. Make dressing of honey or sugar, parmesan cheese, basil and mayonnaise or Miracle Whip and pour over vegetables. Refrigerate several hours or overnight. Before serving, add bacon, croutons and water chestnuts.

Orange Salad

Deb Ogle

- 1 sm. pkg. mini marshmallows
- 1 sm. pkg. (8 oz.) coconut
- 1 - 8 oz. carton sour cream
- 2 cans mandarin oranges (drained)
- 1 lg. can crushed pineapple (drained)

Mix all ingredients. Use some of the pineapple juice if needed to moisten.

Orange Tapioca Salad

Sandy Reischl

1 sm. can crushed pineapple (drained & saved)
 Juice from pineapple & water to make 3 c.
 2 bx. vanilla tapioca pudding
 1 bx. orange jello
 1 - 8 oz. cool whip

Drain juice into measuring cup and add enough water to make 3 cups. Bring to a boil. Remove from heat and add vanilla tapioca pudding. Return to heat and bring to boil again. Take off heat and add orange jello. Let cool. Add crushed pineapple and cool whip. Put in refrigerator to set.

Oriental Salad

Cindy Thurlow

1/2 c. shaved almonds
 1/2 c. sunflower seeds
 1 pkg. Ramen noodles (raw & broken) (save seasoning)
 1 can chow mein noodles
 1/2 head red cabbage (shredded)
 2 green onions (chopped)

Dressing:

1/2 c. oil	2 T. vinegar
4 T. sugar	1 tsp. salt
pinch pepper	
noodle soup base mix seasoning	

Brown sunflower seeds in oven 5 minutes. Mix with almonds, Ramen noodles, chow mein noodles, cabbage and green onions. Make dressing and pour over other ingredients and serve.

Overnight Salad

Doris Ogle

8 oz. sour cream
 1 c. coconut
 1 - 16 oz. can crushed pineapple
 1 pkg. miniature marshmallows

Mix all ingredients and let set overnight.

Pineapple Salad

Deb Ogle

- 1 can sweetened condensed milk
- 1 - 9 oz. carton cool whip
- 1 - 20 oz. can crushed pineapple (drained)
- 1/2 c. maraschino cherries
- 1 c. nuts
- 1/4 c. lemon juice

Mix milk, cool whip, drained pineapple and nuts together. Stir in lemon juice. Pour into 9x13 in. pan and garnish with cherries. Chill.

Pink Salad

Berna Evans

- 1 - 24 oz. carton cottage cheese
- 1 med. cool whip
- 1 pkg. cherry jello (dry)
- 1 can cherry pie filling
- 1 c. miniature marshmallows

Mix together and refrigerate. Serves 18-24.

Pink Stuff Salad

Sharon Stewart

- 1 lg. carton cottage cheese
- 1 - 6 oz. or 2 - 3 oz. pkg. strawberry gelatin (dry)
- 1 med. (9 oz.) container cool whip
- 1 - 18-20 oz. can crushed pineapple (drained)
- Nuts (optional)

Mix all together and chill.

Pretzel Salad

Judy Robbins

2 c. crushed pretzels (salt free)
 3/4 c. melted butter
 3 T. sugar
 3/4 c. powdered sugar
 1 - 8 oz. pkg. cream cheese
 8 oz. cool whip
 6 oz. pkg. strawberry jello
 2 - 10 oz. pkg. frozen strawberries (undrained)
 2 c. boiling water

Mix crushed pretzels, melted butter and sugar. Press in 9x13" pan and bake at 400 degrees for 8 minutes. Cool. Beat powdered sugar into cream cheese with mixer. Fold in cool whip. Spread over cooled crust. Mix together jello and boiling water. Add frozen strawberries and let set 10 minutes. Pour over cream cheese mixture and refrigerate.

Raspberry-Applesauce Salad

Doris Ogle

6 oz. pkg. red jello 2 c. boiling water
 1 lg. or 2 sm. pkg. frozen 2 c. applesauce
 raspberries

Dissolve jello in boiling water. Add frozen raspberries and stir until melted. Add applesauce and pour into mold or bowl.

Topping:

1 container sour cream
 1/2 pkg. miniature marshmallows

Combine sour cream and marshmallows. Let stand overnight. Beat until smooth. Spread over jello mixture.

Red-Hot Salad

Cindy Thurlow

1 sm. pkg. red hots
 1 lg. can crushed pineapple
 1 bag miniature marshmallows
 1 container cool whip

Dissolve red hots in crushed pineapple for about 1 hour. Add marshmallows and stir. Leave overnight and add cool whip.

Ribbon Salad

Marilyn French & Mother, Ethel Marsh

1 lg. pkg. red jello	1 lg. pkg. green jello
1 sm. pkg. lemon jello	1 lb. pkg. marshmallows
1 pt. Miracle Whip	
2 sm. pkg. Philadelphia cream cheese	
1 - #2 can crushed pineapple (drained)	
1/2 pt. whipping cream (whipped)	

Make lime jello. Pour in 9x12 in. pan and let set. Make lemon jello. Put over low flame and add marshmallow. Remove from heat when they are melted. Add cream cheese at once. Let cool and add salad dressing, pineapple and, when completely cool, add whipped cream. Pour over set lime jello in pan. Make red jello and let cool. When lemon mixture is set, pour red over it.

Salad Dressing

Jackie Goss

1 tsp. mustard	1/2 c. oil
1/2 c. sugar	1/2 c. vinegar
1 can tomato soup	

Mix together and boil 5 minutes. Diced onion may be added after the dressing has been boiled and cooled.

Scalloped Pineapple

Lisa Vannatta

2/3 c. butter or margarine 2/3 c. sugar
 3 eggs 5 slices bread (cubed)
 1 lg. can crushed pineapple (undrained)
 1/8 c. milk (about 2 T.)

Preheat oven to 350 degrees. Blend butter and sugar. Add eggs, beating well. Add remaining ingredients. Bake in casserole dish uncovered for 1-1 1/2 hrs.

Seven-Up Salad

Cindy Thurlow

1 pkg. jello (any flavor) 1 c. boiling water
 1 c. 7-Up 1/2 c. marshmallows
 1 c. crushed pineapple (drain & keep juice)
 2 bananas (cut up)

Dissolve jello in water. Add 7-Up, pineapple, marshmallows and bananas. Chill until firm.

Sauce:

1 T. flour 1/4 c. sugar
 1 egg (slightly-beaten) 1 T. butter
 1/2 c. pineapple juice

Cook until thick. Cool. Add whip cream to sauce. Mix and cover jello. You may sprinkle cheese over the top.

Snicker Bar Apple Salad

Doris Ogle

1 regular size Snicker Bar
 2 or 3 apples
 Cool Whip

Put unwrapped frozen Snicker bar in a ziplock bag and pound into small bits. I use my kitchen hammer. Cut up apples (I don't peel mine). Put Snicker bar bits and apple slices in a bowl and add Cool Whip to make it the consistency you want. The chocolate, caramel and nuts have a pleasant surprise.

Spring Cucumber Salad

Karen Dahlgaard

1 sm. box lemon jello	1 tsp. vinegar
1/4 tsp. salt	1/2 c. boiling water
1 c. cottage cheese	1 c. salad dressing/mayo.
1 sm. onion (diced)	1 cucumber (diced)

Blend jello, vinegar, salt and boiling water. Cool. Add cottage cheese, salad dressing/mayonnaise, onion and cucumber. Put in mold or small bowl.

Strawberry Fluff Salad

Judy Robbins

8 or 12 oz. container cool whip
 1 c. sliced strawberries
 1/2 - 1 pkg. strawberry jello
 1 to 1 1/2 c. miniature marshmallows
 1 sm. can pineapple tidbits
 1/2 c. coconut (optional)

Mix together, refrigerate and enjoy. Experiment with various jello flavors and fruit combinations.

Strawberry Jello Salad

Fran Whitmire

6 oz. pkg. strawberry jello
 2 c. boiling water
 20 oz. frozen strawberries
 1 1/2 c. or 13 oz. can crushed pineapple (drained)
 2 bananas (chopped fine)
 1 c. sour cream

Dissolve jello in boiling water and add frozen strawberries, stirring until thawed. Stir in drained pineapple and bananas. Pour half of jello mix into a dish. Chill until firm. Spoon sour cream over jello. Add remaining jello. Chill.

Strawberry Pretzel Salad

Sharon Stewart

2 c. pretzels (small sticks)	1- 6 oz. strawberry jello
3/4 c. margarine	1 c. sugar
3 T. sugar	2 1/2 c. water
8 oz. cream cheese	2 - 10 oz. frozen straw-
8 oz. tub cool whip	berries

Crush pretzel sticks with rolling pin until coarsely broken. Mix pretzels with margarine and sugar and pat in a 9x13 pan. Bake 10 minutes at 400 degrees. Cool. Mix together cream cheese (softened), cool whip, and 1 cup sugar with mixer. Spread over cooled pretzel crust. Dissolve strawberry jello in boiling water. Add frozen strawberries. Spoon carefully over cream cheese layer. Let set overnight.

Strawberry Salad

Audrey Reed

10 oz. frozen strawberries (thawed)
 1 (8 or 9 oz.) tub cool whip
 1 lg. ctn. cottage cheese
 1 lg. or 2 sm. bxs. strawberry jello

Mix all ingredients together. It works best to mix jello and cottage cheese first, then combine with strawberries and cool whip. Chill.

Taco Salad

Patty Winger

2 lb. hamburger	1 head lettuce, shredded
2 c. cheese, shredded	2 tomatoes, diced
2 pkg. taco seasoning	1 lg. btl. taco sauce
1 bag taco chips, crushed	1 med. onion, diced
sour cream, optional	

Brown hamburger and drain. Add taco seasoning. Chill. Mix together lettuce, cheese, tomatoes, onions, and chips. Mix well. Add taco sauce, mix well. Top with sour cream.

Tuna Macaroni Salad

Judy Robbins

8 to 10 oz. shell macaroni	1 c. Miracle Whip
1 1/2 c. American cheese (grated or diced)	1/2 c. diced onion
1/4 c. diced green pepper	1/3 c. diced celery
1 c. frozen green peas	1/2 c. diced sm. zucchini
1/2 to 1 c. diced apple (optional)	2 cans chunk tuna or chicken
Salt and pepper to taste	

Cook shells until soft. Add frozen peas last 5 minutes of cooking time. Drain well and cool. Place macaroni in bowl, add vegetables, cheese, tuna, Miracle Whip, and salt and pepper. Mix well and refrigerate. Serve in tomato cup or with crackers.

24-Hour Fruit Salad

Fran Whitmire

20 oz. can pineapple chunks, juice packed	
3 egg yolks, slightly beaten	1 1/2 c. tiny marshmallows
2 T. sugar	2 oranges, sectioned
1 T. margarine	1 c. seedless grapes, halved
1/2 c. whipping cream	

Drain pineapple, reserving 1/4 cup juice. In a small saucepan, combine reserved juice, egg yolks, sugar, and margarine. Cook and stir over low heat about 6 minutes or until mixture thickens slightly and coats a metal spoon. Cool to room temperature. Meanwhile combine pineapple, marshmallows, oranges, and grapes. Whip cream until soft peaks form. Fold into custard. Pour over fruit and mix gently. Transfer to serving bowl. Cover and refrigerate for 4 to 24 hours. Stir gently before serving. Makes 8 side-dish servings.

24-Hour Salad

Marty Lynch

2 cans chunk pineapple, drained
 2 cans mandarin oranges, drained
 1 bag colored marshmallows
 1/2 bag shredded coconut
 1 lg. ctn. sour cream

Combine all ingredients. Stir and cover. Refrigerate 24 hours.

24-Hour Salad

Lois Campbell

1 can chunk pineapple	1 c. mini marshmallows
1 can mandarin oranges	few nuts
1 c. coconut	1 lg. ctn. sour cream

Drain all. Mix in bowl. Let set 24 hours.

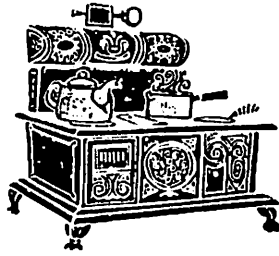
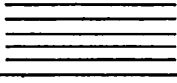
Vegetable Rotini Salad

Theresa Liston

8 oz. rainbow rotini
 1 to 1 1/2 c. sliced fresh cauliflower
 1 to 1 1/2 c. fresh cut broccoli
 1/2 c. green pepper, chopped
 1/2 c. red pepper, chopped
 1 peeled cucumber, quartered and sliced
 1 c. zesty Italian dressing

Prepare rotini according to package directions. Drain. Add vegetables, toss with Italian dressing. Chill in covered container. Toss gently before serving. Keeps at least one week.

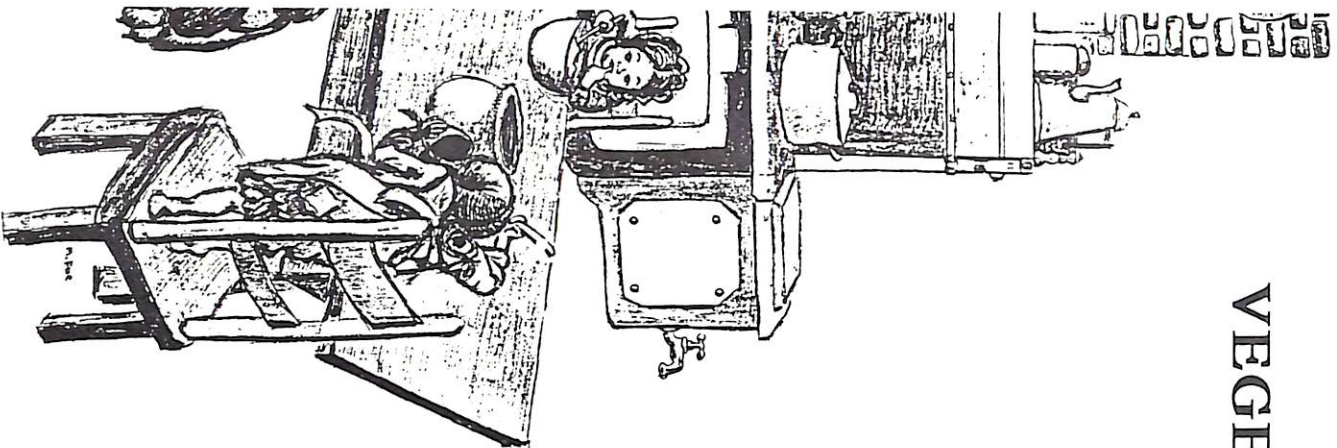
Notes



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VEGETABLES



INFLUENCING A CHILD

If a child lives with criticism,
 he learns to condemn.
If a child lives with hostility,
 he learns to fight.
If a child lives with fear,
 he learns to be apprehensive.
If a child lives with pity,
 he learns to feel sorry for himself.
If a child lives with jealousy,
 he learns to hate.
If a child lives with encouragement,
 he learns to be appreciative.
If a child lives with approval,
 he learns to have a goal.
If a child lives with fairness,
 he learns justice.
If a child lives with honesty,
 he learns what truth is.
If a child lives with acceptance,
 he learns to love.
If a child lives with friendliness,
 he learns that the world is a
 nice place in which to live.

MOLDING LIFE

I took a piece of plastic clay
And idly fashioned it one day;
And as my fingers pressed it still,
It moved, and yielded to my will.
I came again when the days were past;
The bit of clay was hard at last;
The form I gave it still it bore,
But I could change that form no more.

I took a piece of living clay,
And gently formed it day by day,
And molded with my power and art
A young child's soft and yielding heart.
I came again when the years were gone,
It was a man I looked upon;
He still that early impress wore
And I could change him nevermore.

Author Unknown

VEGETABLES

Baked Cheese Garlic Grits

Lucille Ward

1 c. white hominy quick grits
 1 1/2 c. shredded sharp cheddar cheese
 1/2 c. milk
 2 eggs, beaten
 red sauce or red peppers (optional)

1/2 c. butter

1 sm. garlic clove

Prepare grits as directed on box. Stir in cheese, milk, butter, eggs, and garlic clove (or use garlic powder). Cook over low heat until cheese is melted. Red sauce or red peppers may be added for zip. Pour into a 2 quart greased baking dish. Bake in preheated oven at 350 degrees for 1 hour.

Bardeaux Sauce

Jackie Goss

4 qts. ground cabbage
 3 sm. red peppers
 1 T. celery seed
 1/2 c. sugar
 8 c. vinegar
 2 qts. green tomatoes, chopped

6 lg. onions, chopped

4 T. white mustard seed

1 T. turmeric

1 heaping T. salt

Boil 30 minutes and seal in sterilized jars.

Barley Casserole

Donna Rubin

1 c. pearl barley
 1 onion, grated
 1 can mushrooms & liquid
 4 c. chicken broth

1/4 c. margarine

1 c. almonds

1 pkg. onion soup dry mix

Brown barley and margarine together. Grease casserole dish and add all ingredients. Cover and bake at 350 degrees for 1 1/2 hours.

Broccoli Bake

Jackie Goss

1 can cream of broccoli soup 1/2 c. milk
 1 tsp. soy sauce dash of pepper
 1 1/2 lb. fresh broccoli, cut up
 (or 20 oz. frozen broccoli cuts, cooked & drained)
 1 - 2.8 oz. can french fried onions

Mix soup, milk, soy sauce, and pepper in casserole dish. Stir in broccoli and 1/2 can of onions. Bake in 350 degrees for 25 minutes or until hot. Stir. Top with remaining onions. Bake 5 more minutes.

Broccoli-Carrot Casserole

Jackie Goss

2 - 10 oz. pkg. frozen or fresh broccoli
 1 c. frozen or fresh carrots 1 can mushroom soup
 1/2 c. skim milk crushed cereal or
 paprika chips

Coat a 2 quart baking dish with cooking spray. Cook vegetables. Drain well and spread in baking dish. Stir together soup and milk. Pour over vegetables. Sprinkle with butter-crushed cereal or chips. Top with a dusting of paprika. Bake 30 minutes in 375 degrees or until heated completely. Makes 8 servings. (110 calories, 4 fat grams, 0 cholesterol, 4 grams fiber)

Broccoli Casserole

Paula Mahan

10 oz. broccoli, cooked 1 c. chopped onion
 1 c. minute rice 1 c. chopped celery
 2 chunks Velveeta 2 T. butter
 1 can evaporated milk

Cook minute rice. Put Velveeta over broccoli and rice and let melt. Saute onion and celery. Mix with broccoli and rice. Add evaporated milk. Bake 1 hour at 350 degrees.

Broccoli Casserole

Nanette Reed

1 c. chopped onion 1 stick margarine
 1 c. minute rice (raw) 8 oz. jar Cheez Whiz
 1 can cream of mushroom soup
 2 bx. frozen broccoli

Saute onion in margarine. Mix with remaining ingredients and bake in 9x13 casserole dish for 30 minutes at 350 degrees.

Candied Sweet Potatoes

Doris Ogle

Sweet Potatoes

Syrup:

1 c. brown sugar
 1/4 c. butter
 1/4 c. water

Boil sweet potatoes in salted water for 5 minutes. Remove from heat and slip off skins. Make a syrup of sugar, butter and water in fry pan. Bring to a boil for one minute. Cut up sweet potatoes in chunks and add to syrup. Simmer on low, stirring occasionally until sweet potatoes are done.

Cheese Grits

Paula Mahan

1 c. grits 4 c. water
 4 T. margarine or butter 2 c. grated cheese (4 oz.)
 2 eggs 1/3 c. milk

Cook grits in water for about 20 minutes. Add butter and cheese while hot. Beat eggs and milk and add to grits. Bake in 350 degrees for 45 minutes or until knife inserted comes out clean. (Can use 1/3 cup onion and green pepper added to eggs and milk.)

Chinese Fried Rice

Connie Roundy

1/2 c. soy sauce*
 6 c. cooked rice**
 1 or 2 scrambled eggs
 1/4 c. onion, chopped
 1/2 c. peppers, sliced & chopped
 1/2 c. green onions, chopped
 1 or 2 garlic cloves, minced
 1/4 c. water chestnuts or celery chopped fine
 1 T. oil
 1 T. margarine or butter

Precook rice according to package directions. Refrigerate rice for 24 hours before making recipe. In a frying pan, fry garlic and onion slightly in oil and margarine. Add cooked rice to garlic and onions. While frying add diluted soy sauce. (May be easier to add soy sauce to rice before frying.) Add remaining ingredients and fry until liquid is partially absorbed. Approximately 8 servings.

* Diluted concentrated imported Chinese soy sauce is the best.

** Rice should not be cooked fully. Leave rice only slightly firm.

Company Potatoes

Anna Ross

2 lb. frozen hash browns, thawed
 1/4 c. chopped onions
 2 cans cream of potato soup
 1 pt. sour cream
 10 oz. med. sharp cheddar cheese, grated
 Parmesan cheese

Mix all ingredients. Place in 9x13 casserole dish and sprinkle Parmesan cheese over top. Bake uncovered 55 minutes at 350 degrees. Serves 12.

Corn Casserole

Cindy Thurlow

1 can whole kernel corn, drained
 1 can cream corn
 1 c. macaroni
 1 c. Velveeta cheese

Mix together. Bake 350 degrees for 30 minutes.

Corn Casserole

Kim Alley

1 egg
 1/2 c. margarine, melted
 1 can whole kernel corn, drained
 1 sm. pkg. cornbread mix
 1 c. sour cream
 1/4 tsp. butter flavoring

Mix all ingredients together. Place in greased casserole dish. Bake at 350 degrees for 45 minutes to 1 hour or until golden brown on top.

Corn Casserole

Sharon Stewart

1 can corn, drained
 1 stick butter, cut up
 1 c. sour cream
 salt & pepper
 1 can cream corn
 1 bx. Jiffy corn muffin mix
 celery seed

Mix all together and put in a buttered casserole dish. Add salt, pepper, and celery seed as needed for taste. Bake 1 hour and 20 minutes at 350-375 degrees.

Corn Noodle Casserole

Sandy Reischl

1 can cream corn
1 can whole kernel corn
1 stick margarine, cut up
1 c. Velveeta cheese
1 c. big elbow macaroni, uncooked

Mix ingredients together. Bake for 1 hour at 350 degrees. Last 1/2 hour stir and keep lid off.

Crunchy Vegetable Casserole

Doris Ogle

16 oz. French green beans, drained
15 oz. whole kernel corn, drained
8 oz. water chestnuts, drained
1/2 c. onion, chopped fine
1 can cream of celery soup, undiluted
8 oz. sour cream
1/2 c. grated cheese
35 Ritz crackers, crushed
1/2 c. margarine, melted

In casserole dish, layer green beans, corn and chestnuts mixed with onion. Mix celery soup and sour cream and spread over vegetables. Sprinkle with cheese. Mix margarine with crushed crackers. Bake at 350 degrees for 45 minutes. It will bubble and brown.

Easy Garden Vegetable Pie

Connie Roundy

2 c. chopped fresh broccoli or sliced fresh cauliflower*
 1/2 c. chopped onion
 1/2 c. chopped green pepper
 1 1/2 c. milk
 3/4 c. Bisquick baking mix
 3 eggs
 1 tsp. salt
 1/4 tsp. pepper
 1 c. cheddar cheese, shredded

Heat oven to 400 degrees. Lightly grease 10 inch pie plate. Heat 1 inch salted water (1/2 tsp. to 1 c. water) to boiling. Add broccoli. Cover and heat to boiling. Cook until almost tender, about 5 minutes, drain. Mix broccoli, onion, green pepper, and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted comes out clean, 35 to 40 minutes. Let stand 5 minutes before cutting. Garnish as desired. Refrigerate any remaining pie. 6 Servings.

* 1- 10 oz. pkg. frozen chopped broccoli or cauliflower, thawed and drained, can be substituted for fresh broccoli or cauliflower. Do not cook.

Glazed Carrots

Heather Gibbens

1 can carrots	1/3 c. brown sugar
1/2 tsp. salt	1/2 tsp. orange peel
2 T. butter	

Cook and stir everything except carrots in a skillet until bubbly. Add carrots, cook over low heat for about 5 minutes or until carrots are heated through.

Hash Browns

Kay Redmon

2 lb. hash browns	1/2 c. melted oleo
1 pt. sour cream	2 c. shredded cheese
2 tsp. onion	1 tsp. salt and pepper
1/4 c. oleo	corn flakes
1 can cream of chicken soup	

Thaw hash browns. Mix all together, except corn flakes and oleo, and put into 9x13 pan. Crush corn flakes and add to oleo. Sprinkle over all. Bake 350 degrees for 1 hour or 12 minutes in microwave.

Heartland Baked Beans

14 oz. can pork & beans	1 green pepper, chopped
3 T. brown sugar	1 T. Worcestershire sauce
2 T. butter	1 c. chili sauce
salt & pepper	1 c. catsup
1 med. onion, chopped	1 tsp. dry mustard
5 slices ham or bacon, chopped	

Mix all ingredients thoroughly and pour into bean pot. Bake at 350 degrees for 3 hours. Serves 6-8.

Marinated Carrots

Connie Roundy

2 lb. carrots, pared & chunked
 10 1/2 oz. can tomato soup
 1 c. coarsely chopped green pepper
 1 c. coarsely chopped celery
 1 c. cauliflower (broken into small florets)
 3 1/2 oz. jar cocktail onions, drained
 1 c. sugar
 1/2 c. salad oil
 3/4 c. wine vinegar
 1 tsp. yellow prepared mustard
 1 tsp. Worcestershire sauce
 1 tsp. salt
 1/4 tsp. pepper

Continued on next page.

Cook carrots until crispy (don't overcook). Drain. Blanch green peppers, celery, and cauliflower. Drain. Combine soup, sugar, vinegar, oil, mustard, Worcestershire sauce, salt and pepper. Blend in blender. Pour over vegetables. Cover. Refrigerate for 48 hours.

Orange-Glazed Carrots

Delores Bolte

4 c. sliced carrots	1/4 c. butter
1 1/2 T. sugar	1 tsp. cornstarch
1/4 tsp. salt	dash cloves
1/4 c. orange juice	parsley

Cook carrots until tender in boiling salted water, about 8 minutes. Drain well. Melt butter in saucepan. Stir in sugar, cornstarch, salt and cloves; add orange juice, stirring until thickened. Pour over hot carrots. Trim with parsley.

Our Favorite Potato Casserole

Sandy Reischl

1 tsp. salt	1/2 c. chopped onion
1 pt. sour cream	1/4 c. melted oleo
1/4 tsp. pepper	2 c. corn flakes, crushed
2 lb. shredded hash browns, thawed	
1 can cream of chicken or mushroom soup	
10 oz. or 2 c. shredded cheddar cheese	

Combine all ingredients except oleo and corn flakes. Top with oleo and corn flakes. Bake at 350 degrees for about 1 hour. Can be put together the night before and refrigerated until the next day.

Oven Baked Cabbage

Jackie Goss

1 head cabbage (choice of size)
butter
salt
pepper
1 T. water

Clean away outer leaves and cut in quarters. Coat each quarter with butter, salt and pepper.

Place in casserole dish with water. Cover and bake at 350 degrees until cabbage is tender.

Pickled Beets

Jackie Goss

2 c. sugar	1 T. whole allspice
1 1/2 tsp. salt	3 1/3 c. vinegar
1 1/2 c. water	3 qt. peeled small beets
2 sticks cinnamon	(large ones quartered or sliced)

Scald beets to remove skins. Bring all other ingredients to boil. Add beets and cook until done. Makes about 6 pints.

Potatoes Augratin

Phyllis Keyser

1/2 c. melted margarine
1 c. chopped onion
1 1/2 c. cubed Velveeta
1 c. milk
1 c. cream of mushroom soup
2 lbs. frozen hash browns

Heat and stir until cheese is melted. Add frozen hash browns. Mix and pour into 13x9 pan. Bake in 350 degree oven for 1 hour or until brown.

Potato Bake

Karen Dahlgaard

1 pk. frozen hash browns	1/2 c. butter - melted
1 c. cream of mushroom soup	1/2 c. chopped onion
2 c. shredded cheddar cheese	1 pt. sour cream
1 tsp. salt	1/2 tsp. pepper

Pour butter over potatoes in a pan that has been sprayed with vegetable cooking spray. Mix the rest of the ingredients together in a bowl, then combine with potatoes. Bake at 350 degrees, 1/2 hour covered and 1/2 hour uncovered.

Potato Breakfast Casserole

Audrey Reed

24 oz. frozen hash browns, thawed	5 eggs
1 green onion, sliced	1 tsp. salt
1/2 c. cottage cheese or sour cream	dash of pepper
1 c. shredded Swiss cheese, (may use 1/2 cheddar)	6 slices bacon, (diced, cooked)
paprika	

Beat eggs slightly. Stir in potatoes, cheese, green onion and seasonings. Turn into buttered 2 quart casserole dish. Scatter bacon on top. Sprinkle with paprika. Cover with plastic wrap and refrigerate. The next day place cold dish uncovered in cold oven. Bake at 350 degrees for 40 minutes or until top is slightly browned. Makes 6 to 8 servings.

Note: To bake immediately reduce time 10 minutes.

Potato Dumplings

Dianna Coan

3 c. instant potatoes flour	2 eggs
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Mix potatoes and eggs. Add flour until firm. Drop in boiling water. When they float they are done.

Great with Polish Sausage and sauerkraut

Potato/Spinach Casserole

Doris Ogle

- | | |
|--|--|
| 6 - 8 large potatoes, peeled,
(cooked and mashed) | 1 c. sour cream |
| 1/4 tsp. pepper | 2 tsp. salt |
| 1/4 c. butter | 2 T. chopped chives
or green onion tops |
| 1 pk. (10 oz.) frozen chopped
spinach, thawed and well
drained | 1 c. shredded
cheddar cheese |

In a large bowl, combine all ingredients except cheese. Spoon into a greased 2 quart casserole. Bake uncovered at 400 degrees for 15 minutes. Top with cheese and bake 5 minutes longer. Yield: 6-8 servings.

Rice Broccoli Casserole

Delores Bolte

- | | |
|---|-------------------------------|
| 1 c. Minute Rice | 1 box frozen chopped broccoli |
| 1/2 c. milk | 1 can cream of chicken soup |
| 3 T. oleo | 1/4 c. chopped onion |
| 1/2 c. diced celery | 1 - 8 oz. jar Cheez Whiz |
| 1 can sliced water chestnuts (optional) | |

Mix ingredients. Put in 2 quart casserole and bake 35-50 minutes at 350 degrees.

Skillet Zucchini

Jackie Goss

- | | |
|---|-----------------------------|
| 2 T. vegetable oil | 1 c. sliced peeled onion |
| 4-6 small zucchini or 1 lb. cut 1/4" thick (about 4 cups) | |
| 1/2 green pepper seeded and diced or cut in strips
(about 1/2 cup) | |
| 1/2 tsp. salt | 1/2 tsp. diced basil leaves |
| 1/2 tsp. diced oregano leaves | |
| 2 medium tomatoes chopped or 1 can tomato sauce | |

In a large skillet, heat oil. Add onion and cook 3-4 minutes. Stir often until onion is soft but not brown. Add the zucchini, green pepper, salt, basil, oregano and pepper. Reduce to moderate heat and cook 8-10 minutes, stirring often. Add tomatoes and mix well. Cook 18 minutes longer until vegetables are crisp and liquid has evaporated. Serve with Parmesan cheese.

Stuffed Cabbage Rolls

Mike & Julie Green

12 lg. cabbage leaves	1/4 tsp. pepper
1 lb. ground beef	12 wooden toothpicks
2 -8 oz. cans tomato sauce	1/4 c. brown sugar, packed
1/2 c. minced onion	1/4 c. vinegar or lemon juice
1/4 c. bread crumbs	1 tsp. salt

Cook cabbage leaves in a large amount of rapidly boiling salted water for 2 minutes. Rinse leaves and drain well. Mix together beef, 1 can tomato sauce, onion, bread crumbs, salt and pepper. Place equal portions of meat mixture in center of each cabbage leaf. Fold ends over, roll up and fasten with toothpicks and place in large skillet. Combine and pour remaining can of tomato sauce, brown sugar and vinegar over cabbage rolls. Cover and bring to a boil. Reduce heat and simmer for 30 minutes, basting occasionally. Uncover and cook an additional 15 to 20 minutes. Makes 4 to 6 servings.

Microwave: Prepare cabbage rolls as described above and arrange in a 12x8x2 inch casserole dish. Pour sauce over cabbage. Cover dish with plastic wrap, turning back one corner to allow steam to escape during cooking. Microwave on high 13 to 16 minutes, giving dish a 1/2 turn twice during cooking. Let stand 5 minutes before serving.

Tater Tot Casserole

Jackie Goss

1-1/2 lbs. hamburger	1/4 tsp. celery salt
1/4 c. minced onion	1 can cream of chicken soup
salt & pepper	1 can mixed vegetables or
tater tots	green beans

Drain half of liquid off vegetables (or green beans). Brown beef and onion. Add celery salt, salt, pepper and vegetables. Mix well. Put in casserole dish and cover with tater tots. Bake 1 hour in 350-degree oven.

Twice Baked Potatoes

Jackie Goss

Wash potatoes. Wrap potatoes in foil. When completely baked, split top of potato and scoop out of skin. Be careful not to ruin the skin. Mash the potatoes. Put potatoes back in the skins and sprinkle with cheese. Return to oven until cheese is melted.

Zucchini Casserole

William S. Coan

2 lbs. zucchini	1 stick butter
1/2 c. diced onions	1 c. sour cream
1 c. cream of chicken soup	1 pkg. cornbread stuffing and seasoning

Dice and boil zucchini until soft. Drain. Add butter, onions, sour cream, soup and cornbread stuffing. Save 1 cup cornbread stuffing for topping. Bake at 350 degrees for 30 minutes.

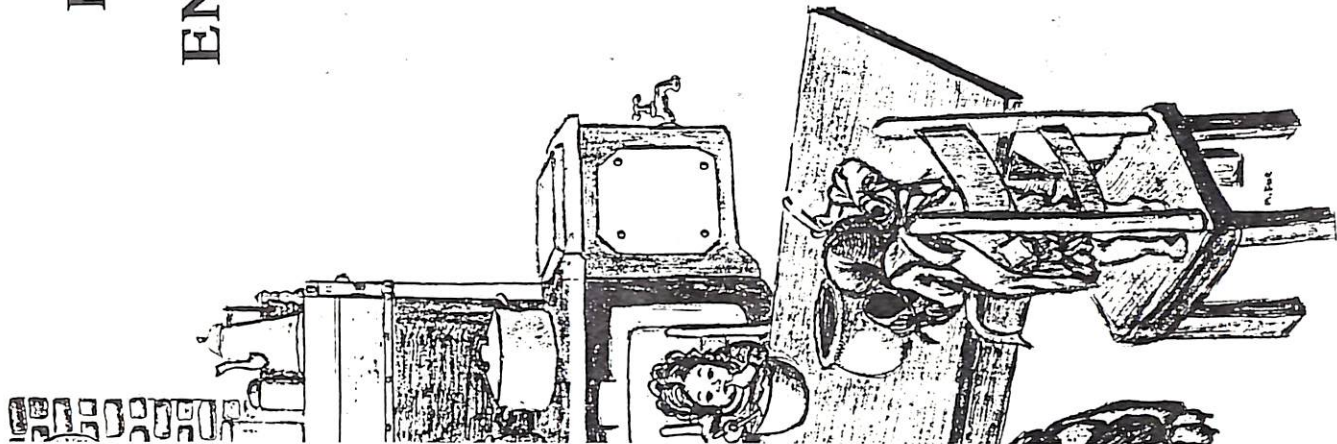
Zucchini Stew

Pat Dwyer

3 slices bacon	1 lg. onion
2 sticks celery	1 lg. green pepper
2 lg. tomatoes	3 c. zucchini
1 tsp. seasoned salt	1/2 tsp. garlic powder
1/8 tsp. pepper	

Cut bacon and celery in 1/2 inch pieces; slice onion and green pepper lengthwise; cut tomatoes into wedges and slice zucchini. Fry bacon crisp; remove with a slotted spoon and reserve drippings. Add onion, celery, green pepper and zucchini (all but tomatoes). Sprinkle with seasoned salt, pepper and garlic powder. Cover and cook over low heat, 15 minutes or until vegetables are barely tender. Add tomatoes and bacon. Cover and cook until heated through. Serve immediately.

MEAT
ENTREES



How to Preserve a Husband

Be careful in your selection. Do not choose one too young and tender, and take only those that have been reared in a good moral atmosphere. Some insist on keeping them in a pickle, others keep them in hot water. This only makes them sour, hard and sometimes bitter. Even poor varieties have been made sweet, tender and good by garnishing them with patience, well sweetened smiles and flavored with kisses to taste. Then wrap them in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with peaches and cream. When thus prepared, they will keep for years.

Submitted by:

Jackie Goss

Christian Cake

- 1 c. thanks to God
- 1 c. good thoughts
- 3 c. forgiveness
- 1 c. kind deeds
- 2 c. sarifice for others
- 3 c. well beaten thoughts
(compassion)

Mix thoroughly, add tears of joy, sorrow and sympathy for others. Flavor with little gifts of love and kindly service. Fold in 4 c. prayer and faith to lighten other ingredients and raise to texture of great heights of Christian loving.

Bake well at a high degree of human kindness and serve with a warm smile.

Submitted by:

Jackie Goss

MEAT ENTREES

All Purpose Game Recipe

Marty Lynch

Cut up game (duck, goose, antelope, deer)
 Seasoned flour (flour, salt, pepper, paprika)
 6-8 bacon slices
 1 med. onion
 1 can mushrooms, chopped
 1 can cream of chicken soup
 1 can cream of mushroom soup

Soak cut up game, in enough milk to cover, for 1-2 hours or longer in refrigerator. Fry bacon until crisp; drain and crumble. Roll meat in flour and brown well in bacon drippings until soft. Place meat in shallow baking dish and sprinkle with onions, mushrooms, and bacon. Combine soups undiluted and pour over meat. Bake at 350 degrees for 1 hour. Cover and cook another hour uncovered.

American-Style Enchiladas

Connie Roundy

Pancakes:

6 eggs, well beaten	3 c. milk
2 c. sifted flour	3/4 tsp. salt

Combine eggs and milk. Add flour and salt; beat well. Pour about 1/4 cup batter into a hot greased 6 to 7 inch skillet, tilting skillet so batter covers surface. Batter can also be spread into 6 inch rounds on a greased griddle. Turn pancakes when the surface looks dry. Pancakes can be stacked while you bake remaining pancakes. Makes 30.

Meat Filling:

1 lb. ground beef	1 lb. bulk pork sausage
1 c. chopped onions	1/2 c. chopped green pepper
2 cloves minced garlic	1 tsp. salt
1 2/3 T. chili powder	
1-10 oz. pkg. frozen spinach, cooked, drained, chopped.	

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Brown ground beef and sausage. Pour off all but 1 tablespoon fat. Add onions, green pepper, garlic, chili powder and salt. Simmer 10 minutes. Add spinach; set aside.

Sauce:

1 - 29 oz. jar or 2 - 15 oz. cans meatless spaghetti sauce
 1 - 8 oz. can tomato sauce
 1 c. water
 1 T. chili powder
 2 c. shredded cheddar cheese

Combine spaghetti sauce, tomato sauce, water and chili powder. Spoon scant 1/4 cup meat mixture across center of each pancake. Fold sides over about 1/2". Starting at end closest to you, roll up each pancake. Place in 2 (9x13") shallow baking dishes. Pour half the sauce over rolled pancakes in each baking dish. Top with shredded cheese. Bake at 325 degrees for 30 minutes. Makes 10 servings.

Note: Prepared enchiladas can be frozen. To reheat, bake at 375 degrees for 45 minutes.

Barbecued Spareribs

Sharon Stewart

3-4 lbs. boneless country style ribs
 1 lg. onion
 1 c. catsup
 1/2 c. Worcestershire sauce
 1 tsp. chili powder
 1 tsp. salt
 2 c. water

Place ribs in pan and cover with lid. Use half of salt to season ribs and remainder in sauce. Cook in 450 degree preheated oven for 30 minutes. Combine onion, catsup, Worcestershire sauce, chili powder, salt and water in saucepan and boil. Drain all fatty/watery liquid off ribs and add sauce. Turn down temperature to 350 degrees and continue cooking another 45 minutes to 1 hour. Baste every 15 minutes. Makes 4 servings.

Battered Chicken

Nanette Reed

2 pkg. boneless chicken breast (makes five servings)

Marinade:

1 egg, beaten	1 T. cornstarch
2 tsp. soy sauce	salt and pepper

Cut chicken breast into bite size pieces and marinate 30 minutes.

Batter:

1 c. flour	1 c. water
1/2 c. cornstarch	2 T. vegetable oil
1 tsp. salt	1 tsp. baking soda

Stir marinated chicken into batter. Deep fat fry until golden brown. A wok works best.

Beef Enchiladas

Kimberly (Reischl) Gray

1 1/2 - 2 lbs. ground beef	1/2 c. chopped onion
4 oz. can green chilies	1/2 c. chopped green pepper
1 can tomato soup	1 3/4 c. shredded sharp
1 can mild enchilada sauce	cheddar cheese
12 flour tortilla shells	1 can golden mushroom soup

Brown beef and onion. Add green pepper, green chilies, and 3/4 cup cheese. Heat tomato soup, mushroom soup, and enchilada sauce until warm. Dip shells in sauce, put meat mixture in shells, roll up, and pour extra sauce over shells. Use rest of cheese (1 cup) and sprinkle over top. Bake 30-45 minutes at 350 degrees.

Beef & Potato Loaf

Patty Winger

4 c. thinly sliced, peeled raw potatoes	
1 T. cut up onion	1 tsp. salt
1/8 tsp. pepper	1 tsp. parsley flakes
1 lb. ground beef	3/4 c. milk
1/2 c. oatmeal	1/4 c. catsup
1/4 c. chopped onion	1 tsp. salt
1/8 tsp. pepper	

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Arrange potatoes and onions evenly in greased 2-quart baking dish. Sprinkle salt, pepper and parsley flakes on top. Mix beef, milk, oatmeal, catsup, onions, salt and pepper and spread evenly over potatoes. Bake at 350 degrees for 1 hour. Serves 4.

Beef & Rice Casserole

Pete and Marilyn French

1/2 lb. ground beef 1 c. rice
 1/2 stick margarine, melted 1 can beef bouillon
 1 can French onion soup

Brown ground beef, drain. Put melted margarine in 8x8 pan. Add ground beef, rice, soup and bouillon. Bake 1 hour at 350 degrees.

Beef Stroganoff

Judy Robbins

2-3 lbs. beef tips or top sirloin, sliced
 2-3 T. margarine
 1 1/2 - 2 c. fresh mushrooms
 1 lg. onion, diced
 1/2 tsp. garlic powder or fresh garlic
 1/2 tsp. Lawry's salt
 1/2 tsp. pepper
 1/2 can tomato paste
 1 1/2 to 2 c. wine
 1 1/2 c. sour cream
 rice or noodles

Melt margarine in pan and saute beef tips, mushrooms, onions and spices until meat is done. Add tomato paste and wine and simmer on low heat, cooking 1/2 to 1 hour, until meat is tender and sauce thickens. Just before serving, add sour cream to meat mixture and serve over cooked noodles or rice.

Breakfast - Large Group (8-12)

Pat Dwyer

1/2 loaf bread	2 lbs. meat (ham, etc.)
1 c. grated cheddar cheese	12 eggs
1- 1/3 c. milk	1 tsp. dry mustard
1/3 c. chopped onion	1/3 c. chopped green pepper
1 can cream of mushroom soup	4 oz. can mushrooms

Grease 9x12 pan. Line pan with bread. Brown meat and add cheese. Spread bread on top. Saute green pepper and onion in meat drippings. Mix eggs with 1 cup milk, mustard, green pepper and onions; pour over bread. Refrigerate overnight. Mix mushroom soup and 1/3 cup milk. Pour over everything in pan. Bake at 300 degrees for 1/2 hour or until brown.

Brunch Casserole

Connie Roundy

Texas toast or white bread - 2 slices thick
 2 lbs. meat (sausage, bacon or ham)
 1 c. grated cheddar cheese
 12 eggs
 1- 1/3 c. milk
 1 tsp. dry mustard (do not omit)
 1/3 c. chopped onion
 1/3 c. chopped green pepper
 1 can cream of mushroom soup
 1 4 oz. can mushrooms (drained)

Night Before: Line bottom of 9x13 baking dish with sliced Texas toast. Brown meat in skillet. Remove meat; crumble or chop and arrange with cheese over bread. Saute peppers and onions in some of meat drippings. Thoroughly mix eggs, 1 cup milk and dry mustard; stir in sauteed vegetables and pour over meat cheese layer.

Before Serving: Mix soup, mushrooms, 1/3 cup milk; pour over casserole; bake 1 1/2 hours at 300 degrees or until brown; cut and serve.

Buffet Beef Rolls

Connie Roundy

1 beaten egg	1 egg
1 tsp. onion salt	1 c. herb seasoned bread
1 tsp. seasoned salt	crumbs
dash of pepper	cooking oil
2 lbs. lean ground beef	1 (10- 1/2 oz.) can
8 slices Swiss cheese	golden mushroom soup
8 thin slices Canadian	1/2 c. dry red wine
style bacon	2 T. water

Combine 1 beaten egg, onion salt, seasoned salt and pepper. Add to ground beef; mix well. Shape into (8) 4 inch squares, 1/4 inch thick. Press 1 cheese slice on top of each, then 1 bacon slice. Roll jelly roll fashion. Seal seam and ends. Beat remaining egg with water. Dip rolls into egg, then into crumbs.

In skillet, brown rolls in hot oil. Remove to 11x7x1-1/2 inch baking dish. Discard oil in skillet.

In same skillet, heat soup and wine, scraping brown bits. Pour over rolls. Cover; refrigerate. Bake uncovered at 350 degrees about 1 1/4 hours. Baste occasionally. If not chilled, bake 45 minutes. Serves 8.

Cabbage Beef Casserole

Patty Winger

1 lb. ground beef	2 med. onions, diced
1 med. head cabbage,	2 med. carrots, thinly sliced
coarsely sliced	1/4 tsp. pepper
2 1/2 tsp. salt	3/4 c. rice
1 can beef broth (13 3/4 - 14 1/2 oz.)	
1/2 c. water	

Cook ground beef and onions over high heat until pan juices evaporate and meat is well browned, stirring occasionally. Remove from heat. Add cabbage, carrots, pepper and salt; toss to mix well.

Pour rice into 3 quart casserole; spoon ground beef mixture on top of rice, pour beef broth and water over mixture. Cover casserole; bake in 350 degree oven for 1 hour.

To serve, stir ground beef mixture with rice to mix well, serves 6.

Cheeseburger Casserole

Shelly Bailey

1 tube biscuits	1/2 tsp. salt
1 lb. ground beef	1/8 tsp. garlic
1/2 c. minced onions	3/4 c. cheddar cheese
8 oz. can tomato sauce	1/2 c. sour cream
2 tsp. chili powder	1 egg

Brown ground beef and minced onions. Drain grease. Add tomato sauce, chili powder, salt and garlic. In separate bowl, mix cheddar cheese, sour cream and egg; add to hamburger mix. Grease 2 quart casserole dish and pour in mixture. Place biscuits on top. Bake uncovered in 350 degree oven for 30 minutes.

Cheeseburger Pie

Audrey Stewart-Submitted by Val Reed

1 lb. hamburger	3 eggs
1 1/2 c. chopped onion	1- 1/2 c. milk
1/2 tsp. pepper	3/4 c. Bisquick
1/2 tsp. salt	1 c. grated cheddar cheese

Brown and drain hamburger meat. Put in 9 inch pie pan. Put grated cheddar cheese on top. Beat eggs; mix in milk and Bisquick; pour onto cheddar cheese. Bake in 400 degree oven for 30 minutes.

Chicken & Broccoli

(for 3)

Ken & Jessie Hovatter

1 whole chicken, deboned, boiled (3-4 lbs.)	
1 med. onion	1 tsp. salt
1 stalk celery	2/3 c. mayonnaise
1 can cream of chicken soup	
2 T. lemon juice	1 tsp. curry powder
3/4 c. canned evaporated milk	
1 or 2 pkgs. frozen broccoli	
1/2 c. grated American cheese	

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Debone chicken and cook with celery, onion and salt until tender, about 45 minutes. Cook broccoli just enough to get it apart. Lay broccoli on bottom of pan and even it up. Tear chicken apart and arrange on top of broccoli. To make sauce; mix together in a pan the soup, mayonnaise, lemon juice, curry and evaporated milk. Mix and simmer. Pour sauce over chicken and broccoli. Arrange cheese over all and put bread crumbs on top if you like. Bake 350 degrees for 30 - 45 minutes.

Chicken Broccoli Casserole

Marilyn French

6 chicken breasts	3 bxs. frozen broccoli
2 cans cream of chicken soup	
1 - 16 oz. sour cream	1 or 2 tsp. curry powder
1 c. Colby cheddar cheese	1/2 c. dry bread crumbs

Cook chicken breasts in 2 or 3 quarts of water. When done, cook broccoli in same water for 5 - 7 minutes. Put broccoli on bottom of 9x12 pan. (Cut up or leave whole). Add chicken on top of broccoli. Mix soup, sour cream and curry powder and pour over chicken. Sprinkle cheese and bread crumbs over all. Bake 30 - 45 minutes at 350 degrees. Serve over hot rice that has been cooked in same liquid as chicken and broccoli. You can add onion flakes to the liquid.

Chicken Broccoli Casserole

Fran Whitmire

1 pkg. frozen broccoli	1/3 c. milk
4 chicken breast	1/2 c. shredded cheddar
1 can cream of mushroom soup	cheese

Cook broccoli as directed on package and drain. Bake chicken and shred. Blend soup and milk. Arrange broccoli in baking dish. Put shredded chicken on top of broccoli. Pour soup mixture over broccoli and chicken. Sprinkle cheese on top. Bake at 450 degrees for 20 minutes. Serve over rice.

Chicken Casserole

Sharon Stewart

2 chicken breasts or 2 c. cooked and cubed
 1 can evaporated milk
 1 can cream of celery or mushroom soup
 1 can cream of chicken soup
 1- 5oz. can chow mein dry noodles
 (reserve some for topping)

Cook chicken breast until done and strip from bone. Shred or cube. Mix all ingredients together, saving some of noodles for topping. Place in 9x13 or 8x12 baking pan. Bake 30 minutes at 350 degrees or 45 minutes if using 8x12 pan. Remove and sprinkle remaining noodles on top.

Chicken Cola - Barbecue

Sandra Dollen

1 whole chicken (3-4 lbs) 1-12 oz. can cola
 1 bottle hot catsup (12oz)

Place chicken in skillet. Pour hot catsup over chicken then pour can of cola over all. Cover and cook 45 minutes.

Chicken & Dressing Casserole

Pamela Stewart

1 can cream of chicken soup
 1 sm. ctn. sour cream 1 chicken (3-4 lbs)
 1 bx. stove top stuffing 1 bx. crutons

Cook chicken, cool and take from bone. Mix chicken, sour cream and soup. Make stove top stuffing according to directions on package. Place chicken mixture in bottom of 9x13 baking dish. Top with stove top stuffing. Add crutons on top. Bake 350 degrees until bubbly.

Chicken Enchiladas

Bill & Hillary Clinton's
Favorite

2 (4 oz.) cans whole green chilies	
2 T. vegetable oil	
1 lg. clove garlic, minced	1 (28 oz.) can tomatoes
2 c. chopped onions	1 tsp. salt
1/2 tsp. dried oregano leaves	
3 c. shredded, cooked chicken	
2 c. sour cream	8 oz. (2 c.) shredded
1 tsp. salt	cheddar cheese
1/3 c. vegetable oil	15 corn tortillas

Remove seeds from chilies; chop chilies. Heat 2 tablespoons oil in large skillet; saute chilies and garlic. Drain tomatoes, reserving 1/2 cup juice; break up tomatoes. Add tomatoes, onions, 1 teaspoon salt, oregano and reserved tomato juice to chilies. Simmer uncovered until thick, about 30 minutes. Remove sauce from skillet; set aside. Heat oven to 350 degrees. Combine chicken, sour cream, cheese and 1 teaspoon salt. Heat 1/3 cup oil in skillet; dip tortillas in oil until they become limp. Drain well on paper towels. Fill tortillas with chicken mixture; roll up and arrange side by side, seam down, in 13x9x2 inch baking dish. Pour sauce over enchiladas. Bake about 20 minutes or until thoroughly heated.

Makes 15 enchiladas.

(This recipe taken from the Nonpareil Newspaper, 11-26-92. Reprinted from the Global Gourmet)

Chicken Echiladas

Judy Robbins

6 - 8 boneless chicken breasts
 10 - 12 corn tortillas
 6 oz. can tomato sauce
 1/2 pkg. dry taco seasoning mix
 10 oz. grated Jack cheese
 1 - 6 oz. can green chilies
 12 oz. water
 garlic to taste
 salt & pepper to taste
 1 c. cheddar or Jack cheese
 1/2 c. sliced black olives
 1/4 c. diced green onions
 jalapeno peppers (opt.)
 1 or 2 T. margarine

Cook, debone, skin and slice chicken breasts into small pieces. Saute onion, garlic, salt and pepper in margarine just until cooked through.

Add green chilies and grated Jack cheese to chicken and mix together lightly; cheese will melt. Warm tomato sauce with taco seasoning mix and add can of water until mixed. Dip tortilla in warm sauce and place on plate. Place 1/3 to 1/2 cup chicken mixture on each tortilla and roll up. Place seam side down in oblong buttered pan and layer side by side. When all tortillas and chicken is rolled up, cover with leftover taco sauce. Top with grated cheddar cheese, black olives and green onions. Place in oven at 350 degrees for 30 - 45 minutes or may cover and freeze. When done, serve with sliced lettuce, salsa and sour cream.

Chicken Enchilada Casserole

Pamela Stewart

1 med. chopped onion
 2 or 3 T. butter or margarine
 1 can cream of chicken soup
 1 can cream of mushroom soup
 1/4 to 1 c. chicken broth
 1 2-3 lb. chicken, cooked and boned
 1 sm. can chopped green chilies
 1 pkg. corn tortillas
 1 lb. grated longhorn cheese

Brown onion in butter. Combine with soups, broth and green chilies. Add chicken. Layer in baking pan, tortillas, mixture and cheese. Repeat layers until casserole dish is filled. Bake at 350 degrees for 30 minutes.

Chicken Enchilada Casserole

Lucille Ward

- | | |
|---|------------------------------|
| 1 cooked chicken (3 lb., boned and chopped) | |
| 12 tortillas | 1/2 c. ripe olives, drained |
| 1 - 4 oz. can green chilies | 4 green onions, chopped |
| 1 1/2 c. grated cheddar | 2 c. chicken stock |
| 1 can cream of chicken soup | 1 can cream of mushroom soup |
| salt & pepper to taste | |

Cut tortillas into quarters. In greased casserole pan (2 quart) arrange layer of tortillas, layer of chicken, olives, chilies, onion and 1 cup cheese. Repeat layer. Mix chicken stock, mushroom and chicken soup and pour over layers. Top with 1/2 cup cheddar cheese.

Bake 45 minutes at 350 degrees. Top with sour cream when serving.

Chicken Nacho Casserole

Vonda Downs

- | | |
|------------------------------|-----------------------------|
| 1 chicken, 3-4 lbs. | 1 can cream of chicken soup |
| 1 can cream of mushroom soup | 1 pkg. chips |
| 1 can chopped chilies | 1 onion |
| 1 lb. cheddar cheese | |

Cook chicken and take from bone. Mix soups, green chilies and chicken. Grate onion. Place layers in a casserole pan as follows; chips, chicken mixture, grated onion, chips, chicken mixture, cheddar cheese. Bake at 350 degrees until bubbly.

Chicken & Rice

Judy Robbins

- | | |
|---------------------------------|---------------------------------------|
| 3 - 3 1/2 lb. fryer, cut up | 8 oz. milk |
| 1 c. Uncle Ben's Converted Rice | 1 envelope Lipton onion soup mix |
| 1 can cream of mushroom soup | 1 chicken bouillon cube or equivalent |
| 1 c. fresh mushrooms | |

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Butter .8x11 baking dish. Combine rice, mushroom soup, mushrooms, crumbled bouillon cube and milk in pan. Add 1/2 package dry onion soup mix. Stir to combine ingredients. Place chicken on top of rice and sauce mix. Sprinkle chicken with remaining 1/2 package onion soup mix. Cover pan with aluminum foil and bake at 400 degrees for 1 to 1 1/4 hours. Uncover and bake 15 minutes to brown. Serves 4 -5.

Chicken & Rice Bake

Shelly Bailey

1 1/2 c. whole grain rice	1 cut up chicken
2 1/2 c. water	2 cans mushroom soup
1 pkg. onion soup mix	1/2 c. milk
paprika	

Spread rice in 9x13 pan. Cover with water and sprinkle with onion soup mix. Place chicken on top (skin side up) and sprinkle with paprika. Dilute mushroom soup with milk (no water) and pour over chicken. Cover pan with foil and bake at 350 degrees for 2 1/2 hours.

Chicken & Rice Casserole

Jackie Goss

1 cut up chicken	1 pkg. dry onion soup mix
1 can cream of celery soup	1 can cream of chicken soup
1 can water	
1 1/2 c. rice	

Place cut up chicken in bottom of casserole dish; salt and pepper to taste. Mix all remaining ingredients and pour over chicken. Bake with tight fitting lid or foil. Bake 2 hours and 10 minutes in 325 degree oven.

Chili

Berna Evans

1 1/2 lb. hamburger	1 1/2 onions, chopped
1 T. chili powder	1/4 tsp. garlic powder
1/4 tsp. salt	1 chili brick
1 lg. can tomato juice	3 lg. cans chili beans

Brown hamburger, onion, chili powder, garlic powder and salt in skillet. In large pot, heat tomato juice, chili brick and chili beans. After chili brick dissolves, add skillet mixture and simmer for at least one hour.

Corned Beef & Macaroni Casserole

Jackie Goss

2 c. cooked macaroni	1/4 c. chopped green pepper
1/4 c. onion, chopped	1/2 c. milk
1 can cream of celery soup	
12 oz. can corned beef, cut into small bite size pieces	

Mix ingredients and place in well greased casserole dish. Bake 350 degrees for 45 minutes.

Corned Beef Casserole

Kay Redmon

1- 12 oz. pkg. noodles	1- 12 oz. can corned
1/4 lb. cheese (diced)	beef(diced)
1 can cream of chicken soup	1 c. milk
1/4 c. onion, chopped	buttered bread
	crumbs

Cook noodles until tender. Add rest of ingredients and pour into 2 quart casserole dish. Top with buttered bread crumbs. Bake at 350 degrees for 1 hour.

Crab Ragoon

Mike Green

1 pkg. won ton wrappers
1 pkg. imitation crab
1 bx. cream cheese
Enough oil to deep fat fry

Preheat oil to about 350 degrees. Shred crab. Mix in cream cheese with crab. Put teaspoon crab mix in middle of won ton wrapper. Wet edges with water and bring corners up to meet in center and pinch together. Fry to golden brown.

Cranberry Chicken

Kay Redmon

1 can cranberry sauce
1 pkg. dry onion soup mix
1 chicken, deboned
1 sm. btl. Russian dressing

Mix ingredients, pour over raw chicken and bake at 350 degrees for about 1 1/2 hours.

Crock Pot Duck

Marty Lynch

12 oz. can concentrated orange juice, undiluted
4 oz. can sliced mushrooms
1/2 c. red wine
16 oz. can jellied cranberry sauce
1 T. coarse ground pepper
Duck breasts (number depends on size of crock pot)

Place duck breasts in crock pot. Pour remaining ingredients over breasts. Cook 4 - 5 hours on medium heat. This is like a stew. Serve with rice.

Deer Burgers

Mike Lynch

1 1/2 - 2 lb. finely ground venison
 1 onion, finely chopped
 1 can mushrooms, chopped
 1 tsp. garlic powder
 1 slice bacon per pattie
 Finely ground crackers as needed

1 T. liquid smoke
 1 egg
 5 T. barbecue sauce

Mix all ingredients except bacon. If meat mixture is too moist add finely ground cracker crumbs until sticky. Form into thick hamburger patties and wrap slice of bacon around the sides. Toothpicks hold bacon well. Cook on smoker or grill until well done.

Deer Jerky

Marty Lynch

1 1/2 - 2 lbs. sliced deer roast or beef.
 (Meat slices easily when partially frozen)

1 T. liquid smoke
 1/3 tsp. pepper
 1 tsp. onion salt
 1/4 c. soy sauce
 1/3 tsp. ground cayenne or 1/2 tsp. flake cayenne

1/3 tsp. garlic powder
 1 tsp. Accent
 (monosodium glutamate)
 1/4 c. Worcestershire sauce

Mix ingredients to make marinate sauce. Place meat slices in sauce and refrigerate 24 hours. Lay out pieces on foil lined cookie sheet. Bake in warm oven several hours until dry and chewy. Turn meat over every hour.

Deer Steaks

Bill Stewart

Marinate steaks in cool salt water 2 - 3 hours. Use a free amount of salt but do not over salt. The marinating is done to draw the blood out of meat and to make meat more tender. Beat with tenderizer mallet.

Drain water from meat. Mix flour, salt and pepper. Roll steaks in mixture and place in hot skillet with 1/2 inch oil.

Steaks will cook quickly because of hot skillet and oil. Turn occasionally until golden brown.

Dinner Casserole

Kay Redmon

2 c. potatoes, raw, diced
 2 c. celery, chopped
 2 c. turkey, raw
 1 c. raw onions, sliced
 1 c. green peppers, finely cut
 2 c. canned tomatoes
 2 tsp. salt
 1/4 tsp. pepper

Place ingredients, in order given, in buttered casserole dish. Sprinkle salt and pepper on each layer and dot with margarine. Bake at 350 degrees for 1 1/2 hours.

Eastern Pork

Neal Torneten

1 c. brown sugar	1/8 tsp. salt
1 can green beans	1/2 T. corn starch
3 pork chops, chopped	2 eggs
1/8 tsp. ground pepper	1/8 tsp. Cajun seasoning
1/4 tsp. soy sauce	1/3 c. water
1/4 onion, chopped	1 T. vegetable oil

Pour oil into 12 inch skillet. Stir-fry pork with onions while adding half of soy sauce. Add salt, pepper and Cajun seasoning. Cook until pork is no longer pink. Add green beans and remaining soy sauce. Mix corn starch into water and add to stir-fry until desired texture is created.

Serve along side rice or mix with rice. Makes 4 servings.

Easy Beef Stroganoff

Caronna Kinney

2 lbs. lean beef, cubed
 1 sm. can mushrooms
 1 sm. container nonfat yogurt
 1 pkg. onion soup mix
 1/2 c. water

Brown meat. Mix remaining ingredients in crock pot and cook 4 - 6 hours. Serve over rice or noodles.

Easy Chili

Linda Dollen

2 lbs. ground beef	1 med. onion
2 tsp. chili powder	2 tsp. cumin
1 tsp. red pepper	1 can tomatoes
1 lg. can beans in chili sauce	1 can water

Brown hamburger and onion; drain. Heat tomato juice, water and seasoning to steamy and add drained ground beef and chili beans. Heat to boil and serve.

Egg & Ham Bake

Audrey Reed

6 or 7 slices bread, cubed	
1 c. ham, cubed (more if desired)	
1 c. cheese, American or cheddar, grated	
3 eggs	2 c. milk
1/2 tsp. salt	1/2 tsp. dry mustard
1 stick oleo or butter	

Put bread, ham and cheese into 9x13 pan. Mix eggs, salt, oleo, milk and mustard; pour over bread, ham and cheese. Melt oleo or butter and drizzle over all. Cover pan with foil and refrigerate overnight. Start in cold oven and bake about 1 hour in moderate oven.

Egg Sausage Fondue

Sharon Stewart

8 slices bread, cubed	1 1/2 lb. sausage, ham
2 c. grated cheese	4 eggs
3/4 tsp. dry mustard	2 1/2 c. milk
1 can cream of chicken soup	1/2 tsp. salt

Brown and drain sausage or ham. In 9x13 pan, layer bread, sausage or ham, and cheese. Mix eggs, 2 cups milk and dry mustard, not mixing too vigorously. Pour over ingredients in pan. Top with mixture of chicken soup, 1/2 cup milk and salt.

Refrigerate overnight. Bake at 300 degrees for 1 1/2 hours.

Fast & Easy Beef Stroganoff

Theresa Liston

1 - 1 1/2 lbs. ground beef 1 med. onion
 1/2 tsp. salt 1/2 tsp. pepper
 1/2 tsp. garlic salt 1 pkg. noodles
 1 can cream of mushroom soup
 8 oz. pkg. cream cheese
 2 tsp. Worcestershire sauce (optional)

Brown ground beef and onions; add spices; add soup and cream cheese. Heat. Cook noodles and drain. Add meat mixture to noodles.

Fast & Easy Pork Chops

Kim Alley

4 - 5 pork chops
 crushed Saltine crackers
 mustard

Preheat oven to 375 degrees. Brush each chop evenly with mustard, coating both sides. Roll chops in crushed Saltine crackers, until evenly coated. Bake approximately 1 hour, or until done. (do not turn over)

Note: pork chops are juicy and tender and you can't taste the mustard.

Glamour Dogs

Jackie Goss

2 eggs, beaten 1/2 c. milk
 1 c. flour 1 tsp. baking powder
 1 tsp. salt 2 tsp. shortening, melted

Beat egg and milk; add dry ingredients. Add melted shortening. Dip hot dogs or franks in batter and deep fry.

Hamburger Casserole

Cindy Thurlow

2 pkg. Stove Top stuffing 1 1/2 lbs. ground beef
 1 med. onion 1 can cream of chicken soup
 1 can water (12 oz.)

Mix Stove Top stuffing according to instructions on box. Spread stuffing in bottom of oblong pan. Brown ground beef and onion; pour off excess grease; spread over stuffing. Mix soup and water and pour on top. Bake 1 hour at 350 degrees.

Ham Glaze

Dina Corbett
 In memory of
 Bonnie Roundy

6 oz. can frozen orange juice
 1/2 c. honey
 1 c. brown sugar

Combine ingredients. Score ham and drizzle honey mixture over ham. Half way through baking of ham, drizzle again with honey mixture.

Hotdish Casserole

Audrey Reed

1 lb. ground beef
 1 can cream of mushroom soup
 1 can cream of celery soup
 1 can peas (drained)
 1 can corn (drained)
 tater tots

Mix first five ingredients, place in casserole dish and cover with tater tots. Bake at 300 degrees until brown, approximately 30 minutes.

Hot Tuna Salad Buns

Teresa Dunlap

1 c. American cheese, cubed
 3 eggs, hard cooked, chopped
 1 can tuna, drained, flaked
 2 T. celery, diced
 1 T. onion, minced
 1 tsp. lemon juice
 dash salt
 2 T. stuffed olives, diced
 2 T. sweet pickle, diced
 1/2 c. mayonnaise
 8 round buns, buttered

Combine ingredients. Fill buns with mixture and wrap in foil. Heat in low (300 degree) oven about 30 minutes or until heated through. Can be frozen; allow for extra heating time. Enough for 8.

Irish Pork and Apple Bake

Judy Robbins

1 med. onion, thinly sliced
 6 - 8 pork chops or boneless pork loin chops
 apples (peeled and thinly sliced)
 brown sugar
 Lawry's seasoning salt
 pepper

In deep casserole pan, layer in order; onions, apple slices, sprinkle of brown sugar, pork chops, seasoned salt and pepper. Repeat layers.

Bake at 350 degrees for approximately 1 1/2 hours. May garnish with black olives if desired.

Kalua Turkey

Michael & Julie Green

10 - 12 lb. turkey
 1/2 c. margarine (stick)
 4 - 5 drops liquid smoke
 1 lg. piece ginger, chopped
 1 T. Hawaiian salt
 2 - 3 cloves garlic, chopped

Slice margarine and put into cavities, neck, stomach, under wings and drumsticks of turkey. Mix remaining ingredients and rub all over turkey and cavities. Bake in browning bag at 400 degrees for 1 hour and at 300 degrees for 3 to 4 hours or until cooked. Shred turkey. Mix into juice and serve.

Lasagna

Fran Whitmire

8 oz. pkg. lasagna noodles
 1 lb. ground beef
 1 pkg. spaghetti sauce, 1.5 oz
 1 c. water
 2 c. tomato sauce, 16 oz.
 1/2 c. mushrooms, (4oz. can) drained, stems & pieces,
 1 1/2 c. cottage cheese, 12 oz.
 8 oz. shredded Mozzarella cheese
 1/2 c. grated Parmesan cheese

Preheat oven to 350 degrees. Cook noodles as directed on package. Drain and rinse in cold water. In frying pan, break apart ground beef and cook until brown, stirring occasionally. Drain fat. Stir in spaghetti sauce mix, tomato sauce, water and mushrooms. Bring to boil; remove from heat. Assemble lasagna in 13x9 inch pan by layering 1/3 of noodles, 1/3 of meat sauce, 1/2 of cottage cheese and 1/2 of Mozzarella cheese. Repeat with next layer of noodles, meat, cottage cheese & Mozzarella. In last layer of noodles, spread with meat mixture. Spread with Parmesan cheese.

Bake uncovered 35 to 40 minutes. Let stand 5 minutes. 6 to 8 servings.

Lasagna

Shelly Bailey

1 lb. hamburger	1/2 tsp. oregano
1/2 c. onions, diced	8 oz. pkg. lasagna noodles
2 - 8 oz. cans pizza sauce	1 c. cottage cheese
1 - 6 oz. can tomato paste	1 lg. pkg. Mozzarella cheese
1 tsp. garlic salt	3/4 c. Parmesan cheese

Prepare noodles as instructed on package. Brown hamburger and onions. Drain off grease; add pizza sauce, tomato paste and spices. Simmer 15 minutes. Mix together cheeses. Make several layers of hamburger, noodles and cheeses in flat casserole dish. Bake at 350 degrees for 30 minutes.

Leftover Chicken or Turkey Tonight

Jackie Goss

1 1/2 c. leftover bird	1 c. cooked rice
1 c. chopped celery	1 can cream of chicken soup
1/2 c. mayonnaise	Special K cereal
1 T. butter	almonds, sliced (optional)

Combine all ingredients except special K. Place in greased casserole dish. Saute special K in butter and put over top of casserole.

Top with sliced almonds. Bake for 1 hour in 325 degree oven.

Manicotti

Karlene Swanger

2 lbs. hamburger	1 med. onion
1 clove garlic	1/2 c. milk
1 egg	2 or 3 slices bread
1 c. Mozzarella cheese, grated	
1 pkg. manicotti noodles	

Brown hamburger, onion and garlic; drain. Beat egg; mix with milk. Break the bread into milk, letting it soak up liquid. Mix meat and liquid together. Cool manicotti shells according to instruction on package. Lay out on cookie sheets to cool. Stuff shells with meat mixture and lay in 9x13 pan.

Top with prepared spaghetti sauce and cover with aluminum foil. Bake 350 degrees for 45 minutes. After removing the foil, sprinkle Parmesan cheese over top.

Manicotti

Theresa Liston

1 1/2 lb. hamburger	1/4 c. onion, diced
1/2 c. cottage cheese	1 tsp. oregano
1/2 tsp. garlic salt	1 pkg. manicotti noodles
1- 15 oz. jar spaghetti sauce	2 c. Mozzarella cheese

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Brown and drain hamburger. Mix in onion, cottage cheese, oregano and garlic salt.

Stuff noodles with hamburger mixture. Place in 9x13 pan. Pour spaghetti sauce over top. Bake 350 degrees for 20 minutes. Top with Mozzarella cheese. Bake 10 minutes longer.

Marinated Chicken

Elizabeth Mitchell

3 pkgs. chicken thighs	1- 12 oz. btl. soy sauce
2 T. vinegar	6 oz. pineapple juice
1 tsp. ginger	1 tsp. cinnamon
1 tsp. dry mustard	3 - 4 dashes Tabasco sauce

Mix and marinate at least two days. Bake 325 degrees about 1 hour.

Meatballs With Sauce

Sharon Stewart

1 or 2 lbs. hamburger
 1- 10 oz. jar Heinz chili sauce
 1- 1 lb. jar grape jelly

Make hamburger into meatballs. Mix chili sauce and jelly thoroughly in saucepan or crock pot. Add meatballs and cook.

Meat Loaf

Berna Evans

1/2 lb. ground sausage	1 1/2 lbs. ground beef
3/4 c. rolled oats	1 tsp. salt
3 eggs, beaten	1/4 c. onion, chopped
1 can tomato soup	

Mix ingredients thoroughly and pack into loaf pan. Bake 1 hour at 350 degrees.

Mexican Casserole

Deb Doty

10 corn or flour tortillas 2 cans enchilada sauce
1 lb. ground beef 1 c. onion, chopped
1 c. cheddar cheese, shredded

Brown and drain beef. Dip tortillas, one at a time, in heated enchilada sauce. Place in small casserole dish. Spoon beef, cheese and onion on top. Add remaining tortillas, preparing each layer the same way. Pour remaining sauce over stack and top with remaining cheese. Bake uncovered at 350 degrees for 15 to 20 minutes. Cut and serve.

Mexican Jumble

Joe & Marla Truitt

1 lb. ground beef 1 med. onion
1 med. green pepper 2 T. shortening
1 c. hot water 2 - 3 T. chili powder
1- 16 oz. can kidney beans 1 sm. can black olives
salt & pepper to taste 1/2 lb. American cheese-
1- 6 oz. bag Fritos corn (12 slices, broken in pieces)
chips

Chop onion and green pepper; drain and slice black olives. Put shortening in large skillet; brown ground beef, adding onion and green pepper. Drain. Mix chili powder and hot water; pour over meat mixture and simmer 5 to 10 minutes. Add beans with juice, olives, salt and pepper. Heat until beans are hot. Add cheese and simmer until melted completely. Just before serving, add chips and toss.

One Step Lasagna

Jackie Goss

2 lbs. hamburger 8 oz. lasagna noodles
32 oz. spaghetti sauce 1 tsp. salt
3 c. Mozzarella cheese, shredded
1 c. cottage cheese, sm. curd
1/2 c. Parmesan cheese

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Brown and drain hamburger. Combine hamburger, salt and spaghetti sauce. In 13x9 pan, layer 1/3 of sauce, 1/2 of noodles, 1/2 of cottage cheese and 1/2 of Mozzarella cheese. Repeat, ending with sauce. Sprinkle with Parmesan cheese; cover with foil. Bake at 350 degrees for 1 1/2 to 2 hours.

Pizza in a Burger (Outdoor Cooking)

Shelly Bailey

1 1/2 lbs. ground beef	1 tsp. dried oregano
1/3 c. Parmesan cheese	6 oz. can tomato paste
1/4 c. onion, chopped	1 tsp. salt
8 cherry tomatoes, halved	8 slices French bread
4 slices Mozzarella cheese, cut into strips	
1/4 c. black olives, chopped	
dash of pepper	

Combine beef, Parmesan cheese, onion, olives, salt, oregano, tomato paste and pepper. Shape into 8 oval patties. Broil over medium coals 5-6 minutes. Turn; top each with cheese and tomatoes. Broil 5 minutes or to desired doneness. Serve on toasted French bread slices.

Porcupine Meatballs

Deb Ogle

1 - 1 1/2 lbs. hamburger	1/2 c. rice
1 egg	1 can tomato soup
salt & pepper	1 can water

Mix meat, rice, egg, salt and pepper. Form into 12 - 14 large balls. Place in deep dish. Heat tomato soup and water to boiling. Pour over meatballs. Bake at 375 degrees approximately 1 hour or until rice is tender.

Pork Chop & Rice Casserole

Melva Stephens

1 can cream of chicken soup
 1 can cream of celery soup
 1 1/2 cans water
 4 - 5 pork chops
 1 c. minute rice

Brown chops in saucepan and place in 8 inch square casserole dish. Pour rest of ingredients in dish. Cover and bake in 350 degree oven for 1 1/2 hours.

Quiche

Connie Roundy

6 eggs, lightly beaten
 1 1/2 c. whole milk
 salt and pepper to taste
 2 T. flour
 9 inch unbaked pie shell
 3/4 c. cheddar cheese, grated
 1/2 lb. bacon, cooked and crumbled
 1/4 c. onion, chopped

Mix eggs, milk, salt, pepper and flour. In separate dish, mix cheese, bacon and onion; place in 9 inch unbaked pie shell. Pour egg mix over cheese mix and bake 35 - 40 minutes at 400 degrees.

Quickie Pizza

Linda Dollen

2 pkg. English muffins	1 can pizza sauce
1 lb. hamburger	1 sm. onion
1 sm. mushroom	1 c. cheese of choice, grated

Brown meat and onion. Slice muffins and brown in oven. Place sauce, meat, cheese and mushrooms on muffins and bake in oven at 350 degrees. Makes 24.

R & R Casserole

Audrey Reed

1 lb. ground beef	1 pkg. Mozzarella cheese
1 sm. can mushrooms	1 sm. can tomato sauce
8 oz. can biscuits	

Brown ground beef and onion; salt and pepper to taste. Drain off fat, add tomato sauce and mushrooms; heat. Pour ground beef mixture into casserole dish and sprinkle with Mozzarella cheese. Top with biscuits and bake in oven according to directions on biscuit container.

Real Man's Quiche

Marty Lynch

1 lb. cooked breakfast sausage	
7 eggs, beaten	1/2 c. milk
1/2 med. onion, chopped	1 c. chopped broccoli
1 c. grated cheese (colby or cheddar)	
1 - 9 inch unbaked pie shell - deep dish	

Spoon cooked sausage into pie shell, adding rest of ingredients except for eggs. When all ingredients are in pie shell, add the eggs. Bake at 325 degrees until fork inserted comes out clean, about 1 hour.

Rice Meatballs

Kim Alley

1 lb. ground beef	2 T. onion, chopped
1 egg	1 1/2 c. minute rice
2 T. chopped green pepper	4 c. tomato juice

Mix beef, onion, egg, rice, pepper and 1/2 cup tomato juice. Shape into medium size meatballs. Put in electric skillet and cover with 2 cups tomato juice. Simmer approximately 1 hour (or until done). If meatballs begin to get dry, pour additional tomato juice over and baste.

Roast

Phyllis Keyser

1 roast	16 oz. coke
1 can cream of mushroom soup	1 env. dry onion soup mix

In a roaster, pour a 16 oz can of coke. Place roast in pan. Mix soups and pour over roast. Cover and bake at 300 degrees for 4 hours.

Runzas

Connie Roundy

1 pkg. active dry yeast	7 c. sifted enriched flour
2 c. warm water	3 T. melted shortening, cooled
1/2 c. sugar	2 eggs
1 tsp. salt	

Add yeast to warm water. Let stand 5 minutes; stir to dissolve. Blend in sugar and 2 cups flour. Beat until smooth. Add eggs, shortening and salt. Mix thoroughly. Blend in remaining 5 cups of flour. Beat 5 minutes. (This will be a soft dough). Cover with waxed paper, then a towel. Let rise in warm place until double in bulk. (Prepare filling while dough rises). Punch down. Turn out on lightly greased surface. Knead for few seconds. Cut into 12 equal pieces. Roll each piece to a rectangle 8" long and 6" wide. Place 2/3 cup filling down center lengthwise of dough. Fold long edges together. Pinch sides and ends of dough together to keep filling from seeping. Turn over and place on greased baking sheet. Bake in 400 degree oven 15 minutes. Remove from oven. Brush with egg yolk glaze. Return to oven and bake additional 5 to 10 minutes. Serve hot.

Runza Filling

Connie Roundy

2 lb. ground beef	1 T. Worcestershire sauce
2 c. finely chopped onions	1/4 tsp. oregano
4 c. shredded cabbage	1/4 tsp. savory
1 tsp. shortening	1/4 tsp. pepper
2 T. water	1/2 tsp. monosodium glutamate
1 T. salt	
1/2 tsp. seasoned salt	

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Salisbury Steak

Lisa Dollen

1 lb. ground beef	1 pkg. dry onion soup mix
2 eggs	1/4 c. dry bread crumbs
1/4 c. milk	2 T. shortening
2 T. flour	1 1/2 c. water
1- 2 oz. can sliced mushrooms	

Mix meat, 1/4 of soup mix, crumbs, milk and eggs. Shape into patties. Brown in skillet using shortening. Remove patties and add remaining soup mix and flour; brown in shortening. Stir in water and mushrooms. Add patties and cover. Cook over low heat about 20 minutes.

Salmon Quiche

Karen Dahlgaard

1 1/3 c. Bisquick	2/3 c. milk
1/2 c. mayonnaise	1 can salmon, flaked
2 c. cheddar cheese, shredded	
3 eggs (beat with fork or whisk)	
6 slices bacon	1 med. onion, chopped

Fry bacon and onion. Mix all ingredients and place in casserole dish. Bake at 350 degrees until knife comes out clean, about an hour.

Ship Wreck

Donna Bailey

3 T. vegetable oil	1/2 c. uncooked rice
2 onions, diced	1 can tomatoes
2 c. potatoes raw, diced	1 can tomato soup
2 lbs. ground beef	1 c. celery, diced
1 can baked or pork-n-beans	
salt and pepper to taste	green peppers, optional

Put oil in bottom of pan and brown onions. Turn off heat and make layer of raw potatoes. In a separate bowl, mix rest of ingredients. Put in pan on top of potatoes. Bake in 350 degree oven for 2 to 3 hours, until brown on top and potatoes are done.

Shrimp Scampi With Rice

Diane Coan

1 lb. med. shrimp, cleaned	4 garlic cloves, pressed
1 med. onion, chopped	2 T. butter
1 T. oil	13 3/4 oz. can chicken broth
1 sm. zucchini, sliced	1 T. lemon juice
1/2 tsp. salt	1/4 c. parsley
1 1/2 c. dry rice	

Saute shrimp, garlic and onion in butter and oil over medium heat until shrimp turn pink, 3 - 4 minutes. Add broth, zucchini, lemon juice and salt. Bring to full boil. Stir in rice and parsley; cover. Remove from heat and let stand 5 minutes. Fluff with fork.

Simple Sesame Chicken

Michael & Julie Green

1 1/2 lb. chicken wings, disjointed with tips discarded	
1 egg	1/4 tsp. ground thyme
2 T. milk	or poultry seasoning
1/4 c. flour	1/8 tsp. pepper
2 T. sesame seeds	3/4 tsp. salt
3 T. margarine	

Combine egg and milk; beat slightly. In shallow bowl, combine remaining ingredients except margarine. Dip chicken pieces in egg mixture, then flour mixture. In 9x13 inch pan, melt margarine and place chicken in single layer. Roll gently to coat with margarine. Bake at 375 degrees for 40 to 50 minutes until golden brown and crisp.

Sirloin Surprise

Jackie Goss

1 1/2 lbs. boneless sirloin steak (1" thick)	
2 T. shortening	1 can mushroom soup
3/4 c. water	1 lg. clove garlic, minced
1 med. bay leaf	1 pkg. (9oz.) green beans

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Trim fat from steaks; cut into 1 inch cubes. In skillet, brown meat in shortening; pour off fat. Add remaining ingredients except beans. Cover and cook over low heat for 1 hour, stirring occasionally. Remove bay leaf. Chill over night.

In skillet, combine meat mixture with frozen beans; cover. Cook over low heat 15 minutes or until beans are tender. Stir occasionally.

Sour Cream Chicken Enchiladas

Lori Seilstad

1 lb. chicken breast, boiled & cut in sm. pieces
 1 can cream of chicken soup
 1 c. cheddar cheese, shredded
 1/4 c. med. salsa 8 flour tortillas
 1 c. light sour cream 1/4 c. skim milk

Combine chicken, soup and salsa. Fill tortillas with mixture. Sprinkle with cheddar. Roll up and place in cake pan. Bake 20 minutes at 350 degrees.

While baking, mix sour cream and milk. Remove tortillas from oven and add sour cream and milk. Sprinkle with more cheese and place back in oven for 5 to 10 minutes.

Spaghetti

Kay Redmon

1 lb. ground turkey 1/2 c. green peppers
 1 med. onion, chopped 1/2 c. mushrooms, chopped
 1 pkg. spaghetti 1- 30 oz. can whole tomatoes

Brown turkey in pan with green peppers, onions and mushrooms. Boil spaghetti until just tender; drain. Crush tomatoes. Combine all ingredients and season to taste. Bake at 325 degrees for 35 to 40 minutes.

Spanish Rice

Jackie Goss

1 med. onion, chopped	6 slices bacon, chopped
1 c. rice, uncooked	1- 10 oz. can tomato soup
chili powder to taste	salt to taste
pepper to taste	2 1/2 cans water

Fry onion and bacon. Pour off grease. Add rice, tomato soup, chili powder, salt, pepper and water. Simmer in covered skillet until rice is tender.

Stir Fry

Sharon Stewart

1 pkg. chicken breast, diced
4 eggs, uncooked, beaten
3 bunches green onions, chopped
1 jar Baste & Glaze
1 sm. pkg premium rice (instant) cooked
soy sauce

Marinate chicken in 1/2 jar Baste & Glaze. Put small amount of oil in wok. Mix beaten eggs and chopped onions. Cook in wok. Push to side and add chicken. Cook and baste and glaze; add 4 dashes soy sauce, and cooked rice. Add more soy sauce until done.

Sweet & Sour Chicken

Pamela Stewart

6 or 8 pieces chicken	2 T. vegetable oil
1 med. onion, chopped	3 T. catsup
3 T. sugar	2 T. soy sauce
2 T. lemon juice	1/8 tsp. black pepper
1 T. cornstarch	2 T. water

In large frying pan, over medium heat, saute onion in oil until soft. In small bowl combine catsup, sugar, soy sauce, lemon juice and black pepper. Add to pan with onions. Add chicken. Bring to boil, cover and simmer 25 to 35 minutes or until chicken is done. Remove chicken to serving platter.

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Dissolve cornstarch with water; add to pan with sauce. Bring sauce to boil, stirring constantly until thickened. Pour sauce over chicken before serving.

Sweet & Sour Meatballs

Karlene Coan

1 1/2 lbs. ground beef	2/3 c. cracker crumbs
1/3 c. onion, chopped	1 egg
1/3 c. peppers, chopped	1 1/2 tsp. salt
1/4 tsp. ginger	1/4 c. milk
1 T. shortening	2 T. cornstarch
1/3 c. vinegar	1 T. soy sauce
1 can pineapple tidbits, drained, reserve liquid	

Mix beef, crumbs, onion, egg, salt, ginger, and milk. Shape mixture into meatballs (small). Melt shortening in large skillet and brown meatballs. Remove meatballs from pan and drain fat from skillet.

Mix cornstarch and sugar; stir in pineapple liquid, vinegar and soy sauce. Pour into skillet; cook over medium heat, stirring constantly until mixture thickens and boils. Pour over meatballs and add peppers and tidbits.

Swiss Chicken Breast

Karlene Coan

4 boneless, skinless chicken breast	
1 sm. can cream of chicken soup	
8 slices of Swiss cheese	1/4 c. dry white wine
1 c. bread crumbs	1/4 c. melted butter

Arrange chicken in lightly greased baking dish. Combine soup and wine; mix well. Spoon sauce evenly on chicken and top with cheese slices. Cover with foil and bake at 350 degrees for 45 minutes.

Mix bread crumbs and melted butter. Sprinkle mixture over top and return uncovered to oven for 15 minutes.

Swiss Steak

Fran Whitmire

2 to 2 1/2 lbs. round steak	2 T. oil
1/4 c. flour	1- 8 oz. can tomatoes
1 tsp. salt	1- 8 oz. can tomato sauce
1/4 tsp. pepper	1 lg. onion, sliced

Cut meat into serving pieces. Combine flour, salt and pepper. Coat meat with seasoned flour. In large frying pan, brown meat in hot oil. Add remaining ingredients; simmer covered 1 1/4 to 1 1/2 hours or until tender. Serve with potatoes or noodles.

Turkey & Vegetable Stir-Fry

Pamela Stewart

2 T. plus 1 tsp. canola oil	1/2 lb. snow peas, cleaned
2 med. carrots	5 lg. mushrooms
2 tsp. garlic, finely minced	3 c. dark turkey meat
2 T. soy sauce	3/4 c. scallions
2 tsp. sesame oil	1 T. fresh cilantro or
1 T. ginger, fresh, chopped	parsley, chopped
1/3 c. turkey or chicken broth	

Shred turkey meat in large pieces, cut carrots into 1/4" by 3" strips, trim stems of mushrooms and slice thinly, slice the scallions.

Have large bowl ready by stove. Heat 1 tablespoon canola oil in large nonstick skillet over medium heat. Add carrots and saute for 1 minute. Add mushrooms and cook, shaking the skillet and stirring for 2 minutes. Empty vegetables into bowl.

Add another tablespoon canola oil to skillet and add snow peas. Cook over medium heat for 1 minute. Empty into bowl.

Add remaining teaspoon canola oil to skillet. Heat on medium. Add ginger and garlic. Cook 15 seconds and add turkey, broth and soy sauce. Cook 1 1/2 minutes, stirring constantly.

Add vegetables from bowl back to turkey. Add 1/2 cup of scallions and sesame oil. Toss well and cook 1 minute longer for flavors to blend. Remove to serving platter and garnish with remaining scallions, plus cilantro or parsley.

Upside Down Pizza

Heather Gibbens

cheese
mushrooms
olives

ground beef
tomato sauce
biscuits

Spray oven proof coffee cups with Pam. Put cheese in bottom of cup. Add mushrooms and olives. Cook and drain hamburger and place small amount in each cup. Leave about 1/2 inch from top of cup. Put tomato sauce on top. Spread biscuits over top of cup and over edges so it lays on sides of cup. Bake at 350 degrees for 8 to 10 minutes or until golden brown. When done, flip cup over on plate and take knife and loosen bread from side of cup.

Venison Meat Loaf

Marty Lynch

1 1/2 - 2 lbs. finely ground venison hamburger
1 med. onion, chopped 1 egg
1 T. coarse ground pepper 1 T. liquid smoke
1 pkg. dry onion soup mix 1 c. dry oatmeal or
1 lg. can tomato sauce 1 1/2 c. bread crumbs
1/2 c. barbecue sauce

Mix ingredients with tomato sauce until moist, yet able to stick together to form loaf. Place loaf in shallow baking dish, cover with more tomato sauce and barbecue sauce. Sprinkle generously with more coarse ground pepper. Pour water into bottom of pan to 1/4 way up side of loaf. Bake at 350 degrees for 1 to 1 1/2 hours until done. Serve with baked potatoes.

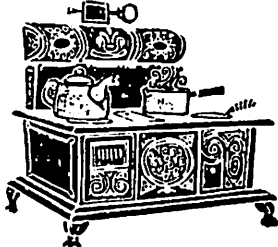
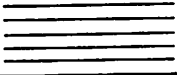
Wild Duck

Marty Lynch

1 wild duck 1 sm. onion
1 sm. orange 5 T. barbecue sauce
4 T. sherry or flat wine salt & pepper

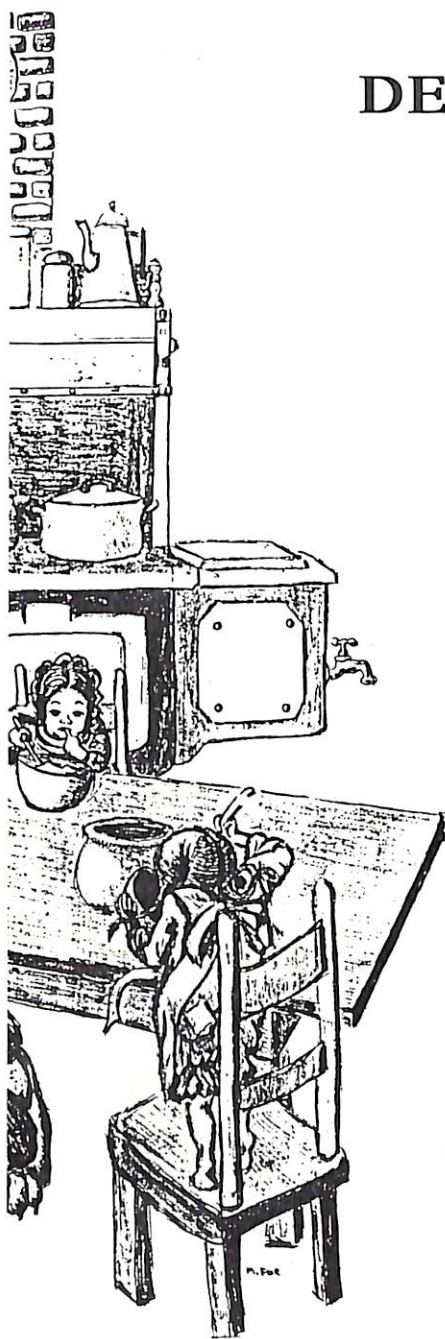
Clean and dry duck, stuff with orange and onion. Rub well with salt and pepper. Place duck; breast side down; in large piece of aluminum foil. Pour sauce and sherry over duck and seal with foil. Bake at 275 degrees for 3 hours. Split in half and serve with rice or potatoes.

Notes



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DESSERTS



Scripture Cake

The Bible has had a loving place in the kitchen and at the dining table for centuries. As an example, here is an antique recipe for Scripture Cake using Old Testament verses to indicate ingredients. This is a delicious old-fashioned loaf cake. We do have a translation of this recipe but you might have more fun thumbing through the Bible and discovering each of the ingredients in Scripture for yourself.

(King James Version)

1/2 c. Deuteronomy 32:14

3/4 c. Jeremiah 6:20

3 1/2 T. I Samuel 14:25

3 Jeremiah 17:11

2 c. Judges 15:1

1/4 tsp. Leviticus 2:13

1 1/2 tsp. Amos 4:5

1 1/2 T. mixed II Chronicles 9:9

1/2 c. Judges 5:25

1 c. I Samuel 30:12

1/2 c. chopped Naham 3:12

1 c. slivered Numbers 17:8

1/4 c. slices Numbers 17:8

1. Preheat oven to 325 degrees. Grease and flour a 9x5x2 loaf pan.
2. Cream the Deuteronomy 32:14 and Jeremiah 6:20 until light. Add 1/2 T. of the I Samuel 14:25 and 3 Jeremiah 17:11, one at a time, beating well.
3. Sift the Judges 15:1 with the Leviticus 2:13, Amos 4:5 and mixed II Chronicles 9:9.
4. Add the sifted mixture to the creamed mixture alternatively with the Judges 5:25. Stir in the I Samuel 30:12, Nahum 3:12, and slivered Numbers 17:8. Pour the batter into the loaf pan and bake for 1 hour.
5. Turn the loaf out of the pan and allow to cool. Glaze with the remaining 3 T. of I Samuel 14:25 and sprinkle with sliced Numbers 17:8.

DESSERTS

BARS

Amazing Peanut Butter Squares

Connie Roundy

1 c. sugar	1/2 c. margarine
2 eggs	3/4 c. flour
1/2 tsp. baking powder	1/2 tsp. salt
1 tsp. vanilla	1/2 c. cocoa or (2 - 1 oz. sq. chocolate, melted)
2 c. marshmallow cream	2 c. crisp rice cereal
1 - 12 oz. pkg. milk chocolate chips	1 c. peanut butter

Cream sugar and margarine until fluffy. Beat in eggs. Sift dry ingredients together and stir into mixture. Beat in vanilla and cocoa or melted chocolate. Spoon into greased 9x13" pan. Bake at 350 degrees for 20 minutes. Remove from oven. Drop marshmallow cream by teaspoon over top. Return to oven for 2 to 3 minutes to melt; remove from oven and spread cream over top. Cool. Melt milk chocolate chips with peanut butter and mix in cereal. Spread over marshmallow. Refrigerate. When firm, it is ready to cut into squares.

Banana Bar

Deb Doty

1 1/2 c. sugar	2 eggs
3/4 c. sour milk (use 1 tsp. vinegar to sour)	2 c. flour
1/2 c. shortening	1 tsp. soda
1 tsp. vanilla	2 ripe bananas
	1/2 tsp. salt

Cream sugar, shortening, eggs, bananas, milk and vanilla. Combine flour, salt and soda. Mix combined ingredients alternating with creamed ingredients until mixed thoroughly. Pour mixture onto a greased and floured cookie sheet. Bake 20-30 minutes at 350 degrees. Vanilla frosting and nuts optional. (Freezes well unfrosted.)

Blueberry Bars

Shelly Bailey

1 c. oleo	3 c. flour
1 3/4 c. sugar	2 tsp. baking powder
1 tsp. vanilla	1/2 tsp. salt
4 eggs	1 can blueberry filling

Combine oleo, sugar, vanilla and eggs; beat well. Add dry ingredients gradually. Grease large cookie pan (10x15). Spread batter, saving 1 cup for top. Spoon one can pie filling (any kind) over batter, leaving 1 inch from edge of pan. With remaining cup of batter, drop over top of filling. Bake 40 to 45 minutes at 325 to 350 degrees. Frost with powdered sugar frosting while cake is still hot.

Brownies

William S. Coan

1/4 lb. butter	1 lb. can Hershey syrup
4 eggs	1 c. sugar
1 c. flour	(nuts optional)

Mix all ingredients and pour into a jelly roll pan.

Frosting;

1 c. Nestles chocolate chips	1 1/2 c. sugar
1/4 lb. butter	6 T. milk

In a saucepan mix sugar, butter and milk; bring to boil for 30 seconds. Remove from heat, add chocolate chips and stir until melted and smooth. Spread over brownies.

Brownies

Debbie Simons

1 1/2 c. butter	12 oz. pkg. chocolate chips
9 eggs, whipped	4 1/2 c. sugar
4 c. sifted flour	3/4 tsp. salt
2 c. nuts	

Melt butter and chocolate chips. Whip eggs and add to melted chips; add sugar. Add flour, salt and nuts. Place in oiled 11x19 pan and bake at 350 degrees for 20 minutes.

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Icing:

3 c. powdered sugar	1/2 c. cocoa
1/2 c. butter	1/2 tsp. salt
3 T. light corn syrup	1/4 c. warm coffee
1/2 tsp. vanilla	

Cream all ingredients together and spread on brownies when you remove from oven.

Brownies

Donna Rieken

1 c. oleo	3 c. sugar
6 eggs	1 c. cocoa
1 1/2 c. flour	1 tsp. vanilla
nuts if desired	

Cream oleo and sugar well. Add eggs; continue beating and add dry ingredients. Mix well. Put on 11x15 inch cookie sheet. Bake at 350 degrees for 30 minutes.

Caramel Chocolate Bars

Paula Mahan

14 oz. light caramel	2/3 c. evaporated milk
3/4 c. butter	1 c. nuts
1 c. chocolate pieces	
1 pkg. German chocolate cake mix	

Melt together caramel and 1/3 cup evaporated milk, saving the rest for later. Mix together butter, cake mix, nuts and other 1/3 cup evaporated milk. Put 1/2 inch cake mixture in bottom of 9x12 inch pan and bake 6 minutes at 350 degrees. Remove from oven and add chocolate pieces and caramel mixture. Pour remainder of cake mix on top and bake an additional 15 to 18 minutes.

Cherry Bars

Deb Ogle

1 c. oleo	2 1/2 c. sugar
4 eggs	1 tsp. vanilla
3 c. flour	1 1/2 tsp. baking powder
1/2 tsp. salt	1 can cherry pie filling
powdered sugar	

Cream oleo, sugar and eggs. Add vanilla, flour, baking powder and salt. Spread 2/3 of batter on jelly roll pan. Spread pie filling on top. Drop remaining batter by spoonfuls on top of cherry filling. Swirl with knife to even out.

Bake at 350 degrees for 25 to 30 minutes. When slightly warm, sprinkle with powdered sugar.

Cherry Slices

Drucilla Coan

1 c. butter	1 tsp. vanilla
1 3/4 c. sugar	4 eggs
3 c. flour	1/2 tsp. salt
1 1/2 tsp. baking powder	1 c. cherry pie filling

Cream butter and beat in eggs one at a time; add vanilla. Combine dry ingredients adding gradually, beating well.

Spread in greased sheet cake pan, saving a little over a cup. Spread cherry filling over dough; spoon remaining dough over filling. Bake 350 degrees for 45 minutes. Sprinkle with powdered sugar while hot.

Chocolate Chip Oatmeal Bars

Linda Ahart

2/3 c. oleo	1 c. flour
1/2 c. white sugar	1 c. oatmeal
1/2 c. brown sugar	3/4 tsp. soda
2 eggs	1/4 tsp. salt
1 tsp. vanilla	1 c. chocolate chips

Mix all ingredients. Pour into 8x12 inch pan. Bake at 350 degrees for 25 to 30 minutes. Be careful not to over bake. Makes 20 bars.

Easy Cornflake Cornpop Bars

Julia Reischl

1 c. corn syrup
1 c. crunchy peanut butter
2 c. corn flakes

1 c. sugar
4 c. corn pops

In saucepan, stir corn syrup and sugar. Boil; take off heat and add peanut butter. Stir in corn pops and corn flakes. Pour onto buttered cookie sheet. When cool, tear apart to eat.

Frosted Creams

Delores Bolte

1 1/2 c. sugar
2 eggs
2 1/2 c. flour
1/2 tsp. ginger
1 tsp. soda
1 c. raisin liquid

1 c. oleo
1 c. raisins (cooked)
1 tsp. cinnamon
1/4 tsp. cloves
1/2 c. nuts
1/2 tsp. salt

Beat sugar and oleo together; add eggs. Dissolve soda in raisin liquid. Add flour, salt, spices, nuts and liquid to sugar and oleo. Stir in raisins. Spread in greased 11x16 cookie sheet. Bake 25 minutes at 350 degrees.

Frosting;
3 T. brown sugar
3 T. oleo

3 T. cream
1 c. powdered sugar

Mix brown sugar, cream and oleo in saucepan and bring to boil. Stir in powdered sugar and frost.

Graham Cracker Brownies

Jackie Goss

2 c. Graham cracker crumbs
1 1/2 tsp. baking powder
6 oz. pkg. chocolate chips
1/2 c. chopped nuts
1 can sweetened condensed milk

1/2 tsp. salt
coconut, shredded

Mix all ingredients except coconut; pour into 9x13 baking dish and sprinkle coconut on top. Bake at 325 degrees for 30 minutes.

Lemon Bars

Lucille Ward

Crust:

1 c. all purpose flour 1/4 c. powdered sugar
1/2 c. margarine

Mix flour and powdered sugar. Cut in margarine until mixture clings together. Pat into ungreased 8x8x2 baking dish. Bake at 350 degrees for 8 to 10 minutes.

Filling:

2 eggs
3/4 c. granulated sugar 1/2 tsp. lemon peel, grated
3 T. lemon juice 2 T. all purpose flour
1/4 tsp. baking powder powdered sugar

In mixing bowl, beat eggs. Add granulated sugar, lemon peel, and lemon juice. Beat until slightly thick and smooth, 2 to 3 minutes. Mix flour and baking powder; add to egg mixture. Blend just until moistened. Pour over baked layer. Bake at 350 degrees for 20 to 25 minutes. When done, sprinkle powdered sugar over top. Let cool and cut into squares. Forms a thin crisp crust on top with a lemony center.

Microwave (or not) Brownies

Teresa Dunlap

1/2 c. butter 6 T. cocoa
1 egg 1 tsp. vanilla
3/4 c. flour 1/2 tsp. baking powder
1/4 tsp. salt 1/2 c. chopped nuts
1 c. sugar

Put butter and cocoa in 8" square dish. Microwave on high 1 to 1 1/2 minutes. Stir in thoroughly, sugar, egg, vanilla, flour, baking powder, salt and nuts.

Microwave on high 5 1/2 to 6 minutes, rotating after 2, 4 and 5 minutes, until top isn't wet. Cool brownies in pan on heat proof counter for 30 minutes. The trapped heat will finish the baking process. Cut into squares, store tightly sealed. OR

Double everything. Put into 9x13 greased pan. Bake 350 degrees 30 to 35 minutes. Cool before cutting.

Moma's Brownies

Theresa Liston

1/2 c. butter	3 T. cocoa
2 eggs	1 c. sugar
1 c. flour	1 tsp. vanilla
1/4 tsp. salt	1/2 c. nuts

In saucepan, melt butter and add cocoa. Add beaten eggs and sugar, mixing well. Add flour, vanilla, salt and nuts. Pour into baking dish and bake at 350 degrees until toothpick inserted comes out clean.

Saucepan frosting;

2 tsp. butter	2 tsp. cocoa
1/2 tsp. vanilla	2 1/2 c. powdered sugar
sm. amount of milk	

Melt butter, adding cocoa, vanilla, powdered sugar and milk. Remove brownies from oven and spread with frosting.

Oatmeal Bars

Fran Whitmire

1 c. sugar	1 1/2 c. oleo
1 c. brown sugar	2 eggs
2 c. flour	1 tsp. soda
2 c. oatmeal	1-6 oz. pkg. chocolate chips
1 tsp. vanilla	
1 can Eagle Brand sweetened condensed milk	

Cream white and brown sugar, adding 1 cup oleo. Add eggs, flour, baking soda and oatmeal. Pour 2/3 mixture into bottom of greased 9x13 pan. Over low heat, mix in separate saucepan, chocolate chips, Eagle Brand milk, 1/2 cup oleo and vanilla. Stir constantly. Pour chocolate mixture over first layer in pan. Sprinkle remaining mixture on top of chocolate mixture. Bake at 350 degrees for 30 minutes.

Peanut Butter Balls

Marla Truitt

1/2 c. butter	3 1/2 c. powdered sugar
2 c. chunk peanut butter	2 1/2 c. Rice Krispies
chocolate almond bark	

Cream butter, peanut butter and powdered sugar; add Rice Krispies. Roll into balls.

Melt chocolate almond bark. Dip balls into chocolate. Use toothpick to handle easier. Set aside on waxed paper to cool. Can be frozen.

Peanut Butter Balls

Deb Ogle

1 stick oleo	2 c. peanut butter
3 c. powdered sugar	2 1/2 c. Rice Krispies
6 oz. pkg. chocolate chips	1/3 stick paraffin

Mix oleo, peanut butter, powdered sugar and Rice Krispies and form into walnut size balls.

Melt chocolate chips and paraffin in double boiler, using very low heat to avoid scorching. Place toothpick in balls and dip into chocolate. Place on waxed paper to cool.

Peanut Butter Bars

Donna Ricken

1 c. syrup	1 c. sugar
1 1/2 c. peanut butter	6 c. Rice Krispies

In saucepan, bring to boil syrup and sugar. Add peanut butter, mix well, add Rice Krispies. Press into greased pan. Top with chocolate chips or chocolate frosting.

Pecan Bars

Drucilla Coan

1 c. margarine	1 c. brown sugar
2 c. flour	5 eggs
1 c. dark syrup	3/4 c. sugar
1 c. broken pecan pieces	dash salt
1 tsp. vanilla	

Mix margarine, brown sugar and flour until crumbly. Pat into 9x13 pan and bake at 350 degrees for 10 minutes.

Beat together eggs, dark syrup, sugar, vanilla and pecans. Pour over crumbs and bake at 275 degrees until like a pecan pie.

Pumpkin Bars

Dina Corbett

2 c. flour	1 1/2 c. white sugar
1/2 c. brown sugar	2 tsp. baking powder
4 eggs	1 tsp. soda
2 c. pumpkin	1/2 tsp. salt
1 c. oil	2 tsp. cinnamon
chopped nuts, optional	

Place dry ingredients, including sugar, into a mixing bowl. Mix together. Add slightly beaten eggs, pumpkin and oil. Mix well. Add nuts if desired. Bake in two 9x13 greased pans or one 12x18 cookie sheet. Bake at 350 degrees for 25 minutes or until done.

Pumpkin Brownies

Kay Redmon

1/2 c. margarine	2 c. brown sugar
16 oz. can solid pumpkin	2 eggs
1 tsp. vanilla	1 1/2 c. flour
1/2 tsp. baking soda	1/2 tsp. salt
1 tsp. baking powder	2 tsp. pumpkin pie spice
1 1/2 c. old fashioned oats	1/2 c. nuts, chopped

Mix margarine, brown sugar, pumpkin, eggs and vanilla. Set aside. Mix flour, baking soda, salt, baking powder and pumpkin pie spice. Add to first mixture. Fold in oats and chopped nuts.

Bake in baking dish at 350 degrees for 30 to 35 minutes.

**Rosie's
Pumpkin Bars
and
Cream Cheese Frosting
Theresa Liston**

2 c. flour	1 tsp. baking soda
2 c. pumpkin	1 c. vegetable oil
2 tsp. baking powder	2 tsp. cinnamon
4 eggs	2 c. sugar

Beat sugar, oil, pumpkin and eggs. Add dry ingredients and mix thoroughly. Pour on 13x15 ungreased jelly roll pan. Bake 30 minutes at 350 degrees. Top with cream cheese frosting.

Cream Cheese Frosting;

2 tsp. butter
8 oz. cream cheese
1 bx. powdered sugar
Mix together and frost.

**Sour Cream Raisin Bars
Karen Dahlgaard**

2 c. raisins	1 1/2 c. water
1 c. brown sugar	1 3/4 c. butter
1 3/4 c. oats	1 3/4 c. flour
1/4 tsp. salt	1 tsp. soda
1 c. white sugar	2 1/2 T. cornstarch
1 1/2 c. sour cream	3 egg yolks, beaten
1 tsp. vanilla	

In a saucepan, cook raisins and water for 10 minutes. Drain and set aside. Cream brown sugar with butter; add oats, flour, salt and baking soda. Press half of mixture into 9x13 pan and bake 10 minutes at 350 degrees.

While baking the above, mix sugar with cornstarch in saucepan. Stir in egg yolks and sour cream. Cook over medium heat until thick. Add raisins and vanilla to mixture. Pour over baked crust; top with remaining mixture. Bake at 350 degrees for 30 to 35 minutes.

Cakes

Apple Cheese Cake

Judy Robbins

1 c. Graham cracker crumbs	2 eggs
1 c. plus 3 T. sugar	1/2 tsp. vanilla
1/2 c. finely chopped pecans	4 c. sliced apples
1 tsp. cinnamon	1 T. fruit fresh
1/4 c. melted margarine	1 T. brown sugar
16 oz. cream cheese (soft)	

Combine crumbs, 3 tablespoons of the sugar, 1/4 c. of the pecans, 1/2 tsp. of the cinnamon and margarine. Press into 9" springform pan. Bake 350 degrees for 10 minutes. Combine cream cheese and 1/2 cup of the sugar. Mix at medium speed until well blended. Add eggs (one at a time) and mix well. Blend in vanilla and pour over crust. Toss apples in fruit fresh, 1/2 tsp. of the cinnamon and 1/2 cup of the sugar. Spoon over cream cheese mixture. Combine and sprinkle 1/4 c. of the pecans and brown sugar over top. Bake at 350 degrees for one hour and 10 minutes. Loosen from sides of pan but cool before removing rim of pan. Chill and serve.

Apple Coffee Cake

Pat Dwyer

20 oz. can apple pie filling	3 c. flour
2 T. cinnamon	1 c. sugar
1 1/2 c. milk	1 tsp. salt
1/2 c. oleo	3 eggs
1 tsp. baking powder	

Topping:

1/2 c. brown sugar	1/4 c. chopped nuts
2 T. oleo (melted)	

Combine pie filling and cinnamon and set aside. Grease 9x13" pan. Blend flour, sugar, milk, oleo, baking powder, salt and eggs in large bowl at low speed for 30 seconds. Beat at medium speed 2 minutes. Pour 1/2 of batter in pan, spoon in 1/2 pie filling mixture over batter and repeat.

Sprinkle brown sugar and nuts over top and drizzle melted oleo over top. Bake at 350 degrees, glass pan 45 minutes, metal pan 55 minutes.

Black Forest Cheesecake Delight

Misti Stewart

1 c. chocolate wafer crumbs
 3 T. margarine (melted)
 2 - 8 oz. pkg. cream cheese (soft)
 2/3 c. sugar
 2 eggs
 1 - 6 oz. pkg. semi-sweet chocolate pieces (melted)
 1/4 tsp. almond extract
 1 - 21 oz. can cherry pie filling
 Cool Whip

Combine crumbs and margarine. Press onto bottom of 9" springform pan. Bake at 350 degrees for 10 minutes.

Combine cream cheese and sugar, mixing at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in chocolate and extract; pour over crust. Bake at 350 degrees for 45 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill.

Top cheesecake with pie filling and Cool Whip just before serving. 10-12 servings.

Carrot Cake

Bill Stewart

4 eggs	2 c. sugar
1 1/2 c. salad oil	2 c. flour
2 tsp. soda	1/4 tsp. salt
1/2 tsp. allspice	1 tsp. cinnamon
3 c. grated carrots	1 tsp. vanilla
1 1/2 c. chopped nuts	

Mix dry ingredients. Cream eggs and sugar; add oil, vanilla and nuts. Mix with dry ingredients. Bake at 325 degrees for about 30 minutes in 2 greased loaf pans or one 9x13 pan.

Frosting:

1/2 stick margarine	1 tsp. vanilla
4 oz. cream cheese	powdered sugar

Mix and spread over cake.

Chocolate Cinnamon Cake & Frosting

Lorna Kinney

2 c. sugar	2 c. flour
dash of salt	2 eggs
1/2 c. milk	1 tsp. soda
1 tsp. cinnamon	1 tsp. vanilla
1 stick oleo	1/4 c. Crisco (or oleo)
4 T. cocoa	1 c. water

Combine sugar, flour and salt. Add eggs, milk, soda, cinnamon and vanilla. Bring to boil in small pan, oleo, Crisco, cocoa and water. Add other ingredients. Bake on greased jelly-roll pan for 15 to 20 minutes at 400 degrees.

Frosting;

1 box powdered sugar	1 tsp. vanilla
4 tsp. cocoa	4 to 6 T. milk
1 stick oleo	

Melt oleo over low heat and add other ingredients. Frost cake immediately with cake and frosting both hot.

Chocolate Turtle Cheesecake

Misti Stewart

2 c. vanilla wafer crumbs	6 T. oleo, melted
1 - 14 oz. bag Kraft caramels	1/2 c. sugar
1 - 5 oz. can evaporated milk	1 tsp. vanilla
1 c. chopped pecans, toasted	2 eggs
2 - 8 oz. pkg. cream cheese, soft	
1/2 c. semi-sweet chocolate pieces, melted	

Combine crumbs and margarine; press onto bottom and sides of 9 inch springform pan. Bake at 350 degrees for 10 minutes. In 1 1/2 quart heavy saucepan, melt caramels with milk over low heat, stirring frequently, until smooth. Pour over crust. Top with pecans. Combine cream cheese, sugar and vanilla, mixing at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in chocolate, pour over pecans. Bake at 350 degrees, 40 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Garnish with whipped cream, additional chopped nuts and maraschino cherries, if desired.

Crazy Cake

Audrey Reed

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

Do not grease pan. Mix in cake pan you will bake cake in. Mix flour, sugar, salt, cocoa and soda. Mix oil, water, vanilla and vinegar. Make three holes in dry ingredients and add liquid ingredients. Bake in 350 degree oven approximately 30 minutes.

Dump Cake

Marty Lynch

1 lg. can cherry pie filling	1 yellow cake mix
1 lg. can crushed pineapple	1 c. oleo (melted)
1 1/2 c. flake coconut	1 c. chopped nuts

Spread cherries into lightly buttered cake pan. Cover cherries with pineapple. Cover fruit with dry cake mix. Drizzle with oleo; top with coconut and nuts. Bake 45-60 minutes at 350 degrees.

Easy Cheesecake

Heather Gibbens

Crust:

1 c. Graham cracker crumbs
3 T. sugar
3 T. melted margarine

Preheat oven to 350 degrees. Mix together crumbs, sugar and margarine; press onto bottom and up sides of 9 inch pie plate. Bake 10 minutes.

Filling:

2- 8 oz. pkg. cream cheese	1/3 c. sugar
2 eggs	1 tsp. vanilla

Beat cream cheese and sugar in large bowl at medium speed with mixer until well blended or by hand until well mixed. Add eggs, one at a time, mixing well after each addition. Stir in vanilla; pour into crust. Bake 10 minutes.

(continued from page 122)

Topping:

3/4 c. sour cream 2 T. sugar
 1/2 tsp. vanilla

Mix sour cream, sugar and vanilla. Spoon over warm cheesecake. Chill. Top with favorite fruit.

10 servings. Preparation time: 15 minutes. Cooking time: 40 minutes.

Fern's Oatmeal Cake

Evalina Holcomb

2 1/2 c. boiling water	2 sticks oleo
2 c. oatmeal	2 tsp. vanilla
4 eggs	2 c. white sugar
2 c. brown sugar	3 c. flour
2 tsp. soda	2 tsp. baking powder
1 tsp. salt	2 tsp. cinnamon

Topping:

1 stick melted oleo	2 c. brown sugar
2 c. coconut	1/2 c. cream

Combine water, oatmeal, oleo, and vanilla. When mixture is cooled, add eggs and sugar. Add dry ingredients. Bake at 350 degrees for 45 minutes.

Mix topping ingredients. Put on top of baked cake and bake until edges begin browning.

Four Layer Delight

Barb Patrick

1st. layer:	2nd. layer:
1 c. flour	1 c. Cool Whip
1/2 c. soft butter	1 c. powdered sugar
1/2 c. chopped nuts	12 oz. cream cheese

3rd. layer:

2 sm. pkg. instant pudding (Any flavor pudding. Add drained, crushed pineapple, if using pineapple pudding.)
 2 c. cold milk

4th. layer:

Cool Whip

Pecans

Mix ingredients for first layer and pat in 9x13x2 inch pan. Bake in 375 degree oven for 15 minutes. Beat 2nd. layer ingredients until creamy and spread over crust. Beat 3rd. layer well. Spread over 2nd. Spread Cool-Whip over 3rd. layer. Sprinkle chopped pecans on top. Refrigerate 4 hours.

Fresh Apple Cake

Paula Mahan

2 c. sugar	1/2 c. butter
2 eggs	2 c. flour
1 tsp. soda	2 tsp. cinnamon
1 tsp. nutmeg	1 tsp. salt
4 c. chopped apples	1 c. nuts

Topping:

1 pt. half & half	1 c. brown sugar
2 T. butter	2 T. cornstarch
1 tsp. vanilla	

Let apples stand for a few minutes to make a juice. Cream sugar and butter. Add beaten eggs. Add dry ingredients, chopped apples, and nuts. Pour into 9x13 greased pan and bake at 300 degrees for 45 minutes. Boil topping ingredients until thick; add vanilla and spoon over cake when ready.

Fresh Orange Cake

Melva Stephens

Cake:

2 1/4 c. flour	1 1/2 c. sugar
2 tsp. baking powder	1/4 tsp. soda
1 tsp. salt	1/2 c. shortening
2/3 c. milk or water	1/3 c. fresh orange juice
2 eggs	1 1/2 tsp. grated orange rind

Preheat oven to 350 degrees. Sift together flour, sugar, baking powder, soda and salt. Add shortening, milk, orange juice, eggs and grated orange rind. Beat 2 minutes. Bake 30-35 minutes.

Clear Orange Filling:

1 c. sugar	1/4 c. cornstarch
1/2 tsp. salt	1 c. fresh orange juice
2 T. butter	2 T. orange rind
2 T. lemon juice	

Mix sugar, cornstarch and salt in saucepan. Gradually stir in orange juice. Bring to boil, stirring constantly. Boil one minute. Remove from heat and stir in butter, orange rind and lemon juice. Spread filling between cake layers.

(continued on next page)

(continued from page 124)

Frosting:

2 T. butter	1/4 c. orange juice
1 tsp. grated orange rind	2 c. powdered sugar

Melt butter. Add orange juice, orange rind and powdered sugar. Spread over top and sides of cake.

Fruit Cocktail Cake

Marty Lynch

1 c. flour	1 c. sugar
1 tsp. soda	1/4 tsp. salt
17 oz. can fruit cocktail	2 eggs
brown sugar	nuts

Sift together flour, sugar, soda and salt. Beat eggs and add to fruit cocktail. Add mixture to dry ingredients. Stir and spread into greased and floured pan. Sprinkle generously with brown sugar and nuts. Bake at 350 degrees for 25-30 minutes. Serve hot with ice cream or Cool Whip.

Ginger Cake

Jackie Goss

1 1/2 c. flour	1 tsp. cinnamon
1/4 tsp. salt	1 tsp. ginger
1 egg	2 tsp. soda
1 c. brown sugar	1/2 c. dark syrup
1/2 c. melted oleo	1 c. boiling water

Mix ingredients in order given. (Left column first.) Batter will be thin. Grease and flour pan. Bake at 350 degrees for 25-30 minutes. Serve warm with whip cream or ice cream. Can be covered with butter icing.

Golden Date Cake

Jackie Goss

2 1/2 c. flour	1 c. milk
1 1/2 c. sugar	1 1/2 tsp. vanilla
3 tsp. baking powder	2 eggs
1 tsp. salt	1 c. pitted dates, chopped
1/2 c. shortening	1/2 c. chopped nuts

Cream sugar and shortening. Add eggs, mix well. Add baking powder and salt. Add milk and flour alternately. Add vanilla, nuts and dates. Bake in layer pans at 350 degrees for 35-40 minutes. Frost with butter frosting.

German Chocolate Cake

Paula Mahan

2 c. brown sugar	1 c. milk
1/2 c. shortening	3 beaten eggs
2 c. flour	1/4 tsp. salt
1 tsp. soda	1 tsp. vanilla
1 tsp. red food coloring	
3-1 oz. sq. unsweetened chocolate, grated	

Heat 1 cup brown sugar, 1/2 cup milk and grated chocolate in double boiler until chocolate melts. Cool. Cream shortening and remaining sugar. Add eggs and beat thoroughly. Add dry ingredients alternately with rest of milk and vanilla. Add chocolate mixture and beat. Bake in 2 waxed paper lined 9 inch layer cake pans in 350 degree oven for 30 minutes. Put layers together and frost with coconut pecan frosting.

Coconut Pecan Frosting:

1 c. evaporated milk	1 c. sugar
3 egg yolks	1/4 lb. butter
1 tsp. vanilla	coconut and pecans

Combine evaporated milk, sugar, egg yolks, butter, and vanilla in saucepan. Cook over medium heat stirring constantly until thick (about 12 minutes). Remove from heat and add coconut and pecans. Beat until cool and is of spreading consistency.

Grandma's Red Velvet Cake

Jessie Hovatter

1 c. buttermilk	1 1/2 c. sugar
1 1/4 c. Wesson oil	1 tsp. soda
2 eggs	1 tsp. cocoa
1 tsp. vinegar	1 tsp. vanilla
2 1/2 c. sifted all purpose flour	
1-1 oz. bottle red food coloring (#3 or #4)	

Mix all ingredients together at one time. Grease and flour cake pans. Bake at 350 degrees for 25-30 minutes. Slice layer into 2 layers (difficult). Cake is traditionally 4 small layers approximately 1 - 1 1/2 inches thick. Cool cake before icing.

(continued on next page)

(continued from page 126)

Icing/Filling #1: (BEST)

1 tsp. vanilla	1 stick oleo
1 lb. powdered sugar	1 c. chopped pecans
8 oz. cream cheese softened	

Cream together cream cheese, oleo and sugar. Add vanilla and nuts.

Icing/Filling #2:

3 tsp. flour	1 c. whole milk
1/2 c. sugar	1 c. oleo/butter
1 tsp. vanilla	1 c. coconut
1 c. chopped pecans	

Cook flour, milk, sugar and oleo until thick, stirring constantly. Remove from heat and add vanilla, coconut and pecans.

Granny's Goo

Sharon Stewart

1 box yellow cake mix	1 stick butter (softened)
3 egg	1 lb. powdered sugar
8 oz. cream cheese	

Mix cake mix, butter and 1 egg. Spread into 9x13 pan. Cream together powdered sugar, cream cheese and 2 eggs. Spread over top of batter. Bake at 350 degrees for 30-40 minutes until golden brown. Cool well before cutting.

Herman Starter

Billy Herman Stewart

2 c. flour	3 T. sugar
1 tsp. salt	1/2 c. sugar
1 T. active dry yeast	1 c. milk
2 1/2 c. lukewarm water	1 c. flour

Dissolve yeast in 1/2 cup water; add remaining 2 cups water, salt and 3 tablespoons sugar and flour. Mix thoroughly in non-metal container. Cover loosely with waxed paper 5-10 days. Stir each morning. On fifth day, feed Herman the following: 1/2 cup sugar, 1 cup milk and 1 cup flour. Stir until smooth. This is Herman's first feeding. Count this as one day. Cover loosely and refrigerate. Stir each day. On the tenth day, Herman is ready to bake. Use two cups of Herman to make a cake. Give one cup of starter to a friend. This leaves you one cup of Herman to start again. (See next page.)

Herman Cake

Billy Herman Stewart

2 c. Herman (see p. 127)	2 eggs
1/2 tsp. soda	2 c. flour
2 tsp. baking powder	1/2 tsp. cinnamon
1 tsp. nutmeg	1 c. sugar
1 tsp. ginger	2/3 c. cooking oil

Optional: 1 c. raisins, dates, coconut, or nuts.

Combine all ingredients in large bowl. Place in greased 9x13 pan.

In another bowl, mix together the following:

1 T. flour	1 tsp. cinnamon
1 c. margarine	1 c. brown sugar

Sprinkle over cake batter. Bake at 350 degrees for 30-40 minutes.

Glaze:

1 c. margarine	1 c. brown sugar
1 c. milk	

Boil five minutes and drizzle on cake.

Ho Ho Cake

Sharon Stewart

Cake:

1 stick melted margarine	1/2 c. oil
1 c. water	3 T. cocoa
2 eggs	1 tsp. soda
2 c. flour	2 c. sugar
1/2 c. buttermilk	

Mix together margarine, oil, water and cocoa. Add eggs, soda, flour, sugar and buttermilk. Bake in jelly roll pan at 350 degrees for 25 minutes. Cool.

Filling:

1 c. sugar	1/2 c. milk
1/4 tsp. salt	1 T. water
1 c. shortening	1 tsp. vanilla
1 c. powdered sugar	

Beat sugar, salt, water, shortening, milk and vanilla together for five minutes. Add powdered sugar and beat for another five minutes. Spread on top of cooled cake.

Frosting:

1 c. sugar	6 T. milk
6 T. margarine	1/2 c. chocolate chips

Bring sugar, milk and margarine to boil. Mix in bowl with chocolate chips. Beat until cool. Spread on top of filling.

Holiday Jello Cream Cheese Cake

Julie Green

Crust:

3/4 c. margarine 1 1/2 c. flour
1/2 c. chopped nuts

Combine margarine and flour; cut with pastry blender. Add nuts and mix together. Press evenly into 9x13 pan and bake at 350 degrees for 15-20 minutes or until lightly brown. Cool.

First Layer:

1 pkg. (3 oz.) lime jello 3/4 c. sugar
1 c. hot water 1 c. Cool Whip
8 oz. pkg. cream cheese, softened

Dissolve jello in hot water. Cream softened cream cheese with sugar and blend in cooled jello. Fold in Cool Whip. Pour into cooled crust. Chill until firm.

Second Layer:

2 pkg. (3 oz.) strawberry jello 3 c. hot water

Dissolve jello in hot water and cool. Pour over first layer and refrigerate until firm.

Topping:

1 c. Cool Whip

Hot Fudge Pudding Cake

Karlene Coan

2 c. flour 1 1/2 c. sugar
3/4 c. cocoa 4 tsp. baking powder
1/2 tsp. salt 1 c. milk
1/4 c. shortening, melted 2 c. finely chopped nuts
2 c. brown sugar, packed 3 1/2 c. hot water

Heat oven to 350 degrees. Measure flour, sugar, 1/4 cup cocoa, baking powder and salt into a bowl. Blend in milk and shortening; stir in nuts. Pour into ungreased pan. Stir together brown sugar and 1/2 cup cocoa. Sprinkle over batter. Pour hot water over batter. Bake 45 minutes.

Jackie's Cake

Jackie Goss

Small cake:

1 1/2 c. sugar
 1 stick butter or oleo
 1/4 c. shortening
 1 3/4 c. flour
 1/2 tsp. salt
 3 eggs, 1 at a time
 1/2 c. canned milk or
 half & half milk
 and water
 1 tsp. vanilla
 1 1/2 tsp. butternut extract

Large cake:

3 c. sugar
 2 sticks butter or oleo
 1/2 c. shortening
 3 1/4 c. flour
 1 tsp. salt
 5 eggs, 1 at a time
 3/4 c. canned milk or
 1 sm. canned milk &
 water to make 1 c.
 2 tsp vanilla
 3 tsp. butternut extract

Mix in order given. Bake in greased and floured angel food cake pan at 350 degrees for 1 hour or longer. Needs no frosting. Can be sprinkled with powdered sugar if desired.

Lite, Smooth and Creamy Frosting

Lori Seilstad

1/4 c. powdered sugar 1 c. skim milk
 1/3 c. dry powdered milk 2 1/2 c. lite whipped topping
 1 pkg. sugar free instant pudding in desired flavor

Combine pudding, sugar and milks. Beat slowly with mixer on low for 1 minute. Fold in whipped topping. Spread on cake.

Marble Cheese Cake

Judy Robbins

1 c. Hydrox cookie crumbs 3 eggs
 3 T. sugar 2- 1 oz. sq. chocolate,
 1/4 c. margarine melted
 3- 8 oz. pkg. cream cheese 2 tsp. vanilla
 3/4 c. sugar

Combine crumbs, sugar and margarine. Press in bottom of 9 inch springform pan. Bake at 350 degrees for 10 minutes.

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Combine cream cheese, 3/4 cup sugar and vanilla; mix at medium speed until well blended. Add eggs one at a time, mixing well after each addition. Blend melted chocolate with 1 1/2 cup cream cheese mixture in separate bowl. Spoon plain and chocolate batter alternately over crust. Cut through batter with knife for marbled effect. Bake at 450 degrees for 10 minutes. Reduce oven temperature to 250 degrees and continue baking for 30-45 minutes. Loosen cake from sides of pan. Cool before removing rim. Chill and serve.

Marble Cheese Cake

Misti Stewart

Crust:

1 c. Graham cracker crumbs
3 T. sugar
3 T. margarine, melted

Combine crumbs, sugar and margarine. Press onto bottom of 9 inch springform pan. Bake at 350 degrees for 10 minutes.

Filling:

1 tsp. vanilla
3/4 c. sugar
3 eggs
1 - 1 oz. sq. unsweetened chocolate, melted
3 - 8 oz. pkg. cream cheese, softened

Combine cream cheese, sugar and vanilla, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend chocolate into 1 cup of the batter. Spoon plain and chocolate batters alternately over crust. Cut through batter with knife several times for marble effect. Bake at 450 degrees for 10 minutes. Reduce oven temperature to 250 degrees and continue baking 30 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill.

Mini Cheese Cakes

Deb Ogle

3 - 8-oz. cream cheese
 3/4 to 1 c. sugar
 3 eggs
 1 tsp. vanilla
 1 lb. pkg. vanilla wafers
 1 can cherry or strawberry pie filling

Cream sugar, eggs, vanilla and cream cheese. Place vanilla wafers, round side up, in foil baking cup and fill half full with cream mixture. Bake at 350 degrees for 15 minutes. Put cherry or strawberry pie filling on top of each and return to oven for an additional 10 minutes. Makes 18-24 cheese cakes.

Mississippi Mud Cake

Pamela Stewart

Cake:

2 c. sugar	1 c. oil
4 eggs	1 1/2 c. flour
3 T. vanilla	1 c. chopped pecans
1/3 c. cocoa	1/4 tsp. salt

Cream sugar and oil. Add eggs and beat well. Add other ingredients. Bake in 9 x 13 cake pan at 350 degrees for 30 minutes. Cake will not rise much.

Frosting:

2 sticks oleo	7 oz. jar marshmallow cream
1/2 c. cocoa	1 lb. powdered sugar
1/2 c. evaporated milk	1 tsp. vanilla
1 c. chopped nuts	

Spread marshmallow cream over cake while cake is hot. Melt butter and mix with other ingredients and spread over marshmallow cream.

Moma's Mayo Cake

Theresa Liston

2 c. flour	2 c. sugar
2 lg. eggs	2 tsp. soda
6 tsp. cocoa	pinch of salt
1 c. mayonnaise	1 c. cold water
1 tsp. vanilla	

Combine all ingredients. Bake at 350 degrees for 40-45 minutes.

Murray's Favorite Cake

Sharon Stewart

Cake:

4 eggs	1/2 c. strawberry juice
1/2 c. water	1 c. Wesson oil
1 box strawberry jello, dry	
1 box white or yellow cake mix	

Combine all ingredients. Bake at 300 degrees for 1 hour.

Frosting:

1 c. strawberries	1 lb. box powdered sugar
2 T. butter, melted	

Combine ingredients. Pour over cake as soon as you take it from oven.

New York Cheese Cake

Connie Roundy

2 c. Graham cracker crumbs	2 lg. eggs, lightly beaten
1/2 c. butter, melted	2 tsp. vanilla extract
1 c. sugar, divided	2 T. cornstarch
2 lbs. cream cheese	1 c. sour cream

Mix Graham cracker crumbs, butter and 2 tablespoons sugar; blend well. Reserve 2 tablespoons for garnish. Press remaining mixture into bottom and sides of a greased 9 inch springform pan. Chill in freezer while preparing filling.

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In mixing bowl, beat cream cheese and remaining sugar until smooth and light. Beat in eggs, vanilla and cornstarch, just until blended. Stir in sour cream. Pour mixture into prepared crust and bake at 450 degrees for 10 minutes. Reduce temperature to 200 degrees and bake 45 minutes. Turn off oven; allow to cool, with the door open slightly, for 3 hours. Remove sides from pan; sprinkle with reserved crumb mixture and chill. Makes about 12 servings.

Oatmeal Cake

Marty Lynch

Cake:

2 eggs	1 1/2 c. boiling water
1 c. oatmeal	1 1/2 c. flour
1 c. brown sugar	1 tsp. baking soda
1 c. white sugar	1/2 tsp. salt
1/2 c. margarine	3/4 tsp. cinnamon
1/4 tsp. nutmeg (opt.)	

Pour boiling water over oatmeal; set aside. Cream together sugar, brown sugar, margarine and eggs. Mix flour, soda, salt, cinnamon and nutmeg. Add to creamed mixture; mix well. Add cooled oatmeal and mix. Bake at 350 degrees for 35-40 minutes.

Topping:

1/2 c. margarine	1/2 c. coconut
3/4 c. brown sugar	1/2 c. chopped nuts
1 T. milk	1/2 tsp. vanilla

Bring margarine, brown sugar and milk to boil. Add coconut and nuts. Spread on cake. Sprinkle with more coconut. Broil for 2-3 minutes until coconut browns.

Orange Pineapple Cake

Sharon Stewart

3 eggs
 3/4 c. oil
 1 lg. carton (9-oz.) whipped topping
 1 can mandarin oranges, undrained
 1 lg. can crushed pineapple, undrained
 1 box instant coconut cream pudding
 1 box yellow butter cake mix
 1/2 tsp. vanilla

Chop oranges. Combine cake mix, eggs, oil, and oranges; mix well. Pour into 3 greased and floured cake pans. Bake at 350 degrees for 15 minutes. Layer will be thin. Combine pineapple, dry pudding mix and vanilla; mix well. Fold in whipped topping. Spread mixture between cake layers and on top. Needs to be refrigerated. Serve cool. May use vanilla pudding instead of coconut cream.

Peppermint Cheesecake

Misti Stewart

3 T. margarine, melted
 1 env. unflavored gelatin
 1/2 c. sugar
 2 - 8 oz. pkg. soft cream cheese
 1 c. whipping cream, whipped
 1/4 c. crushed peppermint candy
 2 - 1.45-oz. milk chocolate bars, finely chopped
 1 c. chocolate wafer crumbs
 1/4 c. water
 1/2 c. milk

Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Bake at 350 degrees for 10 minutes. Cool.

Soften gelatin in water; stir over low heat until dissolved. Combine cream cheese and sugar, mixing at medium speed on electric mixer until well blended. Gradually add gelatin, milk and peppermint candy, mixing until blended; chill until thickened but not set. Fold in whipped cream and chocolate; pour over crust. Chill until firm. Garnish with additional whipping cream, whipped, combined with crushed peppermint candy, if desired. 10 to 12 servings.

Pineapple Cake

Bonnie Charles

Cake:

1/2 c. salad oil	2 c. flour
2 c. sugar	1/2 tsp. salt
2 eggs	2 tsp. soda
1/2 c. nuts	1 - #2 can pineapple

Combine together oil, sugar and eggs. Add flour, salt, soda, vanilla, pineapple, and nuts; mix well. Pour into 9x13 inch baking pan. Bake at 350 degrees for 45 minutes.

Frosting:

8 oz. cream cheese	1/2 c. oleo
1 tsp. vanilla	2 c. powdered sugar
1/4 tsp. salt	

Mix all ingredients and spread on cake. Sprinkle with chopped nuts.

Pineapple Layer Cake

Dianna Coan

1/2 c. salad oil
 16 oz. pound cake
 1 sm. pkg. instant vanilla pudding
 20-oz. can crushed pineapple in juice
 1/3 c. almond flavor liquor
 (or 1/3 c. pineapple juice & 1/2 tsp. almond extract)
 2 c. flour
 8 oz. ctn. whipped topping

optional garnish:

sliced pineapple & 1/4 c. sliced almonds, toasted

Combine undrained pineapple, whipped topping and pudding. Let stand 5 minutes. Cut cake lengthwise in thirds. Drizzle with liquor. Spread 1/3 pudding mixture over bottom layer of cake. Top with 2nd layer. Repeat layering, ending with pudding. Chill 30 minutes. Sprinkle with toasted almonds and garnish with pineapple slices. Serves 12.

Pineapple Nut Sheet Cake

William S. Coan

Cake:

2 eggs, beaten	2 tsp. soda
2 c. sugar	1 tsp. vanilla
2 c. flour	1 c. nuts
1 #2 can crushed pineapple in heavy syrup	

Combine all ingredients. Spread in greased and floured sheet cake pan. Bake at 325 degrees for 30-35 minutes.

Frosting:

1 lb. powdered sugar	1 - 8 oz. cream cheese
1 stick butter, softened	1 tsp. vanilla
1 c. nuts	

Mix all ingredients together and spread on cake when taken from oven.

Note: Crushed pineapple must be in heavy syrup.

Poor Man's Cake

Aunt Irene Marsh

Submitted by Marilyn French

Cake:

2 eggs, beaten	2 tsp. soda
1 c. sugar	2 T. shortening, heaping
1 tsp. cinnamon	1/4 tsp. cloves or allspice
1/2 tsp. salt	2 c. water
1 c. raisins	2 c. flour
1/4 c. nuts	

Combine sugar, shortening, cinnamon, cloves, salt, water and raisins. Boil 3 minutes. Set aside to cool; mix with flour, soda and nuts. Bake at 350 degrees for 1 hour.

Topping:

1/2 c. brown sugar	1/4 tsp. cinnamon
cream or canned milk	

Combine brown sugar and cinnamon; add enough cream to make a paste. Spread over hot cake.

Poor Man's Cake

Jackie Goss

Cake:

1 c. raisins	2 c. water
1/2 c. shortening	1/2 tsp. salt
1 c. sugar	1 tsp. soda
1 tsp. cloves	1 tsp. nutmeg
1 tsp. cinnamon	1 tsp. allspice
1 1/4 c. flour	1 egg
1/2 c. chopped nuts.	

Boil raisins in water for 10 minutes. Add shortening and let cool. Add salt, sugar, soda, cloves, nutmeg, cinnamon and allspice; mix well. Add flour, eggs and chopped nuts. Bake at 350 degrees for 25-30 minutes.

Caramel Frosting:

1/4 c. butter	1 c. brown sugar
1/4 c. milk	powdered sugar

Boil butter, brown sugar and milk for 1 minute. Remove from heat and add powdered sugar to desired thickness.

Pound Cake

Barge Elmore

3 sticks oleo	8 oz. cream cheese
6 eggs	3 c. sugar
3 c. flour	2 tsp. butter flavoring
1 tsp. vanilla	1 tsp. almond flavoring or any flavor you desire

Cream oleo and cream cheese; gradually add sugar; cream well. Add one egg at a time. Then add flour, little at a time, beating well. Grease and flour a bundt or tub pan. Bake at 300 degrees for 1 1/2 hours. Cool in pan about 10 or 15 minutes.

Prune Cake

Pearl Kinney

Submitted by Lorna Kinney

Cake:

5 eggs, beaten	1 1/2 c. Wesson oil
2 1/4 c. sugar	3 c. flour
1 c. nuts	1 tsp. soda
1 tsp. baking powder	1 tsp. salt
1 1/2 tsp. nutmeg	1/2 tsp. allspice
1 tsp. cinnamon	1 1/2 c. buttermilk
1 1/2 c. cooked, pitted, prunes	

Combine all ingredients. Bake at 350 degrees for 35 minutes. Remove from oven and pour sauce over cake while still warm.

Sauce:

1 1/2 c. sugar	3/4 tsp. soda
1/2 c. butter or margarine	3/4 c. buttermilk
2 T. white syrup	1 1/2 tsp. vanilla

Combine all ingredients in saucepan. Bring to boil and cook 5 to 10 minutes. Pour over warm cake.

Note: Makes a large cake. You may wish to cut in half.

Raw Apple Cake

Karlene Coan

2 c. apples, cut fine	1 c. sugar
1 c. flour	1 egg
1/4 tsp. salt	1 tsp. vanilla
1 tsp. soda	1 tsp. cinnamon
1/2 c. salad oil	1/2 c. nuts

Combine apples with sugar and vanilla. Set aside at least 40 minutes. Combine beaten egg with oil. Stir into apple mixture. Sift flour with salt, soda and cinnamon. Add to apple mixture. Mix in nuts and pour into greased and floured 9x13 pan. Bake at 350 degrees for 30 minutes.

Red Velvet Cake

Mike and Julie Green

Cake:

1 c. margarine	2 T. cocoa
1 1/2 c. sugar	1 1/2 tsp. baking soda
3 eggs	1 c. buttermilk
1 tsp. vanilla	1 1/2 tsp. vinegar
2 1/2 c. cake flour	1 oz. red food coloring

Cream margarine and sugar. Add eggs, one at a time and beat well after each egg. Add vanilla and beat. Sift dry ingredients. Mix buttermilk, vinegar and coloring. Add dry ingredients and buttermilk mixture alternately to creamed mixture. Bake in greased 9x13 pan at 350 degrees for 30-35 minutes.

Frosting:

4 T. flour	1 c. sugar
1 c. milk	1 tsp. vanilla
1 c. butter	

Cook flour and milk to make paste. Cool. Cream butter and sugar. Add vanilla and cooled flour paste. Beat until fluffy. Frost cooled cake.

Rhubarb Cake

Kathy Pennel

1/2 c. butter or shortening	1/2 tsp. salt
1 1/2 c. brown sugar	1 c. buttermilk or sour milk
1 tsp. baking soda	1 egg
2 c. flour	1 tsp. vanilla
1/4 c. sugar	1 tsp. cinnamon
1 1/2 c. raw rhubarb, cut fine	

Blend butter and brown sugar; beat in egg; stir in salt, soda, vanilla, buttermilk and flour. Stir in rhubarb and pour in 9x13 pan. Mix sugar and cinnamon for topping. Sprinkle on cake. Bake in 375 degree oven for 30-35 minutes.

Strawberry Cake

Paula Mahan

Cake:

1 white cake mix	1 c. oil
1 pkg. strawberry jello	1/2 c. milk
4 eggs	1 c. strawberries
1 c. coconut	1 c. pecans

Combine all ingredients. Bake at 350 degrees for 20-25 minutes.

Frosting:

1 stick oleo	1 lb. powdered sugar
1/2 c. strawberries	1/2 c. pecans
1/2 c. coconut	

Mix all ingredients. Spread over cake.

Strawberry Short Cake

Judy Robbins

3 eggs	3 tsp. baking powder
2 1/4 c. flour	1/2 tsp. salt
1 c. sugar	1 c. milk
1/2 c. shortening	1 tsp. vanilla
1 pkg. strawberry jello	
2 - 10-oz. pkg. strawberries, thawed	
1 1/2 to 2 c. miniature marshmallows	

Grease bottom only of 9x13 pan. Sprinkle marshmallows over bottom of pan. Combine strawberries and juice with dry jello; mix and set aside. In large mixing bowl, combine remaining ingredients at low speed until well blended and at medium speed for 2-3 minutes. Pour in pan over marshmallows, top with strawberry mixture. Bake at 350 degrees for 45-50 minutes. Serve warm with ice cream or cool whip.

Sweet Annie's Watergate Cake

Theresa Liston

Cake:

1 c. margarine	2 T. cocoa
3/4 c. vegetable oil	3 eggs
1 c. chopped nuts	1/2 c. coconut
1 c. 7-up or lemon lime pop	
1 pkg. white or yellow cake mix	
3 1/2 oz. pkg. pistachio instant pudding	

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

Cover-up Frosting:

1 1/2 c. milk	1/2 c. coconut
3/4 c. chopped nuts	2 env. dry whipped topping
3 1/2 oz. pkg. pistachio instant pudding	

Combine whipped topping, milk, and pudding; beat until thick. Spread on cake; sprinkle coconut and nuts over top.

Texas Cake

Audrey Reed

Cake:

4 T. cocoa	1 stick oleo
1 c. water	1/2 c. shortening
2 c. sugar	2 c. flour
1/2 c. sour milk	1 tsp. soda
2 eggs, beaten	

Bring cocoa, water, oleo and shortening to boil in saucepan. Sift sugar and flour into cocoa mixture; add sour milk, soda and eggs. Mix well. Bake in 15x18 pan (cookie sheet) at 400 degrees for 15-20 minutes.

Frosting:

4 T. cocoa	1 stick oleo
6 T. milk	1 tsp. vanilla
4 3/4 c. powdered sugar	

Melt cocoa and oleo; add milk, powdered sugar and vanilla. Frost cake while hot.

Texas Sheet Cake

Jeannette Selix

Cake:

3 1/2 T. cocoa	2 sticks oleo
1 c. water	1 tsp. vanilla
2 c. sugar	2 c. self-rising flour
1/2 c. milk	1 T. vinegar
2 eggs, beaten	

Bring cocoa, water and butter to boil in saucepan. Sift sugar and flour into cocoa mixture; add milk, vanilla, vinegar and eggs. Mix well. Bake in 15x18 pan (cookie sheet) at 350 degrees for 30 minutes.

Frosting:

4 T. cocoa	1 stick oleo
6 T. milk	powdered sugar

Boil together cocoa, oleo and milk. Add enough powdered sugar to make it thick enough to spread.

Tropical Fruit Cake

Kay Redmon

Bundt Cake:

4 eggs
 1/2 c. oil
 1 yellow cake mix
 1 c. (11-oz.) mandarin oranges with juice

Combine all ingredients. Pour batter into well greased bundt pan. Bake at 325 degrees for 35 minutes or until done. Allow to cool before removing from pan.

Frosting:

8 oz. whipped topping
 8 oz. crushed pineapple in juice
 3 oz. pkg. vanilla instant pudding

Combine pudding and whipped topping. Drain half the juice off pineapple. Add pineapple and remaining juice to pudding mixture. Mix well. Spread on cooled cake.

Twinkie Cake

Berna Evans

1g. box twinkies	4-5 bananas
ground nuts	1 lg. Cool Whip
3 c. fresh strawberries	
1 lg. pkg. instant vanilla pudding	

Cut twinkies in half lengthwise. Lay filling side down in 9x13 pan. Make pudding and pour over top. Slice bananas. Cut and slice strawberries. Layer bananas and strawberries over pudding and twinkies. Cover with Cool Whip and nuts. Refrigerate overnight.

Ugly Cake

Marla Truitt

1 box yellow butter cake mix	
1 stick butter, melted	3 eggs
8 oz. cream cheese	1 c. pecans
1 box powdered sugar	1 tsp. vanilla

Mix 1 egg, pecans, butter and cake mix until crumbly. Put in 9 x 13 pan. Mix cream cheese, 2 eggs, vanilla, and powdered sugar until smooth. Pour over batter. Bake at 350 degrees for 35-40 minutes until brown.

Wacky Chocolate Cake

Paula Mahan

2 1/4 c. flour	1 1/2 T. vinegar
1 1/2 c. sugar	1/2 c. + 1 T. cooking oil
1 1/2 tsp. soda	1 1/2 c. cold water
1 tsp. salt	2 tsp. vanilla
4 1/2 T. cocoa	

Sift dry ingredients together. Add liquid ingredients; mix well. Bake in ungreased 9x13 pan at 350 degrees for 45 minutes.

Watergate Cake

Patty Winger

Cake:

1 white or yellow cake mix	1/4 c. nuts
3 eggs	1 c. oil
1 c. 7-up	1 pkg. pistachio pudding

Beat all ingredients 2 minutes. Bake in 9x13 cake pan at 350 degrees for 40-45 minutes.

Topping:

1 1/2 c. milk	1 pkg. pistachio pudding
9 oz. pkg. cool whip	

Mix together and spread on top.

Zucchini Cake

Cake:

3 c. sugar	4 eggs
3 sq. choc. (unsweetened)	3 c. flour
1 c. oil	1 1/2 tsp. baking powder
1 tsp. soda	1 tsp. salt
1 c. chopped nuts	3 c. finely grated zucchini

Beat eggs; add sugar, oil, chocolate and dry ingredients. Stir in zucchini and nuts. Bake in greased and floured bundt pan at 350 degrees for 1 hour and 15 minutes.

Frosting:

1 egg	1/3 c. butter, softened
1 sq. chocolate	2 c. powdered sugar

Combine all ingredients.

Cookies

Almond Bark Cookies

Lois Campbell

1 pkg. almond bark	3 c. rice krispies
1 lb. pkg. salted nuts	1 - 10 oz. pkg. miniature marshmallows

Melt almond bark and pour over other ingredients; stir together. Drop by spoonfuls onto wax paper or put in 9x13 pan.

Substitute chocolate almond bark or 1 cup peanut butter for almond bark and peanuts.

Banana Oatmeal Cookies

Melva Stephens

1 c. sugar	2/3 c. shortening
2 eggs	1/2 tsp. vanilla
1/2 tsp. lemon extract	3/4 c. mashed bananas
1 1/2 c. oats	2 c. flour
3/4 tsp. soda	1 tsp. baking powder
1 1/4 tsp. salt	1/2 c. nuts

Cream together sugar, shortening, eggs, vanilla, lemon extract, bananas and oats. Add other ingredients. Bake at 350 degrees for 12 - 15 minutes.

These are cake like cookies.

Banana Oatmeal Cookies

Sharon Stewart

1 c. sugar	3/4 c. shortening
3/4 c. oatmeal, regular	1 1/2 c. flour
1 tsp. soda	1/4 tsp. salt
1 egg	1/2 tsp. cinnamon
1 tsp. vanilla	2 sm. bananas, mashed
1/2 c. chopped nuts	1/2 c. raisins (opt.)

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Cream sugar, shortening, egg and vanilla. Sift flour, salt, soda and cinnamon and add to creamed mixture. Add bananas, oatmeal, nuts, and raisins; stir well after each addition. Drop by teaspoons onto lightly greased cookie sheet. Bake at 350 - 375 degrees .

Banana Oatmeal Cookies

Audrey Reed

1 1/2 c. flour	1/2 tsp. soda
3/4 c. shortening	1 tsp. salt
1/4 tsp. nutmeg	3/4 tsp. cinnamon
1 c. sugar	1 egg
1 c. bananas, mashed	1 3/4 c. oatmeal
1/2 c. chopped nuts	

Sift together flour, soda, salt, nutmeg and cinnamon. Beat shortening until creamy. Add sugar gradually; beating until light and fluffy. Add egg and bananas. Add sifted ingredients. Add oatmeal and nuts, mixing well. Drop by teaspoon onto greased cookie sheet. Bake at 350 - 375 degrees for 12 - 15 minutes.

Butter Cookies

Nanette Reed

3 c. flour	1 c. sugar
3 sticks margarine	

Roll into balls and thumb print. Bake at 350 degrees for 12 minutes. Can put preserves in the middle and sprinkle with powdered sugar.

Butterscotch Nibbles

Deb Doty

12 oz. butterscotch morsels	1 c. peanut butter
1 c. chocolate morsels	8 c. rice chex cereal

Melt butterscotch morsels and peanut butter, stirring frequently. Add cereal then chocolate morsels. Drop on wax paper.

Chinese Noodle Cookies

Audrey Reed

1 1/2 c. corn syrup	1/2 c. sugar
1 c. peanut butter	2 c. Chinese noodles

Boil syrup and sugar. Add peanut butter until creamy. Add noodles and stir well. Pat into cookies.

Chocolate Chip Cookies

Dianna Coan

2 1/4 c. flour	1/2 c. sugar
1 c. butter, melted	1 tsp. soda
1 tsp. vanilla	3/4 c. brown sugar
milk chocolate chips	2 eggs
nuts (opt.)	pkg. vanilla instant pudding

Combine butter, vanilla and eggs. Fold in flour, sugar, soda, brown sugar and instant pudding. Add chocolate chips and nuts. Bake at 375 degrees for 6 - 8 minutes. Remove from oven when still slightly doughy. Let stand on cookie sheet 3 - 4 minutes.

Chocolate Chip Oatmeal Cookies

Doris Ogle

1 c. butter, softened	1 1/2 c. packed brown sugar
1/2 c. granulated sugar	2 eggs
2 T. milk	2 tsp. vanilla
1 3/4 c. flour	1 tsp. soda
1/2 tsp. salt	2 1/2 c. oats, uncooked
12 oz. chocolate chips	1 c. chopped nuts

Beat butter and sugars until creamy; add eggs, milk and vanilla; beat well. Add flour, soda, and salt; mix well. Stir in oats, chocolate chips and nuts; mix well. Drop by rounded tablespoon onto ungreased cookie sheet. Bake at 375 degrees for 9 - 10 minutes for a chewy cookie or 10 - 12 minutes for a crisp cookie. Cool one minute on cookie sheet. Makes about 5 dozen.

Chocolate Crinkles

Caronna Kinney

2 c. sugar	4 eggs
1/2 c. oil	2 c. flour
2 tsp. vanilla	2 tsp. baking powder
1/2 tsp. salt	12 T. cocoa & 4 T. oil or
1 c. sugar	4-oz unsweetened
1 c. chocolate chips	chocolate, melted

Mix sugar, oil, vanilla and cocoa. Blend in eggs, one at a time. Stir in flour, baking powder and salt. Add chocolate chips. Chill until hardened. Shape into balls and roll in sugar. Bake at 350 degrees 8 - 10 minutes. Don't overcook. Will be soft cookies.

Caution: These are for serious chocolate lovers only.

Chocolate Drop Cookies

Ellinor Dollen

Submitted by Audrey Reed

2 eggs	1 c. milk
3 1/2 c. flour	1 tsp. vanilla
1 1/2 c. sugar	1 tsp. salt
1 c. butter or margarine	2 T. cocoa
1 tsp. soda	nuts

Beat eggs; add sugar and mix well. Add vanilla, salt, cocoa and soda, mixing well. Add softened butter or margarine, mix; alternate flour and milk until thoroughly mixed. Bake at 350 degrees.

Chocolate Oatmeal Cookies

Fran Whitmire

3 c. quick oatmeal	2 c. sugar
3/4 c. chunky peanut butter	1/4 lb. margarine
2 T. cocoa	1/2 c. milk
1 tsp. vanilla (opt.)	

Boil sugar, margarine and milk for one minute. Stir remaining ingredients in quickly and thoroughly. Drop by spoonfuls on sheet of wax paper. Let cool.

Clif Kelley's Oatmeal Cookies

Karen Dahlgaard

1 1/2 c. sugar	1/2 c. shortening
3 eggs	1 tsp. cinnamon
1 tsp. salt	1 tsp. soda
2 c. flour	2 c. oatmeal
1 c. cooked raisins	1/2 c. raisin juice
nuts (opt.)	coconut (opt.)

Cream together sugar, shortening and eggs. Add cinnamon, salt, soda, flour and oatmeal. Stir in raisins, raisin juice, nuts and coconut. Bake at 350 degrees for 10-12 minutes.

Cuckoo Cookies

Jackie Goss

Cookie:

1 3/4 c. flour	1/2 tsp. soda
1/2 tsp. salt	1/2 c. cocoa
1/2 c. margarine	1 c. sugar
1 egg	1 c. milk
1 tsp. vanilla	1/2 c. chopped nuts
marshmallows	

Sift together and set aside flour, soda, salt and cocoa. Cream together margarine and sugar until fluffy. Add egg and mix well. Add flour mixture to margarine mixture alternately with milk and vanilla. Stir in nuts. Drop by teaspoons on greased cookie sheet. Bake at 375 degrees for 8 minutes. Top each cookie with 1/2 marshmallow, pressing gently into cookie. Bake 4 more minutes. Cool on wax paper.

Glaze:

6-oz. pkg. chocolate chips	1/2 stick margarine
3/4 tsp. vanilla	1 lb. powdered sugar, sifted
canned milk	

Melt chips and margarine. Add small amount of canned milk, powdered sugar and vanilla. Remove from heat and beat well. Put one teaspoon glaze on each cookie.

Fudge Cookies

William S. Coan

2 tsp. butter	1 1/2 c. chocolate chips
1 c. condensed milk	1 c. flour
1 c. chopped nuts	1 tsp. vanilla

Melt butter and chocolate chips in double boiler. Stir in milk. Add flour and mix well. Add nuts and vanilla. Drop by teaspoon on greased cookie sheet. Bake at 325 degrees for 15 minutes. Do not overbake. Store in plastic bag to keep chewy.

Molasses Cookies

Pat Dwyer

3/4 c. shortening	2 tsp. soda
1 c. brown sugar	1/4 tsp. salt
1 egg	1/2 tsp. cinnamon
2 c. sifted flour	1 tsp. ginger
1/4 c. molasses	

Cream shortening, adding sugar gradually until well blended. Add molasses to egg and beat well. Sift dry ingredients and add to cream mixture. Beat until smooth. Form into walnut size balls and roll in granulated sugar. Place 2 inches apart on greased cookie sheet. Bake at 350 degrees for 8-10 minutes.

My Cornmeal Cookies

Teresa Dunlap

1 c. sugar	1 c. margarine
3 egg yolks	1/2 tsp. soda
1 tsp. cream of tartar	1/2 tsp. vanilla
1/2 tsp. almond extract	dash salt
1 c. cornmeal	1 1/2 c. flour

Cream margarine and sugar; add yolks, beat well. Add rest of ingredients. Drop by tablespoon onto ungreased cookie sheet. Bake on top shelf at 350 degrees for 12-15 minutes. Makes 3 dozen cookies.

Nutritious Peanut Butter Cookies

Sharon Stewart

1/2 c. sugar	1 c. peanut butter
1 egg	1/2 c. powdered milk

Combine all ingredients. Roll into balls. Press out lightly with fork. Put on ungreased cookie sheet. Bake at 350 degrees for 10-15 minutes. Let cool on counter. Falls apart easily when hot.

Oatmeal Chocolate Chip Cookies

Paula Mahan

1 1/2 c. flour	1 tsp. salt
1 c. shortening (margarine)	3/4 c. brown sugar
3/4 c. white sugar	1 pkg. chocolate chips
2 c. uncooked oatmeal	2 eggs, unbeaten
1 tsp. soda	1 tsp. hot water
1 c. nuts	1 tsp. vanilla

Cream shortening, vanilla and sugar; add unbeaten eggs and mix thoroughly. Add soda which had been dissolved in hot water. Add oatmeal, flour, nuts and chocolate chips. Drop by spoonful onto greased cookie sheet. Bake at 375 degrees for 15 minutes.

Peanut Butter Chocolate Chip Cookies

Patty Winger

1 c. shortening	1 c. peanut butter
1 c. sugar	1 c. brown sugar
1 egg	2 c. sifted flour
3/4 tsp. salt	3/4 tsp. soda
1 1/2 T. milk	1 pkg. chocolate chips

Cream sugars, shortening and peanut butter. Add egg, salt and flour. Dissolve soda in milk. Add to mixture. Add chocolate chips. Roll dough into 1 inch balls. Place on ungreased cookie sheet. Flatten with hand. Bake at 350 degrees for about 10 minutes.

Peanut Butter Cookies

Lorna Kinney

1/2 c. peanut butter	1/4 c. butter
1/2 c. brown sugar	1/2 c. white sugar
1 egg, beaten	1 c. flour
1 tsp. soda	

Cream peanut butter and butter. Add rest of ingredients. Drop on baking sheet and press both ways with fork. Bake at 400 degrees for ten minutes.

Peanut Butter Cookies

Deb Ogle

1 c. peanut butter	1 c. oleo
1 c. sugar	1 c. brown sugar, packed
2 eggs	2 1/2 c. flour
1 tsp. soda	1 tsp. salt
1 tsp. baking powder	1 tsp. vanilla

Cream peanut butter, oleo, sugars, eggs and vanilla. Mix in rest of ingredients. Roll into one inch balls and roll in sugar to coat. Place on ungreased cookie sheet. Press with fork. Bake at 350 degrees about 10 minutes. Makes 6 dozen cookies.

Peanut Butter Cookies

Karlene Coan

1 c. peanut butter	1/2 c. butter
1 c. brown sugar	1 c. white sugar
1 1/2 tsp. soda	2 eggs
1 1/2 c. flour	1/2 tsp. salt
1 tsp. vanilla	

Cream sugars and butter. Add eggs and vanilla. Combine dry ingredients and mix with sugar mixture. Add peanut butter. Drop by teaspoonful onto cookie sheet; flatten with fork. Bake at 375 degrees for 10 minutes.

Peanut Yogurt Swirls

Sandra Dollen

2 tsp. peanut butter
1 T. plain yogurt

2 sq. Graham crackers
nutmeg or cinnamon

Spread peanut butter evenly on crackers. Spread yogurt evenly on peanut butter. Sprinkle with cinnamon or nutmeg.

Petticoat Tails

Jessie Hovatter

5 c. flour
2 c. butter

1 c. sifted powdered sugar

Sift flour and sugar in large mixing bowl; cut in butter with pastry blender until mixture resembles coarse meal. Shape mixture into roll, 2 inches in diameter. Wrap in waxed paper; chill 30 minutes. Unwrap roll, and cut into 1/4 inch slices. Place on ungreased cookie sheets. Press floured tines of fork around the edge of each cookie. Bake at 350 degrees for 8-10 minutes. Makes about 9 dozen cookies.

Poor Man's Cookies

Doris Ogle

2 c. rolled oats
1/2 c. white sugar
1/4 tsp. salt
1/4 c. hot water
1 tsp. vanilla

1 c. packed brown sugar
1 c. flour
1 tsp. soda
1/2 c. shortening

Melt shortening and set aside to cool. In a mixing bowl, combine oats, sugars, flour and salt. Combine soda and water; stir into sugar mixture along with shortening and vanilla. Roll into walnut sized balls. Place on greased cookie sheet. Bake at 350 degrees for 10 minutes or until golden brown. Remove and allow to cool two minutes before removing from cookie sheet. Makes about 3 1/2 dozen cookies.

Ritz Cookies

Lois Campbell

Berna Evans

Ritz crackers
chocolate almond bark
peanut butter

Melt almond bark. Make peanut butter sandwich using Ritz crackers. Dip in melted bark. Cool on waxed paper. Left over bark can be used to dip pretzels.

Snicker Doodles

Jackie Goss

1 c. margarine	1 1/2 tsp. cream of tartar
1 1/2 c. sugar	1 tsp. soda
1 1/2 tsp. vanilla	1/2 tsp. salt
2 eggs	2 T. cinnamon
2 1/4 c. flour	2 T. sugar

Cream butter, sugar and eggs together until fluffy. Blend in flour, cream of tartar, soda and salt. Shape dough into walnut sized balls. Stir sugar and cinnamon together. Roll each ball into mixture and place on ungreased cookie sheet. Bake at 400 degrees for 8-10 minutes. Makes about 6 dozen cookies.

Soft Batch Cookies

Evalina Holcomb

2 c. butter	2 c. sugar
2 c. brown sugar	4 eggs
2 tsp. vanilla	4 c. flour
5 c. blended oatmeal (blend 1 c. at a time in blender until like rough flour)	2 bags chocolate chips
	3 c. walnuts
	8 oz. Hershey chocolate bar

Cream butter and sugars. Add eggs and vanilla. Mix rest of ingredients. Make walnut size balls and bake at 375 degrees for 6 minutes.

Stay Soft Chocolate Chip Cookies

Lori Seilstad

1/2 c. sour cream	2 1/4 c. flour
1/2 c. margarine, softened	1 tsp. cinnamon
2 eggs	1/2 tsp. salt
3/4 c. sugar	16 oz. chocolate chips
3/4 c. brown sugar	1 tsp. vanilla
1/2 tsp. almond extract	

Blend sour cream, margarine and sugars. Beat until light and fluffy. Add eggs, vanilla and almond extract. Add flour, soda, cinnamon and salt. Beat until well mixed. Stir in chips. Drop by rounded teaspoon on cookie sheet. Can drop by tablespoon and put craft stick in dough to make "cookies on a stick". Bake at 350 degrees for 8-10 minutes.

Stewart Family Recipe Chocolate Chip Oatmeal Cookies

3 c. flour	2 tsp. soda
1 tsp. salt	2 c. shortening
1 1/2 c. brown sugar	1 1/2 c. white sugar
4 eggs	1 bag chocolate chips
1 c. nuts	2 tsp. vanilla
4 c. oats	

Cream sugars, shortening, eggs and vanilla. Mix flour, soda and salt. Add to first mixture. Add oats a little at a time. They will be hard to stir into mixture. Add chocolate chips and nuts. Bake 350 degrees for 10 minutes.

(This recipe has been passed down for three generations).

Sugar Cookies

Joyce Katzer

2 sticks oleo	2 tsp. soda
1 c. oil	2 tsp. cream of tartar
2 c. sugar	2 eggs
1/4 tsp. salt	2 tsp. vanilla
5 c. unsifted flour	

Cream margarine and sugar. Add eggs, oil and salt; mix well. Combine flour, soda and cream of tartar; add to mix. Form balls and roll in sugar. Flatten with fork. Bake 350 degrees for 10 minutes.

Wagon Wheels

Jackie Goss

4 eggs	2 c. sugar
2 c. flour	2 tsp. baking powder
2 tsp. vanilla	1 tsp. salt
1/2 c. shortening, melted	1/2 c. chopped nuts
powdered sugar	4 sq. chocolate or
	8 T. cocoa

Beat eggs, sugar, and vanilla. Blend chocolate in melted shortening; add to egg mixture. Add flour, salt and baking powder to mixture. Add nuts last. Chill overnight. Shape into walnut sized balls. Roll in powdered sugar. Place on ungreased cookie sheet about two inches apart. Bake at 350 degrees 10-15 minutes.

Yolk of Egg Cookies

Lorna Kinney

1 1/2 c. sugar	1 c. butter
3 egg yolks	1 tsp. soda
2/3 tsp. cream of tartar	2 c. flour
pinch of salt	

Mix all ingredients together. Form one inch balls. Roll in sugar to coat. Bake 375 degrees.

Yum Yum Cookies

Shelly Bailey

1 cake mix	2 c. Cool Whip
1 egg	powdered sugar

Mix ingredients; take a spoonful, roll in powdered sugar and put on cookie sheet. Bake at 350 degrees for 8-10 minutes.

Pies

Apple-Raisin Lattice Pie

Lori Seilstad

Crust:

1 c. flour	1/2 tsp. salt
1/4 c. oil	2 - 3 T. cold water

Form ball; divide. Roll between waxed paper. Cut one circle into strips.

Filling:

3 c. sliced apples	3 T. raisins
3 T. pecans, chopped (opt.)	1 T. lemon juice
3 T. brown sugar	3 T. dark corn syrup
1/2 tsp. nutmeg	2 tsp. cinnamon

Mix together. Place in crust. Layer lattice strips. Use extra dough to connect strips. Brush strips with beaten egg. Bake 350 degrees 40-60 minutes. When cool, sprinkle with powdered sugar.

Aunties No Fail Pie Crust

Marty Lynch

3 c. flour	1 tsp. salt
1 c. shortening	1 egg yolk, beaten

Add enough milk to beaten egg yolk to make 2/3 cup. Cut into other ingredients. Roll on floured counter top. Makes enough for 2 2-layer pies.

Banana Split Pie

Pamela Stewart

2 pie crust, baked and cooled	2-3 bananas
6 T. flour	1 1/2 c. sugar
1 lg. can crushed pineapple	1 ctn. Cool Whip
1/4 c. chopped nuts	1/4 c. coconut
	maraschino cherries

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In saucepan, mix flour and sugar. Add pineapple (with juice) and cook on low heat until thick. Put sliced bananas in bottom of pie crust. Pour pineapple mixture over bananas; top with Cool Whip. Put chopped nuts, coconut and maraschino cherries on top.

Banana Split Pie

Fran Whitmire

2 c. Graham cracker crumbs	2 sticks margarine
2 c. powdered sugar	2 eggs
1 tsp. vanilla	1 sm. jar cherries
1 sm. can chocolate syrup	1 ctn. Cool Whip
5-6 bananas	
1 med. can crushed pineapple, drained	

Melt one stick margarine; add Graham crackers. Press into 13x9 inch pan, chill. With electric mixer, whip on high for 15 minutes: vanilla, powdered sugar, eggs and 1 stick margarine. Pour over pie crust. Slice bananas lengthwise. Add to mixture; top with pineapple, then Cool Whip. Decorate with cherries and swirl chocolate syrup on top. Chill.

Barb's Apple Pie

Theresa Liston

Crust:

2 c. flour	3/4 c. shortening
1 tsp. salt	6 tsp. cold water
1 tsp. sweet pickle juice	

Filling:

1 1/2 c. sugar	1/4 c. flour
3 tsp. tapioca	1/2 tsp. nutmeg
1 tsp. cinnamon	3 or 4 c. chopped apples

Cook covered with foil in middle of oven at 425 degrees for 15 minutes. Then cook at 325 degrees for 45-60 minutes until juice boils through holes.

Coconut or Chocolate Pie

Sharon Stewart

Filling:

2 tsp. butter	1 c. sugar
2 c. milk	1 tsp. vanilla
2 T. flour (heaping)	sprinkle of salt
3 T. cocoa (heaping) <u>or</u> 1/2 c. coconut	
3 eggs (save whites of two for topping)	

Mix cocoa or coconut, flour and sugar; add milk; mix well. Cook over low heat until smooth; add beaten eggs. Cook until thick. Remove from fire; add butter and vanilla. Pour into baked pie shell; add topping and brown.

Topping:

1/3 c. water	2 T. cornstarch
1/2 c. sugar	2 egg whites, beaten
1 tsp. vanilla	

Cook water, cornstarch and sugar until thick. Add to beaten egg whites and vanilla.

Coconut (Makes It's Own Crust) Pie

Kay Redmon

4 eggs	1 3/4 c. sugar
1/2 c. flour	1/4 c. margarine, melted
2 c. milk	1 1/2 c. coconut
1 tsp. vanilla	

Combine ingredients in order given; mix well. Pour into greased 10 inch pie pan. Bake at 350 degrees for 45 minutes or until golden brown. (The middle will appear soft).

If properly done, it will have a delicate crust over the top. Sides and bottom will be solid enough to cut after it has cooled. The center will be a perfect cream pie. If you leave it in the oven too long, you'll have more of a cake than a pie.

Dirt Pie

Misti Stewart

1 c. cold milk
 1 1/2 c. nuts
 20 chocolate sandwich cookies, crushed
 1 sm. pkg. chocolate instant pudding and pie filling

3 1/2 c. (8-oz.) Cool Whip
 1 Graham cracker pie crust

Pour milk into medium bowl; add pudding mix. Beat with wire whisk 1-2 minutes until well blended. Let stand 5 minutes. Fold in Cool Whip. Stir one cup cookies and nuts into pudding mixture. Spoon into pie crust. Sprinkle with remaining cookies. Freeze until firm, about 4 hours.

Nuts could be replaced with granola chunks, chocolate chips, peanut butter chips, or a combination of these.

Fool-Proof Meringue

Karlene Coan

1 T. cold water
 3 egg whites (room temp.)
 1/3 c. powdered sugar

1/4 tsp. cream of tartar
 1 T. cornstarch

Add water and cream of tartar to egg whites and beat until very stiff. Combine cornstarch and powdered sugar and beat into stiffly beaten egg whites until meringue shines. Pile on pie and spread to edge. Bake at 400 degrees until browned (about 15 minutes).

Fresh Blueberry Pie

Caronna Kinney

1 qt. fresh blueberries
 2 1/2 T. cornstarch
 pinch of salt
 3/4 c. cold water

1 c. sugar
 10" baked pie shell
 Cool Whip

Make a smooth paste of 1/4 cup cold water, cornstarch and pinch of salt. Bring to boil 1 cup of the blueberries, sugar, and 1/2 cup water. When boiling, add paste and stir until thickened. Remove from heat and cool. When cool, add remaining berries. Put in pie shell. Refrigerate. Before serving, garnish with Cool Whip.

Green Tomato Pie

Jackie Goss

3 c. sliced green tomatoes 1 1/3 c. sugar
 3 T. flour 1/4 tsp. salt
 6 T. lemon juice 3/4 tsp. cinnamon
 pastry for double crust 9 in. pie

Combine tomatoes, sugar, flour, salt and lemon juice. Line pie pan with pastry. Pour in filling, dot with butter and cover with top crust.

Bake in very hot oven, 450 degrees, for 10 minutes. Reduce heat to 350 degrees and bake 30 minutes or longer until tomatoes are tender.

Makes 9 inch pie.

Ice Cream Sundae Pie

Lois Campbell

Crust:

18 Oreo cookies, crushed 1/3 c. margarine, melted

Combine Oreo cookies and margarine. Press 3/4 in bottom of 9x13x2 pan; chill.

Filling:

1/2 c. sugar 1 tsp. margarine, melted
 2/3 c. evaporated milk 1 c. Cool Whip
 1 qt. vanilla ice cream 16 oz. peanuts, salted
 1 1/2 sq. unsweetened chocolate

Melt chocolate in double boiler. Add margarine, sugar and evaporated milk. Cook slowly until thick like fudge sauce; chill.

Cover crushed Oreos with ice cream. Pour on chocolate sauce. Sprinkle on peanuts. Cover with Cool Whip; top off with remaining crushed Oreos. Freeze.

Lemonade Pie

Sharon Stewart

Crust:

1/4 c. butter, melted cinnamon
1 full box vanilla wafers or equal amount of Graham cracker crumbs

Crush wafers and mix with butter and a sprinkle of cinnamon. Press in pan, saving 1/3 cup for topping.

Filling:

1 12-oz. Cool Whip 1g. frozen lemonade, thawed

Mix Cool Whip with thawed lemonade (yellow or green food coloring optional). Mix quickly, spread on crust, add topping and refrigerate!

Lemon Ice Box Pie

Sharon Stewart

1 can Eagle Brand milk 2 egg yolks
1/2 c. lemon juice Graham cracker crust
whipped cream

Mix milk, lemon juice and egg yolks; pour into Graham cracker crust. Top with whipped cream and chill.

Lemon Meringue Pie

William S. Coan

Crust:

1 c. flour 1/2 tsp. salt
1/3 c. + 1 T. shortening 2 T. water

Mix flour with salt. Cut shortening into flour. Sprinkle with water. Bake at 475 degrees for 8 to 10 minutes.

Filling:

1 1/2 c. sugar 1/3 c. cornstarch
1 1/2 c. water 3 egg yolks, beaten
1/4 c. lemon juice 1 T. lemon rind
3 T. butter

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In 2 quart pan, mix sugar and cornstarch. Stir in water gradually. Cook over medium heat stirring constantly until mixture thickens and boils, about 1 minute. Stir 1/2 hot mixture into egg yolks. Blend hot mixture into pan with butter, lemon juice and rind. Boil 1 minute longer. Remove from heat. Cool and pour in pie shell. Cover with meringue and bake at 400 degree until brown.

Meringue:

3 egg whites
6 T. sugar

1/4 tsp. cream of tartar

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar a little at a time until stiff and glossy.

Lemon Meringue Pie

Fran Whitmire

Pie Shell:

2 c. flour
1/2 c. salad oil

1 1/2 tsp. salt
4-5 T. cold water

Bake at 450 degrees for 10-12 minutes. Makes one 9-inch pie.

Filling:

2 c. sugar
2 c. water
4 T. butter
1 T. lemon rind, grated

1/3 c. + 2 T. cornstarch
4 egg yolks, slightly beaten
1/3 c. lemon juice

Mix sugar and cornstarch in sauce pan. Gradually stir in water. Cook over medium heat, stirring constantly until thickened; boil 1 minute. Slowly stir in egg yolks. Boil 1 minute longer; stir constantly. Remove from heat. Blend in butter, lemon juice and rind. Pour into baked pie shell. Bake at 400 degrees for 8-10 minutes.

Million Dollar Pie

Kay Redmon

1 can Eagle Brand milk 3 T. lemon juice
sm. can crushed pineapple 8 oz. Cool Whip
baked pie shell

Drain pineapple. Put Eagle Brand milk in bowl; add lemon juice and stir well. Fold in Cool Whip and pineapple. Pour into pie shell.

Mincemeat Pie

Doris Ogle

double pie crust
1 pkg. Nonesuch dry mincemeat
1-1 1/2 c. ground up roast (leftover roast)
1/2 c. sugar

Follow package directions. A slice of pie may be too heavy at the end of meal. However, this is an excellent filling for filled cookies for those who enjoy the mincemeat flavor.

Mock Mince Pie

Jackie Goss

1 c. chopped raisins	5 lg. or 20 sm. crackers
1 egg, well beaten	pinch of salt
1/2 c. molasses	1 tsp. cinnamon
1/2 c. vinegar	1/4 tsp. cloves
1 c. sugar	1/4 tsp. allspice
1 c. cold strong tea	1 T. butter or margarine
double pie crust	

Combine all ingredients; mix well. Pour into pastry lined pie pan. Cover with top crust. Bake at 425 degrees about 25 minutes.

Pumpkin Custard Pie

Doris Ogle

Crust:

1 1/4 c. flour	6 T. cold unsalted butter
2 T. cold veg. shortening	1/4 tsp. salt
2 T. ice water + additional	

In large bowl, blend flour, butter, shortening and salt until the mixture resembles meal. Add water and toss until blended, adding additional ice water if necessary to form the dough into a ball. Dust with flour and chill, wrapped in waxed paper, one hour.

Filling:

2 c. canned pumpkin	1 1/2 c. packed brown sugar
5 lg. eggs, beaten lightly	1 c. heavy cream
1/4 c. molasses	1 tsp. vanilla
1 T. cinnamon	2 tsp. allspice
2 tsp. freshly grated nutmeg	1/2 tsp. ginger
1/2 tsp. salt	1/2 c. unsalted butter, melted and cooled

Roll out dough and fit into 10-inch (2 quart) deep dish pie plate. Chill 30 minutes.

In large bowl, mix pumpkin, brown sugar, eggs, cream, butter, molasses, vanilla and spices until well combined. Pour into shell and bake at 400 degrees for 50 to 60 minutes. Cool.

Rhubarb Cream Pie

Karlene Coan

2 T. butter	1 1/4 c. sugar, divided
2 c. diced rhubarb	1/4 c. milk
2 T. cornstarch	red food coloring
1 baked pie shell	meringue

Combine butter, 1 cup sugar and rhubarb in saucepan and stir until juice raises. Cook just a few minutes until rhubarb is tender. Combine milk, cornstarch and 1/4 cup sugar; add to rhubarb. Cook over low heat stirring constantly until thick. Add food coloring for color. Pour into pie shell. Top with meringue and brown in hot oven for 15 minutes.

Rhubarb Cream Pie

Delores

3 c. fresh rhubarb	1 1/2 c. sugar
3 T. flour	1/2 tsp. nutmeg
1 T. butter	2 eggs, well beaten

Cut rhubarb into 1/2 inch pieces. Place in pastry-lined pie pan. Blend sugar, flour, nutmeg and butter. Add beaten eggs, beat smooth and pour over rhubarb. Top with pastry; sprinkle a little sugar on top and bake at 450 degrees for 10 minutes and then 350 degrees for 35 to 40 minutes longer.

Shoney's Strawberry Pie

Pamela Stewart

1 c. sugar	6 tsp. cornstarch
1 c. water	4 T. strawberry jello
1 qt. fresh strawberries	1 baked pie shell
Cool Whip	

Combine sugar and cornstarch, add water. Cook until clear. Add Jello, stir until dissolved. Cool. Add strawberries. Pour into cold pie shell. Put Cool Whip on top. Refrigerate until time to serve.

Soda Cracker or Mock Apple Pie

Jackie Goss

1 1/2 c. sugar	1 1/2 tsp. cream of tartar
1 1/2 c. water	1 tsp. cinnamon
1/8 tsp. nutmeg	16 soda crackers
double pie crust	

Combine sugar, cream of tartar, water, cinnamon and nutmeg in saucepan. Boil slowly 5 minutes. Let cool.

Break crackers in 4 parts and put in unbaked pie crust. Pour cool syrup over broken crackers. Dot with butter. Put on top crust (slit to let steam out). Bake at 425 degrees for 35 minutes.

Good served warm or cold.

Soda Cracker Pie

Jackie Goss

1 c. sugar	1 1/2 tsp. vanilla
3 egg whites	1/2 c. walnuts, chopped
1/2 tsp. baking powder	1 c. whip cream
1 box frozen strawberries	14 soda crackers, rolled fine

Beat egg whites until stiff. Fold in sugar and vanilla. Fold in crackers, baking powder and walnuts. Bake in well greased 9 inch pie pan at 350 degrees for 35 minutes.

Beat whip cream until stiff. Fold in strawberries (well drained). Spread over pie and refrigerate 4 hours or more.

Sour Cream Apple Pie

Doris Ogle

Crust:

1 1/4 c. flour	6 T. cold butter
2 T. cold shortening	2 T. cold water + additional
1/4 tsp. salt	

Blend flour, butter, shortening and salt until it resembles meal. Add cold water and toss until blended, adding additional water if needed to form dough into a ball. Dust with flour and wrap in waxed paper and chill one hour.

Topping:

1/4 c. + 2 T. sugar	1 tsp. cinnamon
2 T. flour	3 T. butter, softened

Roll out pastry dough. Fit into 10-inch pie plate. Chill. Make topping. In small bowl, blend together butter, sugar, cinnamon and flour until mixture is smooth. Chill topping, covered, while making the filling.

Filling:

1 1/3 c. sour cream	2/3 c. sugar
1/4 tsp. salt	2 tsp. vanilla
2 lg. eggs	3 T. flour
5 lg. Granny Smith apples (about 2 1/4 lbs.)	

(continued on next page.)

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In large bowl, whisk together sour cream, sugar, salt, vanilla, eggs and flour until mixture is smooth; add apples, peeled, cored and sliced thin and stir until the filling is combined well.

Spoon filling into chilled shell and crumble the topping evenly over it. Bake in middle of pre-heated 350 degree oven for 1 to 1-1/4 hours, or until apples are done and golden. Serve with whipped cream.

Sour Cream Raisin Pie

Sharon Stewart

single pie crust	1 c. sugar
1 c. raisins, rounded	3 eggs, separated
1 c. sour cream	1/4 tsp. salt
1/2 tsp. cinnamon	1/2 tsp. nutmeg
2 1/2 T. cornstarch	

Fit single pie crust in pan. After pressing and crimping edges, poke holes all over the crust with a fork to prevent puffing up. Bake 325 degrees until golden brown. Remove from oven and set aside.

In saucepan, cover raisins with water and simmer to swell raisins. In another saucepan, put in egg yolks (save whites for meringue), beat vigorously. Add sugar, sour cream, salt, cinnamon, and nutmeg. Stir thoroughly. Add cooked raisins and juice. Add cornstarch. Stir. Turn on heat and bring to boil. Pour immediately into pie shell. Add prepared meringue and brown in oven.

Vegetable Oil Pastry Crust

Kay Redmon

2 c. sifted flour	1/2 c. oil
1-1/4 to 1-1/2 tsp. salt	1/2 c. + 2-3 T. ice water

Mix flour and salt together. Pour oil and water into measuring cup; beat until frothy. Sprinkle oil mixture by tablespoons over flour, tossing quickly, until dough holds together. Roll to make pie crust.

Vinegar Pie

Patty Winger

8" pie shell (baked)	2 T. butter or shortcning
1 egg	3 T. flour
3/4 c. sugar	2 T. vinegar
2 tsp. cinnamon	1/2 tsp. cloves
1/2 tsp. allspice	1 c. water

Cream butter and sugar; add sifted flour, cinnamon, cloves and allspice to the creamed mixture. Blend in egg, vinegar and water. Cook in top of double boiler until thickened. Pour into partially baked pie shell. Bake at 400 degrees for 30 minutes or until mixture will not stick to knife.

Other Desserts

Adams Homemade Ice Cream

Theresa Liston

2 c. sugar	6 eggs, beaten
4 T. flour	1 tsp. salt
milk	1-2 tsp. vanilla
3 1/2-pt. whipping cream	3 pt. half & half
1/2 bag salt	2 1/2 bags ice (approx.)

Cook until thickened: sugar, eggs, flour, salt, vanilla and enough milk to make custard, stirring constantly. Don't scorch. Let cool. Put custard into freezer with cream, half & half, and enough milk to fill freezer 3/4 full. Freeze and enjoy.

Almond Pastry

Connie Roundy

Pastry:
 1 3-oz. pkg. cream cheese 1 stick oleo
 1 1/4 c. flour

Combine all ingredients. Roll into 14" x 4" rectangle. Place rolled out dough on baking sheet. Crimp and shape sides of dough to make raised edge.

(continued on next page)

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Filling:

1/2 c. water
 1/4 c. oleo
 1/2 c. flour
 2 eggs
 1/4 tsp. almond extract
 1/4 c. sliced almonds

In small saucepan, combine water and oleo and bring to boil over medium heat. Add flour, all at once, stirring vigorously until mixture forms a ball and leaves sides of pan. Remove from heat and add eggs, one at a time, beating well after each addition. Beat in almond extract. Spread mixture over pastry. Bake at 350 degrees for 40 - 45 minutes until brown. Cool 5 minutes. Super easy but it sounds hard !!!

Icing:

1/2 c. powdered sugar
 1 1/2 tsp. milk or cream
 2 tsp. oleo
 1/2 tsp. almond extract

Spread icing over pastry and sprinkle with almonds.

Apple Crisp

Audrey Reed

4 c. pared, cored apples	1 T. lemon juice
1 c. oatmeal - uncooked	1/3 c. sifted flour
1/2 tsp. salt	1/2 c. brown sugar, packed
1/3 c. melted butter	1 tsp. cinnamon

Grease shallow 1-1/2 quart baking dish. Pour apples into prepared dish. Sprinkle with lemon juice. If tart apples are used, add light sprinkling of brown sugar. Combine dry ingredients. Add melted butter. Mix until like coarse crumbs. Sprinkle crumb mixture over apples. Bake at 375 degrees for 30 minutes or until apples are done. Serve warm or cold.

Apple Dumplings

Jackie Goss

Dough:

1 1/2 c. flour	1 1/2 tsp. baking powder
1/2 tsp. salt	2/3 c. milk
1/2 c. shortening	6 eggs, beaten

Combine ingredients to make a soft dough. Roll to desired thickness and cut into squares.

Filling:

apple slices	cinnamon
sugar	margarine

Place apple slices in each square. Season with cinnamon and sugar. Dot with margarine.

Sauce:

2 c. sugar	2 c. water
1/2 c. melted margarine	

Place in baking dish and cover with sauce. Bake at 350 degrees for 1 hour.

Banana Pudding

Sharon Stewart

1 lg. box instant vanilla or French vanilla pudding
 2 c. milk
 1 can Eagle Brand milk
 1 box whipped topping
 1 box vanilla wafers
 bananas
 1 tsp. fruit fresh

Pour milk over instant pudding and mix thoroughly. Add Eagle Brand milk and blend. Fold whipped topping in easy. Place vanilla wafers in bottom of Pyrex dish. Slice bananas in separate bowl and sprinkle with fruit fresh; stir to coat. Put bananas over wafers. Pour pudding over bananas. Stand wafers up around sides of dish. Crumble wafers over top.

This can be divided to make 2 puddings or to reserve 1/2 in covered bowl and store in refrigerator for a later date. Pudding can be stored up to a week without the bananas in it.

Bon Bons

Jackie Goss

2 lb. powdered sugar	1/2 lb. soft butter
4 c. flaked coconut	2 c. pecans, chopped
1 sm. can condensed milk	1 lb. chocolate chips
1/4 lb. wax	

Mix together the powdered sugar, butter, milk, coconut and pecans. Refrigerate until able to handle. Roll into small balls the size of a walnut. In top of double broiler or microwave, melt chocolate chips and wax. Dip candy pieces into mixture. Makes about 120 pieces of candy.

Caramels

Paula Mahan

2 c. white sugar	2 c. brown sugar
1/4 lb. butter	1 c. Karo syrup
1 lg. can evaporated milk	walnuts
1 tsp. vanilla	pinch of salt

Combine sugars and syrup in saucepan. Bring to boil, stirring constantly. Add salt and butter. After butter has melted, add milk slowly so it doesn't curdle. Keep mixture boiling, always stirring. Boil about 20 minutes or until it forms a firm ball. Pour into 9 x 13 pan to set. Cut and wrap in wax paper.

Caramel Covered Marshmallow Krispies

Sandy Reischl

1 pkg. caramels (45 caramels, unwrapped)
 1 stick oleo
 1/2 c. Borden's sweetened milk
 1/2 pkg. big marshmallows
 1/2 box Rice Krispies

Put caramels, oleo and sweetened milk in pan and melt. Watch very close so it won't burn. Take big marshmallows and dip in melted liquid with fork. Roll in Rice Krispies and place on cookie sheet. (Pat together with hands to form ball.) Can be frozen.

Cherry Delight Dessert

Deb Doty

Crust:

1/2 c. butter, melted
 1 pkg. (16-18) Graham Crackers, crushed
 1/4 c. sugar

Line 13 x 9 inch pan with Graham Cracker crust

Topping:

1 pkg. Dream Whip 1/2 c. powdered sugar
 1 can cherry pie filling 3-oz. cream cheese

Prepare Dream Whip according to package directions. Whip together with cream cheese and powdered sugar and spread on Graham Cracker crust. Spread cherry pie filling on top. Chill overnight and serve either plain or with Cool Whip.

Cherry Dessert

Phyllis Keyser

Crust:

1/3 c. butter, melted
 1 1/4 c. crushed Graham Crackers

Line 13 x 9 inch pan with Graham Cracker crust

Topping:

1 pkg. Dream Whip 3 T. sugar
 1 tsp. vanilla 1/2 c. cold milk
 1 can cherry or blueberry pie filling
 3-oz. cream cheese, softened

Mix together Dream Whip, sugar, vanilla and milk. Beat in softened cream cheese and pour over crust. Pour pie filling on top.

Make this low-cal by using Lite cream cheese and pie filling.

Chocolate Drops

Misti Stewart

1 c. chocolate chips
 1/2 can sweetened condensed milk
 1/2 - 1 c. Rice Krispies

Melt chocolate chips in top of double broiler or in microwave (about 40 seconds). Stir until smooth and add milk. Beat until creamy. Add Rice Krispies until mixture is thick. Drop on wax paper. Chill.

Chocolate Eclair Dessert

Karlene Coan

1 pkg. instant chocolate pudding
 1 ctn. Cool Whip
 1 box Graham Crackers
 chocolate frosting
 milk

Mix pudding and milk as directed on package. Let stand 5 minutes. Add whipped topping to pudding. In 9 x 13 pan layer Graham Crackers and pudding mixture over and over until pudding is gone, ending with crackers.

Top with chocolate frosting. Let set over night in refrigerator.

Chocolate Sauce for Ice Cream

Audrey Reed

1 c. sugar	2 T. cocoa
1 T. cornstarch	1 c. cold water
vanilla	butter

Boil sugar, cornstarch, cocoa and water until thick. Add vanilla and butter.

Cinnamon Crisps

Connie Roundy

2 c. sifted flour	3 tsp. baking powder
1/2 tsp. salt	1 T. sugar
1/2 c. margarine	1 egg
1/2 c. milk, approximately	1 c. sugar, additional
1 T. cinnamon	

Sift together into a bowl the flour, baking powder, salt and 1 tablespoon of sugar. With fork or pastry blender, cut in margarine until mixture is like coarse cornmeal. Beat egg; pour into measuring cup and add enough milk to make three-fourths cup. Mix well and add to flour mixture. Mix only until flour is well moistened and dough clings together. Turn out on lightly floured board or pastry cloth. Knead gently one minute or about 25 times. Roll out to a long, narrow sheet one-fourth inch thick. Brush lightly with melted margarine.

Mix one cup sugar and cinnamon and sprinkle 1/4 cup over dough. Roll up as for cinnamon rolls, sealing edge firmly. Cut into one-half inch slices. On a sheet of wax paper, about 12-inches square, sprinkle remaining sugar. Dip outside of each slice of dough into melted margarine and lay it on the sugar. Place pieces two inches apart. Brush tops of each slice with melted margarine and then sprinkle with one teaspoon cinnamon-sugar. Cover with another sheet of wax paper. With rolling pin, flatten slices slightly and then roll out thin, one-eighth inch thick. Remove top wax paper with spatula, place each sugar-coated slice on well greased baking sheet. Bake 10 to 12 minutes in hot oven, 425 degrees, or until lightly browned. Serve warm or cold. Makes about two dozen cinnamon crisps.

Cinnamon Twists

Lisa Dollen

1 pkg. refrigerator biscuits	1/2 c. sugar
1 tsp. cinnamon (or more)	1/3 c. margarine, melted

Combine sugar and cinnamon. Put one biscuit at a time into the melted butter. Cover with sugar mixture. Twist biscuit and place on greased or non-stick cookie sheet. Bake at 425 degrees for 8 minutes or until lightly browned. Watch carefully, bottoms tend to burn.

Coconut Peaks

Donna Bailey

1/2 c. cold mashed potatoes
4 c. powdered sugar

4 c. coconut
1 tsp. vanilla

Mix and drop by tablespoon onto waxed paper.
Great for Christmas!

Cream Chocolate Mint Melts

Pat Dwyer

1 1/2 lb. white almond bark
6-oz. semi-sweet chocolate chips
1 tsp. peppermint extract
4 drops green food coloring
3 T. evaporated milk

Line baking sheet with wax paper. Microwave 2/3 bark and chocolate chips uncovered on high 2-1/2 to 3 minutes or until soft. Spread 1/2 mixture in baking sheet and refrigerate 20 minutes to set. Leave other half at room temperature. Melt remaining bark 1-1/2 to 2 minutes and stir in extract and food coloring (will become stiff). Add evaporated milk, 1 tablespoon at a time, until spreading consistency. Spread over chilled chocolate mix. Refrigerate until set (20 minutes). Spread remaining chocolate over mint layer and chill until set. Allow to warm to room temperature and cut into 1 inch squares or smaller.

Note - Can melt in oven - 225 degrees for 15 minutes or use double broiler.

Cream Mints

Audrey Reed

1 8-oz. pkg. cream cheese, softened
2 3/4 lb. confectionary sugar, sifted
2 drops food coloring
1 tsp. flavoring of your choice

Cream the cheese. Add 1 cup powdered sugar, food coloring and flavoring. Continue to add sugar until mixture is stiff enough to knead. Knead until smooth and creamy. Roll into balls about the size of a dime. Press into molds. Turn out of mold onto waxed paper. Roll in sugar. Makes approximately 250 to 300 mints.

Cut Glass Dessert

Jackie Goss

Crust:

1 2/3 c. vanilla wafer or Graham Cracker crumbs
 1/4 c. sugar
 1/2 c. butter
 1 c. chopped pecans

Mix together, in order given, and press into 9x13 pan. Bake at 375 degrees for 8 - 10 minutes.

3 different flavors and colors of jello

1 pkg. plain gelatin
 1 c. pineapple juice
 1/3 c. sugar
 1 ctn. Cool Whip
 1 c. crushed pineapple

In separate pans, set jellos using 1 1/2 cups hot water to each package. When set, cut in cubes. Dissolve plain gelatin in 1/4 cup water. Add pineapple juice and sugar. Set in refrigerator until it starts to congeal. Add Cool Whip and crushed pineapple. Fold in cubed jello; pour over crust. Chill in refrigerator until firm.

Died-N-Went to Heaven

Lori Seilstad

Crust:

24 Graham Crackers, crushed
 1/4 c. diet margarine

Mix; reserve 1/2 cup and press rest into 9 x 13 pan. Freeze 10 minutes.

Filling:

1 pkg. instant sugar-free chocolate pudding
 1 pkg. instant sugar-free vanilla pudding
 2 c. skim milk
 1 qt. light chocolate ice milk

Mix puddings and milk in large bowl with mixer. Add ice milk; blend well. Pour over Graham Cracker crust. Spread evenly. Freeze until hard (about 1 1/2 hours).

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Topping:

2 c. whipped topping
 2 Butterfingers, frozen and crushed
 reserved Graham Cracker crumbs

Mix together Butterfingers and crumbs. Spread whipped topping over filling. Sprinkle Butterfinger mixture on topping and press down gently with hands. Freeze another 1/2 hour. Serves 16. Diabetic count: 1 bread, 3/4 fat, 1/2 milk, and 1/2 fruit.

Donna's Homemade Ice Cream

Shelly Bailey

4 eggs	5 T. vanilla
3 c. sugar	2/3 to 1 qt. cream
pinch salt	2 qts. half-and-half

Fill freezer with milk, if not full with the above ingredients. Note: Half-and-half may be substituted for cream. Makes one gallon.

Drop Doughnuts (Puff Balls)

Shelly Bailey

2 c. flour	1 tsp. salt
1/4 c. sugar	1 tsp. nutmeg
2 tsp. baking powder	1/4 c. cooking oil
3/4 c. milk	1 egg

Mix ingredients. Drop by teaspoon into hot fat and fry until golden brown. Remove from heat and roll in sugar and cinnamon or dip in thin icing. Makes 30.

French Peach Dessert

Ethel Marsh

submitted by Marilyn French

Crust:

2 1/4 sticks margarine	2 T. sugar
1 box Graham Cracker crumbs	

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Mix and press in bottom of 9 x 13 pan. Bake at 350 degrees for 8 minutes. Let cool.

Filling:

1 lg. pkg. Dream Whip	1 1/2 c. powdered sugar
8-oz. pkg. cream cheese	peach pie filling

Mix Dream Whip according to package directions. Beat together powdered sugar and cream cheese that is at room temperature. Mix with Dream Whip. Beat until smooth. Spread over crust and top with peach pie filling.

Also good with other pie fillings such as cherry, strawberry, apricot, etc.

Fruit Cobbler

Connie Roundy

7 - 8 c. fresh fruit (apple, peaches, rhubarb, etc.)	1 c. milk
1 1/2 c. sugar	2 c. sugar
6 T. oleo	2 T. cornstarch
2 c. flour	1/2 tsp. salt
2 tsp. baking powder	1/4 tsp. cinnamon
1/2 tsp. salt	1/4 tsp. nutmeg
3/4 c. boiling water	(Use nutmeg and cinnamon only when apples are used)

Prepare fruit, cut in slices. Place in 9x13 inch greased pan. Cream 1 1/2 c. sugar and oleo. Sift together flour, baking powder and salt. Alternately add flour mix and milk to sugar mix. Mix well. Spread over fruit. Mix 2 cups sugar, cornstarch, salt and spices (if using) and sprinkle over batter. Spoon boiling water over all. Bake at 350 degrees for 45 minutes. Top will look crusty, uneven and be a light golden brown.

Fruit Pizza

Lorie Thomas

1 tube sugar cookie dough 8-oz. cream cheese
 1/2 c. powdered sugar 1 tsp. vanilla
 fruit

Slice tube of sugar cookie dough and place on pizza pan. Bake at 325 degrees for 20 to 25 minutes. It will melt together. Cool completely. Mix cream cheese, powdered sugar and vanilla together. Spread on cooled crust. Place well drained fruit decoratively on the pizza. Some fruits to use: pineapple, mandarin oranges, cherries, strawberries, blueberries, kiwi, bananas etc.

Fudge

Paula Mahan

6 T. butter, melted 2 c. white sugar
 3 T. cocoa, rounded 3/4 c. evaporated milk
 1 c. brown sugar 6 T. white syrup
 vanilla nuts

Cook butter, cocoa, sugars, milk and syrup until soft ball stage. Add vanilla and nuts. Cool and beat until thick.

Glazed Fruit Pizza

Karen Dahlgaard

Crust:

Sugar Cookie Dough

Put cookie dough onto a large pizza pan or cookie-sheet with edges. Press evenly. Bake 350 degrees for 10 to 15 minutes until lightly browned. Cool.

Filling:

8 oz. cream cheese or more 1/2 c. powdered sugar
 1 tsp. vanilla fruit

Combine cream cheese, sugar and vanilla and spread over cooled crust. Arrange any fresh fruit on top. Strawberries, kiwi and bananas work great. You may use canned fruit but drain thoroughly.

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Glaze:

1 c. orange juice	3 T. cornstarch
3/4 c. water	1 c. sugar
1/4 c. lemon juice	dash salt

Dissolve cornstarch in water. Combine all other ingredients. Cook over medium heat until mixture starts to thicken. Remove from heat and cool 15 minutes. Spread glaze on fruit. Refrigerate until ready to serve.

Heavenly Hash

Jackie Goss

2 1/2 - 3 c. cooked rice
 3/4 c. cubed pineapple, drained
 10 - 12 marshmallows, cut in small pieces
 1/2 pt. whipping cream or Cool Whip
 1 sm. jar maraschino cherries, drained

Mix all ingredient well. Fold in whipped cream.
 Serves 8 - 10.

Hershey's Double Chocolate Mint

Val Reed

First Layer:

1 c. flour	1 c. sugar
1/2 c. butter	4 eggs
1 1/2 c. Hershey syrup	

Mix all ingredients and pour into greased 9 x 13 pan.
 Bake at 350 degrees for 25 to 30 minutes. Cool.

Second layer:

2 c. powdered sugar	1/2 c. butter
1 T. water	1/2 tsp. mint flavor
3 drops green food coloring	

Mix all ingredients. Spread on cooled first layer.

Topping:

6 T. butter
 1 c. Hershey mint chocolate chips or semi-sweet chips

Microwave on high 1 to 1-1/2 minutes until melted and smooth. Pour over dessert and chill.

Homemade Peanut Brittle

Patty Winger

1 c. white syrup	1 1/2 c. sugar
1 lb. raw peanuts	1 tsp. butter
1 tsp. soda	

Use large iron skillet. Put in syrup and sugar and cook until dissolved. Add peanuts slowly while stirring. Cook slowly, stirring until mixture has turned brown. Remove from heat. Melt butter and add soda, mixing well. Add slowly to sugar mixture and stir well. Pour onto greased cookie sheet and let stand to get hard. Spread thinly and quickly. Butter the spoon. Store in waxed paper lined container in cool place.

Ice Cream Dessert

Karlene Coan

2 c. Rice Chex, crushed	1/2 c. chopped nuts
2/3 c. brown sugar	1/3 c. butter, melted
1 c. coconut (optional)	1/2 gal. ice cream or sherbet

Combine Rice Chex, sugar, coconut, nuts and butter; put 2/3 of mixture in 9 x 13 pan. Soften ice cream or sherbet and put over crumbs. Top with remaining crumb mixture. Freeze. Remove from freezer 1/2 hour before serving.

Lemon Pudding

Jackie Goss

1 c. sugar	1 c. milk
2 T. flour	juice of 1 lemon
2 eggs, separated	rind of 1/2 lemon

Whip egg yolks, milk and lemon juice together. Mix sugar and flour. Beat all ingredients together and stir in beaten egg whites. Pour into buttered baking dish and set in pan of hot water. Bake about 40 minutes or until top is golden brown and cake tests done. In this recipe the cake part rises to the top and leaves softer pudding in bottom. Bake in 350 degree over 1 1/2 to 2 hours. Serve with cream or alone.

Lite Fruit Dessert

Pamela Stewart

1 can lite pineapple	1 can lite peaches
1 can lite fruit cocktail	1 box sugar free vanilla instant pudding mix

Pour pineapple, peaches and fruit cocktail with juice into a bowl. Sprinkle dry pudding over fruit and mix well.

Marshmallow Cream

Phyllis Keyser

3 egg whites	1/2 tsp. salt
2 c. powdered sugar	2 c. white syrup
1 T. vanilla	

In large bowl, combine egg whites, syrup and salt. Beat 10 minutes at high speed. Add vanilla and beat until blended. Makes 2 quarts.

Marshmallow Wreaths

Sharon Stewart

Cindi Thurlow

1/2 c. butter or margarine	1 pkg. marshmallows
1 tsp. vanilla	4 c. corn flakes
2 tsp. green food coloring	corn syrup
1-2 T. red cinnamon candies	

In a heavy 2 quart pan, melt margarine and marshmallows over low heat, stirring constantly. Add vanilla and food coloring. Stir until blended. Fold in cornflakes. Spray wax paper with "PAM". Grease tablespoon and drop mixture by spoonfuls onto wax paper. Form into bracelet size (3 inch diameter) wreaths. Dip candies into corn syrup and place onto wreaths.

Never Fail Fudge

Judy Camp

1/3 c. oleo	4 1/2 c. sugar
1 c. marshmallow cream	12 oz. pkg. chocolate chips
2 tsp. vanilla	1 c. chopped nuts (optional)
12 oz. sweet chocolate, chopped	
14 1/2 oz. can evaporated milk	

Combine oleo, sugar and evaporated milk in saucepan. Boil 5 1/2 minutes. Remove from heat. Add marshmallow cream, chocolate, chocolate chips and vanilla. Stir until thickened. Stir in chopped nuts if desired. Pour into buttered 9 x 13 pan. Cool.

Noodle Nests

Cindy Thurlow

1 recipe frosting, any flavor or 1 can frosting
4 c. chow mein noodles
sm. jelly beans

Heat frosting over low heat until liquefied, stirring occasionally. Stir in noodles until well coated. Drop by scant 1/4 cupfuls onto wax paper about 1 inch apart. Make a hollow in the center of each mound; fill with about 3 jelly beans.

Orange Banana Push-ups

Sandra Dollen

2 bananas	6-oz. frozen orange juice
1/2 c. water	1 c. plain yogurt

Dice bananas. Whirl all ingredients in blender until foamy. Or mash bananas and beat all ingredients together. Pour into 3 1/2 oz. paper cups and freeze. Hint: For a handle, use a popsicle stick or a plastic spoon. A metal spoon will get too cold to hold. Makes 8.

Peach Cobbler

Judy Robbins

Dawn Foor

1 lg. can sliced peaches	1 stick oleo
1 c. flour	1/2 tsp. salt
3/4 c. sugar	2 T. sugar
2 tsp. baking powder	1/2 tsp. cinnamon
2/3 c. milk	1/2 tsp. vanilla
Ice cream or Cool Whip	

Melt oleo in bottom of 9 inch square pan. Pour peaches with juice over melted oleo. Combine flour, sugar, baking powder, salt, milk and vanilla and mix. Pour over peaches. Top with cinnamon-sugar mixture. Bake at 350 degrees for 35 to 45 minutes. Serve with ice cream or Cool Whip.

Peach Dessert

Val Reed

3/4 c. flour	4 c. sliced peaches
1/2 tsp. salt	8 oz. cream cheese
1/2 c. milk	1/2 c. sugar
3 T. butter	3 T. peach juice
1 sm. box vanilla pudding	1 T. sugar
1 egg	1 tsp. cinnamon

Combine flour, salt, milk, butter, vanilla pudding (must be the kind you cook) and egg. Mix 2 minutes on medium speed. Pour into greased 9 inch square pan. Drain peaches (save 3 tablespoons of juice) and spread over batter. Mix cream cheese with 1/2 cup sugar and peach juice. Beat 2 minutes. Spoon over peaches. Mix 1 tablespoon sugar with cinnamon and sprinkle over top. Bake at 350 degrees for 35 minutes.

Pineapple Yogurt Freeze

Sandra Dollen

8 oz. can crushed pineapple, undrained
 1 c. plain yogurt
 1 tsp. vanilla
 2 tsp. sugar (optional)

Stir ingredients together. Pour into shallow pan. Freeze, stirring occasionally, until mixture is thick (20 - 30 minutes). Divide into 4 small bowls and serve at once.

Puppy Chow

Phyllis Keyser Marty Lynch,
 Deb Doty Jackie Goss Val Reed

12 oz. pkg. chocolate chips 1/2 c. margarine
 1 c. peanut butter 3 c. powdered sugar
 12 oz. box Crispix Cereal

Melt chips, peanut butter and margarine in microwave. Pour cereal into paper grocery bag. Pour melted mixture over cereal and stir with spoon. Add powdered sugar, 1 cup at a time, shaking bag in between each cup of sugar, until covered and powdery white. Great for parties.

Raspberry Jello

Kay Redmon

2 sm. pkg raspberry jello 2 c. hot water
 1 c. applesauce 1/2 c. chopped walnuts
 8 oz. cream cheese 1/4 tsp. baking powder
 1/2 c. sugar 2 - 3 T. milk
 2 -10-oz. pkg. frozen red raspberries

Dissolve jello in water; add raspberries and stir. When raspberries are thawed, add applesauce. Put into large bowl. Beat together cream cheese, baking powder, sugar and milk. When jello is firm, spread cream cheese mixture over. Sprinkle walnuts on top.

Rhubarb Cobbler

Jeanette Selix

1/2 c. sugar 1 c. flour
 2 tsp. baking powder 1/2 c. butter
 1/2 c. milk 2 c. chopped rhubarb
 1 c. sugar 1 c. cold water

Sift together 1/2 cup sugar, flour and baking powder. Cut in butter and add milk. Stir only until mixed. Spread in bottom of greased 8 x 8 baking dish. Pour in rhubarb, sprinkle with sugar, then pour in water. Bake at 350 degrees for 45 minutes.

Rhubarb Cobbler

William S. Coan

1 1/2 c. sugar	2 c. flour
5 - 7 c. chopped fruit	6 T. butter
2 tsp. baking powder	1/2 tsp. salt
1 c. milk	2 c. sugar
2 T. cornstarch	3/4 c. boiling water

Spread fruit on bottom of 9 x 13 pan. Cream together 1 1/2 cup sugar and butter. Sift flour, baking powder and salt. Add to sugar mixture alternating with milk. Spread over fruit. Mix 2 cups sugar and cornstarch. Pour over batter. Slowly pour or spoon boiling water over mix. Bake at 350 degrees for 45 minutes or until top looks crusty and is light golden brown.

Salt-Water Taffy

Shelly Bailey

1 c. sugar	2 T. butter or margarine
3/4 c. light corn syrup	1 tsp. salt
2/3 c. water	2 tsp. vanilla
1 T. cornstarch	

Butter a square pan (8x8x2). In 2 quart saucepan, combine sugar, corn syrup, water, cornstarch, butter and salt. Cook over medium heat, stirring constantly, to 256 degrees on candy thermometer or until small amount of mix dropped in very cold water forms hard ball. Remove from heat, stir in vanilla. Pour into pan.

When just cool enough to handle, pull taffy until satiny, light in color and stiff. Butter hands if taffy becomes sticky. Pull into long strips, 1/2 inch wide. Cut into 1 inch pieces with scissors. Wrap candy individually.

Snowcream

Shelly Bailey

14 c. clean snow	2 T. vanilla
1/2 c. sugar	1 c. milk

Collect snow in large bowl. Hand mix with other ingredients. Pour into glasses and drink.

"Special K" Candy

Judy Camp

1 c. sugar
 1 c. creamy peanut butter
 6 sm. almond Hershey bars (or 1-7 1/2-oz. bar)
 12 oz. pkg. butterscotch chips

1 c. white corn syrup
 6 c. Special K cereal

Bring sugar and corn syrup to almost boiling point, but don't boil. Stir in peanut butter; pour over cereal. Mix and press into greased 9 x 13 pan. Melt together butterscotch chips and Hershey bars. Spread over cereal mixture. Cool to harden.

Vanilla Dumplings with Chocolate Sauce

Audrey Reed

Sauce:

3 T. cocoa
 1/8 tsp. salt
 1 c. sugar
 butter

1 1/2 c. water
 1 tsp. cornstarch
 1/4 tsp. vanilla

Stir dry ingredients together, add water and cook. Add butter. Add dumplings and cook.

Dumplings:

1/2 c. sifted flour
 1/2 tsp. baking powder
 1 T. butter
 2 T. milk

2 T. sugar
 1 egg
 1/8 tsp. salt
 1/4 tsp. vanilla

Beat egg; add sugar, flour, salt and baking powder. Mix. Add butter and vanilla.

Vatrushki

Evelyn Bland

Dough:

1 3/4 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
1 egg
1/2 c. sour cream
4 T. unsalted butter

Sift flour, baking powder and salt into large bowl. Make a deep well in the center of flour and drop in egg, sour cream and butter. With fingers, slowly mix flour into liquid ingredients. Then beat vigorously with wooden spoon until a smooth, moderately firm dough is formed. Gather into ball, wrap loosely in wax paper and chill at least 30 minutes.

Filling:

1 lb. lg. curd Pot cheese or cottage cheese
1 T. sour cream
2 eggs
1/2 tsp. sugar
1/2 tsp. salt
1 egg yolk mixed with 1 T. cold water

Drain cheese by placing in a colander, cover with double thickness of cheesecloth or kitchen towel and weight it down with a heavy dish. Let drain undisturbed for 2 - 3 hours. With back of large spoon, rub cheese through fine sieve set over large bowl. Beat into sour cream, eggs, sugar and salt. Chill at least 30 minutes.

Preheat oven to 400 degrees. On lightly floured surface, roll dough to about 1/8 inch thick. With 4 inch cookie cutter, cut as many circles as possible. Gather remaining scraps into ball, roll and cut again. Should make approximately 14 to 16 circles. Make a border around each circle by turning over about 1/4 inch of dough all around its circumference and pinching this raised rim into small decorative pleats. Drop 1 1/2 tablespoon filling into center and flatten slightly. Using a pastry brush, coat filling and borders with egg yolk and water mixture and bake in center of oven for 20 minutes.

White Fudge

Paula Mahan

1/2 tsp. salt
 1 c. evaporated milk
 1/4 c. white syrup
 3 c. sugar
 2 T. butter
 1 tsp. vanilla

Cook salt, milk, syrup, butter and sugar until soft ball stage. Add vanilla and nuts if desired. Beat until thick.

White Taffy

1 1/2 c. sugar
 1/2 c. water
 1/2 T. vinegar
 1/4 tsp. cream of tartar
 1 tsp. lemon extract

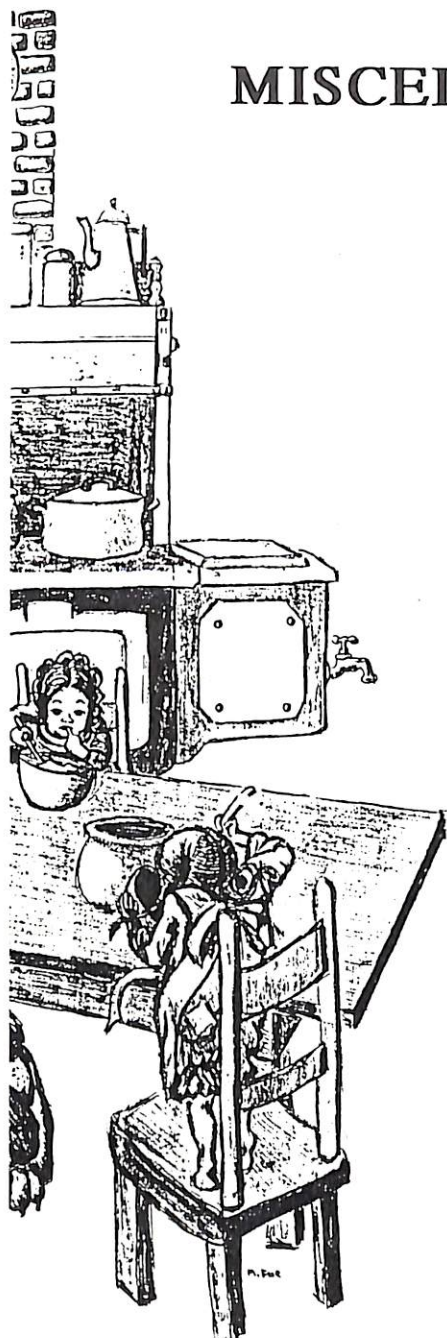
Place sugar, water, vinegar, and cream of tartar in saucepan. Cook to 290 degrees, or to the soft-crack stage. Add extract and pour out on buttered platter. When cool enough to handle, pull until white and glossy. Cut into pieces.

Wintergreen Kisses

1 c. golden syrup	1/2 tsp. wintergreen extract
1 c. water	few drops red food coloring
2 c. brown sugar	
pinch cream of tartar	

Place syrup, water, and sugar in saucepan and stir until sugar is dissolved. Add cream of tartar and cook to 250 degrees, or to the hard-ball stage. Remove from heat and add wintergreen extract and coloring. Pour into a buttered platter. Pull when cool enough to handle. Roll out, cut, and wrap in waxed paper.

MISCELLANEOUS



'I know you can fix it, Daddy.'

by Dolores Curran

"Fix it, Daddy," she lisps at two, showing this god in her life her scraped knee.

"Fix it, Daddy," she says at four, tearfully producing her broken balloon purchased from the vendor at the parade.

"Fix it, Daddy," she says at six, struggling with her jacket zipper on her rush out the door to school.

"Fix it, Daddy," she says at eight, confidently wheeling her dented and lopsided bike toward him as he gets out of his car after work.

"Fix it, Daddy," she intones righteously at 10 after coming out loser in a knock-down drag-out battle with her stupid, tyrannical and absolutely impossible brother.

"Fix it, Daddy," she pleads at 12 in the first of many struggles with her mother over whether she's old enough to wear eye shadow.

"Fix it, Dad," she sobs at 14, when her image hits rock bottom because she didn't make the cheerleading squad.

"Fix it, Daddy," she asks at 16, exposing her first broken heart over a lost love.

"Fix it, Dad," she says at 18 when the college she wants doesn't want her.

"Fix it, Dad," she implores at 22, sending along her mangled checkbook stubs and a 1040 form.

"Fix it, Dad," she begs at 24 when she witnesses a rare conflict between him and her mother.

"Fix it, Dad," she writes at 26, explaining that she wants a quiet wedding officiated by a priest and a rabbi.

"Fix it, Dad," she prays at 30, when her baby is in the hospital and her husband is overseas.

"Fix it, Grandpa," she insists at 40 as she turns her contrary 12-year-old son over to him for the weekend.

"Fix it, Dad," she begs at 45 when he tells her his heart is faltering and needs repair.

"Fix it, Father," she prays at 55 as she kneels at her dad's funeral, praying that he will find peace and realizing that from now on he will be fixing things for her in a way he never could before.

MISCELLANEOUS

Barbecue Sauce

Jackie Goss

1/4 c. oil	2 tsp. salt
1/4 c. minced onion	1/4 tsp. oregano
1/3 c. vinegar	1 tsp. chili powder
1/2 c. catsup	1/2 tsp. red pepper
1/4 c. Worcestershire sauce	
1/2 c. juice (use kool-aid if you don't have juice)	

Combine all ingredients, bring to boil and simmer for 10 minutes. Brush ribs or pour sauce over ribs and bake until done. Also good on poultry, seafood, hamburgers, frankfurters, and other meats.

Camper's Mix

Lisa Vannatta

2 qts. popped corn	1 c. salted peanuts
1 c. raisins	1 c. flaked coconut
1 c. sunflower nuts	salt if desired

Mix all ingredients well and store in Tupperware container. Makes three quarts of excellent hiking or camping snacks.

Cracker Jacks

Delores Bolte

1 1/4 c. sugar	1/3 c. water
1/3 c. butter or oleo	1 2/3 T. vinegar
4 qts. popcorn	

Cook in large kettle until amber in center. Do NOT stir. Pour over 4 quarts of popped, salted corn, stirring as you pour. Peanuts can be added to popcorn if you like.

Edible Play Dough

Cindy Thurlow

1 c. peanut butter 1 c. honey
1 1/2 c. powdered milk

Mix all ingredients together thoroughly.

Elvis Presley's Peanut Butter-Banana Sandwiches

Bill Stewart

peanut butter sandwich bread
banana margarine

Mash banana and mix with peanut butter. Spread on sandwich bread. Place margarine in skillet and heat. Toast sandwich on both sides. Serve hot.

John Wayne's Cheese Casserole

Ken Hovatter

2 cans (4 oz.) green chilies, drained
1 pkg. Monterey Jack cheese, grated
1 lb. cheddar cheese, grated
1 sm. onion, chopped
4 egg whites 4 egg yolks
2/3 c. evaporated milk 1 T. flour
1/2 tsp. salt pepper

Preheat oven to 350 degrees. Remove seeds from chili peppers and dice. In large bowl, combine grated cheese, chili peppers and onion. Turn into well-buttered shallow 2 quart casserole dish. Beat egg whites at high speed until stiff peaks form. In another bowl, combine egg yolks, milk, flour, salt and pepper. Mix until well blended. Using rubber scrapper, gently fold beaten egg whites into egg yolk mixture. Pour egg mixture over cheese mixture in casserole. Using a fork ooze it through cheese. Bake 1 hour or until knife comes out clean. Serve at once, it may fall. Serves 6 to 8 people.

Mama-Mia Popcorn

Cindy Thurlow

8 c. popped corn 2 T. melted margarine
1 tsp. dry Italian dressing mix.

Toss together all ingredients. Mix well, shape and eat.

Microwave Caramel Corn

Marty Lynch

1 stick margarine 1/4 c. Karo syrup
1 c. brown sugar 1 tsp. salt
1/2 tsp. soda (last)
enough popcorn to fill a paper grocery sack half way

Cook margarine, syrup, sugar, salt in microwave on high 5 minutes. Take out and add soda and stir until frothy. Pour over popped corn in a paper grocery sack. Close sack and microwave 1 minute. Take out and stir. Repeat this 3 times.

Oven Caramel Corn

Jackie Goss

3 3/4 qts. popped corn (15 c.)
1 c. brown sugar, packed 1/2 tsp. salt
1/2 c. margarine or butter 1/2 tsp. soda
1/4 c. light corn syrup

Heat oven to 200 degrees. Divide popped corn between 2 ungreased baking pans 13x9x2 inch. In sauce pan, heat sugar, butter, corn syrup, and salt, stirring occasionally, until bubbly around edges. Continue cooking over medium heat 5 minutes. Remove from heat, stir in soda until foamy. Pour over popped corn, stirring until corn is well coated. Bake 1 hour stirring every 15 minutes. Makes about 15 cups of caramel corn.

Pancake Mix

Evalina Holcomb

12 c. flour	4 c. dry powdered milk
3/4 c. baking powder	3/4 c. sugar
2 T. salt	

Mix and store.

To use mixture:

1 1/2 c. mix	1 c. water
1 egg	2 T. oil

Beat until smooth and cook.

Pipeline Pizza Crust

Mike Green

2 c. warm water	1/4 c. sugar
1 T. salt	4 T. olive oil
1 pkg. yeast	flour

Mix all ingredients until doughy. Cover with towel for 20 minutes.

Play Dough

Sandra Dollen

1 c. flour	1 T. vegetable oil
1/2 c. salt	2 tsp. cream of tartar
1 c. water	food coloring

Heat ingredients until ball forms. Add food coloring.

Rhubarb Strawberry Jelly

Jackie Goss

5 c. rhubarb, washed and chopped	
4 c. sugar	1 pkg. strawberry jello

Mix ingredients and let stand covered overnight. Next morning, bring to boil and cook 5 minutes. Remove from heat and add strawberry jello. Mix well and pour into glasses or jars. Keeps in refrigerator.

Sausage Dressing

Lois Campbell

5 - 9 oz. pkgs. Old Home Bread cubes
 5 c. celery, diced
 3 c. onion, diced
 5 lbs. Rice's Brand (mild or medium) pork sausage
 8 c. Swanson's chicken broth
 1/2 c. margarine
 3 eggs beaten
 2 c. half & half (1 pt.)
 3 tsp. salt
 1 1/2 tsp. sage
 1 tsp. pepper

Cook sausage until well browned. Do not drain. Use sausage and drippings in stuffing. Mix all ingredients together by hand until well blended.

Excellent for stuffing turkey, or cook separate for 1 1/2 hours at 350 degrees.

Sausage Stuffing Balls

Doris Ogle

1 pkg. (8 oz.) herbed stuffing mix
 1 lb. pork sausage
 1/4 c. onions, chopped
 1 egg, beaten
 1/4 tsp. rosemary
 1/2 c. celery
 3/4 c. cranberries, chopped
 1 c. chicken broth
 1/4 c. melted butter

Saute sausage and vegetables until lightly brown. Drain and add rest of ingredients except butter. Chill 30 minutes. Shape into balls; put in baking dish and brush with melted butter. Bake at 325 degrees for 30 minutes. Good as a garnish served with turkey.

Taco Seasoning Mix

Cindy Thurlow

2 tsp. instant dry onion
 1 tsp. chili powder
 1/2 tsp. dried oregano
 1/4 crushed, dried
 red pepper
 1 tsp. salt
 1/2 tsp. cornstarch
 1/2 tsp. dried minced garlic
 1/2 tsp. ground cumin

Mix all ingredients. Store in air-tight container. Thin with water and use to season ground beef.

Teriyaki Sauce

Mike Green

3/4 c. soy sauce	1/2 tsp. MSG
3/4 c. sugar	1 clove garlic, minced
2 T. sherry	1 1/2 in. piece ginger, crushed
1 T. sesame oil	1 T. sesame seeds

Combine all ingredients. Use as marinade for meat or chicken.

Vegetable Pizza

Kay Redmon

Crust:

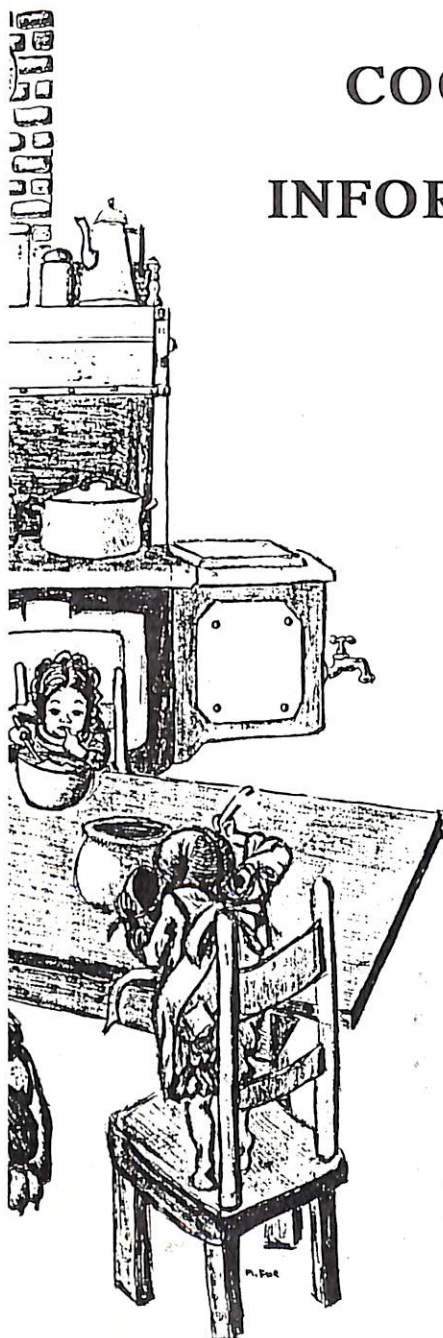
Crescent rolls in tube. Lay out on cookie sheet and bake. Cool.

Filling:

1 8oz. cream cheese
1 small cucumber
1 green pepper
5-8 green onions
2 tomatoes
1 avocado
Picante sauce

Spread cream cheese over crust. Chop vegetables fine. Spread over cream cheese. When ready to serve, pour Picante sauce over vegetables.

COOKING INFORMATION



Where to Look in the Bible

When ...

Anxious for dear ones ... Ps. 121; Luke 17
Business is poor Ps. 37, 92; Eccl. 5
Discouraged Ps. 23, 42, 43
Everything seems going from bad to worse II Tim. 3; Heb. 13
Friends seem to go back on you Matt. 5; I Cor. 13
Sorrow overtakes you Ps. 46; Matt. 28
Tempted to do wrong Ps. 15, 19, 139; Matt. 4; James 1
Things look "blue" Ps. 34, 71; Isa. 40
You seem too busy Eccl. 3:1-15
You can't go to sleep Ps. 4, 56, 130
You have quarreled Matt. 18; Eph. 4; James 4
You are weary Ps. 95:1-7; Matt. 11
Worries oppress you Ps. 46; Matt. 6

If you ...

Are challenged by opposing forces Eph. 6; Phil. 4
Are facing a crisis Job 28:12-28; Prov. 8; Isa. 55
Are jealous Ps. 49; James 3
Are impatient Ps. 40, 90; Heb. 12
Are bereaved I Cor. 15; 1 Thess. 4:13-5:28; Rev. 21, 22
Are bored II Kings 5; Job 38; Ps. 103, 104; Eph. 3

To find ...

The Ten Commandments Exo. 20; Deut. 5
The Shepherd Psalm Ps. 23
The Birth of Jesus Matt. 1, 2; Luke 2
The Beatitudes Matt. 5:1-12
The Lord's Prayer Matt. 6:5-15; Luke 11:1-13
The Sermon on the Mount Matt. 5, 6, 7
The Great Commandments Matt. 22:34-40
The Great Commission Matt. 28:16-20
The Parable of the Good Samaritan Luke 10
The Parable of the Prodigal Son Luke 15
The Parable of the Sower Matt. 13; Mark 4; Luke 8
The Last Judgment Matt. 25
The Crucifixion, Death and Resurrection of Jesus Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, chapters 13 to 21
The Outpouring of the Holy Spirit Acts 2

When ...

Desiring inward peace John 14; Rom. 8
Everything is going well Ps. 33:12-22; 100; I Tim. 6; James 2:1-17
Satisfied with yourself Prov. 11; Luke 16
Seeking the best investment Matt. 7
Starting a new job Ps. 1; Prov. 16; Phil. 3:7-21
You have been placed in a position of responsibility Joshua 1:1-9; Prov. 2; II Cor. 8:1-15
Making a new home Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4
You are out for a good time Matt. 15:1-20; II Cor. 3; Gal. 5
Wanting to live successfully with your fellowmen Rom. 12

If you ...

Bear a grudge Luke 6; II Cor. 4; Eph. 4
Have experienced severe losses Col. 1; I Peter 1
Have been disobedient Isa. 6; Mark 12; Luke 5
Need forgiveness Matt. 23; Luke 15; Philemon
Are sick or in pain Ps. 6, 39, 41, 67; Isa. 26

When you ...

Feel your faith is weak Ps. 126, 146; Heb. 11
Think God seems far away Ps. 25, 125, 138; Luke 10
Are leaving home Ps. 119; Prov. 3, 4
Are planning your budget Mark 4; Luke 19
Are becoming lax and indifferent Matt. 25; Rev. 3
Are lonely or fearful Ps. 27, 91; Luke 8; I Peter 4
Fear death John 11, 17, 20; II Cor. 5; I John 3; Rev. 14
Have sinned Ps. 51; Isa. 53; John 3; I John 1
Want to know the way of prayer I Kings 8:12-61; Luke 11, 18
Want a worshipful mood Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45
Are concerned with God in national life Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16

COOKING TIPS

- ✦ After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- ✦ To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- ✦ A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- ✦ Never cook a roast cold - let stand for a least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- ✦ For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- ✦ To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- ✦ To keep cauliflower white while cooking - add a little milk to the water.
- ✦ When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- ✦ To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- ✦ Do not use soda to keep vegetables green. It destroys Vitamin C.
- ✦ When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- ✦ Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- ✦ Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- ✦ Used greased muffin tins as molds when baking stuffed green peppers.
- ✦ A few drops of lemon juice in the water will whiten boiled potatoes.
- ✦ Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- ✦ Do not use metal bowls when mixing salads. Use wooden, glass or china.
- ✦ Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- ✦ To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- ✦ Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.

CALORIE



COUNTER

Beverages

Apple juice, 6 oz.	90
Coffee (black/unsw.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads

Corn Bread, 1 small square	130
Dumplings, 1 med.	70
French Toast, 1 slice	135
Muffins	
bran, 1 muffin	106
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1 4 in.	60
Pumpnickel, 1 slice	75
Rye, 1 slice	60
Waffles, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

Cereals

Corn Flakes, 1 cup.	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, 3/4 cup	110

Crackers

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products

Butter or Margarine, 1 T	100
Cheese	
American Cheese, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45
Hot chocolate, with milk, 1 c	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs

Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large.	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110

continued

Fruits

Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35-55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry

Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
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Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables

Asparagus, 1 cup	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 cup	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato raw, 1 medium	25
cooked, 1/2 c.	30

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup.....	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.) .	3 or 4 T. cocoa plus 1 T. butter
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

A pie crust will be more easily made and better if all the ingredients are cool.

The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

Cakes should not be frosted until thoroughly cool.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	360 - 400	40-60 min.
Butter Cake, layer	380 - 400	20-40 min.
Cake, angel	300 - 360	50-60 min.
Cake, sponge	300 - 350	40-60 min.
Cake, fruit	275 - 325	3 - 4 hours
Cookies, thin	380 - 390	10-12 min.
Cookies, molasses	350 - 375	18-20 min.
Cream Puffs	300 - 350	45-60 min.
Meringue	250 - 300	40-60 min.
Pie Crust	400 - 500	20-40 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads,			
Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints



EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2-2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zweiback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped

TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

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, 30-45 seconds; and one-half gallon 45-60 seconds.
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. 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.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. 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.
11. 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.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. 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.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.



Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

- Basil*** Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves*** A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway*** Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives*** Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
- Curry Powder*** A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
- Dill*** Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel*** Both seeds and leaves are used. Has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger*** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

continued



Herbs & Spices

- Marjoram*** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint*** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano*** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika*** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley*** Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary*** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron*** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage*** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon*** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.

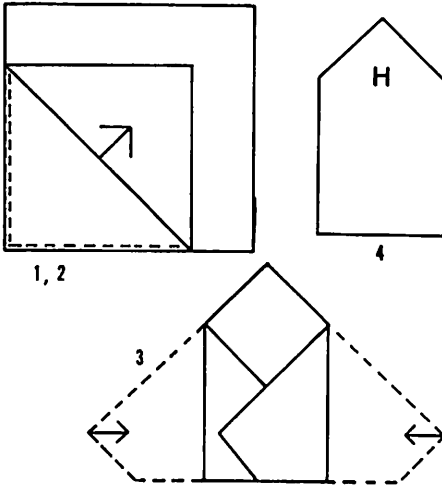
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner



Instructions:

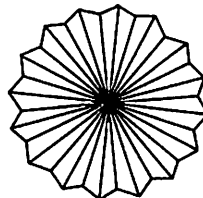
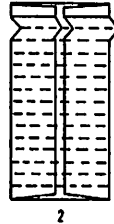
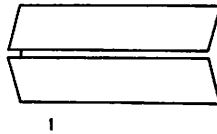
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette



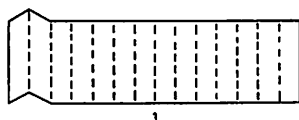
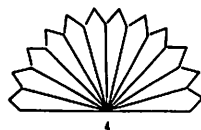
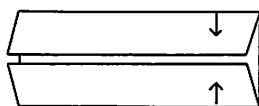
NAPKIN FOLDING

Fan

Instructions:

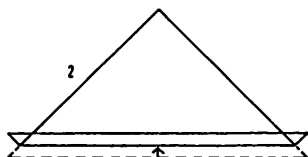
1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

Pretty in Napkin Ring, or Top of Plate.



Candle

Easy to do, can be decorated.



Instructions:

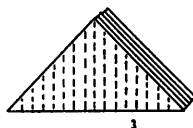
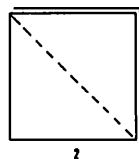
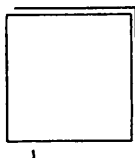
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Lily

Effective and Pretty on Table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes

BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 cup flour use 1 1/4 teas. Baking Powder
Muffins	To 1 cup flour use 1 1/2 teas. Baking Powder
Popovers	To 1 cup flour use 1 1/4 teas. Baking Powder
Waffles	To 1 cup flour use 1 1/4 teas. Baking Powder
Cake with oil	To 1 cup flour use 1 teaspoon Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	50-60	350 - 400
Rolls	20-30	400 - 450
Biscuits	12-15	400 - 450
Popovers	30-40	425 - 450
Cornbread	25-30	400 - 425
Nut Bread	50-75	350
Gingerbread	40-50	350 - 370

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