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**SPECIAL
COLLECTIONS**

Sharing Our Best

Salem United Methodist Church
Council Bluffs, Iowa

Published and Printed by
COOKBOOKS BY MORRIS PRESS

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COOKBOOKS



by MORRIS PRESS

P.O. Box 1681 • Kearney, NE 68848

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Dedication

This cookbook is dedicated with love to Carolyn Davis who conceived the idea of the cookbook and began the work. Her courageous spirit is an inspiration to us all.

Where To Look In The Bible

Afraid.....	Psa. 34:4, Matt. 10:28
Angry.....	Matt. 5:9, 22
Anxious.....	Psa. 46, Matt. 6:19-34, Phil. 4:6
Blue.....	Psa. 34
Bored.....	Psa. 104:23, 33, 34
Bereaved.....	Matt. 5:4, II Cor. 1:3, 4
Depressed.....	Psa. 34
Discouraged.....	Isa. 40, Psa. 23, Matt. 5:11, 12, II Cor. 4:8-18
Faith Fails.....	Matt. 8:26, Heb. 11
Friend Fails You.....	Psa. 41:9-13, Psa. 27, Luke 17:3, 4
God Seems Distant.....	Psa. 139
Growing Old.....	Psa. 71
In Danger.....	Psa. 91, Psa. 118:5, 6
Jealous.....	Jas. 3:13-18
Life Seems Empty.....	John 15
Need Companionship.....	Psa. 23, Heb. 13:5, 6
Needing Guidance.....	Psa. 32:8, Prov. 3:5, 6
Prayerful.....	Psa. 4, Psa. 42, Luke 11:1-13
Sick or in Pain.....	Psa. 38, Matt. 26:39, Rom. 5:3-5, II Cor. 12:9, 10
Sleepless.....	Psa. 4:4-8
Sorrowful.....	Psa. 51, John 14, Matt. 5:4, II Cor. 1:3, 4
Tempted.....	Psa. 1, Matt. 26:41, I Cor. 10:12-14, Phil. 4:8
Thankful.....	Psa. 100, I Thes. 5:18, Heb. 13-15
Worried.....	Matt. 6:19-34, I Peter 5:6, 7
You Feel Cheated.....	Psa. 103
You Need Forgiveness.....	Psa. 51

Recipe Modifications For Lowering Fat And Refined Carbohydrates

- 1 whole egg** - ¼ cup egg substitute or 1 egg white plus 1 tea-spoon vegetable oil or 2 egg whites.
- 1 cup butter** - 1 cup margarine.
- 1 cup shortening or lard** - ¾ cup vegetable oil.
- ½ cup shortening** - ⅓ cup vegetable oil.
- 1 cup whole milk** - 1 cup skim milk.
- 1 cup light cream** - 1 cup evaporated skim milk or 3 tablespoons oil and skim milk to equal 1 cup.
- 1 cup heavy cream** - 1 cup evaporated skim milk or 1 cup Poly Perx.
- 1 cup sour cream** - 1 cup plain yogurt or 1 cup blenderized lowfat cottage cheese, with lemon juice.
- 1 ounce regular cheese** - 1 ounce low-calorie or skim milk cheese.
- 2 tablespoons flour (as a thickener)** - 1 tablespoon cornstarch.
- 1 tablespoon salad dressing** - 1 tablespoon low-calorie salad dressing.
- 1 ounce (1 square) chocolate** - 3 tablespoon powdered cocoa and 1 tablespoon oil.
- 1 can condensed soup** - Homemade skim milk white sauce.
- Cream of Celery** - 1 cup sauce plus ¼ tablespoon chopped celery.
- Cream of Chicken** - 1¼ cup sauce plus chicken bouillon powder.
- Cream of Mushroom** - 1 cup sauce plus 1 can drained mushrooms.
- Cream Cheese** - Blend 4 tablespoons margarine with 1 cup dry lowfat cottage cheese, salt. Skim milk necessary to blend.
- 1 cup all-purpose white flour** - 1 cup whole wheat flour minus 3 tablespoons; also, decrease the amount of oil in recipe by 1 tablespoon and increase liquid called for 1-2 tablespoons or ½ cup white flour plus ½ cup whole wheat flour or ¾ cup white flour plus ¼ cup wheat or germ and/or bran.
- White rice** - Brown rice.
- Sugar** - Reduce amount, reduction can be up to ½ to ¼ of original amount. Use no more than ¼ cup of added sweetner sugar, honey, molasses, etc. per cup of flour.
- Fat** - Use no more than 1-2 tablespoons of added oil or fat per cup of flour; compensate by increasing low fat moisture ingredient, such as buttermilk to add moistness.
- Salt** - Reduce amount.

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Appetizers & Beverages

Lovin' From The Oven

Freeze over-ripe bananas with a little lemon juice and use later in breads or cakes.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.

Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.

Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.

Hot water kills yeast. One way to tell the correct temperature is to pour some over your forearm and if you cannot feel either hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

When cooking in glass pans, reduce oven temperature by 25 degrees.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

If bread is browning too quickly, place a pan of water on the rack above it in the oven.

When scalding milk, to prevent scorching, first rinse pan in hot water.

If your biscuits are dry, it could be from too much handling; or, the oven temperature may have not been hot enough.

Nut breads are better if stored 24 hours before using.

To make bread crumbs, toast the heels of bread and put in blender or food processor.

Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

APPETIZERS & BEVERAGES

HOT CRANBERRY PUNCH

Sharon McCurdy

3 qts. apple juice
2 qts. cranberry juice
1/2 c. brown sugar

Dash of salt
4 sticks of cinnamon
1 T. whole cloves

Combine juices, brown sugar and salt in 30-cup percolator. Place cinnamon and cloves in percolator basket and perk. Yield: 30 cups.

MOCHA

Phyllis Herren

Quart:

6 tsp. Nestles chocolate
4 tsp. sugar

4 tsp. powdered cream

Cup:

1-1 1/2 tsp. Nestles chocolate
1 tsp. sugar

1 tsp. powdered cream

Mix powders together and fill with coffee.

RUSSIAN TEA

Phyllis Herren

1 1/2 c. sugar
2 c. Tang
1/2 c. instant tea

1/2 tsp. cinnamon
1/2 tsp. cloves
1/4 tsp. ginger

Combine. Add to hot water.

SLUSH PUNCH

Phyllis Herren

3 c. sugar
3 c. water
Juice of 3 lemons

Juice of 4 oranges
1 lg. can pineapple juice
2 pkgs. cherry Kool-Aid

Boil sugar and water and let cool. Add juices and Kool-Aid. Mix and freeze. Stir occasionally. To serve, fill glass 1/2 full of slush and fill with 7-Up.

PARTY PUNCH

Del Murray

2 cans Hi-C fruit punch
1/2 of 2 liter bottle of 7-Up

1 can frozen lemonade

Mix all ingredients. Make ice cubes with Hi-C. Put thin slices of orange and lemon in punch. (Use 7-Up according to taste.)

PUNCH

Sharon McCurdy

1 (22-oz.) can pre-sweetened
Kool-Aid (Add water according
to directions.)

1 (12-oz.) can frozen orange
juice or frozen lemonade
2 liter bottle 7-Up

(continued)

For red punch use raspberry Kool-Aid and lemonade. For punch that is more orange in color, use frozen orange juice.

ARTICHOKE NIBBLES

Marilynn Gamble

- | | |
|-----------------------------|------------------------------------|
| 2 jars marinated artichokes | 1/8 tsp. oregano |
| 1 sm. onion, finely chopped | 1/4 c. bread crumbs |
| 1 garlic clove, minced | 2 c. shredded sharp cheddar cheese |
| 4 eggs | 2 tsp. parsley, minced |
| 1/4 tsp. salt | |
| 1/8 tsp. pepper | |

Drain marinade from 1 jar of artichokes into frying pan. Drain other jar and throw away liquid. Chop artichokes. Saute artichokes, onion, and garlic in the marinade for 5 minutes. In bowl, beat eggs, add crumbs, salt, pepper and oregano. Stir in cheese, parsley, and artichoke mixture in pan. Grease a 7 x 11-inch pan. Spread mixture in pan. Bake at 325° for 30 minutes. Cut into 1-inch squares. Can be frozen either cooked or uncooked.

AVOCADO DIP

Bev Mace

- | | |
|----------------------------------|----------------------------------|
| 2 cans Frito Lay bean dip | 1 lg. pkg. grated cheddar cheese |
| 1 (16-oz.) Blue Bunny sour cream | 1 can pitted ripe olives, sliced |
| 1 pkg. taco seasoning mix | 1 bunch green onions |
| 4 avocados, very ripe | 2 lg. tomatoes, diced |
| 1/2 tsp. lemon juice | |

Spread bean dip evenly on large pizza pan or plate. Mix sour cream and taco seasoning and spread over bean dip. Peel avocados, add lemon juice and mash in blender or mixer. Next spread this over the top of the sour cream. Now you are ready to top your dip. First: spread cream cheese evenly over the top. Next, a layer of sliced ripe olives and finish it with a layer of chopped green onions (tops included) and your chopped tomatoes. Refrigerate for 1 to 2 hours and serve with Doritos, chips, or crackers.

CHEESE BALL

Phyllis Herron
Del Murray

- | | |
|---------------------------------------|---------------------|
| 2 (8-oz.) pkgs. cream cheese | 2 T. chopped onion |
| 8 oz. can crushed pineapple (drained) | 1 T. seasoning salt |
| 1/4 c. chopped green pepper (opt.) | 1 c. chopped pecans |

Soften cheese and mix in pineapple. Add green pepper and seasonings. Chill and roll in pecans. Serve with crackers.

COUNTRY CHEESE BALL

Barbara King

- | | |
|---|-----------------------------|
| 1 c. finely chopped cooked ham, divided | 1 tsp. minced onion |
| 8-oz. pkg. cream cheese | 1 tsp. Worcestershire sauce |
| 1 c. shredded sharp process American cheese | |

Reserve 3/4 cup ham. Mix all other ingredients; shape into a ball, and coat with the remaining ham. Chill and serve with crackers.

CHINESE CHICKEN WINGS

Barb Platt

- | | |
|------------------------|----------------------------|
| 14 chicken wings | 1 T. sunflower oil |
| 1/3 c. soy sauce | 1 T. honey |
| 1/3 c. pineapple juice | 1 tsp. grated fresh ginger |
| 2 T. water | 1 tsp. minced garlic |

Cut chicken wings apart at joints and discard wing tips. Combine remaining ingredients in small bowl. Place chicken wing parts in a 9 x 13-inch baking dish and pour marinade over them. Cover and refrigerate overnight. Line a baking sheet with aluminum foil. Remove chicken wing parts from the marinade and arrange on the foil. Pour 1/2 cup of the marinade over wings. Bake at 350° for 30-40 minutes. (Baked wings can be frozen and reheated before serving.)

DILL DIP

Garnette Stroburg

- | | |
|---------------------------|---|
| 1 T. Beau Monde seasoning | 1 pint sour cream |
| 1 T. dried parsley | 1 c. real mayonnaise (not salad dressing) |
| 1 T. diced onion | |
| 1 T. dill weed | |

Combine all ingredients and let set several hours.

RITZ BITZ SNACK

Dorothy Anderson

- | | |
|-------------------------------|-------------------|
| 2 pkgs. Ritz Bits crackers | 1/2 c. corn syrup |
| 1 or 2 c. dry roasted peanuts | 1 tsp. vanilla |
| 1/2 c. margarine | 1 tsp. soda |
| 1 c. sugar | |

Combine crackers and peanuts in a 9 x 13-inch pan. Bring margarine, sugar, and corn syrup to a boil and simmer 5 minutes. Add the vanilla and soda and pour over cracker mixture. Bake in 250° oven for 45 minutes to an hour. Stir every 15 minutes. Break up and store in an airtight container.

COCKTAIL WIENER/CRESCENT ROLL HORS D'OEUVRES

Gerry Hurd

- 1 tube Pillsbury crescent rolls (8)
Dijon style or hot mustard
Cocktail wieners or Little Smokies

Unroll dough and separate on perforations for individual crescent rolls and cut in half lengthwise (16 halves). Spread each half with mustard and starting from wide end, roll an uncooked wiener down to the tip. Bake 325-350° for 12 to 15 minutes. Watch so they don't burn. Makes 16 appetizers.

LOW FAT CRACKER SPREAD

Betsy Henry

- 1 ctn. lowfat yogurt (without stabilizers or gelatins)

Strain the yogurt 8 to 24 hours with a cheese cloth over strainer. This is done in the refrigerator. (The longer the yogurt drains, the firmer the cheese will be.)

For flavoring, add:

- 1/3 c. drained crushed pineapple 2 tsp. honey

Or, for each cup of yogurt cheese add:

- 2 T. chopped raisins, figs, or dates 2 T. chopped walnuts
1 tsp. honey Dash of cinnamon

OR:

Omit the honey and add 2 tablespoons of preserves of your choice.

MINI-REUBENS

Irene Brucker

- 36 slices party rye bread 1 (8-oz.) can sauerkraut, drained
Thousand Island Dressing & snipped
1 (4-oz.) pkg. thinly sliced 6 slices Swiss cheese
corned beef

Spread each slice of rye bread with a little salad dressing. Top with a slice of corned beef, cut to size of bread. Cover with a teaspoon of sauerkraut. Cut cheese slice into six pieces; top each appetizer with one slice. Place on baking sheet; bake in 400° oven for 6 minutes or until cheese melts and appetizers are heated through.



SHRIMP DIP

Marilynn Gamble

- 1 can shrimp 1 capful lemon juice
1 (8-oz.) pkg. cream cheese 1 T. dried, minced onion
1 tsp. Worcestershire sauce

In electric mixer, beat cream cheese and shrimp juice drained from can. Add Worcestershire sauce, lemon juice, and onion. Beat until smooth. Add shrimp and beat until fairly smooth. Refrigerate. Serve with vegetables or chips.

CHAPMAN'S SHRIMP DIP

Linda Clark

- 1/2 c. Swiss cheese, grated 1 sm. onion, grated
1 c. cooked shrimp, minced 1/2 c. mayonnaise

Combine all ingredients. Mix well. Chill. Serve on crackers. Makes 6 servings.

SPINACH PIE APPETIZER

Carol Reeder

- 2 eggs, beaten 1 c. milk
1 pkg. frozen, chopped spinach, 1 c. flour
thawed & drained 1 tsp. salt
1 stick butter, melted 1 tsp. baking powder
1 lb. Monterey Jack cheese, cubed

Mix together and spread in a 9 x 13-inch buttered pan. Bake at 350° for 45 minutes to 1 hour.

RADISH & CREAM CHEESE SPREAD

Linda Clark

- 1 (8-oz.) pkg. cream cheese 1/2 tsp. Worcestershire sauce
1/4 c. margarine, softened 1 c. finely chopped radishes
1/2 tsp. celery salt 1/4 c. finely chopped green
Dash paprika onion

Mix cream cheese, margarine, celery salt, paprika, and Worcestershire together until smooth. Stir in radishes and onions. Chill several hours to blend flavors. Spread on rye crackers. Makes 1 1/2 cups.

STRAWBERRY DIP

Sandy Buck

- 1 box instant vanilla pudding 2 c. Cool Whip
1 c. milk 1 tsp. vanilla

Blend pudding and milk until thick. Fold in whipped topping and vanilla. Serve with strawberries or any of your favorite fruits.

TACO DIP

Marlene Anderson

- 1 (8-oz.) pkg. cream cheese
- 1/2 pkg. taco seasoning
- Olives (optional)
- Tomatoes (optional)

- Green peppers (optional)
- Jalapenos (optional)
- 1 (8-oz.) ctn. sour cream
- Cheddar cheese

Blend cream cheese (softened) and sour cream with electric mixer until creamy and smooth. Blend in taco seasoning (1/2 of the package). Spread on plate and top with shredded cheddar cheese, and any or all optional ingredients.

TACO DIP

Gladys Peterson

- 1 can refried beans
- 1 pkg. dry taco seasoning
- 1 carton guacamole dip
- 1/2 carton French onion dip

- Ripe & green olives
- Tomatoes
- Cheddar cheese
- Monterey Jack cheese

Combine beans and taco seasoning. Mix and spread on a large plate. Combine both dips and spread over bean mixture. Next chop olives and tomatoes and add. Top with grated cheese. Serve with tortilla chips.

VEGETABLE DIP

Beverly Hurley

- 1 c. Hellmann's mayonnaise
- 1 c. sour cream
- 1 T. dried parsley

- 1 T. minced onion
- 1 tsp. dill weed
- 1 tsp. Beau Monde seasoning

Mix and refrigerate.

Life's Recipe

- 1 cup Good Thoughts*
- 1 pound Kind Deeds*
- 1 cup Consideration for Others*
- 3 cups Forgiveness*
- 2 cups Faults (well beaten)*
- 2 cup Sacrifice (For Others)*

Mix thoroughly and add tears of joy, sorrow, and sympathy for others. Fold in 4 cups of prayers and faith to lighten the other ingredients and raise the texture to a great height of Christian living. After pouring into your daily life, bake well and the heat of Human Kindness. Serve with a smile!



Soups, Salads
& Vegetables

Veggie Variables

Fresh lemon juice will remove onion scent from hands.

A few drops of lemon juice in potato water will whiten boiled potatoes.

To save money and vitamins: Pour all leftover vegetables and water they are cooked in and any leftover meat into a freezer container and when full add tomato juice, seasonings and have "free" soup for lunch. Vegetables left on a child's plate can be frozen, also as germs will be killed during boiling.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

Allow ¼ teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasonings.

Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skins with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

When cutting onions, rub hands with celery stalk to remove odor.

To avoid toughening beans or corn, add salt when cooking is half-way through.

SOUPS, SALADS & VEGETABLES

CREAM OF CHEESE SOUP

Linda Massman

2 c. diced potatoes	1/2 c. flour
1/2 c. diced carrots	2 c. milk
1/2 c. diced celery	1/2 c. ham
3 T. chopped onion	1/2 lb. Velveeta cheese
1 c. water	2 c. chicken broth
1/4 c. butter	1 T. parsley flakes

Combine vegetables. Cook in water until tender. Melt butter, add flour, then milk. Cook to make a white sauce. Add sauce to vegetables. Add cheese, broth, parsley, and ham. Cook, stirring constantly, until heated through. DO NOT BOIL!

CHILI

Del Murray & Rex Romano

2 T. salad oil	1 (4-oz.) can chopped green chili
2 med. onions, chopped (2 1/2 cups)	3 T. chili powder
2 garlic cloves, crushed	1 T. ground cumin
2 lbs. beef, ground	1 bay leaf
1 (28-oz.) can tomatoes, undrained	2 1/3 tsp. salt
1 (6-oz.) can tomato paste	6 whole cloves
	1/4 tsp. cayenne pepper
	2 (15-oz.) cans red kidney beans

Cook over low heat 1 to 2 hours. (I use a crockpot at low temperature for 4 to 5 hours.)

GOURMET VEGETABLE SOUP

Joyce Madison

1 1/2 qts. water	Pepper to taste
3 potatoes, peeled & chopped	1 (20-oz.) bag frozen mixed vegetables
3 carrots, peeled & sliced	2 cans cream of chicken soup
1 sm. onion, chopped or minced	1 lb. Velveeta cheese
2 T. parsley flakes	
3 chicken bouillon cubes	

Cook first 7 ingredients in Dutch oven until tender. Add frozen mixed vegetables and cook until tender. Turn off heat and add cream of chicken soup and cheese. Stir often until melted. Reheat and serve.

**DELICIOUS AND DIFFERENT
BROCCOLI SALAD**

Linda Massman

1 head broccoli
1 red onion, sliced

3/4 c. golden raisins
1/2 lb. bacon

Dressing:

1 c. mayonnaise
1/4 c. sugar

2 T. vinegar

Mix dressing ingredients together. Wash broccoli, cut into bite-sized pieces. Fry bacon; crumble when cool. Combine broccoli, onion, raisins, and bacon. Top with dressing just before serving.

BROCCOLI SALAD

Wilma Klaus

Florets of broccoli, cut fine
Florets of cauliflower, cut fine (optional)
1/2 c. green onions, chopped fine

1/2 c. raisins
4 slices of bacon (cooked until crisp)

Dressing:

1 c. mayonnaise
4 T. wine vinegar

1/4 c. sugar

Mix mayonnaise, wine vinegar and sugar until smooth. Pour over vegetables and stir thoroughly. Crumble bacon and add. Can be kept up to two days in refrigerator.

CABBAGE SLAW DRESSING

Barbara King

1 c. salad dressing
2 T. sugar
2 T. vinegar

2 tsp. celery seed
1 tsp. salt

Mix and store in covered container in refrigerator. Use as needed.

CHERRY SALAD

Mrs. Roland Hilty

1 (9-oz.) carton Cool Whip
1 can cherry pie filling
1 can condensed milk

1 med. can crushed pineapple, drained

Mix well and chill before serving.

BAKED BEAN SALAD

Phyllis Wolfe

2 (#300) cans red kidney beans, drained
8 slices bacon, diced
1 med. onion, diced
1 lg. green pepper, cut-up

2 fresh tomatoes, cut-up
1 can tomatoes, drained and cut-up
1 sm. bottle catsup
1 c. brown sugar

(continued)

Mix all together and place in casserole or 9 x 13-inch pan. Bake 2 hours at 325°. May be served hot or cool. Ideal for cookouts and picnics.

BERMUDA BEET SALAD

Barb Platt

1 med. Bermuda onion, sliced
2 med. tart, red apples, thinly sliced
1/4 c. lemon juice
1/4 c. cider vinegar

1/2 tsp. caraway seeds
1 tsp. soy sauce
5 beets, cooked, peeled, and thinly sliced

Separate onion slices into rings and place in a 1 or 1 1/2 quart glass or enamel serving dish. Arrange apple slices over onion rings. Mix together the lemon juice, vinegar, caraway seeds and soy sauce in small bowl or jar. Pour over apples and onions. Toss the beets with the apple and onion mixture. Marinate in refrigerator for about 4 hours and toss before serving.

CHINESE CHICKEN SALAD

Sandy Buck

1/2 lb. cooked chicken breasts
Won ton skins, cut in strips
1 sm. head lettuce, shredded

4 stalks green onion
2 T. chopped, toasted almonds
2 T. toasted sesame seeds

Boil chicken in small amount of water, salt, one carrot and celery, and/or onion (optional). Shred chicken after boiling. Deep fry won ton skins in hot oil until lightly golden.

Dressing:

2 T. sugar
1 tsp. salt
1/4 c. salad oil
1 T. sesame oil

1 tsp. Accent
1/2 tsp. cracked pepper
3 T. vinegar

Combine ingredients, blending well. Chill. Combine salad ingredients just before serving. Add dressing, toss lightly and serve.

CHICKEN SALAD CREAM PUFF RING

Helen Townsend

1 c. water
1/2 c. margarine
1 c. flour
1/4 tsp. salt
4 eggs
1/2 c. chopped celery

1/4 c. chopped green onion
3 c. chopped, cooked chicken
3/4 c. salad dressing
1 tsp. curry powder
1 c. chunk pineapple

Bring water and margarine to a boil. Add flour and salt and stir vigorously over low heat until mixture forms a ball. Add eggs one at a time, beating well after each addition. Drop rounded tablespoons of batter onto ungreased cookie sheet to form a 10-inch ring. Bake at 400° for 45-50 minutes or until golden brown. Remove

(continued)

from cookie sheet immediately to cool. Combine chicken, pineapple, vegetables, salad dressing and curry powder and chill. Cut tops off ring and fill with chicken mixture. Replace top on ring. Slice to serve.

HOT CHICKEN SALAD

Del Murray

2 c. Miracle Whip salad dressing
2 tsp. lemon juice
1 tsp. salt
4 tsp. grated onion

1 c. grated cheddar cheese
4 c. cooked chicken
1 c. slivered, chopped almonds
4 c. diced celery
2 c. crushed potato chips

Mix mayonnaise, lemon juice, salt and onion. Mix and add chicken, almonds, and celery. Put in a 9 x 13-inch baking dish, cover with potato chips and cheese. Bake 10 minutes in a 450° oven.

HOT CHICKEN SALAD

Marilyn Wymore

4 c. cooked chicken
2 c. chopped celery
4 hard-boiled eggs, sliced
3/4 c. mayonnaise
1 tsp. salt

1 can cream of mushroom soup, undiluted
1 T. chopped pimento
2 T. lemon juice
1 T. finely chopped onion

Mix above ingredients. Place in a 9 x 13-inch baking dish that has been sprayed with Pam.

Top with the following in order:

1 1/2 c. crushed potato chips
1 c. grated cheese

2/3 c. sliced almonds

Cover and let stand overnight in refrigerator. Uncover. Bake at 400° for 20 to 25 minutes.

COPPER PENNIES

Cindy McManigal

2 lbs. carrots, sliced and cooked till firm
1 sliced onion, separated into rings
1 green pepper, cut very fine
1 can tomato soup

1/4 c. salad oil
1/4 c. salad vinegar
1/3 c. sugar
1 T. Worcestershire sauce
1 T. prepared mustard
Salt & pepper to taste

Mix oil, vinegar, sugar, Worcestershire sauce, mustard and soup together. Add onion and pepper. Add cooked carrots and mix gently. Refrigerate overnight before serving.

CRAN APPLE CHRISTMAS SALAD

Mrs. Roland Hilty

6 oz. pkg. cherry gelatin
1 c. boiling water
1 (16-oz.) can whole cranberry sauce

1 (16-oz.) can applesauce

Dissolve gelatin in boiling water. Stir in cranberry sauce until melted. Mix in applesauce. Pour into oiled 5-cup mold. Chill until firm.

CRANBERRY SALAD

Ada Leaders

6 oz. pkg. strawberry Jello
1 (14-oz.) can of cran-orange sauce (Ocean Spray)

1 1/2 c. hot water
1 c. orange juice
Little lemon juice

Dissolve Jello in hot water. Add juices and cran-orange sauce. Chill.

CRANBERRY SALAD

Phyllis Herren

1 lb. cranberries
2 apples
2 c. sugar

1 lb. marshmallows (small)
1 lb. Cool Whip
#2 can crushed pineapple

Grind cranberries and apples. Mix with other ingredients and freeze.

CREAMY COCONUT MOLD

Dorothy Anderson

1 1/2 c. cold water
2 env. Knox gelatin
1 (24-oz.) carton cottage cheese
1 can sweetened condensed milk

1 (3-oz.) pkg. cream cheese
1 c. coconut
1/2 c. nuts (optional)
1/2 tsp. almond flavoring
Fresh fruit

Combine gelatin and water. Stir over low heat until gelatin is dissolved. Cool. Combine next 6 ingredients, then add gelatin mixture. Refrigerate until slightly thickened. Put into a mold or 9-inch square dish and refrigerate. To serve, surround individual squares or the mold with fresh fruit.

CUCUMBERS IN SOUR CREAM

Lucille Dempewolf

1 lg. cucumber, peeled & thinly sliced
1/3 c. sour cream
1 tsp. sugar

1/2 tsp. salt
Dash of pepper
1 tsp. vinegar
Onion slices (if desired)

Cover cucumbers with boiling water; let stand 20 minutes. Drain. Cover with cold water; let stand 1 minute. Drain again. Refrigerate 30 minutes, drain. Stir in sour cream, sugar, salt, pepper, vinegar

(continued)

and onion. Refrigerate at least one hour to blend flavors (overnight is best).

CUCUMBER SALAD

Phyllis Herren

1 pkg. salad macaroni (cooked) 6 stalks celery, grated
4 c. grated carrots 10 boiled eggs, grated
1 cucumber, grated

Add:

2 c. Spin Blend salad dressing 2 tsp. salt
1 c. sour cream

Mix well.

"DRIVER" SALAD

Barbara King

1 pkg. lime Jello 1 lg. can crushed pineapple
1 c. sm. marshmallows 1 c. whipped cream (or Cool Whip)
1 c. chopped walnuts
1 sm. carton cottage cheese

Prepare Jello and let set until slightly thickened. Add remaining ingredients (whipped cream last). Refrigerate. Makes a 9 x 13-inch pan.

FIVE CUP SALAD

Marilyn Wymore

1 c. sour cream 1 c. coconut
1 c. pineapple 1 c. mandarin oranges
1 c. miniature marshmallows

Blend.

FROSTED SALAD

Ruth Wasson

2 pkgs. lemon Jello 1/2 c. sugar
4 c. boiling water 2 T. flour
16 marshmallows, cut-up 1 beaten egg
2 sm. or 1 lg. can crushed 2 T. butter
pineapple, drain & save juice 1 c. cream, whipped (or 1 pkg. Dream Whip)
4 bananas, sliced
Grated cheese

Dissolve Jello and marshmallows in boiling water. Add drained pineapple and bananas. Refrigerate until set. Add water to pineapple juice to make one cup liquid. Combine with sugar, flour, egg and butter. Cook until thick. Cool. Add whipped cream and spread over Jello. Top with grated cheese.

FRUIT SALAD

Phyllis Herren

1 can cherry pie filling 9 oz. Cool Whip
1 can Eagle Brand sweetened 15 oz. crushed pineapple
condensed milk (drained)

Mix and chill.

FOREVER COLESLAW

Joyce Knudsen

1 med. head cabbage, shredded 1 tsp. salt
1 onion, chopped 1 1/2 c. boiling water
1 green pepper, chopped

Dressing:

3/4 c. vinegar 1 tsp. celery seed
1/4 c. water 1 tsp. mustard seed
1 3/4 c. sugar

Pour boiling water over vegetables and salt. Cover and let stand one hour. Boil dressing ingredients gently for 5 minutes and let cool. Drain cabbage mixture well, pour the syrup over it and mix well. Cover and store in refrigerator. Will keep 3 weeks.

GREEN BEAN SALAD

Barb Platt

1 lb. fresh green beans 2 T. sunflower seeds
1 lg. clove garlic Fresh spinach leaves and
1 T. olive oil chopped scallions for garnish
4 tsp. tarragon vinegar

Steam beans until just crisp-tender, about 3 or 4 minutes. While beans steam, place oil and sunflower seeds in skillet and cook, stirring over medium heat until seeds are golden brown (don't overcook). Remove from heat. Push garlic through garlic press into the skillet. Stir well. When the sunflower seeds have cooled slightly, stir in vinegar. In large bowl, toss beans with sunflower seed mixture. Cool, then chill. To serve, arrange beans over fresh spinach leaves and garnish with scallions.

LEMON YOGURT DRESSING

Barb Platt

2 T. lemon juice 1/4 c. olive oil
2 T. white wine vinegar 1 c. low fat yogurt
1 tsp. Dijon mustard

Combine lemon juice, vinegar and mustard in food processor or in blender on low speed. With motor running, add oil very slowly. When blended well, add yogurt. Process on low to medium speed until smooth, scraping down the sides of the container as necessary. (Will keep for about 1 week in refrigerator.)

MARINATED VEGETABLE SALAD

Linda Clark

- | | |
|---------------------------------------|-------------------------------|
| 1 (16-oz.) can shoe peg corn | 1 (2-oz.) jar pimento |
| 1 (16-oz.) can small peas | 1/2 c. chopped celery |
| 1 (16-oz.) can French cut green beans | 1/2 c. green onions |
| 1 (4-oz.) can sm. button mushrooms | 1 green pepper, thinly sliced |
| | 1 head cauliflower, broken |

Dressing:

- | | |
|------------------|-----------------|
| 3/4 c. sugar | 1 tsp. salt |
| 3/4 c. vinegar | 1/2 tsp. pepper |
| 1/2 c. salad oil | 1 T. water |

Drain vegetables and toss lightly. Combine dressing ingredients and shake well. Add to vegetables and marinate overnight.

MYSTERY PARTY SALAD

Ada Leaders

- | | |
|--------------------------------------|--------------------------------------|
| 2 pkgs. lemon Jello (3-oz.) | 4 tsp. chopped onion |
| 1 c. boiling water | 4 tsp. chopped green pepper |
| 2 cans chicken noodle soup | 1 c. mayonnaise (not salad dressing) |
| 2 cans white Albacore tuna (drained) | 1 c. whipping cream (unwhipped) |
| 1 can water chestnuts (drained) | |
| 1 c. chopped celery | |

Refrigerate chicken noodle soup in advance. Skim off fat. Dissolve gelatin in boiling water, add chicken noodle soup and remaining ingredients. Place in mold and refrigerate. Serves 8-12.

PEACHES AND CREAM SALAD

Dorothy Rasmussen

- | | |
|---|--|
| 1 (3-oz.) pkg. orange gelatin | 1/4 c. chopped pecans (optional) |
| 1 c. boiling water | 1 (3-oz.) pkg. peach gelatin |
| 1/4 tsp. Kitchen Klatter orange flavoring | 1 c. boiling water |
| 1 (3-oz.) pkg. cream cheese, softened | 1/4 tsp. Kitchen Klatter peach flavoring |
| 2/3 of (8-oz.) carton whipped topping | 1 (21-oz.) can peach pie filling |

Dissolve orange gelatin in boiling water. Add orange flavoring. Cool until slightly thickened. Whip softened cream cheese and fold into the whipped topping. Add pecans and fold into gelatin. Pour into 9-inch square pan. Chill until firm. Dissolve peach gelatin in boiling water and add flavoring. Chill slightly and add pie filling. Pour over top of creamy layer. Chill until firm and serve. NOTE: Red gelatin and cherry pie filling can be used.

PINK CHAMPAGNE SALAD

Ada Leaders

- | | |
|---------------------------------------|--|
| 1 (8-oz.) pkg. cream cheese, softened | 1 (10-oz.) pkg. frozen strawberries (do not drain) |
| 3/4 c. sugar | 2 bananas, quartered and sliced |
| 1 lg. can crushed pineapple, drained | 12 oz. carton Cool Whip |

Mix cream cheese and sugar. Add fruit and fold in Cool Whip. Place in 9 x 13-inch pan and freeze. May be frozen in cupcake papers.

PINK LADY SALAD

Helen Townsend

- | | |
|-------------------------------------|---|
| 6 oz. cream cheese | 1 sm. jar maraschino cherries, drained |
| 2 T. pineapple juice | 1/2 pkg. miniature marshmallows |
| 2 T. cherry juice | 1/2 pt. non-dairy whip (Rich's non- whip) |
| 2 T. grenadine | |
| 1 lg. can pineapple chunks, drained | |

Add all juices to cheese and cream well. Fold in drained fruit, marshmallows and whipped non-dairy whip.

SUPER SALAD

Beverly Hurley

- | | |
|---|------------------------------|
| 1 (3-oz.) pkg. lime Jello | 1 c. evaporated milk |
| 1 (3-oz.) pkg. lemon Jello | 1 c. salad dressing |
| 2 c. boiling water | 1 c. sliced almonds |
| 1 (24-oz.) carton cottage cheese (may use less) | 1 (#2) can crushed pineapple |

Dissolve lime and lemon Jello in boiling water. When mixture starts to cool, stir in can of undrained pineapple. In separate bowl, mix together cottage cheese, evaporated milk, salad dressing, and nuts. Add to gelatin mixture and chill.

QUICK AND EASY JELLO SALAD

Arlita Hunt

- | |
|-------------------------------------|
| 1 lg. pkg. Jello |
| 1 lg. ctn. cottage cheese, sm. curd |

Stir dry Jello into cottage cheese.

Add:

- | |
|---------------------------|
| 1 (12-oz.) ctn. Cool Whip |
|---------------------------|

Add:

Desired amount of fresh fruit to match Jello flavor, strawberry, peach, mandarin orange. Refrigerate.

SEVEN-UP JELLO SALAD

Ada Leaders

2 pkgs. lemon Jello
2 c. hot water
2 c. 7-Up
1 c. miniature marshmallows
2 bananas, diced
1 (#2) can crushed pineapple,
drained

1 c. sugar
1 c. pineapple juice and water
2 T. flour
1 egg
1/8 tsp. salt

Dissolve Jello in hot water; add 7-Up, marshmallows, pineapple, bananas, and chill. Cook the sugar, juice, flour, egg, and salt until thick. Cool. Fold into chilled gelatin. When set, top with whipped cream and chopped nuts.

TASTE-O-LEMON

Evelyn Sherbondy

1 c. miniature marshmallows
1 pkg. lemon Jello
1 (3-oz.) pkg. cream cheese
2 c. water, boiling

1 c. ground carrots
1 c. crushed, drained pineapple
1/2 c. chopped pecans
1 sm. carton Cool Whip

Melt marshmallows in microwave. Add to Jello, cream cheese and boiling water. Chill until partially set. Stir in remaining ingredients. Chill until set. (I stand gummy bears up in the set salad for the children.)

RAW VEGETABLE SALAD

Susan K. Holly

1 sm. head of cauliflower
1 bunch of broccoli
Salt, pepper, garlic powder,
Beau Monde and/or dill

1 c. sour cream
1 c. Hellmann's mayonnaise

Cut cauliflower and broccoli in bite-sized pieces and slice onion very thin (leave in rings) and mix together. Mix the sour cream, Hellmann's mayonnaise, add according to taste the salt, pepper, and bit of garlic powder. (I also add dill weed and Beau Monde, try anything in the way of seasoning that you like.) Pour dressing over vegetables so that each piece is coated. Chill at least 4 to 6 hours.

WATERGATE SALAD

Mrs. Roland Hilty

1 (9-oz.) ctn. whipped topping
1 box instant pistachio pudding
1 c. miniature marshmallows
1 can crushed pineapple with
juice or fruit cocktail
with juice

1/2 c. nuts
Maraschino cherries

Fold dry pudding mix into whipped topping. Add fruit with juice, marshmallows, and nuts. Garnish with drained maraschino cherries. Chill.

WINTER FRUIT SALAD

Barb Platt

1/4 c. chopped dried apricots
3/4 c. water
Orange Juice
1/4 c. raisins
2 med. tart apples, sliced
1 pear, sliced
2 oranges, sectioned

1/2 grapefruit, sectioned
2 kiwi fruit, peeled and sliced
2 T. sesame seeds
Dash of cinnamon
Dash of nutmeg
1 c. lowfat yogurt
2 drops vanilla extract

Place apricots and water in small bowl and soak overnight. Drain water into measuring cup and add enough orange juice to make 3/4 cup liquid. Place apricots, juice and raisins in small saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Turn off heat. Combine cooked fruit with the apples, pears, oranges, grapefruit, and kiwi. Add sesame seed, cinnamon, and nutmeg. Toss together gently with the cooking liquid from the apricots. Chill before serving, if desired. Combine yogurt and vanilla and serve on the side.

**ZUCCHINI/CRAB SALAD
(Low Cholesterol)**

Betsy Henry

1 med. zucchini, grated
1 sm. onion (optional)
1/2 lb. mock crab meat,
shredded
1 carrot, chopped
3 T. cholesterol free
mayonnaise

1 tsp. lemon juice
1 T. evaporated milk (skimmed
milk)
Salt & pepper to taste

Mix together: Sprinkle paprika on top. Very pretty salad.

GLORIFIED BEANS

Lucille Dempewolf
Mrs. Roland Hilty
Bev Hurley
Barbara King
Dorothy Russmann

1/2 lb. bacon
1 lb. hamburger
1/2 c. minced onion
1 (#2) can pork and beans
1 (#2) can kidney beans
1 (8-oz.) can lima (butter) beans
3/4 tsp. salt
3/4 c. brown sugar (can use half
white sugar)

1/4 tsp. pepper
2 tsp. vinegar
1/2 c. catsup
1/2 tsp. liquid smoke
3 T. molasses
Dash of garlic salt
1/2 tsp. dried mustard (opt.)
1 1/2 T. Worcestershire sauce
(opt.)

Fry bacon, drain and crumble. Brown hamburger with onion. Add remainder of ingredients. Bake at 350° for 1 hour or may be cooked in crockpot at medium for 6 hours or more.

CORNBREAD CASSEROLE

Garnette Stroburg

1 sm. pkg. Jiffy cornbread mix
 1/2 c. milk
 1 egg
 1 c. cream-style corn
 Salt

1/2 to 2/3 c. chopped onion
 3 T. butter
 1 c. sour cream
 1 c. grated cheddar cheese
 Dash of tabasco sauce

Combine milk, egg, corn, and seasoning with cornbread mix. Stir just to moisten. Spread in greased 7 x 11-inch pan. Saute onion in butter and spread over cornbread mix. Drop sour cream by teaspoons over this and sprinkle grated cheese over all. Bake at 425° for 25-30 minutes.

CABBAGE AU GRATIN

Susan K. Holly

1 med. head of cabbage,
 coarsely shredded
 1 can of cream of celery soup
 1/4 c. milk
 1 c. cubed Velveeta cheese

1/2 tsp. salt
 1/8 tsp. pepper
 2 T. melted butter
 1/2 c. bread crumbs

Cook cabbage just until tender, about 7 minutes, and drain. Combine soup, milk, cheese, salt and pepper in saucepan. Heat slowly, stirring constantly until cheese melts. (The microwave works great on this step.) Combine with cabbage. Place in greased 1 1/2-quart dish. Sprinkle with crumbs mixed with butter. Bake 15-20 minutes.

CREAMED CORN TO PUT IN FREEZER

Sharon McCurdy

16 c. raw corn, cut from cob
 1 c. milk
 1/2 stick butter

4 tsp. salt
 1/2 c. sugar

Mix and cook on top of stove for 15 to 20 minutes. Cool and freeze. Put in one or two cup containers.

POTATO CASSEROLE

Linda Clark

2 lbs. frozen hash browns
 1/2 c. melted butter
 1 tsp. salt
 1/4 tsp. pepper

1 pt. sour cream
 2 c. grated cheddar cheese
 1/2 c. chopped onions
 1 can cream of chicken soup

Combine above ingredients and put in a 9 x 13-inch pan. Sprinkle crushed crackers on top. Bake at 350° for at least 1 hour.

POTATOES SUPREME

Gladys Peterson

6 to 8 lg. potatoes, cooked and cubed
 1 c. cheddar cheese
 2 sm. green onions, chopped

1 (8-oz.) carton sour cream
 1 can cream of chicken soup
 Salt & pepper

Mix together everything but potatoes. Put layers of potatoes and mixture in casserole. Bake at 325° for 45 minutes.

REFRIGERATOR MASHED POTATOES

Barbara King

5 lbs. potatoes
 2 to 3-oz. cream cheese
 1 c. sour cream
 2 tsp. onion salt

1 tsp. salt
 1/4 tsp. pepper
 2 T. butter

Cook and mash potatoes. Add all ingredients except butter. Put in greased casserole and refrigerate. Melt butter and pour over potatoes. Bake at 350° for 30 minutes.

VEGETABLE CASSEROLE

Ada Leaders

1 box frozen corn
 1 box frozen broccoli
 1 box frozen cauliflower
 1 c. mayonnaise (not salad dressing)

1/2 onion, chopped
 1 c. shredded Velveeta cheese
 Ritz crackers
 1 stick butter or margarine

Cook and drain frozen vegetables. Add mayonnaise, onion, and cheese. Mix and put in casserole. Crush crackers and stir in the butter or margarine. Put over top and bake in 375° oven for 1/2 hour.

ZUCCHINI STIR

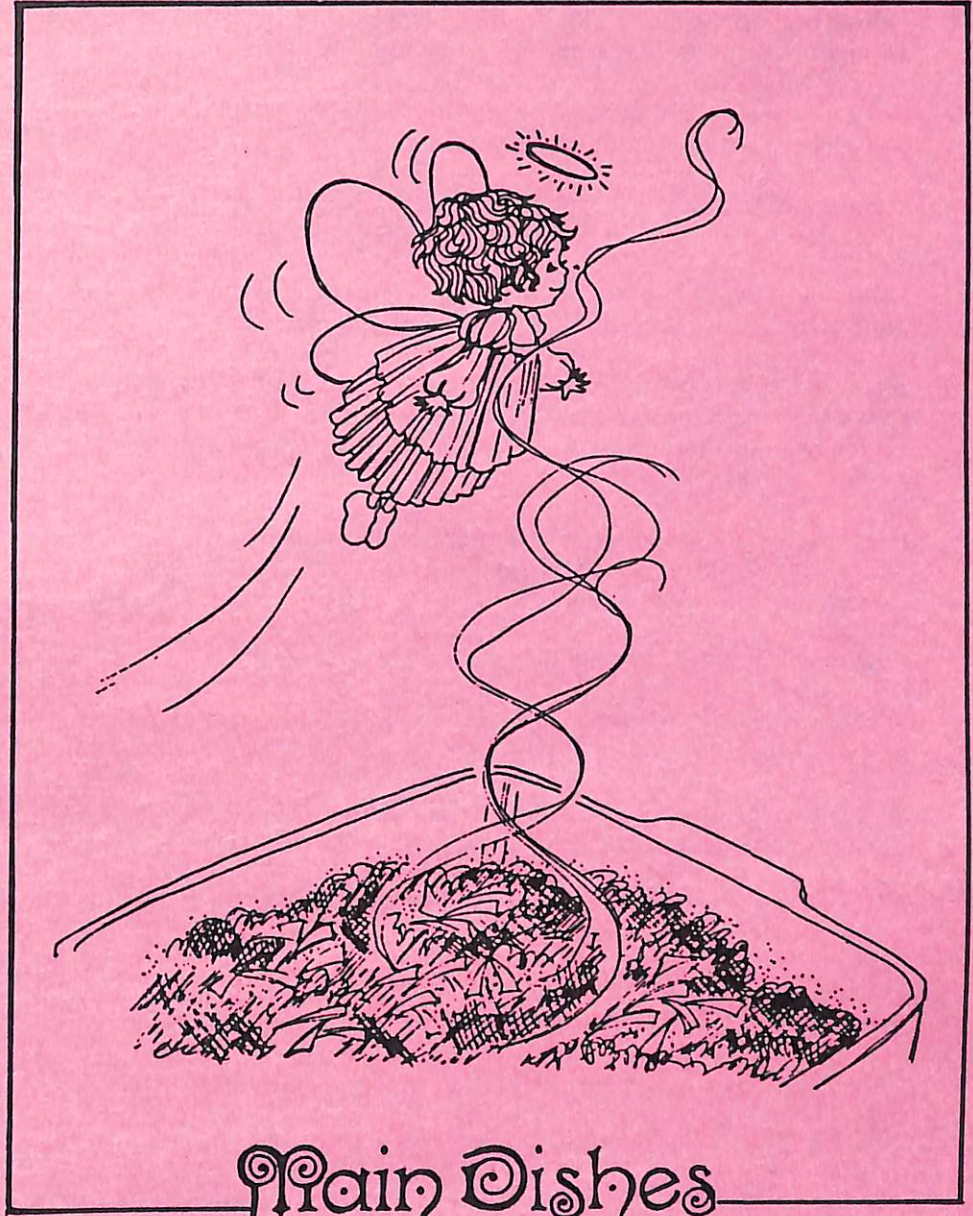
Betsy Henry

1 med. zucchini, grated
 Saute with some oil in skillet. Salt and pepper to taste.

Add:

1/2 pkg. frozen peas
 3 T. Cheez Whiz
 3 shakes of cayenne pepper

Stir until almost melted and turn off burner. (This is good with any meat meal.)



Main Dishes
& Casseroles

Party Pleasers

You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, reducing calories per portion.

Substitute half-and-half for light cream, you'll save 10 calories a tablespoon. 80 per half cup.

Most diets call for 8 ounces of milk, 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Always chill juices or sodas before adding to recipe.

When milk is slightly soured, add a pinch of soda and it can be used as fresh milk.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice--this is helpful in making fresh orangeade or lemonade!

Never boil coffee; it brings out the acid and causes a bitter taste.

Store coffee in the refrigerator or freezer to retain the fresh flavor.

Cheeses should be served at room temperature (approximately 70 degrees).

When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

One quart of soup yields about six servings, unless it is the main course.

MAIN DISHES & CASSEROLES

"BUSY DAY" BEAN DISH

Sandy Buck

3 cans red beans
1 lb. bacon
1 lg. onion
1 lg. green pepper

1 lg. can tomato sauce
Garlic & onion salt
1 1/2 cans water
1 (16-oz.) pkg. rice, cooked

Brown bacon until crisp. Remove bacon and saute onion and green pepper. Add salts, combine beans, water and tomato sauce in large pan; cook on low. Crumble bacon into pan. Add rice. Continue cooking over low heat until flavors blend.

BROCCOLI CASSEROLE

Linda Anderson
By Bev Mace

1 pkg. frozen broccoli
1/2 c. chopped onions
1/2 c. chopped celery

1 c. Minute Rice
1 can cream of mushroom soup
1 can cheddar cheese soup

Cook broccoli until tender. Drain. Add all ingredients to casserole dish. Bake for 30 minutes in 350° oven.

BRUNCH FOR A BUNCH

Billie Anthony

1 lb. bacon, fried, drained,
crumbled
12 eggs, softly scrambled

1 c. sour cream
1 c. shredded cheddar cheese

Combine bacon, eggs, sour cream, and 1/2 cup cheese. Pour into 11 x 7-inch baking dish. Sprinkle with remaining cheese and bake at 350° until hot and cheese is melted.

BRUNCH CASSEROLE

Connie Kiefer

4 c. cubed firm white or French
bread
2 c. (8-oz.) shredded cheddar
cheese
1/4 c. chopped green peppers
1/4 c. chopped onions
4 1/2-oz. jar sliced mushrooms
10 eggs, beaten
4 c. milk

1 T. chopped parsley
1 tsp. dry mustard
1 tsp. salt
1/4 tsp. onion powder
1/4 tsp. pepper
8-10 slices bacon, fried crisp,
drained & crumbled
1/2 c. peeled, chopped tomatoes

Grease a 9 x 13-inch baking dish. Arrange bread cubes in bottom of dish. Layer cheese, onions, green peppers, mushrooms and tomatoes on top of bread. In large bowl combine beaten eggs, milk, parsley, mustard, salt, onion powder and pepper; mix well. Pour egg mixture over bread; sprinkle bacon evenly over top. Cover; refrigerate overnight or up to 24 hours. Heat oven to 325°. Remove cover. Bake 50 to 60 minutes or until center is set. Allow to stand

(continued)

15 minutes before serving. Makes 12 servings. (May substitute ham or sausage for bacon, if desired.)

CASSEROLE SAUCE MIX

Carolyn Davis

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|---------------------------------------|--|
| 2 c. instant nonfat dry milk crystals | 1 tsp. dried basil, crushed (optional) |
| 3/4 c. cornstarch | 1 tsp. dried thyme, crushed (optional) |
| 1/4 c. instant chicken bouillon | 1/2 tsp. pepper |
| 2 T. dried onion flakes | |

Combine all ingredients, mixing well. Store in airtight container. Makes 3 cups or the equivalent of nine 10 1/2-ounce condensed cream soup. To substitute for one can condensed soup, combine 1/3 cup dry mix with 1 1/4 cups water in saucepan. Cook and stir until thickened. Provides about 1/3 of the calories and sodium and 1/100 the fat of canned soup. Canned soup adds 330 calories to a recipe but this adds only 95.

CHEESEBURGER PIE

Linda Clark

- | | |
|------------------------|-----------------|
| 1 lb. ground beef | 1 1/2 c. milk |
| 1 1/2 c. chopped onion | 3/4 c. Bisquick |
| 1 c. shredded cheese | 3 eggs |
| Salt & pepper | |

Grease a 10-inch pie plate. Cook ground beef and onion until brown then drain. Stir in salt and pepper. Spread in pie plate and sprinkle with cheese. Beat rest of ingredients until smooth. Pour into pie plate. Bake 30 minutes. Let stand 5 minutes before serving.

CHICKEN AND APRICOT STIR FRY

Barb Platt

- | | |
|--|------------------------------|
| 1 clove garlic | 2 T. chopped scallions |
| 2 whole chicken breasts (boned, skinned and cubed) | 1 tsp. cornstarch |
| 3 fresh apricots (pitted and sliced) | 3 T. orange juice |
| | 1 T. soy sauce |
| | 1/4 tsp. grated fresh ginger |

Coat a wok or 10-inch skillet with no-stick spray and toss garlic on medium high heat for 30 seconds. Remove garlic, add chicken and stir fry for 5 minutes. Add apricots and scallions and stir fry for 1 minute longer. Remove chicken and apricots. In small bowl, combine orange juice, soy sauce, cornstarch, and ginger. Add to wok and cook briskly, stirring until thick and shiny (no more than 30 seconds). Turn off heat, add chicken and apricots to sauce and toss. Serve immediately.

CHICKEN CACCIATORI (Crockpot Recipe)

Kate Murphy

- | | |
|--|---|
| 1 (2 1/2 to 3 lb.) broiler-fryer chicken, cut-up | 1 tsp. salt |
| 1/4 c. salad oil | 1/4 tsp. pepper |
| 1 onion, chopped | 1 clove garlic, minced |
| 2 (8-oz.) cans tomato sauce | 2 T. dry red wine |
| 1 tsp. oregano leaves, crushed | 1 (2-oz.) can sliced mushrooms, drained |
| 1/4 tsp. dried thyme leaves, crushed | Cooked spaghetti |

In large skillet or slow-cooking pot with browning unit, brown chicken in hot oil. Drain. In slow-cooking pot, combine chicken with onion, tomato sauce, oregano, thyme, salt, pepper, garlic, and wine. Cover and cook on low for 4 to 5 hours. Stir in drained mushrooms. Spoon over hot, cooked spaghetti. Makes 4 to 5 servings.

CHICKEN MORNÉ

Marilyn Wymore

6 chicken breasts

Simmer the chicken breasts gently in water to cover with celery leaves, salt, and pepper added. Remove skin and bone. Reserve broth also. Cook 3 packages frozen broccoli in chicken broth until tender. Drain, reserving juice. In a 9 x 13-inch glass pan or 2 smaller ones spread the drained broccoli.

Mix Together:

- | | |
|---------------------------|------------------------------|
| 1 can cheddar cheese soup | 1 can cream of mushroom soup |
|---------------------------|------------------------------|

Add 1/2 of combined soups thinned with a little broth. Place large pieces of chicken evenly over the top. Spread remaining soups over this. Bake at 350° for about 30 minutes or until bubbly. Sprinkle at least one can French fried onions over the top. Return to the oven for 5 minutes. Serve immediately.

CHICKEN CASSEROLE (Overnight)

Bev Mace
Marie Marlin

- | | |
|---------------|---|
| 2 c. chicken | 2 cans cream of mushroom soup |
| 2 c. milk | 1/2 lb. cheese, diced (mozzarella is delicious) |
| 2 c. macaroni | |
| 2 med. onions | |

Mix ingredients and let stand in refrigerator overnight. Macaroni absorbs the milk and is softened. Bake 1 hour at 350°.

CHICKEN CASSEROLE

Lucille Dempewolf
In Memory of Wilma Claus

- | | |
|---|--|
| 1 1/2 (6-oz.) pkg. Kellogg's
seasoned croutettes (1 pkg. is
6 cups) | 1 1/2 sticks margarine
1 1/2 c. water |
|---|--|

Melt margarine, add water and toss together with croutettes. Pour 1/2 of this mixture in 9 x 13-inch pan.

Mix:

- | | |
|------------------------------|----------------------------|
| 3/4 c. finely chopped onion | 3/4 c. Miracle Whip |
| 3/4 c. finely chopped celery | 5 c. cooked, cut-up celery |

Put chicken mixture over croutettes and pour remaining croutettes over top of chicken. Pour 2 cups milk over all and refrigerate overnight. Cover with foil while in the refrigerator. One hour before baking spread 1 1/2 cans cream of mushroom soup over top. Bake at 350° for 50 minutes uncovered. Spread 2 ounces grated cheddar cheese on top and put back in oven for about 5 minutes. Let stand 10 minutes before serving.

CHICKEN CASSEROLE

Barbara King

- | | |
|--------------------------------------|---------------------------|
| 3 lbs. cooked chicken, cut-up | 1/2 c. chopped walnuts |
| 2 c. chopped celery | 2 c. crushed potato chips |
| 2 T. minced onion | 1 can chicken noodle soup |
| 1 can chopped black olives | 3/4 c. mayonnaise |
| 1 sm. jar pimento, chopped | 1 T. lemon juice |
| 1 sm. can water chestnuts,
sliced | 1 tsp. salt |
| | 1/2 tsp. pepper |

Mix and bake at 400° for 20 minutes. To make ahead, mix all but the chips and soup.

CHICKEN CASSEROLE

Judy Porter

- | | |
|--|---------------------------|
| 3 c. diced cooked chicken | 1 can French fried onions |
| 3/4 c. diced celery | 2 T. mayonnaise |
| 1 T. chopped pimento | 1 pkg. chicken gravy mix |
| 1 (8-oz.) can water chestnuts,
sliced | 1 c. milk |

Mix chicken gravy according to package directions using one cup milk instead of water. Combine with other ingredients using 1/2 can of the French fried onions. Top with remaining onions. Bake in 1-quart baking dish at 400° until heated through.

CHICKEN DIVAN

Cindy McManigal

- | | |
|--|---------------------------------------|
| 2 pkgs. frozen broccoli spears,
cooked | 2 c. cream of chicken soup |
| 2 to 3 chicken pieces, boned &
cooked | 1 scant c. Hellmann's
mayonnaise |
| 1/4 to 1/2 bag extra wide
noodles, cooked | 1 T. lemon juice |
| | 1/2 to 1 c. grated American
cheese |

Layer in order given in 9 x 12-inch pan. Bake at 350° until lightly browned - 35 minutes or more. Can be frozen.

CHICKEN AND RICE CASSEROLE

Lucille Dempewolf

- | | |
|------------------------------|----------------------------|
| 1 cut-up chicken | 1 can cream of celery soup |
| 2 c. rice, or instant rice | 1 pkg. dry onion soup |
| 1 can cream of mushroom soup | 1 c. water |

Stir together the cream soups, add rice with cup of water. Spread the mixture in a baking dish or pan. Place raw chicken parts on the soup and rice mixture. Sprinkle with the dry onion soup. Seal the baking dish with aluminum foil and bake for 2 hours at 350°. A total of 10 to 15 chicken parts can be used of those desired, or just bake chicken breasts. If smaller amount is desired, decrease all ingredients. Can put some of the soup over the chicken, also.

BAKED CHICKEN AND RICE

Linda Massman

- | | |
|------------------------------|--------------------|
| 1 can cream of chicken soup | 1 c. uncooked rice |
| 1 can cream of mushroom soup | 1 cut-up chicken |
| 1 pkg. dry onion soup mix | |

Grease a 9 x 13-inch pan. Mix soup together with soup can full of water. Pour into pan. Sprinkle with rice. Lay chicken pieces on top. Brush lightly with oil and salt. Cover pan with foil. Bake 2 hours at 350°. Uncover for final 30 minutes to brown chicken. Delicious!

FRENCH CHICKEN BROCCOLI CASSEROLE

Evelyn Sherbondy

- | | |
|----------------------|------------------|
| 1 lb. fresh broccoli | 1 cooked chicken |
|----------------------|------------------|

Sauce:

- | | |
|----------------------|--------------------------------------|
| 1/3 c. melted butter | 1/4 tsp. pepper |
| 1/4 c. cornstarch | 2 c. milk |
| 1/2 c. water | 1 jar diced pimentos |
| 1/3 c. chicken broth | 1 (8-oz.) pkg. Old English
cheese |
| 1/4 tsp. salt | |

In a greased 9 x 13-inch inch baking dish, layer broccoli spears and chicken pieces, which are skinned and boned. For the sauce combine melted butter, cornstarch combined with cold water, broth, (continued)

seasonings, milk, and pimentos. Cook until thickened. Add cheese; stir until melted. Pour over chicken and broccoli. Bake at 350° for 35 minutes.

TURKEY TETRAZZINI

Phyllis Wolfe

- | | |
|--|------------------------------------|
| 1 stick margarine (soft) | 2 c. grated Velveeta cheese |
| 1/2 c. flour | 3 c. chopped turkey |
| 4 c. milk | 1 can sliced mushrooms |
| 1 (16-oz.) pkg. spaghetti, cooked | |

Mix margarine and flour together. Add milk and cook in microwave until it thickens. Stir about every 3 minutes. Mix remaining ingredients and put into two large casseroles. Pour milk mixture over all and bake at 350° until it is bubbly around edges. Sprinkle with paprika.

CORN MACARONI CHEESE

Judy Porter

- | | |
|------------------------------------|--|
| 1 c. dry macaroni | 1 stick butter |
| 1 lg. can whole kernel corn | 1 c. Velveeta cheese (may use part cheddar, if desired) |
| 1 lg. can cream-style corn | |

Bake for 1 hour at 350° or in slow oven for 2 hours.

LAYERED DINNER

Judy Porter

- | | |
|--|---|
| 1 layer sliced raw potatoes | 1 can of tomatoes or sliced fresh tomatoes |
| 1 layer sliced carrots | 1 can mushrooms (optional) |
| 1 layer sliced onions and pepper strips | Cheese for topping |
| 1 layer celery (cut diagonally) | |

Lightly season each layer with salt and pepper. Bake slowly for 2 hours at 350°.

ENCHILADA CASSEROLE

Candi Jones

- | | |
|---------------------------------------|--------------------------------------|
| 1 lb. lean ground beef, cooked | 1 (16-oz.) can tomato sauce |
| 1 T. minced onion | 2 c. cheddar cheese, shredded |
| 2 1/2 tsp. chili powder | 6 tortillas |
| 1 tsp. pepper | |

Mix first 5 ingredients, layer in pie pan 1 tortilla, meat, sauce, cheese, and again until ingredients are used. Heat in microwave on high for 5 minutes.

STUFFED GREEN PEPPERS (Crockpot Recipe)

Kate Murphy

- | | |
|--|--|
| 5 to 6 green peppers | 1 T. Worcestershire sauce |
| 1/2 lb. lean ground beef | 1 tsp. prepared mustard |
| 1/4 c. finely chopped onion | 1 (10 3/4-oz.) can cream of tomato soup |
| 1 T. chopped pimento | |
| 1 tsp. salt | |
| 1 (12-oz.) can whole kernel corn, drained | |

Cut a slice off top of each pepper. Remove core, seeds, and white membrane. In small bowl combine beef, onion, pimento, salt, and corn. Spoon into peppers. Stand peppers up in slow cooking pot. Add Worcestershire sauce and mustard to soup. Pour over peppers. Cover pot; cook on low 8 to 10 hours. Makes 5 to 6 servings.

HAM, BROCCOLI, CHEESE CASSEROLE

Cindy McManigal

- | | |
|---|---|
| 16 oz. broccoli, chopped (fresh or frozen) | Ham, diced |
| 1 c. Minute Rice | 8 oz. jar Cheez Whiz |
| 1 c. chopped onion | 1 can cream of mushroom soup |
| 1/2 c. celery, chopped | 1 stick margarine |
| 1 sm. can sliced mushrooms | Dash of dill weed, salt & pepper |

Cook broccoli and rice. In skillet, saute onion, celery, mushrooms, and rice in margarine. Add ham, dill weed, salt and pepper. Stir into broccoli. Place in 1 1/2 quart casserole. Heat soup and Cheez Whiz and pour over broccoli mixture. Bake 30 minutes at 350°. Serves 4.

HAMBURGER CASSEROLE

Barbara King

- | | |
|---------------------------------------|-------------------------------------|
| 2 to 3 lbs. hamburger | 1 can cream of mushroom soup |
| 2 pkgs. Stove Top stuffing mix | 1 can milk |
| 1 can cream of celery soup | |

Place hamburger in 9 x 13-inch pan. Mix both packages of stuffing mix according to directions using only one package of vegetable/seasoning mix. Put over meat. Mix soups, milk, and remaining package of vegetable/seasoning mix. Pour over top and bake for 1 hour at 350°.

SPAGHETTI SAUCE

Barbara King

- | | |
|-------------------------|-------------------------|
| 1 lb. spaghetti | 1/2 tsp. garlic powder |
| 1 lb. hamburger | Red Pepper |
| 1 can tomatoes (2 cups) | Salt & pepper |
| 1 can tomato paste | 1/2 tsp. sugar |
| 1 can tomato sauce | 1/2 c. longhorn cheese, |
| 1 can tomato soup | shredded |
| 1/2 med. onion, chopped | |

Brown hamburger and onion. Mix cans of tomatoes, paste, sauce and soup together. Add seasonings and cook slowly for 2 hours. Add cheese and cook and hour.

PIZZA WICHES

Linda Clark

- | | |
|----------------------------|------------------------|
| 1 lb. hamburger | 1 can tomato soup |
| 1 lb. sharp cheddar cheese | 1/2 soup can salad oil |
| 1 onion (ground) | 1 tsp. garlic salt |
| 1 can ripe olives | 1/2 tsp. oregano |

Brown beef and cool well. Mix rest of ingredients then add meat. Let stand 4 hours. Spread on Vienna bread and broil until cheese is bubbly. Be sure ground beef is cooled well or it will melt the cheese and make it stringy. Will keep refrigerated for a week.

EASY QUICHE

Mary Vander Woude

- | | |
|---|------------------|
| 1/2 lb. bacon, cooked crisp | 2 c. whole milk |
| 1/4 c. onion, chopped, sauted | 7 eggs, beaten |
| 1 1/4 c. shredded sharp shredded cheese | 1 c. biscuit mix |
| | 1/4 tsp. salt |

Layer bacon, onion, and cheese in greased 12 x 7-inch pan. Combine milk, eggs, biscuit mix and salt in mixer. Mix at high speed for 1 minute. Carefully pour egg mixture evenly over layered ingredients in pan. Bake in preheated 400° oven for 15 minutes. Reduce temperature to 375° and continue baking 40 to 45 minutes. Let stand 5 minutes before cutting.

GROUND BEEF CASSEROLE (Low Cholesterol)

Betsy Henry

- | | |
|---|--------------------------|
| 1 lb. ground sirloin | 1 c. frozen peas |
| 1/2 c. chopped onion | Garlic powder (optional) |
| 1/2 c. chopped celery | Cumin (optional) |
| 1 c. Minute Rice or regular cooked rice | |

Brown meat, onions, celery, and seasonings together. Prepare rice and layer alternately in casserole and heat through.

ITALIAN POTATO CASSEROLE

Elaine Gutzmer

- | | |
|------------------------|-----------------|
| 1 1/2 lbs. ground beef | 1 chopped onion |
|------------------------|-----------------|

Cook and drain.

- | | |
|--------------------------------|--------------------------------|
| 6 med. potatoes, thinly sliced | 1 (32-oz.) jar spaghetti sauce |
|--------------------------------|--------------------------------|

Add potatoes and sauce to ground beef. Cook in skillet until potatoes are done. (Add water if needed)

- 8 oz. shredded mozzarella cheese

Sprinkle mozzarella cheese on top and let melt. This can also be baked in the oven. In 2 (8 x 8-inch) or 9 x 13-inch pan, spread 1/3 of meat and sauce mixture. Put 1/2 of potatoes on top. Repeat, ending with meat. Cover pan and bake 1 hour or until potatoes are done. Remove cover, sprinkle with cheese, bake another 10 minutes.

JERRY'S ITALIAN SAUSAGE

Jerry Knudsen

- | | |
|--------------------------|----------------------------------|
| 4-5 Italian sausages | 1 c. shell macaroni |
| 2 cans tomatoes, cut-up | 1 T. Worcestershire sauce |
| 1 green pepper, chopped | 1 T. soy sauce |
| 1 can mushrooms, drained | 2 tsp. Trappey's Red Devil sauce |

Put Italian sausages in skillet, cover with water and boil approximately 1/2 hour. Drain and add vegetables and seasonings. Cover and cook on low for 1/2 hour. Add the shell macaroni, cover and simmer until macaroni is done 15-20 minutes.

BAKED BEANS AND PORK CHOPS

Phyllis Wolfe

- | | |
|---------------------------|-------------------------------------|
| 1 (#2) can pork and beans | 1/2 c. chili sauce |
| 3 T. brown sugar | 4 or 5 pork chops (lean center cut) |
| 1/4 c. catsup | |

Brown pork chops in skillet then place in bottom of casserole. Mix brown sugar, catsup, and chili sauce with pork and beans. Pour over chops. Bake at 325° for 3 to 4 hours. Add moisture as it bakes away. (Can be cooked in crockpot.)

TUNA CASSEROLE

Barbara King

- | | |
|-------------|------------------------------|
| 2/3 c. milk | 1 can shoestring potatoes |
| 1 can tuna | 1 can cream of mushroom soup |

Mix milk, drained tuna, soup, and one cup of potatoes. Spread in 8 x 8-inch pan. Sprinkle rest of shoestrings on top and bake at 350° for 30 minutes.

SLOPPY JOES

Marilyn Wymore

- 13 lbs. ground beef
- 26 T. mustard (1½ c.)
- 26 T. brown sugar (1½ c.)

- Cookies barbecue sauce
- Onion

Brown hamburger, drain off fat. Add mustard, brown sugar, onion and barbecue sauce. Simmer. Serves 100.

PEAS AND BROCCOLI CASSEROLE

Sharon McCurdy

Cook and Drain:

- 1 pkg. frozen broccoli
- 1 pkg. frozen peas

Add:

- 1 can cream of mushroom soup
- Sm. jar Cheez Whiz

Heat together and put in baking dish. Top with buttered bread crumbs. Bake at 350° for 30 minutes.

SIX HOUR STEW

Barbara King

- | | |
|--------------------------------|-------------------------------|
| 2 lbs. stew meat | 1 tsp. salt |
| 1 onion, chopped | 2 potatoes |
| 1 c. water | Green pepper |
| 2½ c. tomato juice | 1-2 cans mushrooms (optional) |
| 3 carrots | ½ c. Minute tapioca |
| 1 qt. green beans (with juice) | ½ tsp. celery seed |

Trim fat from stew meat, add raw to other ingredients. Bake in oven at 250° for at least 6 hours. Stir occasionally only to make sure it doesn't stick to bottom of roaster. Heavy roasting pan works best.

SPAGHETTI OR LASAGNE TOPPING

Marilyn Wymore

- | | |
|---------------------------------|-----------------------|
| 1 lb. ground beef, browned with | 1 tsp. thyme |
| 1 lg. onion | 1 tsp. celery seed |
| 1 can tomatoes | ½ tsp. parsley flakes |
| 1 sm. can tomato paste | 1 tsp. vinegar |
| 1 can mushrooms | ½ c. water |
| 1 tsp. powdered garlic | Salt |
| 1 tsp. oregano | Green pepper |

Cook at least 1 hour on low heat. It is better if it is cooked longer. Serves 4.

TURKEY LASAGNE (Low Cholesterol)

Betsy Henry

- 1 lb. ground turkey or turkey sausage
- ½ tsp. basil
- ½ tsp. oregano
- 1 tsp. onion powder

- 1 (8-oz.) can tomato sauce
- 1 sm. can tomato paste
- 2-3 c. mozzarella cheese (part-skim)
- 8 oz. lasagna noodles, cooked

Brown meat with spices. Drain off fat. Add tomato sauce and paste and heat through. Layer noodles, meat mixture, and cheese, ending with top layer of noodles. Sprinkle on Parmesan cheese and more mozzarella cheese. Bake at 350° for 20 minutes or until brown and bubbly.

Recipe Favorites



Meat, Poultry
& Seafood

Main Dish Mentionables

Make frying seafood easy. There is a product called "Golden Dipt Fish Coating" available at grocery stores that makes coating fish easy. This product is used by most restaurants and it is quick and easy. Just follow directions.

To keep meat moist and flavorful when reheating it - without adding extra fat - place a lettuce leaf in the bottom of a casserole, put meat on lettuce, then cover with another lettuce leaf. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

Bringing home the bacon: Keep bacon slices from sticking together by rolling the package into a tube shape and securing it with a rubber band before refrigerating.

Stopping the splattering: To keep hot fat from splattering, sprinkle a little salt or flour in the pan before frying.

Juicier burgers: Add one stiffly beaten egg white to each pound of hamburger. Or, make patties with one tablespoon of cottage cheese in the center.

No more fowl play: Defrost frozen chicken by soaking in cold water that's been heavily salted. Meat will be pure white and very flavorful.

After cooking, small roasts should sit for 10-15 minutes before carving, a large roast should sit for 20-30 minutes.

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

Thaw meats in the refrigerator so as not to lose juices.

Spray your barbecue grill with vegetable oil to prevent sticking.

Instant potatoes are a good thickening for stews.

Bacon that has been fried and drained crisp can be frozen in foil; reheat in toaster oven to crisp.

Dip your fingers in water to prevent meatballs from sticking to your hands.

Meat loaf can be cooked in individual muffin pans in half the normal baking time.

MEAT, POULTRY & SEAFOOD

BEEF STROGANOFF

Billie Anthony

1 lb. beef stew meat, cut in strips
1/2 c. chopped onions
1/4 c. flour

Salt & pepper to taste
1 can cream of mushroom soup
1/2 c. water
1/2 c. sour cream

Shake together stew meat, onions, flour, seasonings and brown until tender. Add soup and water. Cook on low for 1/2 hour. Add sour cream last, just before serving. Serve over 3 cups cooked wide noodles. Serves 4.

BUDGET BEEF STROGANOFF (Crockpot Recipe)

Kate Murphy

1 1/2 to 2 lbs. round steak
1 tsp. salt
1/8 tsp. pepper
1 onion, sliced
1/4 tsp. garlic salt
1 T. Worcestershire sauce

1 c. dairy sour cream
1 1/2 c. beef bouillon
1 T. catsup
2 T. dry white wine
1/4 lb. fresh mushrooms, sliced
1/3 c. flour

Cut steak into 1/4 inch strips. Coat with salt and pepper. Drop into bottom of slow-cooking pot with onion. Mix garlic salt, Worcestershire sauce, bouillon, and catsup. Pour over meat. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high. Add wine and mushrooms. Dissolve flour in small amount of water. Add to meat mixture, stirring until blended. Cook on high for 15 minutes or until slightly thickened. Stir in sour cream; turn off heat. Serve with rice or noodles. Makes 5 to 6 servings.

CHINESE BEEF AND PEA PODS (Crockpot Recipe)

Kate Murphy

1 (1 to 1 1/2 lbs.) flank steak
1 (10 1/2-oz.) can condensed beef consomme
1/4 c. soy sauce
1/4 tsp. ground ginger

1 bunch green onions, sliced
2 T. cornstarch
2 T. cold water
1 (7-oz.) pkg. frozen Chinese pea pods, partially thawed

Thinly slice flank steak diagonally across the grain. Combine strips in slow-cooking pot with consomme, soy sauce, ginger and onions. Cover and cook on low for 5 to 7 hours. Turn control to high. Stir in cornstarch that has been dissolved in the cold water. Cook on high for 10-15 minutes or until thickened. Drop in pea pods the last 5 minutes. Serve over hot rice. Makes 4 to 5 servings.

OLD-FASHIONED BEEF STEW

Kate Murphy

- | | |
|---------------------------------------|---|
| 2 lbs. beef stew meat, cut into cubes | 2 tsp. salt |
| 1/2 c. flour | 1 tsp. sugar |
| 2 T. oil | 6 carrots, peeled, sliced or quartered |
| 1 bay leaf | 1 c. sliced celery |
| 1 T. Worcestershire sauce | 4 potatoes, peeled and cut into eighths |
| 1 onion, chopped | 12 sm. white onions |
| 1 c. beef bouillon | 2 med. turnips, peeled and quartered (optional) |
| 1/4 tsp. pepper | |
| 4 c. water | |
| 1 c. cooked okra (optional) | |

Coat meat with flour; set excess flour aside. In large skillet or slow-cooking pot with browning unit, heat oil. Brown meat on all sides. In slow-cooking pot, combine browned beef, bay leaf, Worcestershire sauce, chopped onion, bouillon, pepper, salt, sugar, and vegetables. Pour water over all. Cover and cook on low 8 to 10 hours. Turn control on high. Thicken with flour left over from coating (about 1/4 cup) dissolved in a small amount of water. Add okra, if desired. Cover and cook on high 10 to 15 minutes or until slightly thickened. Makes 6 to 8 servings.

STUFFED BURGER BALLS

Inez Summy

- | | |
|---------------------------------|------------------------------|
| 1 lb. hamburger | Water |
| 2 1/2 c. herb-seasoned stuffing | Butter or margarine |
| 1/3 c. milk | 1 can cream of mushroom soup |
| 1/2 tsp. salt | 1 tsp. Worcestershire sauce |

Combine beef, 1/2 c. stuffing, milk, and salt. Shape into four patties. Prepare other 2 cups stuffing with water and margarine according to package directions. Mound 1/4 of stuffing on each patty. Form meat into balls around stuffing, pinching edges to seal. Place in baking dish and bake at 350° for 30 minutes. Drain. Combine mushroom soup and Worcestershire sauce and pour over balls. Bake 25 minutes longer.

BAKED FISH AND SAUCE (Low Fat, Low Cholesterol)

Audrey Bones

- | | |
|--------------------------|------------------|
| Frozen salmon or halibut | 1 T. cooking oil |
| 2 T. soy sauce | Lawry's salt |
| 1 T. lemon juice | Parsley flakes |
| 3 squirts Tabasco sauce | Chopped onion |

Thaw fish in salt water. Soak in fresh water with ice cubes for 1 hour. Pour sauce on fish and bake in oven at 350° for 1 hour. (If time is short, omit the salt water.)

BLACKENED (CAJUN) FISH

Joyce Knudsen

- | | |
|---------------------------------------|-------------------------------|
| 1 lb. fresh or frozen fish, fillets | 1/4 tsp. ground white pepper |
| 1/2 tsp. onion powder | 1/4 tsp. dried, crushed thyme |
| 1/2 tsp. garlic salt | 1/4 tsp. pepper |
| 1/2 tsp. ground red pepper, (cayenne) | 1/8 tsp. ground sage |
| 1/2 tsp. dried, crushed basil | 1 T. sweet paprika |
| | 1/4 c. melted margarine |

Thaw fish, if frozen. Combine all ingredients except margarine and fish. Brush both sides of fish with margarine. Coat with seasonings. Preheat skillet 5 minutes (drop of water sizzles). Add coated fish. Drizzle 2 teaspoons of margarine over fish. Grill 2 1/2 to 3 minutes until blackened. Turn and drizzle with 2 teaspoons margarine. Cook until blackened: 2 1/2 to 3 minutes. Serves 4.

MEAT LOAF (With Dressing)

Bev Mace

- | | |
|--------------|--------------|
| 1/2 lb. veal | 1/2 lb. beef |
| 1/2 lb. pork | |

Add to:

- | | |
|--------------|--------|
| 1 beaten egg | Salt |
| 1 c. milk | Pepper |
| Little onion | |

Dressing:

- | | |
|---|-------------------------|
| 2 c. toasted bread, buttered & cut fine | 2 tsp. onion, cut fine |
| 1 can mushrooms, med.-sized, save juice | Little celery, cut fine |

Moisten with mushroom juice and water. Make a layer of meat in loaf pan, then a layer of all the dressing, then the rest of the meat. Bake in moderate oven for 1 hour.

MICROWAVE MEATLOAF

Gerry Hurd

- | | |
|-------------------------------|------------------------|
| 2 beaten eggs | 1/2 tsp. salt |
| 3/4 c. milk | 1/4 tsp. ground sage |
| 1/2 c. fine, dry bread crumbs | 1/8 tsp. pepper |
| 1/4 c. finely chopped onions | 1 1/2 lbs. ground beef |
| 2 T. snipped parsley | |

Topping:

- | | |
|------------------|--------------------|
| 1/4 c. catsup | 1 tsp. dry mustard |
| 2 T. brown sugar | |

In large bowl, mix first 8 ingredients. Add ground beef and mix well. Pat into 4 1/2-cup mold (micro-safe) or shape in a ring in a micro-safe pie plate. Cook on 100% (High) power for 8 to 10 minutes or until no pink remains. While cooking, turn dish a quarter (continued)

turn every 3 minutes. Spoon off fat. Combine and spread topping over meat loaf and let stand 5 minutes before serving. Serves 6.

FAMILY FAVORITE MEAT LOAF (Crockpot Recipe)

Kate Murphy

- 2 beaten eggs
- 3/4 c. milk
- 2/3 c. fine dry bread crumbs
- 2 T. grated onion
- 1 tsp. salt
- 1/2 tsp. ground sage
- 1 1/2 lbs. ground beef

Sauce:

- 1/4 c. catsup
- 2 T. brown sugar
- 1 tsp. dry mustard
- 1/4 tsp. ground nutmeg

Combine eggs with milk, bread crumbs, onion, salt, sage, and meat. Mix well and shape to fit the bottom of your slow-cooking pot and place on bottom of pot. Cook on low for 5 to 6 hours. Combine sauce ingredients in small bowl. Pour over meat. Cover and cook on high 15 minutes longer. Slice and serve while hot or use cold slices for sandwiches. Makes 6 servings.

SAUCY LITTLE MEAT LOAVES

Barbara King

- 1 1/2 lbs. ground beef
- 3/4 c. oatmeal
- 1 1/2 tsp. salt
- 1/4 c. chopped onion
- 1 egg, beaten
- 3/4 c. milk

Topping:

- 1/3 c. catsup
- 1 T. brown sugar
- 1 T. mustard

Mix and form 6 small loaves. Make a dent in top and spoon on topping. Bake for 350° for 35 minutes. Make 1 large loaf and bake at 350° for 1 hour.

PEPPER STEAK

Joyce Knudsen

- 1/4 c. oil
- 2 lbs. beef round steak
- 1/4 tsp. garlic powder
- 1/2 c. green pepper strips
- 2 c. (1-lb. can) tomato wedges
- 1/2 c. onion, chopped
- 1 beef bouillon cube
- 1 T. cornstarch
- 1/4 c. water
- 3 T. soy sauce
- 1 tsp. sugar

Cut beef in 1/4-inch strips. In skillet, heat oil and add beef strips. Sprinkle with garlic powder. Saute, stirring occasionally until brown. Remove meat and add onion and green pepper. Saute 3-5 minutes. Return meat to skillet along with tomatoes and bouillon cube. Cover and simmer 15-20 minutes. Blend together cornstarch, water, soy sauce, and sugar. Add to meat mixture stirring con-

(continued)

stantly until thickened. Cook 2 additional minutes. Serve with rice or mashed potatoes.

SWISS STEAK WITH RICE

Del Murray

- 2 lbs. round steak, cut 1 to 1 1/2 inches thick
- 1/2 c. flour
- 1 1/2 tsp. salt
- 4 T. shortening
- 4 c. cooked Minute Maid rice
- 1 garlic clove, minced
- 1 onion, chopped
- 1 green pepper, chopped
- 1 can tomatoes
- 1/8 tsp. tabasco sauce
- 1 c. water

Cut steak into individual servings. Mix flour and salt and pound into meat using all the flour. Brown meat on both sides in shortening, add remaining ingredients, cover and simmer 1 1/2 hours or until tender. Cook rice during last half hour. Serve steak and gravy with hot rice.

CHICKEN AND RICE

Elaine Gutzmer

- 4-6 pieces of chicken
- 1/3 c. bottled Italian salad dressing

Place chicken in 8 x 13-inch pan. Pour dressing over chicken. Bake at 400° for 20 minutes, uncovered.

- 16 oz. mixed vegetables, broccoli, carrots, water chestnuts, etc
- 2/3 c. uncooked regular rice
- 1/2 c. French fried onions (from the can)

Remove chicken from the pan. Put rice in bottom, then vegetables and onions, with chicken on top. Pour 1 3/4 cup chicken bouillon over all. Bake uncovered 25 minutes more or until done. Top chicken with 1/2 cup French fried onions. Bake 2-3 more minutes. Let stand 5 minutes.

PARMESAN CHICKEN

Susan K. Holly

- 1 frying chicken cut-up in pieces
- 1 c. fine bread crumbs
- 1/2 c. Parmesan cheese
- 3/4 c. butter
- 1/2 tsp. garlic salt

Line cookie sheet with foil. Melt butter and garlic salt together. Mix bread crumbs, cheese and pepper together. Dip chicken pieces in butter and roll in bread crumb mixture. Place skin side up and do not place pieces on top of each other. Bake at 350° for 1 hour. Any butter left over may be poured over chicken in pan.

OVEN BAKED CHICKEN

Arlita Hunt

- 1 chicken, cut-up
- 1 T. salt
- 1 tsp. baking powder
- 1 c. flour
- 1 T. paprika
- 1 egg
- 1/4 c. milk
- 1/4 to 1/2 cup butter, melted

Beat egg and milk together. Dip chicken pieces in milk mixture then in dry ingredients. Brush or pour butter over all pieces. Bake in 9 x 13-inch pan at 350° for 1 1/2 to 2 hours. Cover with foil for first hour, then remove foil to brown chicken.

JAPANESE CHICKEN MCNUGGETS

Sandy Buck

Batter:

- 4 T. flour
- 8 T. cornstarch
- 1 T. sesame seed
- 1/2 tsp. Accent
- 2 eggs
- 5 T. soy sauce
- 1/2 tsp. salt
- 4 T. sugar
- 2 onions, chopped
- 2 cloves garlic, grated
- 1 pkg. boneless chicken

Cut chicken into bite-sized pieces. Dip chicken in batter and deep fry until golden brown. These are excellent!

TURKEY MANDARIN STEAKS

Carol Reeder

- 1 lb. turkey tenderloin steaks
- 6 T. soy sauce
- 2 T. olive oil
- 1 sm. onion, chopped
- 1 1/4 tsp. ground ginger

Place turkey steaks in plastic bag. In a separate container, mix all other ingredients and pour over turkey. Close bag and rotate it so that pieces are coated with marinade on all surfaces. Allow to marinate for several hours, rotating bag occasionally. Broil turkey pieces 8 minutes on each side or to desired doneness. Yields: 4 servings.

HAM LOAF

Gerry Hurd

- 1 lb. ground smoked ham
- 1 lb. lean fresh pork
- 1 c. graham crackers (ground fine)
- 1 c. milk
- 2 eggs, slightly beaten

Mix above ingredients for 5 to 10 minutes until stringy or sticky.

Sauce:

- 1 can tomato soup
- 1/2 c. water
- 1 c. brown sugar
- 1/2 c. vinegar
- 1 tsp. prepared mustard

Sauce doesn't need to be preheated. Mix and pour over loaf. (This will cover two loaves.) Bake at 300° for 1 1/2 to 2 hours.

"CHICKEN LICKIN" GOOD PORK CHOPS

Barbara King

- 6 to 8 pork chops
- 1/2 c. flour
- 1 T. salt
- 1 1/2 tsp. dry mustard
- 1/2 tsp. garlic powder
- 2 T. oil
- 1 can chicken and rice soup

Flour pork chops in mixture of flour, salt, dry mustard, and garlic powder. Brown in oil, place pork chops in crockpot. Add can of soup. Cover and cook on low for 6 to 8 hours. (On high for 3 1/2 hours.)

SPAGHETTI SAUCE

Barbara King

- 1 lb. spaghetti
- 1 lb. hamburger
- 1 qt. tomatoes
- 1 can tomato paste
- 1 can tomato sauce
- 1 can tomato soup
- 1/2 med. onion, chopped
- 1/2 tsp. garlic powder
- Dash of red pepper
- Salt, black pepper
- 1/2 tsp. sugar
- 1/2 c. Longhorn sharp cheese

Brown hamburger and onion. Mix cans of tomatoes, paste, sauce, and soup together. Add seasoning. Cook slowly for 2 hours. Add cheese and cook another hour. Does well in crock pot.

SLOPPY JOES

Marilyn Wymore

- 1 lb. lean ground beef
- 2 T. mustard
- 2 T. brown sugar
- Onion
- Cookie's barbecue sauce

Brown hamburger in the microwave for 4 to 5 minutes in a plastic colander. Pour off grease. Add mustard, brown sugar, onion, and barbecue sauce. Microwave for 2 minutes. Serve on hamburger buns. Serves 4 to 6 people.

Happiness

*Take a heaping cup of Patience,
And a big heartful of Love;
Add two handfuls of Generosity,
To all of the above!*

*Then blend in a dash of Laughter,
And some understanding, too;
Sprinkle generously with Kindness,
And Memories, old and new!*

*Add a lot of Faith and mix well,
To make it rich and sweet;
And enjoy a heaping portion,
With everyone you meet!*

Anonymous



Breads & Rolls

Potpourri

Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

To freshen your dishwasher run it on rinse with some baking soda.

Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candle and matches, and tape.

Egg whites need to be room temperature for greater volume when whipped.

To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

Use steel wool covered with fabric for a pin and needle sharpener.

Attach curtain rings on drawstring ties and the ties won't come out.

Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

Have you heard: A wife can throw out with a spoon what it takes a man to bring in with a shovel! Use of a spatula can save some hard earned money.

Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

Organize coloring books and crayons with a dish drainer.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Line crockpot with foil for easy clean up.

Measure shortening easily by using measure twice the size needed. Pour in equal amount of very cold water and drop shortening in by spoonfuls to twice the measure.

Before scalding milk, rinse pan with cold water for easy clean up.

BREADS & ROLLS

APPLE COFFEE CAKE

Francis Frohardt

By Bev Mace

1/2 c. oleo
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1/2 tsp. cinnamon
1 tsp. vanilla

2 T. flour
1 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt
1/2 c. nuts
1 c. chopped apples

Mix in order given. Bake at 350° for 25 to 30 minutes in an 11 x 7-inch pan. (If you wish to double the recipe, use a 9 x 13-inch pan.)

BANANA BREAD

Phyllis Herren

Cream together:

1 c. sugar

1/4 c. shortening

Sift and add to above:

1 tsp. baking soda
2 c. flour

1 T. baking powder

Add:

1 c. mashed bananas
4 T. milk

1 c. nuts

Bake at 350° for 1 hour.

BANANA BREAD

Sharon McCurdy

1 1/2 c. flour
1 tsp. soda
1/4 tsp. salt
1/4 lb. butter
1/4 c. sour cream

1 c. sugar
1 tsp. vanilla
2 lg. eggs
1 c. mashed ripe bananas

Sift dry ingredients. Cream butter, sugar and vanilla. Beat in eggs, one at a time. Add bananas. Stir in dry ingredients alternately with sour cream. Bake in loaf pan at 350°. Makes 1 loaf.

BANANA NUT BREAD

Beverly Hurley

1 c. sugar
2 beaten eggs
1/2 c. shortening
4 T. buttermilk or sweet milk
1 tsp. baking soda

1/2 tsp. salt
1 tsp. baking powder
2 c. flour
1/4 c. pecans or walnuts
2 very ripe bananas, mashed

Bake in loaf pan in 350° oven for 45 minutes to 1 hour or until done.

BANANA NUT BREAD

Rex Romano
Del Murray's son-in-law

- 1 c. mashed bananas
- 1 c. sugar
- 2 eggs, well beaten
- 1/4 tsp. salt
- 1/2 tsp. baking soda
- 3 T. milk

- 1/2 tsp. baking powder
- 2 c. flour
- 1/2 c. melted butter
- 1/2 c. nutmeats, chopped
- 1/2 tsp. vanilla

Mix mashed bananas, sugar, and beaten eggs together. Add sifted dry ingredients, alternate with milk. Add melted butter, nutmeats and vanilla. Pour into greased 9 x 5 x 3-inch loaf pan and bake at 325° for 1 hour or until done.

BLUEBERRY COFFEE CAKE

Marilynn Gamble

- 1/4 c. brown sugar
- 2 T. butter
- 3 T. flour
- 1/4 tsp. cinnamon

- 1 pkg. blueberry muffin mix
- 1 c. powdered sugar
- 2 T. milk

Heat oven to 400°. Make streusel topping mixing brown sugar, butter, flour, and cinnamon. Set aside. Grease an 8 x 8-inch pan. Prepare muffin mix according to directions, but DO NOT fold in blueberries. Pour half the batter in pan, sprinkle with streusel, spread remaining batter. Drain blueberries, sprinkle over batter. Bake 20 to 25 minutes. Blend powdered sugar and milk. Drizzle over partially cooled cake.

BOHEMIAN NUT SLICES

Dorothy Anderson

Dissolve and let stand 10 minutes:

- 1 pkg. yeast
- 1 tsp. sugar

- 1/4 c. warm water

Cut together:

- 3/4 c. margarine
- 2 c. flour

- 1/2 tsp. salt

Add:

- 2 egg yolks

- Yeast mixture

Mix and form smooth ball. Beat 2 egg whites stiff.

Add:

- 1/2 c. sugar

- 1 tsp. vanilla

Divide dough in half. Roll out 9 x 13-inch each. Spread half of egg mixture on each. Sprinkle with 1/2 cup nuts. Roll as jelly roll. Put on greased baking sheet. Make 1/2 inch deep cut lengthwise down

(continued)

center of rolls. Bake immediately at 375° for 22 minutes. Sprinkle with powdered sugar and slice diagonally.

BRAN MUFFINS

Sheryl Boham

- 4 c. All Bran cereal
- 2 c. boiling water
- 1 c. shortening
- 4 eggs
- 5 tsp. baking soda
- Raisins (optional)

- 2 c. 100% Bran cereal
- 1 qt. buttermilk
- 3 c. sugar OR 2 c. honey
- 4 1/2 to 5 c. whole-wheat flour
- 2 tsp. baking powder

Combine cereal. Add water and buttermilk. Let stand a few minutes. Cream shortening, sugar (honey) and eggs. Add to cereal mixture. Add remaining ingredients and mix. Store in refrigerator. Bake at 400° for 15 to 20 minutes. Check after 15 minutes. Grease muffin tins or use liners. This mixture will last 2 to 3 weeks in refrigerator. Bake a few daily or all at once. They freeze well.

BUTTERMILK PANCAKES

Marilyn Wymore

- 3 eggs, separated (Beat egg whites thoroughly and set aside.)
- 3 c. buttermilk

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

Add:

- 1 stick melted butter or margarine

Mix above ingredients together. Fold in egg whites. Drop on hot skillet. Wait until bubbly on top and turn over once.

CAVE BREAD

Nancy Schive

- 1/2 c. water
- 1 3/4 c. white sugar
- 2 c. applesauce
- 1/2 c. molasses
- 2/3 c. honey
- 2 c. shortening
- 1 tsp. baking powder
- 1 tsp. cloves

- 1 c. raisins
- 1 c. nuts
- 2 2/3 c. white flour
- 2/3 c. dry milk
- 1 tsp. salt
- 2 tsp. baking soda
- 1 tsp. nutmeg
- 8 c. whole-wheat flour

Mix the water, sugar, applesauce, molasses, honey, and shortening in a large pan. Place on stove; bring to a boil. Stir occasionally. Mix the flours, milk, soda, baking powder, cloves, nutmeg and salt. Add this to the first mixture in large mixing bowl. Mixture will be quite stiff. Add raisins and nuts. Grease 5 small or 3 large bread pans and put mixture in pans.

(continued)

EASY CHERRY COFFEE CAKE

Linda Clark
Mrs. Roland Hilty

- 1/2 c. oleo
- 1 c. sugar
- 2 c. flour
- 2 tsp. baking powder
- 1 egg plus milk to make 1 cup

Mix in order given and spread in a 12 x 15-inch pan. Spread 1 can cherry pie filling over batter. (Peach or apple filling may be used.)

Topping:

- 1 c. sugar
- 1 c. flour
- 1/2 c. margarine

Mix topping and spread over cherry pie filling. Bake at 350° for 45-50 minutes. If family is small use 2 pans size 11 x 7-inch and freeze one for use later.

EASY CHERRY COFFEE CAKE

Carol Reeder

- 1 c. sugar
- 1 c. salad oil
- 1 tsp. vanilla
- 4 eggs
- 2 c. sifted flour
- 1 tsp. baking powder
- Pinch of salt
- 1 can pie filling (cherry, apricot or peach)

Put 1/2 of batter in 9 x 13-inch pan and sprinkle with 1/2 of mixture of: 1/2 cup sugar and 2 teaspoons cinnamon. Put one can pie filling (cherry, apricot, or peach) over this and put rest of batter on top of the filling. Sprinkle remaining sugar and cinnamon mixture on top. Bake 30 minutes at 350°.

ELEPHANT EARS

Mrs. Roland Hilty

- 1 c. warm water
- 2 pkgs. dry yeast
- 1 c. milk, scalded, cooled
- 1/2 c. sugar
- 1 T. salt
- 2 eggs
- 6 c. flour
- 1/2 c. melted shortening

Combine warm water, yeast, cooled milk, sugar, salt, eggs, and 3 cups flour. Add melted shortening and 3 cups flour. Mix well. Cover tightly and refrigerate overnight. When ready to bake, knead dough on floured surface 15 to 20 times. Divide dough into 2 parts for easier handling. Roll in jelly roll style about 12 x 18 inches. Combine 2 cups sugar, and 4 teaspoons cinnamon. Spread dough with soft butter and 1/4 sugar-cinnamon mixture. Roll lengthwise, cut into 1/2-inch slices. Pour 1/4 sugar-cinnamon mixture into a dish. Flatten slice of dough in mixture in the dish until dough stays flat. Turn to cover with sugar-cinnamon. Bake on greased cookie sheet 400° for 10 to 13 minutes.

FRENCH BREAKFAST PUFFS

Linda Clark

Puffs:

- 1/2 c. sugar
- 1/3 c. shortening
- 1 egg
- 1 1/2 c. flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt

Topping:

- 1/4 tsp. nutmeg
- 1/2 c. sugar
- 1 tsp. cinnamon
- 6 T. melted margarine

Cream together the first 1/2 cup sugar, shortening, and the egg. Sift flour, baking powder, salt, and nutmeg; add to creamed mixture alternately with milk, beating well after each addition. Fill 12 greased muffin tins 2/3 full. Bake at 350° for 20 to 25 minutes. **Topping:** Combine the remaining sugar and cinnamon. Remove muffins from oven and immediately dip in melted margarine then in cinnamon/sugar mixture. Makes 12 muffins.

FRUITED SCONES

Audrey Bones

Combine:

- 1 1/2 c. flour
- 1/4 tsp. salt
- 1 1/4 c. quick oats
- 1/4 c. sugar

Cut in:

- 1/3 c. oleo
- 1 T. baking powder

Stir in:

- 1 (6-oz.) pkg. diced dried mixed fruit or raisins

Add:

- 1/2 c. milk
- 1 lightly beaten egg

Shape dough to form a ball. Turn out on lightly floured surface. Knead gently 6 times. On greased cookie sheet pat dough to form 8 inch circle. Score into 12 wedges. Sprinkle with combined 1 teaspoon sugar and 1/8 teaspoon cinnamon. Bake at 375° for 30 minutes. This has oatmeal for health. Makes 1 dozen scones with 200 calories each.

FUGENS

Judy Porter

Scald:

- 1/2 c. milk

Stir in:

- 1/2 c. sugar
- 3/4 tsp. salt
- 1/2 tsp. nutmeg
- 2 T. shortening
- 1 c. raisins, boiled and drained

(continued)

Cool above mixture to lukewarm. Measure into bowl $\frac{1}{4}$ cup warm water. Sprinkle in 1 package dry yeast. Stir until dissolved. Add lukewarm milk mixture.

Stir in:**3 well beaten eggs****3 c. flour**

Stir only enough to dampen flour. Cover and let rise in warm place, free from draft until double in bulk (about 50 minutes). Stir down. Drop by spoon into deep fat at 375°. Fry until golden brown. Turn once. Drain. Dip in granulated sugar and serve warm.

GALLOP CAKE (DANISH)

Linda Clark

 $1\frac{1}{2}$ sticks butter **$\frac{3}{4}$ c. raisins** **$\frac{3}{4}$ c. sugar** **$\frac{3}{4}$ c. citron****2 eggs** **$\frac{1}{2}$ tsp. salt** **$\frac{1}{3}$ c. milk** **$3\frac{1}{2}$ c. flour****1 tsp. vanilla****Almonds**

Cream butter and sugar. Add eggs and milk. Stir in rest of ingredients. Spoon in two strips on a cookie sheet. Sprinkle with sliced almonds and sprinkle with sugar. Bake at 350° for 30 minutes or until light brown.

MINIATURE FRUIT CAKES

Ada Leaders

Sift together:**2 c. flour** **$\frac{1}{2}$ tsp. salt****2 tsp. baking powder****Add separately to above ingredients:****1 lb. candied pineapple** **$1\frac{1}{2}$ lbs. coarsely cut dates****1 lb. whole cherries, some red, some green****Beat until frothy:****4 eggs****Add to frothy eggs:****1 c. sugar**

Add eggs and sugar to fruit mixture, mix well and add 2 pounds pecans (I use less). Bake in 275° oven for 30 minutes. I bake them in paper bonbon cups then remove when cool and put them in clean ones. You may bake in well oiled miniature muffin pans. Makes 150. You may top them with hard sauce rosettes after they are cold.

MONKEY BREAD

Mary Vander Woude

4 tubes refrigerator biscuits **$\frac{1}{2}$ c. brown sugar** **$\frac{1}{2}$ c. white sugar** **$\frac{3}{4}$ c. oleo**

Cut each biscuit into 4 pieces. Place in bundt pan. Mix other ingredients and cook until bubbly. Pour over biscuits. Bake 35-40 minutes at 350°.

OAT BRAN MUFFINS (Low Cholesterol)

Betsy Henry

 $2\frac{1}{4}$ c. oat bran**1 egg & 1 egg white, beaten together** **$\frac{1}{4}$ c. brown sugar** **$\frac{1}{4}$ c. honey** **$\frac{1}{4}$ c. chopped nuts****2 T. sunflower oil** **$\frac{1}{4}$ c. raisins (optional)** **$\frac{1}{2}$ tsp. salt****1 T. baking powder** **$\frac{3}{4}$ c. skim milk**

Mix all ingredients together. Fill muffin tins $\frac{2}{3}$ full. Bake at 375° for 15 to 18 minutes.

PUMPKIN BREAD

Phyllis Herren

Sift into bowl: **$3\frac{1}{3}$ c. flour****1 tsp. cinnamon****2 tsp. soda****1 tsp. nutmeg** **$1\frac{1}{2}$ tsp. salt****3 c. sugar****Add to above:****1 c. vegetable oil** **$\frac{2}{3}$ c. water****4 eggs****2 c. pumpkin**

Use 3 loaf pans. Bake at 350° for 1 hour.

QUICK AND EASY CINNAMON ROLLS (Like Pull Aparts)

Mrs. Roland Hilty

12 frozen roll dough balls **$\frac{1}{2}$ c. brown sugar****1 box instant butterscotch pudding (dry)****2 T. butter**

Place frozen rolls in well greased bundt pan. Sprinkle with pudding and brown sugar. Dot with butter. After supper, place in cold oven and leave overnight. Next morning, bake at 350° for 20 minutes.

RASPBERRY CREAM CHEESE COFFEE CAKE

Connie Kiefer

- | | |
|-------------------------|----------------------------------|
| 2 1/4 c. flour | 1 tsp. almond extract |
| 3/4 c. sugar | 8 oz. pkg. softened cream cheese |
| 3/4 c. margarine | 1/4 c. sugar |
| 1/2 tsp. baking powder | 1 egg |
| 1/2 tsp. baking soda | 1/2 c. raspberry preserves |
| 1/4 tsp. salt | 1/2 c. sliced almonds |
| 1 egg | |
| 3/4 c. dairy sour cream | |

Heat oven to 350°. Grease and flour bottom and sides of 9 or 10 inch springform pan. Combine flour and 3/4 cups sugar. Cut in margarine until mixture resembles coarse crumbs. Reserve 1 cup crumb mixture. To remaining crumb mixture add baking powder, soda, salt, sour cream, 1 egg and almond extract; blend well. Spread batter over bottom and 2 inches up sides of pan. (Batter should be about 1/4 inch thick on sides.) In small bowl, combine cream cheese, 1/4 cup sugar and 1 egg; blend well. Pour over batter in pan. Carefully spoon preserves evenly over cream cheese filling. Combine 1 cup reserved crumb mixture and sliced almonds. Sprinkle over top. Bake at 350° for 45-55 minutes or until cream cheese mixture is set and crust is deep, golden brown. Cool 15 minutes. Remove sides of pan. Serve warm or cool; cut into wedges. Refrigerate leftovers.

SOUR CREAM COFFEE CAKE

Barbara King

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

Topping (mix together):

- | | |
|-------------------|---------------------|
| 4 T. brown sugar | 1/2 c. chopped nuts |
| 1/2 tsp. cinnamon | |

Cream butter, sugar, and eggs. Fold in sour cream and vanilla. Add sifted dry ingredients. Pour half of batter into greased angel food or bundt pan. Sprinkle with half of topping. Add remaining batter and topping. Bake at 350° for 50 to 60 minutes. Cool in pan. Remove and sprinkle with powdered sugar.

SOUTHERN CORN BREAD

Betsy Henry

- | | |
|--|----------------------|
| 1/4 c. vegetable shortening | 1 tsp. baking powder |
| 2 c. white cornmeal or yellow cornmeal | 1 tsp. baking soda |
| 2 T. flour | 2 c. buttermilk |
| 1 tsp. salt | 1 egg |

(continued)



Melt shortening in 9-inch iron skillet or square baking pan brushing sides with melted shortening. Sift together dry ingredients. Combine eggs, buttermilk and melted shortening and stir in dry ingredients. Pour batter into hot pan. Bake at 450° for 20 minutes or until browned. Cut in squares. (Share with George Platt.)

SWISS VIENNA BREAD

Sandy Buck

- | | |
|------------------------------|---------------------------------|
| 1 loaf unsliced Vienna bread | 1 tsp. seasoned salt |
| 8 oz. pkg. Swiss cheese | 1 c. butter or margarine melted |
| 2 T. chopped onion | 1 tsp. poppy seeds |
| 1 T. dry mustard | |

Make 1 inch slant cuts in bread within 1/2 inch of the bottom. (Make in a crisscross fashion.) Place bread on foil. Slice cheese in small pieces and stuff cuts. Combine remaining ingredients and pour over the bread. Wrap completely. Bake at 350° for 35-40 minutes.

WHOLE WHEAT HONEY WAFFLES

Nancy Hurley

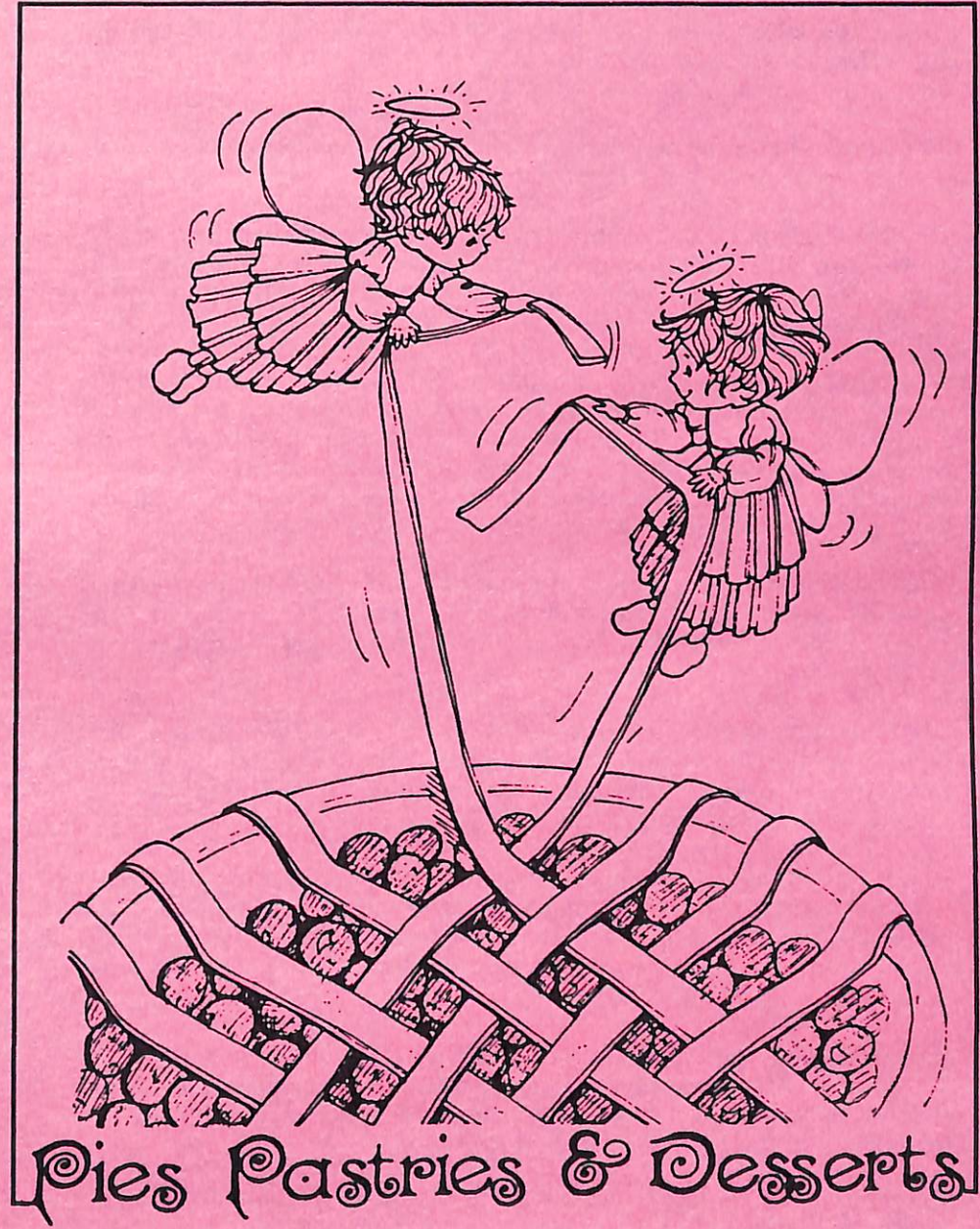
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|----------------------|--------------------|
| 1 1/2 c. wheat flour | 2 eggs |
| 2 tsp. baking powder | 1 1/4 c. milk |
| 2 T. honey | 5 T. vegetable oil |

Mix together the flour, baking powder and honey. Add liquid ingredients very lightly. Makes 4 or 5 waffles.

*Recipe For Child Raising
(Copied from another church cookbook)*

- 1 cup Proverbs 22:6*
- 2 tablespoons Proverbs 19:18*
- Dash of Proverbs 23:13*
- Pinch of Ephesians 6:4*
- 1 teaspoon Proverbs 3:5*
- 1/4 cup Titus 2:3-7*

Mix all ingredients and add a pound of persistence, one cup of love and blend until right consistency.



Pies Pastries & Desserts

The Children's Hour

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

To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

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

When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat, and you can give your instructions without having to keep turning around.

Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drinks.

Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

Is your baby's high chair a mess? A few minutes in the shower will take care of that and save you a lot of scrubbing.



PIES, PASTRY & DESSERTS

\$2000 APPLE PIE

Del Murray

3 c. sifted flour	1 egg
1 1/4 c. shortening (Crisco)	2 tsp. vinegar
1/2 tsp. salt	5 T. ice water

Blend flour, Crisco and salt with pastry blender. Beat together egg, vinegar, and water. Mix with flour mixture, with fork, until mixture forms a ball. Roll out on lightly floured pastry cloth with cloth covered roller, to 1/8 inch thick. Makes double crust for 9 inch pie, or 3 single crusts. I roll my dough between two sheets of waxed paper, that omits the mess you get with flour.

Filling:

6 c. fresh green apple slices	1 tsp. lemon juice
1 c. sugar	1/4 tsp. mace
3/4 tsp. cinnamon	1 T. butter
1/8 tsp. salt	

Line pie pan with crust. Fill pie shell with sliced apples. Sprinkle with mace. Mix sugar, cinnamon, salt, and lemon juice and sprinkle over apples. Dot with butter. Top with crust. Brush top with milk and sprinkle with sugar just before baking. Bake in hot oven at 425° for 40 to 50 minutes.

APPLE PIZZA PIE

Billie Anthony

Make pie crust for two pies, spread on pizza pan. Pare and slice 2 cups tart apples, spread over crust. Sprinkle 1/2 cup sugar, 1/2 teaspoon cinnamon over apples. Combine 6 tablespoons butter, 1/2 cup flour, 1/4 cup sugar; sprinkle over apples. Bake at 350° until brown. This recipe serves 12.

BILL DERBY'S STRAWBERRY PIE

Bev Mace

1 homemade frozen pie shell	2 T. cornstarch
1 pt. basket fresh strawberries	1 box strawberry Jello, regular size
1 1/2 c. water	
1/2 c. sugar	

Bake and cool pie shell. Wash and stem strawberries. Put strawberries in pie shell and spread lightly with sugar. Combine water, sugar, and cornstarch and heat until the solution is clear. Remove from heat and stir in Jello while solution is still hot. Pour over strawberries. Place in refrigerator until cool. Top with Cool Whip. "Always make two - one for yourself and one to share with Bill."

CRUSTLESS HONEY PUMPKIN PIE

Nancy Hurley

$\frac{3}{4}$ c. honey
 $\frac{1}{2}$ c. whole-wheat pancake mix
 2 T. butter, melted
 1 (13-oz.) evaporated milk
 1 (16-oz.) can pumpkin

2 tsp. vanilla
 $1\frac{1}{2}$ tsp. cinnamon
 1 tsp. ginger
 $\frac{1}{2}$ tsp. ground cloves

Heat oven to 350°. Grease 9 or 10-inch pie plate. Beat all ingredients until smooth. Pour into prepared pie plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes.

DIFFERENT RHUBARB PIE

Dorothy Anderson

A:

1 or $1\frac{1}{2}$ c. sugar
 3 T. Flour
 3 T. margarine

$\frac{1}{4}$ tsp. salt
 3 egg yolks

B:

3 egg whites
 $\frac{1}{2}$ c. sugar

C:

3- $3\frac{1}{2}$ c. rhubarb

Combine A. Beat B until stiff and beat in sugar. Fold into the first mixture. Fold in the rhubarb. Put into unbaked pie shell. Bake at 400° for 10 minutes; then 325° about 45 minutes longer. The meringue makes a thin macaroon type crust on top.

FLAKY PIE CRUST

Joyce Knudsen

3 c. sifted flour
 1 c. shortening
 1 tsp. salt

1 egg
 $5\frac{1}{2}$ T. water
 1 tsp. vinegar

Stir together flour and salt. Cut shortening into flour with pastry blender one half at a time. Beat together with fork the egg, water, and vinegar. Add all at once to flour, shortening mixture. Stir together quickly. Makes pastry for two 9-inch double crust pies. Very easy to roll out.

FRESH FRUIT PIE

Mrs. Roland Hilty

1 baked 10-inch pie shell
 1 qt. strawberries
 1 c. sugar
 3 T. cornstarch

1 c. water
 3 T. strawberry Jello
 Whipped topping

Slice strawberries into baked and cooled crust. Boil sugar, cornstarch, and water; cook until thick and clear. Add Jello; stir to dissolve. Cool slightly. Pour over strawberries. Chill. Garnish with

(continued)

whipped topping. Fresh peaches or cherries or raspberries may be used with the matching Jello flavor.

FUDGY CHOCOLATE PIE

Linda Clark

Combine:

$1\frac{1}{2}$ c. sugar
 2 T. cocoa
 2 T. flour (heaping)

$\frac{1}{2}$ c. milk
 2 slightly beaten egg yolks

Boil until thickened.

Add:

1 lump butter
 1 tsp. vanilla

Pour into butter crust (see below).

Top with meringue:

2 beaten egg whites

Add:

$\frac{1}{4}$ tsp. cream of tartar
 3 T. sugar

Beat until peaks form. Bake at 400° until golden brown.

Butter Crust (mix together until crumbly:

$\frac{1}{2}$ c. soft butter
 2 T. sugar

1 c. sifted flour

Pat into pie pan and bake in hot oven until brown on edges.

GRAPE PIE"Aunt Alice"
By Bev Mace

3 c. Concord grapes
 1 c. sugar
 2 T. flour

$\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. lemon/lime
 Juice of $\frac{1}{2}$ lemon

Pour hot water over grapes and then slip skins from grapes, save skins. Bring pulp to boil. Press through strainer. Add skins. Put in pie shell and top crust dough. Bake at 450° for 40 to 50 minutes.

KRINGLE (UNSWEETENED PASTRY)

Nancy Hurley

First Part:

1 c. flour
 $\frac{1}{2}$ c. margarine

2 T. water

Mix like pie crust. Cut margarine into flour and add water. Shape into ball. Divide dough into 2 to 3 rolls and pat each very thin,

(continued)

using fingers to spread onto cookie sheet in oval shape; on same cookie sheet if desired.

Second Part:

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|-------------------------|--------------------------------------|
| 1 c. water | 1/2 tsp. vanilla |
| 1/2 c. margarine | 1 to 2 drops almond flavoring |
| 1 c. flour | 1/2 c. chopped nuts |
| 3 eggs | |

Heat water and margarine to boiling point. Remove from stove and add flour and mix. Add eggs, one at a time and beat after each addition until it blends well. Spread this over crust and bake 1 hour at 350°. This pastry can be frosted, if desired. When cool frost with: 1 cup powdered sugar, 1 tablespoon margarine and 1/2 teaspoon vanilla.

KENTUCKY PECAN PIE

Sheryl Boham

- | | |
|------------------------------|----------------------------------|
| 1 c. white corn syrup | 1 tsp. vanilla |
| 1 c. brown sugar | 3 eggs, slightly beaten |
| 1/3 c. melted butter | Pecan halves to cover top |

Combine syrup, sugar, butter, and vanilla. Mix well. Add eggs. Pour into 9-inch unbaked pie shell. Arrange pecans over top. Bake at 350° for 50 to 55 minutes. Do NOT underbake. Test with knife blade.

LEMON MERINGUE PIE

Evelyn Sherbondy

Filling:

- | | |
|---------------------------|------------------------------|
| 2 c. water | 2 level T. flour |
| 1 c. sugar (scant) | 2 level T. cornstarch |
| 1/3 c. lemon juice | 1 T. butter |
| 3 egg yolks | |

Meringue:

- | | |
|---------------------|-------------------|
| 3 egg whites | 6 T. sugar |
| Dash of salt | |

Cook together:

- | | |
|------------------------|---------------------|
| 2 T. sugar | 1/2 c. water |
| 1 T. cornstarch | |

Combine sugar, cornstarch and flour. Add water, lemon juice and beaten egg yolks. Cook until thickened. Add butter. Pour into baked shell. For the meringue: Beat whites. Slowly add salt and sugar. Add cooked mixture. Bake at 350° for 20 minutes.

MINCEMEAT

Barbara King

This recipe was written down for me just as my mother made it.

(continued) 1)



Cook 1 1/2 pounds of stew meat, salted. Grind stew meat. Put broth and meat in electric fry pan. Add 1 quart applesauce. Cook 2 pounds raisins in water to cover. Cook 1 quart apple slices in water to cover. Cook until partly done in meat pan. (Saves washing pans.) Add to mix. About now you can get a bigger pan.

Add:

- | | |
|------------------------|-------------------------|
| 1 tsp. cinnamon | 1/4 c. vinegar |
| 1 tsp. nutmeg | 1 c. brown sugar |
| 1 tsp. cloves | |

Cook slowly. You can start tasting now. Fry pan was too small so I used the roaster and put it in the oven at 325° for 1 hour or more, until mincemeat is thick. Freeze or can for future use.

NEVER-FAIL MERINGUE

Carolyn Davis

Combine:

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|------------------------|---------------------|
| 2 T. sugar | 1/2 c. water |
| 1 T. cornstarch | |

Cook over medium heat until thick and clear, stirring constantly. Set aside.

Beat:

- | | |
|----------------------|-------------------------|
| 3 egg whites | 1/2 tsp. vanilla |
| 1/2 tsp. salt | |

Beat until soft mounds form. Add 6 tablespoons sugar gradually, beating well after each addition. Add cooled cornstarch mixture. Continue beating until meringue stands in stiff peaks. Spread on pie and brown in 425° oven.

NO-BAKE PUMPKIN PIE

Nancy Schive

- | | |
|-------------------------------|--|
| 1 pkg. Knox gelatin | 2 eggs |
| 1 tsp. ground cinnamon | 1 (14-oz.) can sweetened condensed milk |
| 1/2 tsp. ground ginger | 1 (16-oz.) can pumpkin |
| 1/2 tsp. ground nutmeg | 1 graham cracker crust |
| 1/2 tsp. salt | |

In medium saucepan mix gelatin, spices and salt. Blend in eggs, beaten with milk. Let stand 1 minute. Stir over low heat until gelatin is completely dissolved, about 10 minutes. Blend in pumpkin. Turn into prepared crust. Chill until firm. Makes about 8 servings.

PECAN PIE

Connie Kiefer

Beat together:

- 3 eggs
- 2/3 c. sugar
- 1/2 tsp. salt
- 1/3 c. melted butter
- 1 c. white corn syrup

Mix in:

1 c. pecan halves

Pour into pastry lined pan. Bake until set and pastry is nicely browned. Cool. Serve cold or slightly warm. Bake 40 to 50 minutes at 375°.

PERFECT PECAN PIE

Linda Jones

- 3 eggs, slightly beaten
- 1 c. sugar
- 1 T. flour
- 1/2 tsp. salt
- 1 c. light corn syrup
- 1 T. melted butter
- 1 tsp. vanilla
- 1 c. pecan halves

Pour into pastry-lined 9-inch pie pan. Bake at 350° for 1 hour.

PUMPKIN PIE

Phyllis Herren

A:

1 can pumpkin

B:

- 2 1/2 c. sugar
- 3 T. flour
- 1 tsp. nutmeg
- 2 tsp. cinnamon
- Dash of ground cloves

C:

- 1 can Carnation milk
- Salt
- 2 tsp. vanilla

D:

4 eggs, beaten

Mix each separately and combine with mixer. Makes 2 deep dish pies. Bake at 425° for 15 minutes OR 350° for 45 minutes.

STRAWBERRY PIE

Lucille Dempewolf
Barbara King

- 1 (9-inch) bake pie shell
- 1 qt. strawberries
- 1 c. water
- 2 T. cornstarch (3 T.)
- 1 c. sugar (3/4 c.)
- 3 T. strawberry Jello
- Whipping cream

Slice strawberries into pie shell. Combine water, cornstarch and sugar and cook until clear. Add Jello from box, stir in and let mix-

(continued) 1)



ture cool slightly, then pour over berries. Refrigerate and garnish with whipped cream.

PIE CRUST

Connie Kiefer

- 1 1/2 c. flour
- 3/4 c. oleo (1 1/2 sticks)
- 3/4 tsp. salt
- 3 T. cold water

Measure flour into bowl and mix salt through with pastry blender cut in oleo until size of peas. Sprinkle with water, a tablespoon at a time until all flour is moistened. Divide evenly into 2 balls. Roll out.

MRS. BARRY'S PIE SHELL

Bev Mace

- 2 c. flour
- 1/4 c. flour - away from 2 cups
- 2/3 c. shortening
- Pinch of salt
- 2 T. sugar

Take 1/4 cup flour. Mix with water until it becomes paste. Then mix with flour and shortening until it looks like small pellets. Mix all together and roll.

WATER WHIP PIE CRUST

Barbara King

- 3/4 c. Crisco
- 1/4 c. boiling water
- 2 c. flour
- 1 tsp. salt
- 1 T. milk

Add boiling water to Crisco and milk. Whip until like whipping cream, add flour and salt all at once and stir with fork until all flour is gone. Roll out using two pieces of waxed paper. This makes enough pastry for 9-inch two crust pie.

WATER WHIP PIE SHELL

Barbara King

- 1/2 c. less 1 T. Crisco
- 3 T. boiling water
- 1 tsp. milk
- 1 1/4 c. flour
- 1/2 tsp. salt

Add boiling water to Crisco and milk. Whip until like whipping cream, add flour and salt all at once and stir with fork until all flour is gone. Roll out using two pieces of waxed paper. Bake pie shell at 450° for 10 to 12 minutes.

APPLE CRUNCH

Ruth Wasson

- 3 c. sliced apples
- 1 c. sugar
- 1 T. flour
- 1/4 tsp. salt
- 1 tsp. cinnamon

Place the above in a pan and top with:

(continued)

3/4 c. quick oatmeal
3/4 c. brown sugar
3/4 c. flour

1/4 tsp. baking soda
1/4 tsp. baking powder
1/3 c. melted butter

Mix until crumbly and put on apples. Bake at 350° for 30 minutes.

BISHOP'S PIE

Phyllis Herren

1 box vanilla instant pudding mix
1 box chocolate instant pudding mix
2 c. cold milk
2 c. soft vanilla ice cream

Put all in a bowl and beat. Add to cooled crust.

Crust:

1 c. flour
1/4 c. brown sugar
1 stick soft oleo

Blend well. Sprinkle in bottom of 9 x 13-inch pan. Bake at 350° for 15 minutes. Stir occasionally and after it's baked, smooth it out.

BUSTER BAR DESSERT

Inez Summy

1 sm. pkg. Oreo cookies
1/4 c. margarine
1/2 gal. vanilla ice cream
1 c. red-skinned peanuts
1 lg. can Hershey's fudge syrup
1 (9-oz.) ctn. Cool Whip

Crush Oreos and mix with melted margarine. Reserve 1 cup crushed Oreos. Pat into bottom of a 9 x 13-inch pan. Top with ice cream. Freeze until firm. Spread fudge sauce over ice cream. Sprinkle peanuts over fudge sauce. Top with Cool Whip. Sprinkle the 1 cup crushed Oreos over Cool Whip. Freeze. Serves 15.

CARAMEL DIP FOR FRESH FRUIT

Carol Reeder

1 (8-oz.) pkg. cream cheese, softened
3/4 c. brown sugar
1 tsp. vanilla
1 tsp. lemon juice

Stir together well. This is especially good with apples, tastes just like caramel apples.

CHERRY BREAD PUDDING (Microwave)

Linda Clark

1 can cherry pie filling
6 slices white bread, crusts removed, cubed
1/4 c. butter, melted
1 T. lemon juice
1 c. milk
3 eggs
1/3 c. sugar
1/2 tsp. almond extract
Cinnamon

Topping:

1 c. cream, whipped
2 T. sugar
9 1/2 tsp. cinnamon OR Cool Whip

Spoon pie filling on bottom of 1 1/2 quart casserole. Arrange bread on top. Drizzle melted butter on top and sprinkle with lemon juice. In a small bowl, combine milk, eggs, sugar, and almond extract. Beat until well mixed and pour over bread cubes. Press bread cubes down into milk mixture to coat thoroughly. Sprinkle with cinnamon. Microwave at medium (50%) for 18 to 20 minutes, rotating four times until bread custard is lightly set in center. Remove and let stand for 5 minutes. Serve with whipped cream. Serves 6.

CHOCOLATE CHIP PIE

Joyce Knudsen

1 c. solid vegetable shortening
1/2 c. firmly packed brown sugar
1/2 c. white sugar
1 tsp. vanilla
2 eggs
2 c. all-purpose flour
1 tsp. baking soda
1 tsp. salt
2 c. semi-sweet chocolate chips
1 c. chopped walnuts
Vanilla ice cream

Cream shortening, sugars, and vanilla in large bowl using electric mixer. Beat in eggs, one at a time. Combine flour, baking soda, and salt. Gradually blend into sugar mixture. Stir in chocolate chips and walnuts. Spoon into 9-inch pie pan, mounding slightly in center. Bake in 350° oven until top is slightly browned, about 10 minutes. Reduce oven temperature to 250°. Cover pie lightly with foil. Bake until center is set to desired firmness, about 1 hour for chewy texture. Serve warm or at room temperature with vanilla ice cream as filling in pie. Chocolate lovers may top with chocolate sauce!

CHOCOLATE DATE TORTE

Marilynn Gamble

1 c. water
1 tsp. baking soda
1 c. chopped dates
1 c. sugar
1 c. butter
2 eggs
1 1/3 c. flour
2 T. cocoa
1/2 tsp. salt
1 tsp. vanilla
1 pkg. chocolate chips
1 c. nuts
Cool Whip

Boil water, pour over 1 teaspoon soda, 1 cup chopped dates. Cool. Cream sugar, butter, eggs. Add flour, cocoa, salt, and vanilla. Add date mixture. Pour in greased 9 x 13-inch pan. Sprinkle with chocolate chips and nuts. Bake at 375° for 25 to 30 minutes. Serve warm with Cool Whip.

FLUFFY STRAWBERRY DESSERT (Diabetic)

Irene Brucker

1 c. coconut flakes	1 1/2 tsp. vanilla
1 1/2 c. strawberries	1/8 tsp. cloves
1/2 tsp. lemon juice	1/8 tsp. nutmeg
2 egg whites	Dash of salt (optional)
1 T. sugar	1 env. (1 1/4-oz.) artificially
1 tsp. artificial liquid sweetener	sweetened topping mix

Toast coconut on cookie sheet in 300° oven until brown. Put Pam in bottom of 9 x 9-inch pan and press coconut into bottom of pan. Refrigerate. In large mixer bowl, combine strawberries, lemon juice, egg whites, and sugar. Beat at high speed until stiff peaks form. Carefully stir in liquid sweetener, vanilla, and spices. Prepare topping mix as directed on the package. Fold into strawberry mixture. Pour into coconut lined pan and freeze. To serve, garnish with additional topping mix, if desired. Makes 10 servings. Exchange: 1 serving = 1/2 fruit exchange.

GRAHAM CRACKER DESSERT

Phyllis Herren

Heat:

1 c. milk	30 lg. marshmallows
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Stir until melted. Let cool.

Add:

1/2 pt. whipped cream
1 sm. can drained, crushed
pineapple

Sprinkle crushed graham crackers in bottom of dish. Pour mixture over graham crackers. Sprinkle graham crackers on top. Chill. (This is best with real whipped cream rather than topping.)

ICE CREAM

Phyllis Herren

Cook until hot:

9 egg yolks	5 1/4 c. milk
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Mix and add to above:

3 c. sugar	4 1/2 T. flour
1 1/2 tsp. salt	

Let mixture cool.

(continued)

Beat stiff, 9 egg whites

Add:

1 1/2 c. sugar

Fold egg white mixture into milk mixture.

Add:

2 pts. country cream (farm)	3 pts. half & half
1 pt. whipping cream (store)	Vanilla, about 1-oz.
2 to 3-oz. lemon flavoring	

Fill freezer with milk. Makes 1 1/2 gallons.

ICE CREAM TREASURE SQUARES

Phyllis Herren

Crust:

2 c. rice cereal	1/2 c. brown sugar
1/2 c. chopped almonds	1/3 c. melted oleo
1/2 c. flake coconut	

Filling:

1 qt. vanilla ice cream	1/2 c. fruit ice cream topping
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Press 1/2 of above mixture in 9 x 9-inch pan. Chill. Stir 1 quart of vanilla ice cream just enough to soften. Add 1/2 cup ice cream topping (fruit). Quickly swirl through ice cream to marble. Spoon over crust. Top with rest of cereal mixture. Freeze. (I use strawberry topping.)

JIFFY CAKE DESSERT

Helen Townsend

Bake:

1 white Jiffy cake mix in a 9 x 13-inch pan until done, (about 15 minutes.)	1 (#2) can crushed pineapple, drained
1 (8-oz.) pkg. cream cheese	1 (3.4-oz.) pkg. lemon or vanilla instant pudding
2 c. milk	Cool Whip

In mixer bowl, gradually add the 2 cups milk to the softened cream cheese. Add instant pudding and beat 2 to 4 minutes. Pour this over cooled cake. Spread well drained pineapple over pudding mixture and cover with Cool Whip. Refrigerate.

KEEBLER PEACH CRUNCH

Bev Mace

2 (16-oz.) cans sliced peaches, drained	1/4 c. brown sugar
2 c. Keebler cinnamon crisp crumbs	1/4 c. butter or margarine, softened
	Cream or half & half

Arrange peaches in greased 8 x 8 x 2-inch pan. Mix remaining ingredients until crumbly; sprinkle over peaches. Bake in pre-

(continued)

heated 375° oven for 20 to 25 minutes until the topping is golden brown. Serve with cream as desired.

LAYERED PISTACHIO DESSERT

Cindy McManigal

Crust:

1 stick softened butter **1 c. flour**
1/2 c. crushed pecans

Mix above ingredients with mixer and press down in ungreased 9 x 9-inch pan. Bake at 350° for 20 minutes.

Beat together:

1 (8-oz.) pkg. cream cheese **1 c. powdered sugar**

Add:

1 c. whipped cream (lay on crust)

Beat together:

2 pkgs. instant pistachio pudding mix **1 tsp. vanilla**
3 c. milk

Whip the above ingredients until foamy and put on top. Top with some whipped cream and sprinkle with nuts. Can freeze. Serves 15.

LAZY PEACH PARTY DESSERT

Ada Leaders

Combine for crust:

1 c. butter **Pinch of salt**
1 3/4 c. flour **2 T. sugar**

Put into 9 x 13-inch pan. Bake 15 minutes at 350°. Cool.

Glaze:

2 c. sugar **2 c. water**
4 T. cornstarch

Blend in a saucepan. Cook until it thickens. Remove from heat.

Add:

1 (3-oz.) pkg. peach Jello **2 peaches, cut-up**
1 T. butter

Cool glaze mixture. On top of crust, slice 8 or 10 peaches, unsweetened. Spread cooled glaze over peaches. Refrigerate. Serve with whipped cream.

LEMON DESSERT

Ruth Wasson

Crust:

1 c. flour **1/2 c. melted butter**
1/2 c. nuts

Blend and pat in a 9 x 13-inch pan and bake 15 minutes at 350°.

1st Layer:

Beat 1 (8-ounce) package cream cheese and add 1 cup powdered sugar. Fold in 1 cup Cool Whip and spread on cooled crust.

2nd Layer:

2 pkgs. instant lemon pudding **1/2 tsp. vanilla**
3 c. milk

Beat and spread on top of first layer. Spread on the rest of the Cool Whip and sprinkle nuts on top. Refrigerate. Serves 12 to 14.

LEMON PARTY DESSERT

Alice Jacobson

Cook as directed; set aside:

2 (3-oz.) pkgs. lemon pudding

Mix together:

1 c. flour **1 T. powdered sugar**
1/2 c. margarine

Press above ingredients into 9 x 13-inch pan. Bake 15 minutes at 350°. Cool.

Mix together:

1 (8-oz.) pkg. cream cheese **1 c. powdered sugar**

Fold in:

2 c. whipped topping

Spread over crust. Put pudding mixture on top. Top with whipped topping. Garnish with toasted coconut, cherries, nuts, or shaved chocolate (optional).

MILNOT CHEESE CAKE

1 (3-oz.) pkg. lemon flavored gelatin **1 tall can Milnot (13-oz.) whipped**
1 c. boiling water **3 c. graham cracker crumbs**
1 (8-oz.) or 3 (3-oz.) pkgs. cream cheese **1/2 c. butter or margarine**
1/2 c. sugar **1 tsp. vanilla**

Dissolve gelatin in boiling water. Chill until slightly thickened. Cream together cheese, sugar and vanilla; add gelatin and blend well. Fold in stiffly whipped Milnot. (This can be done with electric
(continued)

mixer.) Mix graham cracker crumbs and melted butter together; pack $\frac{2}{3}$ of mixture on bottom and sides of 9 x 13-inch pan. Add filling and sprinkle with remaining crumbs. Chill several hours (or overnight). Cut in squares and serve plain or garnished with fruit. Makes 12 to 16 servings.

OREO COOKIE DESSERT

Del Murray

1 lb. Oreo cookies
1 (8-oz.) pkg. cream cheese
16 oz. ctn. whipped cream (Cool Whip)
1 c. oleo
1 c. powdered sugar
1 (6-oz.) pkg. pistachio pudding or (chocolate)

Crush cookies, not too fine. Reserve $\frac{1}{2}$ cup for topping. Spread evenly in 9 x 13-inch pan. Melt oleo and pour evenly over cookies, refrigerate. Mix cream cheese and powdered sugar together, fold in 8 ounces of the whipped topping. Spread evenly over cookie crust and return to refrigerator for 1 hour. Prepare pudding according to package. Spoon pudding over Cool Whip layer and refrigerate 1 hour. Spread remaining 8 ounces of Cool Whip over top of dessert and sprinkle with reserved cookies. Refrigerate until served.

PEACH CRISP

Joyce Knudsen

3 c. sliced fresh or canned peaches
1 T. lemon juice
1 c. flour
1 c. sugar
 $\frac{1}{2}$ tsp. salt
1 beaten egg
6 T. butter or margarine, melted
Ice cream or whipped topping

Place peaches on bottom of 11 x 7-inch baking dish. Sprinkle with lemon juice. Mix together dry ingredients; add egg, tossing with fork till crumbly. Sprinkle over peaches. Drizzle with butter. Bake at 375° for 35 to 40 minutes. Serve warm with ice cream or whipped topping.

PINEAPPLE DESSERT

Ada Leaders

Bake 1 Pillsbury yellow cake mix made according to the directions. Cool 5 minutes. Punch holes in it and cover with a 20-ounce can of crushed pineapple. Cool. Frost with one package of Dream Whip and 1 package of instant pineapple pudding mix made with $1\frac{3}{4}$ cups of milk. Very good.

PUMPKIN DESSERT

Joyce Madison

1 pkg. yellow cake mix
1 egg
 $\frac{1}{2}$ c. margarine, melted
1 (16-oz.) can pumpkin
2 eggs
 $\frac{2}{3}$ c. milk
 $\frac{3}{4}$ c. plus $\frac{1}{2}$ c. sugar
1 tsp. pumpkin pie spice
1 tsp. cinnamon
 $\frac{1}{4}$ c. margarine

(continued)

Remove 1 cup of cake mix and reserve. Turn remaining cake mix into bowl. Add egg and melted margarine. Mix and pat into greased 9 x 13-inch pan. Blend together pumpkin, eggs, milk, $\frac{3}{4}$ cups sugar and pumpkin pie spice. Pour over first layer in pan. To reserved 1 cup cake mix, add $\frac{1}{2}$ cup sugar, cinnamon and $\frac{1}{4}$ cup margarine. Combine with pastry blender or fork and crumble over second layer. Bake 40 to 50 minutes at 350°.

RASPBERRY DELIGHT

Sandy Buck

2 boxes raspberry Jello
2 c. boiling water
2 c. crushed pineapple
1 sm. ctn. Cool Whip
4 bananas
Coconut cookies, crushed

Combine Jello and water; mix well until dissolved. Add pineapple and set until almost firm. Add whipped cream and chopped bananas. Mix well. Alternate cookie crumbs and Jello mix, ending with crumbs on top.

RHUBARB COBLER

Ruth Wasson

2 - 3 c. rhubarb
 $\frac{3}{4}$ c. sugar
3 T. butter
 $\frac{1}{2}$ c. milk
1 c. flour
1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt

Cut rhubarb into pieces and place in bottom of oblong pan or dish (9 x 13-inch). Cream together the sugar and butter. Sift together the flour, baking powder and salt. Add flour mixture alternately with milk. Pour mixture over rhubarb.

Combine:

1 c. sugar
1 T. cornstarch
 $\frac{1}{4}$ tsp. salt

Sprinkle over the batter. Pour 1 cup boiling water over all. Bake 1 hour at 375°.

YOGURT POPSICLES

Emily Reeder

2 c. plain yogurt
2 tsp. vanilla
1 (6-oz.) can frozen orange juice concentrate

Stir together. Freeze in small cups with popsicle sticks in middle.



Cakes, Cookies
& Candy

The Healthy Gourmet

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

You may enjoy red meats on occasion, but try to limit yourself to 2-4 servings per week. In order to make these meat treats extra special, do not eat fast-food burgers and sandwiches, but do take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil, fat, butter or margarine. Fat from the meat will render out during cooking, and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

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

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

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

HERBAL VINEGARS

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

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

CAKES, COOKIES, & CANDY

APPLE CAKE

Alice Jacobson

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

1/4 tsp. nutmeg
1/4 c. milk
2 c. grated apples
1/2 c. walnuts
1 tsp. vanilla

Streusel:

1/2 c. brown sugar
2 T. flour

3 T. butter

Combine and sprinkle over cake. Bake at 350° for 30 to 35 minutes. While still warm, drizzle with thin glaze of powdered sugar and milk. Bake in 9-inch pan.

BLENDER BANANA CAKE

Linda Clark

Grease a 9 x 9 x 2-inch baking pan. Preheat oven to 350°.

Whirl:

3 med. fully ripe bananas in
blender to make 1 c. puree

Add:

1 c. vegetable oil
2 eggs

Whirl until well blended.

Sift together into med.-sized
bowl:

1 1/2 c. sifted flour
1 c. sugar

1 tsp. baking soda
1/2 tsp. salt

Pour banana mixture all at once into dry ingredients; mix just until blended. Pour into pan. Bake at 350° for 45 minutes or until done.

CARAMEL FROSTING FOR CHOCOLATE WHIRLAWAY CAKE

Garnette Stroburg

1/2 c. margarine
1 c. brown sugar, packed
1/3 c. milk

1 tsp. vanilla
Powdered sugar

Melt margarine and add brown sugar, boil for 2 minutes. Remove from heat and add milk. Return to heat and bring to boil. Remove from the heat. Let it cool. Then add vanilla and enough powdered sugar to give spreading consistency; approximately 2 cups. Use this frosting for the Chocolate Whirlaway Cake.

CHOCOLATE WHIRLWAY CAKE

Garnette Stroburg

- 2 1/2 c. cake flour, sifted
- 1 1/2 tsp. baking powder
- 1/2 tsp. soda
- 1 tsp. salt
- 1 2/3 c. sugar

- 1 c. sour milk
- 1 tsp. vanilla
- 3/4 c. shortening
- 3 eggs, beaten

Chocolate Mixture:

- 1 sq. melted chocolate
- 2 T. hot water

- 1/4 tsp. soda
- 1 T. sugar

Stir shortening until soft, add sifted dry ingredients, milk, and vanilla. Beat 2 minutes. Add eggs and beat 1 minute. Divide mixture into two parts. Add chocolate to one part. Put mixtures into 2 well-greased round cake pans, a spoonful at a time, alternating between white and chocolate mixtures. Cut through with knife to get the whirl effect. Bake at 350° for 35 to 40 minutes. Frost with Caramel Frosting.

CINNAMON STREUSEL CAKE

Mrs. Roland Hilty

Cake:

- 1 pkg. yellow cake mix
- 1 pkg. vanilla or butterscotch pudding

- 2 T. oil
- 1 1/3 c. water
- 2 eggs

Streusel:

- 1/3 c. flour
- 1/3 c. brown sugar

- 2 T. melted margarine
- 2 tsp. cinnamon

In large bowl blend all ingredients and beat 2 minutes. Spread 3/4 batter evenly in a greased and floured bundt pan. Combine streusel ingredients. Sprinkle half over batter in pan. Spread remaining batter over streusel; top with streusel. Bake 40 to 50 minutes at 375°. Cool 25 minutes right side up. Remove from pan and glaze.

COKE CAKE

Elaine Gutzmer

- 2 c. flour
- 2 c. sugar
- 1 c. margarine
- 3 T. cocoa
- 1 c. Coke

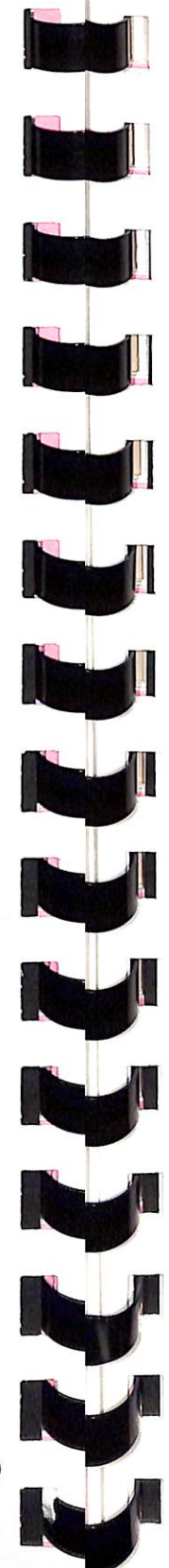
- 1/2 c. buttermilk
- 1 tsp. soda
- 1 tsp. vanilla
- 2 eggs
- 1/2 c. small marshmallows

Icing:

- 3 T. Coke
- 1 lb. powdered sugar
- 1 c. chopped nuts
- 1 c. sm. marshmallows

- 3 T. cocoa
- 1 stick margarine
- 1 tsp. vanilla

(continued)



Mix flour and sugar in a bowl. Boil margarine, cocoa and Coke. Add to flour and sugar mixture. Mix in buttermilk, soda, vanilla, eggs and marshmallows. Pour into greased 9 x 13-inch pan. Bake 350° for 45 minutes. **Icing:** Boil Coke, cocoa and margarine. Add powdered sugar, vanilla, marshmallows and nuts. Frost while cake is still warm.

DUMP CAKE

Beverly Hurley

- 20 oz. can crushed pineapple
- 1 can cherry pie filling
- 1 yellow cake mix

- 2 sticks margarine
- 1 c. sliced almonds or chopped pecans

Grease a 9 x 13-inch pan. Spread pineapple, juice, and all, in pan. Spoon cherry pie filling over pineapple. Sprinkle dry cake mix over pie filling. Chunk margarine over cake mix. Add nuts over top. Bake at 350° for 45-50 minutes.

ECLAIR CAKE

Barbara King

Cake:

- 1 lb. graham crackers
- 3 1/2 c. milk
- 2 sm. pkgs. French vanilla pudding

- 1 (9-oz.) Cool Whip

Butter a 9 x 13-inch pan. Line bottom with layer of graham crackers. Combine and beat at medium speed for 2 minutes the milk and pudding; blend in Cool Whip. Pour half mixture over crackers. Put second layer of crackers on pudding. Add other half of pudding mixture over crackers. Put another layer of crackers on top. Chill 2 hours.

Frosting:

- 2 pkgs. Redi blend pre-softened unsweetened chocolate
- 2 tsp. white corn syrup

- 3 T. soft oleo
- 1 1/2 c. powdered sugar
- 3 T. milk

Beat until smooth. Spread over cake. Chill 24 hours.

GOOEY BUTTER CAKE

Phyllis Herren

- 1 stick margarine (room temperature)
- 1 box yellow cake mix
- 2 eggs

- 1 (8-oz.) pkg. cream cheese
- 1 lb. powdered sugar
- 2 eggs
- 1 tsp. vanilla

Mix margarine and yellow cake mix together. Add the 2 eggs and mix. Spread in greased and floured 9 x 13-inch pan. Cream together the cream cheese and powdered sugar. Beat the eggs. To the cream cheese mixture add eggs and vanilla. Pour over dough in pan. Bake at 350° for 35 to 40 minutes.

KRAZY KAKE

Barbara King

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

1 tsp. vanilla
2 tsp. vinegar
3/4 c. salad oil
2 c. water (room temp.)

Sift first 5 ingredients together 3 times. Put into a 9 x 13-inch ungreased pan. Make 3 wells, in first well put flavoring; second well the vinegar; third well the oil. Pour water over mixture. Stir lengthwise with fork, until well blended. Bake at 350° for 30 minutes.

KRAZY KAKE ICING

Barbara King

1st:
1/2 c. milk
2 1/2 T. flour

1/2 c. butter
1/2 c. sugar

2nd:
2 T. cocoa
1/4 c. milk
2 T. white syrup

1 tsp. vanilla
1/2 c. butter
1 c. sugar

First group of ingredients, blend milk and flour. Stir and cook until thick, cool. Cream butter and sugar. Add to paste. Beat until fluffy. Spread on cake. Second group of ingredients: Bring to boil. Cook 1 minutes. Remove from heat. Add vanilla. Beat until thick. Pour over first icing.

LEMON STREUSEL CAKE

Helen Townsend

Cake:

1 lemon cake mix
1 box instant lemon pudding
2 T. cooking oil

1 1/3 c. water
2 eggs

Streusel:

1/2 c. flour
1/2 c. confectioners' sugar
2 T. oleo, melted

1 tsp. lemon extract
3 drops yellow food coloring

Preheat oven to 350°. In large bowl, blend cake ingredients. Beat 2 minutes at medium speed. Spread 3/4 of batter in greased and floured tube pan. Combine streusel ingredients; sprinkle 2/3 cup over batter in pan. Spread remaining batter over streusel; top with reserved streusel. Bake 40 to 50 minutes. Cool right side up for 25 minutes, remove from pan and glaze top side up.

(continued)



Glaze:

1 T. water
3 drops coloring

1/4 tsp. lemon extract
3/4 c. confectioners' sugar

Mix ingredients and drizzle over cake.

LEMON CAKE

Sandy Buck

1 pkg. lemon cake mix
1 pkg. regular lemon Jello
3/4 c. Wesson oil

1 c. apricot nectar
4 eggs

Mix all ingredients, except eggs. Add one at a time. Bake at 350° for 1 hour.

Glaze:

1/2 c. lemon juice

2 c. powdered sugar

Pour on cake right after taking out of oven and still in pan. Cool, then take out of pan.

LEMON CAKE

Barbara King

Cake:

1 (3-oz.) pkg. lemon Jello
4 eggs
3/4 c. salad oil

3/4 c. water
Lemon cake mix

Combine ingredients and beat for 5 minutes. Bake in a 9 x 13-inch pan for 35 minutes at 350°. Remove from oven, makes holes about 1 inch apart. Pour on glaze while hot.

Glaze:

2 c. powdered sugar
1/2 scant c. lemon juice or part
orange juice

Mix ingredients and drizzle over cake.

MISSISSIPPI MUD CAKE

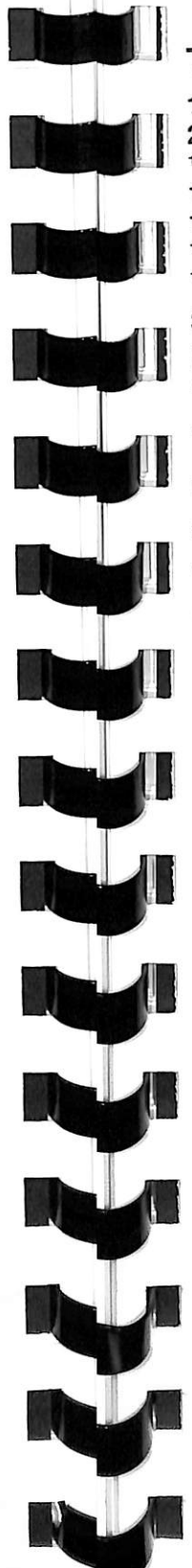
Barbara King

1 c. margarine
2 c. sugar
4 eggs
1 1/2 c. flour
1 jar marshmallow cream

2 T. cocoa
1 tsp. vanilla
1 1/2 c. coconut
1 1/2 c. nuts

Cream sugar, margarine and cocoa. Add eggs, vanilla, and mix well. Add flour, coconut and nuts. Bake in greased 9 x 13-inch pan at 350° for 30 to 40 minutes. Spread on marshmallow cream while hot. Cool.

(continued)



Frost with:

- 1/2 c. margarine
- 1/4 c. milk
- 1/3 c. cocoa

- 1 lb. pkg. powdered sugar
- 1 tsp. vanilla

Mix ingredients and frost cake.

PEACH CAKE

Gerry Hurd

- 1 pkg. Duncan Hines Deluxe II yellow cake mix
- 1 (1 lb. 5-oz.) can peach pie filling

- 3 eggs
- 1/2 tsp. lemon extract
- 1/2 c. chopped nuts

In large mixing bowl, combine and blend at low speed 1 minute, then beat 2 minutes at medium speed. Spread batter in greased and floured 9 x 13-inch pan.

Topping:

- 1/2 c. sugar
- 1/2 c. flour

- 1/4 c. soft margarine
- 1/2 tsp. lemon extract

Use medium-sized bowl and combine all topping ingredients with fork or pastry blender. Mix should be crumbly. Sprinkle evenly over batter. Bake at 350° for 40 to 45 minutes or until done.

RED CAKE FROSTING

Phyllis Herren

- 1 c. white Crisco
- 2 egg whites
- 1 box powdered sugar

- 1 stick margarine
- 1 tsp. vanilla

Beat together thoroughly. This recipe makes a thick frosting for a 9 x 13-inch cake. This is delicious on chocolate cake.

RHUBARB DUMP CAKE

Alice Jacobson

Dice 5 cups rhubarb into an 11 x 13-inch pan. Pour 1 cup sugar over rhubarb. Spread 1 box (dry) strawberry cake mix over above mixture. Dot with butter. Bake at 350° for about 30 minutes. This is good warm. May be served with Cool Whip if cake is cooled.

SPICE CAKE FROSTING

Phyllis Herren

- 3 T. brown sugar
- 3 T. butter

- 3 T. cream
- 1 1/4 c. powdered sugar

Boil together the first 3 ingredients. Add the powdered sugar and mix thoroughly. Frosting will become firm when it cools.

TOMATO JUICE CUPCAKES

Gerry Hurd

- 1 1/3 c. sugar
- 2 eggs
- 1/3 c. shortening
- 1 1/2 tsp. cinnamon
- 1 tsp. cloves
- 1/2 tsp. nutmeg
- 1/4 tsp. salt

- 1 tsp. vanilla
- 1/2 c. raisins
- 1/2 c. nuts
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 2 1/3 c. flour
- 1 c. tomato juice

Sift dry ingredients together. Add eggs, shortening, vanilla and tomato juice. Bake in paper lined muffin tins at 350° for 25 minutes. Lemon icing is good on these. They taste like spice cake.

TWINKIE CAKE

Barbara King

Bake white or yellow cake mix in 9 x 13-inch pan. Split cake.

- 5 T. flour

- 1 c. milk

Cook until very thick, cool completely.

Cream together:

- 1/2 c. butter
- 1/2 c. shortening

- 1 c. sugar
- 1 tsp. vanilla

Cream until light, like whipped cream. Add to first mixture and beat well. It should have texture of whipped cream. Spread on 1/2 cooled cake. Top with remaining 1/2 of cake. Let stand 12 hours before cutting cake.

WHITE CAKE WITH JELLO

Gladys Peterson

- White cake mix
- 3 oz. pkg. Jello (cherry, strawberry, or raspberry)

- 3 oz. pkg. Jello (same flavor) Fruit, if desired
- Cool Whip

Bake cake in 9 x 13 x 2-inch pan according to directions. Poke holes in cake when removed from oven. Have Jello dissolved in 1 1/4 cups water. Pour Jello over cake, be sure Jello goes in holes. After cake has cooled, have second package of Jello cooled to thick syrupy stage. Beat with beater until foamy. Fruit of same as Jello may be added, if desired. Pour over cake and refrigerate. Top with Cool Whip before serving. May be decorated with fresh fruit of same flavor.

YELLOW COCONUT CAKE

Marilyn Wymore

- Yellow cake mix
- 1 can cream of coconut (drink mix)

- 1 can sweetened condensed milk
- 1 (8-oz.) carton Cool Whip

Bake a yellow cake according to directions on the box. When it comes out of the oven, poke holes in the cake with a fork. Pour 1 can Eagle sweetened condensed milk over the holes while the

(continued)

CHOCOLATE CHIP COOKIES

Dorothy Russmann

- 1 c. white sugar
- 1 c. brown sugar
- 1 tsp. baking soda
- 1 c. Crisco
- 2 eggs
- 1/2 tsp. salt
- 2 c. flour
- 1 tsp. vanilla
- Sm. pkg. of chocolate chips

Mix ingredients. Bake 8 to 10 minutes at 350°.

CHOCOLATE CHIP, OATMEAL, COCONUT COOKIES

Sheryl Boham

Beat well:

- 1 c. white sugar
- 1 c. brown sugar
- 1 c. shortening
- 2 eggs

Add:

- 2 c. flour
- 2 c. oatmeal
- 1 c. coconut
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 (6-oz.) pkg. chocolate chips

Mix well. Bake at 350° for 8 minutes.

DIABETIC CHOCOLATE CHIP COOKIES

Carolyn Davis

- 2/3 c. shortening
- 1/3 c. sugar
- 1/3 c. brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 1/2 c. flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 c. chocolate chips

Cream together shortening and sugars. Add egg and vanilla, mixing well. Sift together dry ingredients and add to creamed mixture. Stir in chocolate chips. Drop by rounded teaspoons 2 inches apart onto ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Makes 4 dozen cookies. Exchange: 1 cookie equals 1 fruit and 1 fat exchange.

CHOCOLATE CHIP PUDDING COOKIE

Phyllis Herren
Del Murray

Mix together:

- 2 1/4 c. flour
- 1 tsp. baking soda

Combine and beat:

- 1 c. margarine
- 1/4 c. sugar
- 3/4 c. brown sugar
- 1 (4-oz.) pkg. chocolate or vanilla instant pudding mix
- 1 tsp. vanilla

Beat in:

- 2 eggs
- Add flour mixture.

Add:

- 12 oz. pkg. chocolate chips or lg. pkg. mini chips

Batter will be stiff. Bake in 375° oven for 8 to 10 minutes in ungreased pan.

CHOCOLATE SCOTCHAROOS

Garnette Stroburg

- 1 c. sugar
- 1 c. light corn syrup
- 1 c. peanut butter
- 6 c. Special K Cereal
- 1 c. chocolate chips
- 1 c. butterscotch morsels

Cook sugar and corn syrup in a 3 quart saucepan over moderate heat until mixture boils. Remove from heat. Stir in peanut butter. Mix in cereal. Press into buttered 13 x 9-inch pan. Let mixture harden. Melt over hot (not boiling) water or in microwave chocolate chips and butterscotch morsels. Stir to blend. Spread over cereal mixture. Chill 5 minutes or till top is firm. Cut into bars.

CINNAMON GRAHAM CRACKERS

Carol Reeder

- 2 c. whole-wheat flour
- 1 c. all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 3/4 c. packed brown sugar
- 1/2 c. shortening
- 1/3 c. honey
- 1 tsp. vanilla
- 1/2 c. milk
- 3 T. granulated sugar
- 1 tsp. cinnamon

Stir together whole-wheat flour, all purpose flour, baking powder, baking soda, and 1/4 teaspoon salt. Cream together brown sugar and shortening until light. Beat in honey and vanilla until fluffy. Add flour mixture alternately with milk to creamed mixture, beating well after each addition. Chill dough several hours or overnight. Divide chilled mixture into quarters. On well floured surface, roll each quarter to 15 x 5-inch rectangle. Cut rectangle into 6

(continued)

to remaining frosting mixture. Beat 3 to 5 minutes. Spread over base. Bake for 30 to 40 minutes. Cool, frost with reserved frosting. Makes 3 dozen bars.

EASY PEANUT BUTTER COOKIE

Justin Jones

1 c. peanut butter
3/4 c. sugar

1 egg

Mix well, form ball and press with fork. Bake at 350° until golden.

FUDGE NUT BARS

Helen Townsend

Bottom layer:

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

2 1/2 c. sifted flour
1 tsp. baking soda
1/2 tsp. salt
3 c. quick rolled oats

Fudge nut filling:

1 (12-oz.) pkg. semi-sweet
chocolate pieces
1 c. sweetened condensed milk
2 tsp. vanilla

2 T. butter or oleo
1/2 tsp. salt
1 c. chopped nuts

Cream together oleo and sugar. Mix in eggs and vanilla. Sift together flour, soda and salt. Stir in rolled oats. Add dry ingredients to creamed mixture. Set aside while you make filling. In a saucepan over boiling water, mix together chocolate pieces, condensed milk, butter, and salt. Stir mixture until smooth; stir in nuts and vanilla. Spread 2/3 oatmeal mixture in bottom of greased jelly roll pan. Cover with chocolate mixture. Dot with remainder of oatmeal mixture and swirl it over filling. Bake at 350° for 25 to 30 minutes or until lightly browned.

GRANDMA'S SUGAR COOKIES

Grandmother Lemon
By Bev Mace

2 c. sugar
1 c. shortening or butter
2 eggs
6 c. flour
1 tsp. baking soda

2 tsp. baking powder
1 tsp. vanilla
1 tsp. salt
1 c. buttermilk

Cream sugar, butter, and eggs. Add rest of ingredients. Drop by spoon on greased cookie sheet. Bake at 450° for 8 to 10 minutes. Cool and frost.

HAYSTACKS

Beverly Hurley

12 oz. pkg. butterscotch chips
12 oz. pkg. chocolate chips
1 c. peanuts

2 (3-oz.) cans chow mein
noodles

Melt butterscotch and chocolate chips over low heat in microwave. Add peanuts and chow mein noodles. Drop by teaspoonful on waxed paper and refrigerate.

HERSHEY BROWNIES AND FROSTING

Dorothy Russmann

Brownies:

1 stick oleo
1 c. sugar
1 c. flour

4 eggs
1 (16-oz.) can Hershey syrup
Vanilla

Combine oleo and sugar, beat and add eggs and syrup. Add flour and vanilla and pour into 9 x 13-inch pan. Bake at 350° for 25 minutes.

Frosting:

6 T. oleo
6 T. milk

1 1/3 c. sugar
1 (6-oz.) pkg. chocolate chips

Combine oleo, milk and sugar. Boil 1 minute and add chocolate chips. Beat until thick enough to spread.

M & M COOKIES

Phyllis Herren

Cream:

3/4 c. brown sugar
3/4 c. white sugar

1 c. shortening

Add:

2 eggs, unbeaten

Beat and add:

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

1 tsp. baking soda
2 c. oatmeal
1 c. M & M candy

Bake in a 350° oven until done.

MONSTER COOKIES

Mary Wilbur

12 eggs
1 lb. oleo
2 lbs. brown sugar
4 c. white sugar
1/4 c. vanilla
3 lbs. peanut butter, plain or chunky

8 tsp. baking soda
1 lb. chocolate chips
18 c. rolled oats

Use a very large bowl. Mix eggs, oleo, sugars, and vanilla. Add peanut butter and mix well. Add baking soda and oatmeal. Lastly stir in chocolate chips. Roll in balls and put on greased cookie sheet. Bake at 350° for 10 to 12 minutes. Do not let them get too brown. I chill dough before making into balls for easier handling. These cookies store and freeze well.

NO ROLL SUGAR COOKIES

Sheryl Boham

1 c. butter
2 eggs, beaten

2 c. sugar
1 tsp. vanilla

Sift and add:

2²/₃ c. flour
1 tsp. cream of tartar

1 tsp. baking soda

Cream butter and sugar well (3 to 4 minutes). Add eggs and beat well. Blend in dry ingredients. Cover and chill overnight or 2 hours. Form into walnut-sized balls. Dip in sugar (red or green at Christmas) and place 2 inches apart on cookie sheet. Bake at 350° for 8 to 10 minutes.

OATMEAL CHOCOLATE CHIP COOKIES

Garnette Stroburg

1 c. shortening
3/4 c. brown sugar
3/4 c. white sugar
2 eggs
1 tsp. vanilla
1 tsp. soda

1 tsp. hot water
1 tsp. salt
1¹/₂ c. flour
2 c. uncooked oatmeal
1 c. nuts
1 lg. pkg. chocolate chips

Cream shortening and sugars until light and fluffy, then add eggs unbeaten and beat well. Stir in vanilla. Dissolve soda in hot water. Add salt and flour. Lastly, mix in oatmeal, nuts, and chips. Drop by spoonful on oiled baking sheet. Bake 10 to 12 minutes at 350°. Makes about 5 dozen cookies.

OATMEAL COOKIES

Judy Porter

2 c. flour
4 c. oatmeal
1¹/₂ c. sugar
1 c. lard

1/2 c. sour milk
Pinch of salt
1 tsp. soda (dissolved in milk)

Mix like pie crust. Roll and cut. Bake in 350° oven for 10 minutes or until light brown. You can use Crisco, but I have found regular lard is better.

ORANGE COOKIES

Bev Mace's Mom's Recipe

1¹/₄ c. sugar
3/4 c. shortening
2 eggs
1 c. sweet milk
1 tsp. vanilla

1 tsp. baking soda
2 tsp. baking powder
Juice and shredded rind of 1 orange
3 c. flour

Mix all above. Cream shortening and add other ingredients. Bake at 350° after dropping by teaspoon on a cookie sheet, until lightly brown. Frost with the following frosting: 3 tablespoons butter, powdered sugar. Add the juice and rind of 1 orange and more powdered sugar until thick enough to spread.

OUTRAGEOUS OATMEAL COOKIES

Audrey Bones

1/2 c. vegetable oil
2 eggs
2 c. whole-wheat flour
2 tsp. baking powder
1 tsp. salt
2 c. brown sugar, packed
6 c. old fashioned oats

2 c. broken walnuts
1 (6-oz.) pkg. chocolate chips
1/2 c. warm water
1 T. cinnamon
1/4 tsp. nutmeg
2 tsp. vanilla
(I add raisins)

Combine oil and eggs in 4 cup measure, whisk to combine. Combine flour, baking powder and salt in very large mixing bowl. Stir until blended. Add remaining ingredients, except water, and stir. Add oil and eggs and work until moistened, it will be very stiff. Add enough water to make mixture damp enough to hold together. Grease heavy baking sheet. Form mounds of about 1/3 cup (push into cup quite firmly). Place 1/2 inch apart. Bake 12 to 15 minutes at 375°. Do not overbake or brown. Cool briefly, then remove from baking sheet.

PEANUT BLOSSOMS

Phyllis Herren

1 c. sugar
1 c. brown sugar
1 c. Crisco
1 c. smooth peanut butter
2 eggs

4 T. milk
2 tsp. vanilla
3¹/₂ c. flour
2 tsp. baking soda
1 tsp. salt

(continued)

Blend well. Shape in balls and roll in sugar. Bake in a 375° oven for 10 to 12 minutes on an ungreased cookie sheet. Remove and push chocolate candy kiss into each cookie. This makes a large batch.

POPPY SEED WAFERS

Barbara Davis

- | | |
|-------------------------|-----------------------------|
| 3/4 c. margarine | 1/4 c. poppy seed |
| 3/4 c. sugar | 2 1/4 c. flour |
| 2 eggs | 2 tsp. baking powder |

Combine sugar, margarine and eggs; stir in poppy seeds. Add flour and baking powder. Chill dough 30 minutes. Place on ungreased cookie sheet. Flatten cookies with bottom of glass dipped in sugar. Bake at 375° for 8 to 10 minutes or until light, golden brown.

RAISIN FORK COOKIES

Judy Porter

- | | |
|------------------------------|---|
| 1 scant c. shortening | 1 tsp. vanilla |
| 1 1/2 c. sugar | 1 c. raisins, boiled and drained |
| 2 eggs | 4 c. flour |
| 1 tsp. soda | 3 T. milk |
| 1/2 tsp. salt | |

Cream shortening and sugar. Add beaten eggs, milk, and vanilla. Sift soda, salt, and flour. Add to creamed sugar and shortening. Add boiled raisins. Drop on greased cookie sheet. Press with fork dipped in flour. Bake at 350° for 10 minutes or until light brown.

RICE KRISPIES COOKIES

Joyce Madison
Linda Massman

- | | |
|---|---|
| 1 c. margarine | 2 c. flour |
| 2 lg. eggs | 2 c. oatmeal (or 1 1/2 c. quick oatmeal) |
| 1 c. brown sugar | 2 c. Rice Krispies |
| 1 c. white sugar | 1/2 c. nuts (optional) |
| 1 tsp. baking soda | |
| 1/2 tsp. cream of tartar (or 1/2 tsp. baking powder) | |

Mix all ingredients, except oatmeal and Rice Krispies, well. Mix together oatmeal and Rice Krispies and fold into other ingredients. Drop by teaspoonful onto greased cookie sheet. Bake for 12 to 14 minutes in 375° oven. You may add raisins or nuts.

SIMPLE SUGAR COOKIE

Mrs. Roland Hilty

- | | |
|-----------------------|---------------------------------|
| 1 c. sugar | 2 c. flour |
| 1 c. butter | 1/2 tsp. baking soda |
| 1 tsp. vanilla | 1/2 tsp. salt |
| 1 egg | 1/2 tsp. cream of tartar |

(continued)



Mix in order given. Roll small amount of dough into ball. Flatten with a fork on greased cookie sheet. Sprinkle with sugar. Bake at 375° for 12 minutes.

SPECIAL-K BARS

Rex Romano

- | | |
|-------------------------------|--------------------------------------|
| 1 c. sugar | 5 c. Special-K cereal |
| 1 c. white syrup | 6 oz. pkg. butterscotch chips |
| 1 1/2 c. peanut butter | 6 oz. pkg. chocolate chips |

Bring syrup and sugar to a boil. Add peanut butter and Special-K. Flatten in 9 x 13-inch pan. Sprinkle chips and bake in oven at 200° until chips melt. Cut while warm.

SOUR CREAM RAISIN BARS

Gerry Hurd
Inez Summy

- | | |
|----------------------------|-------------------------------------|
| 1 3/4 c. oatmeal | 1 1/2 c. sugar |
| 1 3/4 c. flour | 3 T. cornstarch |
| 1 c. brown sugar | 2 c. raisins |
| 1 tsp. soda | 2 c. sour cream |
| 1 c. margarine | 1/4 tsp. cinnamon (optional) |
| 4 egg yolks, beaten | |

Mix oatmeal, flour, brown sugar, soda, and margarine until crumbly, like pie crust. Put into 9 x 13-inch pan, saving 1 1/2 cups. Bake at 350° for 10 minutes. While this is baking, mix together remaining ingredients and bring to a boil over medium heat, stirring constantly. Boil until thickened. Remove pan from oven and pour boiled mixture over it. Top with remaining crust mixture. Bake 20 minutes more. Freezes well.

SUGAR COOKIES

Beverly Hurley

- | | |
|---------------------------|-------------------------------|
| 1 c. shortening | 1 tsp. vanilla |
| 1 c. white sugar | 2 1/2 c. flour |
| 1 egg (large size) | 1 tsp. cream of tartar |
| Pinch of salt | 1 tsp. soda |

Mix together shortening, sugar, egg, salt and vanilla. Sift together and add to first mixture flour, cream of tartar and soda. Form dough into walnut-sized balls. Dip each in sugar and flatten with a glass dipped in sugar. Bake 8 to 10 minutes in a 350° oven.

SUGAR COOKIES

Omaha World Herald
By Bev Mace

- | | |
|-------------------------------------|---------------------------------|
| 1 c. margarine (Blue Bonnet) | 3 1/4 c. flour |
| 1 1/4 c. sugar | 1 tsp. salt |
| 1 tsp. vanilla | 2 1/2 tsp. baking powder |
| 1 tsp. orange extract | 2 eggs |
| 1 T. milk | |

(continued)

Cream margarine. Add sugar, eggs, and milk. Blend. Add remaining ingredients. Cream well. Refrigerate 1 to 2 hours. On a floured board, roll paper thin. Cut and put on a cookie sheet. Bake at 375° until brown on the edges. Frost as desired.

YUMMY BARS

Gladys Peterson
In Memory of Wilma Claus

- 1 stick melted oleo
- 1 c. crushed graham crackers
- 1 c. flaked coconut
- 1 (6-oz.) pkg. butterscotch chips
- 1 (6-oz.) pkg. chocolate chips
- 1 c. nutmeats
- 1 can sweetened condensed milk

Pour melted oleo in 13 x 9-inch pan. Sprinkle crumbs evenly over oleo, then sprinkle on coconut, chocolate chips and butterscotch chips and nuts. Drizzle milk over the top. Bake in 350° oven for 25 minutes. Cut when cool.

CREAM FUDGE

Garnette Stroburg

- 1 1/2 c. cream
- 3/4 c. white syrup
- 3 c. sugar

Boil to soft ball stage. Add 1/2 cup nuts. Stir until mixture looks dull. Pour into 8 x 8-inch pan. Cool. Cut into squares.

DIVINITY

Mrs. Elgan
By Bev Mace

- 2 1/2 c. sugar
- 1/2 c. white syrup
- 1/2 c. water
- Pinch of salt
- 2 egg whites
- 1 tsp. vanilla

Boil the above syrup until it spins a thread. Remove from heat and pour 1/2 sugar over beaten egg whites. Return syrup to heat and boil until it forms real hard ball when dropped into cold water. Pour remainder of the syrup into egg mixture. Add 1 teaspoon of vanilla and beat until the candy will form. Shape when dropped from teaspoon. Good luck!

PEANUT BRITTLE

Phyllis Herren

In large heavy frying pan add:

- 2 c. sugar
- 1 c. light corn syrup
- 1/2 c. water

Mix and cook the above ingredients over high heat until golden. Do Not Stir! Remove from heat.

(continued)



Add:

- 1 tsp. salt
- 1 T. oleo

2 c. unsalted peanuts

Cook 1 minute. Take off burner.

Add:

- 2 tsp. baking soda

Stir. Pour quickly into greased cookie sheet. Spread. When cool break in pieces.

PEANUT BRITTLE

Mrs. Roland Hilty

- 1 c. white corn syrup
- 2 c. sugar
- 1/2 c. water
- 1 pkg. raw Spanish peanuts
- 2 T. margarine
- 2 tsp. vanilla
- 2 tsp. baking soda
- 1/2 tsp. salt

Combine first 3 ingredients in a pan. Bring slowly to 230°. Add peanuts and continue to cook to 300°; remove from heat. Add margarine, vanilla, soda, salt and stir until well blended. Pour into a well buttered 15 x 10 x 2-inch pan. When cool, break into pieces.

REESE'S PEANUT BUTTER CUPS

Marilyn Wymore

First & Third Filling: Melt in top of double boiler over hot water:

- 8-oz. pkg. Hershey's chocolate
- 1/2 c. creamy peanut butter
- 1/4 lb. butter or margarine

Second Filling:

- Softened peanut butter
(warmed in hot water)

In brown paper candy cups, put 1 tablespoon chocolate mixture per cup. Then put 1 tablespoon softened peanut butter (warmed in hot water) over the top. Finally put 1 tablespoon chocolate mixture over the top. This makes about 12 candies in cupcake sized candy cups.

RUTH'S PEANUT CLUSTERS

Mrs. Roland Hilty

- 1 lb. white almond bark
- 1 (12-oz.) pkg. chocolate chips
- 1 pkg. raw peanuts

Roast peanuts at 275° for about 45 minutes. Check peanuts every 15 minutes until raw taste is gone. Melt chips and bark and combine with peanuts. Drop by spoon on waxed paper. Chill.

VELVEETA CHEESE FUDGE

Phyllis Herren

Melt together:

2 sticks margarine

1/2 lb. Velveeta cheese

Add:

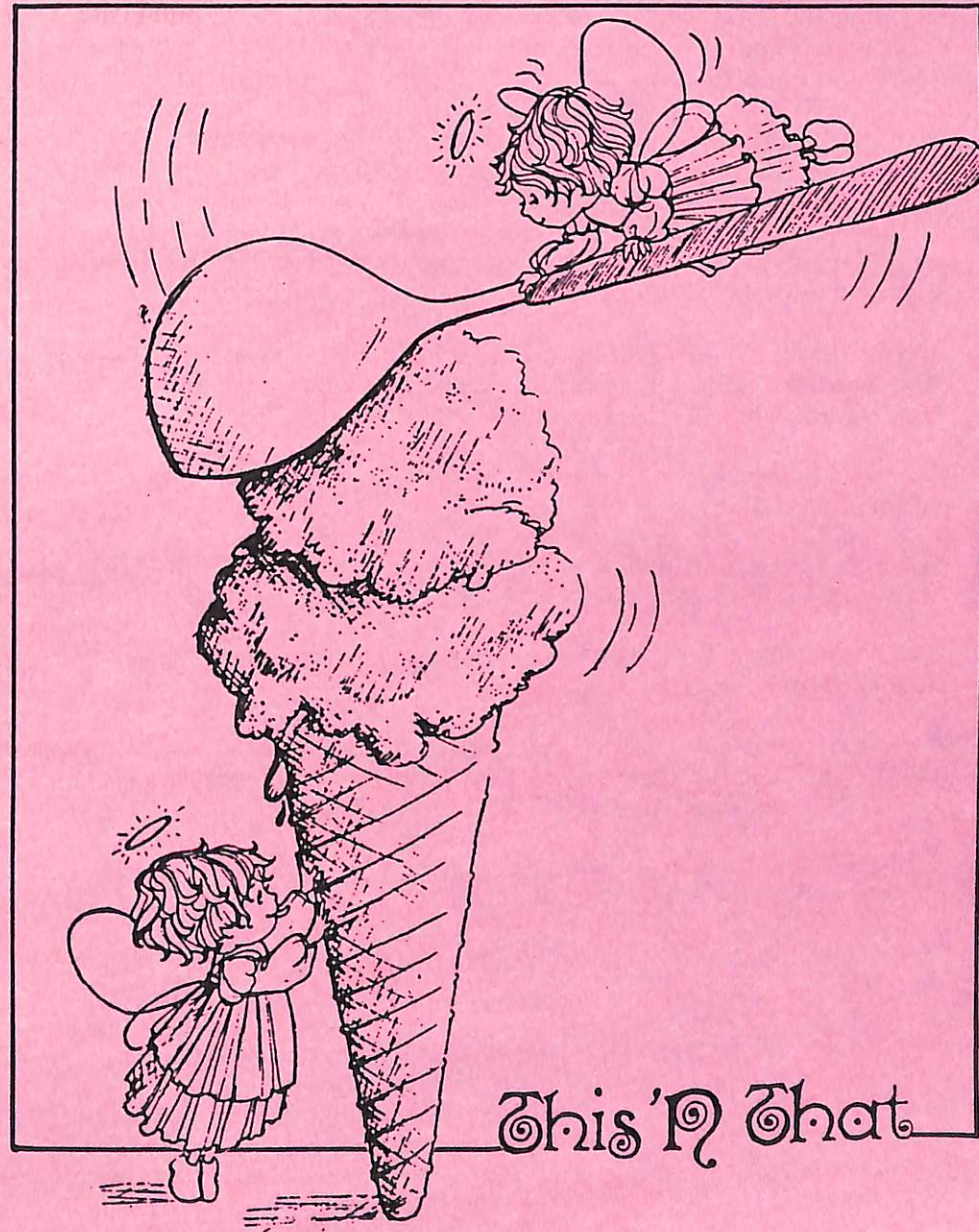
2 lbs. powdered sugar

1 tsp. vanilla

1/2 c. cocoa

Put in 9 x 13-inch pan. Cool. You cannot taste the cheese. Very smooth.

Recipe Favorites



This 'n' That

Woman's Work is Never Done....

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

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

REFINISH ANTIQUES OR REVITALIZE WOOD: Use equal parts of: linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Rub wax along sliding doors, windows, wooden drawers that stick for ease in sliding.

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

Anti-freeze poured into the metal slide on your glass door helps prevent ice from forming.

Fabric softener sheets: cut 8-inch squares of pella and dip in solution of half water, half liquid fabric softener and squeeze out. Reuseable, just dip again.

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

Washing soda in the wash will remove stale orders. Baking soda can be used but is expensive.

An old toothbrush is handy for cleaning beaters, graters, etc.

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

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

THIS & THAT

4TH GRADE CARAMEL CORN

Phyllis Herren

8 qt. popped corn

Mix together:

2 c. brown sugar

1/2 c. corn syrup

1 tsp. salt

1/2 tsp. soda

2 sticks oleo

Boil and stir 5 minutes. Pour over popped corn. Stir. Put in roaster and put in oven. Bake at 250° for 1 hour. Stir every 15 minutes.

BARBECUE SAUCE

Rex Romano

1 can tomato soup

1/4 c. brown sugar

2 T. Worcestershire sauce

1 T. dried onion flakes

1/2 tsp. dry mustard

1/2 tsp. garlic salt

1/2 tsp. chili powder

Mix and add a little water, about 1/4 cup. Add 1/2 teaspoon salt if you haven't seasoned meat.

HOMEMADE SWEETENED CONDENSED MILK

Nancy Schive

1 c. plus 2 T. powdered milk

1/2 c. warm water

3/4 c. sugar (or equivalent amount of artificial sweetener)

Mix powdered milk and water together; mix well. Set in pan of hot water and stir in sugar, stirring to dissolve sugar. This is equal to 1 can of sweetened condensed milk. If nonfat dry milk is used, along with artificial sweetener, this is considerably lower in calories and fat content than the regular sweetened condensed milk.

HONEY BBQ SAUCE

Nancy Hurley

1 tsp. chili powder

3/4 tsp. salt

4 T. cider vinegar

3/4 c. honey

1 can tomato sauce

1/2 T. Worcestershire sauce

1 tsp. minced onion

1/2 tsp. garlic powder

Mix all ingredients, bring to boil. Simmer 5 minutes.

MEN'S RX DOUGH BALL FOR CARP

Del Murray

1 c. cornmeal

1 1/2 c. flour

1 c. dark syrup or molasses

Sprinkle in some garlic powder

Mix, form a ball, refrigerate. Put small amount on hook, then cast!

MICROWAVE CARAMEL CORN

Beverly Hurley

- 1/4 c. white corn syrup
- 1/2 c. brown sugar
- 1/2 c. margarine
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1/2 tsp. baking soda
- 2 1/2 to 3 qts. popped corn

Combine first 4 ingredients and cook on full power for 4 minutes, stirring twice. Remove from oven and add soda and vanilla. Place popped corn in large grocery sack, preferably a double sack. Pour caramel mixture over corn and mix with a wooden spoon to coat. Cook on full power 1 1/2 minutes more, shaking sack and turning it every 30 seconds. Pour out and cool.

MOM'S OVEN CARAMEL CORN

Mrs. Roland Hilty

- 2 c. brown sugar
- 2 sticks butter or margarine
- 1/2 c. white corn syrup
- 1 tsp. salt
- 1/2 tsp. baking soda
- 1 tsp. butter flavoring
- 1 tsp. burnt sugar flavoring

Make 6 quarts popcorn and sort out the unpopped corn. Put the popcorn in 2 pans about 10 x 14-inch. Combine brown sugar, butter, corn syrup and salt. Boil 5 minutes. Stir in flavorings and soda. Pour immediately over popcorn. Place in 250° oven for 1 hour, stirring every 15 minutes. Cool on waxed paper. Store in tightly covered container. Peanuts may be added before placing in the oven.

PLAY DOUGH

Sandy Buck

- 1/2 tsp. salt
- 1 c. water
- 2 T. cream of tartar
- 1 c. flour
- 2 T. oil

Mix. Put in oven. Bake at 350° for 5 to 10 minutes. Cool. Knead in any coloring. Store in airtight container.

POPCORN BALLS

Phyllis Herren
Barb King

- 1 c. unpopped corn
- Combine and bring to a boil:
- 1 c. sugar
- 1 c. white syrup
- 1 (3-oz.) pkg. Jello, any flavor

Pour mixture over popped corn. Form into balls. Be sure to grease hands first. Makes 12 balls.

SWEET HOT DOG RELISH

Sharon McCurdy

- 4 c. ground onions
- 1 med. head cabbage (4 c. ground)
- 10 green tomatoes (4 c. ground)
- 12 sweet green peppers (mangoes)
- 6 sweet red peppers (for color)
- 1/2 c. salt

Grind vegetables using coarse blade. Sprinkle with 1/2 cup salt. Let stand overnight. Then rinse and drain.

Combine:

- 1 T. celery seed
- 2 T. mustard seed
- 1 1/2 tsp. turmeric
- 4 c. cider vinegar
- 2 c. water

Pour over vegetable mixture. Heat to a boil and simmer for 5 to 10 minutes. Seal in hot sterilized jars. Makes 8 pints.

In a time period often referred to as the "information age," it can often be difficult to tell if all the information coming our way is accurate. I often like to tell what I consider a little joke to illustrate this point. It goes like this:

There was once a gentleman who was very concerned about his health and what he ate. Every time he read new nutrition information in the paper, he changed his diet. One day he died as the result of a misprint.

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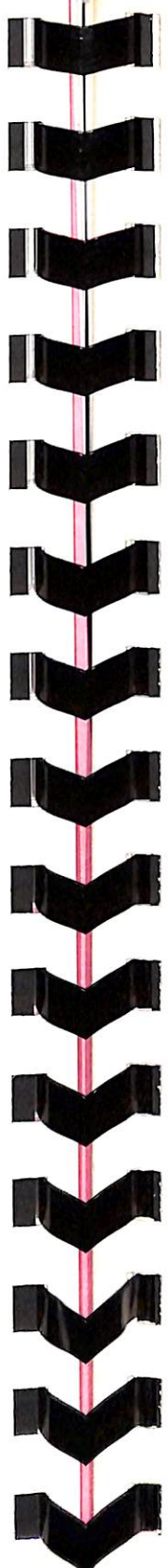
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HOUSEHOLD HINTS

In a hurry - Place one cut-up fryer in an oblong baking pan. Combine 1 can cream of mushroom soup, 1 cup sour cream, and 3 tablespoons dry onion soup mix. Spread over chicken and bake at 350°, covered, for about 2 hours.

After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.

For a brown crust on roasted chicken - rub mayonnaise generously over the skin before cooking.

To slice meat into thin strips, as for stroganoff or 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 at 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).

Save the juices from your spiced fruits and other canned fruits - use them to pour over ham slices while baking.

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, and 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.

Use 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.

To cook "below the ground" vegetables (such as potatoes, carrots, turnips), place in cold water and bring to a boil. Add "above the ground" vegetables (corn, peas, beans) to water already boiling.

Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes, and you'll repair the damage in a jiffy. Just add a little more liquid to offset the thickening.

Scissors are a great convenience for cutting celery, cucumbers, parsley, mint, lettuce, etc.; much quicker and better than using a knife.

To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.

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.

Do not use metal bowls when mixing salads. Use wooden, glass or china.

EQUIVALENTS & SUBSTITUTIONS

EQUIVALENTS

3 teaspoons	1/4 cup	1 tablespoon
4 tablespoons	1/3 cup	1/4 cup
5 1/3 tablespoons	1/2 cup	1/3 cup
8 tablespoons	2/3 cup	1/2 cup
10 2/3 tablespoons	3/4 cup	2/3 cup
12 tablespoons	1 cup	3/4 cup
16 tablespoons	1 gill	1 cup
1/2 cup	1 pint	1/2 cup
2 cups	1 quart	1 pint
4 cups	1 gallon	1 quart
4 quarts	1 peck	1 gallon
8 quarts	1 bushel	1 peck
4 pecks	1 pound	1 bushel
16 ounces	1 quart	1 pound
32 ounces	1 cup	1 quart
8 ounces liquid	1 cup	1 cup
1 ounce liquid	2 tablespoons	1 cup

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

EMERGENCY SUBSTITUTIONS

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour or 7/8 c.
1 c. self-rising flour	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 T. cornstarch (for thickening)	2 T. flour or 2 tsp. quick-cooking tapioca
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 c. buttermilk or sour milk (to replace 1/2 c. liquid in recipe)
1 c. powdered sugar	1 c. granulated sugar plus 1 tsp. cornstarch. Whirl in blender or processor until powdered.
1/2 c. brown sugar	2 T. molasses in 1/2 c. granulated sugar
1 1/3 c. firmly-packed brown sugar	1 c. granulated sugar
1 c. sour milk	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
1 c. whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted non-fat dry milk plus 1 T. butter, or 1/3 c. dry milk plus 1 c. water
1 c. thin cream (18-20%)	7/8 c. milk plus 3 T. fat
1 c. heavy cream (36-40% fat)	3/4 c. milk plus 1/3 c. fat
3/4 c. cracker crumbs	1 c. bread crumbs
1 sq. (1 oz.) chocolate	3 or 4 T. cocoa plus 1 T. butter or margarine
1 T. fresh herbs	1 tsp. dried herbs
1 sm. fresh onion	1 T. instant minced onion, rehydrated
1 tsp. dry mustard	1 T. prepared mustard
1 c. tomato juice	1/2 c. tomato sauce plus 1/2 c. water
1 c. catsup or chili sauce	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
1 lb. dates	1 1/2 c. dates, pitted and cut
3 med. bananas	1 c. mashed
10 miniature marshmallows	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, measure for measure. Brown sugar must be firmly packed.

EQUIVALENCY CHART

3 3/4 cups unsifted whole-wheat flour	1 pound
4 cups sifted all-purpose flour	1 pound
4 1/2 cups sifted cake flour	1 pound
5 cups rye flour	1 pound
1 pound flour	4 cups
5 1/2 ounces baking powder	1 cup
3 cups cornmeal	1 pound
3 cups cornstarch	1 pound
1 medium lemon	3 tablespoons juice
5-8 medium lemons	1 cup juice
1 medium apple, chopped	1 cup
1 medium orange	1/3 cup juice
3-4 medium oranges	1 cup juice
1 medium onion, chopped	1/2 cup
1 pound unshelled walnuts	1 1/2 to 1 3/4 cups shelled
2 cups sugar	1 pound
3 1/2 cups powdered sugar	1 pound
2 1/2 cups brown sugar	1 pound
7 ounces spaghetti	4 cups cooked
4 ounces uncooked noodles (1 1/2-2 cups)	2-3 cups cooked
4 ounces uncooked macaroni (1-1 1/4 cups)	2 1/4 cups cooked
6 cups cooked macaroni	8-ounce package
7 cups cooked noodles	8-ounce package
1 cup uncooked long-grain rice	3-4 cups cooked
28 saltine crackers	1 cup fine crumbs
1 stick or 1/4 lb. butter	1/2 cup
2 tablespoons fat	1 ounce
1/2 cup fat	1/4 pound or 1 stick
1 cup fat	1/2 pound
2 cups fat	1 pound
4 cups cocoa	1 pound
1 ounce bitter chocolate	1 square
2 2/3 cups coconut	1 1/2-pound carton
16 marshmallows	1/4 pound
14 square graham crackers	1 cup fine crumbs
22 vanilla wafers	1 cup fine crumbs
1 1/2 slices bread	1 cup soft crumbs
1 slice bread	1/4 cup fine dry crumbs
8-10 egg whites	1 cup
10-12 egg yolks	1 cup
1 egg	4 tablespoons liquid
4-5 whole eggs	1 cup
3 1/4-ounce package flavored gelatin	1/2 cup
1/4-ounce package unflavored gelatin	1 tablespoon
1 cup chopped nuts	1/4 pound
3 1/2 cups almonds	1 pound
3 cups walnuts (broken)	1 pound
3 1/4 cup seeded raisins	15-ounce package
3 cups seedless raisins	15-ounce package
1 pound raisins	3 1/2 cups
2 1/3 cups rice	1 pound
5 cups grated American cheese	1 pound
2 2/3 cups cubed American cheese	1 pound
6 2/3 tablespoons cream cheese	3-ounce package
4 coarsely-crumbled zweiback	1 cup
9 finely-crumbled zweiback	1 cup
Grated peel of lemon	1 tablespoon
Grated peel of orange	2 tablespoons
1 medium banana, mashed	1/3 cup
1 pound carrots	4 medium or 6 small; 3 cups shredded; 2 1/2 cups diced
5 cups ground coffee	1 pound
1 cup whipping cream	2 cups whipped
1 cup evaporated milk	3 cups whipped

BAKING PERFECT BREADS

PROPORTIONS

BiscuitsTo 1 cup flour use 1 1/4 teaspoons Baking Powder
 MuffinsTo 1 cup flour use 1 1/2 teaspoons Baking Powder
 PopoversTo 1 cup flour use 1 1/4 teaspoons Baking Powder
 WafflesTo 1 cup flour use 1 1/4 teaspoons Baking Powder
 Cake with fatTo 1 cup flour use 1 teaspoon Baking Powder

RULES FOR USE OF LEAVENING AGENTS

- To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
- In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
- 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 preheat 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°
Muffins	20-25	400°-450°
Popovers	30-40	425°-450°
Corn Bread	25-30	400°-425°
Nut Bread	50-75	350°
Gingerbread	40-50	350°-370°

BAKING PERFECT DESSERTS

FOR PERFECT COOKIES

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 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 managed easily. 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 two-thirds 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.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juices from running over in the oven and permit steam to escape.

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.
Meringues	250°-300°	40-60 min.
Pie Crust	400°-500°	20-40 min.

SEASONING GUIDE

Get acquainted with spices and herbs. 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.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled.	BISCUITS: Add caraway seed, thyme or savory to flour. Serve with meat.	BAKED EGGS: Sprinkle dash of thyme or paprika over the top.
FRUIT COCKTAIL: Try adding mint or rosemary.	BREAD: Make each loaf a surprise by adding caraway seed, cardamom or poppy seed.	CREAMED EGGS: Add mace.
STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.	COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.	DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder or curry powder.
TOMATO COCKTAIL: Add 1/4 teaspoon dried basil per cup.	CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventurous, add 1/2 teaspoon rosemary to batter.	OMELET: Try with dash of marjoram or rosemary (go easy!).
CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.	CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram or onion salt.	SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary or marjoram. Add seasoning near the end of cooking.
CLAM CHOWDER: Add a dash of caraway seed, sage or thyme.	DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar.	SOUFFLE: Add 1/4 teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.
CONSOMME: Dash in basil, marjoram, savory or tarragon.	DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.	CHEESE CASSEROLES: Spark with dash sage or marjoram.
FISH CHOWDER: Add bay leaves, curry powder or dill.	MUFFINS: Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.	CHEESE FONDUE: Try adding a dash of basil or nutmeg.
MUSHROOM SOUP: Season with curry, oregano or marjoram.	NOODLES: Butter, then sprinkle with poppy seed.	CHEESE RABBIT (rarebit): Try with mace or mustard.
ONION SOUP: Add marjoram.	ROLLS: Add caraway seed. Or, sprinkle with sesame seed.	CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.
OYSTER STEW: Lightly add cayenne, mace or marjoram.	SPAGHETTI: Toss with butter, Parmesan and snipped chives.	CHEESE SPREAD: Blend sage, caraway seed, thyme or celery seed into melted process cheese.
POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.	WAFFLES: Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.	COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.
SPLIT-PEA SOUP: Add dash basil, chili powder or rosemary.	CREAM CHEESE: Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.	
TOMATO SOUP: Dash in basil, dill, oregano, sage or tarragon.		
VEGETABLE SOUP: Try allspice, oregano, sage or thyme.		

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses with blue or blue-green mold. Sometimes crumbly. Mild to sharp flavor. (Stilton is similar, but like a blue-veined Cheddar).	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or on crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese - serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruit.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside, firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkrantz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkrantz is milder in flavor and golden yellow in color. Limburger is cream white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy, melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled sandwiches, in casseroles. Handy for the snack tray, too!
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster (mun'stir)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.

TERMS AND DEFINITIONS

Au gratin: Topped with crumbs and/or grated cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices (particularly when speaking of roast beef).

Baste: To pour or spoon pan drippings, marinade, or cooking juices over meats while cooking to prevent drying out and to add flavor.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly; to parboil.

Boil: To heat a liquid until large bubbles break on the surface. The boiling temperature of water at sea level is 212° F (100°C). A **rolling boil** is simply a vigorous boil. The **boiling point** is reached when a liquid is heated just until it begins to form bubbles.

Bone: To remove the bones from meat, poultry, or fish, to "debone."

Braise: To brown meat, lightly coated in flour, over high heat in a small amount of fat, or under broiler, and then to simmer it in seasoned liquids in a covered pot.

Bread: To cover with fine dry bread crumbs before cooking.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and flour or butter and sugar are often creamed together, to make 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 (sliced carrots, celery, mushrooms, broccoli flowerets, cauliflower flowerets, and so on) served as an hors d'oeuvre often accompanied by a dip.

Cube: To cut into cubes 1/2 inch on a side or larger. See also **dice** and **mince**.

Curdle: To clot or coagulate (particularly when speaking of milk, cream, and such sauces as cream sauces and hollandaise).

Cut in: To combine solid fats and dry ingredients, especially shortening and flour, by chopping with two knives or with a pastry blender.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually, the latter is allowed to cool in the refrigerator, so that fat hardens and is easily removed.

Dice: To cut into cubes less than 1/2 inch in size. See also **cube** and **mince**.

Dredge: To coat lightly with flour, cornmeal, etc.

Drippings: Juices and browned particles that collect in the bottom of the pan in which meat or poultry has been roasted; used to enrich and flavor sauces and gravies.

Entree: The main course.

Fillet: To debone meat or fish. A **fillet** is the resulting tenderloin of beef or piece of fish without bones.

Fines herbes: A mixture of finely minced herb, usually parsley, tarragon, chervil, and chives. Used to flavor omelets, mayonnaise, and salad dressings.

Flake: To separate into small pieces in the direction of the grain; used particularly when speaking of fish.

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.

Fricassee: Braised meat or poultry. To cooking liquid is usually a white sauce.

Fry: Pan-fry. To cook food in hot oil or fat, usually over direct heat. The food is not stirred, but is simply cooked on one or both sides. **Deep-fat fry.** To cook food by immersing it completely in heated fat. **Stir-fry.** A Chinese method of preparing meat or vegetables by cooking very rapidly in a frying pan or wok over high heat, stirring constantly. See also **saute**.

Glaze: To cover with a glossy coating, either a concentrated stock for meats or a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut meats, vegetables, fruits, or cheeses into match-shaped slivers. See also **sliver**.

Macerate: To soak peeled fruits in a mixture of lemon juice, sugar syrup, and wine or a liqueur. (The mixture should be placed in the refrigerator and allowed to steep for at least 2 hours.)

Marinade: Usually a strong flavored liquid, cooked or uncooked, used to make meats tastier and more tender; typically made of wine, olive oil, or a combination of the two, and seasoned with carrots, onion, bay leaf, and other herbs and spices. Other popular marinades are based on soy sauce or lemon juice. A **dry marinade** is a combination of herbs and spices rubbed into meat, which is then allowed to stand before cooking. To **marinate** is to let food stand in marinade, either at room temperature or (for a longer time) in the refrigerator, before cooking. Most recipes specify the length of time to marinate; recipes can vary from 1/2 hour to overnight to a couple of days.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop into very small pieces. See also **cube** and **dice**.

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.

Plump: To soak dried fruit, most often raisins, in warm water before cooking or adding to batter.

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.

Reduce: To boil down a liquid until the quantity has decreased to about half of its original volume; its flavor becomes more concentrated.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Render: To obtain fat from small pieces of meat by heating until it melts. Sometimes called **trying out**.

Roux: Pronounced **Roo**. A mixture of flour and butter used as the base for a sauce. **White roux** is cooked briefly without browning (to make sure that the sauce will not have a raw-flour flavor); for a **brown roux**, the flour-butter mixture is allowed to brown evenly before the liquid is added.

Saute: To cook and/or brown food in a small quantity of very hot fat, stirring or turning frequently. See also **fry**.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Score: To cut shallow slits or lines into meat or fish, usually in a diamond pattern. As well as being decorative, scoring allows seasonings to penetrate more easily. Score the fat edge of steaks to be broiled, to keep them from curling.

Sear: To brown and seal the surface of meat quickly, in a very hot oven or in a frying pan, over high heat.

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.

Sliver: To cut into long thin pieces. See also **julienne**.

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.

Supreme: The breast of a fowl (usually boned).

Toss: To combine ingredients gently with a lifting motion.

Truss: To fasten the wings and legs of poultry, with skewers or string, before cooking.

VEGETABLE TIME TABLE

Asparagus Tips:	Boiled	10-15 minutes
Artichokes, French:	Boiled	40 minutes
	Steamed	45-60 minutes
Bean, Lima, depending on age:	Boiled	20-40 minutes
	Steamed	60 minutes
Bean, String:	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skins on:	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, cut sectional:	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down, whole:	Boiled	20-30 minutes
Cauliflower, flowerets:	Boiled	8-10 minutes
Carrots, cut across:	Boiled	20-30 minutes
	Steamed	40 minutes
Celery, cut in lengths 1/2 inch:	Boiled	20-30 minutes
	Steamed	45 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
Onions:	Boiled	25-40 minutes
	Steamed or Baked	60 minutes
Parsnips:	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green:	Boiled or Steamed	5-15 minutes
Peppers:	Boiled	20-30 minutes
	Steamed or Baked	30 minutes
Potatoes, depending on size:	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Potatoes, sweet:	Boiled or Steamed	40 minutes
	Baked	45-60 minutes
Scalloped potatoes:	Baked	60-90 minutes
Pumpkin in cubes:	Boiled	30 minutes
	Steamed	45 minutes
	Baked	60 minutes
Spinach:	Boiled	8-10 minutes
	Steamed	20 minutes
Squash in cubes:	Boiled	20-40 minutes
	Steamed	50 minutes
	Baked	60 minutes
Tomatoes, depending on size:	Boiled	5-15 minutes
	Steamed	50 minutes
	Baked	15-20 minutes
Turnips, depending on size:	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 underripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels 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. Orange 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 c. fruit
Figs	About 30 minutes	1 T. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 T. for each c. fruit

TEMPERATURES IN CANDY MAKING

BOILED FROSTINGS

- 1 egg white to 1 c. sugar238-242 degrees, soft ball or thread
 2 egg whites to 1 c. sugar244-248 degrees, soft ball or thread
 3 egg whites to 1 c. sugar254-260 degrees, firm ball or long thread

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

- Thread230-234 degrees
 Soft ball234-238 degrees
 Medium ball238-244 degrees
 Firm ball244-248 degrees
 Hard ball248-254 degrees
 Very hard ball254-265 degrees
 Light crack265-285 degrees
 Hard crack290-300 degrees
 Caramelized sugar310-338 degrees

- Fudge, opera creams, peneuche
 and cream candies. 234-236 degrees, soft ball
 Fondants (mints, etc.) 238-240 degrees, soft ball
 Marshmallows. 238-240 degrees, medium ball
 Caramel mixtures. 246-252 degrees, firm ball
 Taffies 265-270 degrees, hard ball
 Butterscotch 290-300 degrees, crack
 Brittles. 300-310 degrees, hard crack

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

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

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

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

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

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

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



MICROWAVE HINTS

- Place on open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.
- One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
- Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
- Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
- Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
- Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
- To scald milk, cook 1 cup milk for 2 to 2 1/2 minutes, stirring once each minute.
- To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
- Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
- Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
- For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
- Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
- When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
- Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
- Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down meat-spoiling types of bacteria.
- A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely-chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
- Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
- Heat left-over custard and use it as frosting for a cake.
- Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
- Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

TABLE OF CALORIES

BEVERAGES

Apple juice, 6 oz.	.90
Beer, 8 oz.	100-115
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Gin, whiskey, 1 1/2 oz. vodka (86 proof)	105
(80 proof)	.95
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
Sherry (dry), 3 oz.	110
Tonic (quinine water), 12 oz.	132
Wine (table), 3 1/2 oz.	.85

BREAD

Muffins	
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Pumpnickel, 1 slice	.75
Rye, 1 slice	.60
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

BUTTER OR

MARGARINE, 1 T.	100
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CEREALS

Cornflakes (plain), 1 c.	.96
Granola (plain), 1/2 c.	240
Oatmeal (cooked), 1/2 c.	.75
Shredded wheat, 1 c.	146

CHEESE

American, 1 oz.	105
Camembert, 1 oz.	.85
Cheddar, 1 oz.	115
Cottage (creamed), 1 oz.	.30
Cottage (uncreamed), 1 oz.	.21
Farmer's, 1 oz.	100
Mozzarella (whole-milk), 1 oz.	.90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	.50
Roquefort or blue, 1 oz.	105
Swiss, 1 oz.	105

CHOCOLATE

Milk chocolate, 1 oz.	145-155
Hot, with milk, 1 c.	277

CRACKERS

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	.35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	.9

CREAM

Light, 1 T.	.30
Heavy, 1 T.	.55
Sour, 1 T.	.45

EGGS

Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large	110-130

FISH AND SEAFOOD

Bluefish baked with fat, 3 oz.	135
Clams (medium), raw, 6 clams	.96
Crabmeat, cooked, 3 oz.	.80
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Scallops, steamed, 3 oz.	.96
Shrimp, cooked, 3 oz.	100
Tuna fish,	
canned in oil (drained), 3 oz.	170
Tuna fish,	
canned in water (drained), 3 oz.	110

Table of Calories Cont'd.

FRUITS

Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	.50
Banana, 1 medium	.90
Cantaloupe melon, 1/2 c.	.24
Cherries (pitted), raw, 1/2 c.	.40
Grapefruit, 1/2 medium	60-70
Grapes (American type: Concord, Delaware, Niagara, Catawba, Scuppernong), 1/2 c.	.35
Grapes (European type: Malaga, Muscat, Thompson seedless, Flame, Tokay), 1/2 c.	.55
Honeydew melon, 1/2 c.	.55
Mangoes, 1 medium	.90
Oranges, 1 medium	65-75
Peaches, 1 medium	.40
Pears, 1 medium	60-100
Pineapple, fresh, uncooked, 1/2 c.	.40
Pineapple canned in syrup, 1/2 c.	.95
Plums, 1 medium	.30
Strawberries, fresh, 1/2 c.	.30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerines, 1 large	.39
Watermelon, 1/2 c.	.42

LUNCHEON MEATS (PACKAGED)

Bologna, 1 slice (1 oz.)	75-95
Corned beef, 1 slice (1 oz.)	55-75
Frankfurter, 2 oz.	120-190
Liverwurst, 1 oz.	.90
Pastrami, 1 slice (1 oz.)	.40
Pepperoni, 1 slice (1 oz.)	140
Salami, 1 slice (1 oz.)	85-125

MEATS AND POULTRY

Beef, ground (lean), 3 oz.	185
Beef, ground (regular), 3 oz.	243
Beef, roast, 3 oz.	200-375
(depending on fat content)	
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	200-300
Pork chop (lean), 3 oz.	225-325
Sirloin steak, 3 oz.	300-330
Sirloin steak (lean only), 3 oz.	175
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	185
Veal, roast, 3 oz.	230

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
Bouillon and consommé, 1 c.	.30
Chicken noodle, 1 c.	60-80
Chicken with rice, 1 c.	.50
Manhattan clam chowder, 1 c.	.80
Minestrone, 1 c.	80-150
New England clam chowder, 1 c.	135
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	.170
Vegetable, 1 c.	80-100

VEGETABLES

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
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.	200-230
Tomato	
raw, 1 medium	.25
cooked, 1/2 c.	.30

YOGURT

Made with whole milk, 1 c.	150-165
Made with partially skimmed milk, 1 c.	125

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 steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	2 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 12 x 20" sheet cake	2 12 x 20" sheet cakes
Whipping Cream	1 1/2 10" layer cakes 3/4 pint	3 10" layer cakes 1 1/2 to 2 pints	6 10" layer cakes 3 pints

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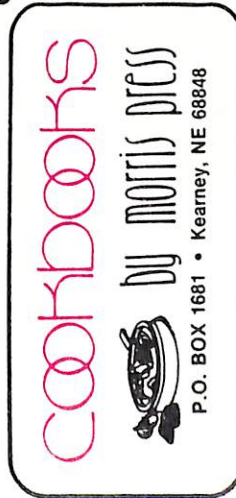
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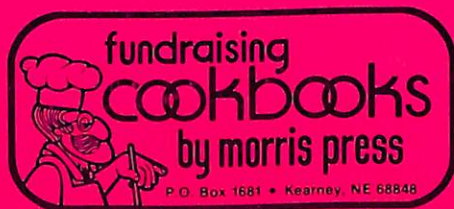
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