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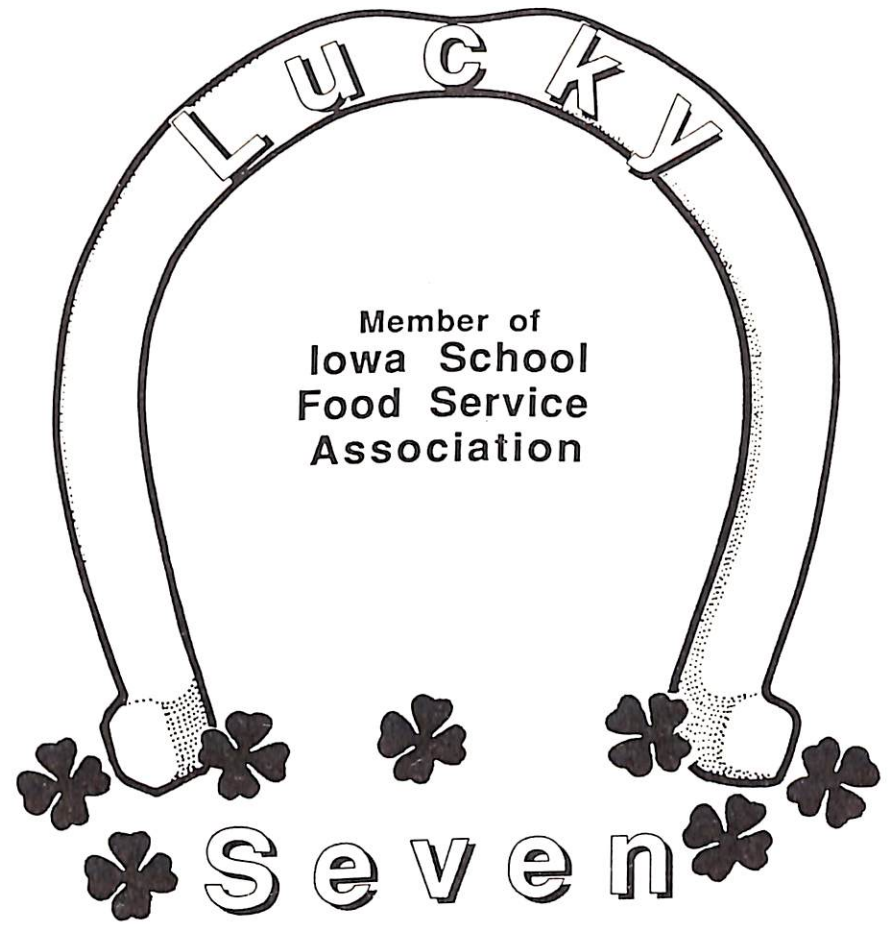
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Chapter

Council Bluffs, Iowa

SPECIAL
COLLECTIONS



Member of
Iowa School
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Association

Chapter
Council Bluffs, Iowa

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Thank You

The Cookbook Committee wishes to thank all those who furnished recipes, who helped in sales, or in any way helped make this cookbook a great success.



Table of Substitutions

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>SUBSTITUTE</u>
1 tsp. double-acting baking powder		1 1/2 tsp. phosphate or tartrate (or) 1/4 tsp. baking soda plus 1/2 cup buttermilk or sour milk
1 cup butter		1 cup margarine (or) 7/8 - 1 cup hydrogenated fat plus 1/2 tsp. salt (or) 7/8 cup lard plus 1/2 tsp. salt
1 square unsweetened chocolate		3 tbsp. cocoa plus 1 tbsp. shortening
1 cup coffee cream		3 tbsp. butter plus 7/8 c. milk
1 cup heavy cream		1/3 cup butter plus 3/4 cup milk
1 whole egg		2 egg yolks
1 tbsp. flour (for thickening)		1/2 tbsp. cornstarch (or) 2 tsp. quick-cooking tapioca
1 cup all-purpose flour		1 cup plus 2 tbsp. cake flour
1 cup cake flour		7/8 cup all-purpose flour
1 cup self-rising flour		1 cup flour, omit baking powder and salt
1 tbsp. fresh herbs		1 tsp. dried
1 cup honey		1 - 1 1/4 cups sugar plus 1/4 cup liquid
1 cup fresh whole milk		1 cup reconstituted nonfat dry milk plus 2 tsp. butter
1 cup whole milk		1/2 cup evaporated milk plus 1/2 cup water
1 cup sour milk		1 tbsp. lemon juice or vinegar plus sweet milk to make 1 cup
1 cake compressed yeast		1 pkg. or 2 tsp. active dry yeast

Substitutions

8 oz. dairy sour cream	8 oz. plain yogurt
1 c. canned tomatoes	1 1/3 c. cut-up fresh tomatoes
1 c. tomato juice	1/2 c. tomato sauce + 1/2 c. water
1 clove garlic	1/8 tsp. garlic powder
1 tsp. baking powder	1 tsp. soda + 1/2 tsp. cream of tartar
1 whole egg (for thickening or baking)	2 egg yolks; OR 2 Tbsp. dried whole egg + 2 1/2 tsp. water.
1 c. butter or margarine for shortening	7/8 c. lard, or rendered fat, with 1/2 tsp. salt; OR 1 c. hydrogenated fat (cooking fat sold under brand name) with 1/2 tsp. salt.
1 sq. (ounce) chocolate	3 or 4 Tbsp. cocoa + 1/2 Tbsp. fat
1 tsp. double-acting baking powder	1 1/2 tsp. phosphate baking powder; OR 2 tsp. tartrate baking powder.
Sweet milk and baking powder (for baking)	Equal amount of sour milk + 1/2 tsp. soda per cup. (Each 1/2 tsp. soda with 1 c. sour milk takes the place of 2 tsp. baking powder and 1 c. sweet milk.)
1 c. sour milk (for baking)	1 c. sweet milk mixed with one of the following: 1 Tbsp. vinegar, or 1 Tbsp. lemon juice, or 1 3/4 tsp. cream of tartar.
1 c. whole milk	1/2 c. evaporated milk + 1/2 c. water; OR 4 Tbsp. dry whole milk + 1 c. water; OR 4 Tbsp. nonfat dry milk + 2 tsp. table fat and 1 c. water.
1 c. skim milk	4 Tbsp. nonfat dry milk + 1 c. water
1 Tbsp. flour (for thickening)	1/2 Tbsp. cornstarch, potato starch, rice starch, or arrowroot starch; OR 1 Tbsp. granulated tapioca.
1 c. cake flour (for baking)	7/8 c. all-purpose flour
1 c. all-purpose flour (for baking breads)	Up to 1/2 c. bran, whole-wheat flour, or cornmeal + enough all-purpose flour to fill cup.
1 Tbsp. cornstarch	2 Tbsp. all-purpose flour
1 c. corn syrup	1 c. granulated sugar + 1/4 c. water or whatever other liquid called for in recipe.
1 c. catsup (for use in cooking)	1 c. tomato sauce + 1/2 c. sugar and 2 Tbsp. vinegar
1 tsp. dry mustard	1 Tbsp. prepared mustard
1 c. brown sugar	1 c. granulated sugar + 1/4 c. unslphured molasses

Emergency Substitutions

For these:

1 tsp. double-acting baking powder

1 c. butter or margarine (for shortening)

1 sq. (1 oz.) chocolate

1 whole egg, (for thickening or baking)

1 1/2 tsp. cornstarch

1 Tbsp. flour (for thickening)

1 c. cake flour (for baking)

1 c. sour milk or buttermilk (for baking)

1 c. fresh whole milk

1 c. skim milk

1 c. honey

You may use these:

1 tsp. phosphate baking powder; or 2 tsp. tartrate baking powder.

1 c. hydrogenated fat (cooking fat sold under brand name) with 1/2 tsp. salt; or 7/8 c. lard, or rendered fat, with 1/2 tsp. salt.

3 Tbsp. cocoa powder + 1 Tbsp. butter or shortening.

2 egg yolks + 1 T. water (cookies); or 2 egg yolks (custards, etc.).

1 T. flour.

1/2 Tbsp. cornstarch, potato starch, rice starch, or arrowroot starch; or 1 Tbsp. granulated tapioca.

7/8 c. all-purpose flour.

1 c. sweet milk mixed with one of the following: 1 Tbsp. lemon juice; or 1 Tbsp. vinegar; or 1 3/4 tsp. cream of tartar.

1/2 c. evaporated milk + 1/2 c. water; or 1 cup reconstituted nonfat dry milk + 2 T. butter.

4 tbsp. nonfat dry milk + 1 c. water.

1 1/4 c. sugar plus 1/4 c. water or other liquid called for in the recipe.

All About Herbs

How to flavor your favorites, plus tips for keeping herbs fresh

Basil

Taste Traits:

Sweet, with warm, clove-like flavor and licorice undertone.

Best With:

Vegetables, tomatoes, Mozzarella or goat cheese, poultry, and eggs. In authentic pesto sauce.

How-tos:

Use whole or chopped leaves. With roots, store in water, covered loosely with plastic bag. Store whole, clean leaves between damp paper towels sealed in plastic bag. Can be frozen.

Bay

Taste Traits:

Aromatic and sweet; fresh bay is stronger than dried.

Best With:

Stews, soups, marinades, and tomato sauces. In bouquet garni.

How-tos:

Store fresh bay 3 to 4 days in open plastic bag to mellow. Use whole or broken leaves; discard before serving.

Chives

Taste Traits:

Delicate, onion-like flavor.

Best With:

Potatoes and vegetables. In soups, sauces, and herb butter.

How-tos:

Snip or chop. Store dry in open plastic bag. Snipped chives can be frozen.

Cilantro

(Chinese Parsley, Coriander)

Taste Traits:

Distinctive, minty flavor; some say it's an acquired taste.

Best With:

Avocados, seafood, and chicken. In tomato and chili sauces, Mexican, Chinese and Indian dishes.

How-tos:

Use whole, snipped or chopped leaves and tender stems. Add just before serving. With roots, store in water, covered loosely with plastic bag. Without roots, store dry in open plastic bag.

Dill

Taste Traits:

Refreshing, sweet flavor with a faint caraway tang.

Best With:

Seafood, potatoes, cucumbers, chicken, and salads. In mustard sauce.

How-tos:

Snip or chop leaves. With roots, store in water, covered loosely with plastic bag. Without roots, store dry in open plastic bag.

Mint

Taste Traits:

Cool and refreshing.

Best With:

Lamb, peas, and fruit. In salads, tea, and bourbon.

How-tos:

Use whole, snipped or chopped leaves. Store dry in open plastic bag.

Oregano

Taste Traits:

Robust, pungent flavor.

Best With:

Tomatoes, lamb, pork, and beef. In salad dressings, Italian, Mexican and Greek dishes.

How-tos:

Strip leaves from stem. Use whole or chopped. Store dry in open plastic bag. Can be frozen.

Parsley

Taste Traits:

Faint, celery-like flavor. Italian (flat-leaf) parsley has more flavor than curly variety.

Best With:

All foods. Enhances the flavors of savory foods and combines with other herbs to enhance their flavors.

How-tos:

Snip or chop leaves. Store dry in open plastic bag.

Rosemary

Taste Traits:

Piquant, distinctive pine-like flavor.

Best With:

Lamb, poultry, pork, grilled or smoked meats and vegetables. In marinades.

How-tos:

Strip leaves from stems. Use whole or chopped. A little goes a long way. Store dry in sealed plastic bag.



Sage

Taste Traits:

Woody flavor, aromatic.

Best With:

Game, fatty meats, and vegetables. In bread stuffings, veal; pre-dominant seasoning in sausages.

How-tos:

Use whole or chopped. Store dry in open plastic bag.

Tarragon

Taste Traits:

Bittersweet, milk licorice-like flavor.

Best With:

Seafood, poultry, veal, and fruit. In vinegars, salad dressings, herb butters, and marinades.

How-tos:

Strip leaves from stem. Use whole or chopped. Store dry in open plastic bag.

Thyme

Taste Traits:

Sharp, slightly sweet flavor.

Best With:

Veal, chicken, and vegetables. In soups, stews, marinades, and Creole dishes.

How-tos:

Strip leaves from stem. Use whole. Store dry in open plastic bag. Can be frozen.

Simplified Measures

dash - less than 1/8 teaspoon	1/2 cup - 1 gill
3 teaspoons - 1 tablespoon	1 cup - 1/2 pint
4 tablespoons - 1/4 cup	4 gills - 1 pint
5 1/3 tablespoons - 1/3 cup	2 cups - 1 pint
8 tablespoons - 1/2 cup	2 pints (4 cups) - 1 quart
10 2/3 tablespoons - 2/3 cup	4 quarts (liquid) - 1 gallon
12 tablespoons - 3/4 cup	8 quarts (solid) - 1 peck
14 tablespoons - 7/8 cup	4 pecks - 1 bushel
16 tablespoons - 1 cup	16 ounces - 1 pound

Contents of Cans

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

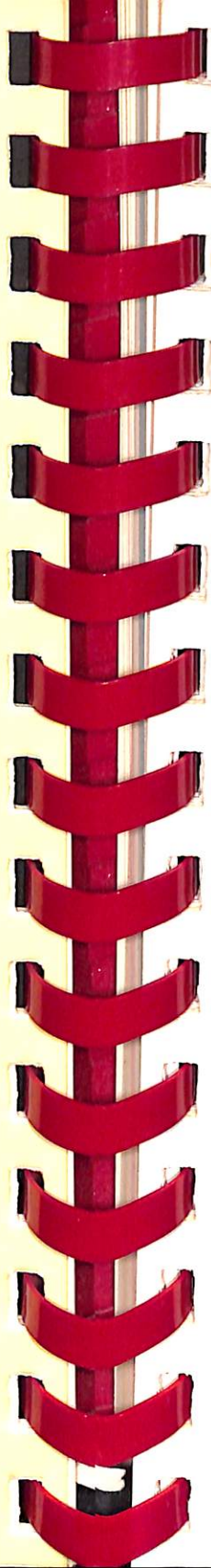
<u>Size</u>	<u>Average Contents</u>
8 oz. can or jar	1 cup
picnic	1 1/4 cups
10 oz. can	1 1/4 cups
12 oz. can vacuum	1 1/2 cups
14-16 oz. or #300 can	1 3/4 cups
16-17 oz. or #303 can	2 cups
#1 tall can	2 cups
1 lb. 4 oz. or 1 pt. 2 fl. oz. or #2 can or jar	2 1/2 cups
1 lb. 13 oz. can or jar or #2 1/2 can	3 1/2 cups
#3 can or 32 oz.	4 cups
1 qt. 14 fl. oz. or 3 lb. 3 oz. or 46 oz. can	5 3/4 cups
6 lbs. 10 oz. or #10 can	12 to 13 cups

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Appetizer & Beverage Hints

- Try 1/2 cup plain yogurt, 2 packages low-cal sweetener, and 2 tablespoons of vanilla mixed together for a cereal topping, a decorative dessert topping or an appetite appeaser. It is also a good source of calcium.
- For a quick, low calorie dip, blend one 12-ounce carton of cottage cheese, 2 tablespoons of lemon juice, and a desired amount of Good Season's Italian dry dressing. Mix in blender until smooth and refrigerate until ready to use.
- Use pretzel sticks instead of toothpicks when serving cubes of cheese. Stick one pretzel into your favorite cheese cube for added flavor and ease of handling.
- For a crispy, novel sandwich, prepare sandwich with a filling that's not too moist. Lightly butter the outside of both sides of the sandwich and bake in your waffle iron.
- Nuts will come out of the shell in halves if soaked overnight in salt water before cracking. After cracking black walnuts, let stand overnight and they can be removed from the shell more easily.
- Keep unpopped popcorn in the freezer to help eliminate unpopped kernels.
- Sprinkle popcorn lightly with warm water and let stand a few hours before popping. The added moisture makes it pop better.
- Slip plastic bags onto your hands when shaping popcorn balls. They won't stick to your hands or burn them.
- Rub a little butter over cheese that isn't to be used right away and it won't harden.
- Spread a cored apple ring with cream cheese or peanut butter. Top with a second cored apple ring.
- Dip ends of carrot, celery or cucumber sticks into softened cream cheese. Sprinkle with minced parsley.
- Combine 3 ounces cream cheese, softened, and 2 1/2 ounces deviled ham. Blend well. Use to stuff bite-sized pieces of celery.
- Tomato tempter: Combine 3/4 cup cold milk, 1/2 cup tomato-vegetable cocktail juice, 1/2 teaspoon Worcestershire sauce, and salt to taste. Blend well. Makes 1 serving.
- Flavored milk drink: Shake together 1/2 cup cold milk and 1/2 cup orange, prune or apple juice. Pour into chilled glass. Makes 1 serving. Flavored milk also can be made with 1/2 cup unsweetened pineapple or grape juice and 1/2 cup cold milk.
- For easy reference, tape the measurements and directions to the lids of containers of coffee, tea or rice.
- For hot beverages, use freshly drawn cold water and boil as little as possible.



Appetizers

Pickled Ham

Dice ham in small pieces. Marinate in a container of 1/2 vinegar and 1/2 water solution. Add some onion slices. Bits of pimiento may be added for color, if desired. Let stand in refrigerator overnight. Serve cold.

*Lols Heuwinkel,
Lewis Central High*

Vegetable Dip

1/2 pt. sour cream	2 pkgs. original Hidden Valley dressing mix
1 pt. Hellmann's mayonnalse	1 pt. cottage cheese

Mix all together and use for raw vegetables. *Rose Davis,
Lewis Central High*

Cheese Dip

1 box spreadable Cheddar cheese	1 sm. carton sour cream
1 lg. Jar Cheez Whlz	1 sm. jar bacon bits
3 oz. pkg. cream cheese	1/2 tsp. garlic salt
	1 T. minced onion

Mix well. Good with all crackers.

*LaVonne Morrison,
Kirn Jr. High*

Chili Dip

1/2 lb. ground beef, browned	16 oz. can refried beans
1 sm. onion, chopped	8 oz. can tomato sauce
16 oz. can stewed tomatoes	1 can chili beef soup

Brown meat; drain grease. Add onion, tomatoes, beans, sauce and soup. Warm for 10-15 minutes. Top with grated Cheddar cheese and sliced olives. Serve with Nacho chips.

*Kim Tedesco,
C.B.S. Food Service Office*

Planning your work is good, but doing it is always better.

*Tomorrow is not promised us;
go make the very most of today.*

Hot Bean Dip

- | | |
|-------------------------------|---|
| 1 lb. ground beef,
browned | 12 oz. pkg. shredded
Cheddar cheese |
| 1 can refried beans* | 1 pkg. taco seasoning
onion to taste |
| 1 can green chilies | 1/2 c. milk or water |
| 1/2 c. taco sauce | |

(*Can use 2 cans.) Brown beef; add taco seasoning; simmer for 5-20 minutes. Add beans, green chilies, onion, taco sauce, cheese and either milk or water. Put in crock pot to keep warm or warm in microwave and then serve cold. Serve hot or cold. Can be eaten with chips or in burritos.

*Rita Hermsen,
Lewis Central Schools*

Tamale Dip

- | | |
|-----------------------------------|--|
| 1 lg. can of tamales | 1 lg. can Hormel chili,
without beans |
| 1/2 lb. Velveeta cheese,
cubed | |

Mash tamales in crockpot. Mix with chili. Stir in cheese. Cook on low heat several hours, stirring occasionally.

*Helen Harter,
Bloomer School*

Clam Dip

- | | |
|--|--|
| 8 oz. pkg. Philadelphia
cream cheese,
softened | 1 can minced clams
Worcestershire sauce
salt |
|--|--|

Cream the cheese with half of the juice from can of clams. Add Worcestershire sauce and salt to taste. Mix in drained clams. Serve or chill for 1 hour. Use as a spread.

*Linda Jensen,
Kirn Jr. High*

Spinach Dip

- | | |
|-------------------------------------|------------------------------------|
| 1 c. Hellmann's real
mayonnaisse | 1 can water chestnuts,
chopped |
| 1 c. sour cream | 1 pkg. frozen spinach |
| 2 sm. onions, chopped
fine | 1 pkg. Knorr vegetable
soup mix |

Squeeze all the water out of the spinach. Mix together with rest of ingredients. Serve in hollowed out loaf of sourdough bread.

*Linda Jensen,
Kirn J. High*

Cream Cheese Dip

- | | |
|-------------------------|--------------------------------|
| 1 lg. pkg. cream cheese | 2 tsp. Miracle Whip |
| 1 sm. onion, chopped | 2 tsp. Worcestershire
sauce |
| salt, to taste | |

Combine and salt to taste. Add enough milk to make it a dipping consistency.

*Shirley Hansen,
Kirn Jr. High*

Vegetable Dip

- | | |
|------------------|------------------------|
| 1 c. sour cream | 1 T. Beau Monde |
| 1 c. mayonnaisse | 1 T. chopped chives |
| 1 T. dill weed | 1 tsp. chopped parsley |

Mix together and refrigerate. Serve with carrots, onions, radishes, cauliflower, peppers, turnips and broccoli. Keeps for several days.

*Shirley Hansen,
Kirn Jr. High*

Vegetable Dip

- | | |
|---------------------------|--------------------------|
| 1 pt. mayonnaisse | 1 sm. onion, cut up fine |
| 1 T. Worcestershire sauce | garlic salt |

Mix the night before using, to set.

*Linda Jensen,
Kirn Jr. High*

Vegetable Dip

- | | |
|------------------------------|----------------------|
| 2 c. mayonnaisse | pinch of salt |
| 1 c. sour cream | pinch of garlic salt |
| 1/2 sm. onion, chopped fine* | |

(*Or use 1 teaspoon onion salt.) If using onion salt, omit the pinch of salt. Mix and serve with raw vegetables.

*Karen Kennedy,
Roosevelt School*

Cheese Dip

- | | |
|-------------------------|----------------------------------|
| 1/2 c. sour cream | 1 tsp. onion soup mix |
| 1/2 c. real mayonnaisse | 1/2 tsp. Worcestershire
sauce |
| sm. Jar Cheez Whiz | |

Blend altogether with mixer.

*Linda Gardner,
Kirn Jr. High*

Chili Hamburger Dip

- | | |
|--------------------|---|
| 1 lb. hamburger | 1 tomato paste can
filled with water |
| 1 pkg. chili mix | 8 oz. carton sour cream |
| 1 can tomato paste | |

Brown hamburger and drain. Add remaining ingredients. Simmer for a few minutes. More water may be added if it needs to be thinner. Serve hot with corn chips or Nacho chips.

*Edie Tysor
T. J. High*

Salmon Dip

- | | |
|--------------------------------------|-----------------------|
| 6 oz. can salmon, crab
or shrimp | 2 T. salsa |
| 8 oz. pkg. cream
cheese, softened | 1/4 tsp. liquid smoke |
| | 2 green onions, diced |

Mix all ingredients; chill. Serve with crackers or party rye.

Lewis Central

Cheese Ball

- | | |
|---|---|
| 2 lg. pkgs. cream cheese,
room temp. | 1 sm. can crushed
pineapple, drained |
| 1 green pepper,
chopped fine | 1/2 med. onion, chopped
fine |
| 1 tsp. salt | |

Mix together and chill. Form into ball and roll in chopped nuts.

*Rose Davis,
Lewis Central*

Cheese Ball

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

Mix all together; roll in an additional 1 cup of pecans.

*Joy Sowers,
T. J. High*

It is not who is right, but what is right that is important.

*To market, to market, to buy a nice roast,
Home again, home again, tuna on toast.*

Cheese Ball

- | | |
|--|---------------------------------------|
| 2 (8 oz.) pkgs. Phil.
cream cheese | 2 T. finely chopped onions |
| 1 sm. can crushed
pineapple,
drained dry | 1/4 c. finely chopped green
pepper |
| | 1/2 c. finely chopped
pecans |

Mix cheese until soft. Add remaining ingredients. Shape into a ball. Roll in the chopped pecans until well coated. Decorate with red and green cherries.

*Maxine McCallum,
Co. Bluffs*

Cheese Ball

- | | |
|---|---------------------------------|
| 2 (8 oz.) pkgs. cream
cheese, room temp. | 1 green pepper, chopped
fine |
| 1 tsp. salt | 1/2 med. onion, chopped
fine |
| 1 sm. can crushed
pineapple, drained | |

Mix together and chill. Form into ball and roll in chopped nuts.

*Rose Davis,
Lewis Central School*

Southern Comfort Punch

- | | |
|-------------------------------|-------------------------------------|
| 4 cans frozen orange
juice | juice from 6 lemons |
| 2 cans frozen lemonade | 1 lg. btl. Southern Comfort
7-Up |

Dilute frozen juice and lemonade as directed on can. Add lemon juice, then Southern Comfort. Stir well. Freeze. Serve as slush diluted with the 7-Up.

*Darla Cleveland,
Co. Bluffs*

Orange Sherbet Punch

- | | |
|----------------------|----------------------------------|
| 6 c. cranberry juice | 2 (6 oz.) cans frozen
limeade |
| 4 c. apple juice | crushed ice |
| 1/4 c. orange juice | orange slices |
| 1 qt. orange sherbet | |

Mix and chill.

T. J. Cafeteria

Strawberry Daiquiri

- | | |
|----------------------------|----------------------|
| 1 pkg. frozen strawberries | 6 ice cubes, crushed |
| 1/2 c. daiquiri mix | 1/4 c. rum |

Put in blender and blend well.

*Linda Gardner,
Kirn Jr. High*

Spiced Tea Mix

18 oz. jar Tang	6 oz. pkg. lemonade mix
1 c. sugar	1/2 tsp. ground cloves
1 c. inst. tea	3/4 tsp. cinnamon

Mix all ingredients together and store in a covered container. Use 2 tablespoons of mix per cup of boiling water.

*Jeanine Gibler,
Lewis Central*

Orange Julius

6 oz. frozen orange juice	1/3 c. white sugar or
1 c. milk	1/2 c. brown sugar
1 c. water	1/2 tsp. vanilla

Mix all ingredients well in blender. Gradually add approximately 12 ice cubes and blend until desired consistency.

*Gael Henkel,
Lewis Central*

Party Punch

2 pkg. strawberry Kool-Aid (pre-sweetened)	1 lg. can pineapple juice
	1 lg. btl. 7-Up

Mix Kool-Aid as directed; add juice and refrigerate. Add 7-Up just before serving.

*Linda Gardner,
Kirn Jr. High*

Ruby Fruit Punch

1 1/2 c. sugar	1 c. lemon juice
2 c. boiling water	2 c. orange juice
3 c. cranberry juice	1 qt. ginger ale

Makes a delicious punch for all kinds of parties and you can also add some spirits (like vodka, gin). Also make some ice cubes from the punch to float on top.

*Mary E. Miller,
Co. Bluffs*

Apricot Slush

6 oz. frozen orange juice	6 c. water
6 oz. frozen lemonade	1 pt. apricot brandy (or cherry)
1/2 c. sugar	

Mix and freeze. To serve, put 1/4 to 1/2 cup in glass and fill with 7-Up.

*Gayle Eyberg,
Edison School*

Easy Party Punch

1 pkg. cherry Kool-Aid	6 oz. can frozen orange juice
1 pkg. strawberry Kool-Aid	2 c. sugar
6 oz. can frozen lemonade	3 qt. water
	1 qt. ginger ale

Mix all ingredients except ginger ale. Stir until orange juice and lemonade dissolve and are mixed. Refrigerate. Add ginger ale before serving.

*Lois Heuwinkel,
Lewis Central High*

Punch

1 jar. cranberry cocktail juice	1 c. sugar
1 jar cranapple juice	1 c. hot water
1 qt. Sangria	10 whole cloves
	2 cinnamon sticks

Dissolve the last three ingredients in the basket of the coffee pot. Put the liquids in the coffee pot and perk.

*Gayle Eyberg,
Edison School*

Slush Punch

4 c. water	2 (46 oz.) cans pineapple juice
4 c. sugar	3 sm. cans frozen lemonade
3 sm. pkgs. lime Jello*	ginger ale
9 c. cold water	

Boil sugar and water for 10 minutes. Add Jello (*any flavor). After gelatin is dissolved, add cold water. Add pineapple juice and lemonade. Freeze in 3 or 4 containers. Stir 3 times in first 24 hours. When serving, add 2 quarts ginger ale to every 1/4 of punch mixture. No ice is needed.

*Fran Rathke,
Bloomer School*

Slushes

2 (6 oz.) cans frozen orange juice	2 tsp. inst. tea
2 (6 oz.) cans frozen lemonade	9 c. water
	2 c. sugar (little less)
	3 c. bourbon

Do not dilute juice and lemonade. Mix all ingredients, stirring until sugar dissolves. Add your favorite mixer, such as 7-Up or lemon-lime cola. Pour into 2 half-gallon plastic containers. Freeze.

*Sara Anderson,
Kirn Jr. High*

Lemony Fizz

- | | |
|--|---|
| 1 c. lemonade drink mix | 32 oz. btl. lemon-lime carbonated beverage, chilled |
| 4 c. cranberry juice cocktail, chilled | |

Combine drink mix and cranberry juice. Dissolve and chill well. Just before serving, stir in carbonated beverage. Add lemon or lime slices for decoration. Makes 2 1/4 quarts or 18 servings.

*Linda Gardner,
Kirn Jr. High*

Hot Chocolate Milk Mixture

- | | |
|--------------------|-------------------------|
| 8 c. powdered milk | 1 c. powdered sugar |
| 6 oz. Jar Pream | 1 sm. box Nestle's Quik |

Shake it to mix. Use 1/4 cup per cup of hot water. Serves 48.

*Linda Jensen,
Kirn Jr. High*

Cocoa for 50

- | | |
|----------------|-----------------|
| 2 1/2 c. cocoa | 1 qt. water |
| 3 c. sugar | 2 1/2 gal. milk |
| 1/2 tsp. salt | 1 T. vanilla |

*LaVonne Morrison,
Kirn Jr. High*

Strawberry Jam

Wash and drain well 2 boxes fresh strawberries. Pour 5 cups of sugar over berries and let stand overnight. The next day, bring to boil and cook for 8 minutes (after boiling point.) Take off and add 1/2 cup lemon juice. Cook 2 more minutes (after boiling point.) Let stand until next day and put into jars.

*Sara Anderson,
Kirn Jr. High*

Rhubarb Jelly

- | | |
|------------------------|---------------------------------|
| 5 c. rhubarb, cut fine | 1 can blueberry pie filling |
| 1 c. water | 2 (3 oz.) pkgs. raspberry Jello |
| 5 c. sugar | |

Cook rhubarb in water until tender. Add sugar and cook a few minutes longer, stirring constantly. Add pie filling and cook 6-8 minutes more. Remove from heat and add dry Jello. Stir until completely dissolved. Seal in jars and freeze.

*Rita Hermsen,
Lewis Central*

Good resolutions carried out become good habits.

Rhubarb Jam

- | | |
|-------------------------------------|--------------------------------------|
| 3 c. rhubarb, cut into 1 in. pieces | 2 1/2 c. sugar |
| 1/2 c. water | 1 pkg. strawberry or raspberry Jello |

Cook rhubarb and water like for sauce. Add sugar, stir until dissolved. Remove from heat and add Jello. Stir until dissolved. Pour into jars. Cool; refrigerate. Makes 2 pints.

*Maxine Frieze
T. J. High*

Rhubarb Jam

- | | |
|------------------|----------------------------|
| 4 c. cut rhubarb | 1 c. crushed pineapple |
| 5 c. sugar | 1 lg. box strawberry Jello |

Boil rhubarb and sugar for 10 minutes. Add pineapple and Jello. Stir until dissolved. Cool and put in jars. Refrigerate.

*Shirley Hansen,
Kirn Jr. High*

Raspberry Jam

- | | |
|---------------|-------------------------|
| 4 c. tomatoes | 2 tsp. lemon juice |
| 4 c. sugar | 2 pkgs. raspberry Jello |

Put the tomatoes in blender until they are chopped up. Add sugar and lemon juice to blended tomatoes and boil hard for 25 minutes. Let it rest for 5 minutes. Add the raspberry Jello. Stir until dissolved. Pour into jars.

*Maxine McCallum,
Co. Bluffs*

Sweet Pickles

- | | |
|------------------------------------|-----------------------|
| 1 T. mixed spices | 1 tsp. powdered sugar |
| 1 T. salt | 1 c. vinegar |
| 1 tsp. prepared horseradish (opt.) | 1 c. sugar |
| | small cucumbers |

Fill a quart jar with small cucumbers. Add rest of ingredients, except sugar. Fill jar with cold water and seal tightly. When jar is opened (after two months or more), pour off liquid and throw away. Slice pickles lengthwise. Add the cup of sugar. Let stand 24 hours before using. Liquid will form as sugar dissolves. They can then be resealed and will keep indefinitely. (I usually make up 2 jars at a time. These are so quick and simple to make when there's so much canning.)

*Leona Jacoba
Co. Bluffs*

*Remember - Love is trust,
When you love a person enough there isn't
room in your heart to be jealous.*

Sweet Pickles

25 dill-size cucumbers 1 qt. vinegar
2 sticks cinnamon 2 qts. sugar
1 tsp. whole cloves

Soak the cucumbers 1 week in salt solution of: 1 cup salt to 1 gallon water. Wash and drain; cut in slices 1-inch thick. Mix 1 tablespoon alum in gallon of water. Let stand overnight. Drain and wash. Drain well. Mix remaining ingredients (put spices into small bag). Bring to boil and pour over cucumbers for 3 mornings. The 4th morning, bring liquid to boil. Pack pickles into jars and pour hot liquid into jars. Seal.

*LaVonne Morrison
Kirn Jr. High*

Turmeric Pickles

12 med. cucumbers 1 tsp. whole black pepper
6 med. onions 1 tsp. Cascla bud
1/2 c. water 1 tsp. ground turmeric
2 c. vinegar 1 tsp. celery seed
2 c. sugar 1 tsp. salt
1 tsp. white mustard seed

Peel and slice the cucumbers, but not too thin. Slice onions; cover cucumbers and onions with water, to which add a handful of salt. Let stand 1 hour. Combine remaining ingredients. Drain the cucumbers after 1 hour, and add them to the liquid mixture. Bring to boil. Put into pint jars and seal.

*Marlon McKeown
Co. Bluffs*

Garden's End Sweet Relish

12 1/2 lb. green tomatoes, 2 green peppers
wash and core 6 c. vinegar
3 med. onions 6 c. sugar
1 stalk celery 1/2 c. mustard seed
4 red peppers

Grind all the vegetables with coarse blade. Sprinkle with 1/2 cup salt; let stand 1 hour; then drain. Heat the remaining 3 ingredients; bring to boil. Add drained vegetables. Boil gently 10 minutes, stirring occasionally. Put them hot into pint jars. Makes 12 pints.

*Marlon McKeown
Co. Bluffs*

You can't stumble if you're on your knees.

*Well bred dogs can learn from well bred girls;
Don't respond to a whistle unless you can interpret it.*

Sweet Pickles

1 qt. jar whole dill pickles 1/4 c. water
2 c. sugar 1 tsp. celery seed
1/2 c. vinegar

Buy the dill pickles; drain off juice and wash them. Slice and put sliced pickles back into jar. Heat the remaining ingredients to a boil. Pour over sliced pickles; let stand until completely cool; then drain vinegar solution back into pan. Heat again and add to pickles. Put in refrigerator to cool. (These are lip-smacking good.)

Note: Be sure to heat only the vinegar solution twice, not the pickles.

T.J. Cafeteria

Chilled Cucumber Pickles

7 c. cucumbers 2 c. sugar
1 c. green peppers 1 c. vinegar
1 c. onions 1 T. celery seed
1 T. salt

Do not peel cucumbers. Slice all vegetables thinly. Add salt and mix together with hands. Let stand 1 hour; drain. Add the remaining ingredients. Put in jar and keep in refrigerator.

*Betty Holbrook
T.J. Cafeteria*

Ever-Crisp Pickles

7 lb. sliced cucumbers 9 c. sugar
(9 qts.) 1 tsp. celery seed
2 c. slack lime 1 tsp. mixed pickling
2 gal. water spices
2 qts. vinegar 1 T. salt
 1/2 tsp. green coloring

Cover sliced pickles with solution of lime and water. Let soak 24 hours. Rinse well. Cover with clear water and soak for 3 hours. Drain. Mix together the remaining ingredients and pour over pickles. Let stand overnight. Heat solution to boiling point. Add cucumbers and simmer 35 minutes. Pack in jars and seal. Makes 10 pints.

T.J. Cafeteria

The best time to take out the garbage is when she tells you to.

*Parents who are lucky in the kind of children they have,
have children who are lucky in the kind of parents they have.*

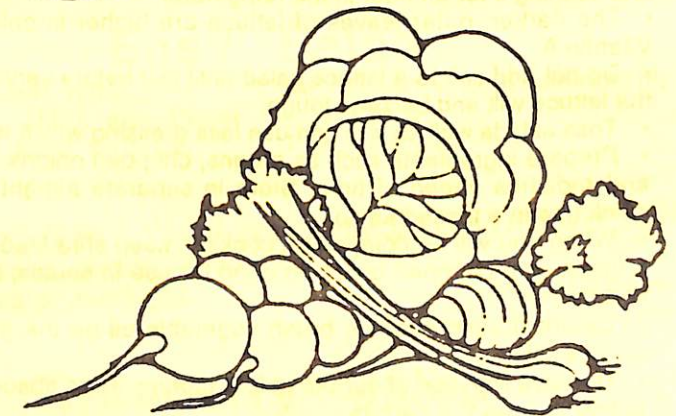
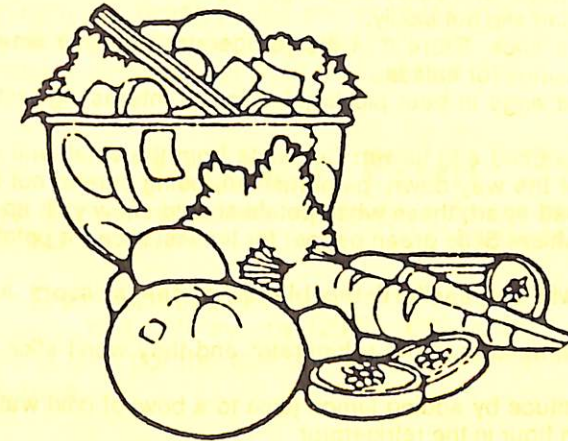
Cucumber Cinnamon Rings

2 gal. cucumber rings (8 qts.)	water to cover
2 c. lime	2 c. vinegar
8 1/2 qts. water	2 c. water
1 c. vinegar	10 c. sugar
1 T. alum	8 sticks cinnamon
1 sm. btl. red coloring	6 1/4 oz. pkg. red hot candies

Put peeled and cored cucumber rings in lime and 8 1/2 quarts water and soak for 24 hours. Rinse well; cover with clear water and soak 3 hours. Mix 1 cup vinegar, alum, red coloring and enough water to cover. Simmer rings in this mixture for 2 hours; then drain. Combine the remaining ingredients. (I increase the amount of this syrup by 1/2.) Bring to a boil and pour over rings. Cover tightly and let stand overnight. Drain and reheat syrup. Pour over rings 3 mornings. The last day, heat rings and syrup together to boiling point; pack and seal. Makes 8-10 pints.

*Betty Holbrook
T.J. Cafeteria*

Salads, Dressings & Sauces



Hints for Salads

- When buying grapefruit, judge it by its weight. The heavier ones are juicier.
- Add 1/4 teaspoon soda to cranberries while cooking and they will not require as much sugar.
- **Frosted Grapes:** Beat 2 egg whites and 2 tablespoons water slightly. Dip small clusters of grapes into the mixture. Sprinkle with granulated sugar. Dry on waxed paper.
- Lemons that are heated before squeezing will give almost twice the quantity of juice.
- Lemon juice on cut bananas will keep them from darkening.
- Grease the salad mold with salad dressing, mayonnaise or salad oil and it will help the salad slip out easily.
- Save sweet pickle juice. Store it in the refrigerator and use small amounts to thin dressings for salads.
- Soak hard-cooked eggs in beet pickle juice for an interesting taste and colorful garnish.
- To make a hard-cooked egg flower: Cut white from the small end of the egg about 3/4 of the way down, petal fashion, being careful not to cut yolk. When spread apart, these white petals should show yolk as a round ball, daisy fashion. Slice green pepper for leaves. Nice for potato salad.
- Marshmallows will cut easily if the blades of the scissors are buttered.
- Try putting marshmallows in the refrigerator and they won't stick to the scissors.
- Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soaking it for an hour in the refrigerator.
- The darker, outer leaves of lettuce are higher in calcium, iron and Vitamin A.
- Do not add salt to a lettuce salad until just before serving; salt makes the lettuce wilt and become tough.
- Toss salads well so you can use less dressing which is healthier.
- Prepare ingredients such as greens, chopped onions, celery, carrots and radishes ahead of time. Store in separate airtight containers for quick use in a tossed salad.
- When you will be doing extra cooking, keep shredded cheese, bread crumbs, and chopped onion on hand for use in salads, casseroles and vegetables.
- Before grating cheese, brush vegetable oil on the grater and it will clean easier.
- Remove the tops of carrots before storing. Tops absorb moisture and nutrients from the carrots.
- It is easy to remove the white membrane from oranges - for fancy desserts or salads - by soaking them in boiling water for 5 minutes before you peel them.

Salads

Heavenly Orange Fluff

- | | |
|---|--------------------------------------|
| 2 (3 oz.) pkg. orange Jello | 3 3/4 oz. pkg. Instant lemon pudding |
| 13 1/2 oz. crushed pineapple | 1 c. cold milk |
| 6 oz. frozen orange juice | 1 sm. carton whipped cream |
| 2 (11 oz.) cans mandarin oranges, drained | |

Dissolve Jello in 2 1/2 cups boiling water. Add undrained pineapple, orange juice and oranges in a 13x9x2 glass pan. Chill until firm. Beat pudding and milk until smooth. Fold in whipped cream. Spread over Jello mixture and chill. *Darla Cleveland, Council Bluffs*

Frozen Fruit Salad

- | | |
|-----------------------------|----------------------------|
| 10 oz. strawberries, thawed | 1 lg. c. crushed pineapple |
| 2 1/3 c. apricots | 4 bananas |

Drain juice from all fruit. Using 1 cup of the juice and 1 cup of sugar, boil until syrupy (235°). Cut up fruits and bananas. In a 9x13 dish put the fruit and juice. Pour cooled syrup over all and freeze. *Betty Franks, A.L. High School*

Easy Salad

- | | |
|--------------------------------|------------------------------------|
| 9 oz. tub Cool Whip | No. 2 can chunk pineapple, drained |
| 1 sm. pkg. Jello, any flavor | 1 c. chopped nuts |
| 16 oz. sm. curd cottage cheese | |

Place Cool Whip in a bowl, pour in dry Jello and mix well. Add cottage cheese, pineapple and nuts. Blend well and refrigerate several hours or overnight. *Bev Vincent, L.C. High School*

Cranberry Salad

- | | |
|---------------------------|--------------------|
| 1 bag cranberries, ground | mini. marshmallows |
| 3/4 c. sugar | 16 oz. pineapple |
| 1 pkg. Dream Whip | |

Mix cranberries and sugar together and let stand. Fold in remaining ingredients. *Rita Hermsen, Lewis Central*

Blueberry Salad

2 sm. pkgs. grape Jello 20 oz. crushed pineapple,
2 c. water drained
21 oz. blueberry pie filling

TOPPING:

1 c. sour cream 1/2 c. sugar
16 oz. cream cheese 1 tsp. vanilla

Mix Jello with boiling water. Add pineapple and pie filling, mixing well. Pour into a 10x10 dish and let stand until firm.

Topping: Mix all ingredients together and pour over top of Jello mixture.

*Jeanine Gibler,
Lewis Central*

Strawberry Salad

1 pkg. strawberry Jello 1 pkg. Dream Whip
1 pkg. vanilla pudding 1 c. fresh strawberries
1 pkg. tapioca pudding 1 c. mini. marshmallows
3 c. water

Mix the Jello, puddings and water together. Boil for 5 minutes and cool. Fold in remaining ingredients.

*Rita Hermsen,
Lewis Central*

Circus Peanut Salad

12-14 marshmallow peanut 2 c. celery, cut fine
candies 1/2 c. chopped nuts
2 (3 oz.) pkgs. orange Jello (I use pecans)
2 c. hot water 1/2 c. maraschino cherries,
1 lb. can crushed pineapple, cut (opt.)
drained, reserving juice 8 oz. tub Cool Whip
1/2 tsp. orange flavoring

Melt candies and Jello in the hot water. Add enough cold water to the pineapple juice to make 2 cups; add to Jello and candy mixture and stir in flavoring. Partially set and add the rest of the ingredients. Fold the Cool Whip in last. Place in a 9x13 inch pan and refrigerate overnight.

*Caroline Belt
Kirn High*

Fresh Cucumber Salad

2 c. mayonnaise 1/2 c. sugar
1 c. vinegar cucumber slices
2 tsp. celery seed onion slices

Combine first 4 ingredients. Add cucumber and onion slices. Marinate overnight.

*Beverly Wendt,
Dunlap*

Kraut Salad

1 lb. can kraut 1 lg. carrot, grated
1/2 c. chopped onion 1 1/2 c. sugar
1 c. chopped celery 1/2 c. vinegar
1 chopped green pepper 1/2 c. salad oil

Drain kraut and add remaining ingredients. Let stand 24 hours before serving.

*Charleen Morrison,
Honey Creek*

Marinated Cucumber and Onion Salad

1 1/2 c. Miracle Whip salad 1/3 c. vinegar
dressing 1/2 c. sugar
1 tsp. salt 1/2 tsp. pepper

Take 3 large cucumbers, peeled and sliced, and 1 large onion, sliced, and fold into above ingredients. Let stand overnight to marinate.

*Kim Tedesco,
C.B.S. Food Service Office*

Frosty Cranberry Mold

1 c. crushed pineapple 8 oz. cream cheese
No. 1 can whole cranberry 2 T. salad dressing
sauce 1 pkg. dry whipped topping
2 (3 oz.) pkgs. raspberry 1/2 c. chopped nuts
Jello

Drain fruits, reserving liquid. Add water to make 2 cups and bring to a boil. Dissolve Jello in hot liquid. Chill until partially set. Beat softened cream cheese and salad dressing until fluffy. Gradually beat in gelatin and fold in whipped cream. Add drained fruit and nuts. Refrigerate or freeze. Remove from freezer 1 hour before serving. Serves 12.

*Virginia Lynch,
Lewis Central*

Purple Lady Salad

3 oz. pkg. grape Jello 8 oz. crushed pineapple
1 c. boiling water 1 can blueberry pie filling
1 c. mini. marshmallows 2 c. whipped topping

Dissolve Jello in boiling water. Cool until partially set and add rest of ingredients and chill.

*Lois Heuwinkel,
Lewis Central High School*

One thing worse than a quitter is being afraid to make a start.

Port Wine Jello Salad

- | | |
|----------------------------|-------------------------|
| 1 pt. pitted blng cherries | 1/2 c. coarsely-chopped |
| 11 oz. mandarin oranges | pecans |
| 6 oz. pkg. raspberry Jello | 1/2 c. port wine |

Drain cherries and oranges, reserve juice. Measure juice and water to make 3 1/4 cups. Heat liquid, pour over Jello while hot and mix well. Cool and add wine. Chill until syrupy. Add remaining ingredients.

*Lois Heuwinkel,
Lewis Central High School*

Cold Spaghetti Salad

- | | |
|---|--|
| 1 pkg. spaghetti, rotini,
shelloni or macaroni | 1 cucumber, diced |
| 1/4-1/2 c. red onion, diced | 1/2-3/4 c. Italian salad
dressing |
| 2 tomatoes, diced with juice,
or 1 can stewed tomatoes | 1-2 T. seasoned salt or
Salad Supreme |

Cook, drain and rinse pasta. Add other ingredients. Chill, stirring often. Salad is best if chilled 24 hours. Other fresh vegetables may be added such as: radishes, broccoli, cauliflower, etc.

*Lois Heuwinkel,
Lewis Central High School*

Fix-Mix Deluxe Salad

- | | |
|---|--------------------------------------|
| 1 box tiny macaroni (acini
de pepe or spezzilello) | 2 (20 oz.) cans crushed
pineapple |
| 3 beaten eggs | 2 (11 oz.) cans mandarin
oranges |
| 2 T. flour | 9 oz. carton Cool Whip |
| 1 c. sugar | 10 oz. pkg. mini. marsh-
mallows |
| 1/2 tsp. salt | |
| 1 3/4 c. pineapple juice,
drained from pineapple | |

Boil macaroni in salted water as directed on package; drain, blanch and cool. Mix together and cook eggs, flour, sugar, salt and pineapple juice until thickened over medium heat, stirring constantly, and then cool. Combine macaroni and pudding mixture in airtight bowl and refrigerate overnight. The next day, add the crushed pineapple (already drained), both cans of mandarin oranges with their juice, Cool Whip and marshmallows. Chill and serve. For best flavor salad should stand at least 8 hours.

*Linda Strong,
Lewis Central School*

*Life must go on, and so they went -
From young and broke, to old and bent.*

Orange Salad

- | | |
|--|----------------------------------|
| 1 pkg. orange Jello | marshmallows |
| 1 can crushed pineapple,
drained, reserving juice | 2/3 c. sugar |
| 3 sliced bananas | 3 T. flour |
| | sm. container whipped
topping |

Prepare the orange Jello, when cool add drained pineapple, bananas and marshmallows; allow to stand until solid. In a separate pan, combine 1 cup pineapple juice, sugar and flour and cook until thick. When cool, add whipped topping. Spread on Jello and top with shredded cheese, if desired.

*Helen Ring,
Lewis Central School*

Red Raspberry Salad

- | | |
|-------------------------------------|------------------------------|
| 2 boxes cherry Jello | 2 1/2 c. boiling water |
| 2 boxes frozen red rasp-
berries | 1/2 tsp. raspberry flavoring |
| 1 pkg. Dream Whip | 3 oz. cream cheese |
| 2 T. sugar | 1 c. mini. marshmallows |

Put red raspberries in cherry Jello to thaw, add raspberry flavoring. Put in refrigerator to set. Make Dream Whip according to package directions, adding sugar, cream cheese and marshmallows. Spread on top of Jello.

*Lavonne Hartshorn,
Lewis Central*

Strawberry Bavarian Cream

- | | |
|---|---------------------|
| 10 oz. frozen strawberries,
drained, (reserve juice) | 1 c. boiling water |
| 1 pkg. strawberry Jello | 1 c. whipping cream |

Prepare Jello according to package directions, using 1 cup boiling water and strawberry juice combined with enough cold water to make 1 cup. Chill until almost firm and whip until foamy. Whip until stiff the whipping cream. Fold together whipped cream, whipped Jello and drained strawberries, approximately 1/2 cup. Spoon into a 1 quart mold or into 6-8 individual molds. Chill until firm and unmold. Garnish with fresh unhulled strawberries or other fruits. Top with whipped cream or soft custard if you prefer.

*Mary Feekin,
Lewis Central*

In seeking happiness for others, you find it for yourself.

*It's amazing how much good one can do
if you don't care who gets the credit.*

Chicken Salad

chicken	1 tsp. onion salt
2 c. celery, chopped	1 T. salad dressing
2 c. crushed pineapple	1 T. almonds

Cook meat 1 hour and take off the bone. It makes about 3 cups of chopped chicken. Mix all ingredients together and refrigerate. Serve with lettuce or bread and crackers.

*Gael Henkel,
Lewis Central*

Marinated Garden Salad

1 sm. head cauliflower	3 tomatoes
3 stalks celery	1/2 c. vinegar
4 stalks broccoli	1 1/2 c. oil
2 zucchni	1/2 c. sugar
1 sm. onion	1 tsp. salt
1 green pepper	2 tsp. dry mustard
1/2 lb. mushrooms	2 T. poppy seed

Cut vegetables into bite sized pieces. Combine in a bowl and mix well. Combine vinegar, oil, sugar, salt, dry mustard and poppy seed in small bowl. Add to vegetables and mix well. Chill covered for 3 hours. Serves 8.

*Danna Rigg,
Carter Lake School*

Strawberry Jello Dessert

2 lg. pkgs. strawberry Jello	1 med. angel food cake
2 lb. pkgs. frozen strawberries	

Thaw frozen strawberries. Dissolve Jello in boiling water. Do not add cold water to Jello. The juice from the frozen berries will substitute for the cold water. As soon as the Jello is dissolved, add berries. Tear the angel food cake into small pieces and put into the Jello, smashing the pieces so they are soaked. Let Jello stand until firm. Serve with whipped cream on top.

*Linda Gardner,
Kirn Jr. High*

The good you do is not lost.

*It's not so much what a man is descended from that matters
as what he will descend to.*

Life is like a mirror; we get best results when we smile at it.

Orange Salad

2 (3 oz.) pkg. orange Jello	1 can mandarin oranges
2 c. hot water	1 pkg. lemon pie filling
1 can frozen orange juice concentrate	1 env. Dream Whip
8 oz. crushed pineapple	

Dissolve Jello in hot water. Add can of concentrated orange juice, plus the juice can of cold water. Add pineapple and its juice, and drained mandarin oranges. Pour into a 14x18 casserole or pan, refrigerate to set and prepare topping.

Topping: Cook pie filling according to pudding directions on box and let cool. Whip envelope of Dream Whip and fold into cooled lemon fillings. Spread on top of Jello.

*Joy Sowers,
T.J. High School*

Southern Cream Cheese Salad

2 (4 oz.) pkgs. Philadelphia cream cheese	1 T. pineapple juice
4 T. mayonnase	12 marshmallows
1 tsp. lemon juice	12 maraschino cherries
No. 2 can crushed pineapple	1/2 c. chopped pecans
	1 c. whipped cream

Blend cream cheese with mayonnaise and lemon juice. Drain the can of pineapple well. Add the drained pineapple and one tablespoon of pineapple juice. Cut the marshmallows into small pieces or use miniature marshmallows. Cut maraschino cherries in fine pieces, add fruits and nutmeats to creamed mixture. Fold all the ingredients into the whipped cream. Pour into a pan and freeze until just before serving time or pour mixture into cupcake papers and freeze for individual servings. A package of dessert topping may be used for the whipped cream. Yields 10 generous servings.

*Joy Sowers,
T.J. High School*

5-Cup Salad

1 med. can mandarin oranges	1 c. minl. marshmallows
1 med. can pineapple bits	1 c. sour cream
1 c. coconut	

Drain fruit and toss with coconut, marshmallows and sour cream. Do not stir too much.

*In Memory of Mrs. Helen Smith
Kay Jefferies,
Roosevelt School*

Cherry Dessert

- | | |
|------------------------------|----------------------------|
| 2 (16 oz.) cans red cherries | 1 c. 40% bran flakes |
| 20 oz. crushed pineapple | 3/4 c. margarine or butter |
| 1 1/2 c. white sugar | 1 c. brown sugar |
| 1/4 c. tapioca | 1/4 tsp. salt |
| 2 c. flour | 1 tsp. soda |
| 1 c. quick oatmeal | 1 1/2 tsp. vanilla |

Filling: Combine the red cherries and juice, pineapple and juice, white sugar and tapioca. Cook until thickened and cool.

Crust: Combine the margarine or butter, brown sugar, salt, soda and vanilla. Add the flour and crushed cereals. Pat 3/4 of the mixture into a sprayed or greased 9x15 inch baking dish. Pour filling into the crust and sprinkle on top the remaining crushed mixture. Bake at 350° for 30 minutes. When cooled, refrigerate.

*Joy Sowers,
T.J. High School*

Rose Mary's 1978 Salad

- | | |
|-------------------|---|
| 3/4 c. vinegar | 1 c. green onions, including tops |
| 3/4 c. corn oil | 2 (12 oz.) cans shoepeg corn (tiny white, whole kernel) |
| 3/4 c. sugar | 1 lg. can LeSeur peas |
| scant tsp. salt | 1 lg. jar chopped pimientos |
| pepper (opt.) | |
| 1 c. green pepper | |
| 1 c. celery | |

Boil the vinegar, corn oil, sugar, salt and pepper and cool. Add remaining ingredients. Refrigerate for at least 2 hours. Good for several days. Serves 20-24. (I always cut the recipe in half.)

*Emmajean Summerville,
Council Bluffs*

Frozen Fruit Salad

- | | |
|--------------|---------------------------|
| 1/2 c. sugar | 1 lg. can fruit cocktail, |
| 1 T. flour | drained, reserving juice |
| 2 eggs | 1/2 pt. (1 c.) Cool Whip |

Mix sugar and flour and add eggs, stirring well. Add 1 cup of reserved fruit cocktail juice and cook over low heat, stirring constantly until it comes to a boil. Let cool and fold in Cool Whip. Add fruit and freeze.

*Emmajean Summerville,
Council Bluffs*

*Where there is a will, there's a way -
But it needn't always be your way.*

Orange Salad

- | | |
|-------------------------------|-------------------------|
| 1 box orange tapioca pudding | 1 box orange Jello |
| 1 box vanilla tapioca pudding | 1 can crushed pineapple |
| | 1 can mandarin oranges |
| | sm. tub Cool Whip |

Drain oranges and pineapple well. Use liquid and add enough water to make 3 cups liquid. Cook pudding in liquid, stirring well. Add orange Jello, mandarin oranges and pineapple. Let cool and add a small tub of Cool Whip. Refrigerate for approximately 1 hour.

*Emmajean Summerville,
Council Bluffs*

Strawberry Salad

- | | |
|--------------------------------------|---------------------------------|
| 1 pkg. strawberry Jello | sm. pkg. cream cheese |
| 1 c. hot water | 1 c. whipped cream or Cool Whip |
| 1 pkg. frozen strawberries, unthawed | |

Dissolve Jello in hot water. Separate frozen berries with a fork. Soften cream cheese with a small amount of strawberry Jello. Add frozen berries to Jello; when mixture begins to thicken, quickly add softened cream cheese and fold in whipped cream.

*Emmajean Summerville,
Council Bluffs*

Pat Steven's Absolutely Delicious Vegetable Salad

- | | |
|--|----------------------------|
| 1 head cauliflower, cut into flowerets | 1 can black olives, cut |
| 1 lg. bunch broccoll, cut | 1 can sliced mushrooms |
| 1 red onion | 1 can kidney beans |
| | 1 can water chestnuts, cut |

Drain canned items and add to the vegetables. Combine with 1 bottle Bernsteins garlic cheese salad dressing or two packages Good Seasons garlic cheese dressing mixed according to directions. Let stand in the refrigerator at least two hours.

*Pat Stevens, Art Teacher,
Hoover Elementary School*

The only jewel which will not decay is knowledge.

*Men who give in if wrong, are wise;
Men who give in if right, are married.*

When love adorns a home, other ornaments are a secondary matter.

Spaghetti Salad

- | | |
|---------------------------------------|---------------------|
| 2 c. uncooked spaghetti,
cut style | 4 eggs, beaten |
| 6 diced apples | 1/2 c. lemon juice |
| 1 lg. can pineapple tidbits | 2 c. powdered sugar |
| | 2 c. whipping cream |

Cook spaghetti, drain and cool. Add diced apples and drained pineapple. In a double boiler, combine lemon juice, powdered sugar and beaten eggs. Cook until thick. Add to spaghetti mixture. Let stand in the refrigerator 12-24 hours. Before serving, fold in whipped cream. (I have substituted evaporated milk for the whipped cream. This must be chilled until ice crystals form around the edges before whipping.)

*Caroline Engdahl, LD Resource Teacher,
Hoover School*

Country Cole Slaw

- | | |
|--|--------------------------------------|
| 4 c. shredded cabbage | 1 c. mayonnaise or salad
dressing |
| 12 oz. whole kernel corn
with sweet peppers | 2 T. sugar |
| 1/2 c. onion, chopped fine | 2 T. vinegar |
| 1/4 c. American cheese,
diced | 4 tsp. prepared mustard |
| 2 T. pitted ripe olives,
sliced | 1/2 tsp. celery seed |

Drain corn. In a large bowl combine the first 5 ingredients. Mix mayonnaise, sugar, vinegar, mustard and celery seed to make a creamy dressing and toss gently with the vegetables. Cover and chill.

*Maxine McCallum,
Council Bluffs*

Pepper Slaw

- | | |
|---------------------|-------------------|
| 1 med. head cabbage | 1 green pepper |
| 1 sm. onion | 4-5 stalks celery |
| 1 lg. carrot | |

DRESSING:

- | | |
|----------------|--------------|
| 1 c. sugar | 1/2 c. water |
| 1/2 c. vinegar | 1 tsp. salt |

Mix the first 5 ingredients as for slaw.

Dressing: Bring to a boil and remove from the heat. Chill before adding to the vegetables.

*Shirley Hansen,
Kirn Jr. High*

*Patience is the ability to idle your motor
when you feel like stripping the gears.*

24-Hour Cabbage Slaw

- | | |
|----------------------------------|-------------------|
| 8-10 c. shredded cabbage | 2 carrots, grated |
| 1/2 c. green pepper, cut
fine | 1/2 onion, grated |

DRESSING:

- | | |
|--------------------|----------------------|
| 1 T. Knox gelatine | 1 tsp. salt |
| 1/4 c. cold water | 1/4 tsp. pepper |
| 1 1/2 c. sugar | 1/2 tsp. celery seed |
| 1 c. vinegar | 1 c. salad oil |

Toss the vegetables together.

Dressing: Dissolve gelatine in cold water. Heat sugar and vinegar to boiling and add gelatine. Add salt, pepper and celery seed. Cool to the consistency of thick cream and beat in 1 cup salad oil. Pour over cabbage and mix. Refrigerate for 24 hours. Salad will keep for 1 week in refrigerator.

*Zelda Damn,
Sac City Schools*

Cabbage Salad

- | | |
|---------------------------------|-----------------------|
| 2 carrots, chopped or
grated | 1/2 tsp. mustard seed |
| 1 med. onion | 1/2 tsp. salt |
| 1 lg. head cabbage | 3/4 c. Mazola oil |
| 4 stalks celery, cut fine | 1 1/4 c. sugar |
| 1 lg. green pepper, cut fine | 3/4 c. vinegar |

Toss together the carrots, onion, cabbage, celery and green pepper. Add the mustard seed and salt. Boil the oil, sugar and vinegar until the sugar dissolves; pour over the vegetables while still hot and stir. Salad will keep in the refrigerator for a long time.

*Betty Ronk,
Roosevelt School*

Coconut Delight

- | | |
|-----------------------|--|
| 1 c. flour | 2 (3 3/4 oz.) pkgs. instant
coconut pudding |
| 1/2 c. butter or oleo | 8 oz. Cool Whlp |
| 1/2 c. chopped pecans | 1/3 c. toasted coconut |
| 8 oz. cream cheese | |
| 2 c. milk | |

Combine flour, oleo and pecans. Pat into buttered 9x13 pan and bake for 15 minutes at 350; cool. Combine cream cheese and powdered sugar. Beat until smooth. Combine pudding and milk and beat 2 minutes on low speed. Add to cheese mixture. Add carton of whipped topping and pour mixture over crust. Sprinkle with toasted coconut and chill.

*LaVonne Morrison,
Kirn Jr. High*

Knox Blocks

2 pkgs. Jello
3 pkgs. Knox gelatine

3 c. water

Mix Knox gelatine in 1 cup cold water. Mix the Jello in 2 cups hot water, stir and then mix together with the gelatine water. Pour in an 8x8 pan and after Jello is set, cut in small squares. Red and green Jello make a nice Christmas combination.

*Shirley Hansen,
Kirn Jr. High*

Grandma's Cucumbers

1 c. sugar
1/2 c. vinegar

1/2 c. water
1/3 c. oil

Mix and bring to a boil. Remove from heat and cool. Pour over sliced cucumbers that have been soaked in salt water. These are very good.

*Shirley Hansen,
Kirn Jr. High*

Zucchini Relish

10 c. zucchini
4 c. onion
5 T. canning salt
2 1/2 c. cider vinegar
6 c. sugar
1 red pepper, if available
1 green pepper

2 T. celery seed
1 T. black pepper
1 T. nutmeg
1 T. dry mustard
1 T. turmeric
1 T. cornstarch

Grind the zucchini and onions. Sprinkle with salt and let stand several hours or overnight. Rinse with cold water, drain well. Add rest of ingredients and cook for 15 minutes. Be sure to grind peppers before adding. Put into hot jars.

*LaVonne Morrison,
Kirn Jr. High*

Finger Jello

3 pkgs. Jello, any flavor
4 env. Knox gelatine
(1 sm. box)

3 c. boiling water

Add all ingredients and mix well. Place in a 9x13 pan and let stand. This will set very quickly. Cut into squares or use a cookie cutter to make cute shapes.

*Elizabeth Hiers,
Kirn Jr. High*

Knowledge is a treasure, but practice is the key to it.

Fresh Cucumber Salad

2 c. mayonnaisse
1 c. vinegar
2 tsp. celery seed

1/2 c. sugar
cucumber slices
onion slices

Combine the first 4 ingredients. Add the cucumber and onion slices and marinate overnight.

*LaVonne Morrison,
Kirn Jr. High*

Bean Salad

2/3 c. sugar
2/3 c. vinegar
1/3 c. salad oil
1/2 tsp. salt
onion rings
green pepper strips

wedges of celery
1 can green beans
1 can yellow beans
1 can kidney beans
1 can garbanzo beans

Drain all beans well. Combine all ingredients and let chill several hours before serving.

*Maxine McCallum,
Council Bluffs*

Apricot Salad

2 (8 oz.) pkgs. orange Jello
2 c. water
1 lg. can pineapple, diced

1 lg. can apricots, mashed
40 sm. marshmallows

TOPPING:

1 c. pineapple and apricot
juice, combined
1/2 c. sugar
2 T. flour

1 beaten egg
1 T. butter
1 c. whipped cream
grated cheese

Dissolve Jello in boiling water in a 9x13 pan. Drain the juices from the pineapple and apricots and set 1 cup aside for the topping. Add the remaining juice to the Jello mixture and add the fruit and marshmallows. Refrigerate until firm.

Topping: Combine the first 5 ingredients and cook over low flame until thick. When cool add whipped cream and spread over the top of set gelatin. Top with grated cheese.

*Elizabeth Hiers,
Kirn Jr. High*

An old timer is a man who can remember way back when a union suit was something you wore, instead of something you filed against your employer.

A man's true wealth is the good he does in the world.

Blueberry Salad

- | | |
|---|---------------------------|
| 2 cans blueberries | 1 can crushed pineapple |
| 2 sm. pkgs. raspberry or black cherry Jello | 1 pkg. Dream Whip |
| 1 1/2 c. boiling water | 1 pkg. cream cheese |
| 2 c. blueberry juice, water added | pecan pieces, for garnish |

Mix the blueberries, Jello, boiling water, blueberry juice and pineapple together and pour into a 9x13 pan to set. Combine the Dream Whip and cream cheese and spread on top of the Jello. Garnish with 1/2 pieces of pecans.

*Elizabeth Hiers,
Kirn Jr. High*

Tangy Raspberry Salad

- | | |
|-----------------------------|-----------------------------------|
| 2 sm. pkgs. raspberry Jello | 2 pkgs. whole raspberries, frozen |
| 2 c. hot water | |
| 3 tsp. lemon juice | No. 2 can applesauce |

Dissolve the raspberry jello in hot water. Add remaining ingredients and put into a mold.

*Elizabeth Hiers,
Kirn Jr. High*

Sea Breeze Salad

- | | |
|-----------------------------|------------------------------------|
| 2 (3 oz.) pkgs. lemon Jello | 1 c. crushed pineapple, drained |
| 3 oz. pkg. lime Jello | |
| 2 c. boiling water | 1 lg. pkg. Jello lemon pie filling |
| 2 c. cold liquid | 1 env. Dream Whip |

Dissolve Jello in boiling water and add cold liquid (juice from the pineapple and water). Let stand until thickens and stir in lemon pie filling. Whip with an electric mixer (reserve 1 cup). To remainder add crushed pineapple. Prepare Dream Whip according to package directions; fold into reserved Jello mixture and spread on top of salad.

*Elizabeth Hiers,
Kirn Jr. High*

Frozen Fruit Cup

- | | |
|----------------------------|-------------------------------|
| 3 bananas | No. 303 can crushed pineapple |
| 12 oz. frozen orange juice | 4 T. lemon juice |
| 1 sm. btl. 7-Up | |
| 1/2 c. sugar | |

Mash bananas and mix with remaining ingredients. Freeze in small cups. Take out 1/2 hour before serving.

*Shirley Hansen,
Kirn Jr. High*

Broccoli and Cauliflower Salad

- | | |
|----------------------|---------------------|
| 2 c. frozen peas | 2 c. salad dressing |
| 2 bunches broccoll | 1 c. sour cream |
| 2 hd. cauliflower | 1/4 c. buttermilk |
| 1 bunch green onions | 1 tsp. garlic salt |

Mix and let stand so the flavors will combine.

*Shirley Hansen,
Kirn Jr. High*

Vegetable Salad

- | | |
|------------------|---------------------|
| 1 c. corn | 1 c. onion |
| 1 c. peas | 1 c. green peppers |
| 1 c. green beans | 1 c. grated carrots |

DRESSING:

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

Dressing: Combine ingredients, bring to a boil and cool. Pour over vegetables and allow to stand overnight.

*Shirley Hansen,
Kirn Jr. High*

Elegant Salad

CRUST:

- | | |
|-------------------------------------|---------------------|
| 2 1/2 c. pretzels, coarsely chopped | 1/2 c. melted oleo |
| | 3 T. powdered sugar |

FILLING:

- | | |
|---------------------|-----------------|
| 8 oz. cream cheese | 1 egg |
| 1 c. powdered sugar | 9 oz. Cool Whip |

TOPPING:

- | | |
|----------------------------------|--|
| 2 (3 oz.) pkgs. strawberry Jello | 2 boxes frozen strawberries, do not thaw |
| 2 c. hot water | |

Crust: Mix ingredients and press into a 9x13 pan. Bake at 350° for 10 minutes (325° for glass). Cool crust.

Filling: Mix ingredients well and pour into crust.

Topping: Mix ingredients until thickened. Pour over top of cream cheese filling.

*Shirley Hansen,
Kirn Jr. High*

Vegetable Salad

- | | |
|--------------------|-------------------|
| 1 hd. cauliflower | 1 c. sour cream |
| 1 bunch broccoll | 1 sm. onion |
| 1 pkg. frozen peas | pinch salt |
| 2 c. mayonnaise | pinch garlic salt |

Mayonnaise, sour cream, onion, salt and garlic salt may be mixed before salad is made so flavors will blend more thoroughly. Cut cauliflower and broccoli into small pieces, add peas and toss lightly with dressing.

*Karen Kennedy,
Roosevelt School*

Cherry Cheesecake

- | | |
|-----------------------|-------------------------|
| 8 oz. cream cheese | 9 oz. cont. Cool Whip |
| 1/2 c. powdered sugar | 1 c. cherry pie filling |

Soften cream cheese and add sugar. Beat well and add Cool Whip. Pour into a graham cracker crust and top with pie filling.

*Shirley Hansen,
Kirn Jr. High*

Blueberry Salad

- | | |
|---------------------------------------|--------------------------------------|
| 1 can blueberries | 1 pkg. Dream Whip or 8 oz. Cool Whip |
| 1 can crushed pineapple | |
| 2 (3 oz.) pkgs. black raspberry Jello | 1/2 c. nuts (opt.) |

Drain berries and pineapple, reserving juice. To juice add water enough to make 2 1/2 cups of liquid. Bring liquid to a boil and add both packages of Jello. Reserve 3/4 cup of Jello for topping. Add pineapple, blueberries and nuts to the remainder of the Jello mixture and chill until set.

Topping: Prepare Dream Whip as directed on package and add reserved 3/4 cup of Jello mixture. Whip well and spread on top of salad.

*Linda Gardner,
Kirn Jr. High*

Cranberry Salad

- | | |
|--------------------|---------------------------|
| 1 pkg. cranberries | 1 sm. pkg. chopped nuts |
| 1 orange | 1 lg. pkg. cherry Jello. |
| 2 apples | 3/4 c. sugar, or to taste |

Prepare Jello as directed. Grind cranberries, orange and apples; mix into Jello and refrigerate.

*Linda Gardner,
Kirn Jr. High*

Cranberry Salad

- | | |
|-------------------------------|-------------------------|
| 1 bag cranberries | 4 apples |
| 1 1/2 c. celery, diced | 1 c. marshmallows |
| 1 c. English Walnuts, chopped | 1 c. sugar, or to taste |

Grind cranberries and apples. Add sugar and let stand overnight or at least 2 hours. Add celery, nuts and marshmallows.

*Caroline Belt,
Kirn Jr. High*

Heavenly Hash

- | | |
|--------------------------------------|---|
| 2 c. cooked rice, cooled | 1 c. chopped walnuts |
| 1 c. minl. marshmallows | 1 pt. whipping cream, whipped and sweetened with powdered sugar |
| 1/2 c. maraschino cherries, chopped | |
| No. 2 can crushed pineapple, drained | |

Mix all ingredients together.

*Caroline Belt,
Kirn Jr. High*

Jello Salad

- | | |
|----------------------------|-------------------------|
| 2 pkgs. strawberry Jello | 2 or 3 sliced bananas |
| 3 c. boiling water | Cool Whip or Dream Whip |
| 16 oz. frozen strawberries | |

Dissolve Jello in boiling water. Add strawberries and bananas. Refrigerate until set real well. Top with Cool Whip or Dream Whip, prepared according to package directions.

*Linda Jensen,
Kirn Jr. High*

Jello

- | | |
|-----------------------------------|-----------------|
| 1 can pltted, dark sweet cherries | 1 c. ginger ale |
| 2 (3 oz.) boxes cherry Jello | 1 c. water |
| | 2 lg. bananas |

TOPPING:

- | | |
|--------------------|------------------------|
| 2 c. Cool Whip | 1/2 c. toasted coconut |
| 8 oz. cream cheese | |

Drain cherries and reserve juice. Add enough water to equal 1 cup and boil. Dissolve Jello in boiling liquid; add ginger ale and 1 cup water. Add fruits, put in a 9x9 inch pan and chill.

Topping: Blend Cool Whip and cream cheese. (I mix this with the mixer). Spread over Jello and top with toasted coconut.

*Rose Davis,
Lewis Central Schools*

Korean Salad

- | | |
|----------------------|-------------------------------|
| 1 bag spinach | 2 hard boiled eggs, sliced |
| 1 can bean sprouts | 5 crisp slices bacon, chopped |
| 1 c. water chestnuts | |

DRESSING:

- | | |
|-----------------------------|----------------|
| 1 c. oil | 1/3 c. ketchup |
| 1/4 c. sugar | 1 med. onion |
| 1/4 c. vinegar | salt, to taste |
| 2 tsp. Worcestershire sauce | |

Dressing: Blend the ingredients together and pour over the salad.

*Dorothy Heck, Teacher Aide,
Hoover*

Vegetable Salad

- | | |
|--------------------|-------------------------|
| 1 head cauliflower | 1 bunch green onions |
| 1 bunch radishes | 1 cucumber, sliced fine |

DRESSING:

- | | |
|---|----------------------|
| 1 pkg. Good Seasons
Cheese Garlic Dressing | 1 sm. box sour cream |
| | 1 c. mayonnaise |

Dressing: Mix ingredients together. Pour over chopped vegetables.

*Dorothy Heck, Teacher Aide,
Hoover*

Waldorf Salad

- | | |
|--|----------------------------------|
| 2 apples, bite-size cubes,
(leave skins on) | 1/2 c. red grapes, no seeds |
| 1/2 c. mini. marshmallows | 1/2 c. celery, diced |
| 1/2 c. seedless white
grapes, halved | 1/2 c. walnuts |
| | lg. banana, cut in small
pcs. |

DRESSING:

- | | |
|----------------------|----------------------------|
| 1/2 c. mayonnaise | 1/4 c. milk, approximately |
| 1 T. sugar, to taste | |

Dressing: Mix ingredients together. Pour over salad ingredients.

*Mary E. Miller,
Council Bluffs, IA*

*Each time you turn the pages looking for something new to cook,
fondly remember each person who made possible this book.*

If you must strain your eyes, do it looking on the bright side.

Christmas Salad

- | | |
|----------------------|---------------------|
| 2 c. raw cranberries | 1 pkg. cherry Jello |
| 1 1/2 c. water | 1 apple, diced |
| 1 c. sugar | 1/2 c. nuts |

Add water to cranberries and simmer for 10 minutes; add sugar and Jello, allow to cool. Add remaining ingredients and refrigerate in a greased mold. Serve on lettuce leaves.

*Mary E. Miller,
Council Bluffs, IA*

Dressing & Sauces

Raspberry Vinegar

- | | |
|-------------------------|----------------|
| 1 c. whole raspberries | 2 1/2 T. sugar |
| 1 c. white wine vinegar | |

Set aside four whole raspberries. Mash remainder. Place in non-aluminum bowl. Bring vinegar just to a simmer. Pour over mashed raspberries. Cover bowl with three layers of cheesecloth. Let stand in cool area 36 hours. Do not refrigerate, stirring every 12 hours. Strain vinegar through a cheesecloth lined strainer into deep non-aluminum saucepan, pressing to extract as much juice as possible. Mix in sugar. Stir over low heat until sugar dissolves (3-4 minutes). Divide whole berries among glass bottles. Pour hot vinegar into hot bottles, leaving 1/2 inch space at top. Seal immediately, store in cool place up to 3 months.

*Roxanne Waechter (Dunn),
Lewis Central*

Spaghetti Sauce

- | | |
|--------------------------|----------------------------------|
| 6 cloves garlic, chopped | 1/2 c. Parmesan cheese |
| 3 onions, chopped | salt to taste |
| 1/2 c. oil | pepper to taste |
| 1 T. sweet basil | 2 tsp. baking soda |
| 1 T. oregano | 6 lb. 15 oz. can tomato
paste |
| 1 T. thyme | 3 1/2 gal. water |
| 3 bay leaves | |

Sauté onions and garlic until transparent in oil. Add the can of paste, then the water and all the remaining ingredients. Bring to a boil and let boil for at least one hour. Cook on simmer for 6-7 hours.

*Kirn Jr. High
Council Bluffs Schools*

Spaghetti Sauce

1/4 onion, minced 1 T. oil
1/4 tsp. minced garlic

Sauté onion and garlic in oil. Put in 12 ounce can tomato paste which is diluted with 3 cans water; add two 12 ounce cans of tomato sauce. Add salt and pepper to taste and 1/4 teaspoon sweet basil. Simmer for 1 hour or until sauce is thick for pasta.

*Cathy Blatter
Council Bluffs*

Spaghetti Sauce

20 c. chopped tomatoes 1 T. oregano
3 1/2 c. chopped onion 3 T. canning salt
1 lb. chopped green peppers 1 T. garlic powder
4 stalks celery, chopped 1 1/2 c. sugar
48 oz. canned tomato paste 2 T. Italian seasoning
5 bay leaves (take out after
cooking)

No need to peel tomatoes, just take out all green core possible and put all ingredients in blender (this makes canning simpler). Cook the first four ingredients for 30 minutes. Add rest of ingredients and cook for 2 hours. Makes 16 pints.

*LaVonne Morrison
Kirn Jr. High*

Mom's Barbecue Sauce

2 T. oil 3 T. brown sugar
1/2 c. chopped onion 1 T. prepared mustard
3/4 c. ketchup 1 T. Worcestershire sauce
1/4 c. vinegar 1/2 tsp. salt
3/4 c. water 1/8 tsp. pepper

Brown onions in oil, add rest of ingredients and simmer for 5 minutes. Pour over any kind of meat.

*Linda Gardner
Kirn Jr. High*

Defeat isn't bitter if you don't swallow it.

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings, etc.

Character is the sum total of the choices we have made.

B.B.Q. Sauce

2 T. butter 2 T. lemon juice
1 med. onion 2 T. Worcestershire sauce
1 clove garlic 2 T. brown sugar
1/2 c. chopped celery 1 tsp. salt
3/4 c. water 1 tsp. pepper
2 T. vinegar 1 c. ketchup

Melt butter and add onion, garlic and chopped celery until brown. Add remaining ingredients and cook 20 minutes. Pour over ribs that have been browned. Add to hamburger. Baste a chicken on grill. Keeps very well.

*Elizabeth Hiers
Kirn Jr. High*

Pizza Sauce

8 oz. can tomato sauce 1/2 tsp. parsley flakes
6 oz. can tomato paste 1/4 tsp. fennel seed
2 tsp. minced onion 1/4 tsp. garlic salt
1/2 tsp. dried basil 1/4 c. dry red wine
1/2 tsp. oregano (optional)

Mix ingredients in saucepan and bring to a boil. Cook over low heat about 10 minutes. Use about 3/4 cup sauce for each pizza. Store remainder in refrigerator or freeze for future use.

*Maxine McCallum
Council Bluffs*

French Dressing

1/3 c. vinegar 1 T. salt
2/3 c. oil 1 c. ketchup
1 c. sugar garlic powder

Beat well with mixer.

Thomas Jefferson Cafeteria

French Dressing

3 c. Mazola oil 1 tsp. garlic salt
3 c. sugar 3 pinches cloves
3 tsp. salt 3/4 c. vinegar
1 c. ketchup 3 sm. onions
1 c. tomato juice 3 T. Worcestershire sauce

Mix in blender.

*Shirley Hansen
Kirn Jr. High*

Keep an old toothbrush near the kitchen sink to use in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Oil Dressing

2 c. vinegar
2 c. oil
3 c. sugar
3/4 tsp. salt

2 tsp. onion salt
2 tsp. garlic salt
1 1/2 tsp. celery salt
1/8 c. onion flakes

Mix and refrigerate.

*Shirley Hansen
Kirn Jr. High*

Russian Dressing

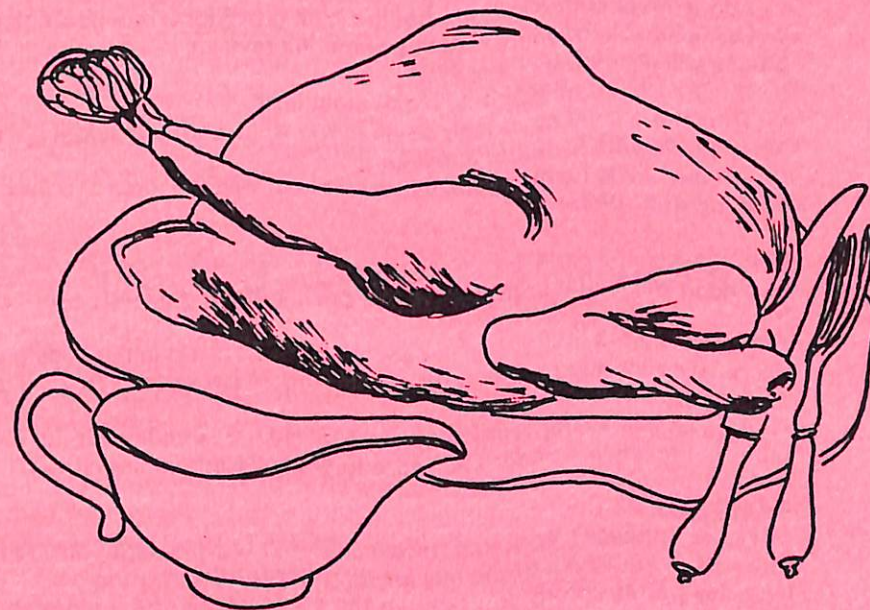
3 T. water
1/4 c. sugar
1/2 c. ketchup
1 T. vinegar
1/2 tsp. paprika

1/2 tsp. salt
1/4 c. grated onion
1 c. salad oil
1 T. Worcestershire sauce
juice of 1 lemon

Boil sugar and water until it threads. Cool. Mix remaining ingredients. Add syrup mixture and beat until thick.

*Maxine McCallum
Council Bluffs*

Main Meat Dishes



Hints for Meats

- Heat the frying pan before adding oil or butter to prevent sticking.
- Sprinkle salt in the bottom of a frying pan to prevent food from sticking.
- When you want a crisp, brown crust on chicken, rub mayonnaise over it.
- Try basting meat loaf with 1/2 cup brown sugar, 1 tablespoon dry mustard, 1/2 cup tomato juice, 1 1/2 cups chili sauce, and 1/2 cup pineapple juice for a delicious flavor.
- Grate an apple into hamburger, then shape into patties to add moistness.
- A large roast or turkey can be carved easily after it stands for 30 minutes.
- To remove the wild flavor, soak game birds 3 hours in 1 tablespoon baking soda and 1 tablespoon salt to 1 gallon of water. Basting in 7-Up helps take away the game taste.
- Add leftover coffee to ham, beef or pork gravy for a beautiful color.
- Use a small amount of baking powder in gravy if it seems greasy. The grease will disappear.
- Use an ice cream dipper to make meat balls.
- To make a fluffy meat loaf, beat an egg white stiff, and add it after all other ingredients have been mixed.
- When making hamburgers, mix a little flour with the meat and they will stay together better.

BACON:

- Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.
- Bacon dipped in flour will not shrink, or pinch a fold in the middle of a bacon slice to help prevent curling. Soaking in ice water a few minutes also works.
- A quick way to separate frozen bacon: Heat a spatula over the stove burner, then slide it under each slice to separate it from the others.

SAUSAGE:

- Have you ever tried to get roll sausage out of a package, only to find that half of it is stuck to the surrounding paper? Try running cold water over the paper before you remove the contents. Or, let it stand in ice water for awhile.
- Sausages will shrink less and not break at all if they are boiled about 8 minutes before being fried. Or, you can roll them lightly in flour before frying.

HAMBURGERS IN A HURRY:

- Poke a hole in their centers when shaping. The center will cook quickly and when the hamburgers are done, the holes are gone.

Main Meal Dishes

5 Hour Stew

- | | |
|-----------------------|---------------------|
| 2 lb. stewing meat | 3 T. Minute Tapioca |
| 3 diced potatoes | 1 T. sugar |
| 3 diced carrots | salt to taste |
| 1 can (2 c.) tomatoes | pepper to taste |
| 1/2 c. water | |

Brown meat in small amount of shortening. Combine with all other ingredients and put into covered casserole. Set temperature of oven to 250° and bake for 5 hours. *Edie Tysor*
T. J. High School

Quick Oven Stew

- | | |
|----------------------|----------------------------|
| 1 1/2 lb. stew meat | 1 can peas |
| 1 onion, chopped | 1 can cream of celery soup |
| 3-4 carrots, chopped | 1/2 can water |
| 4-5 potatoes, cut up | 1 T. Worcestershire sauce |

Combine all ingredients and put in oven at 300° for approximately 4-5 hours. *Rose Davis*
Lewis Central

Stuffed Green Peppers

- | | |
|---------------------------|--------------------|
| 4-5 lg. green peppers | 1/2 c. milk |
| 1 lb. ground beef | 1 T. grated cheese |
| 1 egg | 1/2 tsp. parsley |
| 1 T. finely chopped onion | salt to taste |
| 1/2 c. bread crumbs | pepper to taste |

Wash peppers and remove stems and seeds. Combine all other ingredients and fill pepper cavities. Place stuffed peppers in baking dish with 3 tablespoons of cooking oil. Pour about one cup of your favorite tomato sauce over peppers. Bake at 375° for 1 hour in a covered dish. *Mary E. Miller*
Council Bluffs

*When sowing carrot seed which is very fine, mix with radish seed.
The radishes will be pulled and the carrots left.*

He who marries for money, earns it.

*Build a trellis for your cucumber vines;
it makes them easier to pick and saves space in your garden.*

Sauerkraut, Ribs & Dumplings

- 3 pkg. (3-4 each) country-style back ribs
2 jars Vlasic sauerkraut
- 1 T. sugar
salt
pepper

Cover ribs with water and simmer 3-4 hours. Add sauerkraut, sugar, salt and pepper during last hour and a half. Add dumpling mixture (Bisquick recipe) and cook 10 minutes uncovered and 10 minutes covered.

*Darla Cleveland,
Council Bluffs*

Cowbelles' Summer Sausage

- 2 lb. hamburger
2 T. Morton's Tender Quick salt
1 tsp. onion salt
- 1 tsp. garlic powder
1 tsp. liquid smoke
1 c. water
1/2 tsp. pepper

Form into two long rolls. Roll and seal in Saran Wrap or foil. Refrigerate for 24 hours. If you use foil, prick holes in it before cooking. Boil sausage for 1 hour in water (enough to cover). Remove from heat; remove Saran Wrap or foil from sausage. Drain and let cool. When cool, re-wrap in new foil or Saran Wrap and refrigerate.

Note: May be frozen before or after cooking.

*Darla Cleveland,
Council Bluffs*

Beef Salami

- 2 lb. hamburger
1/4 tsp. garlic powder
1 tsp. liquid smoke
1/2 tsp. pepper
- 1 c. water
2 T. Tender Quick salt
1 T. brown sugar

Mix up like meatloaf. Roll out in Saran Wrap and let stand in refrigerator for 24 hours. Unwrap and place on broiler pan and bake for 1 hour at 300°. Take out of oven and let cool; freeze or ready to eat. This gets redder and redder the longer it cooks.

*Maxine Frieze,
T.J. Cafeteria*

A bum steer can give one plenty to beef about.

When you are ironing, keep a pair of scissors handy to clip threads, ravelings, and raw ends of lace and ribbons. It pays big dividends.

Pigs in the Blanket

- 2 1/2 lb. cabbage head
1/3 c. rice
1 1/2 c. water
2 lb. ground beef
1 sm. chopped onion
2 med. cloves garlic, chopped fine
- 1 tsp. salt
1/2 tsp. pepper
1 tsp. seasoned salt
1 (No. 303) can sauerkraut
1 can tomato soup

Remove center core of cabbage and partly boil until leaves are loosened. Then remove leaves and shave large veins; cool. Cook 1/3 cup rice in 1 1/2 cups water for 10 minutes; cool. Mix together the meat, onion, garlic and seasonings. Stir well into rice. Place about 1/2 cup rice and meat mixture at base of each cooled leaf and roll, turning sides in. Line bottom of large kettle with smaller loose cabbage leaves. Place cabbage rolls in kettle, add water to cover. Place lid on kettle and boil over low heat for one hour. Spread sauerkraut and tomato soup over cabbage rolls. Continue to cook 1 1/2 hours. Add more water if needed during cooking.

*Cleo Miner,
T.J.*

Supper Sandwich

- 6 slices bread
1 lb. ground beef
1/2 c. ketchup
2 eggs
- cheese
onion
1 c. milk

Place 6 slices buttered bread in a 9x13 inch pan. Bake at 350° for 15 minutes. In the meantime, brown 1 pound ground beef. Drain fat. Add 1/2 cup ketchup. Put 1/3 cup ground beef on each slice of bread. Add 1 slice of cheese and 1 slice of onion per slice of bread. Top with bread. Mix together 2 eggs and 1 cup milk. Pour over sandwiches and bake 50 minutes at 350°.

*Rose Davis,
Lewis Central*

The mother's heart is the child's schoolroom.

*It isn't the travel that is so broadening -
it's all that rich foreign food.*

A bright eye indicates curiosity; a black eye, too much.

Meatballs

4 slices bread	2 lb. ground beef
1 c. milk	1 can cream of mushroom soup
onion	1 can cream of chicken soup
salt to taste	1 can Pet milk
pepper to taste	
2 tsp. baking powder	

Combine 4 slices bread, broken up, 1 cup milk, onion, 2 eggs, salt and pepper to taste, 2 teaspoons baking powder, 2 pounds ground beef. Mix well, form into meatballs and brown in skillet. Place in baking dish and pour soup and milk over meatballs. Bake at 350° for 30 minutes.

*Rose Davis,
Lewis Central*

Salmon-Nut Balls

1 can red salmon	1 T. lemon juice
1/4 tsp. liquid smoke	2 T. horseradish
8 oz. pkg. cream cheese	1 c. chopped walnuts
1/4 tsp. salt	1/4 c. chopped parsley
1 T. grated onion	

Combine all ingredients, except nuts and parsley, well. Chill 1 hour. Combine 1 cup chopped nuts and 1/4 cup parsley on waxed paper. Shape salmon mix into ball and roll in nut mixture. Chill several hours. Spread on crackers.

*Darla Cleveland,
Council Bluffs*

Meat Loaf

2 lb. ground beef	8 oz. can water
2 eggs	1 pkg. spaghetti sauce mix
4 oz. shredded Cheddar cheese	salt to taste
8 oz. can tomato sauce	pepper to taste

Combine ground beef, eggs, cheese, 1/2 can tomato sauce and 1/2 package spaghetti sauce mix; mix well. Pour 1/2 can tomato sauce in bottom of casserole dish. Shape mixture into loaf. Cover with 1/2 package spaghetti sauce mix and 1 can water. Bake at 350° for 1 hour or until done.

*Rose Davis,
Lewis Central*

*Our fortune is like muddy water.
Be patient, don't stir it, and it will clear.*

Tomorrow is often the busiest day of the week.

Cherry-Sauced Ham Balls

1 beaten egg	2 T. shortening
3 T. milk	21 oz. can cherry pie filling
1/3 c. fine dry bread crumbs	1 T. lemon juice
1 1/2 lb. ground ham, fully-cooked	1/2 tsp. cinnamon

Combine first three ingredients. Add ham; mix well. Shape into 18 balls. Brown balls in hot shortening, shake pan often to keep balls round. Drain fat. Add 1/4 cup water. Simmer, covered, 15-20 minutes, turning balls occasionally. Meanwhile, heat pie filling with remaining ingredients and 2 tablespoons water. Serve some sauce on top of ham balls; serve remaining sauce.

*Rose Davis,
Lewis Central*

Swiss Steak

1/3 c. flour	8 oz. can tomato sauce
2 tsp. salt	2 (5 1/2 oz.) cans pizza sauce
1/4 tsp. pepper	1 med. onion, sliced
2 lb. round or chuck steak	
3 T. fat	

Combine flour, salt and pepper; pound into steak. Brown slowly on both sides in hot fat. Pour tomato sauce and pizza sauce over meat. Top with onion slices. Simmer, uncovered, 10 minutes. Cover and bake in large casserole at 350° for 1 hour or until steak is fork-tender.

*Rose Davis,
Lewis Central*

Cheese Steak

2 lb. round steak	1/2 tsp. salt
1/4 c. flour	1/4 tsp. garlic salt
3 T. hot fat	1/4 c. chopped onion
1 c. water	2 T. chopped parsley
1/2 c. shredded cheese	

Cut steak in 6-8 pieces; pound to 1/4 inch. Combine flour, salt and garlic salt. Dredge meat in mixture. Brown slowly in 3 tablespoons hot fat. Add 1 cup water and 1/4 cup chopped onion. Cover; simmer 1 hour or until tender. Sprinkle with 1/2 cup shredded sharp cheese and 2 tablespoons chopped parsley. Cover; cook 2-3 minutes or until cheese melts.

*Rose Davis,
Lewis Central*

*When you find yourself getting angry,
stand still for a moment and smile.*

Barbecue Sauce

- | | |
|---------------------|-----------------------------|
| 1 chopped onion | 1/4 c. vinegar |
| 1 tsp. salt | 1/4 c. Worcestershire sauce |
| 1 tsp. chill powder | 1 c. ketchup |
| 1 tsp. celery seed | 2 c. water |
| 1/4 c. brown sugar | |

Pork: Use 4-5 spare ribs. Place in shallow pan. Salt and pepper and cover with 1 cup chopped onion. Bake, uncovered, 45 minutes at 450°. Pour boiling sauce over ribs and bake 1-1 1/2 hours at 350°. Baste and turn occasionally.

Beef: Add onions to sauce. Brown in pressure cooker a good sized piece of beef. Pour sauce over it and cook an hour or little longer. Pull beef apart in small pieces and if sauce hasn't thickened put in oven a few minutes.

Thomas Jefferson Cafeteria

Crispy Chicken

- | | |
|-------------------------------|-----------------|
| 1 c. crushed corn flakes | 1/2 tsp. salt |
| 1/2 c. grated Parmesan cheese | 1/4 tsp. pepper |
| 3/4 tsp. oregano | chicken parts |
| | evaporated milk |

Combine first 5 ingredients. Roll chicken in milk and then in crumbs. Bake in a single layer about 1 hour at 350° until browned and tender.

*Betty Franks,
A.L. High*

Sweet-Sour Spareribs

- | | |
|---------------------------|----------------------|
| 3 lb. spareribs | 1/2 c. water |
| 2/3 c. packed brown sugar | 1/4 c. chopped onion |
| 2 T. cornstarch | 2 T. soy sauce |
| 2 tsp. dry mustard | salt to taste |
| 2/3 c. vinegar | pepper to taste |
| 1 can crushed pineapple | 1/4 c. green pepper |
| 1/2 c. ketchup | (optional) |

Spread ribs, meaty side up, in shallow pan. Brown at 425° for 20-30 minutes then drain fat. Sprinkle with salt and pepper. Combine rest of ingredients and cook over medium heat, stirring constantly, until thick and glossy. Spoon 1/2 of mixture over meat and bake, covered, 45 minutes at 350° then turn meat and cover with rest of sauce. Finish baking at least 30 minutes or until done. Remove lid the last 10-15 minutes.

*Betty Franks,
A.L. High School*

A man's life consists not of what he has, but what he is.

Filled Popover Puffs

- | | |
|----------------------------|-----------------------|
| 1/2 c. water | 3 eggs |
| 3 T. margarine or butter | ham-asparagus filling |
| 3/4 c. Bisquick baking mix | |

Heat oven to 400°. Heat water and margarine to boiling in 1 1/2 quart saucepan. Add baking mix, all at once. Stir vigorously over low heat until mixture forms a ball, about 1 1/2 minutes. Remove from heat; beat in eggs, one at a time. Continue beating until smooth. Drop 6 mounds of dough at least 3 inches apart onto aluminum foil-covered cookie sheet. Bake until puffed and dark golden brown, 25-30 minutes. Cool 5 minutes before removing from cookie sheet. Carefully remove from cookie sheet; cool completely. Cut off tops of popovers. Prepare filling. Makes 6 servings.

Note: Filling recipe below.

*Judy Robinson,
Lewis Central*

Ham-Asparagus Filling

- | | |
|-----------------------------------|--|
| 10 oz. pkg. frozen asparagus, cut | 2 c. milk |
| 1/4 c. margarine or butter | 1 c. shredded Cheddar or American cheese (4 oz.) |
| 1/4 c. Bisquick baking mix | 1 c. sliced mushrooms |
| 1/2 tsp. dry mustard | 2 c. cubed smoked ham, fully cooked |
| 1/4 tsp. salt | |
| 1/4 tsp. pepper | |

Cook asparagus as directed on package; drain and reserve. Heat margarine in 2 quart saucepan over low heat until melted. Stir in baking mix, mustard, salt and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat; stir in milk. Heat to boiling, stirring constantly; boil and stir 1 minute. Reduce heat; stir in cheese until melted. Add mushrooms; cook until wilted, about 2 minutes. Stir in asparagus and ham; heat through.

*Judy Robinson
Lewis Central*

Pork Chops and Sauerkraut

- | | |
|----------------------|----------------------|
| 6 pork chops | 6 apples, quartered |
| 1 lg. can sauerkraut | 1 1/2 c. brown sugar |

Brown pork chops. Line cookie sheet with the sauerkraut. Place pork chops on sauerkraut then place apples around edge of pan. Sprinkle brown sugar on top of chops and apples. Put in oven and bake at 350° for 2 hours or until chops are tender.

*Caroline Belt,
Kirn Jr. High*

Stuffed Round Steak

1 whole tenderized round steak, cut into 6 pieces
Dijon mustard
carrots
dill pickles
1 tsp. diced onion
2 cans mushroom soup

Cut steak into 6 pieces. Spread mustard over each piece. Cut carrots and dill pickles into fourths and place 3 of each on steak. Spread the diced onion over carrots and pickles. Roll and secure with toothpicks. Brown all sides in bacon grease. Pour off grease. Pour 2 cans undiluted mushroom soup over entire steaks and simmer 45 minutes.

*Danna Rigg,
Carter Lake School*

Beef Julienne with Asparagus

1 1/2 lb. boneless round steak
2 T. butter or margarine
1 clove garlic, minced
3 T. minced onion
12 oz. pkg. frozen asparagus, cut
2 tsp. salt
1/8 tsp. pepper
1 1/2 c. beef broth
1/4 c. cornstarch
1/3 c. water
4 oz. can sliced mushrooms, drained
3 c. hot cooked rice

Cut meat into pieces about 3 inches long and 1/8 inch thick. Sauté meat, garlic and onions in butter over high heat, stirring constantly until meat loses its red color. Add asparagus, salt, pepper and beef broth to skillet and bring to a boil. Lower heat, cover and simmer 8-10 minutes or until asparagus is just tender. It should not be overcooked. Blend cornstarch and water. Add to beef-asparagus mixture together with mushrooms. Cook until thickened and clear. Serve over hot rice. Serves 6.

*Angie Janda,
Carter Lake School*

Sad Recipe

*I didn't have potatoes,
So I substituted rice.
I didn't have paprika,
So I used another spice.
I didn't have tomato sauce,
I used tomato paste;
A whole can, not a half can...
I don't believe in waste.
A friend gave me the recipe,
She said you couldn't beat it.
There must be something wrong with her -
I couldn't even eat it!*

Tuna & Noodles Italian Style

9 1/4 oz. can tuna in oil
1 c. sliced celery
1/2 c. chopped onions
1 lb. can tomatoes
6 oz. can tomato paste
1/2 c. water
1 tsp. sugar
1 tsp. garlic salt
1 tsp. oregano
1/2 tsp. crushed sweet basil
4 oz. med. noodles, cooked and drained (about 3 c. uncooked)
1/4 c. grated Parmesan cheese

Drain tuna; pour oil into saucepan. Flake tuna; cook celery and onion in tuna oil until tender but not brown. Add tomatoes, tomato paste, water, sugar, garlic salt, oregano and basil. Cover and simmer about 30 minutes or until flavors are blended. Fold in tuna. Spread one-half of the noodles over bottom of shallow 1 1/2 quart casserole. Top with 1/2 of the tuna and cheese. Repeat, using remaining ingredients. Bake at 350° about 30 minutes or until hot and bubbly. Makes 4 servings.

*Angie Janda,
Carter lake School*

Train Wrecks

2 lb. ground beef
3 (8 oz.) cans tomato sauce
2 cans tomato paste
1 can stewed tomatoes
1 med. onion
2 tsp. chili powder
2 tsp. oregano
2 garlic cloves (optional)
2 tsp. cumin

Brown beef; drain. Mix remaining ingredients with beef and heat (the longer the better). To serve, place crushed Fritos on plate, add meat mixture, top with chopped lettuce, black olives, sour cream and grated Cheddar Cheese in any desired order.

*Shirley Sennet,
Wilson Jr. High*

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

*He may live without books -- what is knowledge but grieving;
He may live without hope -- what is hope but deceiving;
He may live without love -- what is passion but pining;
But where is man that can live without dining.*

Taco Bake

- | | |
|-------------------------|------------------------------|
| 2 lb. ground beef | 1/2 tsp. pepper |
| 1 1/2 c. chopped onion | 1 pkg. Doritos |
| 15 oz. can tomato sauce | 2 c. shredded Cheddar cheese |
| 15 oz. can kidney beans | 2 med. sliced tomatoes |
| 2 tsp. chili powder | 1 head lettuce |
| 1 1/2 tsp. salt | |

Brown meat and onions together; drain well. Add sauce, beans and spices; mix together. Bake in a 9x13 inch pan at 350° for 15-20 minutes. Crush chips, shred lettuce and chop onions. Spoon mixture over chips and sprinkle cheese on top of baked layer. Add lettuce, tomatoes and onions on top. Serves 8.

*JoAnn Harris,
Roosevelt School*

Ham Balls

- | | |
|-------------------------------|---------------------|
| 2 lb. ground cooked ham | 2 eggs, beaten well |
| 2 lb. ground pork, unseasoned | 1 c. milk |
| | 2 c. bread crumbs |

SAUCE:

- | | |
|----------------------|----------------|
| 1 1/2 c. brown sugar | 1/2 c. vinegar |
| 1 tsp. dry mustard | 1/2 c. water |

Mix and shape into balls. Pour following sauce over top. Bake at 300° for 1 hour 15 minutes.

Sauce: Heat until dissolved.

*Gayle Eyberg,
Edison School*

Chicken & Rice Casserole

- | | |
|--------------------------|------------------------------|
| 4 slices bacon | 1 sm. can mushrooms |
| 1 onion | 1 c. shredded Cheddar cheese |
| 1 green pepper | |
| 1 or 2 c. cooked chicken | |

Fry bacon, remove grease, sauté onion, pepper and mushrooms in pan. Combine soup, chicken and rice in large bowl. Add bacon and cheese; mix well. Place in covered dish. Bake at 350° for 30 minutes.

*Darla Cleveland,
Council Bluffs*

*His chubby hands crept round my neck
And whispered words I can't forget.
They cast a light upon my soul -
On secrets no one knew.
They startled me, I hear them yet:
"Someday I'll be like you!"*

Ham Timbales

- | | |
|--------------------|-------------------|
| 3 lb. hamburger | 7 eggs |
| 3 lb. ground ham | 5 c. bread crumbs |
| 3 lb. ground pork | 4 med. onions |
| 1 qt. tomato juice | salt |
| 3/4 c. milk | pepper |

Shape into little loaves. Bake for 45 minutes.

*Shirley Hansen,
Kirn Jr. High*

Island Style Spareribs

- | | |
|---------------------|---------------------------|
| 4 lb. spareribs | 1 T. Worcestershire sauce |
| 1 c. tomato ketchup | 1 T. soy sauce |
| 1/2 c. brown sugar | 1 tsp. prepared mustard |
| 3 T. vinegar | |

Season ribs; bake until half done in shallow pan at 350°. Combine remaining ingredients. Pour over ribs and bake until tender. Yields 4 servings.

*Linda Jensen,
Kirn Jr. High*

Barbecued Spareribs

- | | |
|---------------------|-----------------------|
| 3 lb. spareribs | 1/4 c. lemon juice |
| 1 med. sliced onion | 1 c. ketchup |
| 2 T. butter | 3 T. steak sauce |
| 2 T. vinegar | 1 T. prepared mustard |
| 2 T. brown sugar | 1 c. water |
| salt | 1/2 c. chopped celery |
| pepper | |

Brown ribs and onion in skillet. Combine butter, vinegar, brown sugar, lemon juice, ketchup, steak sauce, mustard, water, celery, salt and pepper in saucepan and simmer 15 minutes. Pour over ribs and bake 1 1/2 hours, covered, at 350°.

*Linda Gardner,
Kirn Jr. High*

Marinade for Grilled Pork Chops

- | | |
|----------------|--------------------|
| 2 c. soy sauce | 1/2 c. brown sugar |
| 1 c. water | 1 T. molasses |

Combine all ingredients. Marinate chops in this mixture overnight or all day. Grill slowly, brushing constantly with marinade mixture.

*Maxine McCallum,
Council Bluffs*

Baked Pork Chops

8 pork chops
1 tsp. salt
8 slices onion

8 slices lemon
1/2 c. brown sugar
1/2 c. ketchup

Place chops in shallow pan. Sprinkle with salt. Top each chop with onion slice and lemon slice. Mix brown sugar and ketchup. Top each chop with sugar mixture. Cover and bake at 350° for 1 hour. Uncover and bake 15 minutes longer.

*Betty Ronk,
Roosevelt*

Chili for 100

10 lbs. ground beef
2 1/2 c. chopped onion
3 qts. tomato puree
*1 c. flour

1 c. water
3 (#10) can red beans
1/4 c. salt
5 T. chili powder

For soup add 2 gallons water.

Note: This was my Mom's recipe when she cooked for the Macedonia School about 35-36 years ago. As usual she never wrote any directions, only the amounts. *The flour and water are for thickening, I think.

*Fran Rathke,
Bloomer School*

Lasagna

1 1/2 lb. ground hamburger
1 T. minced onion
1 tsp. garlic
1 tsp. oregano
1 tsp. sweet basil
1 lb. box lg. curd cottage cheese
1 lb. Mozzarella cheese, coarsely grated

1 c. Romano or Parmesan cheese
1 box lasagna
1 lg. can tomato paste
1 lg. can tomato sauce
salt and pepper to taste

Brown hamburger, onion, garlic. Add tomato paste, sauce, oregano, sweet basil, salt and pepper. Cook until sauce is thick, 1 1/2 hours. In another pan, cook lasagna until almost done; drain. Take a 9x13 inch pan and start with the sauce mixture then lasagna and then sauce again, cottage cheese, Mozzarella and Romano cheeses. Start over with lasagna again and layer until you get to the top. (You end up with lasagna, sauce, Romano cheese and Mozzarella cheese.) Bake at 350° for 30 minutes or until golden brown.

*Cathy Blatter,
Council Bluffs*

Overnight Lasagna

1 lb. Ricotta cheese
1/2 lb. Mozzarella cheese, shredded
1 egg
1 tsp. basil
32 1/2 oz. Jar spaghetti sauce or 1 qt. homemade sauce

8 oz. uncooked lasagna noodles
1/2 c. water

In a frypan, brown the beef over medium heat. Drain off fat into a can. Sprinkle beef lightly with salt and pepper. Allow the meat to cool. In a bowl, mix the cheeses (reserving 1/2 cup Mozzarella), egg and basil. Spread 1/2 cup of sauce in a greased 13x9x2 inch glass baking pan. Top with a layer of raw noodles, cheese mixture, crumbled meat and sauce. Build a second layer. Top with noodles, remaining sauce and the reserved 1/2 cup of cheese. Pour 1/2 cup of water around edges of pan. Cover tightly with foil (dull side out). Refrigerate overnight. Bake at 350° for 1 hour for glass pan (use 375° for metal one), or until mixture is bubbly and noodles are tender. Let stand 15 minutes before serving.

Creative ideas: Serve with grated Parmesan cheese or instead of the Ricotta cheese, use 24 ounces of lowfat creamed cottage cheese mixed with 2 tablespoons of cornstarch.

*Bev Boyer,
Council Bluffs*

Meat Loaf

3 lb. hamburger
1 lb. sausage
3 eggs
2 or 3 c. milk
2 c. Rice Krispies
1 med. chopped onion

2 tsp. salt
1/2 tsp. pepper
1/2 tsp. garlic salt
1/2 tsp. celery salt
1/2 tsp. oregano
1 tsp. sage

Mix together well. This should be very soupy to be very moist. Bake in a 9x13 inch pan. Cover with foil at 350° until done. Remove foil last 15 minutes. Bake 1 1/2-2 hours. Place 1/2 of meat loaf in a pan. Top with Mozzarella cheese; add other 1/2 of meat mixture. Bake as usual after browning top with remaining Mozzarella cheese; cover until just melted.

*Helen Harter,
Bloomer School*

*Listen to the good. Tune your ears to love, hope and courage.
Tune out gossip, fear and resentment.*

Pork Chops and Rice

- | | |
|--------------------------------|----------------------------|
| 1 c. uncooked rice | 1 can golden mushroom soup |
| 1 env. dry onion soup mix | |
| 3/4 c. orange juice | 1 can water |
| 1/4 c. sherry or orange brandy | |

Mix all of the above in a bowl to moisten the rice before putting in a 10x14 inch greased baking pan. Brown pork chops before you lay them on the rice mixture. Bake 1-1 1/2 hours in covered baking dish at 325°. Serves 6-8.

*Mary E. Miller,
Council Bluffs, Iowa*

Country Meat Loaf

- | | |
|----------------------------------|-----------------------------|
| 1 1/2 lb. ground beef | 2 eggs |
| 1/2 lb. bulk sausage | 1/2 c. ketchup |
| 1 med. onion, chopped | 1 tsp. Worcestershire sauce |
| 3 stalks celery, chopped | salt |
| 5 slices bread, torn into pieces | pepper |
| 1/4 c. milk | |

Break the bread in a large bowl and pour milk over it. Mix the meats, onion and celery together. Add unbeaten eggs and mix well. Add the ketchup and seasonings, then the bread mixture. Mix well and pack in a well greased loaf pan. Bake 1 1/2 hours at 350°. Pour off extra fat before removing the loaf to platter.

*Maxine McCallum,
Council Bluffs*

Stuffed Cabbage Rolls

- | | |
|--------------------------|---|
| 1 head cabbage | 1/4 c. finely grated onion-pulp and juice too |
| 1 lb. spicy pork sausage | |
| 1 1/2 c. cooked rice | 1/4 c. minced parsley |

Remove open leaves from cabbage. Cover cabbage with boiling water and boil 15 minutes to make tender, drain well, top side down. Mix together in bowl the sausage, rice, onion and parsley. Open all leaves from center of cabbage without removing core. Beginning at center of cabbage, plaster the sausage mixture over the inside of the leaves, folding them back as you do so; fold last bottom leaves toward top to make compact. Cook, core side down, in a solid bottom steamer tightly covered, over boiling water until cabbage is tender, 1 hour. Turn out onto steamer lid to drain; remove liquid, turn back into serving plate. Makes 6 servings.

*Mary E. Miller,
Council Bluffs, Iowa*

Easy Spaghetti & Sauce

- | | |
|-------------------|---------------------|
| 3 lb. ground beef | 1 sm. chopped onion |
|-------------------|---------------------|

Drain off grease and add 3 cans of tomato soup and 2 cans of cream of mushroom soup. Stir together and add a pinch of oregano and sweet basil. Let simmer for 30 minutes to 1 hour, stirring often.

Note: This was my sister Jean King's recipe. She was a cook at Roosevelt school.

*In Memory of Jean King
Fran Rathke,
Bloomer School*

Hamburger Stroganoff

- | | |
|------------------------|-----------------------------|
| 1 lb. hamburger | 1 can cream of chicken soup |
| 1 sm. onion | |
| 1 tsp. paprika | 8 oz. carton sour cream |
| 1 can button mushrooms | |

Brown hamburger, onion and seasonings. Cut up mushrooms; add mushrooms and soup. Simmer gently for 1 hour. Add sour cream but do not let boil, just heat through. Serve over mashed potatoes, hot rice or noodles.

Note: I like noodles best.

*LaVonne Morrison,
Kirn Jr. High*

Mac-a-Burger

- | | |
|--------------------------|--------------------------|
| 1 1/2 c. raw macaroni | 1/2 tsp. salt |
| sm. amount of onion | dash of pepper |
| 3 T. butter | 2 cans whole tomatoes |
| 1 lb. hamburger, browned | 1 scant c. grated cheese |

Boil macaroni in salt water and drain. Mix in remaining ingredients.

*LaVonne Morrison,
Kirn Jr. High*

One Dish Meal

- | | |
|-------------------------|------------------------------|
| 1 lb. hamburger | 1 can chicken rice soup |
| 1 c. chopped celery | 1 can cream of mushroom soup |
| 1 sm. onion | |
| 1 can chow mein noodles | 1 can water |

Brown hamburger, celery and onion then add remaining ingredients. Put in casserole and bake at 350° for 45 minutes. Nine times this will fill electric roaster.

*LaVonne Morrison,
Kirn Jr. High*

Nothing improves your driving like being followed by a policeman.

Tuna Burger

- | | |
|--------------------------------|--------------------------|
| 1 can cream of mushroom soup | 1 T. minced green pepper |
| 7 oz. tuna, drained and flaked | 1 T. onion |
| | 6 hamburger buns |

Combine cream of mushroom soup with tuna, green pepper and onion. Spoon into 6 hamburger buns. Wrap in foil. Bake on cookie sheet at 400° for about 10 minutes.

*LaVonne Morrison,
Kirn Jr. High*

Easy Tuna Cheese Pie

- | | |
|--|-----------------|
| 9-inch pie shell, baked | 3 eggs |
| 12-13 oz. can tuna, flaked | 1 c. mayonnaise |
| 1 c. shredded Swiss or American cheese | 1/2 c. milk |
| 1/2 c. chopped onion, green are best | |

In a large bowl, toss tuna, cheese and onion. Spoon into pastry. In bowl, stir together eggs, mayonnaise and milk. Slowly pour over tuna in pie crust. Bake at 375° for 50 minutes or until a knife inserted in center comes out clean.

Note: In a hurry, crumble some saltines in bottom of pie plate.

*Betty Ronk,
Roosevelt School*

Baked Chicken Breasts with Rice

- | | |
|-----------------------------|----------------------------|
| 4 chicken breasts | 1/2 c. rice |
| 1 can cream of chicken soup | 1 can cream of celery soup |
| 1 c. milk | 1 pkg. onion soup mix |

Stir milk, mushroom soup and celery soup together and pour into 9x13 inch pan. Sprinkle rice over soup. Place chicken breasts on top and sprinkle onion soup mix on top of chicken. Cover pan tightly with foil and bake at 350° for 2 hours. Do not peek.

*Fran Rathke,
Bloomer School*

*Those who bring sunshine to the lives of others,
cannot keep it from themselves.*

Many things can bring us wealth, but only friends can bring joy.

Chicken and Rice

- | | |
|--------------------------------|----------------------------|
| 1 c. rice | 1 can golden mushroom soup |
| 1 env. onion soup mix | 1 can water |
| 3/4 c. orange juice | |
| 1/4 c. sherry or orange brandy | |

Mix all of the above in a bowl to moisten rice before putting in a 10x14 inch greased baking dish. Arrange whole chicken cut up on top of rice mixture and bake 2 hours at 325° in a covered pan. Take off cover the last 1/2 hour and brown. Serves 6-8 or as much chicken as you put in. Rice seems to make an awful lot.

*Mary E. Miller,
Council Bluffs, Iowa*

Oven-Fried Chicken or Chops

- | | |
|---|----------------------------|
| 8 chicken legs or thighs or 4 loin pork chops | 2/3 c. Bisquick baking mix |
| 1 T. margarine | 1 1/2 tsp. paprika |
| | 1/4 tsp. pepper |

Heat oven to 425°. Melt margarine in 12x7 inch pan. Mix baking mix, paprika and pepper. Coat meat with baking mix mixture. Place in baking dish, skin-side-down. Bake chicken, uncovered, for 35 minutes. Turn; bake another 15 minutes. Bake pork chops 30-35 minutes.

Note: Your favorite herb seasoning can be added to baking mix mixture for additional flavor.

*Bev Boyer,
Council Bluffs*

Barbecued Chicken or Chops

- | | |
|---|---------------------------------------|
| 8 chicken legs or thighs or 4 loin pork chops | 1/4 c. bottled Italian salad dressing |
| 1/2 c. bottled barbecue sauce | 2 tsp. dried parsley flakes |

Combine barbecue sauce, salad dressing and parsley flakes in mixing bowl. Dip chicken or chops into barbecue mixture. Place in a 12x7 inch glass baking dish. (Place chicken skin-side-up.) Microwave 18-23 minutes on HIGH. Let stand 5 minutes before serving or bake at 350° for 50 minutes.

*Bev Boyer,
Council Bluffs*

*Each of us shine in a different way,
but this doesn't make our light less bright.*

Scalloped Chicken

4-5 lb. stewing chicken	1/2 c. chopped parsley
2 tsp. salt	salt to taste
1 tsp. Accent	pepper to taste
11-12 slices bread	3 c. chicken broth
1 c. finely chopped celery	1 c. milk
1/2 c. chopped onion	

Add salt and Accent to chicken and cover with water. Cook until tender. Bone chicken. After cool, take bread and remove crust; break into pieces. Put layer of bread and layer of chicken alternately until all chicken and bread are used. To your bread add chopped celery, chopped onion and chopped parsley, mixing well. Salt and pepper to taste. Bring chicken broth and milk to boil and pour over contents of casserole. Bake at 350° for 1 1/2 hours.

*LaVonne Morrison,
Kirn Jr. High*

Chicken Deluxe

1 lg. chicken	1/2 tsp. pepper
3 eggs, beaten	1 1/2 c. chopped celery
4 c. broth	1 1/2 c. grated American cheese
1 can mushroom soup	4 c. Ritz crackers, crushed
1 onion, chopped	
1/2 tsp. salt	

Cook chicken in salted water until tender; bone. Cut meat into pieces. Beat eggs and broth and soup. Add onion, pepper, salt, celery, cheese and crackers. Add meat and place in a 9x13 inch greased baking dish. Bake at 350° for 1 hour. Serves 9 or 10.

*LaVonne Morrison,
Kirn Jr. High*

Edna's Chicken Continental

1 frying chicken	1 T. chopped parsley
1/3 c. seasoned flour	1/2 tsp. celery flakes
1/4 c. butter	1/8 tsp. thyme
10 1/2 oz. can cream of chicken soup	1/2 tsp. paprika
2 1/2 T. grated onion	1/2 tsp. celery seed
1 tsp. salt	1 1/3 c. water
dash of pepper	1 1/3 c. Minute Rice

Flour chicken, brown in butter. Remove chicken and add remaining ingredients to drippings. Stir to a boil. Spread rice in 1 1/2 quart shallow casserole. Pour all but 1/2 cup soup mixture over rice. Stir. Lay chicken on top and cover with rest of mixture. Bake, covered, at 375° for 30 minutes. Makes four servings.

*Sara Anderson,
Kirn Jr. High*

Chicken Cantonese

2 1/2 lb. cut up frying chicken	1 c. celery (1" pieces)
1/3 c. cornstarch	2 T. brown sugar
2 tsp. paprika	2 T. soy sauce
1/4 c. cooking oil	1 c. uncooked rice
1 lb. 4 oz. can pineapple chunks	

Shake chicken one piece at a time in a small bag to coat with cornstarch and paprika mixture. Save cornstarch mix for thickening later in recipe. In skillet brown chicken slowly in oil, turning often to brown evenly. Drain pineapple, saving liquid. In medium bowl, add pineapple liquid, brown sugar, soy sauce and cornstarch mixture; mix together. Add celery chunks, pineapple and rice to mixture. Put in square 9x9 inch baking dish. Lay cooked chicken on top. Bake covered for about one hour at 350°.

*Mary E. Miller,
Council Bluffs, Iowa*

Quick-Fix Cacciatore

8 chicken drumsticks or thighs or 1 lb. beef round steak, boneless or 4 loin pork chops	1 1/2 c. chunky meatless spaghetti sauce
	1 green pepper, 1/4" strips
	Parmesan cheese, grated

Brown meat lightly in 350° skillet. (May need to use 1 tablespoon oil for browning.) Turn heat to simmer. Add green pepper and spaghetti sauce. Cover and cook over the low heat for 45 minutes or until tender. Transfer chicken to plate. Spoon sauce from skillet over meat. Top with grated Parmesan cheese.

*Bev Boyer,
Council Bluffs*

Western Eggs

1/2 c. chopped ham	1/4 c. butter or margarine
1/4 c. chopped green pepper	1 can cheese soup
3 T. chopped onion	8 eggs, slightly beaten

Cook ham, green pepper and onions in butter until the vegetables are tender; stir soup until smooth. Blend in the eggs and pour over the ham and vegetables. Cook over low heat until eggs are set.

*Caroline Belt,
Kirn Jr. High*

Anyone can give up! It takes grit to keep up.

Sausage 'N Kraut Skillet

2 T. shortening
1/4 c. diced onion
1/4 c. diced green pepper
3 c. fresh kraut

1 c. diced apples
2 lb. smoked sausage or
18 sausage links

Melt shortening in electric skillet or large heavy skillet; add onion and green pepper. Sauté for 5 minutes. Add sauerkraut and diced apples. Cover and cook over low heat for 25 minutes, stirring occasionally, or until apples are tender. Meanwhile, sauté sausage until brown or cook links as directed on package. Top hot sauerkraut mixture with sausage and serve. *Caroline Belt, Kirn Jr. High*

Runzas

1/4 c. shortening
1/4 c. sugar
1 c. milk
1 pkg. dry yeast soaked
in 1 c. warm water
1 egg

3 1/2 c. flour
1 tsp. salt
1 1/2 lb. lean hamburger
1 sm. onion
4 c. chopped cabbage

Scald milk. Place shortening and sugar in mixing bowl and pour scalded milk over top. Cool until lukewarm. Add egg, flour, salt and yeast. Let rise until double in bulk. Knead and roll to about 1/8 inch thickness. While dough is rising brown hamburger, onion and chopped cabbage. Salt and pepper to taste. Cut dough in 4-inch squares. Place 2 tablespoons hamburger filling on each square. Bring up corners and pinch together. Put folded ends down on cookie sheet one inch apart and let rise for 1 hour. Bake at 375° for 20 minutes or until golden brown.

*LaVonne Morrison,
Kirn Jr. High*

Johnson's Steaks

2 lb. lean ground beef
1 clove garlic, mashed
2 tsp. salt
1/2 tsp. pepper
1 tsp. Worcestershire sauce

1/4 c. onion
16 wieners
16 strips bacon

Mix all above ingredients together. Wrap meat mixture around wieners. Wrap 1 strip bacon around meat wrapped wieners and hold together with toothpicks. Cook 6-8 inches above charcoals for 10 minutes on each side or until bacon is brown.

*LaVonne Morrison,
Kirn Jr. High*

Octoberfest Dinner

sauerkraut, rinsed well
1/4 tsp. caraway seed
knockwurst
1 or 2 apples, cored and
chopped

potatoes
1 c. chicken broth

Cook on low in crockpot for 3 hours. Serve with mustard and rye bread.

*Dorothy Heck,
Teacher Aide-Hoover*

Mexican Luncheon

1 lb. pork sausage
1 c. diced pepper (opt.)
1 c. sour cream
2 T. sugar
1/2 c. diced onions

2 c. whole tomatoes or
juice
2 c. uncooked macaroni
1 T. chili powder

Brown sausage, onions and peppers. Drain off fat. Add all other ingredients and cover. Simmer 20 minutes over low heat. Add water to thin if necessary.

*Dorothy Heck,
Teacher Aide-Hoover*

Feather Bone & Dumplings

3 or 4 lbs. feather bones
1 lg. can sauerkraut

DUMPLING RECIPE:

1/2 tsp. salt
1 c. flour

2 tsp. baking powder
1 egg
1/4-1/2 c. milk

Cover feather bones with water and boil until done. Do not drain and add sauerkraut, simmering for 30 minutes. Drop dumplings by tablespoons into above mixture. Cover and cook until done, approximately 20-30 minutes. Can use dumplings from mix or the dumpling recipe.

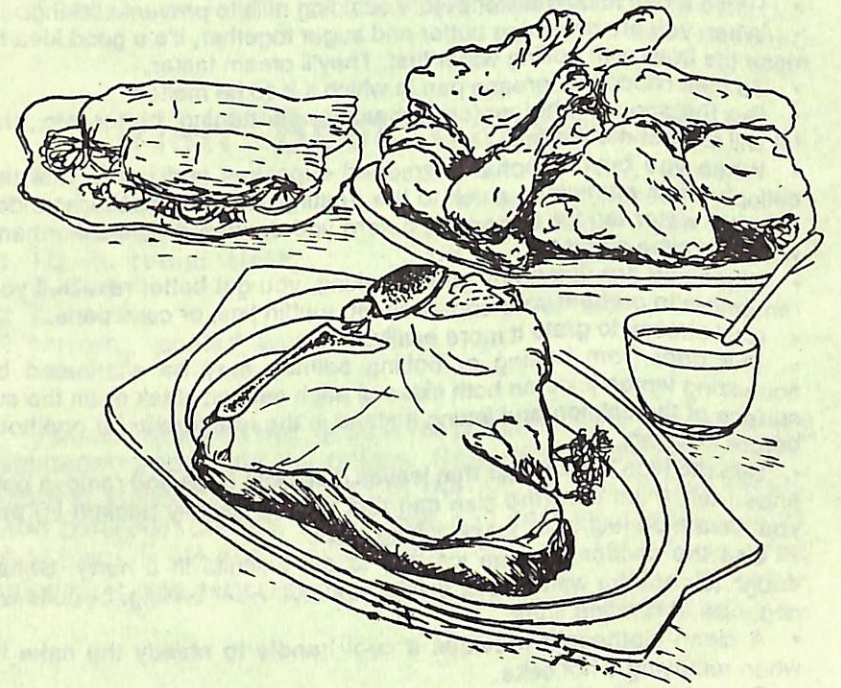
*LaVonne Morrison,
Kirn Jr. High*

That's How the Cook Crumbles

*Consider how the housewife reads
A cookbook and its counsel heeds,
And how she adds, with spoons and pinches,
Some cheese and chives, and never flinches,
Adds pepper also, pours in wine,
And tests it well and finds it fine,
Then serves her triumph, happy-faced,
To guests who salt before they taste.*



Meat Dish Casseroles



Hints for the Kitchen

- 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.
- To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.
- 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 bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.
- Rinse a pan in cold water before scalding milk to prevent sticking.
- When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.
- To melt chocolate, grease pan in which it is to be melted.
- Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.
- When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold water tap for a moment before you unwrap it. The cellophane will then come off clean.
- 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.
- Chill cheese to grate it more easily.
- The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour before cooking.
- Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.
- Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking, biscuits will separate at dividing lines.
- A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.
- Try using a thread instead of a knife when a cake is to be cut while it is hot.

Casseroles

Taco Salad

- | | |
|-------------------------------|--------------------------|
| 1 1/2 lb. hamburger | 16 oz. bottle Taco sauce |
| 1 can kidney beans | 1 lg. pkg. Doritos |
| 1 lg. head lettuce | 3 med. tomatoes, chopped |
| 1 sm. onion, chopped | 1 green pepper, chopped |
| 1 pkg. grated Cheddar cheese | 1 can black olives |
| 16 oz. bottle French dressing | |

Brown hamburger; drain off grease. Drain juice from kidney beans and add to hamburger. Cut up lettuce, tomatoes, onions, pepper and add cheese. Toss with dressing. Fold in meat and add taco sauce. Fold in crushed Doritos and add olives on top.

*Linda Gardner,
Kirn Jr. High*

Irish Beef Casserole

- | | |
|---|---|
| 1 T. margarine | 2 stalks celery, diced
in small pieces |
| 4 med. sized onions,
peeled and sliced | 1/2 tsp. salt |
| 1 1/2 lb. round steak,
cubed | 1/8 tsp. pepper |
| 2 T. flour | 1 c. Guinness stout beer,
or other ale |
| 2 carrots, peeled and
sliced | |

You can also add two good sizes potatoes. Melt margarine in a saucepan and sauté the onions. Combine the steak and flour, tossing lightly together. Add to the onions and brown lightly. Add potatoes, carrots, celery, salt and pepper; mix thoroughly. Add stout or ale and simmer gently, covered, for 2 hours. Very good for a cold and chilly day.

*Mary E. Miller,
Council Bluffs, Iowa*

Life is like a mirror; we get best results when we smile at it.

Any housewife, no matter how large her family, can always get some time to be alone --- by doing the dishes.

The most difficult meal for the average housewife to get is dinner out.

Tuna Casserole

- | | |
|---|-----------------------------|
| 1 lg. pkg. wide egg noodles | 1/2 c. chopped onion (opt.) |
| 2 cans cream of chicken soup | salt |
| 2 1/2 c. milk | pepper |
| handful grated American or Cheddar cheese | potato chips |

Cook noodles until soft. Drain and add creamed soup and milk, onion, salt, pepper and cheese. Crush potato chips over top. Bake 30-35 minutes at 350°.

*Darla Cleveland,
Council Bluffs*

One Skillet Spaghetti

- | | |
|----------------------|------------------------------|
| 1 1/2 lb. hamburger | 1 tsp. sugar |
| 1 lg. onion, chopped | 1 tsp. chili powder |
| 28 oz. can tomatoes | 7 oz. pkg. thin spaghetti |
| 1/4 c. ketchup | 1 c. shredded Cheddar cheese |
| 1/2 c. water | |
| 2 tsp. salt | |

Cook hamburger and onions in large skillet until browned; drain. Stir in tomatoes with liquid and add remaining ingredients except cheese. Break up tomatoes and spaghetti. Heat to boiling and reduce heat. Cover and simmer, stirring occasionally until spaghetti is tender, 30 minutes. More water or juice can be added. Sprinkle cheese on and melt. Serve with garlic toast and salad. Makes 8 servings.

*Joanne Thompson
Lewis Central*

Cavatini

- | | |
|--|-------------------------------|
| 1 lb. hamburger, browned | 2 sm. cans mushrooms, drained |
| 1 c. each shell, elbow & krinkle noodles | 1 can stewed tomatoes |
| 1 lg. jar Ragu spaghetti sauce | 2 c. Mozzarella cheese |

Cook all pasta and drain. Brown hamburger. Mix everything together and top with cheese. Bake at 375° for 30-35 minutes.

Note: You can serve as is if you would like after all ingredients are hot.

*Gael Henkel,
Lewis Central*

*I fished all day and caught a cold;
And just at night I had a bite
(cold ham and such);
'Twas for naught I fishing went;
I hooked at least an appetite.*

Cheese Meat Loaf

- | | |
|-------------------------------------|---------------------------------|
| 3 lb. ground beef | 1 T. salt |
| 3 eggs, slightly beaten | 2 T. prepared mustard |
| 3 c. soft bread crumbs | 1/4 c. cream or evaporated milk |
| 1 c. finely chopped onions | 1/4 c. ketchup |
| 1/2 c. finely chopped green peppers | 2 (8 oz.) pkg. sharp cheese |
| 3 T. horseradish (or to taste) | |

Blend beef with eggs, add chopped onion and green peppers. Add other ingredients except cheese, adding bread crumbs last. Mix well. Divide into three equal parts. Place one part in lightly greased 9x5x3 inch pan. Over this place, 6 slices cheese, overlapped and leaving a narrow margin at the edges. Place second part of meat over cheese slices. Place 5 slices cheese on second layer of meat, overlapped and leaving a narrow margin. Place remaining portion of meat on top and pack down firmly. Invert on foil-lined jelly roll pan and bake at 400° for 45 minutes. Remove the pan and cover the remaining cheese over the top. Bake for 5 minutes more or until cheese is melted. Let stand about 5 minutes before slicing. Serves 12.

*Lois Heuwinkel,
Lewis Central High*

Meat Ball Chowder

- | | |
|--------------------------|------------------------|
| 1 lb. ground beef | 3 beef bouillon cubes |
| 1 tsp. seasoned salt | 3 carrots, sliced |
| 1/8 tsp. pepper | 2 c. sliced celery |
| 1 egg, slightly beaten | 2-3 c. diced potatoes |
| 1/8 c. chopped parsley | 1/8 c. long grain rice |
| 2 T. fine cracker crumbs | 1 1/2 T. sugar |
| 1 T. milk | 1 tsp. salt |
| 1 1/2 T. salad oil | 1 bay leaf |
| 2-3 onions, diced | 1/4-1/2 tsp. marjoram |
| 3 c. water | 3/4 c. Mexicorn |
| 3 c. tomato juice | |

Mix first 7 ingredients. Mix thoroughly. Form into balls (walnut size). Dip in flour. Heat oil in 4-5 quart kettle. Lightly brown meat balls on all sides. Add remaining ingredients (except corn). Bring to a boil; cover. Reduce heat and cook at slow boil 30 minutes or until vegetables are tender. Add corn last 10 minutes. Makes 3-3 1/2 quarts.

*Lois Heuwinkel,
Lewis Central High*

Love begins when another person's needs become more important than your own.

Ham Balls

- | | |
|-----------------------|--------------------|
| 1 lb. ground ham | 1 c. brown sugar |
| 1 1/2 lb. ground beef | 1 tsp. dry mustard |
| 2 c. dry bread crumbs | 1/2 c. vinegar |
| 2 well beaten eggs | 1/2 c. water |
| 1 c. milk | |

Mix ham, beef, bread crumbs, eggs and milk. Shape into balls. Make sauce from other ingredients and pour over meat balls. Bake at 325° for 1-1 1/2 hours, depending on size. Baste meat balls frequently. Pineapple juice or cherry juice may also be added to water to make the 1/2 cup.

*Lois Heuwinkel,
Lewis Central High*

Basic Oven Meat Balls

- | | |
|--|-----------------------------|
| 3 beaten eggs | 1/2 c. finely chopped onion |
| 3/4 c. milk | 2 tsp. salt |
| 3 c. soft bread crumbs
(about 4 1/2 slices) | 3 lb. ground beef |

In large bowl, combine beaten eggs, milk, bread crumbs, chopped onions and salt. Add meat and mix well. Shape into approximately 72 one- inch meat balls. Place in baking pan. Bake at 375° for 25-30 minutes. Remove from pan and cool. Place on cookie sheet and freeze. Package in amount wanted for recipe or for meal.

Note: May be used in any way desired: spaghetti and meat balls, barbecued meat balls, etc.

*Lois Heuwinkel,
Lewis Central High*

Oven Fried Chicken

- | | |
|----------------------------------|--------------------------------------|
| 1/2 c. butter | dash of pepper |
| 1 pkg. potato chips,
crumbled | 2 1/2-3 lb. fryer chicken,
cut up |
| 1/4 tsp. garlic salt | |

Melt butter and add garlic salt and pepper. Roll chicken in mixture then in potato chips. Bake on a cookie sheet with the skin side up. Pour remaining butter over crumbs and over chicken. Bake 1 hour at 375°.

*Jeanne Gibler,
Lewis Central School*

*All the constitution guarantees is the pursuit of happiness.
You have to catch up with it yourself.*

It is one life whether we spend it laughing or weeping.

Ground Beef Sausage

- | | |
|-----------------------------|--------------------------|
| 5 lb. beef | 2 tsp. garlic powder |
| 2 sm. cloves garlic | 1 3/4 c. water |
| 2 tsp. onion salt | 3 tsp. mustard seed |
| 4 tsp. cracked black pepper | 5 tsp. tender quick salt |
| 1 tsp. hickory smoke salt | |

Combine all together and refrigerate for 24 hours. In that time, mix it around 2 times. Make into 3 rolls. Wrap in foil and refrigerate over night. Place a pan of water on bottom shelf. Place rolls on rack in side a pan. Bake at 325° for 2 hours. After cooled, re-wrap in foil and refrigerate for 10 days or freeze for 1 month.

*Linda A. Bonham,
Lewis Central School*

Sweet and Sour Pork

- | | |
|---|---|
| 1 1/2 lb. lean boneless pork
(cut into 1/2" cubes) | 2 T. cornstarch |
| 2 T. cooking oil | 1/4 tsp. ground ginger |
| 1/4 c. chopped onion | 1/4 c. vinegar |
| 15 oz. can pineapple chunks | 3 T. soy sauce |
| 1/4 c. packed brown sugar | 1 med. ground pepper
(cut into 1" squares) |

Brown pork in hot oil. Mix meat, onion and 1/4 cup water. Cover and simmer for 30-35 minutes. Drain pineapple, reserving juice. Combine brown sugar, cornstarch, ginger and 1/4 teaspoon salt. Blend in reserved pineapple juice, vinegar and soy sauce. Add pork mixture along with green pepper. Cook and stir until thickened and bubbly. Stir in pineapple, heat thoroughly. Serve over rice.

*Jeanine Gibler,
Lewis Central School*

Meat Balls 'N Macaroni

- | | |
|--------------------------|--|
| 46 oz. can tomato juice | 1 1/2 c. uncooked macaroni
(very small) |
| 1/2 scant c. brown sugar | small onion, chopped |
| 1/2 scant c. white sugar | 1 egg |
| 1 T. vinegar | 1 tsp. salt |
| 1 tsp. salt | 1/2 tsp. pepper |
| 1/2 tsp. pepper | |
| 2 lb. ground beef | |

In large pan, make sauce with tomato juice, brown and white sugar, vinegar, salt and pepper. Cook until boiling rapidly. Turn heat down. Mix together ground beef, macaroni, onion, egg, salt and pepper. Form into 1 1/2 inch balls. Drop in sauce and simmer, covered, for 1 hour. Stir occasionally to prevent sticking. Makes about 20 good sized meat balls.

*Jeanine Gibler,
Lewis Central*

Perfect Swiss Steak

2 tsp. salt	1 lg. onion, sliced
1 1/2 tsp. pepper	1 clove garlic
3/4 c. flour	2 c. tomato juice
2 lb. round steak, cut 2 inches thick	1/4 c. oil
	1 bay leaf

Mix salt and pepper with flour and dredge steak, pounding well. Brown onion in oil. Remove from pan. Add brown meat in the same oil. Cover with onions. Add bay leaf and garlic and enough water to cover meat. Bake at 350° for about 3 hours. Pour tomato juice over meat and bake one more hour, covered.

*Edie Tysor,
T.J.*

Summertime Barbecued Ribs

10-12 country style pork ribs	1 jar favorite barbecue sauce
----------------------------------	----------------------------------

Place ribs, covered, with water in large kettle. Bring water to boil; reduce to simmer (maintaining water level while cooking). Simmer until ribs are fork tender (approximately 1 1/2-2 hours). Remove and either dip or brush each rib with barbecue sauce. Place ribs on either gas grill (medium low heat) or on charcoal grill. Cook 15-20 minutes until barbecue sauce sets. Makes 4-6 servings.

Thomas Jefferson Cafeteria

Quick No Fuss Lasagna

1 box Kraft tangy Italian spaghetti mix or 32 oz. jar of Ragu or other spaghetti sauce	1 lb. ground beef
1/2 lb. lasagna noodles	1 lb. grated Mozzarella cheese
	1/2 c. Parmesan cheese

Brown ground beef; drain well. Prepare spaghetti sauce according to directions on box or jar. (If using box mix keep spaghetti for future use with Ragu or home made sauce.) Boil noodles until tender. Grease 2 quart casserole. Place part of sauce on bottom of dish so noodles won't stick. Put layer of noodles, sauce and both cheeses. Repeat so there three layers or more. Bake at 350° for approximately 45 minutes to 1 hour.

Rose Davis

*Example is more forcible than precept. People look at my
6 days in the week to see what I mean on the 7th.*

When life hands you lemons, make lemonade.

Marinated Salmon Steaks

4 fresh salmon steaks	2 T. snipped parsley
1/3 c. orange juice	2 T. cooking oil
1/3 c. soy sauce	1 clove garlic, crushed
2 T. brown sugar	1/2 tsp. dried basil

Place fish in shallow dish. Combine all other ingredients and pour over fish. Marinate 4-6 hours in refrigerator. Turn occasionally; drain and reserve marinade. Place fish in well greased wire grill baskets or cook directly on grill, sprayed with Pam. Grill over medium hot coals for 8 minutes on each side. Baste with marinade. Cook until fish flakes when tested with fork. Heat remaining marinade and drizzle over fish or serve on the side.

*Roxanne Warchter (Dunn),
Lewis Central*

Savory Tuna Roll

PASTRY:	1/3 c. shortening
1 c. flour	1/4 c. shredded cheese
1/2 tsp. salt	3-4 T. water

FILLING:	1/4 tsp. salt
2 T. chopped onion	dash thyme
2 T. butter or oleo	dash pepper
1 T. flour	6 1/2 oz. can tuna
1/4 c. evaporated milk	1 slightly beaten egg

Mix flour and salt, cutting in shortening and cheese. Add water and chill while mixing filling.

Sauté onion in butter or oleo. Blend in flour, evaporated milk, salt, thyme and pepper. Add tuna and egg reserving 1 tablespoon egg for topping.

Roll out pastry to 12x7 inch rectangle. Spread filling lengthwise. Roll up and seal edges. Brush with egg. Prick top with fork. Bake at 400° for 35-45 minutes. Serve with creamed peas.

*Lorraine Dunn,
Lewis Central*

Steak Casserole

2 lb. round steak	1 sm. can mushrooms
1 can mushroom soup	1 T. dry onion soup mix

Cut meat in bite size pieces and brown in skillet. Place in baking dish and pour soup mixture over. Place in microwave for 20 minutes.

*Linda Gardner,
Kirn Jr. High*

20 Minute Main Dish

- | | |
|-------------------------------------|----------------------------|
| 1 lb. ground beef | 1/8 tsp. pepper |
| 1/4 tsp. salt | 10 1/2 oz. can tomato soup |
| 16 oz. mixed vegetables,
drained | 4 oz. can mushrooms (opt.) |
| | 1/4 c. chopped onion |

Brown ground beef and onions; drain. Add seasonings. Stir in vegetables, soup and mushrooms. Pour into a 1 1/2 quart casserole and bake at 400° for 15 minutes. Serve with hot biscuits.

*Rose Davis,
Lewis Central*

Tater Tots Casserole

- | | |
|-------------------|-------------------------|
| 1 lb. ground beef | 1 can mushroom soup |
| 1 tsp. salt | 1 pkg. frozen peas |
| 1/8 tsp. pepper | 1 box frozen tater tots |
| 1 T. onion | |

Cook meat, add spice and chopped onions together. Place in an 8-inch pan. Pour soup over meat then sprinkle the peas on top of meat and soup mixture. Add tater tots on top. Bake at 350° for 30 minutes.

*Linda Gardner,
Kirn Jr. High*

Chicken with Rice

- | | |
|---------------------|-------------------------------------|
| 2 c. Minute Rice | chicken or pork chops to
serve 6 |
| 1 can mushroom soup | |
| 1 can celery soup | |

Clean out cans with liquid (milk or water). Grease baking dish and add above ingredients. Put raw chicken or pork chops on top. Sprinkle with dry onion soup as desired. Cover with foil. Bake 2 hours at 350°. Don't uncover or look.

*Mary Ann Spoto,
Roosevelt School*

Busy Day Casserole

- | | |
|--------------------------------------|---------------------|
| 1 lb. hamburger | 2 c. tomatoes |
| 1 onion | 2 c. dry noodles |
| 1/2 c. green pepper | salt |
| 1 can green beans, juice
included | pepper |
| | 1 tsp. chili powder |

Steam hamburger, onion and green pepper; drain. Add green beans, tomatoes, dry noodles and chili powder. Bake at 350° for 1 hour.

*Shirley Hansen,
Kirn Jr. High*

Mock Chicken Legs & Noodles

- | | |
|----------------------------------|--|
| 1 1/2 lb. hamburger | 1 egg |
| 1/2 c. dry bread crumbs | 1 green pepper |
| 1/3 c. milk | 8 oz. pkg. noodles |
| 1 1/2 tsp. salt | 10 1/2 oz. can cream of
mushroom soup |
| 1/4 tsp. pepper | 3 soup cans water |
| 3/4 tsp. Worcestershire
sauce | 3 chicken bouillon cubes |
| 3/4 tsp. dried minced onion | |

Combine the hamburger, bread crumbs, milk, salt, pepper, Worcestershire sauce, onion and egg; mix well. Divide into eight equal parts and form each part into the shape of a log. Brown these in a large skillet (electric). Drain off fat. Slice green pepper into rings and lay over meat. Pour uncooked noodles over top of this. Dilute the soup with one can of water. Pour over noodles. Dissolve the bouillon in other two cans of water and pour over all. Cover and simmer for 1 hour over low heat. Stir occasionally.

*LaVonne Morrison,
Kirn Jr. High*

Broccoli and Chicken Casserole

- | | |
|---|-----------------------------------|
| 2 (10 oz.) pkg. frozen or
fresh broccoli | 1 tsp. lemon juice |
| 3 c. cooked chicken | 1/2 tsp. curry powder |
| 2 cans cream of chicken
soup | 1/2 c. shredded Cheddar
cheese |
| 1 c. mayonnaisse | 1 T. melted butter |
| | 1/2 c. bread crumbs |

Cook broccoli and arrange in a 9x13 inch baking dish. Arrange chicken over broccoli. Combine soup, mayonnaisse, curry powder, lemon juice and cheese. Pour over broccoli and chicken. Top with melted butter and crumbs. Bake at 350° for 35 minutes.

*Helen Walker,
Roosevelt School*

Italian Noodle Casserole

- | | |
|-----------------------------|--------------------|
| 1/2 lb. ground beef | 1/2 c. water |
| 1/2 c. chopped green pepper | 1 lb. can tomatoes |
| 1/2 c. onion | salt to taste |
| 6 oz. can tomato paste | pepper to taste |

In baking dish, alternate layers of cooked Mostaccioli noodles (8 ounce package) with meat sauce and Velveeta slices, ending with cheese. Bake at 350° for 30 minutes.

*LaVonne Morrison,
Kirn Jr. High*

Meat 'N Vegetables

1 lb. ground chuck
1/3 c. herb seasoned stuffing
1/4 c. nonfat dry milk
1 egg
1 T. water
1 T. butter

1 can condensed cream of mushroom soup
1 1/2 c. shredded Cheddar cheese
2 pkg. frozen mixed vegetables, partially thawed

Lightly combine first five ingredients. Shape into eighteen balls. In skillet, melt butter and brown meat slowly. Combine soup and cheese. Arrange one-half vegetables on bottom of casserole. Place meat balls around sides. Spoon soup mixture into center, then remaining vegetables. Cover with fork; bake 50-60 minutes at 350°.

*Linda Volff,
Kirn Jr. High*

Beef & Cabbage Taco Casserole

1 1/2 c. potatoes, peeled and shredded
1/2 c. shredded Cheddar cheese
1/4 tsp. pepper
1/8 tsp. onion salt
1 lb. lean ground beef
1 1/2 c. shredded cabbage

4 oz. can chopped green chili peppers, drained
1/2 c. taco sauce
1/4 tsp. pepper
1/8 tsp. onion salt
1 c. shredded Cheddar cheese
taco sauce (opt.)

In a large mixing bowl, toss together potatoes, the 1/2 cup cheese, 1/4 teaspoon pepper and 1/8 teaspoon onion salt. Press into the bottom and up sides of a greased 1 quart shallow baking dish. Bake at 350° for 20 minutes. Meanwhile, in a large skillet, brown ground beef; drain well and set aside. In the same skillet, stir-fry in cabbage over high heat for 2-3 minutes. Remove from heat and stir in ground beef, green chili peppers, 1/2 cup taco sauce, 1/4 teaspoon pepper and 1/8 teaspoon onion salt. Mix well and mount into partially baked potato crust and bake 20 minutes. Top with remaining cheese and bake 2-3 minutes more or until cheese melts. Let stand 10 minutes before serving. Makes 4-5 servings.

*Leona Jacoba,
Council Bluffs*

*If you think the world is all wrong,
remember that it contains people like you.*

Hamburger Casserole

2 lb. ground beef
2 lb. pkg. tater tots
1 can celery soup

1 can cream of chicken soup
1 sm. onion, chopped

Brown beef and onion together; drain well. Add soups and mix all together. Put in baking dish with tater tots on top. Bake at 375° for 45 minutes.

*Jo Ann Harris,
Roosevelt School*

Pizza Casserole

2 lb. hamburger
1 green pepper, chopped
2 cans tomato soup
1/2 tsp. garlic salt
1/2 tsp. oregano
1/2 tsp. onion salt

1/4 tsp. pepper
1 pkg. egg noodles
1/4 lb. Mozzarella cheese
1/4 c. Parmesan cheese
mushrooms
olives

Brown meat and drain. Add spices and simmer 15 minutes. Cook noodles and put in oblong casserole dish. Add meat and sauce. Put on pepper, mushroom and olives. Top with Mozzarella cheese. Cover with foil and bake 35 minutes at 350°. Remove foil, sprinkle with Parmesan cheese and bake 10 more minutes.

*Linda Gardner,
Kirn Jr. High*

Pizza Casserole

1 1/2 lb. hamburger, seasoned & browned
8 oz. macaroni, cooked and drained
10 oz. can pizza sauce and cheese
8 oz. can tomato sauce
1/4 c. water

1/4 tsp. oregano
1 pkg. pepperoni slices
1 tsp. garlic salt
1 tsp. Italian seasoning
1/2 c. shredded Cheddar cheese
1/2 c. shredded Mozzarella cheese

Mix all together. Sprinkle with cheese and place pepperoni slices on top. Bake at 350° for 30 minutes. Serves 8-10. Can be frozen and then baked.

*Joanne Thompson,
Lewis Central*

*Oh, busy mother rolling dough,
Don't you wish that food would grow.
Like a cookie bush and doughnut tree,
How happy all the world would be.*

Round Steak Casserole

- | | |
|------------------------------|-----------------------|
| 1 lg. round steak | 1 c. diced onions |
| 1 can cream of mushroom soup | 1 can mushroom pieces |
| 1 can cream of celery soup | 4-5 sliced potatoes |
| | 4-5 carrots, cut up |

Cut round steak into individual servings. Dredge in flour and fry until brown. Remove from skillet and put in Dutch oven. Combine the soups with 2 cans milk. Pour this mixture over the meat. Put onion and mushroom pieces on top of soup mixture. Place the peeled potatoes on top. Salt and pepper to taste. Bake at 350° for 1 1/2 hours. Serves 5 people.

*Virginia Lynch,
Lewis Central*

Corn & Oyster Casserole

- | | |
|-----------------------------------|--------------------|
| 2 cans whole kernel corn, drained | 1/4 c. light cream |
| 1 can cove oysters, drained | 4 T. butter |
| 1 sm. jar pimientos | salt |
| 4 soda crackers | pepper |

Put 1 can corn in casserole, then 1/2 of the oysters and 1/2 the pimientos. Crumble 1/2 the crackers and 2 tablespoons butter. Repeat and pour in cream, salt and pepper. Bake at 350° for 1 hour.

*Sarah Hanson,
Lewis Central*

Impossible Chicken Pot Pie

- | | |
|--|----------------------------|
| 2 c. cut up cooked chicken | 1 1/3 c. milk |
| 1 1/2 c. frozen peas and carrots, thawed and drained | 4 eggs |
| 1/4 c. chopped mushrooms | 3/4 c. Bisquick baking mix |
| 1/4 c. chopped onion | 1/2 tsp. salt |
| | 1/4 tsp. pepper |

Heat oven to 400°. Grease pie plate, 10x1 1/2 inches. Mix chicken, peas and carrots, mushrooms and onions in plate. Beat remaining ingredients until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 30-35 minutes. Cool 5 minutes. Serves 6-8.

*Judy Robinson
Lewis Central*

Children never exaggerate. They just remember big.

*Take a lesson from the clock.
It passes the time by keeping its hands busy.*

One Dish Meal

- | | |
|----------------------|---------------------|
| 2 c. sliced potatoes | 2 T. chopped onion |
| 1 c. sliced carrots | salt & pepper |
| 1 c. diced celery | 1 can mushroom soup |
| 1 lb. ground beef | 1 can milk |

Place together in baking dish. Cover meat and vegetables with soup and milk. Bake, covered, about 45 minutes at 350°. Uncover last 10 minutes. Can be reheated if prepared ahead.

*Lois Heuwinkel,
Lewis Central High*

Turkey Divan

- | | |
|---|--------------------------------------|
| 1 lg. bunch fresh broccoli (or pkg. frozen) | 10 1/2 oz. can cream of chicken soup |
| 1 pkg. sliced turkey (wafer thin variety) | 1 sm. carton sour cream |
| 1/4 c. oleo or butter | 1 sm. jar pimientos, drained |
| | 3/4 c. grated Swiss cheese |

Cook broccoli in salt water. Drain. Arrange broccoli in single layer in baking dish. Place diced turkey on top of broccoli. Combine soup and sour cream. Spoon over meat and broccoli. Sprinkle diced pimientos over above. Sprinkle cheese over top of casserole. Bake in 400° oven for 25 minutes. For microwave, cover dish tightly with plastic film. Puncture with knife in 3 or 4 places. Cook on full power 2 1/2 minutes. Turn and cook 2 1/2 minutes more.

*LaVonne Morrison
Kirn Jr. High*

Sloppy Joes

- | | |
|-----------------------|-------------------------------|
| 1 lb. ground beef | 1 1/2 tsp. brown sugar |
| 2 T. onion | 3/4 tsp. Worcestershire sauce |
| 1 1/2 tsp. butter | 3/4 tsp. salt |
| 1/4 c. + 3 T. ketchup | 1/2 tsp. vinegar |
| 2 T. chopped celery | 1/8 tsp. dry mustard |
| 1 T. lemon juice | |

Brown meat and drain. Add rest of ingredients and simmer. Makes enough for 10 people.

*Lorraine Hansen
Norfolk, NE*

Vegetarian Love

*Dearest Sweet Pea: Do you "carrot" all for me? My heart "beets" for you. With your beautiful "radish" hair and your "turnip" nose, you are the "apple" of my eye. Give me a "date," please. If we "cantaloupe," "lettuce" get married anyway. I know we would make a happy "pear."
Your "Sweet Potato"*

Ground Beef-Potato Dish

5 med. potatoes	1 tsp. pepper
2 sm. onions	1 T. oleo
1 1/2 lb. ground beef	2 c. water
1 tsp. salt	2 T. flour

Slice potatoes into ungreased baking dish. Add salt and pepper to meat. Brown meat and onion together in oleo on range. Pour mixture over the potatoes; sprinkle with flour; add water. Bake for 1 1/2 hours in a 350° oven. Cover baking dish with foil the first hour; uncover for remaining period.

*LaVonne Morrison
Kirn Jr. High*

Quick & Easy Hamburger Goulash

1 lb. ground beef (hamburger)	1/2 c. chopped onion
2 cans tomato sauce	16 oz. pkg. noodles
6 cans water	1 tsp. chill powder
	salt and pepper to taste

Brown beef and onion in a 3-quart saucepan. Add remaining ingredients. Bring to boil and simmer for 25 minutes. Serves 6-8.

*Linda Jensen
Kirn Jr. High*

Eggs Chiffon

4 slices buttered and cubed bread	1/2 lb. American cheese, cubed or shredded
3 beaten eggs	salt and pepper
1 c. milk	cubed ham, bacon pieces, or crumbled sausage

Mix all together. Let stand overnight in greased baking dish. Bake 1 hour at 350°. Will puff up.

*Karen Kennedy
Roosevelt School*

*Do more than exist - live;
Do more than touch - feel;
Do more than look - observe;
Do more than hear - listen;
Do more than listen - understand;
Do more than think - ponder;
Do more than talk - say something.*

If it is to be - it is up to me. (10 two letter words)

Steamed Cabbage & Potatoes

2 lb. cabbage	1 lb. smoked sausage
2 lg. potatoes	salt and pepper
1/4 c. olive oil	broth or water
1 c. sliced onions	

Wash cabbage, core and chop; or slice 1/2 to 1-inch pieces. Thickly slice potatoes. Heat olive oil in saucepan. Add onion and sausage. Cook until onion is wilted. Add cabbage and potatoes, salt and pepper. Cover and steam over low heat for 20-30 minutes or until tender. Stir frequently. If dry, add water or broth.

*Lois Heuwinkel
Lewis Central High*

Skillet Spanish Rice

1/4 c. vegetable oil	2 (8 oz.) cans Hunt's tomato sauce
1 med. onion, thinly sliced	1 3/4 c. hot water
1/2 med. green pepper, chopped	1 tsp. prepared mustard (opt.)
1/2 lb. ground beef	1 tsp. salt
1 c. uncooked rice	dash of pepper

Heat oil in skillet. Add onion, green pepper, beef and rice. Stir over high heat until brown. Add tomato sauce and remaining ingredients. Mix well. Bring quickly to a boil. Cover tightly and simmer for 25 minutes. Makes 4 servings.

*Danna Rigg
Carter Lake School*

Chicken Enchiladas

1 onion, chopped	2 - 3 lb. chicken, cooked and boned
1 can cream of chicken soup	12 - 16 oz. pkg. plain Doritos
1 can cream of mushroom soup	1 lb. grated Cheddar cheese
1 can Cheddar cheese soup	1 sm. can green chilles
2 - 3 T. margarine	

Saute onion in margarine. Can be done in microwave. Combine soups and green chilies. In large baking dish, place a layer of Doritos, layer of chicken and soup, layer of cheese. Repeat layers until dish is full, ending with cheese. Bake at 350° for 45 minutes.

*Edna Plumer
Lewis Central*

Combo

1/2 c. mayonnaise
1/4 c. flour
1/2 tsp. salt
dash of pepper
2 c. milk

1/4 lb. American cheese
cubes
1/4 c. sliced green onions
1/4 c. chopped pimiento
1 1/2 c. cubed cooked ham
4 hard cooked eggs, sliced

Blend the mayonnaise, flour, salt and pepper. Gradually add the milk. Cook and stir until thickened. Add cheese cubes, onions, and pimiento. Heat until cheese melts. Add ham and eggs. Heat and serve on toasted hamburger buns or English muffins.

*Caroline Belt
Kirn Jr. High*

Enchiladas

3 lbs. hamburger
1/2 c. water
salt and pepper
garlic salt
3 lg. potatoes, diced
1 1/2 lbs. Colby cheese,
shredded
onion, diced

1/2 c. oil
1/4 c. chili powder
garlic salt and salt
16 oz. can tomato sauce
1/2 can water
1/2 tsp. sugar
2 or 3 doz. flour tortilla
shells

Combine hamburger, 1/2 can water, salt, garlic salt, pepper and potatoes. Cover and cook slowly. When completely cooked, drain grease. Using fork or hand potato masher, be sure all ingredients are well blended. Let cool. When completely cooled, add shredded cheese and chopped onion. (This can be stored in an airtight container until ready to use, if desired.)

Sauce: Heat oil and add chili powder, garlic salt, salt, tomato sauce, 1/2 can water and 1/2 teaspoon sugar. Bring to full boil and boil for 5 minutes. Cool. If too thick, can add more water. Dip flour tortilla in sauce and fill with meat mixture. May be stored in refrigerator or freezer. When ready to serve, you can add more sauce and top with more cheese if desired. Warm in oven or microwave until hot.

*Linda Strong
Lewis Central School*

*Hey diddle, diddle,
I've a bulge in my middle
And hope to whittle it soon,
But eatin's such fun
That I won't get it done
Till my dish runs away with my spoon!*

Sausage or Ham and Egg Brunch

8 slices bread, cubed,
after crust removed
1 pkg. Hormel Sizzlers,
fried and cut up
3/4 lb. Velveeta cheese,
cubed

7 lg. or 8 med. eggs,
lightly beaten
2 3/4 c. milk
1 tsp. dry mustard
1 1/2 tsp. salt
pepper
4 T. butter, melted

Butter a 9x13-inch pan. Place bread cubes, Sizzlers, and cheese in the pan in that order. Combine eggs and milk with mustard and salt. Pour this over cheese. Pour butter over top and refrigerate overnight. Bake uncovered for 1 hour at 325°.

*Sara Anderson
Kirn Jr. High*

Hamburger Pie

1 lb. hamburger
1 can French cut green
beans

1 can tomato soup
1 sm. dish inst. potatoes

Brown the hamburger; add the soup and green beans. Heat well and then put the ingredients in a bowl. Make the instant potatoes according to box directions. Put the potatoes on top. Can be heated more in the microwave. Make as much as you like just by adding more of everything.

*Gael Henkel
Lewis Central*

Enchilada Casserole

1 lb. hamburger
1 onion
8 oz. can tomato sauce
1 tsp. garlic salt
1 tsp. chili powder

1 tsp. salt
1/2 tsp. pepper
1/2 can cream of mushroom
soup
1/2 can milk

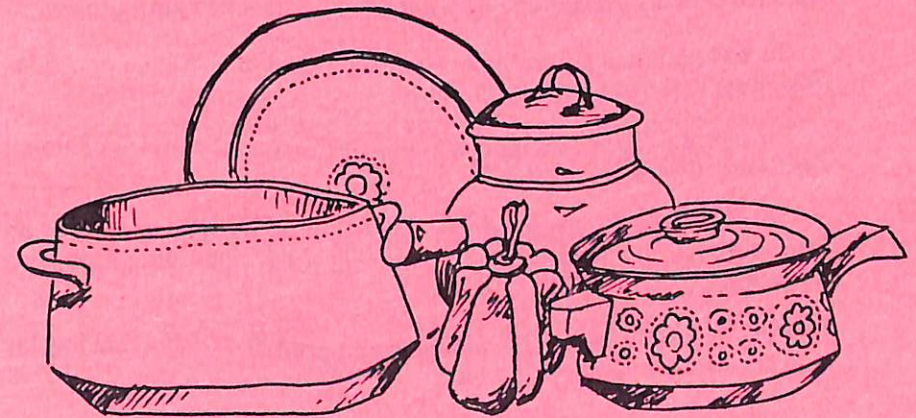
Saute garlic salt, hamburger and onion. Add chili powder and tomato sauce. Line bottom of casserole with Doritos. Pour meat sauce over Doritos. Layer meat sauce and Doritos. Add mushroom soup and milk. Grate 1 cup Cheddar cheese on top. Bake at 350° for 20 minutes.

*Darla Cleveland
Co. Bluffs*

*Some thrifty housewives who would say
That waste could cause them sorrow,
Will save leftover dabs today
But throw them out tomorrow.*



Casseroles & Soups



Cooking Hints

- For white fluffy rice, add 1 teaspoon lemon juice to boiling water.
- To prevent rice, noodles or spaghetti from boiling over or sticking together, add a little butter or oil to the water.
- If soup or stew is too salty, add cut raw potatoes and discard once they've cooked and absorbed the salt.
- Food cooked in cast iron has up to 30 times more iron than food cooked in another pan.
- To keep cauliflower white while cooking, add lemon juice or milk to the water.
- If fresh vegetables are wilted or blemished, pick off brown edges, sprinkle with cold water, wrap in towel, and refrigerate 1 hour.
- Overcooked potatoes can become soggy when milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.
- To boil potatoes in less time: Remove a strip of skin from one side. Boil, then rest of skin peels off easily.
- To silk ear corn, dampen a terrycloth or paper towel and brush downward on ear.
- To clean and separate lettuce, remove core by striking sharply on hard surface. Fill inside of head with cold water, then drain and chill, covered.
- Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for 1 hour in refrigerator.
- To keep apples, bananas, avocados or pears from discoloring when cut-up, coat with orange juice or diluted lemon juice.
- Soft water is best for making pickles. One tablespoon vinegar per gallon of boiled, cooled, hard water (with sediment removed) will soften it to make brine for soaking pickles.

Casseroles

Potato Casserole

1-2 lbs. frozen hash browns	2 c. shredded Cheddar cheese
1/2 c. onions, chopped	
16 oz. carton sour cream	1 1/2 c. crushed corn flakes (measure first, then crush)
1 can cream of chicken soup	
1/4 c. melted butter	

Spread frozen hash browns and onion in 9x13 buttered pan. Mix sour cream, soup, Cheddar cheese and melted butter; spread over potatoes and onion. Put crumbs in another 1/4 cup melted butter and sprinkle on the top. Bake at 350° for 45-60 minutes.

*Mary Feekin
Lewis Central*

Broccoli Rice Casserole

1 c. raw Minute Rice	1/2 c. milk
2 pkgs. frozen chopped, broccoli	1 can cream of chicken soup
2 T. butter	1/2 c. Cheez Whiz
1 small onion, chopped	

Cook broccoli and drain, stir in rest of ingredients and pour in buttered casserole. Bake at 350° for 35 minutes uncovered.

Mary Feekin, Lewis Central

Broccoli Casserole

3 pkgs. frozen broccoli, chopped	1 c. cooked rice
1 stick margarine	1 small jar Cheez Whiz
1/2 c. celery, chopped	1 can cream of mushroom soup
1/4 c. onion, chopped	

Prepare broccoli as directed on package. Melt margarine and simmer with celery and onion. Prepare rice and mix cheese and mushroom soup with mixture. Fold in drained broccoli. Bake 1 hour at 325°.

Virginia Lynch, Lewis Central

*It's not enough to save
And a little too much to dump -
And there's nothing to do but eat it -
That makes the housewife plump.*

Layered Tortilla Pie

- | | |
|-------------------------------|---------------------------------------|
| 1 lb. ground beef | 1 T. chili powder |
| 1 med. onion, chopped | 1 tsp. salt |
| 1 clove garlic, minced | 1/4 tsp. black pepper |
| 1 T. oleo or butter | 6 corn tortillas, buttered |
| 8 oz. can tomato sauce | 2 c. shredded Longhorn Cheddar cheese |
| 2 1/4 oz. drained ripe olives | 1/2 c. water |

Brown meat, onion and garlic in oleo or butter. Drain. Add tomato sauce, sliced olives, chili powder, salt and pepper. In round 2 quart casserole, alternate layers of tortillas and steamed meat mixture and 1 1/2 cups cheese. Sprinkle rest of cheese over top. Pour water around edges of finished casserole. Bake covered at 400° about 25 minutes. Let stand 5 minutes before serving.

Betty Franks, A. L. High School

Corn Casserole

- | | |
|-------------------------------|--------------------------------------|
| 1 can creamed corn | 1 tsp. salt |
| 1 c. cream or evaporated milk | 1 small can drained oysters, chopped |
| 1 egg | 12 crackers, crushed |

Mix together the corn, egg, salt, oysters, milk and crackers. Place in casserole, bake at 350° until set and browned, about 45 minutes.* To double recipe I use 1 can of whole kernel corn with the 1 cream style and add 1 extra egg plus the rest of the ingredients.

Betty Franks, A. L. High School

Chicken and Rice Casserole

- | | |
|---------------------------------|-------------|
| 1 cut-up chicken (10-15 pieces) | 2 c. rice |
| 1 can cream of celery soup | 1 can water |

Stir together cream soups, add rice with 1 cup water. Spread mixture in baking dish or pan. Place raw chicken parts on the soup and rice mixture. Sprinkle with dry onion soup (1 pkg.). Seal baking dish with foil and bake for 2 hours at 350°.

Kim Tedesco, Council Bluffs Food Service Office

*O'weary mother mixing dough,
Don't you wish that food would grow?
Your lips would smile, I know to see
A cookie bush or a pancake tree.*

Hungarian Goulash

- | | |
|-----------------------------------|----------------------|
| 2 lbs. stew meat (cut into cubes) | 1 T. brown sugar |
| 1 large onion, sliced | 2 tsp. salt |
| 1 clove garlic, minced | 12 T. paprika |
| 1/2 c. ketchup | 1/2 tsp. dry mustard |
| 2 T. Worcestershire sauce | 1 c. water |
| | 1/4 c. flour |

Place meat in slow cooker, cover with onion. Combine garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika and mustard. Stir in water. Pour over meat. Cover and cook on low for 9-10 hours. Turn control on high. Dissolve flour in small amount of cold water; stir into meat mixture. Cook on high until slightly thickened (10-15 minutes). Serve goulash over noodles or rice. Makes 5 to 6 servings.

Anna Ellingsen, Lewis Central School

Corned Beef & Cabbage

- | | |
|----------------------------------|--|
| 3 carrots (cut in 3 inch pieces) | 3/4-1/4 c. water |
| 3-4 lbs. corned beef | 1/2 small head cabbage (cut in wedges) |
| 2-3 medium onions, quartered | |

Place all ingredients except cabbage in crock pot in order given. Cover. Cook on low 8-10 hours or high 5-6 hours. Add cabbage to liquid. Push down to moisten. Turn to high. Cook 2-3 hours. Vegetables may vary, or be omitted.

Lida Dunn, Lewis Central

Hamburger Dressing

- | | |
|---|----------------|
| 1 1/2 lbs. ground beef | 2 cans milk |
| 2 cans cream of mushroom soup, or cream of celery, or cream of chicken soup | 1 box croutons |

Brown ground beef. Place all ingredients in casserole. Cover and bake at 350° for 45 minutes. Uncover for the last 15 minutes.

Lida Dunn, Lewis Central

Fancy Recipes

*She read the fancy recipes
each one a tempting winner
Then dashing to her kitchen
fixed some ham and eggs for dinner.*

Enchilada Casserole

- | | |
|---|------------------------------|
| 12 oz. bag of nacho cheese tortilla chips | 1 can cream of mushroom soup |
| 1 1/2 lbs. ground beef | 1 can enchilada sauce |
| 1 can chopped green chiles | 1 c. grated cheese |
| 1 can chill beans | |

Place chips on bottom of baking dish. Add hamburger. Mix other ingredients and spread on top. Top with cheese.

Rita Hermsen, Lewis Central

7-Layer Casserole

- | | |
|------------------------------------|-------------------------------------|
| 1 c. uncooked rice | 1/2 c. onion, chopped finely |
| 1 c. whole kernel corn, drained | 1/2 c. green pepper, chopped finely |
| salt & pepper | 3/4 lb. uncooked ground beef |
| 2 (8 oz.) cans Hunt's tomato sauce | |
| 3/4 can water | |

Place the rice on bottom of baking dish. Layer the corn over the rice. Sprinkle with salt and pepper. Pour 1 can of tomato sauce and 1/2 can of water over first two layers. Spread chopped onion, green pepper, uncooked ground beef and seasoning. Pour second can of tomato sauce and 1/4 can water over all. Cover meat with strips of bacon, cut in half. Cover dish and bake at 350° for 1 hour. Uncover and bake about 30 minutes longer. Makes 4-6 servings.

Danna Rigg, Carter Lake School

Scalloped Potato Bake

- | | |
|------------------------------|-------------------|
| 8 c. thinly sliced potatoes | 1 can celery soup |
| 1/2 c. finely chopped onion | 1 c. milk |
| 1 can cream of mushroom soup | 3/4 tsp. salt |
| | dash pepper |

Spread 4 cups potatoes in bottom of large baking dish. Combine remaining ingredients; pour half over potatoes, repeat layers. Cover, bake at 350° for 1 hour. Uncover and bake 30 to 45 minutes longer. Serves 8.

For meat dish-4 to 6 pork chops. Brown pork chops, drain and steam in 1/4 cup of water for 45 minutes on low heat, place on top of potatoes for last 30 to 40 minutes.

Joy Sowers, T. J. High School

Turkey & Broccoli with Noodles

- | | |
|--|--|
| 8 oz. egg noodles | 2 cans cream of chicken, mushroom or celery soup |
| 2 c. diced cooked turkey | 1 soup can of water |
| 2 (10 oz.) pkgs. frozen chopped broccoli, cooked and drained | 1/2 tsp. salt |
| 1 1/2 c. (6 oz.) grated Cheddar cheese | dash of pepper |
| | 3 oz. can French-fried onion rings |

Cook noodles, drain. Add noodles to a 13x9x2 casserole. Cover with turkey and cooked broccoli. Top with half the grated cheese. Blend soup, water, salt and pepper together. Then pour over casserole mixture. Sprinkle with remaining cheese. Cover with foil and bake at 350° for 25 minutes. Uncover and top with French-fried onion rings. Bake 5 minutes more. Makes 8 servings.

Angie Janda, Carter Lake School

Vegetable Casserole

- | | |
|-------------------------------|--------------------------------|
| 1 can asparagus | 1/2 c. grated cheese |
| 2 cans green beans | 1 can French-fried onion rings |
| 2 cans cream of mushroom soup | |

Drain green beans and asparagus, place in baking dish, add mushroom soup. Mix together, add grated cheese. Bake at 325° for 40 minutes. Add French-fried onion rings; fold half into bean mixture. Place the rest on top and serve.

Joy Sowers, T. J. High School

3-Bean Casserole

- | | |
|--------------------|-----------------------|
| 1/4 lb. bacon | 1 tsp. dry mustard |
| 1 lb. hamburger | 2 T. vinegar |
| 1 onion, chopped | No.2 can kidney beans |
| 1/2 c. ketchup | 1 can lima beans |
| 1/2 c. brown sugar | 1 can pork & beans |
| 1 tsp. salt | |

Brown first 3 ingredients and drain. Mix rest of ingredients in a crock pot and cook for 2 hours.

Maxine Frieze, T.J. High

Mexican Casserole

1 lb. ground beef	16 oz. can red beans
4 oz. can enchilada sauce	8 oz. pkg. corn chips
8 oz. can tomato sauce	1 c. grated Cheddar cheese
1 small onion	1 c. commercial sour cream

Brown the hamburger in a little oil. Add sauces, onion, red beans and half of chips (lightly crushed). Add half of the cheese, pour into a large casserole and bake for about 25 minutes at 350°. Top with sour cream and edge with the remaining crushed chips. Sprinkle remaining cheese over top. Return to oven for 10 minutes.

Caroline Belt, Kirn Jr. High

Chicken Broccoli Casserole

5 chicken breasts	1/2 tsp. curry powder
2 (10 oz. pkgs.) of frozen broccoli pieces	1 c. Cheddar cheese, grated
2 cans cream of chicken soup	1 c. bread crumbs
1 c. salad dressing	1/4 c. butter or margarine, melted
1 tsp. lemon juice	

Prepare the chicken breasts by cutting them in half and wrapping each piece in foil. Bake for 2 hours-this can be done ahead of time, refrigerating after baking until needed. Cook the broccoli for 5 minutes. Drain. Mix the cream of chicken soup, salad dressing, lemon juice and curry powder. Place the broccoli on the bottom of a 9x13 inch pan then cube the chicken over it. Pour the soup mixture over chicken. Sprinkle with the cheese. Stir the bread crumbs with the melted butter or margarine and sprinkle over all. Bake until brown, about 40 minutes at 350°. Makes 10 servings.

Caroline Belt, Kirn Jr. High

Corn and Broccoli Casserole

1 can cream style corn	1/4 c. chopped onion
10 oz. pkg. frozen broccoli (chopped, cooled drained)	1/2 tsp. salt
1 egg, beaten	5 T. melted oleo
1/2 c. coarse saltine cracker crumbs	1 c. bread cubes

Mix all ingredients except the bread cubes, using only 2 tablespoons of oleo. Mix the remaining 3 tablespoons of oleo with the bread cubes for the topping. Bake at 350° for 35-40 minutes.

*Gayle Eyberg
Edison School*

Hearty Beef & Potato Casserole

4 c. frozen potato rounds	10 3/4 oz. can cream of celery soup
1 lb. ground beef	1/3 c. milk
10 oz. frozen broccoli	1 c. shredded Cheddar cheese
1 can French-fried onions	
1/4 tsp. garlic powder	

Bake potatoes 10 minutes. Brown meat and put everything on top of potatoes, then layer cheese on top and then put onion rings last. Bake for 40 minutes covered.

Emma Jean Summerville, Council Bluffs

Pork Chop Casserole

6 pork chops	1 small can onion rings
1 c. shredded cheese	1/2 c. milk
1 can cream of celery soup	1/2 c. sour cream
24 oz. hash browns	

Mix in order. Bake at 350° oven for 40 minutes. Put cheese on top and bake 5 minutes more.

Emma Jean Summerville, Council Bluffs

Green Bean Casserole

2 (1 lb.) cans green beans, drained	1/8 tsp. black pepper
3/4 c. milk	2.8 oz. French-fried onions
10 3/4 oz. condensed cream of mushroom soup	

Combine beans, milk, soup, pepper and 1/2 can French-fried onions. Pour into a 1-1/2 quart casserole. Bake uncovered at 350° for 30 minutes. Top with remaining onions, and bake 5 minutes longer. Makes 6 servings. Can be put in microwave. Cook covered, on high 8-10 minutes. Turn halfway through. Top with onions. Cook uncovered on high 1 minute. Let stand 5 minutes.

Karen Kennedy, Roosevelt School

Old age needs so little, but needs that little so much.

*A child's life is like a piece of paper
on which every passerby leaves a mark.*

Children need models more than they need critics.

Broccoli & Rice Casserole

- | | |
|---|----------------------------|
| 3/4 c. stick butter or margarine | 2 c. cooked rice |
| 1/2 c. chopped onion | 1 can mushroom soup |
| 2 (10 oz.) pkgs. frozen chopped, broccoli | 1 c. grated Cheddar cheese |

Preheat oven to 350°. Saute the onions in the butter. Pour onions into bowl, mix in thawed broccoli, then mix in rest of ingredients. Pour in greased casserole and bake 1 hour.

Maxine McCallum, Council Bluffs

Summer Squash Casserole

- | | |
|--|----------------------------------|
| 2 lbs. yellow summer squash, sliced (6 cups) | 1 c. shredded carrots |
| 1/4 c. chopped onion | 8 oz. pkg. seasoned stuffing mix |
| 1 can condensed cream of chicken soup | 1/2 c. butter or margarine |

In sauce pan, cook sliced squash and chopped onion in boiling water for 5 minutes. Drain. Combine soup and sour cream. Stir in shredded carrot. Fold in drained squash and onion. Combine stuffing mix and butter. Spread 1/2 stuffing mixture in bottom of 12x7 1/2x2 baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake at 350° for 25 to 30 minutes.

Mary E. Miller, Council Bluffs

Mashed Potato Casserole

- | | |
|------------------------------|--------------------------|
| 2 c. cooked, mashed potatoes | 1 small onion, (chopped) |
| 8 oz. cream cheese | 2 eggs (beaten) |
| | 1 small box onion rings |

Mix all ingredients together; place in baking dish and put onion rings on top. Bake at 350° for 25 minutes.

JoAnn Harris, Roosevelt School

*Preparing good food is the job of a wife
Which we'll all agree is a very good life.
Recipes are certainly handy
When making cookies, pies and candy.
On the pages of this cookbook you'll find
Favorite recipes of every kind.
We thank all our friends who took their time
Good luck to you and may you have fun
Trying these recipes, one by one.*

Vegetable Casserole

- | | |
|------------------------------|--------------------|
| 1 med. can green beans | 1/2 tsp. pepper |
| 1 med. can corn | 1 1/2 tsp. salt |
| 1 med. can peas | 3 c. milk |
| 2 c. cooked, drained carrots | 1 1/2 T. butter |
| | 7 oz. box crackers |

Drain liquid from vegetables and save 1 1/2 cups of the liquid. Add to milk and mix all vegetables. Add salt and pepper. Mix all together. In large dish alternate layers of vegetables then crackers. Dot with butter. Bake at 350° for 45 minutes.

JoAnn Harris, Roosevelt School

Breakfast Casserole

- | | |
|--------------------|-----------------------|
| 10 eggs | 1 lb. cheese (cubed) |
| 5 c. milk | 1 tsp. dry mustard |
| 16 slices bread | 1 c. butter, (melted) |
| 2 lbs. ham (cubed) | |

Grease pan well. Line pan completely with bread slices. Mix eggs, milk and dry mustard. Heat and pour over bread. Put ham and cheese over egg mixture. Pour melted butter over this. Cube the rest of the bread and press into mixture to be sure it gets well moistened. Bake at 350° for 1 hour or 2 hours if it has been refrigerated overnite. This makes 2- 9x13 pans.

Shirley Hansen, Kirn Jr. High

Everyday Casserole

- | | |
|-------------------------------------|----------------------|
| 2 c. uncooked macaroni | 1/2 c. grated cheese |
| 2 c. milk | 2 boiled eggs |
| 2 cans mushroom soup | 1 small onion |
| 2 c. meat, (hamburger, or any kind) | |

Prepare this ahead of time or the night before. Bake 1 hour.

Shirley Hansen, Kirn Jr. High

Rice & Broccoli Casserole

- | | |
|--------------------------|-----------------------------------|
| 1 small onion | 1/2 tsp. salt |
| 1/4 c. margarine, melted | 5 oz. jar cheese spread |
| 2 c. Minute Rice | 2 (10 oz.) pkgs. chopped broccoli |
| 2 c. water | |
| 10 oz. can mushroom soup | |

Bake at 350° for 35 to 45 minutes. Just before serving, sprinkle corn flakes browned in butter over top and broil until crisp.

Darla Cleveland, Council Bluffs

Cinnamon Yams with Apples

- | | |
|-------------------------------|--------------------|
| 2 c. sliced cooked yams | 1/2 c. brown sugar |
| 1 1/2 c. sliced peeled apples | 1/4 c. butter |
| | 1/2 tsp. salt |

Butter a 1 1/2 quart casserole. Alternate in casserole layers of the above ingredients. Sprinkle 1/4 cup red cinnamon candies on top. Bake at 350° for 1 hour. Keep covered half of the time. Add a little water during baking if it seems to be dry.

Angie Janda, Carter Lake School

Baked Corn

- | | |
|-------------------------|------------|
| 1 1/4 c. cracker crumbs | 2 T. flour |
| 1/2 c. butter, melted | 1 c. milk |
| 2 cans corn | |

Mix cracker crumbs and melted butter. Make a white sauce by melting 2 tablespoon butter over low heat, adding flour until blended.

Emmajean Summerville, Council Bluffs

Southwest Baked Beans

- | | |
|------------------------------------|-----------------------------------|
| 4-15 oz. cans pinto beans, drained | 2 small onions, chopped |
| 1/2 c. ketchup | 4 oz. can chopped green chilies |
| 1 tsp. garlic salt | 10 oz. can tomato & green chilies |
| 1 tsp. prepared mustard | |
| 2 slices bacon | |
| 1/2 c. sorghum | |

Mix all, top with cubed bacon. Bake 1 1/2 hours at 400°.

Dorothy Heck, Teacher Aide- Hoover

Baked Beans

- | | |
|---------------------|------------------------------|
| 1 gal. pork & beans | 2 T. chili powder |
| 1 c. brown sugar | 2 T. liquid smoke (may omit) |
| 2 T. mustard | 1 to 2 T. red devil sauce |
| 1 1/2 c ketchup | |

This will fill a crock pot for a large group.

Ron Vorthmann

Kindness is one thing you can't give away; it always comes back.

The only fair way to talk about somebody is to speak as though you knew he was listening in.

Creamed Broccoli Spears, Brussels Sprouts & Cauliflower

- | | |
|---|---|
| 2 cans creamed soup (chicken, mushroom or celery) | 1 pkg. frozen cauliflower, Brussels sprouts & broccoli spears |
| 1 lg. Jar Cheese Whiz | |
| 1 can Chow Mein noodles | |

Boil vegetables until tender. Melt cheese and soup. You may want to add milk to cheese and soup to make it thinner. Mix vegetables and cheese mixture together. Pour into baking dish. Bake 30 minutes at 350°. Sprinkle Chow Mein noodles over casserole.

LaVonne Morrison, Kirn Jr. High

Vaughns Potatoes

- | | |
|-------------------------------------|--------------------------------|
| 3 med. potatoes, peeled & quartered | dash pepper |
| 1/4 c. Parmesan cheese | dash of hot pepper sauce |
| 1/4 of 3 oz. pkg. cream cheese | milk |
| 1 T. butter or oleo | 1 beaten egg |
| 1 T. green onion, chopped | 1 1/2 c. cornflakes, (crushed) |

Boil and mash potatoes. Stir in Parmesan cheese, cream cheese, butter, green onions, soup mix, pepper and hot pepper sauce. Mix well. Add 1-2 tablespoon milk if mixture is dry. Shape in balls and dip in beaten egg. Roll in cornflakes and put in a greased baking sheet. Bake 400° for 10 to 15 minutes or until crispy and hot. Make 4 servings.

Linda Volff, Kirn Jr. High

Delicious Green Beans

- | | |
|------------------------------|-----------------------------|
| 4 cans green beans | 1 can cream of chicken soup |
| 6 slices cooked bacon | 1 1/2 c. Cheddar cheese |
| 1 small onion | 1 lg. can dry onion rings |
| 1 1/2 pkg. onion soup mix | 1/2 c. water |
| 1 can cream of mushroom soup | 1 c. milk |

Mix soups, milk and water together. Add beans, cheese, plain onions and bacon on top. Bake at 325° for 30 minutes.

JoAnn Harris, Roosevelt School

The best way to cheer yourself up is to try to cheer somebody else up.

Creamed Cabbage

- | | |
|---------------------|---------------|
| 1 med. head cabbage | 1 T. butter |
| 1 c. ham or bacon | 2 T. flour |
| 4 cheese slices | 1 1/2 c. milk |

Cook cabbage in salted water, drain well. Mix cheese slices, butter, flour and milk to make cheese sauce. Pour over cabbage and sprinkle with cracker crumbs. Bake 25 minutes at 350°.

JoAnn Harris, Roosevelt School

Crispy Cheese Potatoes

- | | |
|----------------------------------|--|
| 6 c. thinly sliced raw potatoes | 14 oz. pkg. shredded sharp Cheddar cheese |
| 1/2 tsp. salt | 1/2 c. bread crumbs, rolled in melted butter |
| 2 T. butter or margarine, melted | |

Prepare as follows - in layers. Drain butter over first layer - of potatoes - sprinkle with cheese, layer potatoes and then cheese again until all used up. Sprinkle top with the butter and bread crumbs. Preheat oven to 425° and cook until fork tender.

Mary E. Miller, Council Bluffs, Iowa

"Funky" Potatoes

- | | |
|--|------------------------------------|
| 4 lbs. thawed hash browns | 4 T. onion, chopped (to taste) |
| 4 c. sour cream | 2 tsp. salt |
| 2 cans cream of (chicken, celery or mixed 1 & 1) | 3 sticks margarine pepper to taste |
| 4 c. Velveeta cheese (broken into approx. 1 in. cubes) | |

Mix altogether in greased baking dish and bake in slow oven or roaster (in multiple quantity up to three times) until ingredients melted, blended and hot. Watch for need to stir during cooking. Leftovers may be frozen and reheated in microwave.

Eagles Lodge

The richest person is the one who finds pleasure in everyday duties.

*Time is not measured by the passing of the years,
but by what one does...feels...and achieves.*

Deeds count, not boasting words.

Crispy Corn

- | | |
|----------------------------|---------------------------|
| 1 c. (soda) cracker crumbs | 1 can of cream style corn |
| 1/4 c. onion flakes | 2 eggs |
| 1/2 c. butter | |

Combine cracker crumbs, onion flakes and butter. Put 1/2 of this mixture in bottom of casserole. Make white sauce, 2 tablespoons flour and one cup milk. Add to corn and eggs. Pour this into casserole. Add salt and pepper to taste. Sprinkle rest of crumb mixture over top and bake at 350° for 30 minutes.

LaVonne Morrison, Kirn Jr. High

Rice and Broccoli

- | | |
|---|-------------------------|
| 2 c. minute rice | 1 stick oleo |
| 2 c. boiling water-pour over rice (let stand) | 1 can of mushroom soup |
| 1 c. onion, chopped | 1 small jar Cheese Whiz |
| 1 c. celery, chopped | 1 lg. bag broccoli |

Saute in 1 stick of oleo, 1 can of mushroom soup. Add to onion and celery. Add cheese to soup, onion and celery. Cook broccoli as directed on package. (Drain). Put rice in bottom of casserole then place broccoli on rice. Then pour sauce over rice and broccoli. Bake 350° for 30 minutes.

LaVonne Morrison, Kirn Jr. High

Harvard Beets

- | | |
|--|----------------|
| 3 c. cooked, sliced or diced beets (or very small whole beets) | 3 T. flour |
| 1 c. liquid (beet juice or water) | 3 T. sugar |
| | 1 tsp. salt |
| | pepper |
| | 1/3 c. vinegar |

Heat beets and liquid together. Mix the flour, sugar, salt, and pepper. Slowly add the vinegar, stirring until the flour mixture makes a smooth paste. Add the paste to the beets and liquid stirring constantly until thickened.

Mary E. Miller, Council Bluffs

The only way to have a friend is to be one.

*It takes 100 men to make an encampment,
but one woman can make a home.*

Sauerkraut & Tomatoes

- | | |
|-----------------------------------|---------------------|
| 1 can sauerkraut,
(2 1/2 size) | 4 or 5 strips bacon |
| 1 can tomatoes,
(2 1/2 size) | 1 med onion |
| | 1/2 c. white sugar |

Fry bacon, remove from pan to drain, slice onion in bacon fat and cook until clear. Drain sauerkraut well and add to onion, then tomatoes and sugar. Crumble in bacon. Place in baking dish. Bake for 45 minutes at 350°.

Dorothy Heck, Teacher Aide-Hoover

Middle Eastern Green Beans

- | | |
|-----------------------------------|--|
| 1/4 c. oil | green beans (fresh are
best, canned are fine) |
| 2 cloves garlic, minced | 1/4 c. lemon juice, or to
taste |
| 3 T. onion, chopped | |
| 3 T. parsley flakes,
(or more) | |

Saute garlic and onion in oil. Drain off most of the oil. Add lemon juice. Cook green beans until done. Marinate all night. Reheat before serving.

Dorothy Heck, Teacher Aide-Hoover

Crispy Potato Fingers

- | | |
|---|-----------------------------------|
| 4 potatoes, cut for
french fries or 1 bag
frozen french fries | 1/4 c. butter, melted |
| 1/4 c. Parmesan Cheese | 1 c. cornflakes, crushed |
| | 1/2 tsp. salt, pepper to
taste |

Dip french fries in melted butter. Roll in crushed cornflakes mixed with Parmesan Cheese, salt and pepper. Bake at 350° until done.

Dorothy Heck, Teacher Aide-Hoover

Parmesan Baked Potatoes

- | | |
|--------------------------|------------------------|
| 8 lg. potatoes, unpeeled | 1/2 tsp. garlic powder |
| 1/2 c. oil | 1/2 tsp. paprika |
| 1 tsp. salt | 2 T. grated Parmesan |
| 1/4 tsp. pepper | |

Cut potatoes in 8 wedges each and arrange peeling side down in a shallow dish. Mix rest of ingredients and brush on potatoes and baste 1 or 2 times during baking. Bake at 375° for 45 minutes.

LaVonne Morrison, Kirn Jr. High

If you see someone without a smile - give him one of yours.

Escalloped Cabbage

- | | |
|---------------------|-----------------------|
| 3 c. cooked cabbage | 3 T. flour |
| 1/2 tsp. salt | 1/8 tsp. pepper |
| 1 1/2 c. milk | 3/4 c. cheese, grated |
| 3 T. butter | buttered bread crumbs |

Cook cabbage 7 to 8 minutes in boiling salt water. While it is cooking, prepare white sauce. Melt butter, add flour and seasonings, blending thoroughly. Stir in milk, cook until thickened. When cabbage is tender, drain well. Alternate layers of cabbage, grated cheese and warm white sauce in greased casserole. Top with buttered crumbs. Bake at 350° for 20 minutes or until crumbs are browned.

Betty Ronk, Roosevelt School

Zucchini Patties

- | | |
|------------------------|----------------------|
| 3 c. zucchini, ground | 1 med. onion, grated |
| 1 garlic clove | 1/4 tsp. pepper |
| 1 tsp. salt | 3 T. flour, heaping |
| 1 egg, slightly beaten | 1 c. cheese, grated |
| 1 pinch thyme | |

Mix all together except cheese. Fry large spoonfuls until brown on both sides. Sprinkle with cheese and cover with lid until cheese melts.

Lols Heuwinkel, Lewis Central High

Wilted Greens

- | | |
|---|-----------------|
| 1/2 c. bacon | 1/4 c. vinegar |
| 2 c. leaf lettuce, chopped | 1 T. water |
| 1/4 c. onions, chopped
(green onions best) | 1 T. sugar |
| 2 T. bacon drippings | 1/2 tsp. salt |
| | 1/8 tsp. pepper |

Cut bacon in bite size pieces and fry to golden brown. Remove drippings and drain on absorbent paper. Heat remaining ingredients together. Pour hot mixture over chopped greens and toss lightly with fork until all greens are coated. Serve immediately. Fresh garden leaf lettuce and fresh spinach mixed in are a good combination.

Lols Heuwinkel, Lewis Central High

The only time it's not bad manners for a man to talk with his mouth full is when he's praising his wife's cooking.

Past failures are guideposts for future success.

Peas & Celery Medley

- | | |
|-----------------------------|--|
| 2 T. butter | 1 can cream of mushroom soup |
| 2 c. celery, sliced | |
| 1 c. mushrooms, sliced | 8 1/2 oz. can water chestnuts drained and sliced |
| 3 T. water | 3/4 c. Chow Mein noodles |
| 2 (10 oz.) pkg. frozen peas | |

Melt butter in saucepan. Add celery, mushrooms and water. Cover tightly. Cook, stirring occasionally until celery is tender crisp, about 4 minutes. Add peas and simmer for 5 minutes. Heat soup and water and chestnuts. Layer vegetables alternately with soup in buttered 1 1/2 quart casserole. Bake at 350° for 20 minutes or until bubbly. Remove from oven and sprinkle with Chow Mein noodles. Makes 6 servings.

Lois Heuwinkel, Lewis Central High

Zucchini Pineapple

- | | |
|------------------------------|--|
| 4 qts. zucchini, grated | 46 oz. can unsweetened pineapple juice |
| 1 1/2 c. bottled lemon juice | |
| 3 c. sugar | |

Coarsely grate or chop peeled zucchini. Mix with lemon juice, pineapple juice and sugar. Simmer 20 minutes, stirring frequently. Fill hot, clean jars with hot mixture, leaving 1/2 inch head space. Distribute solids and liquids evenly. Process in boiling water bath 25 minutes for quarts and 20 minutes for pints. Yields 3-4 quarts or 6-8 pints.

Lois Heuwinkel, Lewis Central High

Scalloped Corn

- | | |
|-------------------------------------|---------------------|
| 1 can cream style corn | 1 tsp. salt |
| 1 c. cracker crumbs, crushed (soda) | 2 eggs, beaten |
| 1/2 c. celery, chopped | 2 T. butter, melted |
| 1/4 c. onion, chopped | 1 c. milk |
| 2/3 c. shredded American Cheese | |

Combine ingredients, pour into greased 1 1/2 quart casserole. Bake at 350° for 50 to 55 minutes.

Barbara Wendt

Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

If I accept the sunshine and warmth I must also accept the thunder and the lightning.

Copper Penny Carrots

- | | |
|--------------------------------|---------------------------------------|
| 1 lb. carrots or more | 1/4 c. vinegar |
| 1 onion, ground | 1/2 c. sugar |
| 1 green pepper, diced | 1 tsp. Worcestershire sauce |
| 1 can of undiluted tomato soup | 1 tsp. prepared mustard salt & pepper |
| 1/4 c. salad oil | |

Mix all together.

T. J. Cafeteria

Virginia Lynch Potatoes

- | | |
|---|-----------------------|
| 3 boxes of potatoes, (Ore-Ida frozen hash browns) | 1 c. oleo |
| 1 c. Cheddar cheese, grated | 1/4 c. onion, chopped |
| | 1 pt. half & half |

Thaw potatoes in 9x13 pan. Stir in remaining ingredients and pour half and half over. Bake at 325° for 1 1/2 hours.

Virginia Lynch

Sauerkraut Casserole

- | | |
|--------------------------|--------------------|
| No. 2 1/2 can sauerkraut | 1 med. size onion |
| No. 2 1/2 can tomatoes | 1/2 c. brown sugar |
| 1/2 lb. bacon | |

Fry bacon crisp and drain. Slice onion and fry until clear; drain kraut very well. Add onion and tomatoes (with juice). Add sugar and crumble in bacon. Mix well. Bake for 45 minutes at 350° in casserole dish. Very tasty.

Maxine Frieze, T. J. Cafeteria

Broccoli & Corn Scallop

- | | |
|----------------------------|---|
| 2 T. onion, chopped | 12 oz. can whole corn, drained |
| 2 T. margarine | 2 (10 oz.) pkgs. frozen broccoli spears, cooked and drained |
| 1 T. flour | |
| 1 1/2 c. milk | |
| 8 oz. Monterey Jack Cheese | |

Saute onion in 1 tablespoon margarine, blend in flour. Gradually add milk, cook stirring constantly, until thickened. Add cheese, stirring constantly, until thickened, and until cheese is melted. Stir in corn and 1/4 cup crumbs. Arrange broccoli in 11 3/4 x 7 1/2 inch baking dish. Pour cheese sauce over broccoli. Toss remaining crumbs and margarine. Sprinkle over casserole. Bake at 350° for 30 minutes. Makes 8 servings. To make ahead of time cover and refrigerate overnight. Bake uncovered at 350° for 45 minutes.

Maxine Frieze, T. J. Cafeteria

Broccoli Casserole

- | | |
|---------------------------|-------------------------------|
| 2 c. cooked rice | 2 cans cream of mushroom soup |
| 2 pkgs. broccoll, chopped | 1 c. celery |
| 1 stick oleo | 1 c. onlons, chopped |
| 6 oz. Cheez Whiz | |

Mix cheese in rice while rice is warm. Cook broccoli as instructed. Saute celery and onions in the butter. Combine and bake for 1 hour at 350°.

Thomas Jefferson Cafeteria

Scalloped Pineapple

- | | |
|------------------|--------------------------------------|
| 2 c. sugar | 2 cans of crushed pineapple, drained |
| 1 c. soft butter | 4 c. fresh bread crumbs |
| 3 eggs | |
| 1/4 c. milk | |

Cream sugar and butter. Add eggs, milk, and pineapple and bread crumbs and pour into 9x9 buttered pan. Cook in microwave on high 12 minutes or more until set up. Maybe served by a side of sliced ham or with whipped topping.

Thomas Jefferson Cafeteria

Scalloped Corn

- | | |
|---|----------------------------|
| 1 can whole kernel corn, (do not drain) | 8 oz. carton sour cream |
| 1 can cream style corn | 1 pkg. Jiffy cornbread mix |
| | 1 stick margerine |

Mix all together. Bake at 350° for 35 to 45 minutes.

T. J. Cafeteria

Vegetable Medley

- | | |
|---|------------------------------|
| 4 med. potatoes, (1 1/4 lb. unpeeled, sliced thin) | salt & pepper, to taste |
| 2 med. onions, sliced | 1 c. Parmesan cheese, grated |
| 4 small yellow straight necked squash, unpeeled or sliced | 1 c. sour cream |

In buttered, shallow 2 1/2 quart casserole, layer 1/2 potatoes, onions, squash, dotting each layer with oleo, salt and pepper. Repeat layers, cover and bake in preheated oven at 350° until potatoes are tender (1 1/2 hours.) Mix Parmesan cheese and sour cream and spread over top. Broil 6-8 inches from heat until partially browned, 3 to 5 minutes. When serving, spoon butter, at bottom of dish, over each portion. Makes 8 to 10 servings.

Roxanne Waechter, (Dunn) Lewis Central

Skillet Tomatoes & Zucchini

- | | |
|--------------------------|------------------------------------|
| 2 T. margerine | sprinkle of basil |
| 2 small zucchini, sliced | pepper |
| 1 small onion, sliced | 4 oz. Mozzarella cheese, shredded |
| 1 lg. tomato, sliced | 2 slices toast, broken or croutons |
| 1/2 tsp. garlic salt | |

In skillet, melt margarine. Add zucchini and onion. Saute over medium heat until tender. Add tomatoes and seasonings, cheese and bread. Cover. Remove from heat. Let stand until cheese is melted, 2 to 3 minutes. Makes 4 servings.

Lorraine Dunn, Lewis Central

Minute Steak Stew

- | | |
|-----------------------------------|--|
| 4 cube or minute steaks (3/4 lb.) | 1 c. mixed peas & carrots (cooked or canned) |
| 2 T. flour | 1/2 c. vegetable liquid |
| salt & pepper | 6-8 potatoes (cooked or canned) |
| 2 T. butter | 8 oz. can Hunt's tomato sauce |
| 1 T. onion, finely chopped | |

Cut steaks into 1 inch strips. Season flour with 1/2 teaspoon salt and 1/8 teaspoon pepper. Roll steak strips in flour mixture. Heat butter in skillet until bubbling. Add meat. Brown well on all sides. Stir in remaining ingredients. Cover skillet and simmer 10 minutes. Makes 3-4 servings.

Danna Rigg, Carter Lake School

Soups & Stews

Clam Chowder

- | | |
|---------------------------|-------------------------------|
| 1/3 c. dried salt pork | 1/8 tsp. pepper |
| 1 medium onion-diced | 2 c. milk |
| 3 c. diced potatoes (raw) | 1 can minced clams, undrained |
| 1 tsp. salt | |

Fry pork until crisp. Add onions-saute. Add potatoes and enough water to cook. Cook until tender. Add minced clams and juice, then add milk with seasonings and a bit of thyme, rosemary and pat of butter to float on top.

Mary E. Miller, Council Bluffs, Iowa

Potato Soup in a Crock Pot

6 to 8 potatoes	1 tsp. salt
2 onions	2 T. parsley
1 carrot	1 tsp. pepper
1 celery stalk	1/3 c. butter
5 c. water	5 chicken bouillon cubes

Mix all above ingredients and put in crock pot. Cook 10 hours on low or 4 hours on high. During the last hour add 1 can of evaporated milk.

Kim Tedesco, Council Bluffs Food Service Office

George's Potato Soup

8 medium potatoes (cut up)	1 lg. onion (sliced)
1 qt. milk	1/2 stick butter
2 tsp. salt	a dash or 2 of pepper

Cook potatoes and onion until tender, drain. Then add milk, butter, salt and pepper.

George Gardner, A. L. High School

Cream of Tomato Soup

2 c. cooked tomatoes	dash cayenne pepper
1/2 T. minced onion	2 tsp. sugar
1 tsp. salt	2 T. butter
1/4 tsp. pepper	2 T. flour
1 qt. milk, scalded	

Cook tomatoes, onion, salt, pepper, cayenne and sugar together for 15 minutes. Melt butter, blend in flour, add scalded milk gradually. Stir constantly. Add tomato mixture gradually to milk, stirring constantly. Serve immediately.

Dorothy Heck, Teacher Aide-Hoover

Cream of Cabbage Soup

1 small head shredded cabbage	1 c. shredded carrots
1/2 small onion (diced)	2 T. margarine
1 c. milk	1 c. cream of potato soup

Stir and fry cabbage, carrots, and onion in margarine until wilted but not brown. In a large covered pan, combine milk and soup, add the stir fried vegetables and simmer for 20 to 30 minutes. Salt and pepper to taste.

Maxine Frieze, T. J. High

Vegetable Chowder

2 c. diced potatoes	1/4 c. onion
1 stalk celery	1 carrot, thinly sliced
1 tsp. salt	1/4 tsp. celery salt

Heat 1 1/2 cups water to boiling. Add the above. Reduce heat to low. Cover and cook until vegetables are tender.

2 T. butter	2 c. milk
1/4 c. flour	1 c. Parmesan cheese
17 oz. can creamed corn	

In saucepan; over medium heat, stir flour into hot butter until smooth. Stir in milk. Stir until thick. Add cheese. Heat until cheese melts. Add this and corn to undrained vegetables. Heat but do not boil.

Dorothy Heck, Teacher Aide-Hoover

Clam Chowder

5 medium potatoes (cubed)	1 large bud fresh garlic
1 onion, chopped fine	2 to 3 med. carrots (cubed real fine)
2 stalks celery, chopped (includes leaves)	

Cook with just enough water to keep from scorching until potatoes are very done but not mushy. Add 2 cans clams and small bottle clam juice (optional) and enough whole milk to make chowder right consistency. Better yet, use part half & half cream. Sprinkle with small amount of chives at the very last. (I use more clams than it calls for.)

Mary Witthuhn, Omaha, Nebraska

Oyster Stew

2 T. butter or margarine	1 tall can evaporated milk
1/4 c. chopped celery	1/2 c. water
8 oz. can oyster	dash of pepper
1 can cream of celery soup.	

Melt butter in 2 quart saucepan. Add celery and cook until tender. Stir in remaining ingredients. Serve hot with crackers.

Maxine McCallum, Council Bluffs

The way to a friend's house is never long.

*Some people fear finding themselves alone -
and so they don't find themselves at all.*

Family Danish Stew

1 1/2 lb. ground beef	16 oz. can peas
2 T. chopped, onion	1 pt. crushed tomatoes
salt & pepper	6 oz. can tomato paste
1/2-3/4 c. chopped celery	2 qts. water
2-3 fresh carrots, sliced	1/2 tsp. chill powder
1 c. macaroni	

Cook ground beef, onion, seasoning and set aside. In large kettle, add water, celery, carrots, macaroni. Cook medium heat until tender. Do not drain water. Add tomatoes and paste. Bring to simmer. Add ground beef, chili powder. Simmer 15 minutes and add peas. Serve hot.

Lorraine Dunn, Lewis Central

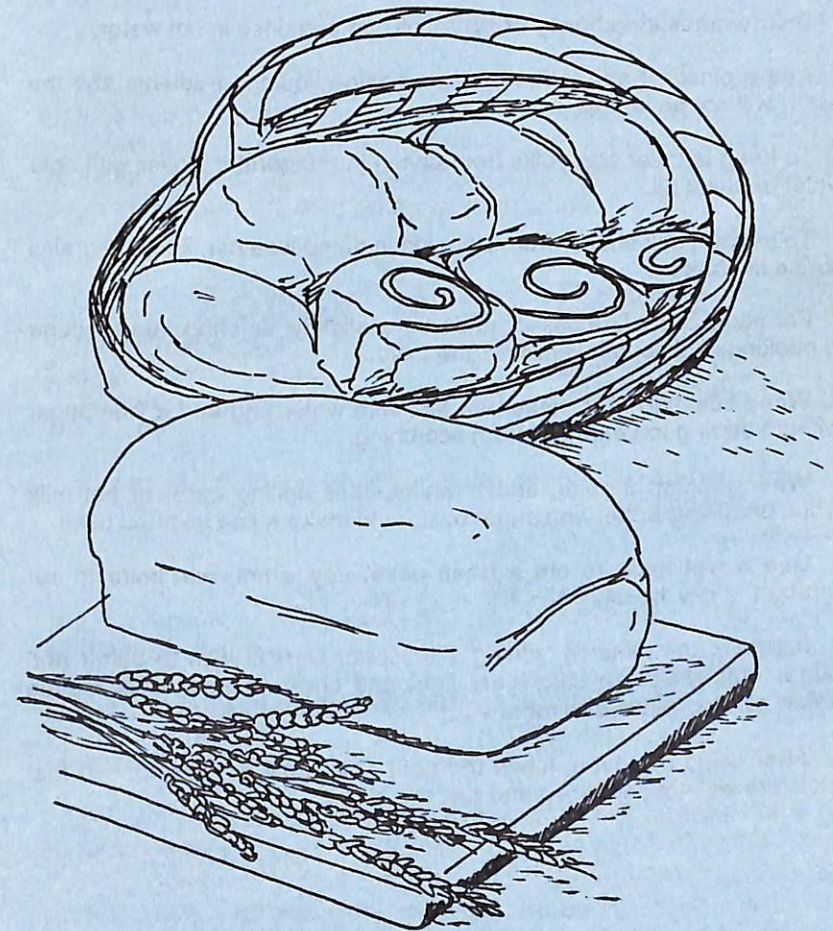
Split Pea Soup

8 c. water	1/2 tsp. marjoram
1 lb. dried green split peas (2 1/2 c.)	1/4 tsp. pepper
Ham	4 med. carrots, sliced
2 med. onions, chopped	4 med. stalks celery

Boil peas 2 minutes, remove from heat and let stand 1 hour. Add rest of ingredients and simmer about 3 hours. Gets very thick, so be sure and dilute with water when reheating.

Darla Cleveland, Council Bluffs

Breads



Baking Hints

- For better results, use eggs and shortening at room temperature.
- Before measuring honey or syrup, oil cup and rinse in hot water.
- Add a pinch of salt to flour before adding liquid ingredients and the batter will not be lumpy.
- To keep leftover egg yolks from drying in refrigerator, cover with cold water or salad oil.
- To prevent salt shaker from clogging in damp weather, keep 10 grains of rice in shaker.
- For good chocolate cakes, underbake slightly, as chocolate hardens in cooking. A little salt improves the flavor.
- When scalding milk, rinse pan first with water and add a little sugar without stirring to keep milk from scorching.
- When making a cake, add 2 tablespoons boiling water or hot milk when creaming butter and sugar mixture to make a fine textured cake.
- Use a wet knife to cut a fresh cake; use a hot, wet knife to cut through sticky frosting.
- Improve any cake by adding 1 teaspoon lemon juice to butter and sugar; this makes a cake very light and shorter. Fresh milk makes cakes close grained and more solid.
- After using the oven, leave the door open until oven is cool so that moisture will not condense and rust the metal.

Breads

County Cork Irish Bread

3 c. flour	2 T. Crisco oil (or shorten-
shake of salt	ing size of 2 eggs)
2 1/2 tsp. baking powder	1 c. milk
1 c. sugar	1 c. raisins
2 eggs	1 T. caraway seeds

Mix all dry ingredients together. Mix all other ingredients before you put them together. Makes a real sticky dough. Drop in greased and floured large iron skillet and make a cross on top. Bake at 350° for 35 minutes. Brush top, when it comes from the oven and is still hot, with butter or margarine. *Mary E. Miller, Council Bluffs*

Poppy Seed Bread

1 lemon cake mix	4 eggs
1 pkg. lemon instant pudding mix	1 c. water
1/2 c. oil	1/3 c. poppy seeds

Mix ingredients together and bake at 350° for 40 minutes. *Rita Hermsen, Lewis Central*

Sticky Rolls

18-19 Rhodes frozen dinner rolls	1/2 c. butter
1/3 c. butterscotch pudding (not instant)	1/2 c. brown sugar
cinnamon	1/2 c. nuts raisins (opt.)

Place frozen dinner rolls in a buttered Bundt pan. Sprinkle the butterscotch pudding mix over the rolls and some cinnamon over the dry pudding. Melt the butter and brown sugar together and pour mixture over the rolls. Sprinkle nuts and/or raisins and more cinnamon over all. Cover with buttered foil and a dish towel. Leave overnight on the counter. Bake at 350° for 30 minutes.

Darla Cleveland, Council Bluffs

A true friend is someone who thinks you're a good egg even though she knows you are slightly cracked.

Easiest Crescent Caramel Rolls

1/4 c. butter or margarine 1/2 c. chopped nuts
12 1/4 oz. jar (1 c.) caramel 2 (8 oz.) cans Pillsbury
or butterscotch ice refrigerated quick
cream topping crescent dinner rolls

Preheat oven to 375°. Place butter in ungreased 9x13 inch pan and heat in oven until butter melts. Add nuts and ice cream topping, mix well. Remove crescents from can in rolled sections; do not unroll. Cut each section into six slices, arrange in prepared pan. Bake 22 to 28 minutes until golden brown. Immediately turn onto a serving platter or wax paper. Makes 24 rolls.

*Kim Tedesco,
C.B.S. Food Service Office*

French Toast

1 c. pancake flour 2 eggs
1 c. milk 1 tsp. vanilla

Place ingredients into a bowl and beat until smooth. Dip slices of bread into batter and fry in butter in a large skillet until golden brown.

*Caroline Belt,
Kirn Jr. High*

Pecan Rolls

24 Rhodes rolls 1/2 c. brown sugar
1/2 c. white sugar chopped pecans
1/2 tsp. cinnamon 3 oz. pkg. butterscotch
1 stick oleo pudding, not instant

Place rolls in a greased 9x13 pan. Sprinkle with white sugar and cinnamon. Mix the brown sugar and oleo together and spread over the rolls. Top with chopped pecans. Sprinkle pudding mix over rolls, cover and let stand overnight. Bake at 350 for 30 minutes.

*Beverly Wendt,
Dunlap, IA*

*No matter how they dress it up
upon the grocer's shelf,
No bread can ever be as good
As what you bake yourself.
O wondrous smell! Crisp, brown crust!
O butter melting through!
And best of all, the happy thought,
That this was baked by you!*

Pumpkin Bread

3 1/3 c. flour 1 c. oil
2 tsp. soda 4 eggs
1 1/2 tsp. salt 2/3 c. water
1 tsp. cinnamon 2 c. canned pumpkin
1 tsp. nutmeg 3 c. sugar
nuts (opt.)

Sift dry ingredients together. Make a hole in the center and add remaining ingredients. Bake at 350° for approximately 1 hour. Makes 4 medium loaves.

*Betty Franks,
A.L. High School*

Zucchini Bread

2 c. grated zucchini 1 tsp. soda
1 c. oil 1 tsp. salt
2 c. sugar 1/2 tsp. baking powder
3 beaten eggs 1 tsp. cinnamon
2 tsp. vanilla 1 c. nuts
3 c. flour

Mix oil, sugar, eggs and vanilla together; add dry ingredients, nuts and zucchini (not peeled). Bake at 325° for 1 hour. Makes 2 loaves.

*Betty Franks,
A.L. High School*

Scottish Shortbread

1 c. (1/2 lb.) softened butter 1 c. confectioner's sugar
1 egg yolk 3 c. sifted all-purpose flour

Cream butter, blend in egg yolk, gradually add sugar, beating until mixture is very smooth and creamy. Work in flour, kneading until well blended. On greased cookie sheet, pat and press mixture evenly into 9 inch circle, 1 inch thick, pinch edge of circle. Bake at 350° for 25-30 minutes, until very lightly browned. Makes one shortbread.

Note: According to tradition do not cut, but break cake with fingers. When serving, break into 4 even parts, symbolic of St. Andrew's Cross, the patron saint of Scotland.

*Mae Kelley,
Council Bluffs*

The Four Bones of an Organization

The Wish Bone - Members who sit around and wish something could be done.

The Jaw Bone - Members who talk about getting things done.

The Knuckle Bone - Those who knock everything that is done.

The Back Bone - Those who pitch in and get things done.

Baking Powder Biscuits

2 c. sifted flour	2 tsp. sugar
4 tsp. baking powder	1/2 c. shortening
1/2 tsp. salt	2/3 c. milk
1/2 tsp. cream of tartar	

Sift dry ingredients and cut in shortening until mixture is like coarse crumbs. Add milk at once, stir only until dough follows fork around bowl. Turn out and knead gently for 1/2 minute. Roll out 1/2 inch thick and cut. Bake on an ungreased sheet pan at 450° for 10-12 minutes.

*LaVonne Morrison,
Kirn Jr. High*

Apricot Date Bread

1 c. dates, chopped	1 T. butter
1 c. apricots, chopped	1 egg, beaten
1 c. boiling water	1 1/2 c. flour
1 tsp. soda	1/2 c. nuts
1 c. sugar	

Pour boiling water and soda over chopped fruit; let stand 1/2 hour. Add remaining ingredients. Bake at 350° for 1 hour. Makes 1 large loaf or 2 small loaves.

*Gayle Eyberg,
Edison School*

Black Walnut Crescents

1/2 c. Crisco	2 tsp. vanilla
1/2 c. butter or oleo	2 c. flour
1/3 c. sugar	1/2 c. nuts
2 tsp. water	1/4 tsp. salt

Mix ingredients together and bake at 325° for 15 minutes. When cool roll in powdered sugar.

*Emmajean Summerville,
Council Bluffs*

Corn Bread

1 c. corn meal	3 T. sugar
1 c. white flour	1/4 c. shortening, melted
1 tsp. salt	1 egg
4 tsp. baking powder	1 c. milk

Preheat oven to 350°. Sift dry ingredients into a bowl. Beat in shortening, egg and milk until blended. Gently stir into dry ingredients. Bake in an 8x8 pan for 30 minutes.

*Maxine McCallum,
Council Bluffs*

Apricot Bread

3/4 c. boiling water	1/3 c. margarine
1 c. dried apricots, chopped	1 c. sugar
3 c. flour	2 eggs
1 T. baking powder	1/2 c. light corn syrup
1/2 tsp. salt	1 c. chopped nuts

Grease and flour a 9x5x3 loaf pan. Pour water over apricots, let stand for 15 minutes. Mix flour, baking powder and salt. Blend margarine, sugar, eggs and syrup and mix until smooth and well blended. Stir in apricots, water and nuts. Add dry ingredients gradually. Pour into pan and bake at 350° for about 1 1/4 hours or until toothpick comes out clean. Cool 10 minutes.

*Betty Pratt,
Norwell, Mass.*

Rhubarb Bread

2/3 c. brown sugar	1 tsp. soda
1 egg	1/4 tsp. salt
2/3 c. salad oil	2 1/2 c. flour
1 1/2 c. rhubarb, cut fine	1/2 c. chopped nuts
1 tsp. vanilla	1/4 c. brown sugar
1 c. milk	2 T. hot orange juice

Combine the 2/3 cup brown sugar, egg and salad oil in a bowl and beat until blended. Stir in rhubarb, vanilla and milk. Combine dry ingredients and add to mixture, stirring just until ingredients are moistened. Add nuts. Pour into a greased 9x5 bread pan and bake at 325° for 60 minutes. Pour hot orange juice over 1/4 cup brown sugar, stirring until dissolved. Spoon over hot bread in pan. Let stand until juice is nearly absorbed by the bread, then remove loaf from pan. Put on cake rack and cool completely.

*Maxine McCallum,
Council Bluffs*

Date Nut Bread

1 c. chopped dates	2 T. melted butter
1 tsp. soda	2 c. flour
1 c. hot water	1 tsp. baking powder
3/4 c. sugar	1/4 tsp. salt
1 tsp. vanilla	1/2 c. nutmeats

Mix together dates, soda and hot water and let stand while mixing other ingredients. Mix egg, sugar and butter together. Add the dry ingredients with the date mixture. Add vanilla and nutmeats last. Bake in loaf pan at 350° for 45 minutes.

*Maxine McCallum,
Council Bluffs*

Honey Whole Wheat Bread

4 c. whole wheat flour
1/2 c. nonfat dry milk
1 T. salt
2 pkgs. active dry yeast

3 c. water
1/2 c. honey
2 T. cooking oil
4-4 1/2 c. all-purpose flour

Combine 3 cups whole wheat flour, dry milk, salt and yeast in a large mixing bowl. Heat the water, honey and oil in a sauce pan over low heat until warm. Pour warm liquid over flour mixture and blend on low speed for 1 minute and then on medium speed for 2 minutes. By hand stir in 1 additional cup whole wheat flour and the all-purpose flour. Knead on floured surface about 5 minutes. Place dough in greased bowl, cover and let rise 45-60 minutes until doubled in bulk. Punch down dough, divide in half. Shape into loaves and place in greased pan. Cover and let rise 30-45 minutes. Bake at 375° for 40-45 minutes. Remove from pans, cool on wire rack before slicing.

*Maxine McCallum,
Council Bluffs*

Apple Bread

1/2 c. shortening
1 c. sugar
2 eggs
1 tsp. vanilla
2 c. apples, peeled and
grated
1 tsp. salt

1 tsp. grated lemon or
orange rind
2/3 c. chopped nuts
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. cloves

Cream shortening and sugar; beat in eggs, one at a time. Add vanilla, stir in apples and grated peel. Blend dry ingredients into creamed mixture and add walnuts. Pour into 2 small greased loaf pans. Bake at 350° for 50 minutes. Cool in pans for 15 minutes before removing. Cool on a rack.

*Maxine McCallum,
Council Bluffs*

Zucchini Bread

2 c. sugar
3 eggs
1 c. oil, melted
1/2 c. milk
1 tsp. vanilla
2 c. grated zucchini

3 c. flour
1 tsp. cinnamon
1 tsp. soda
1 tsp. baking powder
1 tsp. salt
2/3 c. chopped nuts
(black walnuts)

Blend sugar, eggs and oil; stir in zucchini. Add remaining ingredients, except nuts. Add nuts last. Bake in a greased pan, filled 1/2 full, at 325° for 1 hour.

*MaryAnn Spoto,
Roosevelt School*

Zucchini Bread

3 c. flour
1/2 c. sugar
1 tsp. salt
3/4 tsp. baking soda
1 c. chopped nuts
3 eggs

1 c. oil
2 tsp. cinnamon
1 tsp. baking powder
2 c. unpeeled zucchini,
shredded
1 c. raisins

Stir flour, sugar, salt, cinnamon, baking powder and soda together. Put zucchini, nuts and raisins into a bowl. Beat eggs and oil, pour over flour mixture and stir until moistened. Pour into loaf pans and bake at 350° for 1 1/2 hours until done. Cool in pans.

*Maxine Frieze,
T. J. High*

Caraway-Raisin Bread

1 c. milk
3 T. sugar
1 T. salt
1 1/2 T. oleo
1 pkg. yeast

4 1/2 c. sifted flour
1 c. raisins
1 T. caraway seed
1 c. warm water

Scald milk, sugar, salt and oleo, cool. Dissolve yeast in warm water, stirring in cooled milk mixture. Stir in flour, raisins and caraway seeds, Stir vigorously, and scrape down sides of bowl until flour is completely blended. Dough will be sticky and heavy. Stir, lifting and stretching dough through center. Repeat about 20 times. Cover and let rise 1 hour. Stir down and knead with spoon 10 times. Turn into greased 6-cup baking dish. Bake at 350° for 1 hour and 20 minutes. When cooled, frost with powdered sugar frosting.

*LaVonne Morrison,
Kirn Jr. High*

Banana Bread

1 c. sugar
1/2 c. shortening
2 eggs
2 c. flour
1 level tsp. soda

1 c. mashed bananas
(approx. 3)
1/2 tsp. salt
1/4 c. nutmeats

Cream sugar and shortening (with a little butter added for flavor), then add well beaten eggs and next bananas. Put soda and nuts in sifted flour and add to the first mixture. Bake at 350° for 1 hour and 10 minutes in a loaf pan. Wrap in waxed paper while still a little warm.

*Mary E. Miller,
Council Bluffs, IA*

My Best Rolls

1 c. milk	1/4 stick butter
1 pkg. yeast	2 eggs
3 T. sugar	5 c. flour
1 tsp. salt	1/2 c. warm water

Scald milk and then cool. Dissolve yeast in warm water; add sugar, melted butter and eggs to milk. Mix well and add flour. Put in a bowl and let rise. Knead down and let rise again. Shape into rolls and let rise. Bake at 350° for 20-25 minutes. This dough can also be used for cinnamon rolls.

*Shirley Hansen,
Kirn Jr. High*

Mile High Biscuits

3 c. sifted flour	3/4 tsp. salt
2 T. sugar	3/4 c. shortening
4 1/2 tsp. baking powder	1 egg, beaten
3/4 tsp. cream of tartar	1 c. milk

Sift dry ingredients into bowl. Cut in shortening with pastry blender until mixture resembles coarse meal. Combine egg and milk and add to flour mixture all at once, stirring just enough to make soft dough. Knead lightly 15 times. Roll to 1 inch and cut. Bake at 450° for 12-15 minutes.

*Jeanine Gbler,
Lewis Central School*

Zucchini Bread

3 eggs	1 tsp. salt
2 c. (well packed) zucchini, peeled and grated	2 tsp. cinnamon
1 c. salad oil (Crisco oil)	1 tsp. soda
2 c. sugar	1 tsp. baking powder
3 tsp. vanilla	1 c. walnuts, chopped
	3 c. flour

Beat eggs until foamy; add salad oil and sugar, beating well. Add zucchini and vanilla and mix well. Add dry ingredients and nuts. Grease and flour 2 (8 1/2x4 1/2x2 1/2 inch) bread pans. Bake at 325° for 1 hour and 10 minutes.

*Mary Smith,
T.J. Cafeteria*

*When Mother used to bake a cake,
She'd pour the batter in a pan,
Then give the mixing crock to me
To "scrape --- and Boy! O, Man ...
Now Mother has a rubber thing
She says works to a "T,"
And with it scrapes the crock so clean
There's nothing left for me.*

Never Fail Bread

1 c. shortening	2 pkgs. yeast
1 c. sugar	8 c. flour
1 T. salt	2 c. warm water
4 eggs, beaten	

Mix ingredients together and bake.

*Mary Smith,
T.J. Cafeteria*

Bread or Rolls

2 c. water	2 c. milk
5 T. grease	4 tsp. salt
4 T. sugar	12 C. flour
2 pkgs. yeast	

Heat milk and grease until thoroughly mixed after grease is melted. Add sugar and salt. Let mixture cool and then add yeast and flour, 2 cups at a time. Makes 3 loaves.

*Linda A. Bonhan,
Lewis Central*

Easy-Does-It Donuts

2 eggs	2 (13 oz.) pkgs. apple- cinnamon or blueberry muffin mix
2/3 c. all-purpose flour	

Mix ingredients together and deep fat fry in cooking oil or shortening. Roll in powdered sugar, granulated sugar or a cinnamon-sugar mixture, if desired.

*Elaine Mattox,
Lewis Central*

Brown Bread

1 1/2 c. raisins	1 1/4 c. white sugar
1 1/2 c. water	2 1/2 c. all-purpose flour
1 T. butter	1/4 tsp. salt
1 egg	2 tsp. soda

Cook raisins in water until raisins are soft. Drain, reserving juice and cool. Cream butter, egg and water. Sift flour, salt and soda. Alternate juice and flour mixture and mix well. Stir in raisins. Grease and flour (very important to flour if baked in round cans) 3 No. 2 cans and fill slightly over 1/2 full. Bake at 350° for 1 hour. Cool slightly and shake from can. Store wrapped or freezes well.

*Lois Heuwinkel,
Lewis Central High*

If you wish to grow thinner, diminish your dinner.

Cherry Nut Bread

3 c. sifted flour	1 1/2 c. milk
1/2 c. sugar	1 c. chopped nuts
1 tsp. salt	3/4 c. maraschino cherries, chopped fine
3 1/4 tsp. baking powder	3 T. melted butter
1 egg	

Cream together the egg, milk, sugar and butter. Add dry ingredients and blend thoroughly. Add cherries and nuts. Bake at 375° for 1 hour or until done. Cool 10 minutes and remove from pan. Let stand overnight before slicing.

*Lois Heuwinkel,
Lewis Central High*

Bubble Bread

2 loaves frozen bread	1/2 c. melted butter
1 box butterscotch pudding (not instant)	1 tsp. cinnamon
1 c. brown sugar	1 tsp. vanilla
	1/2 c. milk

Thaw frozen bread in the refrigerator overnight. Cut into cubes and place in a 9x13 pan. Mix other ingredients and pour over bread. Let rise and bake at 350° for 1/2 hour. *Jeanne Gibling,
Lewis Central School*

Homemade Noodles

3 eggs	2 1/2 c. flour
1 T. oil or melted butter	1 tsp. salt

Beat eggs until light and fluffy. Add salt and oil. Gradually add the flour to make a stiff dough. Roll into paper thin sheets and set aside to dry. Roll jelly roll fashion and cut in thin strips. Toss apart and finish drying. Drop into boiling broth and cook until tender, about 10 minutes.

*Maxine McCallum,
Council Bluffs*

Baking Powder Biscuits

2 c. flour	1 T. sugar
4 tsp. baking powder	6 T. shortening
1 tsp. salt	1 c. milk

Mix dry ingredients, cut in shortening and add milk. Mix to a soft dough and pat or roll to 3/4 inch. Cut into biscuits. Place in greased pan and bake at 425° for 15-20 minutes.

*Maxine McCallum,
Council Bluffs*

Quick Hot Brown Bread

1 1/2 c. raisins	1 1/2 c. white sugar
1 1/2 c. water	2 1/2 c. flour
1 T. butter	1/4 tsp. salt
1 egg	2 tsp. baking soda

Cook raisins in water until soft and cool. Cream together butter, sugar and egg, beating well. Sift together flour, salt and soda; add to butter mixture, alternating with raisins and juice. Grease 3 No. 2 cans and fill 1/2 full with batter. Bake at 350° for about 1 hour. Remove from cans when cooled.

*Mary Hilty,
Kirn Jr. High*

Pancake Mix

DRY MIX:

12 c. flour	3/4 c. sugar
4 c. dry milk	2 T. salt
3/4 c. baking powder	

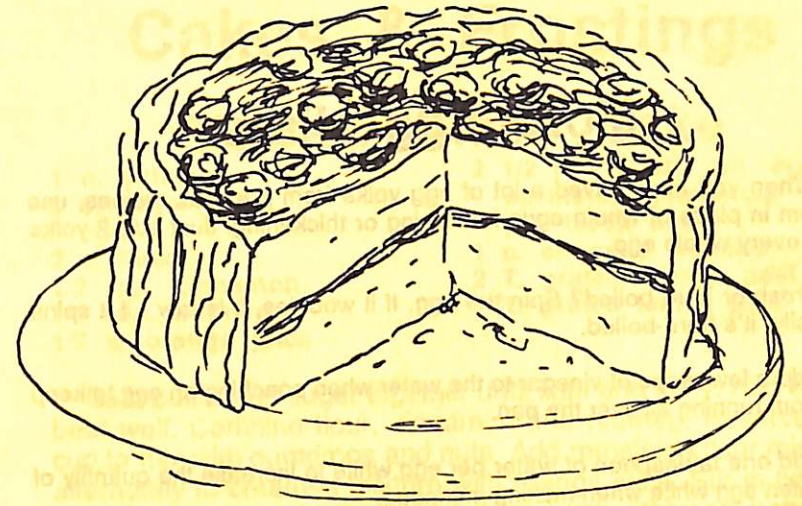
TO MAKE PANCAKES FOR YOUR FAMILY:

1 1/2 c. dry mix	1 egg
1 c. water	2 T. oil

Dry Mix: Mix ingredients together and sift several times.

To Make Pancakes For Your Family: Mix ingredients together. This can also be used for waffles by adding 2 tablespoons more oil to the recipe.

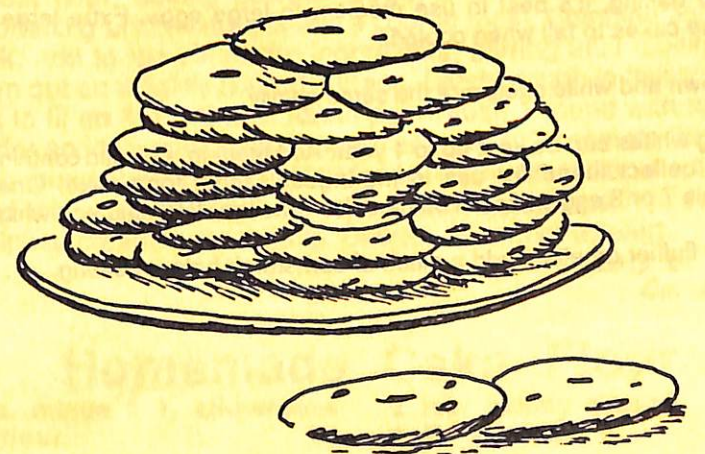
*LaVonne Morrison,
Kirn Jr. High*



Cakes

&

Cookies



More Egg Hints

- When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.
- Fresh or hard-boiled? Spin the egg. If it wobbles, it is raw - if it spins easily, it's hard-boiled.
- Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.
- Add one tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.
- Try adding eggshells to coffee after it has perked, for a better flavor.
- Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.
- Pierce the end of an egg with a pin, and it will not break when placed in boiling water.
- Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).
- A small funnel is handy for separating egg whites from yolks. Open the egg over the funnel and the white will run through and the yolk will remain.
- For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.
- Brown and white shells are the same quality.
- Egg whites can be kept up to 1 year. Add them to a plastic container as you "collect them" for use in meringues, angel food cake. One cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.
- For fluffier omelets, add a pinch of cornstarch before beating.

Cakes & Frostings

Stained Glass Cake

- | | |
|---------------------|-----------------------------|
| 1 c. butter | 2 1/2 c. (16 oz.) sm. sugar |
| 1 c. sugar | sprinkled gumdrops |
| 6 eggs | (no black ones) |
| 2 c. flour | 1 c. chopped walnuts |
| 1/2 tsp. cinnamon | 2 T. grated orange peel |
| 1/2 tsp. nutmeg | 1 T. grated lemon peel |
| 1/2 c. orange juice | |

Beat butter and sugar together until light and fluffy. Add eggs, beat well. Combine flour, cinnamon and nutmeg. Reserve 1/4 cup to mix with gumdrops and nuts. Add remaining flour mixture alternately to creamed mixture with orange juice. Stir in floured gumdrops, nuts, orange and lemon peels. Spread batter in greased and floured 14-cup bundt pan or a 10-inch tube pan. Bake in preheated 300° oven for 1 hour, 15 minutes for tube pan, or until cake tester inserted in center comes out clean. Immediately remove from pan. Cool on wire rack. Wrap in plastic wrap or aluminum foil to store.

Mary E. Miller
Co. Bluffs

Old-Fashioned Shortcake

- | | |
|--------------------|--------------------|
| 2 c. flour | 1/3 c. shortening |
| 4 T. baking powder | 1 egg, well beaten |
| 1 T. sugar | 1/2 c. milk |
| 1/2 tsp. salt | |

Sift flour, baking powder, sugar and salt together. Cut in shortening until mixture is like a coarse meal. Combine egg and milk; add to the sifted dry ingredients, stirring until moistened. Turn out on a lightly floured surface. Divide dough in half and pat out to fit an 8x1 1/2-inch round pan. Brush 1 round with melted butter and top with second round, or bake in 2 separate 8x1 1/2-inch round pans. Bake at 450° for 15-18 minutes. Serve warm or cold with lots of strawberries, or other fruits, and topped with whipped cream or Cool Whip. Delicious summer dessert.

Mary E. Miller
Co. Bluffs

Homemade Cake Flour

- | | |
|-----------------------------------|----------------------|
| 2 c. minus 2 T. all-purpose flour | 2 tsp. baking powder |
| | 1 T. cornstarch |

Mix altogether in sifter. Sift well.

Devil's Food Cake

3/4 c. sugar	1 c. flour
1/4 c. butter or margarine, softened	1/4 c. cocoa
1 egg	3/4 tsp. soda
2/3 c. hot water	1/2 tsp. salt
	1/2 tsp. vanilla

Cream sugar and butter, egg and water. Stir in remaining ingredients and blend until smooth. Pour batter in an 8 or 9-inch baking dish. Cook for 9 minutes on Power Level 7 in microwave. Let stand covered for 10 minutes. Store covered until ready to serve. May frost with chocolate frosting.

*Caroline Belt
Kirn Jr. High*

Watergate Cake

white cake mix	1 c. 7-Up
3/4 c. oil	1 pkg. inst. pistachio pudding
1/2 c. pecans	1/2 c. coconut
3 eggs	

ICING:

2 pkgs. Dream Whip	1 pkg. inst. pistachio pudding
1 1/2 c. milk	

Beat cake ingredients together for 2-3 minutes. Pour into angel food cake pan or bundt pan (greased). Bake at 350° for 1 hour. Beat icing ingredients together for 4 minutes and spread over cake.

*Darla Cleveland
Co. Bluffs*

Quick-Mix Applesauce Cake

1/2 c. margarine	1/2 tsp. salt
3/4 c. brown sugar (firmly packed)	1/2 tsp. baking powder
1 c. chunky applesauce	1/2 tsp. cinnamon
1 1/2 c. flour	1/4 tsp. cloves
1 tsp. soda	1/8 tsp. nutmeg
	1 c. raisins

Preheat oven to 350°. Melt margarine in an 8-inch square pan. This can be done in oven as it preheats. The baking pan is also the mixing pan. Blend brown sugar and applesauce into the melted margarine. Sift or mix dry ingredients. Add to applesauce mixture. Stir in raisins. Mix thoroughly. Smooth batter in pan. Bake 40 minutes at 350°. Use 325° for glass cake pan.

Note: Raisins may be decreased and nuts added, if desired.

*Bev Boyer
Co. Bluffs*

Chocolate Brownie Cake

(or Bar)

2 c. sugar	2 eggs
2 c. flour	1 tsp. soda
1/2 tsp. salt	1/2 c. buttermilk or sour milk
2 sticks oleo	1 tsp. vanilla
1 c. water	1 tsp. cinnamon
3 T. cocoa, slightly rounded	1/2 c. nuts

Mix the first 3 ingredients in bowl. Bring to boil the oleo, water and cocoa. Pour over flour mixture. Beat together the remaining ingredients. Add to the first mixture and blend well. Put into a 17x11-inch sheet pan. Bake at 350° for 20 minutes. During the last 5 minutes of baking, mix together and melt in saucepan:

1 stick oleo	1 box powdered sugar vanilla
6 T. milk	
3 T. cocoa	

Spread this on cake as soon as you take it out of the oven.

*Karen Kennedy
Roosevelt*

Italian Cream Cake

5 egg whites	2 c. flour
1 stick oleo, whipped	1 tsp. soda
1/2 c. shortening	1 c. coconut
2 c. sugar	1 c. pecans
5 egg yolks	1 c. buttermilk

Beat egg whites. Cream oleo, shortening and sugar. Add egg yolks and flour. Add soda, coconut, buttermilk and nuts. Fold in beaten egg whites. Pour into three 8 or 9-inch layer cake pans, greased. Bake at 350° for 30-35 minutes.

FROSTING:

1 stick oleo, whipped	1 lb. box powdered sugar
8 oz. pkg. cream cheese	1 tsp. vanilla

Cream margarine and cream cheese. Add powdered sugar and vanilla. Nuts and coconut can be added to frosting, if desired.

*Nyna Woods
Roosevelt School*

*Did you know that a good neighbor always knocks before she enters
not after she leaves.*

Banana Cake

1/2 c. brown sugar	1 tsp. soda
1/2 c. white sugar	pinch of salt
1/2 c. Crisco	1/2 or 1 c. nutmeats
1 egg	1 1/2 c. flour, sifted with salt and soda
4 T. milk	
1 c. mashed banana	

Cream sugars and shortening until light. Add egg and mix well. Add milk and flour alternately. Add nuts last. The dough will seem stiff. Bake at 350° for 25-30 minutes. Frost with Never Fail Frosting.

*Sara Anderson
Kirn Jr. High*

Oatmeal Cake

1 stick oleo, cut into small pieces	1 1/2 c. flour
1 c. quick cooking oats	1 tsp. soda
1 1/2 c. boiling water	1 tsp. nutmeg
1 c. white sugar	1/2 tsp. salt
1 c. brown sugar	1 T. vanilla
2 eggs, beaten	1 c. dates, cut fine

FROSTING:

1 stick oleo, melted	1 1/2 c. coconut
1 c. brown sugar	1/2 c. chopped pecans

Mix first 3 cake ingredients. Let stand 20 minutes. Mix remaining ingredients and add to oatmeal mixture. Mix well and bake at 350° for 35 minutes. Combine frosting ingredients and spread on baked cake. Brown under broiler.

*Sara Anderson
Kirn Jr. High*

Wacky Cake

3 c. sifted flour	1 tsp. salt
2 c. sugar	5 T. cocoa
2 tsp. soda	

Mix all dry ingredients together, using only a wire whip. Then add all at once 2 cups cold water, 3/4 cup vegetable oil, 1 teaspoon vanilla and 1 tablespoon vinegar. Stir with a spoon, but don't beat. Mix until lumps are gone. Bake in a 9x13-inch greased and floured pan at 350° for 30 minutes.

*Sara Anderson
Kirn Jr. High*

*Making marriage work is like running a farm.
You have to start all over again each morning.*

The Cake That Won't Last

3 eggs	2 c. bananas, cut in pieces (not mashed)
3 c. flour	8 oz. can crushed pineapple with juice
3 c. sugar	1/2 c. nuts
1 tsp. salt	
1 tsp. vanilla	
1 1/3 c. Wesson oil	

Do not beat, but just stir all ingredients together until blended. Put in pan and bake at 350° for 35-40 minutes.

*Maxine Frieze
T. J. High*

Raw Apple Cake

2 c. sugar	1 tsp. cinnamon
1/2 c. shortening	1 tsp. salt
2 eggs	4 c. chopped raw apples, peeled
2 c. flour	1/2 c. nuts
1 tsp. soda	
1/2 tsp. nutmeg	

TOPPING:

1/2 c. packed brown sugar	1/4 c. melted butter
2 T. flour	2 T. water
	1/2 c. nuts

Combine sugar, shortening and eggs. Sift together the dry ingredients and add to creamed mixture. Add apples and nuts. Spread in a 9x13-inch or two 8-inch pans. Bake at 350° for 50-60 minutes. Mix topping ingredients and spread carefully over hot cake. Return to oven and bake 5 minutes longer.

*Beverly Wendt
Dunlap, Ia.*

Irish Whiskey Cake

18 1/2 oz. pkg. yellow cake mix	1 c. Irish whiskey, divided
3 oz. pkg. vanilla Inst. pudding mix	1/4 c. melted butter
4 eggs	1/4 c. golden raisins
8 oz. fruit nectar*, divided	1 c. sugar

(*Apricot preferred.) Combine cake mix, pudding mix, eggs, 1/2 cup nectar, 1/2 cup whiskey, butter and raisins in large bowl. Blend well, then beat at medium mixer speed for 2 minutes. Turn into greased and floured 12-cup bundt pan or 10-inch tube pan. Bake at 350° for 1 hour, or until done. Cool in pan 15 minutes. Meanwhile combine remaining nectar and sugar in saucepan. Bring to boil and stirring constantly boil for 5 minutes. Remove from heat and stir in remaining whiskey. Remove cake to serving plate. Prick top and sides slowly and carefully spoon and brush syrup over warm cake.

*Mary E. Miller
Co. Bluffs*

Apple Cake

1/2 stick oleo
1 1/2 c. sugar
2 eggs
1 tsp. cinnamon
1/4 tsp. cloves

1/2 tsp. salt
1 tsp. soda
2 c. flour
3 c. apples
1/2 c. nuts

TOPPING:
1 c. brown sugar

3 T. oleo
3 T. flour

Cream oleo, sugar and eggs. Add remaining ingredients. Put in a 9x12-inch cake pan and bake at 350° for 25 minutes. Mix topping together and spread over cake and bake for 25 minutes more.

*Linda Gardner
Klrn Jr. High*

Fresh Apple Cake

1 1/2 c. oil
3 eggs
2 c. sugar
2 tsp. vanilla
3 c. chopped apples

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

Combine oil, eggs, sugar and vanilla. Mix well. Sift flour, soda and salt. Beat into sugar mixture. Fold in apples and nuts. Put into 9x13-inch pan and bake at 350° for about 1 hour or until tests done.

GLAZE:
1 c. brown sugar

1/4 c. milk
1 stick oleo

Mix together and cook 3 minutes. Pour hot glaze on hot cake. Serve plain or with Cool Whip.

*Marlon McKecwn
Co. Bluffs*

Raw Apple Cake

1 c. sugar
1/2 c. margarine
dash of salt
1 egg
1 c. coffee

1 tsp. soda
1 tsp. cinnamon
1 1/2 c. flour
1 sm. apple, diced

TOPPING:
1/2 c. brown sugar
2 tsp. flour

2 tsp. cinnamon
2 tsp. butter
1/2 c. chopped nuts

Combine cake ingredients and put in a buttered 9x9-inch pan. Bake at 350° for 40 minutes. Combine topping ingredients and spread on cake.

*MaxIne Frieze
T. J. High*

Fresh Apple Cake

2 eggs
1 c. oil
2 c. flour
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt

2 c. sugar
3 c. chopped apples
(Pippin)
1 c. nuts
1 tsp. vanilla

Mix dry ingredients; then add other ingredients and mix well. Bake in oiled 8x12-inch pan for 1 hour at 350°. **Note:** When you have mixed dry ingredients together, put a big handful over chopped apples and nuts; stir. Then finish mixing altogether. This keeps the apples from sinking to the bottom while baking.

*Bev Vincent
Lewis Central High*

Dump Cake

Grease a 9x13x2-inch cake pan. Dump in 1 large can crushed pineapple, undrained. Dump 1 can cherry pie filling over this. Open 1 box yellow cake mix and dump dry over and around fruit. Top with nuts and dot with butter. Bake at 350° for 1 hour.

*Linda Jensen
Klrn Jr. High*

Dummy Cake

No. 303 can apple pie filling
2 c. sugar
1/2 c. vegetable oil
1 tsp. vanilla
2 eggs

1 tsp. salt
2 c. flour
1 tsp. cinnamon
2 tsp. baking soda
1 c. chopped nuts
or raisins

Chop apples in pie filling into smaller size. Mix with sugar. Add the eggs, oil, vanilla, salt, flour, cinnamon, baking soda and nuts or raisins. Stir together with a spoon and bake in a greased and floured 9x13-inch pan, about 1 hour at 325°. Do not use electric or hand mixer. Serve with whipped topping, butter cream icing, or plain.

*MaryAnn Spoto
Roosevelt School*

*Recipe for making up after a quarrel:
It takes two.*

*Middle age is when you know all the answers
and nobody ever asks you the questions.*

Sometimes you have to be silent to be heard.

Carrot Cake

3 c. shredded carrots
2 c. flour
4 eggs
2 tsp. baking soda
1 tsp. salt

2 c. sugar
1 c. oil
1 c. chopped nuts
1 tsp. cinnamon

ICING:

25 pieces caramel candy
1 1/2 c. sugar

1/2 c. oleo
3/4 c. milk

Combine cake ingredients and bake in 350° oven. Test with toothpick for doneness. Chop caramels and set aside. Combine sugar, oleo and milk. Cook to soft ball stage. Stir as it might burn. Remove from heat and add caramels. Stir until melted. Add vanilla and nuts.

*Emma Jean Summerville
Co. Bluffs*

Carrot Cake

1 1/4 c. oil
2 c. sugar
4 eggs
2 c. sifted flour
2 tsp. cinnamon
1/2 tsp. salt

2 c. finely grated carrots
1 sm. can crushed pineapple, drained
1/2 c. nuts (walnuts or pecans)

CREAM CHEESE FROSTING:

8 oz. cream cheese
1 box powdered sugar, sifted

1/2 stick margarine
1/2 tsp. vanilla

Mix all cake ingredients until well blended. Bake in a 9x13-inch pan for 1 hour at 350°. Cream the cheese and butter. Add sugar and vanilla. Beat until fluffy and spread on cake when cooled.

*Joy Sowers
T.J. High*

To Make a Cake

Light oven; get our utensils and ingredients. Remove blocks and toys from table. Grease pan; crack nuts. Measure 2 cups flour; remove Johnny's hands from flour; wash flour off him. Remeasure flour.

Put flour, baking powder and salt in sifter. Get dust pan and brush up pieces of bowl Johnny knocked on floor. Get another bowl. Answer door bell.

Return to kitchen. Remove Johnny's hands from bowl. Wash Johnny. Answer phone. Return. Remove 1/4 inch salt from greased pan. Look for Johnny. Grease another pan. Answer telephone.

Return to kitchen and find Johnny. Remove his hands from bowl. Take up greased pan and find layer of nut shells in it. Head for Johnny who flees, knocking bowl off table.

Wash kitchen floor, table, walls, dishes. Call baker. Lie down.

Carrot Cake

1 1/2 c. Crisco oil
2 1/2 c. sugar
4 whole eggs, beaten
2 c. flour
2 tsp. soda

1 tsp. salt
3 c. grated carrots
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. ground cloves

ICING:

8 oz. pkg. cream cheese
1 stick oleo

1 box powdered sugar
1 tsp. vanilla
1 c. chopped pecans

Mix oil and sugar; beat well. Add egg. Sift flour, cinnamon, soda and salt 2 or 3 times. Add to creamed mixture. Add carrots, a small amount at a time. Bake in three 8 or 9-inch cake pans that have been well greased and floured, at 325° for 30 minutes. Optional: Raisins, drained crushed pineapple.

Beat all icing ingredients well. Spread on cake. Makes 12 servings.

*Helen Walker
Roosevelt School*

Mexican Fruit Cake

2 c. flour
2 c. sugar
2 beaten eggs
2 tsp. soda

1 c. nuts (English walnuts)
20 oz. can crushed pineapple and juice

FROSTING:

8 oz. pkg. Phil. cream cheese

1 stick oleo or butter
2 c. powdered sugar
1 tsp. vanilla

Combine all cake ingredients and blend well together. Bake at 350° for 30 minutes or longer. Heat frosting ingredients until creamy. Pour frosting over cake while warm.

*MaryAnn Spoto
Roosevelt School*

Chocolate Mayonnaise Cake

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

1 c. boiling water
1 tsp. vanilla
1 c. mayonnaise

Sift together flour, sugar, cocoa and soda. Mix together water, mayonnaise and vanilla. Mix together with first mixture. Bake at 325° - 350° for 45 minutes.

*Maxine McCallum
Co. Bluffs*

*Lots of things can be accomplished in a day -
if you don't make that day tomorrow.*

Grandma's Chocolate Cake

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

Beat together eggs and vanilla. Mix all other ingredients together thoroughly. Pour 1 cup boiling water over mixture. Batter will be very thin. Bake at 350°.

*Jodie Gardner
Co. Bluffs*

Mississippi Mud Cake

2 sticks oleo 1 1/2 c. flour
2 c. sugar 1 1/2 c. coconut
1/2 c. cocoa 1 1/2 c. pecans
pinch of salt 1 jar marshmallow creme
4 eggs

FROSTING:

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

Cream together the first 4 ingredients. Add eggs, beating well after each one. Stir in flour. Fold in coconut and pecans. Bake in a 9x13-inch pan at 350° for 35 minutes. Pour marshmallow creme over top. Cook. Combine frosting ingredients; add more powdered sugar if needed.

*Joy Sowers
T.J. High*

"Sock It To Me" Cake

1 yellow butter cake mix 3/4 c. oil
1 stick softened butter

Mix these ingredients together. Blend in 4 eggs, one at a time. Beat for 3 minutes at high speed. Fold in 1 cup sour cream and 3/4 to 1 cup chopped pecans. Pour 1/2 of the batter into tube bundt pan, which has been greased and floured. Mix 2 teaspoons sugar and 1 teaspoon cinnamon and sprinkle on batter. Pour in remaining batter. Bake for 45-50 minutes at 350°. Let stand about 20 minutes. Drizzle a powdered sugar glaze on top.

*Mary Fukin
Lewis Central*

Life is what happens to you when you have other plans.

*He who has little but wants less is richer
than he who has much and wants more.*

Filled Cupcakes

1 pkg. German chocolate dash of salt
 cake mix 1 egg
8 oz. pkg. softened 12 oz. pkg. Hershey's
 cream cheese chocolate chips
1/3 c. sugar

Mix cake according to directions. Fill cupcake liners 2/3 full. Blend cream cheese and sugar; beat in egg and salt. Stir in chips. Drop rounded teaspoon of cheese mixture into each cupcake. Bake at 350° for 20-25 minutes. Makes 30-35 cupcakes.

Lewis Central

Fudge Upside-Down Cake

3/4 c. sugar 1 c. flour
1 T. butter 1/4 tsp. salt
1/2 c. milk 1 T. baking powder
1 1/2 T. cocoa

Cream together sugar and butter. Add milk and stir together flour, salt, baking powder and cocoa. Add to first mixture. Pour into 9-inch pan. Sprinkle 1/2 cup nuts on top of cake. Mix together 1/2 cup sugar, 1/2 cup brown sugar, and 1/4 cup cocoa. Spread on top of cake. Pour 1 cup boiling water over top. Bake for 30 minutes at 350°.

*Sarah Hanson
Lewis Central*

Chocolate Cake

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

Combine dry ingredients above. Combine the following: 1 egg, 2 teaspoons vanilla, 1 cup hot water or coffee, 1 cup buttermilk and 2/3 cup oil. Add moist ingredients to dry mix. Beat until smooth. Batter will be thin. Makes 3 layers in 8-inch cake pans, or one 9x11-inch cake pan. Bake at 350° for 30-35 minutes. Good moist cake.

*Billiemarie Combs
Lewis Central*

Dietary Supplement

*I'd lose some weight if I just ate
 each measured portion on my plate.
But good intentions have a way
 of fading at the end of day.
It's then that I begin to munch,
 On what should be tomorrow's lunch.
No foil-wrapped crumb escapes my theft,
 I eat what's right - then eat what's left!!*

Cherry Chocolate Cake

1 box chocolate cake mix 1 can cherry fruit filling
3 eggs

FROSTING:
5 tsp. butter
1/3 c. milk

6 oz. pkg. semi-sweet
chocolate pieces
1 c. sugar

Combine cake mix, eggs and fruit filling. Mix well; pour into greased and floured 9x13-inch cake pan. Bake for 35-40 minutes at 350°. To make frosting, combine sugar, butter and milk in saucepan. Bring to boil, stirring constantly. Cool 1 minute. Remove from heat and add chocolate pieces until melted and smooth. Spread over cake.

*Virginia Lynch
Lewis Central*

Chocolate Upside-Down Dessert

1 c. flour
3/4 c. sugar
2 tsp. baking powder
1/4 tsp. salt
1/2 c. milk
2 T. melted oleo

1 tsp. vanilla
1 sq. melted chocolate
1/2 c. brown sugar
1/2 c. white sugar
2 heaping tsp. cocoa

Mix first 4 ingredients together. Add the next 4 ingredients. Mix well. Pour into greased 9x9-inch pan. Mix brown sugar, white sugar and cocoa. Sprinkle over batter. Pour 1 cup boiling water over all. Bake 40 minutes at 350°. When serving, invert pieces on plate. Serve warm with whipped cream or ice cream. Serves 9. It's a very rich dessert.

*Lois Heuwinkel
Lewis Central High*

Applesauce Cake

1 1/2 c. flour
1/8 tsp. cloves
1 1/2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda
1/4 tsp. salt

1 c. sugar
2 c. sweet applesauce
1/3 c. chopped nuts
raisins (opt.)
1 tsp. vanilla

Mix in order given. Bake for 40 minutes at 350°. (If applesauce isn't sweet, add extra cup sugar..)

*Emma Jean Summerville
Co. Bluffs*

Applesauce Cake

1/2 c. butter	1 tsp. cinnamon
1 c. brown sugar	1/2 tsp. cloves
1 egg	1 c. raisins
1 3/4 c. flour	1 c. nuts
1/2 tsp. salt	1 c. sweetened applesauce
1 tsp. soda	

Beat the butter and brown sugar until softened. Blend until light and creamy. Add egg. Sift dry ingredients and add gradually into butter mixture. Add raisins and nuts. Heat applesauce and beat into batter. Bake in tin tube pan for 40 minutes at 350°.

*Edie Tysor
T.J.*

T-Bone Ranch Boiled Raisin Spice Cake

2 c. cold water
2 c. sugar
1 c. shortening
2 c. raisins
1 tsp. cinnamon
3/4 tsp. nutmeg

1/4 tsp. cloves
2 tsp. soda
3 c. flour
1/2 tsp. baking powder
1 c. nuts (opt.)

FROSTING:
6 T. brown or white
sugar

2 T. butter
3 T. cream or evaporated
milk

Put water, sugar, shortening, raisins, spices and soda in saucepan. Let come to a good boil; cool. Sift flour with baking powder and add cooled raisin mixture. Mix well. It's not necessary to use mixer, as it blends well with spoon. Add nuts, if desired. Bake in greased and floured 9x13-inch pan at 350° for 40-45 minutes, or until done. May make a bar cookie by adding more flour and baking in jelly roll pan.

To make frosting, combine all ingredients and boil for 1-2 minutes. Add powdered sugar to spreading consistency. Beat well. Add vanilla and spread on cooled cake. This cake is better if made the day before it is to be eaten.

*Lois Heuwinkel
Lewis Central High*

*You may look DOWN on your fellow man
That fact is very true ...
But that doesn't necessarily mean
They're looking UP to you.*

Rhubarb Cake

1/2 c. shortening	1/2 c. milk
1 1/2 c. sugar	2 c. flour
1 egg	1 1/2 c. fresh rhubarb, chopped
1 tsp. vanilla	1/3 c. sugar
1/2 tsp. salt	1 tsp. cinnamon
1 tsp. soda	

Cream shortening, sugar and egg. Dissolve soda in milk. Add this and vanilla alternately with dry ingredients to creamed mixture. Add rhubarb. Sprinkle sugar and cinnamon over batter. Bake at 350° for 30-35 minutes.

*Gayle Eyberg
Edison School*

Oatmeal Cake

1 c. quick cooking oatmeal	1/2 tsp. salt
1 1/2 c. boiling water	1 tsp. cinnamon
1 c. brown sugar	1 tsp. nutmeg
1 c. white sugar	1 tsp. soda
1/2 c. shortening	1 1/2 c. flour
1 egg	

TOPPING:

1/2 c. brown sugar	1/4 c. light cream
1/2 c. white sugar	6 T. butter

Pour the boiling water over oatmeal. Cool. Cream together the sugars, shortening, egg and salt. Add dry ingredients. Add oatmeal mixture. Beat all together and bake at 350° for 35 minutes. Bring topping ingredients to boil. Cook 5 minutes. Add 1 1/2 cups flaked coconut, 1 cup nuts and 1 teaspoon vanilla. Spread on cake.

*Maxine McCallum
Co. Bluffs*

Boiled Cake

1 c. sugar	1/2 c. oleo
1 c. raisins	1 tsp. soda
1 c. water	2 c. flour
1 tsp. cinnamon	nuts
1/4 tsp. nutmeg	

Boil the first 6 ingredients. Let cool. Add soda dissolved in a little water, the flour and nuts. Bake at 350°.

*Mary Hilty
Kirn Jr. High*

There really are no strangers, only friends who have not yet met.

Chocolate Sheet Cake

2 c. flour	2 eggs
2 c. sugar	1/2 c. buttermilk
1/2 lb. butter or margarine	1 tsp. soda
1/4 c. cocoa	1 tsp. vanilla
1 c. water	

Put flour and sugar in bowl. In saucepan combine butter, cocoa and water. Bring to a boil. Pour boiled mixture into bowl over the flour and sugar. Beat well. Add eggs, buttermilk, soda and vanilla. Beat well. Pour on cookie sheet or jelly roll pan and bake at 400° for 20 minutes. Five minutes before cake is done, make the frosting. Combine 1/4 pound margarine, 1/4 cup cocoa and 6 tablespoons evaporated milk. Bring to a boil. Pour mixture over 1 pound of powdered sugar and mix well. Add 1 teaspoon vanilla, dash of salt and 1 cup of nuts. Pour over hot sheet cake.

*Maxine McCallum
Co. Bluffs*

Pumpkin Cake

1 yellow cake mix	1/2 c. sugar
4 eggs	1 tsp. cinnamon
1/2 c. water	1 c. pumpkin
1/2 c. oil	

Combine. Bake at 350° in angel food cake pan for 45 minutes to 1 hour. Make a frosting of butter, vanilla, milk and powdered sugar. While cake is still hot, pour frosting over it.

*Mary Hilty
Kirn Jr. High*

Indian Cake

2 c. sugar	1/2 c. coffee
1/2 c. shortening, room temp.	2 c. flour
2 eggs	1 tsp. soda
1/2 c. cocoa	1 tsp. salt
	1 c. hot water

Put everything but the hot water in a bowl and mix. Then add hot water and mix well. Bake in moderate oven (350°).

*Mary Hilty
Kirn Jr. High*

*If you don't have much to be thankful for,
be thankful for some of the things you don't have.*

Sauerkraut Surprise Cake

2/3 c. butter	1/2 c. Hershey's cocoa
3 eggs	1 tsp. soda
2 1/4 c. flour	1 c. water
1 tsp. salt	2/3 c. sauerkraut, rinsed and drained
1 1/2 c. sugar	

BUTTERY CREAM FROSTING:

4 c. powdered sugar	1 1/2 tsp. vanilla
1/3 c. butter flavor Crisco	6 - 7 T. milk

Cream butter and sugar together. Add eggs, one at a time. Add dry ingredients, alternating with water. Add sauerkraut. Put in a 9x13-inch pan or two 8-inch pans. Bake at 350° for 30-35 minutes. Beat frosting ingredients on high and spread on cake.

*Linda Bonham
Lewis Central*

Kraut Surprise Cake

2/3 c. butter or margarine	2 1/4 c. flour
1 1/2 c. sugar	1/2 c. cocoa
3 eggs	1 c. water
1 tsp. vanilla	2/3 c. rinsed, drained sauerkraut
1 tsp. baking soda	
1/4 tsp. salt	

Mix all ingredients in order given, folding in sauerkraut last. Pour into cake pan and bake at 350° for 30 minutes. Frost as desired.

*Mary Hilty
Kirn Jr. High*

No-Frost Oatmeal Cake

1 1/2 c. boiling water	2 eggs
1 c. oatmeal	1 1/2 c. all-purpose flour
1/2 c. butter	1 tsp. soda
1 c. brown sugar	1/2 tsp. salt
1 c. white sugar	1 heaping T. cocoa

Pour boiling water over oatmeal and let stand for 10 minutes. Cream butter and sugars; add to oatmeal mixture. Beat well. Add eggs and beat well. Sift flour, soda, salt and cocoa; add to oatmeal mixture. Pour into a greased and floured 9x13-inch cake pan. Sprinkle 1/2 cup chocolate chips and 1/2 cup chopped nuts over top. Bake at 350° for 35-40 minutes. Yields 15 servings.

*Caroline Belt
Kirn Jr. High*

Grandma's Frosting

1 c. Crisco	4 c. sifted powdered sugar
1 tsp. vanilla	2 T. milk

Beat with mixer.

*Jodie Gardner
Co. Bluffs*

Uncooked Fluffy Frosting

1 c. sugar	1/4 tsp. cream of tartar
1 unbeaten egg white	1/2 c. boiling water

Add all ingredients in small mixing bowl and beat at high speed until fluffy and stiff.

*Mary Hilty
Kirn Jr. High*

Good White Frosting

3 T. flour	1 c. sugar
1 c. milk	1 tsp. vanilla
1 c. margarine	

Cook flour and milk until stiff like paste. Cool. Beat margarine and sugar until fluffy like whipped cream, about 15 minutes. Add vanilla and paste mixture and beat until stiff.

*Marion McKeown
Co. Bluffs*

Cookies

Chocolate Chip Cookies

1 1/2 c. Crisco	1/2 tsp. salt
1 c. white sugar	4 c. flour
1 c. brown sugar	1 tsp. vanilla
4 eggs	1 tsp. soda
1 T. baking powder	12 oz. chocolate chips

Cream together the first 4 ingredients. Add the dry ingredients. Mix well; then add the chocolate chips.

*Linda A. Bonham
Lewis Central*

*If kids didn't ask questions, they would never
learn how little adults know.*

No family hides its secrets well whose children shine at Show & Tell.

Peanut Butter Cookies

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

1 c. corn syrup
4 c. corn flakes

Bring the first 3 ingredients to a boil and mix well. Pour this over the corn flakes. Mix together well and drop onto waxed paper.

*Linda Bonham
Lewis Central*

No-Bake Oatmeal Cookies

2 c. sugar
4 T. cocoa
1/2 c. milk
1/2 c. shortening
1 tsp. vanilla

2 T. peanut butter
1/2 c. nuts
3 c. oatmeal
1/2 c. coconut

Boil the first 5 ingredients together for 1 minute. Then add remaining ingredients. Mix well and drop onto waxed paper. Makes 2 1/2 dozen.

*Linda A. Bonham
Lewis Central*

Oatmeal Caramelitas

1 c. all-purpose flour*
1 c. oatmeal
3/4 c. firmly packed brown sugar
1/2 tsp. soda
1/4 tsp. salt
3/4 c. butter or oleo, melted

6 oz. pkg. (1 c.) semi-sweet chocolate pieces
1/2 c. chopped nuts
3/4 c. caramel ice cream topping
3 T. flour

Preheat oven to 350°. Grease bottom and sides of a 9-inch square pan. Combine in large bowl the first 6 ingredients until they form crumbs. Press half of crumbs into bottom of the pan. Bake for 10 minutes. Sprinkle the chocolate pieces and nuts over baked crust. Mix ice cream topping and flour. Drizzle over chocolate and nuts. Sprinkle remaining crumbs over caramel topping. Bake for 15-20 minutes until golden brown. Chill bars for easy cutting. Makes 24 bars. (*If using self-rising flour, omit soda and salt.)

*Joanne Thompson
Lewis Central*

There are two kinds of boys - dirty and not yet.

A man's mind is like his car. If it gets to knocking too much, he'd better have it overhauled or change it.

Ginger Cookies

3/4 c. shortening
1 c. sugar
1 egg
1/4 c. molasses
2 c. flour

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

Cream shortening and sugar. Add egg and molasses. Sift dry ingredients together. Put 2 tablespoons sugar in a bowl. Shape dough into balls and roll in sugar. Put on greased cookie sheet 2 inches apart. Bake at 350° for 8-10 minutes.

*Emmajeau Summerville
Co. Bluffs*

Soft Molasses Cookies

1 c. molasses
1 c. shortening
1 c. sugar

1 egg
5 c. flour

Combine ingredients and mix well. Roll out and cut with cutter. If dropped cookies are preferred, use less flour and drop from spoon. Bake at 400° for 8-10 minutes.

*Emmajeau Summerville
Co. Bluffs*

Gingersnaps

3/4 c. shortening
1 c. sugar
1/4 c. light molasses
1 beaten egg
2 c. flour

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

Cream shortening and sugar. Add molasses and egg; beat well. Sift dry ingredients and add to creamed mixture; beat well. Roll in small balls; dip in sugar. Place 2 inches apart on greased cookie sheet. Bake 15 minutes at 375°. Watch carefully as they burn easily. Makes 4 dozen cookies.

*Maxine McCallum
Co. Bluffs*

Summer Complaint

*At summer's end I am a wreck
From canning foodstuffs by the peck,
But I stagger back with sticky pride
And bless the bottles, side by side,
Of apples, plums and succotash
And beans and peas, as good as cash.
Now all I need is a recipe
For canning and preserving ME!!*

Country Raisin Gingersnaps

1 1/2 c. raisins	1 tsp. soda
3/4 c. shortening	1 tsp. ginger
1 c. sugar	1/4 tsp. salt
1 egg	1/4 tsp. cloves
2 1/4 c. flour	1/4 c. molasses

Beat together shortening, sugar and egg. Blend in molasses; then add dry ingredients. Mix in raisins. Chill dough. Roll in small balls, then roll in sugar. Place on lightly greased cookie sheet and bake at 350° for 8-10 minutes.

*Maxine McCallum
Co. Bluffs*

Snickerdoodles

1 c. soft shortening	2 tsp. cream of tartar
1 1/2 c. + 2 T. sugar	1 tsp. soda
2 eggs	1/2 tsp. salt
2 3/4 c. sifted flour	2 tsp. cinnamon

Blend together shortening, 1 1/2 cups sugar and eggs. Sift together flour, cream of tartar, soda and salt. Add to creamed mixture. Roll dough into balls the size of walnuts. Roll in cinnamon and remaining sugar. Place balls 2 inches apart on ungreased cookie sheet. Bake at 400° for 8-10 minutes.

*Elizabeth Hiers
Kirn Jr. High*

Overnight Cookies

3 egg whites	6 oz. pkg. chocolate chips
3/4 c. sugar	1 c. finely chopped nuts

Beat egg whites with sugar until very stiff. Add chocolate chips and nuts. Heat oven to 350°. Line cookie sheets with brown paper. Drop by teaspoons onto paper. Turn off oven. Put cookie sheets into oven and go to bed.

*Elizabeth Hiers
Kirn Jr. High*

Choc-No-Bake Cookies

2 c. sugar	1 tsp. vanilla
1/2 c. cocoa	3 c. oatmeal
1/2 c. milk	1/2 c. peanut butter
1/4 lb. oleo	

Mix the first 4 ingredients and bring to a boil. Boil 1 minute. Add remaining 3 ingredients and stir quickly. Drop by tablespoons on waxed paper.

*Shirley Hansen
Kirn Jr. High*

Brown Sugar Cookies

1 c. brown sugar	1 tsp. soda
1/2 c. white sugar	1 tsp. cinnamon
2/3 c. shortening	1 tsp. nutmeg
2 eggs	3 c. flour
1/2 c. sour milk*	vanilla

(*1 teaspoon vinegar in milk plus 1 teaspoon soda makes sour milk.) Combine all ingredients and bake at 375° for 8-10 minutes.

*Mary Hilty
Kirn Jr. High*

Crisp Oatmeal Chocolate Cookies

1 1/2 c. flour	2 eggs
1 tsp. soda	1 tsp. vanilla
1 tsp. salt	3 c. quick cooking oats
1 c. shortening	1 c. raisins or nuts
1 c. white sugar	1 c. chocolate chips
1 c. brown sugar, packed	

Sift flour, soda and salt. Cream shortening, sugars, eggs, and vanilla. Add flour to this. Add remaining ingredients and mix. Drop by spoonfuls on greased cookie sheet. Bake 12-14 minutes at 350°. Cool 1 minute. Remove from sheet.

*Mary Hilty
Kirn Jr. High*

Delicious Cookies

1 c. margarine	3 1/2 c. flour
1 c. salad oil	1 tsp. salt
1 c. brown sugar	1 tsp. soda
1 egg	1 tsp. cream of tartar
2 tsp. vanilla	1 c. coconut
1 c. sugar	1 c. Rice Krispies
1 tsp. coconut flavoring	1/2 c. chocolate chips
1/2 tsp. butter flavoring	

Cream shortening and sugar; add egg. Mix in rest of ingredients. Drop on cookie sheet and bake at 350° for 15 minutes.

*LaVonne Morrison
Kirn Jr. High*

*Let others share your sunny days and you will find it true,
that others will be glad to share the rainy days with you.*

More people are run down by gossip than by automobiles.

Molasses Cookies

3/4 c. Crisco	1 tsp. ginger
1 c. sugar	1/2 tsp. cloves
1 egg	1 tsp. cinnamon
4 T. molasses	1/2 tsp. salt
2 tsp. soda	1 tsp. vanilla
2 c. flour	

Mix well. Roll into small balls and dip in sugar. Bake at 375° until done.

*Shirley Hansen
Kirn Jr. High*

Black-Eyed Susans

(No-Bake)

2 egg whites	2 c. flaked coconut
1/4 tsp. salt	1/2 tsp. yellow coloring
1/2 tsp. lemon flavoring	2 oz. chocolate chips
3 c. powdered sugar	

Beat egg whites with salt to soft peaks. Add powdered sugar and beat until smooth. Add flavoring, color and coconut. Make into small balls. With tip of buttered teaspoon, make indentation. Let stand 20 minutes. Melt chocolate chips (may add a little butter) and fill centers.

*Charleen Morrison
Honey Creek*

Chinese Chews

1 1/4 c. flour	1 c. coconut
1/2 c. butter	2 T. flour
1 T. white sugar	pinch of salt
2 whole eggs	vanilla
1 1/2 c. brown sugar	

Blend flour, butter and white sugar. Press onto bottom of a 9x7-inch baking dish. Bake for 10 minutes at 350°. Beat the eggs. Add remaining ingredients. Pour this mixture over the baked crust. Bake for 15-20 minutes more. When cooled, cut into bars.

*Charleen Morrison
Honey Creek*

Cupboard Space

*Our plates and cups are all piled high,
We're stocked with china to the teeth,
We seldom use what's stacked on top,
But always need what's underneath.*

Holiday Fruit Cookies

1 c. soft shortening or margarine	3 1/2 c. flour
2 eggs	1 tsp. soda
2 c. brown sugar, packed	1 tsp. salt
1/2 c. sour milk or buttermilk	1 1/2 c. pecans
	2 c. candied cherries*
	2 c. dates, chopped*

Mix the shortening, eggs, sugar and milk thoroughly. Sift the flour, soda and salt; stir into above mixture. Mix in the pecans, cherries and dates. (*I use maraschino cherries and raisins.) Chill 1 hour before baking. Drop by teaspoon 2 inches apart on lightly greased cookie sheet. May place a pecan half on each. Bake 8-10 minutes at 400°. Makes 7-8 dozen cookies.

*Caroline Belt
Kirn Jr. High*

Sugar Cookies

3 c. flour	1 c. shortening
2 tsp. baking powder	2 eggs
1 tsp. soda	1 c. sugar
1/2 tsp. nutmeg	1 tsp. vanilla
1/4 tsp. salt	4 T. milk

Mix together the flour, baking powder, soda, nutmeg and salt. Cut in shortening until it looks like pie crust. Beat eggs; add sugar and milk; add vanilla. Let it stand for 1 hour. Roll out and cut with cookie cutters. Bake at 350° for 10-12 minutes.

*Linda Gardner
Kirn Jr. High*

Chocolate Drop Cookies

1/2 c. shortening	1 3/4 c. flour
1 c. sugar	1/2 tsp. soda
1 egg	1/2 tsp. salt
3/4 c. sour milk	1/2 c. cocoa nuts (opt.)
1 tsp. vanilla	

Mix first 3 ingredients. Stir in milk and vanilla. Add dry ingredients and chill 1 hour. Drop by a teaspoon on lightly greased cookie sheet. Bake at 400° for 8-10 minutes. Roll in powdered sugar.

*Linda Gardner
Kirn Jr. High*

Housekeeping is like stringing beads on a string without a knot.

Coconut Drop Cookies

1 c. sugar
1/2 c. shortening
1 egg
1 c. flour

1 c. coconut
1 tsp. vanilla
pinch of salt

Cream sugar and shortening. Add egg and blend well. Add rest of ingredients and mix well. Drop by teaspoonfuls on greased cookie sheet. Bake at 350°.

*Linda Gardner
Kirn Jr. High*

Simple Sugar Cookies

1 c. sugar
1 c. butter
1 egg

2 c. flour
1/2 tsp. soda
1/2 tsp. cream of tartar
1/2 tsp. salt

Cream sugar and butter; add egg. Add dry ingredients. Mix and roll into balls. Flatten with glass and bake.

*Jan Aldredge
Co. Bluffs*

Sugar Cookies

1 c. butter
1 c. shortening
1 c. powdered sugar
1 c. white sugar
2 eggs

1 tsp. cream of tartar
1 tsp. soda
4 c. flour
1 1/2 tsp. vanilla

Combine butter, shortening, powdered sugar, and sugar. Beat eggs well and add to creamed mixture. Add remaining ingredients. Roll in small balls. Flatten with glass dipped in sugar.

*Jan Aldredge
Co. Bluffs*

Ginger Balls

3/4 c. shortening
1 c. sugar
1 egg
4 tsp. molasses

2 c. flour
2 tsp. soda
1 tsp. cinnamon
1/2 tsp. cloves
1 rounded tsp. ginger

Cream the shortening and sugar; add egg and molasses. Combine all dry ingredients and add to above mixture. Roll into balls and then into granulated sugar and cinnamon mixture. Bake at 350° for 12-15 minutes.

*Sara Anderson
Kirn Jr. High*

Frosted Shortbread Cookies

1 c. butter
3/4 c. powdered sugar
1 3/4 c. flour

1/4 tsp. salt
1/4 tsp. baking powder

ICING:
1/4 c. soft butter

1 tsp. vanilla
3/4 c. powdered sugar

In large bowl, cream butter thoroughly. Gradually add powdered sugar. Sift remaining ingredients and add to butter mixture, mixing well. Roll onto lightly floured board 1/4-inch thick. With sharp knife or cookie cutter, cut into shapes. Bake on ungreased cookie sheet in 325° oven for 20 minutes. Cool. For icing, blend butter and powdered sugar well and add vanilla. Frost cooled cookies. Makes 3 dozen cookies.

*Billie Combs
Lewis Central Schools*

Date Pinwheels

1/2 c. butter, Crisco*,
or oleo
1/2 c. brown sugar
1/2 c. white sugar

1 egg
2 c. flour
1/2 tsp. soda

FILLING:
1/2 lb. dates
1/4 c. white sugar

1/2 c. water
1/4 c. chopped nuts

(*Add a little salt if using Crisco.) Cream shortening, sugars and egg until very light. Add flour and soda; mix until it forms a soft dough. Turn onto cloth and roll in rectangle 1/4-inch thick. For filling, cut dates into small pieces. Add water and sugar. Cook together about 5-10 minutes, until it forms a thick paste, stirring often. Add finely chopped nuts and cool. Spread cooled filling on rolled pastry. Roll as for jelly roll. Wrap in waxed paper and store overnight. Slice thin and bake on greased cookie sheet at 400° for 12-15 minutes.

*Sara Anderson
Kirn Jr. High*

Words of Appreciation

*A blessing upon the cook
Who, seeing, buys this book,
And buying, tries and tests its wares;
And testing, throws away her cares;
And carefree, tells her neighbor cook,
"Get another, such a book!"*

Coconut-Date Balls

1/2 c. butter or margarine	1 egg, well beaten
3/4 c. sugar	1/2 tsp. vanilla
1 T. milk	1 c. chopped dates
1/8 tsp. salt	2 c. Rice Krispies

Combine the first 5 ingredients and cook for 2 minutes, stirring constantly. Remove from heat. Add remaining ingredients; mix well and cool. Make into balls. Roll in coconut. Makes 25.

*Mary E. Miller
Co. Bluffs*

No-Bake Chocolate Cookies

1/2 c. milk	1/2 tsp. salt
1/2 c. butter	3 c. quick cooking oats
4 T. cocoa	1/2 c. coconut
2 c. sugar	1/2 c. nuts

Bring the first 5 ingredients to a boil in saucepan. Lower heat and continue to cook about 3-5 minutes. Remove from heat and add remaining ingredients. Drop onto waxed paper and cool.

*Shirley Sennett
Wilson Jr. High*

Oatmeal Crispies

1 c. shortening	1 tsp. salt
1 c. brown sugar	1 tsp. soda
1 c. white sugar	3 c. quick oatmeal
2 beaten eggs	1/2 c. nutmeats
1 1/2 c. flour	1 tsp. vanilla

Cream shortening and sugars; add eggs and vanilla; beat. Add sifted dry ingredients, the oatmeal and nutmeats. Bake on ungreased cookie sheet at 350° for 10 minutes.

*Joy Sowers
T.J. High*

Sugar Kiss Cookies

1 1/2 c. sugar	2 1/2 c. flour
1 c. butter	1/2 tsp. salt
3 egg yolks	1 tsp. soda
1 tsp. vanilla	1/2 tsp. cream of tartar

Mix in order given; make into balls; roll in sugar. Bake at 350° for 10 minutes. Place chocolate kiss on top of each cookie on removal from oven.

*Joy Sowers
T.J. High*

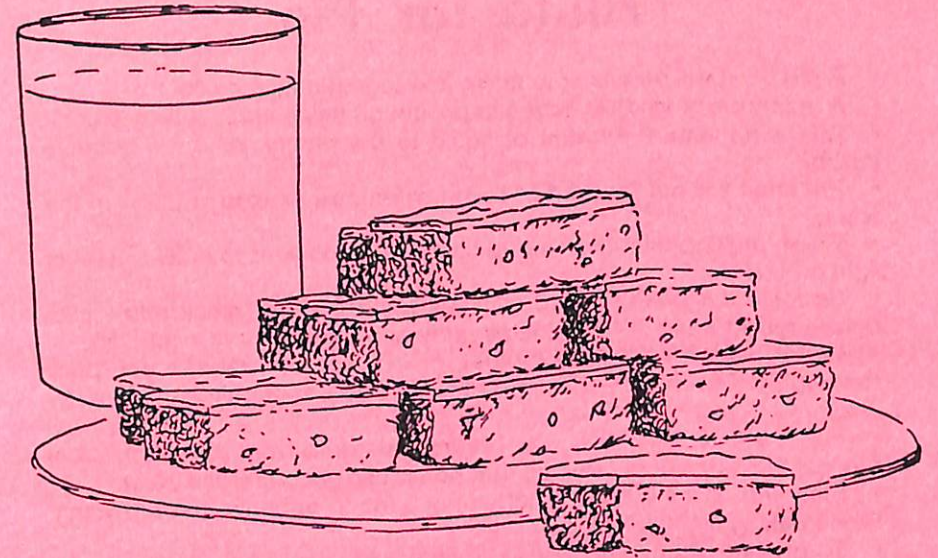
Lacy Oatmeal Florentines

1/2 c. sugar	1 1/2 c. quick-cooking rolled oats
dash of salt	1/4 c. semi-sweet chocolate chips
1/2 c. butter or margarine, softened	2 T. butter or margarine
1/2 tsp. vanilla	

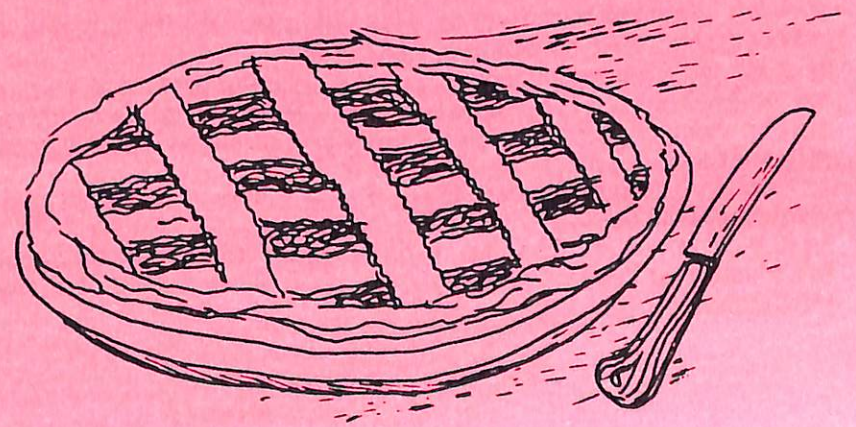
Heat oven to 375°. Grease cookie sheets. In small bowl, beat sugar, salt, 1/2 cup butter and vanilla until light and fluffy. Stir in oats; mix well. Dough will be crumbly. Drop by teaspoonfuls 2 inches apart onto prepared cookie sheets; flatten slightly. Bake for 4-6 minutes; remove from cookie sheets. Cool completely.

In a small saucepan, melt chocolate chips and 2 tablespoons butter, stirring constantly until well blended. Drizzle a small amount over each cookie. Refrigerate to set chocolate. Makes 3 dozen cookies.

T.J. Cafeteria



Bars & Pies



Hints for Pie

- A pie crust will be easier to make if all ingredients are cool.
- A teaspoon of vinegar added to pie dough helps make a flaky crust.
- Add a minimum amount of liquid to the pastry, or it will become tough.
- Pie crust will not be hard or tough when milk is used in place of the water.
- When making pie crust, add a little baking powder to keep the crust light and tender.
- Sprinkle the pastry board with 3/4 tablespoon of quick rolled oats before rolling a pie crust. It tastes nutty and provides extra nutrition.
- When baking a single pie crust, place gently in the pan and prick thoroughly. Check after baking 5 minutes and prick again in any puffed areas.
- For a single pie crust, use a scrap of pastry and press the crust against the sides of the pan so that no air can get under the crust.
- Pies should be baked in non-shiny pans to enhance the browning. Glass baking dishes also work well.
- To prevent soggy pie crusts, brush the bottom crust with egg white before pouring in fruit filling, or sprinkle with a light coating of flour and sugar.
- For a quick crust, coat a pie pan with butter and press in crushed corn flake crumbs. This is especially good with pumpkin pie.
- For a shiny pie crust, brush the top of the pie with a mixture of 1 egg, 1 teaspoon sugar, 1/4 teaspoon salt, and 1 teaspoon cooking oil. Bake as usual.
- One tablespoon of lemon Jello over apple pie before putting on the top crust will prevent runover and add flavor. Try raspberry Jello on cherry pie.
- When making pumpkin pie, separate the eggs, reserving the whites. When all ingredients are mixed, add the stiffly beaten whites for a fluffier pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add filling. You will have a nice topping as they come to the surface.
- Vanilla adds flavor to fruit pies.
- The meringue on pie will be higher if you add a pinch of cream of tartar to the beaten whites.
- Mix 1 teaspoon cornstarch for each egg white with the sugar, then add it to the whites for a nice meringue.
- If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.
- 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.

Bars

Apple Ozark Squares or Pie

1 egg	1/4 tsp. salt
3/4 c. sugar	2 raw apples
1/2 c. flour	1/2 c. nutmeats (opt.)
1 1/2 tsp. baking powder	

Beat the egg; add sugar, flour, soda and salt. Fold in apples and nutmeats (for a nice flavor). Bake in a buttered 8x8 pan or a pie pan at 350° for 30 minutes. Cut in squares or pie wedges and serve topped with whipped cream.

*Shirley Hansen,
Kirn Jr. High*

Marshmallow Treats

6 c. Rice Krispies cereal	10 oz. or 40 reg. marsh-
1/4 c. margarine or butter	mallows or 4 c. mini.

Melt margarine in large saucepan on low heat. Add marshmallows and stir until completely melted. Remove from heat and add Rice Krispies cereal. Stir until well coated. Press mixture into buttered 9x13x2 inch pan. Cut in squares when cool.

*Mary Smith,
T.J. High*

Heath Bars

40 saltine crackers	1 bag milk chocolate chips
1 c. brown sugar	chopped pecans
1 c. oleo	

Butter a 15x10x3/4 jelly roll pan. Place crackers in pan, salt side up. Boil brown sugar and oleo for 3 minutes and pour over crackers. Bake at 375° for 5 minutes. Sprinkle chocolate chips over top and let stand for 5 minutes or until melted. Spread chips with a knife and sprinkle with chopped pecans. Tastes like Heath Bars.

*Emma Jean Summerville,
Council Bluffs*

*Stuff it and roast it, baste it with care,
Carefully then some gravy prepare,
Around your kitchen savory odors will tell,
Whatever is cooking, is doing quite well.*

Rhubarb Bars

3 c. chopped rhubarb	1 c. soft oleo or butter
3 T. cornstarch	1 1/2 c. flour
1 1/2 c. granulated sugar	1 1/2 c. quick oatmeal
1/4 c. water	1/4 tsp. baking soda
1 tsp. vanilla	1/2 c. nuts (opt.)
dash salt	1 c. brown sugar

Combine rhubarb, cornstarch, sugar and water; cook over medium heat, stirring constantly until thickened. Cool and add vanilla. Mix flour, oats, brown sugar, soda, nuts and oleo. Pat 3/4 of this mixture in a greased 9x13 pan. Pour cooled rhubarb mixture over this and sprinkle with remaining oats. Bake at 375° for 30-35 minutes. Cool and cut into 1 1/2x3 inch bars.

*Lorraine Dunn,
Lewls Central*

Dream Bars

CRUST:
1 c. flour

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

TOPPING:
1 1/2 c. brown sugar
1 1/2 c. coconut
2 eggs, beaten
1/2 c. nuts

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

Crust: Mix ingredients and pat into a 9x13 pan. Bake at 375° for 10 minutes.

Topping: Mix ingredients and spread over crust. Bake at 325° for 25 minutes. Cut in squares and cool in the pan.

*Gayle Eyberg,
Edison School*

Crispy Cocoa Bars

6 T. margarine	1 pkg. (40) marshmallows
1/4 c. peanut butter	or 4 c. mini.
1/3 c. Hershey's cocoa	4 c. Rice Krispies

Melt oleo and peanut butter in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat and stir in cocoa; add cereal and pour into a buttered 9 inch square pan.

*LaVonne Morrison,
Kirn Jr. High*

*Frequent naps will keep you from getting old,
especially if taken while driving.*

Banana Bars

1 1/2 c. sugar	1/2 tsp. salt
1 c. oil	1 tsp. vanilla
2 eggs, well beaten	2 c. flour
3 mashed bananas	1 tsp. soda
3/4 c. milk	

Mix ingredients together. Bake in 2 pans (or 1 extra large pan) at 350° for 25 minutes. Cut into bars. Frost with a butter frosting, if desired.

*Shirley Hansen,
Kirn Jr. High*

Banana Bars

1-2 bananas	1/2 tsp. vanilla
1/2 c. oleo, softened	1 egg
1/2 c. brown sugar, packed	1 c. flour with 1 tsp. baking powder
1/2 c. granulated sugar	1/4-1/2 c. nuts
1/2 tsp. cinnamon	

In a large bowl, beat bananas, oleo, sugars and flavorings until well blended. Beat in egg. Stir in flour mixture until well blended. Pour in a 9x13x2 inch pan and bake at 350° for 25 minutes.

*Linda Jensen,
Kirn Jr. High*

Lemon Bars

CRUST:
2 1/2 c. flour
1 c. margarine

1/2 c. powdered sugar, sifted

FILLING:
4 eggs
1 3/4 c. sugar
1/3 c. lemon juice

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

Crust: Sift flour and sugar and cut in margarine. Stir with a wooden spoon until well blended. Pat into a 9x13 baking pan. Bake at 350° for 20 minutes.

Filling: Combine eggs, sugar and lemon juice and beat well. Mix flour and baking powder, add to egg mixture, just before you are ready to pour this over the baked pastry. Continue baking for 25 minutes more at 350°. When cool cut into small square bars. While still warm sprinkle with a little powdered sugar over top of pastry. This is very rich and filling.

*Mary E. Miller,
Council Bluffs, IA*

*Matrimony is an institution of learning in which a man loses
his "Bachelor's" and the woman acquires her "Master's."*

Lemon Squares

1 c. softened butter or oleo
1/2 c. powdered sugar
2 1/3 c. flour
4 eggs

2 c. sugar
1/3 c. lemon juice
1 tsp. baking powder
powdered sugar, for sprinkling

In a large bowl cream together butter and the 1/2 cup powdered sugar until fluffy. Add 2 cups flour, beating until blended. Spread evenly over the bottom of a well-greased 9x13 pan. Bake at 350° for 20 minutes. Beat eggs until light and fluffy. Gradually add sugar until thick and blended. Add lemon juice and remaining 1/3 c. flour and baking powder. Beat until thoroughly blended. Pour lemon mixture over baked crust. Return to oven for 25-30 minutes until golden brown. Sprinkle with powdered sugar. Cool and cut into squares.

*Marilyn Kroblin, Secretary
Kirn Jr. High*

Carol's Cookie Bar

2 c. brown sugar
2 c. flour
1/2 c. oleo
1 egg, beaten
1 tsp. salt

1 tsp. soda
1 c. milk
1 tsp. vanilla
1 c. chocolate chips
1/2 c. nuts

Mix the brown sugar, flour and oleo. Take out 1 cup and set aside. Mix egg, salt, soda, milk and vanilla; beat in with the rest of the mix. Pour into a 9x13 pan. Top mixture in the pan with reserved brown sugar mixture, chocolate chips and nuts. Bake at 350° for 30 minutes.

*Shirley Hansen,
Kirn Jr. High*

Caramels

1 c. sugar
1/2 c. Butter Flavor Crisco
1 tsp. vanilla
1 c. dark corn syrup

3/4 c. milk
1 c. chopped pecans or walnuts (opt.)

Line bottom and sides of 9x9x2-inch pan with greased foil and set aside. In a 3-quart saucepan blend sugar, Crisco and vanilla. Stir in corn syrup and milk. Cook over medium heat, stirring constantly, to 246°F on candy thermometer. Stir in nuts. Pour into prepared pan. Let stand until firm and completely cool. Cut into 1-inch squares. Yields 1 1/2 pounds candy.

*Pat Bumsted,
Lewis Central*

Zucchini Bars

4 eggs
1 tsp. salt
1 1/2 c. salad oil
2 c. sugar
2 c. flour
2 tsp. soda

2 tsp. cinnamon
4 T. cocoa
1 tsp. vanilla
3 c. grated zucchini
1 c. chopped nuts

CREAM CHEESE FROSTING:

3 oz. cream cheese
1/2 c. butter
2 T. cocoa

2 c. powdered sugar
1 tsp. vanilla

Beat eggs, oil and sugar. Add dry ingredients, mixing well until smooth. Stir in vanilla, zucchini and nuts. Bake in a 15x10x1 inch pan at 350° for 25-30 minutes.

Frosting: Mix ingredients and frost baked bars. These are good, rich and moist brownies.

*Shirley Hansen,
Kirn Jr. High*

Pineapple Squares

2 c. sugar
2 c. flour
2 eggs

15 oz. crushed pineapple, do not drain
2 tsp. baking soda

FROSTING:

6 oz. margarine
6 oz. cream cheese
3/4 box powdered sugar

pecans
1/2 tsp. vanilla

Combine ingredients and spread batter in a 9x13 inch pan. Bake at 350° for 20-25 minutes, or longer if necessary. Reduce heat if the edges become too brown. Cool squares before frosting.

Frosting: Blend first 3 ingredients until smooth. Add pecans and vanilla.

*Billiemarie Combs,
Lewis Central*

*To all who would these pages test
A whisper in your ear,
These dishes are the very best
Your husband's heart to cheer.
Let none escape, but try them all,
To boil, or fry or bake
We'll warrant they are just as good,
As Mother used to make.*

Blarney Stones

3 egg yolks
1 c. sugar
1 c. flour
1 1/2 tsp. baking powder

1/4 tsp. salt
1/2 c. boiling water
1/2 tsp. vanilla
4 egg whites

BUTTER ICING:

1/2 c. butter
1 egg yolk
2 1/2 c. powdered sugar

1 tsp. vanilla
1/2 lb. salted peanuts

Beat yolks until thick, add sugar gradually, beating until mixture is creamy. Sift flour, salt and baking powder and add to egg mixture, alternately with boiling water. Add vanilla and fold in beaten egg whites. Bake in a 9x13 cake pan at 350° for 25 minutes. Cut into squares when cooled.

Butter Icing: Cream butter and yolk together. Add powdered sugar and vanilla and beat until creamy. Grind peanuts and dip little cakes that have been spread with butter frosting.

*Sarah Hanson,
Lewis Central*

Pumpkin Bars

4 eggs
1 c. salad oil
2 c. sugar
16 oz. pumpkin
2 c. flour
2 tsp. baking powder

1 tsp. soda
1/2 tsp. nutmeg
2 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. ginger

CREAM CHEESE FROSTING:

3 oz. cream cheese
1 T. milk
1/2 stick soft oleo

1 tsp. vanilla
2 c. powdered sugar

Mix eggs, oil, sugar and pumpkin in a large bowl. Sift dry ingredients together and mix in first mixture. Pour into a greased and floured 12x15 jelly roll pan. Bake at 350° for 25-30 minutes. When cool frost with cream cheese frosting.

Frosting: Beat ingredients together until spreading consistency.

*Lois Heuwinkel,
Lewis Central High*

*Every time a jar is opened,
For my family's repast,
I shall serve, quite as an extra,
Memories of the summer past.*

Chocolate Peanut Butter Bites

1/2 c. peanut butter
4 T. Butter Flavor Crisco,
divided
3/4 c. graham cracker
crumbs

1/4 c. confectioners' sugar
5 3/4 oz. pkg. milk choco-
late chips

Line a 9-inch pie plate with foil and set aside. In medium mixing bowl combine peanut butter, 2 tablespoons Crisco, graham cracker crumbs and confectioners' sugar. Mix well and set aside. (Mixture will be stiff.) In double boiler or small saucepan over very low heat, melt chocolate chips and remaining 2 tablespoons Crisco, stirring constantly. Remove from heat. Pour half the melted chocolate mixture into prepared pie plate. Spread chocolate about 1/2 inch up sides of pie plate. Place in freezer for about 10 minutes, or until set. Remove from freezer. Spread peanut butter mixture over set chocolate. Pour remaining melted chocolate over peanut butter layer, spreading to edges. Place in freezer or refrigerator to set. Cut or break into bite-size pieces. Yields 1 pound of candy.

*Pat Bumsted,
Lewis Central*

Jan Hagel Bars

1 c. butter
1 c. sugar
1 egg, separated
2 c. flour

1/2 tsp. cinnamon
1 T. water
1/2 c. chopped nuts

Mix butter, sugar and egg yolk until creamy. Blend flour and cinnamon and add to mixture. Pat into a greased 10x15x1 jelly roll pan. Beat egg whites and water until frothy. Brush over dough and sprinkle with nuts. Bake at 350° for 20-25 minutes. Cut into squares while hot.

*Lois Heuwinkel,
Lewis Central High*

Scotcheroos

1 c. sugar
1 c. white syrup
1 c. peanut butter

7 c. Rice Krispies
1 sm. pkg. chocolate chips
1 sm. pkg. butterscotch
chips

Bring sugar and syrup to a rolling boil. Remove from heat and add peanut butter, mixing well. Add Rice Krispies, mixing well, and put in a 9x13 pan. Melt chips together and frost. Let stand but cut before they get too hard.

*Shirley Hansen,
Kirn Jr. High*

Scotcheroos

1 1/2 c. sugar
1 1/2 c. white syrup

18 oz. jar peanut butter
6-8 c. Rice Krispies

TOPPING:

6 oz. milk chocolate chips 6 oz. butterscotch chips

Bring sugar and white syrup to a full boil for 1 minute. Remove from heat and add peanut butter and Rice Krispies. Mix well and pour into a 9x13 or a 12x15 pan.

Topping: Melt chips together, mixing well and spread over the bars.

*Jeanine Gibler,
Lewis Central School*

Brownies

1 c. melted butter
4 sq. Bakers chocolate
4 eggs
2 c. sugar
1/2 c. milk

salt
2 tsp. vanilla
1 c. flour
nuts

FROSTING:

2 c. sifted powdered sugar
1/4 c. softened butter
1 T. milk
1 tsp. vanilla

1/8 tsp. salt
1 egg
2 (2 oz.) env. Nestles-
Choco-Bake

Beat first 7 ingredients together for 2 minutes. Add flour and nuts to chocolate mixture and bake at 325° for 1/2 hour in a jelly roll pan.

Frosting: Mix first 5 ingredients; beat in egg and then choco-bake. Spread over brownies.

*Darla Cleveland,
Council Bluffs*

Brownies

2 sticks oleo
2 c. sugar
4 eggs, unbeaten
4 heap. T. cocoa

1 1/2 c. flour
1/4 tsp. salt
1 tsp. vanilla
nuts

Cream oleo, sugar and unbeaten eggs. Add remaining ingredients and spread on a cookie sheet. Bake at 350° for 15-20 minutes (do not overbake).

*Gayle Eyberg,
Edison School*

Why is a cookbook exciting? Because it has many stirring events.

Brownies

(Super Easy, Super Good)

4 beaten eggs
1/2 c. butter
1 lg. can chocolate syrup
salt

vanilla
nuts
1 c. white sugar
1 c. flour

FROSTING:

6 T. milk
6 T. butter

1 1/2 c. white sugar
1/2 c. chocolate chips

Mix brownie ingredients together and bake at 350° for 20 minutes in a jelly roll pan.

Frosting: Bring ingredients, except chocolate chips, to a boil and immediately add chocolate chips. Beat until slightly cooled and thick enough to spread.

*Linda Jensen,
Kirn Jr. High*

Brownies

(Large Recipe)

8 eggs
4 c. sugar
2 c. oleo
1 tsp. salt

1 1/3 c. cocoa
3 c. flour
2 tsp. vanilla
2 c. nuts

Cream sugar and oleo. Add eggs. Sift flour, salt and cocoa and add to creamed mixture. Blend well and add vanilla and nuts, if desired. Bake at 350° for 20-30 minutes. Frost with chocolate frosting.

*Shirley Hansen,
Kirn Jr. High*

Peanut Butter Bars

2 1/2 gal. peanut butter
15 qt. oatmeal

5 qt. brown sugar
3 lbs. butter, melted

Mix ingredients thoroughly. Press in pan tightly and frost with chocolate frosting. Need not be refrigerated.

Council Bluffs Schools

*Last week I looked for guests to come,
I kept my house so nice
I scrubbed and cleaned till all was done,
Then dusted once, then twice.
Then at last, I gave my guests up
For they failed to appear.
Today I didn't wash one cup --
You guessed it! Guests are here!*

Pies

Dream Pie Coconut

2 env. Dream Whip
2 3/4 c. cold skim milk
9 in. baked pie shell, cooled
1/2 c. coconut

2 (4 serv. size) pkgs. Jello
coconut cream instant
pudding

Prepare whipped topping to package directions with 1 cup milk in a large mixing bowl. Add remaining 1 3/4 cups milk and the pudding mix. Blend at high speed for 2 minutes. Spoon into pie shell and chill 4 hours before serving. Sprinkle coconut on top.

*Linda Gardner,
Kirn Jr. High*

Weight Watchers Pumpkin Pie

2 pkgs. vanilla instant
sugar-free pudding
1 tsp. pumpkin pie spice

1 1/2 c. milk
1 c. pumpkin
1 c. Cool Whip

Mix ingredients together and spoon into baked crust or graham cracker crust.

*Gayle Eyberg,
Edison School*

Mock Pecan Pie

2 eggs, beaten
1/2 c. soft butter
3/4 c. sugar
3/4 c. dark corn syrup

1 tsp. vanilla
3/4 c. rolled oats
1/2 c. coconut
unbaked pie shell

Beat eggs; add butter, sugar, syrup and vanilla, beating well. Add oats and coconut. Mix well and pour into unbaked pie shell. Bake at 350° for 30-40 minutes.

*Lois Heuwinkel,
Lewis Central High*

*A woman who drives
from the back seat,
Is no worse than the man
who cooks from the table!*

Pecan Pie

3 eggs
1 c. Karo light or dark syrup
1 c. sugar
1 tsp. vanilla

1 T. butter or margarine,
melted
1 c. pecans
9 in. unbaked pastry shell

With fork slightly beat eggs; add corn syrup, sugar, butter or margarine and vanilla, stirring until well blended. Sir in pecans and pour into pastry shell. Bake at 350° for 50-60 minutes or until knife inserted halfway between center and edge comes out clean. Cool. Makes one 9-inch pie.

*Mary Smith,
T.J. Cafeteria*

Kentucky Pecan Pie

1 c. white corn syrup
1 c. dark brown sugar
1/3 tsp. salt
1/3 c. butter or margarine,
melted

1 tsp. vanilla
3 eggs, slightly beaten
1 heap. c. whole pecans,
shelled

Combine syrup, sugar, salt, butter and vanilla and mix well. Add slightly beaten eggs. Pour into a 9 inch unbaked pie shell. Sprinkle pecans over all. Bake in preheated 350° oven for 45 minutes.

*Karen Kennedy,
Roosevelt*

Angel Food Pie

1 c. crushed pineapple
1 c. sugar
1 c. water

pinch salt
2 1/2 T. cornstarch
3 egg whites

Cook ingredients and when it comes to a boil, stir in cornstarch dissolved in a little water. Cook 2-3 minutes and cool. After mixture cools fold in stiffly beaten egg whites. Pour into baked pie shell and place in oven long enough for mixture to set. Cool in refrigerator for several hours and serve with Cool Whip.

*Marion McKeown,
Council Bluffs*

*An appetizer's very sly
A wily little sinner.
If you don't watch him,
He'll sabotage your dinner.*

Ice Cream Pie

1 pie shell, baked and cooled

1 pt. vanilla ice cream
1 c. fresh or frozen fruit

Line pie shell with fruit, cut ice cream in inch slices, place on and around fruit. Prepare a meringue, using 3 egg whites and 6 tablespoons sugar. Spread on top of ice cream, working fast and making sure the edges of pie shell are sealed with meringue. Bake at 500° for 4-6 minutes or until meringue is lightly browned. Serve immediately.

Joy Sowers,

Thomas Jefferson High School

Peach Parfait Pie

1 pkg. strawberry Jello
1 1/4 c. hot water
1 pt. vanilla ice cream

1 c. sliced, fresh peaches, sweetened
baked pie shell

Add Jello to hot water. Add vanilla ice cream by spoonfuls, stirring until melted. Chill for 15-20 minutes. Fold in peaches. Turn into baked pie shell and chill for at least 20-25 minutes. Garnish with whipped cream and sliced peaches.

*Lols Heuwinkel,
Lewis Central High*

Creamy Pumpkin Custard Pie

1 c. Karo dark corn syrup
1 c. undiluted evaporated milk
4 whole eggs
2 egg whites

16 oz. can pumpkin
1 tsp. salt
1 tsp. ground cinnamon
1 tsp. ground ginger
1/8 tsp. ground nutmeg

Mix ingredients together until smooth. Pour into an unbaked 9 inch pastry shell with high fluted edge. Bake at 400° for 1 hour or until knife inserted in center comes out clean. Cool.

*Joy Sowers,
T.J. High*

Strawberry Pie

1 unbaked pie shell or graham cracker crust
1 pt. whole berries
3/4 c. sugar

2 T. cornstarch
1 1/2 c. water
1 reg. size strawberry Jello

Combine sugar, cornstarch and water; bring to a boil and cook until clear. Add Jello and pour over berries in pie shell. Chill and serve with whipped cream.

*Gayle Eyberg,
Edison School*

Peach Pie

unbaked crust
fresh peaches
1/2 c. sugar

2/3 c. sugar
2 T. flour
1 c. cream

Fill an unbaked crust 2/3 full with fresh peaches. Sprinkle with 1/2 cup sugar. Mix 2/3 cup sugar and flour together; add cream and pour over peaches. Bake at 425° for 15 minutes. Reduce to 350° until bubbly and golden brown.

*Joy Sowers,
T.J. High*

Strawberry Pie

2 c. water
3 T. cornstarch
3 oz. box strawberry Jello, with 6 drops red food coloring added

1 1/2 c. sugar
1 qt. fresh strawberries
1 c. boiling water
1 c. cold water

Mix sugar and cornstarch with cold water and add to boiling water. Add Jello with red coloring and boil for 5 minutes. Cool and pour over strawberries in a baked pie shell. Place in refrigerator until mixture sets. Serve with whipped cream or Cool Whip.

*Marion McKeown,
Council Bluffs*

Strawberry Pie

1 c. sugar
1/4 tsp. salt
1/4 c. white syrup
red food coloring

4 T. strawberry Jello
2 T. cornstarch
1 c. water

Cook ingredients together until clear. Arrange strawberries in baked pie shell and pour cooked mixture over berries. Let stand until firm. Top with whipped cream.

*Maxine McCallum,
Council Bluffs, IA*

Strawberry Pie

1 pkg. strawberry Jello
1 c. sugar
1 c. water

3 T. cornstarch
1 Ready pie crust
whipped topping

Cook Jello, sugar, water and cornstarch until clear. Add strawberries and pour into pie shell. Cool in refrigerator. Top with whipped topping when cooled.

*Lesley Boylan,
Wilson Jr. High*

Strawberry Fluff Pie

10 oz. frozen strawberries, thawed
 3 oz. strawberry Jello
 1 c. boiling water
 1/4 c. sugar
 2 T. lemon juice
 1 env. whipped topping mix
 9" graham cracker crust

Drain strawberries, set both syrup and berries aside. Dissolve Jello in boiling water; add sugar, reserved strawberry syrup and lemon juice. Chill until partially set. Prepare whipped topping mix, according to directions. Fold whipped topping and reserved strawberries into gelatin. Pour into crust. Chill several hours until firm.

*Joanne Thompson,
Lewis Central*

Apple Custard Pie

9" unbaked pastry shell
 4 c. cooking apples, pared and sliced
 2 eggs
 14 oz. sweetened condensed milk
 1/4 c. butter or margarine, melted
 1/2 tsp. cinnamon
 dash nutmeg
 3 T. chopped walnuts
 2 T. light brown sugar

Preheat oven to 425°. Arrange apple slices in shell. In a medium bowl beat eggs; stir in condensed milk, butter, cinnamon and nutmeg, mixing well. Pour over apple slices. In a small bowl combine walnuts and sugar and sprinkle over pie. Place pie in bottom 1/3 of oven and bake 10 minutes. Reduce heat to 375° and continue baking for 35-40 minutes.

T.J. Cafeteria

Lemon Chiffon Pie

1 T. unflavored gelatin
 1/4 c. cold water
 4 eggs, separated
 1 c. sugar
 1/2 c. lemon juice
 1/2 tsp. salt
 1 tsp. grated lemon rind

Soften gelatin in water for 5 minutes. Beat egg yolks and add 1/2 cup sugar, lemon juice and salt. Cook over boiling water until of a custard consistency. Add grated rind and softened gelatin and stir thoroughly. Cool; when mixture begins to thicken, fold in stiffly beaten egg whites to which remaining 1/2 cup of sugar has been added. Fill pie shell and chill. Spread with whipped cream. Makes one 9 inch pie.

*Sara Anderson
Kirn Jr. High*

Poise is an art of raising the eyebrows instead of the voice.

No Crust Coconut Pie

2 c. milk
 1 c. coconut
 1/2 c. flour
 3/4 stick soft oleo
 4 eggs
 1 c. sugar
 2 tsp. vanilla

In a blender combine ingredients and pour into a greased pie plate. Bake at 350° for 40 minutes and chill.

Note: This pie makes its own crust and is very simple and fast.

*Shirley Hansen,
Kirn Jr. High*

Oatmeal Pie

3 eggs
 2/3 c. white sugar
 1 c. brown sugar
 2/3 c. quick oatmeal
 2/3 c. coconut
 2 T. butter
 1 tsp. vanilla

Beat the eggs and add the rest of the ingredients. Pour mixture into unbaked pie shell. Bake at 375° for 30 minutes. You may add some nuts. Tastes like pecan pie.

*Shirley Hansen,
Kirn Jr. High*

Impossible Pumpkin Pie

3/4 c. sugar
 1/2 c. Bisquick
 2 T. oleo or butter
 13 oz. evaporated milk
 2 eggs
 16 oz. pumpkin
 2 1/2 tsp. pie spice
 2 tsp. vanilla

Preheat oven to 350°. Beat all ingredients until smooth, 1 minute on high. Pour into greased pie plate and bake for 50-55 minutes until knife comes out clean.

*Emma Jean Summerville,
Council Bluffs*

Pie Crust

3 c. sifted flour
 1 c. lard or Crisco
 1 tsp. salt
 1 egg
 5 1/2 T. cold water

Mix flour and salt, cut in lard and mix until crumbly. Beat eggs, water and vinegar and add to flour mixture. This makes 5 single crusts or you may triple batch. Stays workable if refrigerated.

*Joy Sowers,
T.J. High*

Speaking without thinking is like shooting without aim.

Never Fail Pie Crust

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

1 c. shortening
1/2 c. very cold water

Sift dry ingredients and cut in shortening and water.

*Mary Smith,
T.J. Cafeteria*

Crust for Single Pie

1 c. flour
1/2 c. white Crisco

1/4 c. ice water
pinch salt

Mix flour, salt and Crisco with fork. Add water and stir. Put on floured board and roll out. Make only one crust at a time. When making double pie shell use two bowls.

*Gloria Powell,
Council Bluffs*

Meringue for Pie

1 T. cornstarch, enough
water to moisten

1/2 c. boiling water, set
aside and cooled

3 egg whites
6 T. sugar
dash salt

Cook cornstarch and water until thick and clear, cool. Beat egg whites until stiff; add salt and sugar gradually. Beat in cooked and cooled cornstarch. Bake at 375°.

*LaVonne Morrison,
Kirn Jr. High*

Meringue

3 egg whites (per pie)
1/4 tsp. cream of tartar

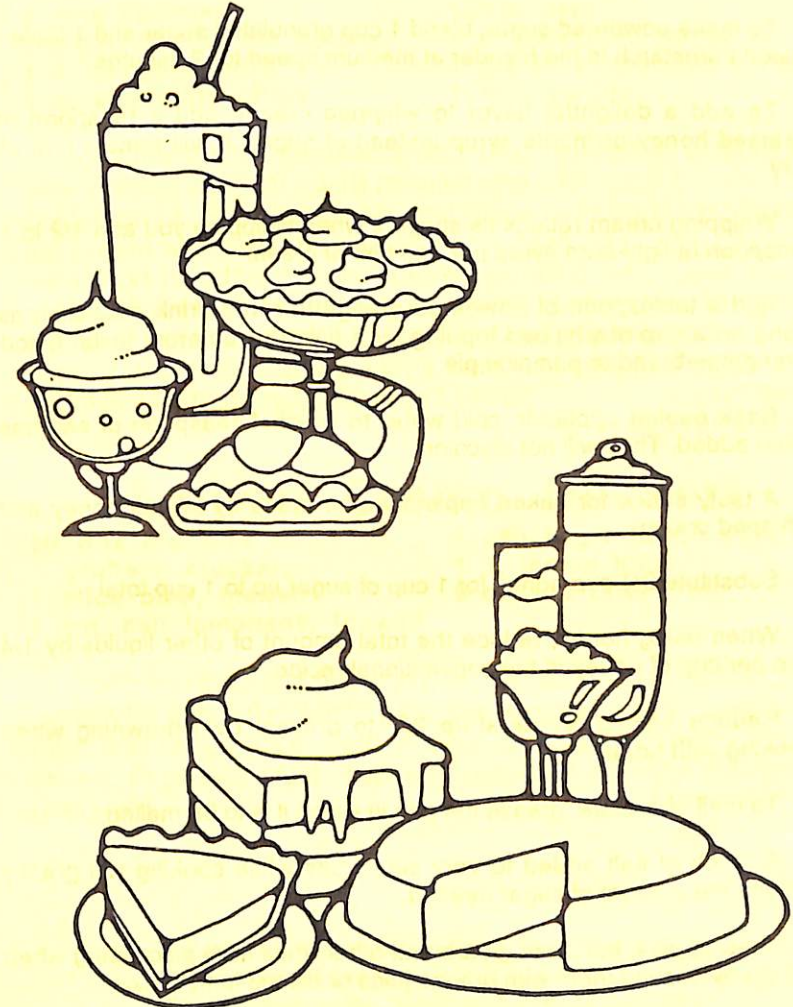
dash salt
3 level T. sugar (per egg
white)

Eggs should be at room temperature. Beat egg whites until stiff, but not dry. Sprinkle with cream of tartar and salt and beat slightly. Slowly add sugar and beat continually. Make sure edges of meringue touch pie crust. Put on middle shelf of oven and bake at 400°. When you turn oven off, open door slightly and allow to cool slowly. This will prevent meringue from cracking or splitting.

*Marion McKeown,
Council Bluffs*

*A blot upon the paper
Is surely out of place,
But it isn't half so ugly
As a frown upon the face.*

Desserts



Dessert Hints

- Add confectioner's sugar to whipping cream before beating. The whipped cream stands up well even if it is not used immediately.
- To make powdered sugar, blend 1 cup granulated sugar and 1 table-spoon cornstarch in the blender at medium speed for 2 minutes.
- To add a delightful flavor to whipped cream, add a teaspoon of strained honey or maple syrup instead of sugar. It will remain firm all day.
- Whipping cream retains its shape if when whipping you add 1/2 to 1 teaspoon of light corn syrup per half pint of cream.
- Add a tablespoon of powdered orange-flavored drink mix, such as Tang, to a cup of whipped topping for a flavorful, different taste. Good over gingerbread or pumpkin pie.
- Soak peeled apples in cold water to which 1 teaspoon of salt has been added. They will not discolor.
- A tasty sauce for baked apples can be made by mixing honey and whipped cream.
- Substitute 3/4 cup honey for 1 cup of sugar up to 1 cup total.
- When using honey, reduce the total amount of other liquids by 1/4 cup per cup of honey in the conventional recipe.
- Reduce baking temperature 25° to prevent over-browning when cooking with honey.
- To melt chocolate, grease the pan in which it is to be melted.
- A pinch of salt added to very sour fruits while cooking will greatly reduce the amount of sugar needed.
- Keep apples, bananas, pears and other fruits from discoloring when cut-up by coating them with orange juice or diluted lemon juice.

Desserts

Banana Split Dessert

CRUST:	1 c. flour
1 stick oleo	2 T. sugar
FILLING:	
3 or 4 bananas	1/2 c. oleo
1/2 gal. vanilla ice cream	2 c. powdered sugar
1 c. chopped nuts	1 1/2 c. evaporated milk
1 c. chocolate chips	1 tsp. vanilla

Combine crust ingredients and mix. Spread in a 9x13-inch pan. Bake at 350° for 10-15 minutes and cool. Slice bananas over cooled crust. Slice ice cream and place over bananas. Sprinkle ice cream with nuts; freeze until firm. Melt chocolate chips and oleo. Add powdered sugar and evaporated milk. Cook mixture until thick and smooth, stirring constantly. Simmer for 10 minutes. Remove from heat and add vanilla. Cool; pour over ice cream. Freeze until firm. Spread with a carton of whipped topping and sprinkle with more nuts. Store in freezer.

*Rose Davies
Lewis Central Schools*

Lemon Creme Dessert

50 Ritz crackers or graham crackers	1 can Eagle Brand milk
1 stick oleo, melted	1 T. lemon juice
1 sm. can lemonade, thawed	9 oz. tub Cool Whip

Crush crackers and mix with oleo. Reserve 1 cup for top. Press remainder into a 9x13-inch pan. Stir lemonade into Eagle Brand milk; add lemon juice. Fold in Cool Whip until smooth and well mixed. Pour into crust. Top with reserved crumbs. Refrigerate overnight.

*Linda Gardner
Kirn Jr. High*

*When you were a child did your heart skip a beat?
When a sweet aroma signaled a treat?
There's nothing like homemade breads and cake
Just like Grandma used to make.*

*Every mother knows what side the bread is buttered on -
the side the kids drop on the floor.*

Lemon Dessert

1/2 c. margarine	9 oz. container Cool Whip
1 c. flour	2 pkgs. inst. lemon pudding
1/2 c. chopped pecans	3 c. milk
8 oz. cream cheese	chopped nuts
1 c. powdered sugar	

Mix margarine, flour and pecans as you would for pie crust. Pat into a 9x13-inch pan. Bake at 350° for 15 minutes; cool. Mix cream cheese, powdered sugar and 1 cup of the Cool Whip. Pour over cooled crust. Mix pudding with milk and pour over cheese mixture. Put remaining Cool Whip from container over lemon pudding and sprinkle with nuts. Refrigerate.

*Shirley Hansen
Kirn Jr. High*

Fruit Pizza

CRUST:	1 tsp. vanilla
1 c. oleo	1/2 tsp. butter flavoring
1 1/2 c. powdered sugar	2 1/2 c. sifted flour
1 egg	1 tsp. soda
1/4 tsp. almond flavoring	1 tsp. cream of tartar

FILLING:	1/3 c. powdered sugar
8 oz. pkg. cream cheese	whipped cream

SUGGESTED FRUIT:	pineapple chunks
peaches	strawberries
bananas	

Make the crust by mixing the oleo and powdered sugar. Add egg and flavoring; then add flour, soda and cream of tartar. Chill. Roll out thin onto a 12x14-inch pizza pan. Bake at 375° for 15 minutes. Cool. Combine cream cheese and powdered sugar. Spread over cooled crust. Add desired fruit and garnish with whipped cream.

*Virginia Lynch
Lewis Central*

Tropical Surprise

1 med. can pineapple tidbits	1 or more bananas
1 med. can mandarin oranges	1 T. lemon juice
	3 1/2 oz. pkg. inst. vanilla pudding

Empty pudding into bowl. Drain fruit juices into pudding mix. Add lemon juice and all fruits except bananas. Chill until ready to serve; then add bananas.

*Beverly Wendt
Dunlap*

Strawberry Pizza

CRUST:	1/4 tsp. salt
1/2 lb. lard	1/4 tsp. baking powder
2 tsp. sugar	1/2 c. cold wter
	2 c. flour

FILLING:	3 pts. strawberries
4 pkgs. whipped topping	1 lg. jar strawberry glaze
2 (8 oz.) pkgs. cream cheese	

To make crust, combine flour, sugar, salt and baking powder. Add just enough water to make a soft, but not sticky, dough. Divide the dough into 2 pieces and roll out to fit 2 pizza pans. Bake at 375° for 10 minutes or until light brown. Follow directions on whipped topping packages. Set aside 1 cup of topping. Add the softened cream cheese to the rest of the whipped topping and spread on the 2 cooled pizza crusts. Wash and slice the strawberries; drain well. Place in large bowl and stir in the strawberry glaze. Spread on top of creamed layer. Decorate top of pizza with reserved whipped topping.

*Caroline Belt
Kirn Jr. High*

Lemon Fruit Freeze

2/3 c. margarine	1/2 c. reconstituted lemon juice
1/3 c. sugar	21 oz. can lemon pie filling
7 c. Rice or Corn Chex cereal, crushed to 3 cups	17 oz. can fruit cocktail, well drained
14 oz. Eagle Brand sweetened condensed milk	2 c. whipped topping

In medium saucepan, melt margarine. Stir in sugar, then crumbs (reserving 1/3 cup for garnish.) Pat crumb mixture firmly on bottom of 9x13-inch baking pan. Bake at 300° for 12 minutes; cool. In large bowl, mix condensed milk and lemon juice. Stir in pie filling and fruit cocktail. Spread over crust. Top with whipped topping and crumbs. Freeze 4 hours. Remove from freezer 20 minutes before cutting. Leftovers may be kept in refrigerator.

*Anna Ellingsen
Lewis Central*

We make a living by what we get, but we make life by what we give.

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

Butterscotch 4-Layer Dessert

- 1ST LAYER:**
1 c. flour
- 1/2 c. melted butter
1/2 c. chopped pecans
- 2ND LAYER:**
8 oz. cream cheese, softened
- 1 c. powdered sugar
1 c. Cool Whip
- 3RD LAYER:**
2 pkg. inst. butterscotch pudding
- 3 c. milk
1 tsp. vanilla
1 tsp. burnt sugar flavoring

1st layer: Mix thoroughly and press in a 9x13-inch pan. Bake for 15 minutes at 350°; cool.

2nd layer: Mix thoroughly and spread on baked crust. Chill for 2 hours.

3rd layer: Make pudding with milk according to package directions. Beat until thick. Add both flavorings. Pat over other layer. Chill until set. Spread with 1 cup Cool Whip and sprinkle with chopped pecans.

*Rita Hermsen
Lewis Central Schools*

Four-Layer Delight

- CRUST:**
1 c. flour
- 1/2 c. chopped pecans
1/2 c. oleo
- 2ND LAYER:**
1 c. whipped topping
1 c. powdered sugar
- 8 oz. pkg. cream cheese, softened
- 3RD LAYER:**
3 c. milk
- 2 (3 3/4 oz.) pkgs. inst. vanilla pudding

Crust: Mix well. Pat into a 9x13-inch pan. Bake at 375° for 15 minutes. Cool in refrigerator.

2nd layer: Beat well until creamy. Spread on crust. Cool.

3rd layer: Blend well and pour on the second layer. Cool. Spread remainder of whipped topping on top. Refrigerate several hours before serving.

*Anna Ellingsen
Lewis Central*

*An old timer remembers when a pie was set
on the window sill to cool, not thaw.*

Rhubarb Pudding

- 1 egg
1/2 c. sugar
1 T. butter
1/2 c. milk
1 c. flour
- 1 tsp. baking powder
1 tsp. vanilla
3 c. rhubarb
1 T. butter
1 c. sugar

Mix the first 7 ingredients in a bowl. Layer this mixture with chopped rhubarb in an 8x8-inch baking dish. Sprinkle with the 1 cup sugar and dot with butter. Bake at 350° for 30 minutes.

*Lesley Boylan
Wilson Jr. High*

Frozen Chocolate Mint Squares

- 1 1/2 c. finely crushed chocolate wafers (30 wafers)
6 T. Parkay margarine, melted
7 oz. Jar Kraft marshmallow creme
- 1/2 tsp. mint extract
few drops green food coloring
3/4 c. miniature semi-sweet chocolate pieces
2 c. whipping cream

Mix and freeze for 6 hours. A good summertime dessert.

*Elaine Mattox
Lewis Central*

Sour Cream Coffecake

- 2 c. flour
1 c. sugar*
1 tsp. baking powder
1 tsp. soda
1/4 tsp. slt
- 2 eggs
1 c. sour cream
1/2 c. margarine
1 tsp. vanilla

TOPPING:
1/2 c. brown sugar

1/2 c. nuts
1 tsp. cinnamon

(*Can be 1/2 white and 1/2 brown sugars.) Sift the first 5 ingredients and sprinkle into bowl with the remaining ingredients. Mix topping ingredients. Put 1/2 batter in tube pan and 1/2 of topping on it. Then add the rest of batter and put the rest of topping on. Bake at 350° for 45 minutes.

*Mary E. Miller
Co. Bluffs*

Home should be more than a filling station.

Lemon Cream Cheese Dessert Roll

CAKE:

3 eggs
3/4 c. sugar
1/2 tsp. vanilla

3/4 c. all-purpose flour
1 tsp. baking powder
1/8 tsp. salt

LEMON LAYER:

1/2 c. sugar
2 T. + 1 tsp. cornstarch
1/8 tsp. salt
1/2 c. water

3 T. lemon juice
1 tsp. grated lemon peel
1 egg yolk, beaten
2 T. Butter Flavor Crisco

CREAM CHEESE LAYER:

3 oz. pkg. cream cheese,
softened
1 T. Butter Flavor Crisco

1 tsp. lemon juice
1/2 c. confectioner's sugar
1 tsp. milk
confectioner's sugar

Preheat oven to 375°. Line a 15 1/2x10 1/2x1-inch jelly roll pan with waxed paper; grease. Set aside. For cake, in large mixing bowl beat eggs at medium speed of electric mixer for about 5 minutes, or until foamy and lemon colored. Gradually beat in sugar. Blend in vanilla. Add flour, baking powder and salt. Beat at low speed until just blended. Pour into prepared pan. Bake at 375° for 8-10 minutes, or until wooden pick inserted in center comes out clean. Loosen warm cake from edges of pan. Invert onto towel dusted generously with confectioner's sugar. Trim crisp edges if necessary. Roll cake in towel, starting at narrow end. Cool completely.

For lemon layer, in small saucepan combine sugar, cornstarch and salt. Blend in water, lemon juice and peel. Cook over medium heat until thick and translucent, stirring constantly. Remove from heat. Blend small amount of hot mixture into egg yolk. Blend back into hot mixture, stirring to combine. Stir in Crisco until smooth. Cool completely, stirring occasionally.

For cream cheese layer, in small bowl blend cream cheese, Crisco and lemon juice. Mix in confectioner's sugar. Blend in milk. Set aside.

To assemble dessert roll, unroll cooled cake; remove towel. Spread cream cheese mixture, then the cooled lemon mixture evenly over cake. Reroll cake tightly. Place seam side down on serving plate. Sift confectioner's sugar over cake. Cover and refrigerate until lemon filling is set.

Pat Bumsted
Lewis Central Schools

*Like the honey to the bee,
So are the cookies to the tea.*

Next Best Thing to Robert Redford

CRUST:

1 c. flour

1 stick oleo

1/2 c. chopped pecans

2ND LAYER:

8 oz. cream cheese,
softened

1 c. sugar
1 c. Cool Whip

3RD LAYER:

2 1/2 c. milk

2 (4 1/8 oz.) pkgs. Inst.
chocolate pudding

4TH LAYER:

1 lg. container Cool Whip

chipped chocolate or
toasted coconut

For crust, work together flour, oleo and nuts. Press mixture into bottom of 9x13-inch ungreased pan. Bake 10-15 minutes at 350°.

For second layer, blend together the ingredients. Spread over cooled crust. Refrigerate for 1 hour.

For third layer, mix the pudding and milk until stiff. Spread over cream cheese layer. Let stand 1 hour in refrigerator.

For fourth layer, spread Cool Whip over pudding. Garnish with chipped chocolate or toasted coconut. Refrigerate.

LaVonne Morrison
Kirn Jr. High

Cream Puffs

1 c. water

1/2 c. butter or margarine

1 c. flour

4 eggs

Heat water and butter to rolling boil. Stir in flour. Stir vigorously over low heat, about 1 minute, or until mixture forms a ball. Remove from heat. Beat in eggs all at once. Continue beating until smooth. Drop dough by scant 1/4 cupfuls 3 inches apart onto ungreased baking sheet. Bake for 35-40 minutes, or until puffs are golden brown. Cool away from draft. Cut off tops; pull out any filaments of soft dough. Carefully fill puffs with vanilla pudding or whipped cream. Replace tops. Makes 12 cream puffs.

Maxine Frieze
T. J. High

NO NOISE IS GOOD NOISE

Did you ever try to secretly ...

stub your toe?

have the hiccups?

keep your stomach from growling in church?

Apple Crunch

6 or 8 lg. apples
1/2 c. sugar
1/4 tsp. cinnamon

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

Peel and slice apples into greased baking dish. Put sugar over apples and sprinkle on the cinnamon. Mix oleo, brown sugar and flour. Sprinkle over top of apples. Bake 1 hour at 350°.

Barbara Wendt

Lemon Cheesecake

30 graham crackers
1/4 c. butter or oleo
2 T. powdered sugar
8 oz. cream cheese
1 1/2 c. sugar
1 box lemon Jello

1/2 c. boiling water
1/2 c. cold water
2 T. RealLemon
1 lg. can condensed milk,
whipped
1 T. vanilla

Cream together crackers, butter and sugar. Cream together the cream cheese and sugar. Dissolve Jello in boiling water. Condensed milk must be chilled so it will whip well. Fold whipped milk into gelatin mixture. Then add this mixture to cream cheese and sugar. Pour into graham cracker crust and chill.

*LaVonne Morrison
Kirn Jr. High*

Cheesecake

1 box vanilla wafers,
crushed fine
1/2 c. sugar
2 T. cinnamon
1/4 lb. oleo, softened

8 oz. softened Phil.
cream cheese
3 oz. box lemon Jello
1 c. hot water
1 can Pet milk
1 T. vanilla

Chill and whip the Pet milk. Mix crushed wafers, 1/2 cup sugar, cinnamon and oleo together. Line a 9x13-inch pan with 3/4 of the crumb mixture, patting down. Reserve the rest for the top. Mix Jello with 1 cup boiling water until dissolved. Set aside to cool. Whip cream cheese, 1 cup sugar and vanilla together. Add the cream cheese mixture into the whipped Pet milk. Add the cooled gelatin; blend well. Pour over the crumb mixture. Crumble the remaining crumbs over the top. Chill for about 8 hours.

*Linda Strong
Lewis Central Schools*

*Any housewife, no matter how large her family, can
always get some time to be alone by doing dishes.*

Filled Frosted Coffeecake

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

1 c. sweet milk
1/2 tsp. vanilla
1 1/2 c. brown sugar
2 tsp. cinnamon
1/2 c. chopped nuts
1/2 c. butter

FROSTING:
1/2 c. powdered sugar

1 tsp. cornstarch
1 T. soft butter

Cream the sugar, shortening and eggs. Add flour, baking powder, salt, milk and vanilla. Spread 1/2 batter in pan. Make crumb mixture of brown sugar, cinnamon and nuts. Spread 1/2 on batter. Add remaining batter and rest of crumb mixture. Melt the butter and pour over top. Bake at 350° for 40 minutes. To make frosting, combine the ingredients. Add enough hot water to make thin glaze. Spread on cake while warm.

*Lois Heuwinkel
Lewis Central High*

Quick Coffeecake

1/2 c. butter
1 1/2 c. sugar
2 eggs
1 c. milk

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

TOPPING:
4 T. flour
1 c. sugar

4 tsp. cinnamon
2 T. butter, melted

Mix sugar and butter; add eggs and milk. Sift dry ingredients and add to mixture. Pour into greased 9x13-inch baking dish. Bake at 350° for 30-35 minutes. Combine topping ingredients. Sprinkle on top. Yields 12-15 servings.

*Linda Jensen
Kirn Jr. High*

Rhubarb Dessert

6 c. cut up rhubarb
3 oz. pkg. strawberry Jello
1 c. sugar

1 box white cake mix
1 stick oleo
1 c. hot water

Layer the rhubarb in baking dish. Sprinkle dry Jello, sugar and dry cake mix on top. Melt the oleo in the hot water. Pour over cake mix. BAke at 350° for 1 hour; if using glass, bake at 325°.

T.J. Cafeteria

Apple Crisp

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

1/4 c. walnuts
4 med. apples

Pare, core and slice apples and put in the bottom of a greased baking dish. Top with a mixture of the rest of the ingredients, mixed to a crumbly consistency. Bake at 350° for about 1 hour. Sprinkle a little cinnamon on top. Delicious served with ice cream or Cool Whip.

*Mary E. Miller
Co. Bluffs*

Apple Ozark

2 c. sugar
1/2 c. margarine
2 eggs
4 c. raw diced apples
2 c. flour

1 tsp. cinnamon
1 tsp. nutmeg
2 tsp. baking powder
1/2 c. nuts

Combine sugar and margarine; mix well. Add eggs and milk. Add apples, flour, cinnamon, nutmeg and baking powder. Mix well. Pur into an 8x11-inch greased and floured pan. Bake at 350° for 40 minutes. Serve with whipped topping or ice cream, or serve plain while still warm.

*Maxine McCallum
Co. Bluffs*

Apple Dumplings

2 c. flour
1 tsp. salt

1 c. shortening
7 - 8 T. ice water

Sift flour and salt in mixing bowl. Add shortening and blend with pastry blender until it looks like meal. Then add water. Divide dough into 8 balls. Roll each ball into a 7-inch square. Pare and core 8 medium size apples. Place apples on each square of dough and fill each apple with mixture of sugar and cinnamon; dot with butter and fold over the apple, corner to corner.

FILLING:
1 1/2 c. sugar

1 1/2 tsp. cinnamon
1 tsp. butter

Place dumplings in pan and chill for several hours. Mix 1 cup sugar, 1/4 teaspoon cinnamon, 4 tablespoons butter and 2 cups water. Cook for 3 minutes, then pour hot syrup over chilled dumplings and bake in a 500° oven for 7-10 minutes. Turn oven temperature down to 350° and bake 30-35 minutes longer.

*Sara Anderson
Kirn Jr. High*

Deluxe Apple Dumplings

2 c. sugar
2 c. water
1/4 tsp. nutmeg
1/2 tsp. cinnamon
3 T. butter
6 lg. apples, pared, cored

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

Make a syrup of the first 4 ingredients. Sift flour, salt, baking powder and cut in shortening. Add milk all at once and stir until moistened. Roll 1/4-inch thick. Cut in 5-inch squares. Arrange apple on each square and sprinkle with sugar, cinnamon and nutmeg. Dot with butter. Fold corners to center, seal edges. Place in greased pan. Pour syrup mixture over apples. Bake at 350° for 45 minutes.

*Maxine McCallum
Co. Bluffs*

Pumpkin Roll

Beat 3 eggs on high for 5 minutes. Gradually beat in 1 cup sugar. Stir in 2/3 cup pumpkin and 1 teaspoon lemon juice. Stir together 3/4 cup flour, 1 teaspoon baking powder, 2 teaspoons cinnamon, 1 teaspoon ginger, 1/2 teaspoon nutmeg and 1/2 teaspoon salt. Fold into pumpkin. Spread into greased and floured 15x10x1-inch jelly roll pan. Top with 1 cup chopped nuts. Bake 15 minutes. Turn out on towel sprinkled with powdered sugar. Roll cake and towel together. Cool well.

1 c. powdered sugar
2 (3 oz.) pkgs. cream
cheese

2 T. butter
1/2 tsp. vanilla

Combine and beat until smooth. Spread on cake. Roll and chill.

*Rose Davis
Lewis Central Schools*

Ice Cream

6 eggs, beaten
2 c. sugar
1 pt. thick cream*

dash of salt
1 T. vanilla
1 T. lemon

(*I use 1 quart half & half and 1 can evaporated milk.) Mix all ingredients well. Pour into freezer; then fill within 2 inches of top of a gallon freezer.

*LaVonne Morrison
Kirn Jr. High*

You are only young once. After that it takes another excuse.

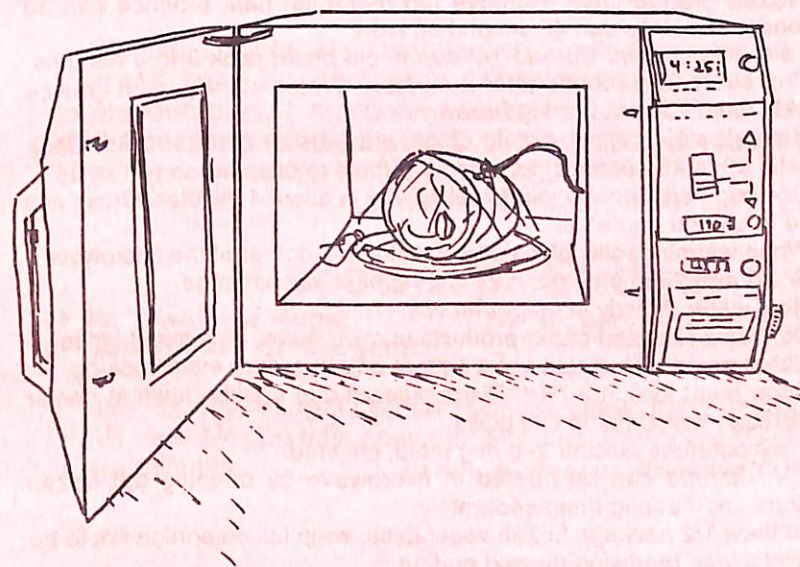
Hershey Candy Dessert

1 lg. Hershey candy bar 8 oz. carton Cool Whip
18 - 20 lg. marshmallows graham cracker crust
1/3 c. milk

Melt candy bar, marshmallows and milk. Let cool. Fold in the Cool Whip and pour into graham cracker crust. Refrigerate.

*LaVonne Morrison
Klrn Jr. High*

Microwave



Microwave Hints

SOFTEN:

- Lumpy brown or white sugar: Heat in microwave with a cup of boiling water.
- Cream cheese: Remove foil; heat 8-ounce package 2 minutes on LOW.
- Butter or margarine: Remove foil; heat 1 stick for 1 minute on LOW.
- Raisins in hot water: Heat 2 to 3 minutes on HIGH; let stand 2 minutes.
- Acorn squash: Cook 1 1/2 minutes on HIGH to cut in half easier.
- Citrus fruit: Heat 15 to 20 seconds before squeezing to get more juice.
- Honey that has sugared.
- Almond bark: Heat 1 pound for 2 minutes on MEDIUM; stir, then cook 30 to 60 seconds more, stirring.
- Chocolate: Heat 1-ounce square for 2 to 3 minutes on LOW.

THAW:

- Whipped topping, small carton: Heat 1 minute on LOW. (Center should still be slightly firm but will blend in.) Don't overheat!
- Frozen orange juice: Remove top metal lid; heat 6-ounce can 30 seconds; 12-ounce can 45 second on HIGH.
- To toast coconut: Spread 1/2 cup in pie plate; cook 3 to 4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it browns quickly once it starts turning brown.
- Refresh stale cereal, potato chips, crackers or other snacks: Cook plateful 30 to 45 seconds; let stand 1 minute to crisp.
- One cup herbs on a paper towel will dry in about 4 minutes. Crush and store in airtight container.
- When warming rolls, place cup of water in a corner of the microwave.
- Scald milk 2 minutes per cup, stirring once each minute.
- Heat water directly in teapot for tea.
- Don't use recycled paper products in microwave; they might ignite.
- Use a round dish instead of a square one to assure even cooking.
- Cook meat loaf in a ring. Place custard cup upside down in center and grease will come up into glass.
- Bake potatoes quicker in a ring mold, covered.
- T.V. dinners can be heated in microwave by popping out frozen portions and heating them separately.
- To thaw 1/2 package frozen vegetables, wrap foil on portion not to be thawed. Heat, removing thawed portion.
- To shorten cooking time for soups, precook vegetables in microwave.
- Do not salt meats and vegetables on the surface before cooking.
- When baking cakes, fill only half full; place a juice glass in center of baking dish to prevent soggy middle; place cake dish on another dish or rack for bottom of cake to bake quicker. Square cakes need foil on corners; remove during final baking.
- For raising bread dough: Put dough in proper container, cover with plastic wrap and damp cloth. Heat on lowest power for 2 to 3 minutes. May repeat. Leave bread in microwave to rise.

Microwave

Microwave Rocky Road Candy

- 1 pkg. chocolate chips nuts
1 c. marshmallows

Warm chocolate chips and marshmallows for 2 minutes. Marshmallows won't be all the way melted. Pour into glass dish and cool.
Karen Kennedy, Roosevelt School

Microwave Peanut Brittle

- 1 c. raw peanuts or 1/2 pkg. dash of salt
1 c. sugar 1/2 c. white corn syrup

Stir into 1 1/2 quart casserole dish. Cook 4 minutes on HIGH. Stir and cook for another 3 1/2 minutes on HIGH. Add 1 tablespoon oleo, 1 teaspoon vanilla, mix. Cook 2 1/2 minutes. Add 1 teaspoon soda. Stir and put on buttered cookie sheet. Heat the cookie sheet by hot water first.

Karen Kennedy, Roosevelt School

Microwave Fudge

- 1 lb. powdered sugar 1/2 c. cocoa
1 stick butter or margarine

Mix together sugar, butter, cocoa. Cook for 2 minutes on HIGH. Add 1/4 cup milk and nuts. Mix well. Pour on paper, let set a few minutes.
Karen Kennedy, Roosevelt School

Microwave Taco Balls

- 1 lb. hamburger 1/2 pkg. of taco seasoning
1 egg

Combine ingredients and make into balls. Put on rack. Cook on HIGH for 7 minutes.
Karen Kennedy, Roosevelt School

*Middle age is a time where men don't get any younger
and the women don't get older.*

Microwave Peach Cobbler

- | | |
|------------------------------|------------------------------------|
| 21 oz. can peach pie filling | 1 T. margarine or butter, softened |
| 1/4 tsp. ground nutmeg | 2 T. toasted slivered almonds |
| 1 c. Bisquick mix | ground cinnamon |
| 1 T. sugar | |

Mix pie filling and nutmeg in 1 1/2 quart microwave safe casserole dish. Microwave on MEDIUM-HIGH (70%) for 4 minutes; stir. Mix together Bisquick, milk, sugar and margarine until soft dough forms; beat vigorously 20 strokes. Stir in almonds. Drop by 6 spoonfuls around the edge of hot casserole mixture, sprinkle with cinnamon. Microwave on MEDIUM-HIGH for 2 minutes; rotate casserole 1/2 turn. Microwave until biscuits are no longer doughy, 2 to 5 minutes longer. Serve with cream if desired.

Variation: Blueberry Cobbler--blueberry pie filling and 1/2 teaspoon of grated orange peel instead of nutmeg. Cherry Cobbler--cherry pie filling and almond extract instead of nutmeg.

Judy Robinson, Lewis Central

Baked Beans

- | | |
|---------------------------|---------------------|
| 2 lg. can pork & beans | 1/4 c. green pepper |
| 1 c. brown sugar | 1/4 c. onion flakes |
| 1/2 c. catsup | 1/4 c. bacon bits |
| 3 T. Worcestershire sauce | |

Mix ingredients together and place in baking dish. Cook in microwave for 15 minutes.

Linda Gardner, Kirn Jr. High

Microwave Shepherd's Pie

- | | |
|----------------------------|--|
| 1 1/2 lb. ground beef | 4 1/2 oz. jar sliced mushrooms & juice |
| 1 c. seasoned bread crumbs | 1 slightly beaten egg |
| 3/4 c. water | 3 c. mashed potatoes |
| 1/2 c. chopped onion | 1/2 c. shredded cheddar cheese |
| 1/2 c. dry nonfat milk | |

Place ground beef, bread crumbs, water, onion, dry milk, mushrooms and juice, and egg in a medium bowl. Mix lightly but thoroughly. Press into 1 1/2 quart round casserole dish. Microwave on HIGH for 10 minutes. Rotate dish 1/4 turn. Microwave additional 10 minutes or until middle is cooked. Drain off excess fat. Spread mashed potatoes over top of meat mixture, sealing edges. Sprinkle with cheese. Microwave on HIGH for an additional 2 minutes to melt cheese. Let stand 5 minutes and cut into wedges.

Mary E. Miller, Co. Bluffs

Porcupine Meat Balls

- | | |
|----------------------------------|-----------------------------------|
| 2 slices of bacon, cooked | 1 egg, slightly beaten |
| 2 T. finely chopped green pepper | 1/2 tsp. salt |
| 2 T. finely chopped onion | 1/4 tsp. pepper |
| 1 lb. ground beef | 10 3/4 oz. cream of mushroom soup |
| 3/4 c. uncooked rice (Instant) | 3 T. red wine or water |
| 1/4 c. milk | 1 tsp. parsley flakes |
| | 1/8 tsp. thyme flakes |

In medium mixing bowl, combine crumbled up bacon, green pepper and onion. Microwave on HIGH for 2 1/2 to 3 1/2 minutes, or until bacon is brown, stirring once.

Add ground beef, rice, milk, egg, salt and pepper. Mix well. Shape into small meat balls. Arrange in 12 x 13" baking dish.

In small mixing bowl, blend remaining ingredients. Pour over meat balls. Cover dish with plastic wrap. Microwave at POWER LEVEL 7 for 13 to 15 minutes, or until meat balls are firm and no longer pink, rearranging and turning over 2 times. Let stand for 3 minutes.

Mary E. Miller, Co. Bluffs

Microwave Half-Time Fudge

- | | |
|----------------------|-------------------|
| 1 lb. powdered sugar | 1/4 c. milk |
| 1/2 c. cocoa | 1 stick margarine |

Put all of the above in microwave safe bowl. I use a 4 cup Pyrex bowl that has a handle on it. Microwave for 2 minutes on HIGH. Remove from the oven and stir and stir; add 1 tablespoon of vanilla and 1/2 to 1 cup of nuts. Put in well greased (margarine) 8x8 inch dish and cool in refrigerator. Delicious.

Mary E. Miller, Co. Bluffs

Microwave Caramel Corn

- | | |
|--------------------|------------------|
| 1/4 c. white syrup | 1/2 c. margarine |
| 1/2 c. brown sugar | 1/2 tsp. salt |

Combine ingredients and cook 4 minutes. Stir twice. Remove, add 1/2 teaspoon baking soda, 1/2 teaspoon vanilla. Put 3 quarts popped corn in brown paper bag. Pour caramel mixture over popped corn. Have someone shake the bag and someone pour caramel mixture. Fold top of sack. Put in microwave, cook for 1 1/2 minutes. Shake bag for 30 seconds. Pour out and let cool on a cookie sheet.

Ann Johnson, Walnut Grove School

Microwave Caramel Corn

3 qt. popped corn* 1/4 c. light corn syrup
 1 1/2 c. peanuts 1/2 tsp. salt
 1 c. packed brown sugar 1/2 tsp. baking soda
 1/2 c. butter

Place popped corn and peanuts in large brown paper sack. Put aside. Combine brown sugar, butter, corn syrup and salt in 2 quart glass bowl or casserole microwave dish. Put in microwave on HIGH for 3 to 4 minutes, stirring after each minute, until mixture comes to a boil. Microwave 2 minutes more. Stir in baking soda. Pour syrup mixture over the popped corn and peanuts in the bag. Close bag and shake well. Microwave 1 1/2 minutes more. Shake bag and pour caramelized popcorn into large roaster pan. Cool and stir to separate caramel corn kernels.

*Popped corn equals about 3 air poppers full.

Gael Henkel, Lewis Central

Broccoli And Rice

1 bag frozen broccoll 1 can cream of mushroom
 (chopped & thawed) soup, 1 can of milk
 1 jar Cheez Whiz (reg. size) 2 c. Minute Rice, uncooked

Mix ingredients together and cook on HIGH for 14 to 16 minutes, stirring once. *MaryAnn Spoto, Roosevelt School*

Tuna Mac

2 boxes macaroni dinners 1 can cream of mushroom
 (cook accordingly) or cream of celery soup
 1 can tuna

Combine ingredients and bake or microwave.

Kay Jefferis, Roosevelt School

Microwave Chocolate Sauce

1 oz. unsweetened 1/2 c. sugar
 chocolate dash salt
 1/4 c. milk 1/4 tsp. vanilla

Combine chocolate and milk in 2 cup measure or small bowl. Microwave on MEDIUM (50 %) until melted, 1 to 2 minutes stirring 2 or 3 times. Blend in sugar and salt. Microwave on MEDIUM-HIGH (70%) until sugar is dissolved, 45 seconds to 1 minute and 30 seconds. Stir in vanilla. Serve over cake or ice cream.

Barbara Wendt, Dunlap

Microwave Bread Pudding

4 slices bread, cubed dash salt
 1/3 c. raisins 2 1/2 c. milk
 2/3 c. sugar 2 T. oleo
 3 eggs dash cinnamon
 1 tsp. vanilla

Mix bread cubes and raisins in ungreased 1 1/2 quart casserole dish. Beat eggs, sugar, vanilla and salt. Microwave milk and oleo in 4 cup glass bowl until steaming hot, 4 1/2 to 5 minutes. Gradually stir in egg mixture. Pour over bread mixture. Sprinkle with cinnamon. Pour 1 cup warm water into square baking dish. Microwave uncovered 6 minutes, turn dish one quarter turn. Microwave until knife inserted near center comes out clean, 8 to 10 minutes.

Microwave Hints

Microwave ovens are not only amazingly quick, they're amazingly versatile. Here are some favorite tips to help you make the most of your oven. (Times given are approximate.)

1. Have fresh coffee all day by brewing a pot, then refrigerating coffee in container. Want coffee? Pour cupful and heat for 1 to 1 1/2 minutes. It will taste just perked.

2. Warm baby bottles or jars of baby food. Loosen cap on bottle or remove metal lid from jar; heat about 15 to 20 seconds or until warm.

3. Heat brandy for flaming desserts in a glass measuring cup for 10 to 15 seconds. Pour over dessert; light.

4. Soften hard ice cream in a few seconds. This will make it easier for you to serve.

5. For better barbecues, microwave-cook chicken pieces until partially done, then finish on grill. They'll be moist, have charcoal flavor.

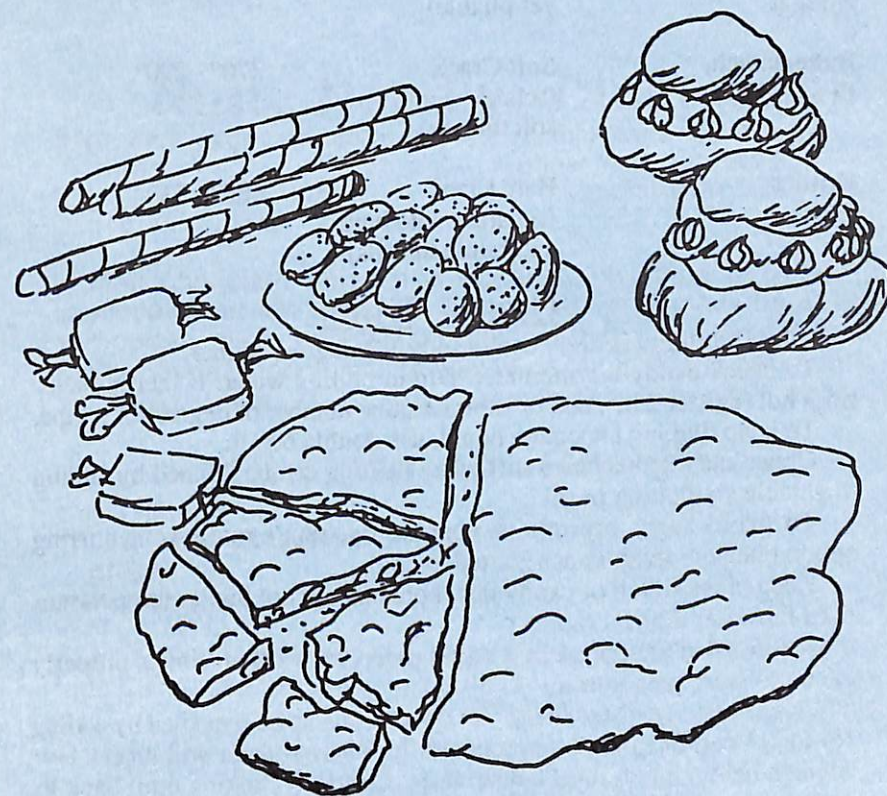
6. Reheat cold fruit pie for a few seconds for "fresh from the oven" flavor.

7. Dry fresh bread when you need croutons or crumbs. One quart of cubes in a rectangular dish will dry in 6 to 7 minutes. Stir a few times.

8. For warm, damp towels - after eating finger foods - wet wash - cloths with water/lemon solution, wring out, fold or roll, heat in wicker basket.

9. In seconds, soften butter, cheese spread, cream cheese to be spreadable.
10. Quick-cook chicken parts you need for salads, sandwiches, main dishes; cook in covered casserole.
11. Reheat leftover cooked waffles, pancakes. Two refrigerated pancakes on a plate heat in about 35 seconds; two waffles in about 25 seconds.
12. Toast almonds in a glass dish with butter, heating them until nuts are lightly browned. Stir occasionally.
13. Dry herbs the fast way in the oven. Place a few sprigs of 1/2 cup leaves between paper towels and heat for about 2 minutes, until dry and crumbly. Exact timing depends on the herb.
14. To separate slices of cold bacon easily, heat the package for a few seconds.
15. Warm cheese before serving - it's better at room temperature. One ounce will take about 15 seconds; then allow to stand one minute.
16. Reheat leftovers - a microwave oven does it beautifully. Even cold toast warms in seconds.
17. To shell pecans or California walnuts easily and with less breakage, place about 2 cups nuts and 1 cup water in covered glass dish. Heat 1 to 2 minutes.
18. Soften too-dry dried fruit by sprinkling with 1/2 to 1 teaspoon of water. Cover; heat for 15 to 30 seconds.
19. To soften hard brown sugar, place in a glass dish, add a slice of white bread or apple wedge; cover. A cup takes 30 to 45 seconds.
20. For warm syrup, heat for 30 to 45 seconds in glass bottle or pitcher (remove the metal cap).
21. Take the chill of refrigerated dog or cat food by heating for a few seconds right in the dish (non-metallic).
22. Warm citrus fruit for a few seconds first. It'll be easier to squeeze and will give off more juice.
23. Crisp soggy potato chips or pretzels by heating for 15 to 30 seconds. Let stand for two minutes.
24. To mix frozen concentrated fruit juice quickly, remove from can, place in pitcher and heat for 30 to 45 seconds until soft; add water.
25. Quick-dry fresh flowers, to preserve colors. Place in silica gel in a shoe box, heat a few minutes.

Candy



Candy Thermometer Chart

<u>Product</u>	<u>Test in Cold Water</u>	<u>Degrees F. on Candy Thermometer</u>
Fudge, Penocha, Fondant	Soft Ball (holds shape)	234° - 238°
Caramels	Firm Ball (holds shape unless pressed)	242° - 248°
Divinity, Taffy, Caramel Corn, Nougat	Hard Ball (holds shape yet pliable)	250° - 266°
Butterscotch, English Toffee	Soft Crack (separates into soft threads)	270° - 290°
Brittles, Glacé	Hard Crack (separates into hard and brittle threads)	300° - 310°

Candy Hints

When humidity is high, cook candy 1-2 degrees higher.

To check candy thermometer: Dip in boiling water. If thermometer does not register 212°, add or subtract same number of degrees in recipe.

To keep dipping chocolate liquid, use double boiler.

Chocolate that becomes stiff when melting can be thinned by adding vegetable shortening or oil.

To avoid sugar crystals in your candy, don't reuse your stirring spoon once the mixture has started to cook.

Keep close watch of candy last moments of cooking, as temperature rises fast after 220°F.

Never store chocolate in a damp place, as it doesn't melt properly once moisture gets into it.

Overcooked candy or fudge that doesn't set can be remedied by adding 1/4 to 1/3 cup of milk or water carefully. Thermometer will drop a few degrees below the desired temperature. Continue cooking until back to proper temperature.

To keep candy from boiling over, use a large pan and wipe down sides with damp cloth.

"Repair" fudge that is too stiff by kneading to soften, then shape into roll and slice.

Candy

Party Mints

8 oz. pkg. cream cheese 1/4 tsp. mint flavoring
2 lbs. powdered sugar food coloring

Mix sugar and cream cheese with hands until smooth as putty. Add mint flavoring and coloring, working mixture until coloring is well blended. Roll into small balls, dip into granulated sugar and press into molds. Leave out on wax paper to dry before storing in airtight container.

Linda Gardner, Kirn Jr. High

Nutty-Noodly Clusters

2 (6 oz.) pkgs. chocolate chips 2 (3 oz.) cans La Choy chow mein noodles
2 (6 oz.) pkgs. butterscotch chips 1/2 c. peanuts or cashews

Melt chocolate chips and butterscotch chips in a heavy saucepan over low heat, stirring constantly. Remove from heat and quickly stir in noodles and nuts so they are evenly coated. Dip out by teaspoonfuls onto waxed paper, chill and refrigerate. Yield: 24 clusters.

Mary Ann Spoto, Roosevelt School

Christmas Candy

1 lb. almond bark 1 c. Rice Krispies
12 oz. pkg. chocolate chips 1 c. raisins
1 c. peanuts 1 c. cashews

Melt almond bark and chocolate chips. Add all of the rest of the ingredients and drop as you would for peanut clusters.

Shirley Hansen, Kirn Jr. High

Sugared Walnuts

1 lb. walnut halves 1/4 c. oleo
1/2 c. Aunt Jemima syrup 1 or 2 T. sugar

Spread walnuts on jelly roll pan. Toast at 300° for 15 minutes. Melt oleo and syrup. Pour over nuts stirring well. Bake 15 minutes at 300°. Stir occasionally. Spread on brown paper bag and cool 10 minutes. Shake in sugar.

Rose Davis, Lewis Central School

Caramels

1 c. butter
1 lb. brown sugar
dash salt
1 c. light corn syrup

15 oz. can sweetened condensed milk
1 tsp. vanilla

Melt butter; add brown sugar and salt, stir until combined. Stir in syrup, gradually add milk stirring constantly. Cook and stir over medium heat until candy reaches firm ball stage, 245° about 12-15 minutes. Remove from heat, add vanilla. Pour into buttered 9x13 pan. Cool and cut.

Shirley Hansen, Kirn Jr. High

Toffee

1 c. sugar
1 c. butter

3 T. water
8 Hershey bars, broken up

Combine sugar, butter and water. Cook to hard-crack stage or until mixture starts to caramelize and turn brown. Pour into an 8x8 inch pan. Top with chocolate candy. Cool and break into chunks.

Linda Jensen, Kirn Jr. High

Nacho Popcorn

5 T. Parkay margarine
1 tsp. paprika
1/2 tsp. red pepper, crushed

1/2 tsp. ground cumin
12 c. popped popcorn
6 T. Kraft Parmesan cheese, grated

Prepare popcorn and mix all other ingredients together and pour over.

Elaine Mattax, Lewis Central

Popcorn Balls

7 quarts popcorn, (popped)
1 pkg. Jello

1 c. white syrup
1 c. white sugar

Cook and stir all the time, bring to rolling boil. Pour over popcorn and make popcorn balls.

Mary Smith, T. J. Cafeteria

*She guessed the sugar - the sauce was too sweet.
And by her guessing - she spoiled the meat.
What is the moral? 'Tis easy to see.
A good cook measures and weighs to a "T."*

*A child is growing up when he stops asking where he came from
and starts refusing to tell you where he is going.*

Popcorn Balls

5 quarts popped corn
2 c. sugar
1 1/2 c. water
1/2 c. white syrup

1/2 tsp. salt
1 tsp. vinegar
1 tsp. vanilla

In a saucepan combine sugar, water, salt, syrup and vinegar. Cook to hard ball stage. Stir in vanilla. Pour slowly over popped corn. Butter hands and shape into balls.

Shirley Hansen, Kirn Jr. High

Caramel Corn

7 1/2 quarts popped corn
1 c. butter
1 tsp. salt

2 c. brown sugar
1/2 c. white corn syrup

Combine the above ingredients, cook for 5 minutes. Take off stove and add 1 teaspoon soda. Pour this over popped corn in large pan. Put in a 200° oven for 1 hour. Stir every 15 minutes.

Kay Jefferis, Roosevelt School

Oven Baked Caramel Corn

1/2 c. butter*
1/2 c. margarine*
2 c. brown sugar
1/2 c. dark syrup

1 tsp. salt
1/2 tsp. baking soda
1 tsp. vanilla

(*Or use 1 cup of either.) Pop six or seven quarts of popcorn (keep warm in very low oven, while you cook caramel). Melt butter or margarine. Stir in brown sugar, corn syrup and salt. Bring to a boil, stirring constantly. Boil 5 minutes without stirring. Remove from heat, add baking soda and vanilla. Pour over popcorn. Mix well. Bake in oven for 45 minutes at 250°. Stir every 15 minutes. Turn out on wax paper to cool. Store in tightly covered container or plastic bags. Nuts may be added.

Sara Anderson, Kirn Jr. High

Peanut Brittle

1 c. sugar
1/2 c. white syrup

1/2 c. water
1 c. raw peanuts

Cook sugar, syrup and water until soft ball stage. Then add 1 cup raw peanuts. Boil until syrup gets light tan or hard crack stage. Take off and add 1/3 teaspoon salt, 1 teaspoon soda and 1 tablespoon butter. Stir real good and spread on buttered cookie sheet.

Sara Anderson, Kirn Jr. High

Divinity

2 c. sugar
1/2 c. water
1/2 c. white corn syrup

1 tsp. vanilla
1 c. nuts
2 egg whites, beaten stiff

Boil sugar, syrup and water without stirring until a small amount of syrup forms a hard ball (270°). When cooled enough pour syrup very slowly into stiffly beaten egg whites, stirring constantly. When all syrup is used, continue beating until mixture holds its shape. Add nuts and flavoring. Candy is ready to place in pan when it loses its shiny appearance.

Maxine McCallum, Council Bluffs

Skillet Fudge

2 c. sugar
3 T. butter
1/2 tsp. salt
1 c. evaporated milk
1 tsp. vanilla

1/2 c. nuts
1 1/2 c. chocolate chips
1/2 c. miniature marshmallows

Combine sugar, butter, salt and milk in electric skillet (thermostate at 280°). Bring mixture to boil. Boil 5 minutes. Stir constantly. Turn off skillet. Add marshmallows, chips, nuts and vanilla. Stir until marshmallows and chips are melted and smoothly blended. Pour in buttered 8 inch pan and cool. 2 inch fudge.

Lila Tye, Oakland, Iowa

Fanny Farmer Fudge

4 1/2 c. sugar
1 lg. can Carnation milk
1/2 lb. butter

3 T. vanilla
3 (6 oz.) pkgs. chocolate chips

Bring to boil and cook 8 minutes, sugar and Carnation milk. Stir constantly. Remove from heat and add butter, vanilla and chips. Stir until thick and cool. Pour into buttered 10x14 inch pan. I use a jelly roll pan. Makes 5 pounds.

Rose Davis, Lewis Central School

*By the time a man finds greener pastures,
he can't climb the fence.*

*You know it's going to be a bad day when your wife runs
off with your best friend and you miss him.*

There is no right way to do the wrong thing.

Graham Cracker Fudge

3 c. sugar
6 T. cocoa
2 T. syrup
1 1/2 c. whole milk
1 tsp. vanilla
2 T. butter

1/4 tsp. baking powder
3 c. miniature marshmallows
2 c. graham cracker crumbs
1 c. nutmeats or coconut

Mix together sugar, cocoa, syrup and milk. Boil until reaches soft ball stage. Remove from heat. Add vanilla and butter. Let cool. Add baking powder, marshmallows, graham cracker crumbs and nut meats or coconut. Stir until marshmallows are blended. Pour into buttered pan. Cut immediately.

Betty Ronk, Roosevelt School

Vanilla Fudge

1 lb. powdered sugar, sifted
14 oz. can sweetened condensed milk

1/2 lb. butter
1 tsp. vanilla
nutmeats, opt.

Butter an 8 inch square pan. Place sugar, milk and butter in heavy pan. Cook over low heat until butter melts. Increase heat and bring mixture to a boil, stirring quickly and constantly to prevent burning. Boil 7 minutes until thick and pale straw color or when a small amount can be shaped into a soft ball when dropped in cold water. Remove from heat and stir in vanilla and nuts. Beat for a few moments and pour into prepared pan. When cold, cut into squares.

Maxine McCallum, Council Bluffs

Fudge Deluxe

1/4 lb. butter
1 tall can evaporated milk
4 c. white sugar
2 pkgs. chocolate chips

1 pt. jar marshmallow cream
1 c. nutmeats
1 tsp. vanilla

Boil to soft ball stage the butter, evaporated milk and sugar. Stir often. When done remove from fire and add chocolate chips, marshmallow creme, nuts and vanilla. Beat only long enough to blend ingredients well. Pour on well greased cookie sheet and allow to set. This makes 4 lbs. of candy.

Maxine McCallum, Council Bluffs

THE GUESSING COOK:

*She guessed the pepper - the soup was too hot.
She guessed the water - it dried in the pot.
She guessed the salt - and what do you think?
All day long she did nothing but drink.*

Ronald's Remarkable Fudge

4 c. sugar
stick of margarine or
butter
1 can evaporated milk

2 small or 1 lg. pkg. of
chocolate chips
1 pt. marshmallow creme
vanilla
nuts

Boil to soft ball stage sugar, margarine or butter and milk. Add chips, marshmallow creme, vanilla and nuts. Stir well.

*Ron King, School Food Service truck driver,
Council Bluffs*

Fantasy Fudge

3 c. sugar
3/4 c. margarine
2/3 c. evaporated milk
1 pkg. chocolate chips

7 oz. jar marshmallow
creme
1 c. nuts, chopped
1 tsp. vanilla

Combine sugar, margarine, and milk in saucepan. Bring to full boil, stirring constantly. Boil for 5 minutes over medium heat. Remove from heat, stir in chocolate chips until melted. Add marshmallow creme, nuts and vanilla. Mix well. Pour in greased 13x9 inch pan. Makes approximately 3 lbs.

Linda Gardner, Kirn Jr. High

Fudge Nougats

2 c. sugar
1/2 c. butter
1 c. evaporated milk
6 oz. Nestle's semi-sweet
chocolate morsels

3/4 c. all-purpose flour
1 c. graham crackers,
finely crushed
3/4 c. walnuts, chopped
1 tsp. pure vanilla

Combine sugar, butter and milk in saucepan. Bring to a full rolling boil, stirring constantly. Boil 10 minutes, stirring occasionally. Stir in chips, flour, graham cracker crumbs, nuts and vanilla. Spread in well buttered 12x8 or 9x9 inch pan. If desired, top with walnut halves, one for each piece. Cool and cut.

Danna Rigg, Carter Lake School

*Happiness is like jam - you can't spread even a little
without getting a little on yourself.*

*A sharp tongue is the only edged tool that grows keener with constant
use. - Washington Irving*

Peanut Butter Fudge

2 c. white sugar
2 c. brown sugar
2 T. oleo
3/4 c. milk
1/8 tsp. salt

7 1/2 oz. jar marshmallow
creme
1 1/2 c. peanut butter
walnuts

Bring to a full boil and boil for 2 minutes. (Do not stir after it starts to boil). Remove from stove and add (7 1/2 oz.) marshmallow fluff, 1 1/2 cups peanut butter and walnuts. Set in cold water and stir until thick. Pour immediately in a 9x13 buttered pan.

Marlon Hazen, Lewis Central

Creamy Fudge

2 sq. baking chocolate
1 c. half & half
3 c. sugar
2 T. white syrup

1/2 stick oleo
dash of salt
1 tsp. vanilla
nuts

Butter pan and melt chocolate in double boiler. Add half & half and sugar slowly, and then syrup. Cook over low heat until it reaches 232°. Pour into bowl which has oleo. Then add a dash of salt over the top. DO NOT STIR. Let stand 1 hour and 15 minutes. Add vanilla and beat with wooden spoon. When ready to pour add nuts, stir and pour into container.

Barbara Cooper, Lewis Central

Chocolate Covered Cherries

12 oz. chocolate chips
1/3 c. paraffin, grated
3 T. Crisco
3 c. powdered sugar

1 tsp. vanilla
2-3 T. milk
24 maraschino cherries,
drained well

Melt together the chips and paraffin. Mix with electric mixer until dough resembles pie dough. Make 24 balls, then flatten the balls and wrap mixture around a maraschino cherry. Refrigerate for 15 minutes. Then put in chocolate to coat, set on wax paper to dry. This is better after 2-3 days.

Linda Andresen, Lewis Central

*It's amazing how many things one can do without -
until you see someone else has them.*

*One of the most important ingredients in a recipe
for speechmaking is shortening.*

Peanut Butter Fudge

2 c. granulated sugar 1 tsp. vanilla
 2/3 c. evaporated milk 30 single soda crackers,
 6 T. peanut butter finely crushed

Bring sugar and milk to a rolling boil and boil 1 minute. Remove from heat. Add peanut butter, vanilla and soda crackers. Beat until mixture gets glossy and begins to hold shape. Spread in greased 8x8 pan. (New twist to an old favorite. I make several batches every Christmas).

Betty Franks, A. L. High School

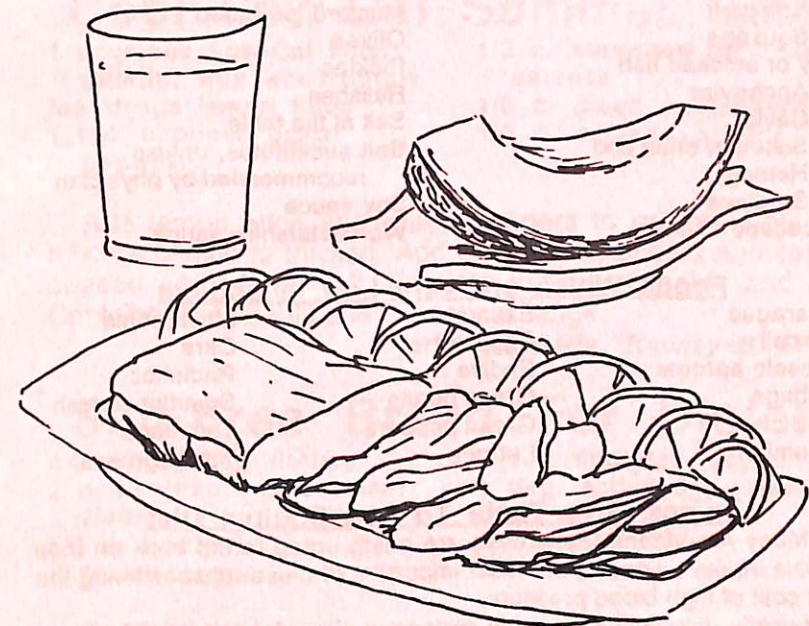
Puppy Chow

1 1/2 c. chocolate chips 1 box of Crispix
 1 stick margarine 1 c. powdered sugar
 1/2 c. peanut butter

Melt together chips, margarine and peanut butter. Mix with Crispix. In grocery bag mix powdered sugar and Crispix mix, then add another cup of powdered sugar. Shake.

Debbie Carlson, Hoover School thrd grade teacher

Low-Cal



Dietetic

Foods To Be Avoided When Salt is Restricted

Sauerkraut or other vegetables prepared in brine	Cheese spreads
Breads and rolls with salt toppings	Peanut butter
Potato chips	Salted nuts
Pretzels	Bouillon cube, regular
Salted popcorn	Catsup
Salty or smoked meats	Celery, garlic, or onion salt, except when used in cooking in place of regular salt
Bacon	Chili sauce
Bologna	Horseradish, prepared
Chipped or corned beef	Meat extracts
Frankfurters	Meat sauces
Ham	Meat tenderizers
Koshered meat	Monosodium glutamate
Luncheon meats	Mustard, prepared
Salt pork	Olives
Sausage	Pickles
Salty or smoked fish	Relishes
Anchovies	Salt at the table
Caviar	Salt substitutes, unless recommended by physician
Salted or dried cod	Soy sauce
Herring	Worcestershire sauce
Sardines	
Processed cheese	

Foods Which are Very Low in Sodium

Asparagus	Excavole	Mushrooms
Broccoli	Eggplant	Okra
Brussels sprouts	Endive	Radishes
Cabbage	Green beans	Summer squash
Cauliflower	Green peppers	Tomatoes
Cucumbers	Lettuce	Turnip greens

Spices Give Taste To Low-Sodium Diet

Many Americans these days are being urged to cut back on their sodium intake — one of the most important of these reasons being the high cost of high blood pressure.

Luckily, however, giving up excess sodium doesn't have to mean giving up good taste. The test kitchen of the American Spice Trade Association has found that spices can do a lot to put enjoyment back in your mealtimes.

Spices themselves contain so little sodium that they can be used wherever salt has been reduced or cut out. One good idea is to keep a shaker of mixed spices at the table.

Here is one blend the spice kitchen suggests: 2 1/2 tsp. each of paprika, garlic powder, and powdered mustard; 5 tsp. of onion powder; 1/2 tsp. ground white pepper; and 1/4 tsp. celery seed.

Low-Cal

Frozen Diet Dessert

12 oz. buttermilk	2 tsp. vanilla
2/3 c. dry powdered milk	sweetener to taste
2 c. crushed pineapple or blueberries or 4 peaches	

Mix ingredients in blender or mixer. Blend or mix 3 to 5 minutes. Pour into 4 containers and freeze. Contains 1 fruit and 1 milk.
Karen Kennedy, Roosevelt School

Cool Low-Cal Summer Salad

1 envelope Low-Cal lime gelatin, mix accordingly	1/2 c. shredded or chopped carrots
few drops lemon juice	1/8 c. diced cucumbers
1 tsp. chopped green pepper	1/4 c. cottage cheese

Add lemon juice and green peppers to gelatin. Chill until mixture begins to thicken. Add carrots, cucumbers and cottage cheese and blend well. Put into individual molds and chill. Contains 1 vegetable and 1 meat exchange.
Karen Kennedy, Roosevelt School

Salt-Free Bread For Dieters

4-5 c. unsifted flour	2 T. granulated sugar
2 c. unsifted whole wheat flour	1 pkg. active dry yeast
1/3 c. firmly packed light brown sugar	1 1/2 c. water
	3/4 c. milk
	1/3 c. unsalted margarine

Combine flours. Mix together 2 cups flour mixture, brown sugar, granulated sugar and dry yeast. Heat water, milk and margarine until liquids are very warm (120° to 130°). Add dry ingredients, beat 2 minutes at medium speed. Add 1/2 cup flour mixture, beat at high speed for 2 minutes. Stir in enough flour mixture to make a stiff dough. Turn onto floured board; knead until smooth and elastic, 8 to 10 minutes.

Place in greased bowl, turn to grease top. Cover, let rise until doubled. Punch down, divide into loaves. Place in greased pan. Cover, let rise again until doubled, about 1 hour. Bake at 400° about 30 minutes or until done. Makes 2 loaves.

Maxine McCallum, Co. Bluffs

Diet Salad Dressing

2 c. buttermilk
6 oz. can tomato paste
1 tsp. chopped green pepper

1 T. lemon juice
2 tsp. minced onion
salt and pepper to taste

Combine ingredients together. This can be varied by adding celery seed and other spices.

Maxine McCallum, Co. Bluffs

Dieter's Vegetable Soup

1 med. hd. cabbage, cut up
5 lg. sticks celery, diced
1 med. onion, diced
5 lg. carrot sticks, diced

3 beef bouillon cubes
salt and pepper to taste
1 lg. can tomatoes, mashed

Combine all vegetables, except tomatoes in large pot. Cover with water and bring to a boil. Add bouillon cubes and cook 30 minutes. Add tomatoes and cook until all vegetables are tender.

Linda Gardner, Kirn Jr. High

Diet Vegetable Soup

1 lg. head cabbage
1 bunch of carrots
1 bunch of celery
(leaves & all)

6 onions
1 qt. tomatoes

Chop all ingredients and simmer until tender in 1 quart of water. Cool and keep in refrigerator. Sprinkle with Parmesan cheese before each single serving. The soup keeps well in freezer. The secret of this soup is that the body burns more calories digesting it, than the soup has in it. Therefore, the more you eat, the more calories you burn. Beef bouillon may be added to the water for meat flavor.

Linda Jensen, Kirn Jr. High

Diet Sour Cream

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

1/4 tsp. salt
1 tsp. lemon juice

Blend ingredients on medium speed in blender. Store in refrigerator in 1 cup containers.

A smile is a curve that can straighten out a lot of things.

*When you hear that someone has gossiped about you,
kindly reply that he did not know the rest of your faults
or he would not have mentioned only these.*

Low-Cal Rice Pudding

1/2 c. cooked rice
1/3 c. Sprinkle Sweet
1/4 tsp. cinnamon
1/8 tsp. nutmeg

dash of salt
1 1/2 c. skim milk (scalded)
1 tsp. vanilla
2 eggs, beaten

Heat oven to 350°. In 1 1/2 quart ungreased casserole pan, combine all ingredients and mix well. Place casserole in baking pan with about 1 inch hot water. Bake for 45 to 55 minutes. 60 calories per 1/2 cup serving.

*Linda Gardner
Kirn Jr. High*

Low-Cal Creamy Salad Dressing

8 oz. plain yogurt
2 T. chopped chives
2 tsp. prepared mustard

1 tsp. lemon juice
1/4 tsp. onion salt
1 T. Sprinkle Sweet

Combine all ingredients. Blend well, chill. Store in refrigerator, makes 1 cup. 8 calories per tablespoon.

Linda Gardner, Kirn Jr. High

Onion Slim Dip

1/4 c. skim milk
2 c. cottage cheese

1 env. dry onion soup mix

Place skim milk and cottage cheese in blender. Blend on high speed until smooth. Stir in onion soup mix. Cover, refrigerate for 1 hour. 19 calories per tablespoon.

Linda Gardner, Kirn Jr. High

Sherbet

15 oz. pineapple, packed
in own juice
2/3 c. nonfat dried milk
1 tsp. vanilla

12 oz. buttermilk
sweetener to equal 6 tsp.
sugar

Blend ingredients together for 3 to 5 minutes. Pour in 4 equal containers and freeze. Equals 1 fruit and milk.

Linda A. Bonham, Lewis Central

*Brows may wrinkle, hair grows gray --
But friendship never knows decay.*

Foods Which are Fairly Low in Sodium - About 50 mg.

1 tsp. salted butter or margarine	1/2 c. flavored gelatin
1/2 c. raw carrots	1/2 c. ice cream or ice milk
1 1/2 tsp. mayonnaise	water containing 40 milligrams of sodium per qt.

Substituting Artificial Sweeteners

Sugar	Tablets	Liquid	Granulated
1 tsp.	1	1/8 tsp. or 2 drops	1 tsp.
2 tsp.	2	1/4 tsp.	2 tsp.
1 Tbsp.	3	3/8 tsp. or 6 drops	1 Tbsp.
1/4 c.	12	1 1/2 tsp.	1/4 c.
1/3 c.	16	2 tsp.	1/3 c.
1/2 c.	24	3 tsp.	1/2 c.
2/3 c.	32	4 tsp.	2/3 c.

Tablets work best if crushed and stirred into a small amount of liquid until dissolved. Liquid sweeteners may be added directly to mixtures. Granulated may be added the same as sugar.

Helpful Hints

Did you know that tuna canned in water has 50% fewer calories than tuna in oil? So water-packed tuna is on the program for most weight watchers. Chunk light tuna has just 100 calories per 3 oz. serving and 22 gm. of high quality protein.

To save a few calories, when dips and toppings call for sour cream, use cottage cheese or yogurt instead. This lowers cost and calories. Cottage cheese may be pressed through a sieve or colander or put in a food blender for a short time to yield a whipped consistency. Yogurt can be substituted without any preparation.

Dieters who include high-fiber bread in their menus lose weight faster. This somehow reduces cravings for more fattening foods.

To cut down on those unwanted calories, top baked potatoes with hot bouillon instead of butter. I think it tastes just as good and it's much less fattening.

One-half a grapefruit with each meal will help burn off extra fat.

A glass of milk each day will keep you from getting flabby while losing.

Chew sugarless gum while cooking and cleaning up after dinner.

Suck on a sour lemon drop after meals to trigger your eating stopper.

A cup of warm (not hot) soup, bouillon or coffee before a meal will start your stomach working slowly before you start putting in the heavy food.

Use unsweetened applesauce to top pancakes, waffles or French toast. So much better than the artificially sweetened syrup. (Good for diabetics.)

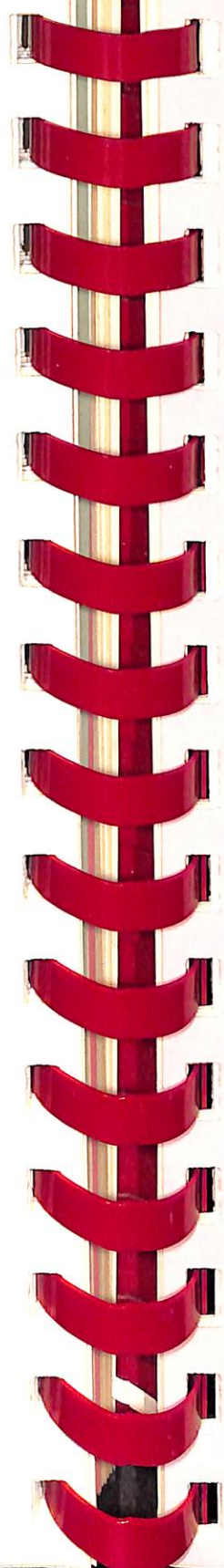
Real whipped cream has 10 times more calories than whipped nonfat dried milk which is just as easy to make. Mix 1/2 c. dried milk and 1/2 c. ice water for 3 to 4 minutes. Add 2 Tbsp. lemon juice and beat 3 to 4 minutes. Fold in 1/4 c. sugar and serve immediately. Be sure bowl and beaters are thoroughly chilled and water is ice cold.

A delicious applesauce can be made by slicing apples into a saucepan and adding a small bottle or can of Fresca. No sugar is needed and what a delightful flavor combination.

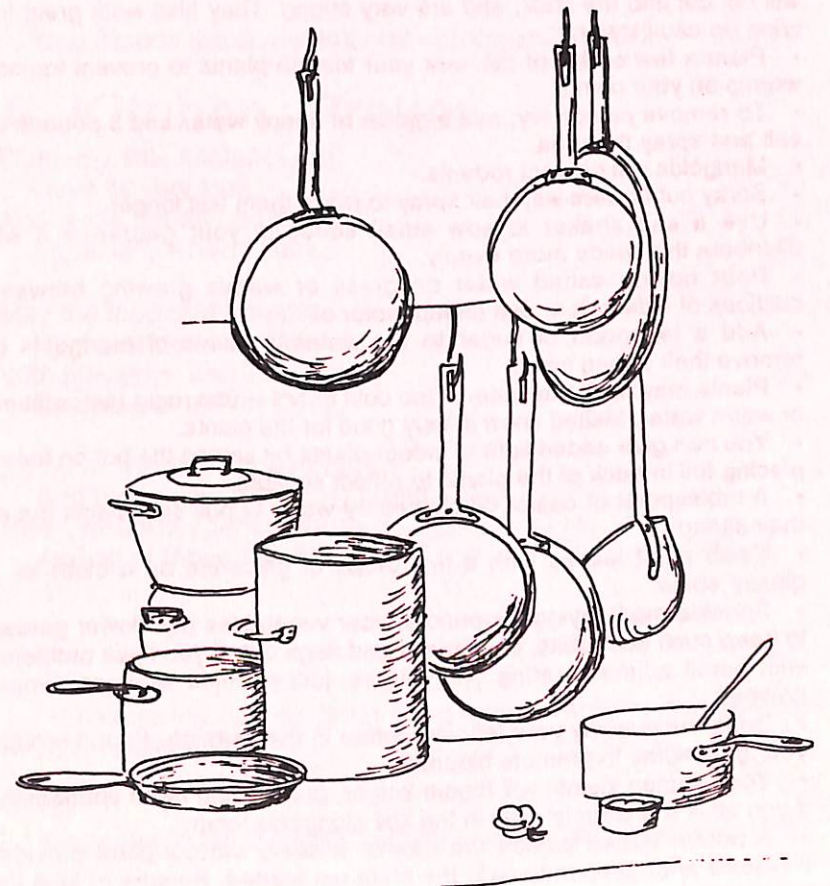
**Diet to End All Diets
(Lo-Calorie Diet)**

	Breakfast	Lunch	Dinner	Calories
MON.	Weak tea	1 bouillon cube 1/3 c. water	3 oz. prune jc. (gargle) 1 pidgeon thigh	1 2 1/2 1 1/2
TUES.	Scraped crumbs from burned toast	1 doughnut hole (no sugar) 1 glass dehydrated water	1 canary drumstick	1/2 0 4
WED.	Boiled out stains of table cover	1/2 doz. poppy seeds	Bee's knees & mosquito knuckles, saute' with vinegar	1/4 3 2
THURS.	Shredded eggshell skins	Belly button from navel orange	3 eyes from Irish potato (diced)	1 0 3
FRI.	2 lobster antennae	1 guppy fin	Jellyfish vertebrae a la book binder	1/2 1 2
SAT.	4 chopped banana seeds	Broiled butterfly liver	Fillet of soft shell crab claw	1/2 1 1/2
SUN.	Pickled hummingbird tongue	Prime rib of tadpole	Tossed paprika & cloverleaf salad; 1 aroma of empty custard pie plate	2 3 1/2

- NOTE: ALL MEALS TO BE EATEN UNDER MICROSCOPE TO AVOID EXTRA PORTIONS!! GOOD LUCK!!



This 'n That



Gardening & Houseplant Hints

- Plant onions next to carrots to prevent carrot worms.
- When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.
- Cut old stockings lengthwise to make ties for tomato plants. These will not cut into the stalk, and are very strong. They also work great for tying up cauliflower.
- Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.
- To remove poison ivy, mix a gallon of soapy water and 3 pounds of salt and spray the area.
- Marigolds will prevent rodents.
- Spray cut flowers with hair spray to make them last longer.
- Use a salt shaker to sow small seeds in your garden -- it will distribute the seeds more evenly.
- Pour boiling salted water on grass or weeds growing between sections of sidewalk or use cheap motor oil.
- Add a teaspoon of sugar to the water in vases of marigolds to remove their strong smell.
- Plants may fail if the water is too cold or hot -- use room temperature or warm water. Melted snow is very good for the plants.
- You can give added light to indoor plants by setting the pot on foil or placing foil in back of the plants to reflect sunlight.
- A tablespoon of castor oil chased by water brings sick plants out of their slump.
- Swab plant leaves with a few drops of glycerine on a cloth for a glossy shine.
- Sprinkle moth crystals around in your vegetables and flower garden to keep such as rabbits, chipmunks and dogs out. If you have problems with small animals eating your plants, just sprinkle with red pepper powder.
- Don't throw away your leftover coffee in the morning. Pour it around your geraniums to promote blooming.
- Your African violets will bloom longer, prettier and more abundantly, if you stick a few rusty nails in the soil alongside them.
- A potato buried beside the root of a newly set out plant provides moisture and nutrition to help the plant get started. Be sure to take the eyes out of the potato, or you'll have a potato crop, too. Peels work too.
- A geranium cutting can be started easily by boring a hole in a potato and placing the cut end of stem in the potato and planting the potato in soil.

This 'n That

A recipe that is not shared with others will soon be forgotten, but when it's shared, it will be enjoyed by future generations.

Just about the time you think you can make ends meet, somebody moves the ends.

Happiness is like potato salad - when you share it with others, it's a picnic.

True friends are like diamonds - precious, but rare.

A Kitchen Prayer

Bless my little kitchen Lord,
I love its very look,
And guide me as I do my best,
Especially when I cook.

May the food that I prepare
Be seasoned from above
With blessings and Thy Grace,
But most of all Thy Love.

So bless my little kitchen Lord,
And those who share my bread.
Bless its homey atmosphere,
And all of those I've fed.

Not everyone can do great things, but everyone can do small things in a great way.

It is better to tell the truth than try to remember what you said.

All people smile in the same language.

*Beware of the man who says he has an open mind.
He often has a mouth to match it.*

Words

The six most important words in the English language:
-- I admit I made a mistake.

The five most important words: You did a good job.

The four most important words: What is your opinion?

The three most important words: If you please.

The two most important words: Thank you.

The one most important word: We.

The one least important word: I.

*Linda Jensen
Kirn Jr. High*

Recipe for a Merry Christmas

Take-- the spirit of the first Christmas you can remember, and the happiness of the last Christmas.

Mix--with the joy of the Christmas you hope for this year.

1/2 c. holly
1/4 c. jolly

1/2 oz. Irish Mist
Whiskey

Mix well. Sprinkle in a little snow just to make the mixture go. Add Love of the infant child, Happiness of His mother Mary, and Pride of His father Joseph. Pour the batter into a cheerful heart. Bake year-round and it will rise at Christmas time.

*Linda Gardner
Kirn Jr. High*

Happiness Cake

1 c. good thoughts
1 c. kind deeds
1 c. consideration for
others

2 c. sacrifice
3 c. forgiveness
2 c. well-beaten faults

Mix thoroughly. Add tears of joy, sorrow and sympathy. Flavor with love and kind service. Fold in 4 cups prayer and faith. After pouring all this into your daily life, bake well with the heart of human kindness. Serve with a smile anytime and it will satisfy the hunger of starved souls.

Laughter is the sunlight of the soul.

Recipe for a Happy Day

1 c. friendly words	4 heaping tsp. time and
2 heaping c. understanding	patience
pinch of warm personality	dash of humor

Measure words carefully. Add heaping cups of understanding. Use generous amounts of time and patience. Cook with gas on front burner. Keep temperature low --- do not boil. Add dash of humor and pinch of warm personality. Season to taste with spice of life. Serve in individual molds.

Mother's Lifetime Recipe

2 heaping c. patience	1 headful of understanding
1 heartfelt of love	dash of laughter
2 handfuls of generosity	

Sprinkle generously with kindness. Add plenty of faith and mix well. Spread over a period of a lifetime and serve everybody you meet.

*Edle Tysor
T.J. High*

Grandmothers

This is a third grade child's essay on this subject, innocent and worthy of note:

A grandmother is a lady who has no children of her own. She likes other people's little boys.

A grandfather is a man grandmother. He goes for walks with the boys and they talk about fishing and tractors and like that.

Grandmas don't have to do anything except be there. They're old, so they shouldn't run or play hard. It is enough if they drive us to the market where the pretend horse is and have lots of quarters ready. Or if they take us for walks, they should slow down past things like leaves and caterpillars. They never say "hurry up".

Usually they are fat, but not too fat to tie your shoes. They usually wear glasses and funny underwear. They can take their teeth and gums off. They don't have to be smart, only answer questions like "Why do dogs hate cats?" and "How come God isn't married?"

Everybody should try to have a grandma, especially if you don't have television because grandmas are the only grown-ups who have got time.

*Mary E. Miller
Council Bluffs*

Be patient -- in time, the grass becomes milk.

Aging Is When:

Everything hurts and what doesn't hurt, doesn't work.

The gleam in your eye is from the sun hitting your bifocals.

You feel like the night after, and you haven't been anywhere.

Your little black book contains only names ending in M.D.

You get winded playing chess.

Your children begin to look middle-aged.

You finally reach the top of the ladder and find it leaning against the wrong wall.

You joined a health club and don't go because you can't find it.

You begin to outlive your enthusiasm--you're still chasing men, but can't remember why.

Your mind makes contracts your body can't meet.

A dripping faucet causes an uncontrollable bladder urge.

You look forward to a dull evening.

Your favorite part of the newspaper is "Twenty-five years ago today".

You sit in a rocking chair and can't get it going.

Your knees buckle but your belt won't.

The best part of the day is over when the alarm clock goes off.

Your back goes out more than you do.

The fortune teller offers to read your face.

Your pacemaker makes the garage door go up when you see a pretty girl go by.

The little gray-haired lady you help across the street is your wife.

You have too much room in your house but not enough room in your medicine chest.

You stick your teeth into a steak and they stay there.

There are two kinds of people:

Those who bring happiness wherever they go, and those who bring happiness whenever they go.

Forever Wedding Cake

1 rounded c. of true love

1 heaping c. of perfect trust and confidence

a pinch of unselfishness

a sprinkle of interest in all he does

Mix all ingredients with a pint of sympathy. Flavor with a bright fireside and a loving kiss. Bake well all your life.

Spent sometime during your lifetime on a project that will last longer than your life.

Recipe for Life

1 measure of good thought

1 measure of consideration

1 1/2 measures of forgiveness

1 1/2 measures of well beaten faults

2 measures of sympathy

2 1/2 measures of sacrifice

2 measures of kind deeds

Mix thoroughly. Stir in kind words for taste, and flavor with charity. Pour into all your daily life, and bake well with the heat of human kindness.

Elephant Stew

1 med. size elephant

salt and pepper

2 rabbits (opt.)

Cut elephant into small bite-size pieces. Add enough brown gravy to cover. Cook over kerosene fire about 4 weeks at 485°. This will serve 3,800 people. If more are expected, two rabbits may be added. Do this only in case of emergency, because most people do not like "hare" in their stew.

Play Dough

2 1/2 c. flour

1/2 c. salt

3 T. corn oil

1 T. alum

2 c. boiling water

Mix ingredients in bowl. Divide in parts. Add color to each, as desired. Keep in covered containers. Doesn't need refrigeration.

Helpful Hints

1. Bay leaves in flour discourages weevils.
2. Keep milk from scorching by rinsing pan first in water, and add pinch of sugar without stirring.
3. Add rice to salt shaker to keep salt dry.
4. Add stalk of celery to loaf of bread to keep fresh longer.
5. To make powdered sugar, blend 1 cup granulated sugar and 1 tablespoon cornstarch on medium speed for 2 minutes.
6. For soup or stew that's too salty, add a cut raw potato.
7. For fluffy rice, add 1 teaspoon lemon juice to boiling water.
8. White vinegar removed paint. Allow to soak and scrape off.

NOTE TO MOTHERS:

Turn the kitchen over to your children occasionally. Out of their mistakes - your indigestion - their wisdom.

Window Cleaner

1/4 c. non-sudsing
ammonia

2 T. alcohol
2 c. water

It's excellent for car windows and cleaning the refrigerator or stove.

*LaVonne Morrison
Kirn Jr. High*



Flower Pot Server

Build a last-minute tiered server by stacking trays on up-ended flower pots.



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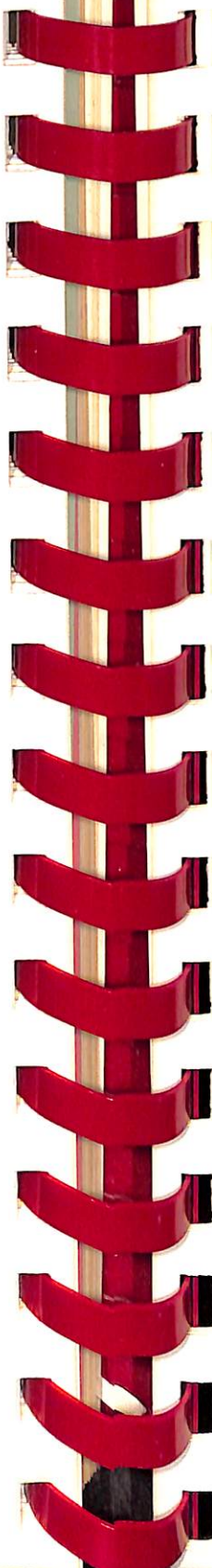
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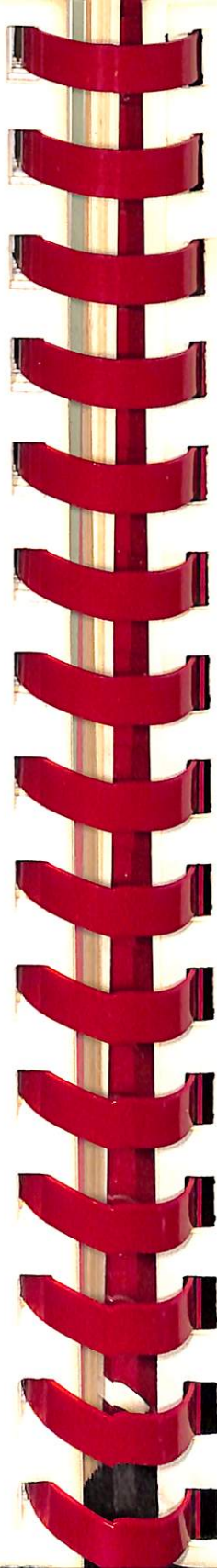
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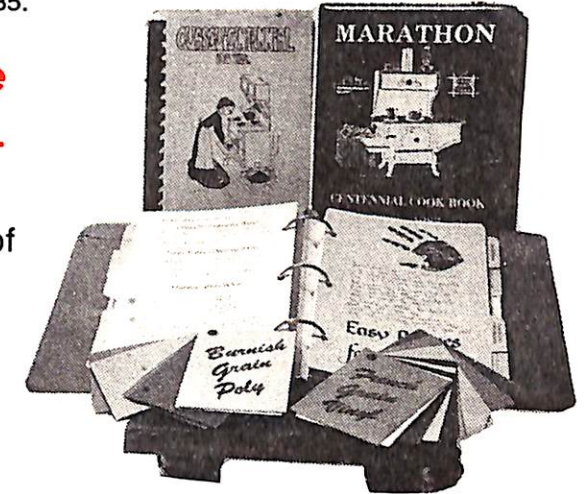
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