

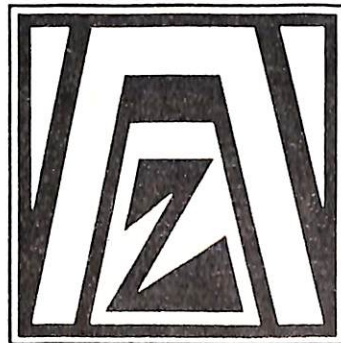
COUNCIL BLUFFS PUBLIC LIBRARY



3 5226 00494386 6

ZONTA CLUB
OF
HEAVENLY FOOD
FROM
COUNCIL BLUFFS CHURCHES
AND
SURROUNDING AREA

ZONTA



INTERNATIONAL

Spec.
Coll.
641.5
Z76

**SPECIAL
COLLECTIONS**

COUNCIL BLUFFS, IOWA



ACKNOWLEDGMENT

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this book could not have been possible.

NOTICE

If you have sales ability and are free to travel during the week you can make big money selling advertising space in these projects for organizations in your area. You will be helping organizations earn the money that they need for their good work, while also helping yourself with an exceptionally high income. Experience is not necessary as you would be given on the job training with an experienced advertising director. If you are not available, but know someone who would be please refer this notice to them. For full details please call Miss Bennett at 312-993-7606.

MESSAGE FROM THE PUBLISHER

This book has been published through the combined efforts of our company and the organization whose name appears on the cover.

We sincerely hope that you will enjoy its use. Should you want extra copies of this publication for your friends, relatives or neighbors, you can purchase them from the organization.

If you know an organization or club that would want a project that would give them a guaranteed profit, without cost or investment, they can obtain full information by writing to our company at the address below. We specialize in the publishing of: **Cook Books, Craft Books, School Days & Memories Books, Home Remedies Books, Safety Coloring Books, and the Personal Directory.**

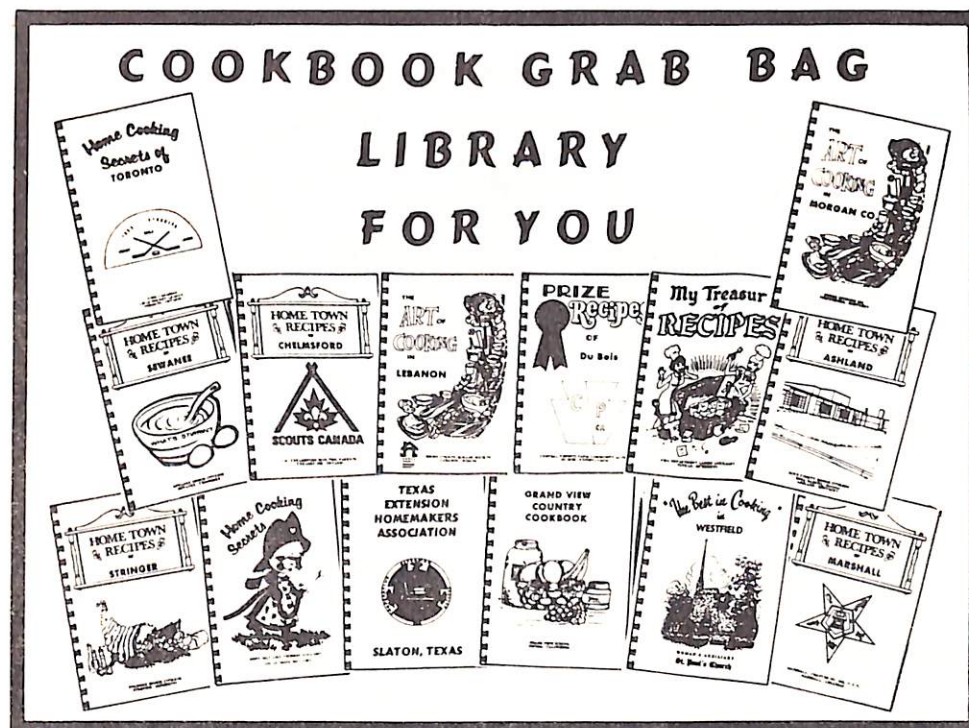
YOU CAN EARN ABOVE AVERAGE INCOME while helping organizations make money by presenting our guaranteed profit projects. Must have sales ability, need car, and willing to travel. We train you. If interested call Miss Brown #312/993-7606 or write to the address below.

**YOUR ORGANIZATION CAN MAKE
\$500 to \$5,000
WITH ONE OF OUR PROJECTS**

Write to: Project Department
Women's Clubs Publishing Co., Inc.
400 South Jefferson Street
Chicago, Illinois 60607
(312) 993-7610

(Please include your name, address and telephone number and name of your organization.)

Litho in U.S.A.



Build your own Cook Book Library at very little cost with Cook Books containing Cooking secrets from Coast to Coast in the United States. We are America's Largest Publisher of Personalized Cook Books. The recipes in our Cook Books are the favorites of Homemakers in the United States. All publishers of books always have an Over-Run on all books and the Cook Books that are available are Over-Runs and are similar to the one you are reading. These over-runs create our unique "Cook Book Grab Bag." **PRICES ARE LESS THAN 1/2 THE ORIGINAL PRICE.** We do not know which Cook Books you will get, but we guarantee no duplicates. Please, check or money order only. We cannot accept C.O.D. orders.

3 Cookbooks - \$10.00	10 Cookbooks - \$25.00	25 Cookbooks - \$45.00
5 Cookbooks - \$15.00	15 Cookbooks - \$33.00	30 Cookbooks - \$50.00
8 Cookbooks - \$20.00	20 Cookbooks - \$39.00	40 Cookbooks - \$60.00

CUT HERE AND MAIL COUPON

Mail to: **COOK BOOK GRAB BAG**
c/o Women's Clubs Publishing Co., Inc.
400 South Jefferson Street, 3rd Floor
Chicago, Illinois 60607

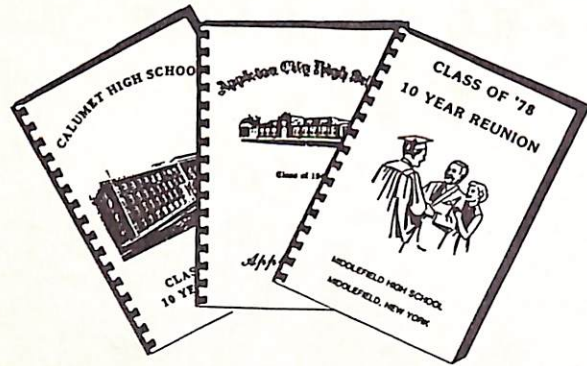
Number of Books Ordered Amount Enclosed

Your Name

Your Street Address
Please avoid P.O. Box Number if possible. We ship by United Parcel.

Your City State Zip

REUNIONS ARE SOMETHING TO REMEMBER



Mail to: **Women's Clubs Publishing Co., Inc.**
400 South Jefferson Street
Chicago, Illinois 60607

We are planning our _____ year Reunion. Please send full information regarding the Alumni Books to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Name of School _____

CUT HERE AND MAIL COUPON

I recently attended my 40th Class Reunion and I published an Alumni Book for the Reunion. The Alumni Books allow the class members to tell about their lives since leaving school. These books were so very well received that almost all of the spouses of the class members came to me and wanted the books for their up-coming reunion. I am now offering Alumni Books for Class Reunions to everyone due to this tremendous response. How nice to know about your fellow class members! Some folks have been able to enjoy career opportunities, give or receive a helping hand, and gain many hours of lasting pleasure reading the Alumni Books.

If you are interested in an Alumni Book for your Class Reunion, please complete and mail the coupon and we will mail you literature explaining the Alumni Books in detail. These books can also help as a fund raising project for the Reunion, in addition to the pleasure they will bring to all – whether you attend the Class Reunion or not.

Carl K. Wooden

Carl K. Wooden
 President
 Women's Clubs Publishing Co., Inc.

HISTORY

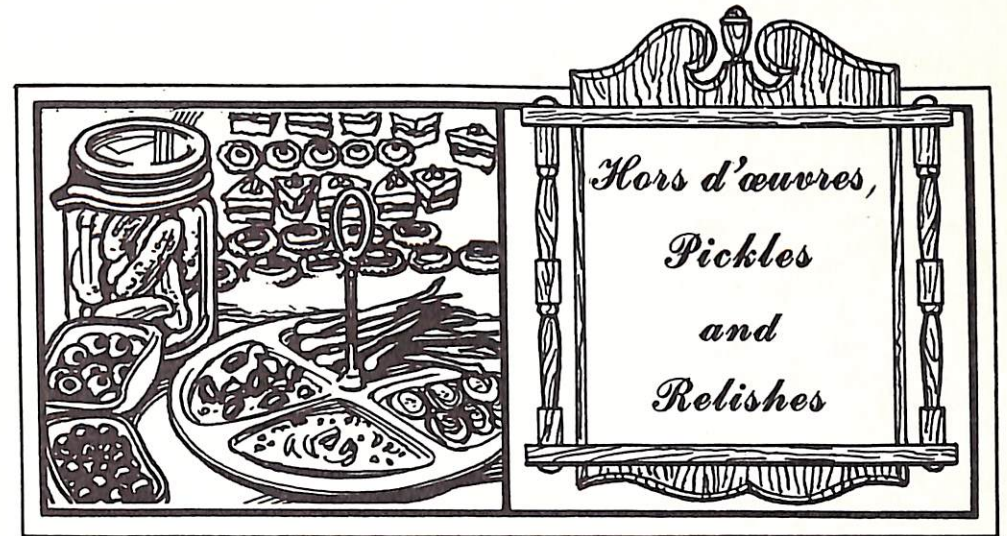
Zonta International was founded November 8, 1919. It is the worldwide service organization of executives in business and the professions, working to improve service projects in their own communities. Zonta members support a variety of international service projects. The first Zonta Club was established in Buffalo, New York, USA, in 1919. As of 1989, there are approximately 35,000 members in over 1,000 clubs in 52 counties. Zonta's emblem is a composite of Five Sioux Indian Symbols, and the name Zonta is derived from the Sioux Indian language, meaning "honest and trustworthy".

The Council Bluffs Chapter was founded in August of 1956. Some of our service projects have been, a handicap lift for Woodrow Wilson pool, zoo tickets for vocational rehabilitation center plus Christmas parties for them, oxygen masks for infants at Mercy Hospital, sitz bath for Jennie Edmundson Hospital plus a pew in their new chapel. Donation to the Vietnam Statue in Bayliss Park, the Emelia Bloomer cemetery lot (landscaping), scholarship to Iowa Western Community College, scholarship for nursing at Jennie Edmundson Hospital, and we sponsor Council Bluffs Schools spelling B each year, providing ribbons, trophies, and the refreshments and volunteer our members as judges, etc. for the Spelling B and many other things too numerous to mention in short of space.

TABLE OF CONTENTS

Page No.

Hors d'Oeuvres, Pickles and Relishes 1
Casseroles and Miscellaneous 3
Desserts 10
Cakes and Pastry 20
Candy, Jelly and Preserves 25
Bread, Rolls and Cookies 28
Meat, Fish and Poultry 38
Vegetables, Soups and Salads 43



CREAM CHEESE BALL

Barbara Burg (St. Patrick's Church)

4-oz. pkg. dried beef
8 oz. cream cheese

1 chopped green onion
1 pkg. chopped pecans (small)

Soften cream cheese; mix in chopped green onion. Dice dried beef (small pieces) and add to cream cheese mixture. Form into a ball by rolling into nuts. Serve on platter surrounded by crackers.

SEVEN LAYER DIP

**Liz Wilkowski, Saint John Luthern Church
Mineola, Iowa**

2 cans jalapeno bean dip
3 avocados
1/4 tsp. pepper
1/2 tsp. salt
2 Tbsp. lemon juice
8 oz. sour cream
1 pkg. taco mix

1/2 c. mayonnaise
1 bunch green onions, chopped
2 tomatoes, chopped
4 oz. Jack cheese, grated
4 oz. cheddar cheese, grated
2 small cans sliced ripe olives

First Layer:

Spread bean dip on bottom of 9x13-inch glass pan.

Second Layer:

Mix avocados, pepper, salt, lemon juice in blender and spread on the bean dip.

Continued.....

SEVEN LAYER DIP (Continued)

Third Layer:

Mix sour cream, taco mix and mayonnaise together and spread on avocado mixture.

Fourth Layer:

Sprinkle with chopped onions.

Fifth Layer:

Sprinkle with chopped tomatoes.

Sixth Layer:

Sprinkle on the sliced, ripe olives

Seventh Layer:

Sprinkle with Monterey Jack and cheddar cheese. Cover with plastic wrap and refrigerate until ready to use. Do not keep it for a long time before using.

CHILI SAUCE RELISH

**Cynthia Burke (Zonta Member)
First Presbyterian Church**

- | | |
|--------------------|--------------|
| 24 medium tomatoes | 1 c. vinegar |
| 6 onions | 1 c. sugar |
| 4 peppers (green) | 1 Tbsp. salt |

To 24 tomatoes add onions (ground) and green peppers (ground). Cook this down some; then add 1 c. (apple) vinegar dark, 1 c. sugar and salt, cooking until of thick consistency. Fill Mason jars and seal while hot. Keeps a long time and is excellent with roast, etc. Can be combined with mayonnaise for a Thousand Island Dressing over lettuce.

Write An Extra Recipe Here:



CHICKEN ALMOND CASSEROLE Doris Shobe, First Christian Church

- | | |
|---|---------------------------------------|
| 1/2 lb. noodles | 1 medium onion, chopped |
| 1/2 c. slivered almonds | 1 c. sliced mushrooms or small can |
| 1/4 c. butter or margarine | 1 c. milk |
| 2 (10 1/2-oz.) cans cream of chicken soup | 1 tsp. salt |
| 1/4 tsp. pepper | 2 c. cooked (boiled) chicken, chopped |

Cook noodles. Saute onion, almonds and mushrooms in the butter about 2 minutes. Add the soup and milk and stir to combine. Add salt, pepper, noodles and chicken. Pour into greased 2-qt. casserole. Top with almonds or buttered bread crumbs. Bake 30 minutes in 350 degree oven.

EGG BRUNCH CASSEROLE Karn Shanno, Broadway Christian Church

- | | |
|-------------------------------|------------------------|
| 12-oz. pkg. Smokies Sausage | 2 1/2 c. milk |
| 12 slices bread (cubed) | 1 tsp. dry mustard |
| 3/4 lb. grated cheddar cheese | 1 tsp. salt |
| 6 eggs | |
| 1/2 c. milk | 1 can sliced mushrooms |
| 1 can cream of mushroom soup | |

Cut Smokie sausages into 1/4-inch pieces; brown and drain. Spread Smokies and bread cubes in a 9x13-inch buttered pan. Top with grated cheddar cheese. In a blender, mix the eggs, 2 1/2 c. milk, mustard and

Continued.....

EGG BRUNCH CASSEROLE (Continued)

salt. Pour this over bread and sausage. Cover and refrigerate overnight. Just before serving: Mix together 1/2 c. milk, cream of mushroom soup and the sliced mushrooms. Pour this over the bread crumbs and bake in a 350 degree oven for 1 hour. Let stand 10 minutes to set before cutting to serve.

SAVORY MEAT CASSEROLE

Dora Runyan, Our Savior Lutheran Church

- 1 lb. ground beef
- 1/4 lb. (1/2 c.) pork sausage
- 1/2 c. dry bread crumbs
- 2 Tbsp. chopped onion
- 1/8 tsp. pepper
- 1/3 c. evaporated milk
- 1 tsp. chili powder
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 c. evaporated milk
- 1/2 c. water

Mix well ground beef, pork sausage, bread crumbs, onion, pepper, salt, 1/3 c. evaporated milk and 1 tsp. chili powder. Shape by tablespoonful into meat balls. Brown, cover and cook for 10 minutes. Place in 2 1/2-qt. casserole. Combine: soups, 1 c. evaporated milk and water; heat until steaming. Pour over meatballs and top with Chili Cheese Biscuits.

Biscuits:

- 1 1/3 c. flour
- 1/2 tsp. chili powder
- 3 tsp. baking powder
- 1/4 tsp. salt
- 1/3 c. shortening (part butter)
- 1 egg
- 1/3 c. evaporated milk
- Grated American cheese
- 1 Tbsp. dried parsley

Sift together: flour, chili powder, baking powder and salt. Cut in: shortening until particles are fine. Combine: 1 unbeaten egg with 1/3 c. evaporated milk. Add to dry ingredients; stir until dough clings together. Knead on floured surface 10 times. Roll out to a 12-inch square. Sprinkle with American cheese and parsley; roll up. Cut into 8 slices. Place on top of meat and soups and bake at 400 degrees for 20-25 minutes.

PLEASE PATRONIZE OUR ADVERTISERS

TANZANIAN CASSEROLE

Lois Lydia, Circle of Westminster Presbyterian Church

- 1 lb. ground beef
- 1/2 c. chopped onion
- 1 tsp. salt
- 1/8 tsp. garlic powder
- 1 can cream of mushroom soup
- 1-lb. can tomatoes
- 1 c. Minute Rice
- Dash pepper
- Cheese to cover top (American or cheddar)

Brown meat and onion. Stir in seasonings, soup, tomatoes, and rice. Bring to boil; then reduce heat and simmer 5 minutes, stirring occasionally. Turn into 1 1/2-qt. baking dish and cover with cheese. Place in oven at 350 degrees and bake until heated through and cheese is melted. NOTE: This casserole is better if fixed the night before, adding cheese just before baking.

SWEET POTATO SOUFFLE

Teresa Wickersham, Bethany Circle #4

- 3 c. mashed sweet potatoes
- 1 c. sugar
- 1/2 c. milk
- 1 tsp. salt
- 2 eggs
- 1 tsp. vanilla
- 1/3 stick oleo

Drain water off potatoes. Mix in oleo and then add the remaining ingredients. Pour into greased oblong baking dish. Cover with topping and bake.

Topping:

- 1 c. light brown sugar
- 1/3 c. self-rising flour
- 1 c. pecans, chopped
- 1/3 stick oleo, melted

Mix sugar and flour. Add melted oleo and nuts. Mix thoroughly and sprinkle on souffle. Bake approximately 40 minutes at 350 degrees or until set.

THREE BEAN BAKE

Donna Rose, Zonta Member

- 1/2 lb. bacon, diced
- 1 lb. hamburger
- 1-lb. can butter bean and lima
- 1-lb. can kidney beans
- 1/2 c. brown sugar
- 3 Tbsp. vinegar
- 1 onion, chopped
- 1-lb. can pork & beans
- 1 c. catsup
- 1 Tbsp. Worcestershire sauce
- 1/2 tsp. prepared mustard

Continued.....

THREE BEAN BAKE (Continued)

Brown onions and bacon, then hamburger mixed with the rest of ingredients. Bake at 350 degrees for 1 hour, uncovered, or 3-4 hours, covered, at 300 degrees.

PIZZA Margaret DeBar, Reorganized Latter Day Saints Church

3 c. warm water
1 pkg. dry yeast
1/3 c. sugar

1/3 c. oil
1/4 tsp. salt

Mix these ingredients together in a large mixing bowl. Add 8-9 c. flour to the mixture until a stiff dough is formed. Divide dough in two bowls. Coat top with oil and let rise 4 hours. (Dough will almost triple in size.) After dough rises, press in pizza pans. (Makes five 12-inch pizza crusts.) Top with favorite topping and bake in 450-475 degree oven for 15 minutes.

Topping:

3-4 lbs. hamburger
1 large onion, diced
1 large green pepper, diced
1 qt. Ragu spaghetti sauce

1 small can tomato paste
2 c. mushrooms
2 pkg. Mozzarella cheese

Saute in large skillet hamburger, onion and green pepper until pink in meat disappears; drain. Mix spaghetti sauce and tomato paste in a bowl. After the pizza dough is spread out on the pan, spread on sauce mixture. Spoon on hamburger mixture next, and sprinkle with mushrooms last. Place pizza pan in a 450-475 degree oven and bake for 15 minutes. Remove, sprinkle on cheese, and return to oven just until cheese melts. (Raw dough may be frozen by coating with oil and sealing with plastic wrap.)

MACARONI/CORN CASSEROLE Velma Petersen, Lutheran Church

1 can cream style corn
1 can whole kernel corn
1 stick oleo

1 c. uncooked macaroni
1 c. Velveeta cheese

Mix ingredients, cover, and bake at 350 degrees for 1/2 hour. Uncover and bake another 1/2 hour. Stir several times during baking.

The only bank you'll ever need.

**SERVING
YOU
SINCE
1888**

Since 1888 State Bank & Trust has been serving Council Bluffs and Southwest Iowa with friendly efficient service for all your banking needs.

With personal and business loans, checking and savings accounts, trusts, investments and IRA's, combined with convenient drive-through tellers and ATM cards, State Bank & Trust is the only bank you'll ever need.

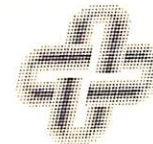


MEMBER FDIC HAWKEYE BANCORPORATION

Main Bank
333 W. Broadway
Council Bluffs (712) 323-7521

35th and Broadway
Council Bluffs (712) 323-7619

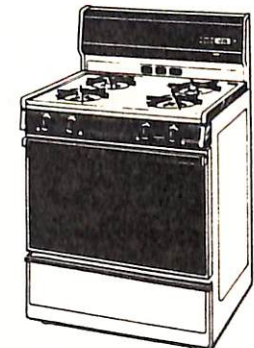
Branches located in Underwood, Macedonia and Modale



PEOPLES
NATURAL
GAS

1414 W. Broadway
Council Bluffs, IA
325-3008

NEW **ROPER**
STATE OF THE ART
GAS COOKING



Gas: America's best energy value





ED & SANDY ANDERSON

ORDERS WELCOME
322-9527

285 WEST BROADWAY
OGDEN PLACE
COUNCIL BLUFFS, IOWA 51501
BAKED FRESH DAILY IN OUR SHOP

MONDAY - FRIDAY
5:00 a. m. - 5:00 p. m.
SATURDAY
5:00 a. m. - 4:00 p. m.

AUTO
GLASS
SERVICE

CHRISTI GOSS

Store Fronts
Industrial • Commercial • and Residential Glazing
Plate Glass • Mirrors • Aluminum Doors
Storm Doors & Windows • Auto Glass Specialists
Bus 328-1573
Res. 323-0455
2828 W. Broadway
Council Bluffs, IA 51501



Complete Catering Needs
Our Place or Yours

829 Avenue A
(712) 328-7354

HUNTS TAX SERVICE
INCOME TAX & ACCOUNTING SERVICES

DONALD E. HUNT

MAIN OFFICE
1501 5TH AVE.
P.O. Box 1852
COUNCIL BLUFFS, IA 51502
(712) 323-8608
OMAHA OFFICES
1423 PACIFIC PLAZA
2008 NO. 24TH
BOOKKEEPING
ESTATE PLANNING
INDIVIDUAL
SMALL BUSINESS CORP.



Old Fashioned Roast Beef

623 W. Broadway
And
Mall Of The Bluffs



LASAGNA

2 Tbsp. salad oil
1/2 c. chopped onion
1 lb. hamburger
2 cloves garlic
1 1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano

Virginia Ebke, Lutheran Church

1 can tomatoes (2 1/2 c.)
1 8-oz. can tomato sauce
1/2 c. grated Parmesan cheese
1/2 lb. lasagna noodles
3/4 lb. sliced Mozzarella cheese
1 lb. cottage cheese

Saute onions in salad oil; drain oil. Add hamburger and brown together. Slice garlic; mash with salt. Add to hamburger. Add pepper, oregano, tomatoes, tomato sauce, and 2 Tbsp. Parmesan. Simmer, covered, 30 minutes. Refrigerate until ready to use. (This is easier to combine layers when cold.) Cook lasagna noodles as directed; drain and cover with cold water. Layer in either regular cake pan (9x13-inch) or 2 square pans (8x8-inches) depending on size of family. Layers: 1/3 meat sauce, single layer of noodles, layer of Mozzarella, layer of cottage cheese, 2 Tbsp. Parmesan. Repeat ending with remaining meat sauce and Parmesan. Bake at 350 degrees 35 minutes, uncovered. Can be frozen to be thawed and baked at a later date.

CHICKEN CASSEROLE

1 6-oz. pkg. plus 2 c. seasoned
bread stuffing mix
1 stick melted margarine
1 c. water or 1 c. chicken broth
2 1/2 c. cooked diced chicken
1/2 c. chopped onion

Lotus Mumm, Shepherd of the Valley
Lutheran Church

1/2 c. chopped onion
1/2 c. chives or onion tops or
1 tsp. pimiento
1/2 c. chopped celery
1/2 c. mayonnaise
3/4 tsp. salt
2 eggs and 1 1/2 c. milk

Mix together and spread half in a buttered 12x8x2-inch baking dish. Set other half of bread stuffing mixture aside. Then mix the chicken mixture. Layer this mixture over stuffing mix. Then layer other half of stuffing over chicken mixture. Then beat 2 eggs and 1 1/2 c. milk. Pour this over all, cover with foil, and refrigerate several hours or overnight. Remove from refrigerator 1 hour before baking. Spread 1 can undiluted cream of mushroom soup over casserole. Bake 50-60 minutes. For a crustier bottom and edge, bake 10-15 minutes longer. Serves 6-8.

CHILI KITA**Cindy Stark, Timothy Lutheran Church**

Corn shells
 1 lb. hamburger
 1 can chili beans
 Enchilada sauce

Cheese
 Onions, peppers, olives
 (optional)

Cut up corn shells; fry in a little shortening and put on bottom of 9x13-inch pan. Mix hamburger and chili beans and put on shells in pan. Mix slightly with shells, leaving most of shells on bottom. Pour enchilada sauce over it and cover with cheese. Bake at 350 degrees for 20-25 minutes, or until cheese melts. May add onions, peppers and olives.

POTATO CASSEROLE**Nancy McConnell, Timothy Lutheran Church**

2 lb. frozen hash browns, thawed
 1/2 c. melted oleo
 1 tsp. salt
 1/2 tsp. pepper
 2 Tbsp. onion, chopped

1 can cream of chicken soup
 1 pt. sour cream
 2 c. grated American cheese
 1/4 c. oleo
 2 c. corn flakes crumbs

Mix first 8 ingredients and put in buttered 9x13-inch pan. Stir oleo and corn flakes and put over top. Bake at 350 degrees for 1 hour. Serves 12.

MEAT IN A LOAF**Sally Brittain, Timothy Lutheran Church**

4 c. flour
 2 Tbsp. sugar
 2 pkg. rapid rise yeast
 1 c. water
 1/4 c. Dijon mustard

2 Tbsp. butter
 1 lb. shaved honey ham
 6 oz. shredded Swiss cheese
 4 oz. American cheese
 1 egg

Mix 3 c. flour, sugar and yeast in bowl. Heat for 1 minute in microwave: 2ater, butter and mustard. Blend with flour and mix well. Add enough remaining flour to knead 3 minutes. Pat out on jelly roll pan sprayed with Pam. In center, put ham on top and place cheese on top of the ham. To outside edges, cut 1-inch slices in dough. Braid dough. Beat egg and brush on top. Bake at 375 degrees for 35 minutes or until golden brown.

ZUCCHINI CASSEROLE**Judy Johnson, Emanuel Lutheran Church**

1 lb. ground beef
 1 lb. zucchini, peeled, seeded
 and cubed
 3 medium potatoes, cubed
 2 carrots, thin sliced
 1 small jar mushrooms

1 can cream of celery soup
 1 can cream of mushroom soup
 Onion to taste, diced
 1 c. seasoned bread crumbs
 1 c. sharp cheddar cheese, grated

Fry the ground beef. Season it with salt, pepper and garlic powder (to taste). Combine all rest of ingredients, but the cheese, and put in an 11x13-inch pan. Bake, covered, for 1 hour at 250 degrees F. Then uncover and bake for 1/2 hour at 350 degrees F. Top with cheese for the last 5 minutes. Let set for 15-20 minutes before serving.

BROCCOLI AND RICE CASSEROLE**Barbara Jenkins
Emanuel Lutheran Church**

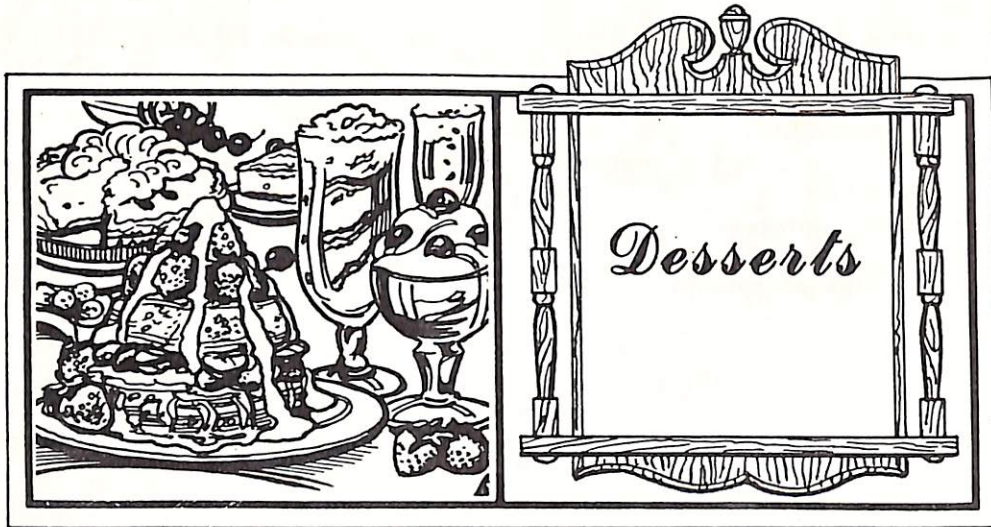
2 10-oz. pkg. frozen chopped
 broccoli
 1/2 onion, diced
 2 Tbsp. oleo margarine
 1 8-oz. Cheez Whiz
 1 8-oz. roll Kraft garlic cheese

1 can cream of mushroom soup
 1 1/2 c. cooked rice (3/4 c.
 uncooked)
 Dash of Tabasco
 Crumbled bacon for top (optional)

Cook broccoli as per pkg. directions to crisp stage; drain. Saute onion in oleo. Melt Cheez Whiz and garlic cheese in undiluted soup. Cook rice per pkg. directions. Combine all ingredients, except crumbled crisp bacon, and pour into a lightly greased 1 1/2-qt. casserole or 9x13-inch pan. Sprinkle with bacon, if desired. Bake at 350 degrees until bubbly hot, about 35-45 minutes. Serves 6-8. Great for potlucks. Variation: You may omit the roll of garlic cheese for less spicy dish.

Write An Extra Recipe Here:

PLEASE PATRONIZE OUR ADVERTISERS



ZUCCHINI (TASTES LIKE APPLE) PIE

**Edith Calame,
Reorganized Latter Day Saints Church**

- | | |
|----------------------------|-----------------------|
| 6 c. raw zucchini | 3 Tbsp. flour (level) |
| 1 1/4 c. sugar | 4 tsp. butter or oleo |
| 1 1/2 tsp. cream of tartar | Dash of salt |
| 1 1/2 tsp. cinnamon | Dash of nutmeg |

1. Wash and peel zucchini. Cut lengthwise and remove seeds. Slice like you would for apple pie. Place 6 c. zucchini in pan with 1 c. water. Cover and bring to boil. Watch and stir so zucchini is well mixed. Simmer for a few minutes until zucchini is tender (fork penetrates easily). Drain well and cool. When well cooled, add 4 tsp. butter.
2. Make your own favorite pie crust, enough for a two-crust 9-inch pie.
3. Mix sugar, cream of tartar, cinnamon, nutmeg, salt and flour together.
4. Add to zucchini carefully.
5. Place zucchini mixture into unbaked pie crust. Dot with butter. Put on top crust. Using fork or knife, make several holes in top crust. Bake in 400 degree oven for 50-60 minutes.

STRAWBERRY SMOOTHIE

**Lisa Christensen, Timothy
Lutheran Church**

- | | |
|--------------------------------------|---------------------------|
| 2 c. skim milk | 1/3 c. Sugar Twin |
| 1 c. frozen unsweetened strawberries | 1 tsp. strawberry extract |

Continued.....

STRAWBERRY SMOOTHIE (Continued)

Use blender to blend on high speed for 30 seconds. Pour and serve in wine glasses. This makes 4 servings, 66 calories per serving.

CHOCOLATE FUDGE PIE

**Margaret DeBar, Reorganized
Latter Day Saints Church**

- | | |
|---------------------|----------------|
| 1 1/2 c. sugar | 2 c. milk |
| 1/2 c. cocoa | 1/4 tsp. salt |
| 1/4 c. cornstarch | 1 tsp. vanilla |
| 3 egg yolks, beaten | |

Combine dry ingredients in 2-qt. saucepan. Add milk and beaten egg yolks slowly and mix well. Place on medium heat, stirring constantly so mixture doesn't burn or lump. Scrape sides and bottom of pan often. When thick, remove from fire and add vanilla. (If filling lumps, use hand egg beaten to remove them.) When mixture has cooled, pour into 9-inch baked pie shell. Top with whipping cream just before serving. This pie is very rich so you may want to cut smaller servings.

FRUIT PIZZA

**Terry Shippy, Shepherd of the Valley Lutheran
Church**

- | | |
|-----------------------|-----------------------|
| 1/2 c. powdered sugar | 1 1/2 c. sugar |
| 3/4 c. margarine | 1 tsp. vanilla |
| 1 1/2 c. flour | Canned or fresh fruit |
| 8 oz. cream cheese | |

Glaze:

- | | |
|-------------------|--------------------|
| 2 tsp. cornstarch | 1/2 c. sugar |
| 1 c. fruit juice | 1 tsp. lemon juice |

Mix the first 3 ingredients well. Pat into cookie sheet to make crust. Bake at 350 degrees for 15 minutes or until light brown; cool. Mix the next 3 ingredients and spread over the crust. Arrange fruit over cream cheese mixture. Mix the glaze and heat; boil until thickened. Spread over fruit and cool.

PLEASE PATRONIZE OUR ADVERTISERS

APPLE DUMPLIN'S

Leona Carpenter, Reorganized Latter Day Saints Church

2/3 c. plus 1 Tbsp. shortening
2 c. flour

1 tsp. salt
4-5 Tbsp. ice water

Dumplin Filling:

6 apples, pared and sliced
1 c. sugar
2 Tbsp. raisins

3 Tbsp. chopped nuts
1 tsp. cinnamon

Cut Crisco into flour and salt mixture until it feels like cornmeal. Sprinkle in 1 tsp. ice water at a time, stirring with fork until dampened. In a large bowl, mix all of dumplin filling ingredients together. Roll out dough in a 14-inch square on floured board. Cut dough into 4 squares. Place filling mixture in center of each square. Moisten edges of each squares. Bring up corners and seal over the apple mixture. Pinch edges to seal. Place in a baking dish.

Topping:

2 c. brown sugar, packed
1 c. water

1/2 tsp. nutmeg

Heat topping mixture to boiling. Pour around dumplins in baking dish. Place in a 350 degree oven for 1 hour. Spoon juice over the top several times while they are baking.

CHOCOLATE BAR ICE CREAM DESSERT

**Dorothy Graybill,
Reorganized Latter Day
Saints Church**

10 almond chocolate bars
1 c. margarine
6 beaten egg yolks
1 c. powdered sugar

1 c. nut meats
6 egg whites (beaten stiff)
5 c. crushed vanilla wafers
1/2 gal. ice cream

Gently melt chocolate bars and margarine. Combine with beaten egg yolks and cook a few minutes over low heat. Add powdered sugar and nut meats. Let cool. When cool, fold in beaten egg whites. Line a 17x11x2-inch pan with vanilla wafer crumbs to make layer 1/4 to 1/2-inch thick (about 4 c.). Cover with layer of softened ice cream. Over this, pour cooled chocolate mixture. Cut through several places to mix.

Continued.....



Insurance Agents Inc.

535 West Broadway
Council Bluffs, Iowa 51503

Phone: 712/325 1010

A FULL SERVICE INDEPENDENT AGENCY

Commercial - Personal - Life - Health - Group

We're here to serve you



**THE
FIRST PLACE
FOR ALL**

YOUR FINANCIAL NEEDS



Member FDIC

FIRST NATIONAL BANK
OF COUNCIL BLUFFS
MAIN, BOTH MALLS. MANAWA & WEST ON BROADWAY



Council Bluffs Savings Bank 
 Member F.D.I.C. 328-1856 A 'BANKS OF IOWA' BANK
 Council Bluffs, Avoca, Carson and McClelland



iowa clothes

536 West Broadway 322-5567
 Hours: Mon.-Sat. 9:00-5:00, Mon. & Thurs. 'til 8:30 p.m.



FRED S. COLLINS
 Manager

3250 So. Expressway
 Council Bluffs, IA. 51501

366-0585

OARD-ROSS DRUG

Joe Beraldi, R. Ph.
 Tony Beraldi, R. Ph.
 701 Sixteenth Avenue
 Council Bluffs, IA 51501

PEOPLES



2917 W. BROADWAY • COUNCIL BLUFFS, IOWA 51501
 PHONE 323-6822

THIS BUD'S FOR YOU
 BUD'S HOBBIES AND CRAFTS THAT IS!!

BUD KILNOSKI
 133 WEST BROADWAY

COUNCIL BLUFFS, IOWA
 (712) 322-1378



Council Bluffs
 20 Pearl Street
 2133 W. Broadway



Council Bluffs, IA

CHOCOLATE BAR ICE CREAM DESSERT (Continued)

Sprinkle top with 1 c. vanilla wafer crumbs. Freeze. Can be kept frozen quite some time. Serves 24. (This can be made several days ahead of the time of serving.)

PISTACHIO-PECAN DESSERT

**Jeannette Kaufman, Queen of
 Apostle Church**

Crust:

1 c. flour
 1/2 c. oleo (don't soften)

1 c. chopped pecans

Butter 9x13-inch pan and press in crust ingredients (blend flour, oleo and nuts together as pie crust). Bake 15 minutes at 350 degrees; cool.

First Layer:

1 8-oz. cream cheese
 1 c. powdered sugar

1 small Cool Whip (8 oz.)

Cream together first layer ingredients; spread over cooled crust (very carefully, a little at a time).

Second Layer:

2 small pkg. pistachio instant
 pudding

2 1/2 - 3 c. milk
 1 tsp. vanilla

Beat at low speed until thick (2 minutes). Spread on first layer. Spread added Cool Whip over top and sprinkle with chopped pecans or small chocolate chips. Chill.

Variations: Use lemon pudding or 1 chocolate and 1 vanilla pudding or cherry pie filling.

MILLION DOLLAR PIE

**Dorothy Feurt, Queen of
 Apostle Church**

1/2 c. lemon juice
 1/2 tsp. unflavored gelatin
 1 c. sweetened condensed milk
 1 c. chopped pecans

1 c. coconut
 13 oz. crushed pineapple, drained
 1 c. heavy cream, whipped
 1 graham cracker crust

Mix lemon juice and gelatin; heat to dissolve. Add condensed milk, mix and add pecans, coconut and drained pineapple. Fold in whipped cream, turn into crust and chill.

CHERRY DELIGHT

Evelyn Fish, First Baptist Church

Crust:

1 pkg. rolled graham crackers
1/4 c. sugar

1/4 c. butter, melted (Blue
Bonnet margarine)

Cream together and press into pan.

1 8-oz. pkg. Philadelphia
cream cheese
1 c. powdered sugar

2 packets Dream Whip
1 c. milk
1 tsp. vanilla

Mix cream cheese and powdered sugar. Whip Dream Whip, milk and vanilla. Mix whipped cream and cream cheese mixture together. Spoon over crumbs and cover with 1 can cherry pie mix. You can use strawberry pie mix (blueberry pie mix).

FRESH PEACH PIE

Emily Randazzo, First Baptist Church

Crust:

3 c. flour
1 1/4 c. shortening
1 tsp. salt

5 Tbsp. ice water
2 Tbsp. vinegar
1 egg

Cut shortening into flour and salt. Combine egg, ice water and vinegar; beat slightly. Add to flour mixture and form into ball.

Filling:

2/3 to 3/4 c. granulated sugar
2 Tbsp. flour
1/4 tsp. nutmeg
1/2 tsp. cinnamon

1/8 tsp. salt
4 c. sliced peaches
2 Tbsp. lemon juice
1 Tbsp. butter

Peel and slice peaches; add lemon juice. Set aside. Mix sugar, flour, nutmeg, cinnamon and salt together. Put peaches in unbaked pie shell. Sprinkle flour mixture over top. Dot with butter and add top crust. Make several slits for steam to escape. Bake at 425 degrees for 40 minutes.

PASTEL MINT DESSERTMargaret Freeman, Broadway
United Methodist Church

32 sandwich cookies, crushed
1 qt. Cool Whip, thawed

1 c. pastel "pillow" mints
2 c. pastel miniature marshmallows

Butter 9x13-inch pan. Place half of crumbs in pan. Fold mints and marshmallows into Cool Whip. Cover with remaining crumbs. Refrigerate 2-3 days. Allow this much time for mints to soften and blend. Serves 18.

APPLE SLICES

Leona Shipley, Behany Presbyterian Church

2 1/2 c. flour
2/3 c. shortening
1 tsp. salt
1/2 tsp. baking powder
7-8 Tbsp. milk

12-15 apples
1 c. sugar
Butter
Cinnamon

Sift dry ingredients; add shortening, blending together. Add milk. Roll out portion for lower crust for cookie sheet, size 9 1/2 x 14-inches. Place on cookie sheet. Fill with sliced apples. Cover with sugar, dot with butter and sprinkle with cinnamon. Cover with top crust which has been perforated with a fork for escaping steam. Brush crust with evaporated milk or cream. Bake for 10 minutes at 450 degrees. Lower heat to 350 degrees and bake until done. When cool, frost with thin powdered sugar frosting and cut in squares. Peaches or pineapple may be substituted for apples.

GLENDA'S DIRT PUDDING

Westminster Presbyterian Quilters

1 8-oz. cream cheese
1 cube oleo
1 c. powdered sugar
2 small pkg. instant vanilla
pudding

12 oz. Cool Whip
3 1/2 c. milk
20 oz. Oreo cookies, crushed

Mix cream cheese, oleo and powdered sugar until smooth. Mix 3 1/2 c. milk, instant pudding and fold in whipped topping. Add to above. Crush Oreos and layer cookie crumbs and the 2 other mixtures combined, ending with cookie crumbs. Half of this recipe can be layered into a 6-inch Rubbermaid flower pot. It should be refrigerated until used. At the time of serving, put a cluster or bunch of artificial flowers in pot. This really looks like dirt but tastes delicious.

DANISH ABLESKIVER**Mrs. Earl (Thordis K.) Foster, Saint John Lutheran Church**

5 eggs
 2 c. milk
 2 c. flour
 4 tsp. baking powder

5 Tbsp. melted butter
 1/3 c. sugar
 1 1/2 tsp. salt

Separate eggs. Beat yolks; add sugar and salt and beat until thick. Add 1/2 of the milk and 1/2 of the flour and mix. Then add rest of milk and flour. Last, fold in beaten egg whites. Add 1 Tbsp. to each hole of Ableskiver pan (pan has oil in each hole which is hot when adding mixture). Pans may be bought at True Value or Farmer's Lumber.

RICH AND SWEET BLUEBERRY TREAT**Eleanor B. Campbell, St. John Lutheran Church**

2 c. graham cracker crumbs
 1/2 c. softened butter
 1 c. confectioners' sugar
 2 eggs

1 can blueberry pie filling
 1 c. chopped pecans
 1 c. heavy cream, whipped (Cool Whip may be substituted)

Generously butter a 9-inch square cake pan. Pat 1 1/2 c. graham cracker crumbs evenly over the butter in the bottom of the pan. In a small bowl of the electric mixer, beat butter until fluffy; add sugar gradually and beat until light and fluffy. Add eggs and beat well. Pour mixture carefully over crumb layer. Spread the blueberry pie filling over the butter, sugar and egg mixture. Sprinkle nuts evenly over the pie filling and spread whipped cream over nuts. Sprinkle remaining crumbs over top of whipped cream. Cover and chill overnight. Serves 12 generously.

DANISH KLEINER**Mrs. Earl (Thordis K.) Foster, St. John Lutheran Church**

1 c. sugar
 1/4 lb. butter or margarine
 4 c. flour
 3 Tbsp. cream or half & half

3 eggs
 Rind of 1 lemon, grated
 1/4 tsp. cardamon

Mix together butter and sugar. Add the 3 whole eggs. Stir in flour and add cream. Add grated lemon rind and cardamon. Put in refrigerator at least an hour or can be put in overnight to stiffen. Roll out the dough to about 1/8-inch thick. Cut into strips about 3/4-inch wide and about 3-inches long in a slantwise direction (diamond shape) using a pastry wheel and ruler. Make a slit in the center of each and pull one pointed end through. Lower the Kleiner, one at a time, into the hot fat and fry them until golden brown on both sides. Lift them out and let drain on brown paper. They may be sprinkled with sugar. Fry at 355 degrees.

BANANA SPLIT DESSERT**Bobbie Jorgensen, Broadway Christian Church**

1 stick oleo, melted
 2 c. graham crackers, crushed
 2 eggs
 2 sticks oleo, softened
 2 c. powdered sugar

3-5 bananas, sliced
 1 20-oz. can pineapple, drained
 1 large container Cool Whip
 1/2 c. maraschino cherries
 1/4-1/2 c. chopped pecans

Combine ingredients to make 5 layers as follows:

- I. Mix together and pat into bottom of 13x9-inch pan: 1 stick oleo (melted) and 2 c. graham crackers.
- II. Beat for 15 minutes the eggs, softened oleo and powdered sugar; then spread on crust to make the second layer.
- III. For the third layer, add the sliced bananas and pineapple.
- IV. Spread on the Cool Whip to make layer IV.
- V. Sprinkle maraschino cherries and pecans over the top to make the fifty and last layer.

Keep refrigerated.

RAISIN RICE PUDDING**Myra Hill, First Presbyterian Church**

1/2 c. rice
 1 qt. milk
 1/2 c. seedless raisins
 1/3 c. butter or margarine
 3 eggs, beaten

1/2 c. sugar
 1 tsp. vanilla
 1/2 tsp. salt
 Cinnamon or nutmeg

Mix rice with 2 c. milk in the top of a double boiler; cook over hot water until tender. Add raisins and butter. Combine eggs, sugar, vanilla, salt and remaining milk. Stir into hot rice mixture. Pour into a greased 1 1/2-qt. baking dish; sprinkle with nutmeg or cinnamon. The baking dish should sit in a pan with some water in while it is baking.

GLENDA'S DIET PUDDING**Westminster Presbyterian Quilters**

1 8-oz. pkg. cream cheese
 1 cube oleo
 1 c. powdered sugar
 2 small pkg. instant vanilla pudding

12 oz. Cool Whip
 3 1/2 c. milk
 20 oz. Oreo cookies, crushed

Mix cream cheese, oleo and powdered sugar until smooth. Mix 3 1/2 c. milk, instant pudding and fold in whipped topping. Add to above. Crush Oreos and layer cookie crumbs and the two other mixtures combined

Continued.....

GLENDAS DIET PUDDING (Continued)

ending with cookie crumbs. Half of this recipe can be layered into a 6-inch Rubbermaid flower pot. It should be refrigerated until used. At the time serving, put a cluster or bunch of artificial flowers in pot. This really looks like dirt but tastes delicious.

CHOCOLATE CHIP BROWNIE TORTE

**Patricia Montgomery,
St. Paul Lutheran Church**

- | | |
|---|---------------------------|
| 2/3 c. margarine or butter | 1 tsp. baking powder |
| 1 12-oz. pkg. little bits semi-sweet chocolate, divided | 1/2 tsp. salt |
| 1 1/2 c. sugar | 4 eggs |
| 1 1/2 c. flour | 1 tsp. vanilla |
| | 1/2 c. walnuts (optional) |

Line 15x10x1-inch jelly roll pan with aluminum foil and grease. Heat margarine and 1 c. chocolate chips until melted. Stir remaining ingredients into melted chocolate. Spread evenly into pan and bake at 350 degrees for 20-25 minutes. Let cool 15-20 minutes. Invert on a board, remove foil, and cool completely. Cut cake crosswise into thirds. Place one piece on serving plate and frost with 1/3 of the frosting. Repeat on other layers. Chill several hours.

RHUBARB CUSTARD PIE

**Bonnie Harris, Reorganized Latter
Day Saints Church**

- | | |
|------------------------|--------------------------|
| 3 eggs, separated | 1/2 c. water |
| 2 Tbsp. flour, heaping | 1 c. sugar |
| 2 c. cut fresh rhubarb | 8-inch unbaked pie crust |

Mix egg yolks, flour, sugar and water together. Add 1/4 tsp. nutmeg (if desired). Place cut rhubarb in pie crust and pour custard mixture over rhubarb.

Meringue: Mix 1 heaping tsp. cornstarch with 1/2 c. water. Cook until clear. Meanwhile, beat 3 egg whites, 1/4 c. sugar, dash of salt, and 1/2 tsp. baking powder. Add cooled cornstarch mixture and spread on pie (pie can be hot). Bake until meringue is lightly browned.

PLEASE PATRONIZE OUR ADVERTISERS

Campbell

INSURANCE AGENCY, INC.

103 North Ave. - P.O. Box 957

COUNCIL BLUFFS, IOWA 51502

328-3975

316 Fleming Ave.
Council Bluffs, Ia 51501

CHRISTENSEN FLORAL CO.

David and Kay Christensen

(712) 328-1518

CUTLER

FUNERAL HOME

Established 1901



533 WILLOW AVE. - COUNCIL BLUFFS, IOWA

322-7779



2733 North Broadway
Also In The
Mall Of The Bluffs

Atherton Automotive Service Center

2900 W. Broadway Council Bluffs, IA 51501
322-2900

Featuring Super Clean Unleaded Gasoline



DONNA ROSE BEAUTY SALON
3560 Ave. B
328-1324

Art Krafters
Art Supplies/Craft Supplies

208 Mall of the Bluffs Council Bluffs, IA 51503 (712) 322-1283



The Best Is
Under Our Hat!
6th & Broadway
Council Bluffs, IA
328-0366



Flowers by Hinman, Inc.

(712) 322-0267

1840 MADISON AVE.
CHAD AND ALBERTA HINMAN COUNCIL BLUFFS, IOWA 51503



2 Convenient Council Bluff Locations
Madison Ave. & I-80 (Mall Of The Bluffs)
322-9097
1710 N. 16th St. (Bluffs Northway)
322-5918



301 WEST PIERCE
COUNCIL BLUFFS, IOWA
(712) 328-3450
Hours: Monday, Tuesday, Wednesday, Friday—9:00-5:30
Thursday and Saturday—9:00-12:30

DON FLOM
CERTIFIED OPTICIAN

LEMON DESSERT

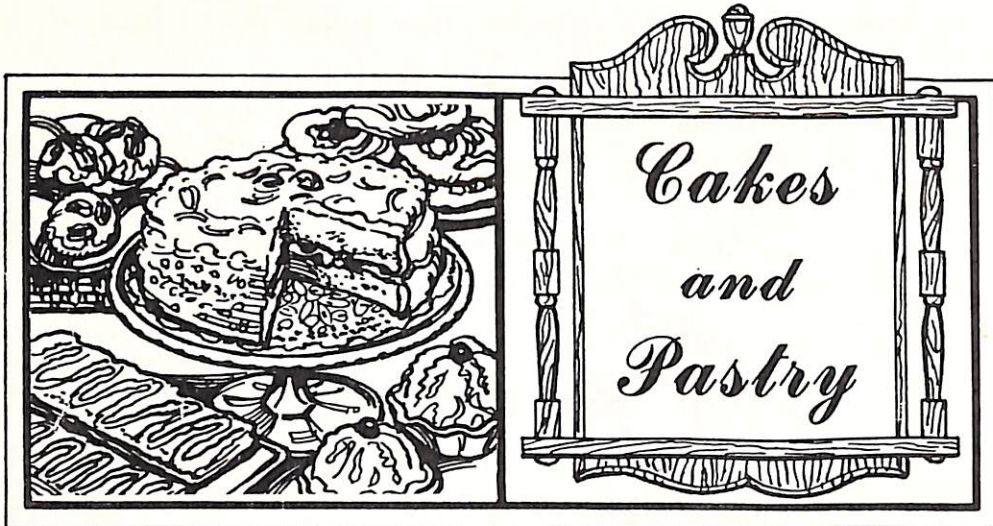
Marie O'Neill, Saint Peters Church

1 c. flour
1 stick oleo or butter
1/2 c. chopped pecans
8 oz. cream cheese

1 c. powdered sugar
9-oz. tub Cool Whip
2 small pkg. instant lemon pudding
3 c. milk

1st Layer: Mix flour, butter and chopped pecans. Pat in 9x13-inch pan and bake at 375 degrees for 15 minutes. Cool.
2nd Layer: Cream together cream cheese and powdered sugar. Fold in 2 c. Cool Whip. Pour over first layer.
3rd Layer: Blend lemon pudding mix and milk. Pour over second layer.
4th Layer: Spread remaining Cool Whip over the top. Garnish with chopped pecans, if desired.

Write Extra Recipes Here:



VANILLA WHITE FRUIT CAKE

Kathy Jolly, Shepherd of the Valley Lutheran Church

- | | |
|-------------------------|------------------------|
| 8 oz. candied cherries | 1/8 tsp. salt |
| 8 oz. candied pineapple | 6 eggs, separated |
| 8 oz. pecans | 1 3/4 c. flour |
| 8 oz. yellow raisins | 1/2 tsp. baking powder |
| 1 c. oleo | 1/4 c. vanilla |
| 2 c. powdered sugar | 1/4 c. orange juice |

Dice fruits and nuts; add sifted flour, salt and baking powder; set aside. Beat the oleo and powdered sugar until fluffy. Then add egg yolks. Mix fruits and flour with oleo mixture; stir well and add vanilla and orange juice. In other bowl, beat egg whites until stiff, not dry. Fold into the cake mixture. Grease pans and line with wax paper. Use one angel food pan or 4 loaf pans. Bake at 275 degrees for 1 hour 45 minutes in angel food pan or 60-65 minutes for loaf pans. Check cakes with toothpicks. Cook cakes in pans for 30 minutes; turn out, remove paper and cool completely. You may substitute fruits with fruits your family likes.

SUNDAY MORNING COFFEE CAKE

Virginia Ebke, Faith Lutheran Church

- | | |
|----------------------|------------------------------|
| 2 c. flour | 2 eggs + milk to make 2/3 c. |
| 2 tsp. baking powder | 1 Tbsp. margarine |
| 1 c. sugar | 2 tsp. cinnamon |
| 3/4 c. margarine | |

Continued.....

SUNDAY MORNING COFFEE CAKE (Continued)

Sift flour, baking powder, and sugar together. Cream in margarine. Set aside 2 c. for crumbs. Beat egg and milk mixture. Add to flour mixture. Divide into 2 (7 or 8-inch) pie pans. Bake for 7 minutes at 350 degrees. Meanwhile add extra margarine and cinnamon to reserved crumb mixture. Remove pans from oven, top with crumbs, and bake additional 15 minutes. (This was my mother's recipe passed down to me and now passed down to my daughter.)

DELICIOUS NUT LOAF (Fruit Cake)

Fern Rohrberg, Saint John Lutheran Church

- | | |
|-----------------------|-----------------------------------|
| 1 1/2 c. sifted flour | 2 lb. walnuts (4 1/3 c.) |
| 1 1/2 c. sugar | 1 lb. Brazil nuts (1 1/4 c.) |
| 1 tsp. baking powder | 18-oz. bottle maraschino cherries |
| 1 tsp. salt | 5 large eggs |
| 2 lb. pitted dates | 1 tsp. vanilla |

Sift together in a large bowl the flour, sugar, baking powder and salt. DO NOT CHOP the dates, or nuts, nor drain the cherries. Stir to coat the nuts and fruit with the flour mixture. Combine well beaten eggs and vanilla. Mix into the flour mixture. It is easier to do this by hand. Spoon into 3 (8 1/2 x 4 1/2 x 2 1/2) or 4 (7 1/2 x 3 1/2 x 2 1/4-inch) greased loaf pans with paper on the bottom. Bake at 325 degrees for 1 hour. Check to see if done.

BISQUICK COFFEECAKE

Mrs. Edward Formanek, Our Savior Lutheran Church

- | | |
|-------------------|-------------------|
| 1/2 c. warm water | 2 1/2 c. Bisquick |
| 1 pkg. yeast | 1 egg, beaten |
| 1 Tbsp. sugar | |

Filling:

- | | |
|----------------------|--------------|
| 1 8-oz. cream cheese | 1/2 c. sugar |
| 1 Tbsp. lemon juice | 1/4 c. jam |

Dissolve yeast in water with sugar. Mix in Bisquick and beaten egg. Knead 20 strokes on floured board. Mix cream cheese, sugar, lemon juice until well blended. Place dough on greased 12x15-inch baking sheet. Spread dough out to 9x14-inch rectangle. Cut 1-inch slits 3-inches deep into both sides. Spread cream cheese filling down center and criss-cross strips of dough over cheese mixture. Cover and refrigerate overnight. Bake at 350 degrees for 20 minutes. spread jam over top and bake 5

Continued.....

BISQUICK COFFEECAKE (Continued)

minutes more. If desired, drizzle with frosting.

Frosting (optional):

1 c. powdered sugar 2 or 3 Tbsp. milk

Add enough milk to powdered sugar to be able to drizzle icing over coffee cake.

FROZEN STRAWBERRY ANGEL FOOD ICE CREAM CAKE **Virginia Carroll, Broadway Christian Church**

1 angel food cake (break into chunks) 2 small pkg. strawberry Jell-O (dry)
3 10-oz. pkg. frozen strawberries 1 half-gal. vanilla ice cream

Put 1/3 of cake chunks into angel food cake pan. Pour 1 pkg. of strawberries, juice and all over cake. Sprinkle part of Jell-O over this. Then take 1/3 of the half-gal. ice cream and press it on top of cake, strawberries and Jell-O. Repeat above 2 more times to make other layers, ending with the last of the ice cream. Use clear wrap on top of cake. Freeze for at least 12 hours.

STREUSEL COFFEE CAKE **Karen Shanno, Broadway Christian Church**

1 1/2 c. sugar 1 c. milk
1/2 c. oleo 3 c. flour
2 eggs 4 tsp. baking powder

Topping #1:

1 c. brown sugar 4 tsp. cinnamon
1 Tbsp. flour 4 Tbsp. oleo

Or Topping #2:

1/4 c. oleo 1 c. brown sugar
1/3 c. cocoa 1/2 c. flour

Mix sugar, oleo and eggs. Stir in milk. Sift flour and baking powder and add to mixture. Mix well. Pour this batter into a 9x13-inch pan. Choose one of the toppings and mix together the ingredients and sprinkle over coffee cake batter. Cut through batter with table knife. Bake in a 350 degree oven for 25-35 minutes or until done.

DATE NUT CAKE**Mary Lou Young, Broadway Christian Church**

2 c. chopped dates 2 c. sugar
2 tsp. soda 2 c. flour
2 c. boiling water 2 eggs
2 Tbsp. shortening 1 c. nuts

In a large bowl, put the dates and soda. Add 2 c. boiling water and cool. Then add: shortening, sugar, flour, eggs and nuts. Mix well. Pour into 9x13-inch greased pan. Bake at 350 degrees for 30 minutes or until cake springs back to touch.

GRANDMA'S CHOCOLATE CAKE **Judy McIntosh, St. Patrick's Church**

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

Mix together flour, cocoa, salt, soda and sugar. Put dry ingredients into 8x8-inch pan. Make 3 holes; put vinegar in 1 hole, vanilla in 1 hole and salad oil in the third hole. Pour water over the entire mixture. Bake in 1 350 degree oven for 35-40 minutes.

PEACHES AND CREAM CAKE **Susan D. Coe, St. Paul Lutheran Church**

1 1/2 c. flour 2 pkg. (3 1/2-oz.) vanilla pudding, not instant (use dry)
1 tsp. salt 6 Tbsp. soft margarine
2 tsp. baking powder 1 c. milk
2 eggs

Combine all ingredients in a large bowl. Beat 2 minutes at medium speed. Pour in buttered 13x9-inch pan. Place 2 cans (15-oz. each) or 1 large 32-oz. can sliced peaches (reserve juice) over batter.

2 8-oz. pkg. cream cheese 6 Tbsp. peach juice
1 c. sugar

Combine in small bowl and beat for 2 minutes. Spoon within 1/2-inch edge of the batter. Combine and sprinkle on top 2 Tbsp. sugar and 1 tsp. cinnamon. Bake at 350 degrees for 30-35 minutes; will appear soft. Store in refrigerator overnight.

CHERRY OR BLUEBERRY CHEESE CAKE Jan Steenbock, Saint Paul Lutheran Church

- | | |
|----------------------|---------------------------------------|
| 1/2 c. oleo | Dash of salt |
| 1 c. sugar | 1 egg plus enough milk to make 1 c. |
| 2 c. flour | 1 can cherry or blueberry pie filling |
| 2 tsp. baking powder | |

Topping:

- | | |
|------------|---------------------|
| 1 c. flour | 1/2 c. oleo |
| 1 c. sugar | (Crumble together.) |

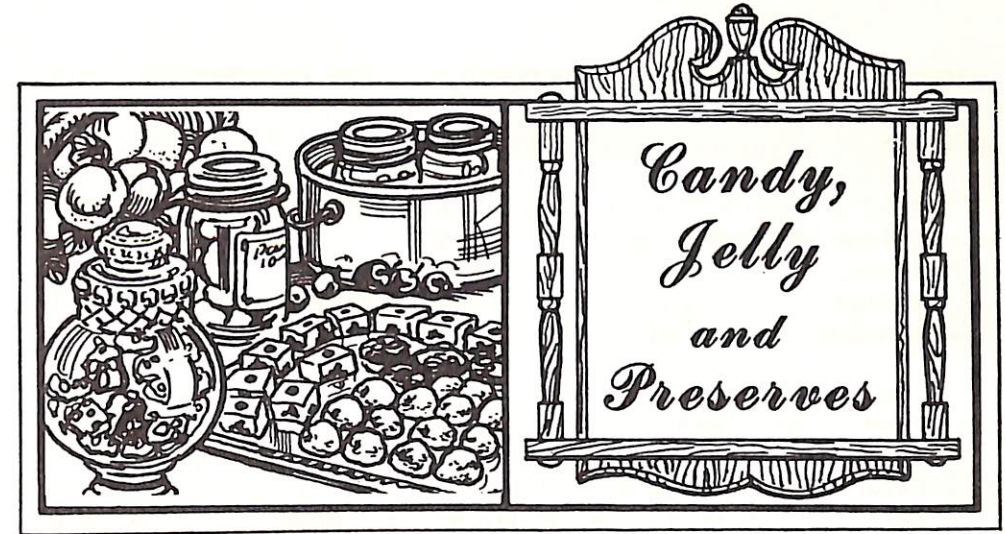
Stir first 6 ingredients together, but no longer than necessary. Pour into 9x13-inch pan. Put pie filling on top and then sprinkle topping on top. Bake at 350 degrees for 50-60 minutes. Be sure pan is well greased.

CHOCOLATE BEAUTY CAKE (Microwave Cake) Bonnie Harris Reorganized Latter Day Saints Church

- | | |
|-------------------------|---------------|
| 1 1/2 c. unsifted flour | 1/2 tsp. salt |
| 1 c. packed brown sugar | 1/2 c. water |
| 1/4 c. cocoa | |

Mix ingredients together in bowl. Add: 1/2 c. water, 1/3 c. oil, 1 Tbsp. vinegar, and 1 1/2 tsp. vanilla. Stir until smooth and well blended. Pour into greased 8-inch round dish. Microwave on high (600-650) for 8-10 minutes, rotating dish 1/2 turn after 4 minutes. Cool and frost. Serves 6-8.

Write An Extra Recipe Here:



SALTED NUT ROLL

Myra Peterson, Westminster Presbyterian Church

- | | |
|------------------------|-----------------------------------|
| 1 1/2 c. flour | 1/2 c. butter or margarine |
| 2/3 c. brown sugar | 1 tsp. vanilla |
| 1/2 tsp. salt | 2 egg yolks |
| 1/4 tsp. soda | 3 c. miniature marshmallows |
| 1 c. white syrup | 1 12-oz. pkg. peanut butter chips |
| 1 1/2 c. Rice Krispies | 2 c. salted peanuts |
| 1/4 c. oleo or butter | |

Mix flour, brown sugar, baking powder, salt, soda, margarine, vanilla and egg yolks. Mix well and bake in a greased 9x13-inch pan for 12-15 minutes in a 350 degree oven. Take out of oven and pour the 3 c. marshmallows over this. Place in oven for 1-2 minutes. Remove from oven and add the following: Melt syrup, margarine, peanut butter chips, and add Rice Krispies and salted peanuts last. Pour over marshmallow mixture. Cool and cut in squares.

JOAN LUNDEN'S ROCKY ROAD FUDGE BARS

Charlotte Christensen First Christian Church

- | | |
|--------------------------------------|----------------------|
| 1/2 c. butter | 3/4 c. chopped nuts |
| 1 1-oz. square unsweetened chocolate | 1 tsp. baking powder |
| 1 c. sugar | 1 tsp. vanilla |
| 1 c. flour | 2 eggs |

Continued.....

JOAN LUNDEN'S ROCKY ROAD FUDGE BARS (Continued)

Filling:

- | | |
|--|-----------------------------------|
| 1 8-oz. pkg. cream cheese,
softened (reserve 2 oz. for
frosting) | 1/4 c. butter, softened |
| 1/2 c. sugar | 1 egg |
| 2 Tbsp. flour | 1/2 tsp. vanilla |
| | 1/2 c. semi-sweet chocolate chips |
| | 1/4 c. chopped nuts |
| | 2 c. miniature marshmallows |

Combine cream cheese, sugar, flour, butter, egg and vanilla until well mixed; fold in chocolate chips and nuts. Spread over dough. Bake 25-30 minutes. Meanwhile, prepare frosting. Remove bars from oven and sprinkle with marshmallows. Return to oven and bake 2 minutes more. Remove from oven and immediately pour frosting over marshmallows. Swirl top to get marbled effect. Cool.

Frosting:

- | | |
|---|---------------------------|
| 1/4 c. butter | 1/4 c. milk |
| 1 1-oz. square unsweetened
chocolate | 3 c. confectioners' sugar |
| 2 oz. cream cheese | 1 tsp. vanilla |

Melt butter, chocolate, reserved cream cheese and milk. Remove from heat and stir in confectioners' sugar and vanilla until smooth.

PENUCHE

Mrs. John Jorgensen, Saint Patrick Church

- | | |
|------------------------|--------------------|
| 1 c. white sugar | 1/3 c. white syrup |
| 1 c. light brown sugar | 1 tsp. vanilla |
| 2/3 c. half & half | Nuts |

Combine sugar, syrup and cream in saucepan over low heat. Stir until sugar is dissolved. Cover and boil 3 minutes. Remove cover and boil without stirring until almost soft ball stage, 238 degrees. Let stand until warm. Add vanilla, beat and add nuts. Pour in pan, cool and cut in squares.

NUT COVERED MARSHMALLOWS Mrs. John Jorgensen, Saint Patrick Church

- | | |
|-----------------------------------|--------------|
| 2 squares chocolate (unsweetened) | Marshmallows |
| 1 c. milk | Nuts |
| 1/2 c. sugar | |

Continued.....

NUT COVERED MARSHMALLOWS (Continued)

Cook chocolate, milk and sugar until thick. Cool a little. Dip marshmallows in this mixture and then roll in nuts. Chill.

CHERRY MASH

Mrs. John Jorgensen, Saint Patrick Church

- | | |
|---------------------------------|---------------------------------|
| 12 regular (large) marshmallows | 10-oz. bag cherry chips |
| 2 c. sugar | 12-oz. bag milk chocolate chips |
| 1/2 c. butter or margarine | 3/4 c. peanut butter |
| 2/3 c. evaporated milk | 1 lb. salted, blanched peanuts |
| 1/8 tsp. salt | |

In a large saucepan, combine marshmallows, sugar, butter, evaporated milk and salt. Over medium heat, cook, stirring frequently, until smooth; boil 5 minutes. Remove from heat; add cherry chips and stir until melted. Pour into a buttered 9x13-inch pan; chill until firm. Combine milk chocolate bits and peanut butter in a saucepan over low heat, stirring constantly, until melted and smooth. Using electric blender, finely chop peanuts, one c. at a time. Add peanuts to chocolate mixture; pour over cherry layer. Chill until firm and cut into squares. Makes 60 pieces. NOTE: Chocolate layer can be made twice and put into pan first; then add cherry layer and then another chocolate layer.

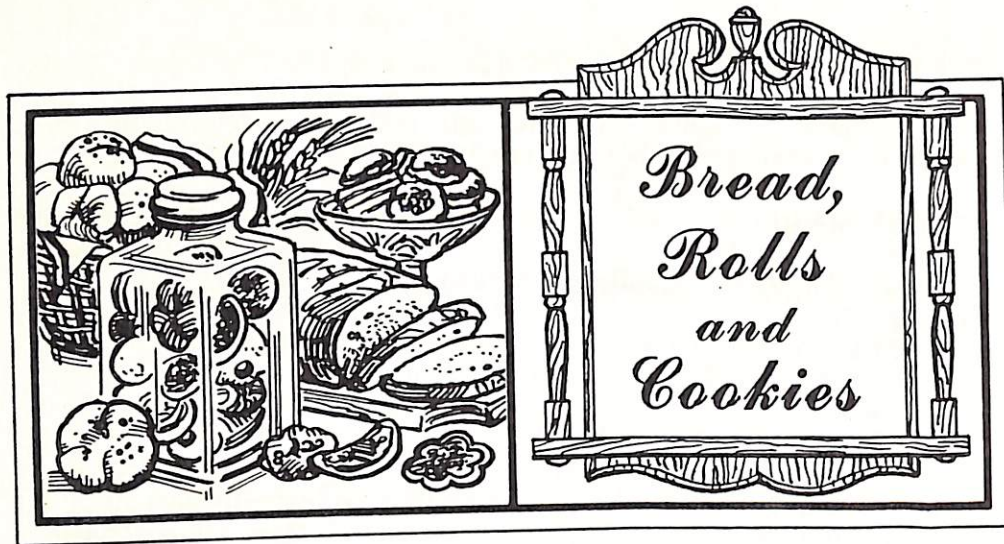
DIVINITY

Mrs. John Jorgensen, Saint Patrick Church

- | | |
|--------------------|----------------|
| 1/2 c. water | 2 egg whites |
| 1/2 c. white syrup | 1 tsp. vanilla |
| 2 c. sugar | Nuts |

Cook sugar, syrup, and water to 265 degrees. Do not stir; remove from fire. Beat egg whites; add syrup mixture at speed 8; then continue beating at speed 5 until thick. Add nuts. Drop by spoon on waxed paper.

Write An Extra Recipe Here:



DATE NUT BARS

Barbara J. Honig, Emanuel Lutheran Church

1 c. flour
1/2 c. brown sugar

1/2 c. oleo

Combine and mix. Press into 11x7-inch or 9-inch square pan, ungreased. Bake 10 minutes at 375 degrees.

1 c. chopped dates
1/2 c. oleo
1/2 c. sugar
1 egg, well beaten

2 c. Rice Krispies
1 c. chopped nuts
1 tsp. vanilla

Combine dates, sugar and oleo. Cook over medium heat until boiling (stirring constantly); then simmer 3 minutes. Blend 1/4 c. of mixture into egg and return all to saucepan and cook until boiling. Remove and stir in cereal, nuts and vanilla. Spread over crust and let cool.

Frosting:

2 c. powdered sugar
1/2 tsp. vanilla

3-oz. pkg. cream cheese

Blend together and spread over filling. I double this and put it on a cookie sheet.

BRAN BUDDY BREAD

Margy Golden, Emanuel Lutheran Church

3 pkg. yeast
1 c. warm water
1 c. instant mashed potatoes (dry)
4 c. warm water
3/4 c. Crisco

1 tsp. salt
6 eggs
1/2 c. sugar
6-8 c. flour (not sifted)
1 c. Bran Buds (cereal)

Mix the yeast with the 1 c. warm water; set aside. Mix the next 6 ingredients together. Add 6 c. flour and mix well. Add more flour until thick; then knead with hands about 10 minutes. Add the 1 c. Bran Buds and knead a few more minutes (by adding the Bran Buds last, they will not bunch up). Let raise one hour or until dough has doubled. Work down and let raise again about 20 minutes. Then section the dough to fit pan 1/2 full. Put them in greased pans and leave them to raise another 1/2 hour. Bake at 350 degrees about 30 minutes. To test, take bread out of pan and see if bottom is browned. If not, bake a little longer. When done, take out of pan and grease top and wrap in foil. Serve anytime and enjoy.

HONEYMOON DREAM BARS

Mary Peterson, Shepherd of the Valley Lutheran Church

1 c. flour
1/2 c. margarine
2 Tbsp. brown sugar
2 eggs
1 1/2 c. brown sugar

1 tsp. vanilla
1/4 c. flour
1/2 tsp. baking powder
1 c. coconut
1 6-oz. pkg. chocolate chips

Mix the first 3 ingredients together and spread in a 9x13-inch pan. Bake at 350 degrees for 10 minutes. Beat eggs; add brown sugar, flour and vanilla. Bake 20 minutes at 350 degrees. Cut while warm.

SUGAR GEM COOKIES

Lillian C. Mohr, Faith Lutheran Church

1 c. powdered sugar
1 c. granulated sugar
1 c. oil
1 c. butter
1/2 tsp. salt

1 Tbsp. vanilla
2 eggs
3 3/4 c. flour
1 tsp. soda
1 tsp. cream of tartar

Cream sugars, butter and oil. Beat in eggs and vanilla. Mix dry ingredients and add to first mixture. Drop on greased cookie sheet and press slightly with glass that has been oiled and dipped in sugar. Bake 10-15 minutes at 350 degrees.

WHOLE WHEAT BREAD**Dorothy Vallier, Reorganized Latter Day Saints Church**

- 2 1/2 c. buttermilk
- 1 Tbsp. salt
- 1/3 c. honey

- 1/2 c. oil
- 1 large egg

Mix and let rise:

- 1/2 c. warm water
- 2 tsp. sugar

2 pkg. yeast (quick or rapid rise)

- 6 c. (approximately) whole wheat flour

Heat buttermilk until warm. Pour into mixer bowl. Add next 4 ingredients and 3 c. of the flour. Mix until blended. Add yeast mixture. Stir in the rest of the flour or as needed to make a very soft dough. Dough will be sticky. Mix in electric mixer for 10 minutes on low to medium speed. Dough hooks may be used. Sprinkle top of dough lightly with white flour. Cover with a cloth and place in a warm place until doubled in volume. DO NOT KNEAD!! Form into loaves or rolls using a little white flour which makes it easier to handle. Place in well-greased pans. Let rise 15-20 minutes. Place in a cold oven. Set oven at 375 degrees and bake 40 minutes. Will make two small loaves and a pan of rolls. Try toasting this bread. It has a nut-like goodness!

FRESH ORANGE COOKIES**Marie O'Neill, Saint Peters Church**

- 1 1/2 c. brown sugar
- 1 c. shortening or oleo
- 2 eggs
- 1 c. sour milk
- 1 tsp. soda

- 3 1/2 c. flour
- 2 tsp. baking powder
- 1 Tbsp. grated orange rind
- 1 tsp. vanilla

Icing:

- 2 c. powdered sugar
- 2 Tbsp. butter
- 3 Tbsp. orange juice

- 1 tsp. lemon juice
- 1 tsp. grated orange rind

Cream butter and sugar. Add eggs, one at a time. Add vanilla. Add flour alternately with sour milk to which soda has been added. Add grated orange rind. Bake at 350 degrees for 8-10 minutes. Frost with icing while warm.

DATE NUT BREAD**Shirley Waldschmitt, OSF, Queen of Apostle**

- 2 c. brown sugar
- 4 Tbsp. melted shortening
- 1 c. seeded and cut dates
- 1 1/2 c. boiling water
- 2 tsp. soda
- 1 beaten egg

- 1/2 tsp. vanilla
- 2 c. flour
- 1 c. graham flour
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1 c. nuts

Place sugar, shortening, dates and boiling water in a bowl and let stand until it is cooled. Add soda, beaten egg and vanilla. Then add the flour, graham flour, cinnamon, and salt. Mix and then stir in the dates and nuts. Bake in tall round cans. Grease them and fill 3/4 full. Bake 1 hour at 350 degrees. Makes 2 loaves.

STRAWBERRY BREAD**Millie Corey, Queen of Apostle Church**

- 2 10-oz. pkg. sliced strawberries, thawed
- 4 eggs
- 1 1/4 c. vegetable oil
- 3 c. flour

- 1 tsp. salt
- 1 tsp. baking soda
- 3 tsp. cinnamon
- 2 c. sugar (white)
- 1 1/4 c. pecans, chopped

Mix undrained strawberries, eggs, and oil. Sift dry ingredients; reserve 1/2 c. flour to mix with pecans. Add dry ingredients to berry mixture. Blend thoroughly. Stir in pecans and flour mixture and mix well. Pour in well greased and floured pans. Makes 5 loaves. Pan size: 7 x 3 1/2 x 2-inches. Bake at 350 degrees for 40-45 minutes.

BANANA SUPREME BREAD**Fran Beck, Queen of Apostle**

- 3-4 bananas
- 1 c. sugar
- 1 egg
- 1/4 c. melted oleo
- 1 1/2 c. flour

- 1 tsp. soda
- 1 tsp. salt
- 1 c. coconut
- 1 c. nuts

Combine all ingredients. Bake at 350 degrees for 1 hour.

OATMEAL BREAD**Gretchen Johnson**

- 1 c. uncooked oatmeal
- 2 c. boiling water
- 2 1/2 tsp. salt
- 2 Tbsp. soft margarine

- 1/2 c. honey
- 1/3 c. lukewarm water
- 2 pkg. dry yeast
- 6 c. white flour

Continued.....

OATMEAL BREAD (Continued)

In large bowl, put oatmeal and boiling water. Let stand a short time. Put margarine, salt and honey in mixture. In small bowl put yeast and lukewarm water. Sprinkle 2 pinches of sugar to activate yeast. When it works, add to oatmeal mixture and stir well. Add 6 c. flour, one cup at a time. Stir well. Last cup may be worked in with hands. Place in warm place to rise approximately 1 hour. Punch down and divide in two parts. Shape into two loaves, place in greased pans, and let rise. Bake at 350 degrees for approximately 30 minutes.

OATMEAL CRISPS

Thelma Wardlow, Circle 3 Bethany Presbyterian Church

- | | |
|---|------------------------|
| 1 c. shortening (half butter or margarine for flavor) | 1 1/2 c. sifted flour |
| 1 c. brown sugar | 1/2 tsp. salt |
| 2 eggs, beaten | 1 tsp. soda |
| 1 tsp. vanilla | 1/2 c. chopped nuts |
| 1 c. granulated sugar | 3 c. quick oats |
| | 1 pkg. chocolate chips |

Cream shortening; add sugar, then eggs and vanilla. Sift salt, soda, and flour together. Add to creamed mixture. Stir in oatmeal, nuts and chocolate chips. Can be wrapped in waxed paper and chilled overnight. Slice or drop by teaspoon and bake at 325 degrees 10-13 minutes on ungreased cookie sheet.

SNAPPY TURTLE COOKIES

Gerrie Wilkowski, Pastor's Wife Saint John Lutheran Church, Mineola, Iowa

- | | |
|----------------------------------|--------------------------------------|
| 1 1/2 c. sifted flour | 1/4 tsp. vanilla |
| 1/4 tsp. baking soda | 1/8 tsp. maple flavoring, if desired |
| 1/4 tsp. salt | 1/3 c. semi-sweet chocolate bits |
| 1/2 c. butter or oleo | 1/4 c. milk |
| 1/2 c. firmly packed brown sugar | 1 Tbsp. butter or oleo |
| 1 egg | 1 c. powdered sugar |
| 1 egg yolk, well beaten | About 1/2 lb. pecan halves |

Sift together flour, baking soda, and salt; set aside. Cream butter and brown sugar; add egg and egg yolk. Blend in flavorings. Add dry ingredients gradually. Mix thoroughly. Dough will be soft. You can put it into refrigerator, if desired. Split pecans in half. Arrange 4 or 5 halves on a greased cookie sheet close together to resemble turtle head and legs. Shape dough into balls, use about a teaspoon of dough. Put the dough on top of the pecans. Make sure the tips of nuts are exposed. Bake in 350 degree oven for 10-13 minutes. Do not overbake; cook and frost generously.

Continued.....

SNAPPY TURTLE COOKIES (Continued)

Frosting: In the top of double boiler, place milk, chocolate, and butter. Heat over boiling water until chocolate is melted. Blend until smooth. Remove from heat. Add powdered sugar, a little at a time. Beat until smooth and glossy. Use a Tbsp. to drop the chocolate on the cooled cookies. If the frosting is too thick, add a drop of milk. If too thin, add more powdered sugar, until the consistency you want. This makes about 30 cookies.

NEVER FAIL DANISH KRINGLE

Rose Marie Shortenbecker, Our Savior Lutheran Church

- | | |
|------------------|--------------------|
| 1 env. dry yeast | 3 Tbsp. sugar |
| 4 c. flour | 1 tsp. salt |
| 1 c. lard | 1 c. lukewarm milk |

Put flour, lard, sugar and salt in large bowl. Mix like pie crust, very fine. Then beat egg yolks and add to warm milk. Combine all ingredients and beat well. Cover and keep in cool place overnight. In the morning, divide in 3 or 4 parts and roll each part into long strips about 9-inches wide. Spread each strip with beaten egg white and any desired filling. Fold edge 1/3 over other edge in over the other fold. Place on 2 large greased cookie sheets. Let rise 30-40 minutes. Sprinkle with sugar and chopped nuts. Bake at 325 degrees for 1/2 hour. Decorate with powdered sugar frosting when still warm.

ROUND RAISIN NUT BREAD

Maxine Mether, Broadway Christian Church

- | | |
|----------------|--------------------|
| 2 c. raisins | 1 1/2 tsp. vanilla |
| 2 c. water | 3 c. flour |
| 2 tsp. soda | 1 c. nuts, chopped |
| 2 eggs | Dash of salt |
| 1 1/2 c. sugar | |

Combine raisins, water and soda. Bring to a boil. When mixture begins to foam, remove from heat and cool. Beat together the eggs, sugar, salt, and vanilla. Add raisin mixture alternately with flour to the egg mixture. Fold in nuts. Pour batter into 4 greased and floured #2 cans. Bake at 350 degrees for 1 hour.

COCONUT DREAM BARS

Carol Timm, Broadway Christian Church

- | | |
|--------------------|-------------|
| 1 1/2 c. flour | 1/2 c. oleo |
| 1/3 c. brown sugar | |

Continued.....

COCONUT DREAM BARS (Continued)

- 3 eggs
- 1 1/2 c. brown sugar
- 1/3 c. flour
- 3/4 tsp. baking powder
- 2 c. coconut
- 1 1/2 c. nuts
- 1 12-oz. pkg. chocolate chips

Cut together flour, brown sugar and oleo. Pat into a 9x13-inch pan and bake at 350 degrees for 15 minutes. Blend together eggs, brown sugar, flour, baking powder, coconut, and nuts. Spread this on the crust. Sprinkle chocolate chips on top of mixture. Bake for 20-25 minutes at 350 degrees. Cool and cut into squares.

BIRD SEED COOKIES

Dorothy Bousfield, Broadway Christian Church

- 1/2 c. oil
- 3/4 c. honey
- 1 egg
- 1 tsp. vanilla
- 1/4 c. milk
- 1 c. unprocessed wheat bran
- 1 1/2 c. whole wheat flour
- 1 c. sunflower seeds (raw)
- 1/4 c. sesame seeds
- 1/4 c. flaux seeds

Mix all ingredients together and drop. Bake at 350 degrees for 10-12 minutes.

SUGAR COOKIES

Mary Lou Young, Broadway Christian Church

- 1/4 c. shortening
- 1/3 c. sugar
- 3/4 tsp. sugar (sub. Equal, Sweet 'n Low)
- 1 egg
- 1 c. flour
- 1/4 tsp. baking powder
- 3/4 tsp. vanilla
- 1/8 tsp. salt

Cream together shortening, sugar and sugar sub. Add egg, flour, baking powder, vanilla and salt. Mix well and drop by spoonful. Bake at 400 degrees for 8-10 minutes.

PUMPKIN BREAD

Judy McIntosh (St.Patrick's Church)

- 1 1/3 c. sugar
- 1/3 c. Crisco
- 2 eggs
- 1 2/3 c. flour
- 1/4 tsp. baking powder
- 1 tsp. soda
- 3/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves (ground)
- 1/3 c. water
- 1 can pumpkin mix (small)

Continued.....

PUMPKIN BREAD (Continued)

Cream together sugar, shortening and eggs. Add dry ingredients to creamed mixture; then add water and pumpkin mix. Use one loaf pan or 2-3 mini-pans, or 3-4 soup cans. Grease well and fill 1/2 full. Bake at 350 degrees for 45 minutes to 1 hour.

UNBELIEVABLE PEANUT BUTTER COOKIES

Marie Campbell, First Christian Church

- 1 egg
- 1 c. sugar
- 1 c. peanut butter
- Chocolate stars candy

Mix egg, sugar and peanut butter. Roll into small balls. Press down with chocolate star candy pieces (leave candy on cookie). Bake at 350 degrees 5-8 minutes.

OLD FASHION SUGAR COOKIES

Jere Stanzel, Reorganized Latter Day Saints Church

- 1 c. butter or margarine
- 1 c. Crisco (not oil)
- 1 c. powdered sugar
- 1 c. white sugar
- 2 eggs
- 4 c. flour
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- 1 tsp. vanilla or lemon extract

Melt butter and Crisco. Add powdered sugar and white sugar; beat until smooth. Add eggs. Don't be afraid to beat too much. Add flour, baking soda and cream of tartar. Mix. Add vanilla or lemon flavoring. Roll dough unto balls the size of walnut. Grease cookie sheet. Place balls on cookie sheet and flatten each with the bottom of a glass that has been dipped in sugar. Place in a preheated 350 degree oven for about 10-12 minutes until light brown. Makes 4 doz. If desired, you may frost cookies when cool and/or sprinkle with colored sugar or sprinkles

DANISH FILLED COOKIES

Jere Stanzel, Reorganized Latter Day Saints Church

- 1 egg
- 3/4 c. butter or oleo
- 1 c. sugar
- 1/2 c. milk
- 1 tsp. cream of tartar
- 1 tsp. baking soda
- 4 c. flour (approximate)

Continued.....

DANISH FILLED COOKIES (Continued)

Filling:

1/2 c. raisins	1/2 c. sugar
1/2 c. dates (ground or firmly diced)	1 tsp. flour (heaping) 1 c. water

Make filling first and let cool. Beat egg. Add sugar and butter. Cream together. Add milk, cream of tartar and baking soda. Stir in about 4 c. flour, enough to make stiff dough. Roll out dough on floured board. Cut with cookie cutter. Place a big amount of filling in center of each cookie and cover with another round. Press down around edges to seal. Sprinkle with sugar. Bake in 400 degree oven 8-10 minutes, until light brown.

To make filling: Bring to a boil filling ingredients and boil 2 minutes. Let cool. When cool, make cookie dough.

BUTTERMILK BISCUITS

Florence Knudsen, Reorganized Latter
Day Saints Church

9 c. flour	4 tsp. salt
1/3 c. baking powder	2 c. Crisco
2 tsp. baking soda	Buttermilk

Sift dry ingredients together in large bowl. Cut in shortening until it looks like coarse crumbs. Mixture can be stored on a shelf until you wish to use it. Makes 40 biscuits.

For 8-10 biscuits: Use 2 c. biscuit mix. Moisten with buttermilk until dough follows fork around bowl. Pat or roll to 1/2-inch thick. Cut with biscuit cutter. Grease cookie sheet. Place biscuits on sheet. Bake in 450 degree oven for 10-12 minutes until golden brown. (Ovens will vary in baking time.)

CHOCOLATE CHIP-CHEERIO BARS

Mildred Shanno, Broadway
Christian Church

1/2 c. oleomargarine	1 6-oz. pkg. chocolate chips
1 box yellow cake mix	3 c. Cheerios
3 c. miniature marshmallows	1 can sweetened condensed milk

Melt oleomargarine in 10x14-inch pan. Sprinkle the yellow cake mix evenly on top. Sprinkle the marshmallows for next layer; sprinkle chocolate chips on top of marshmallows and Cheerios on top of chocolate chips. Pour sweetened condensed milk over the top. Bake at 350 degrees for 20 minutes or until lightly browned. Cut in squares or bars.

ZUCCHINI BROWNIES

Delores DuBois (St. Patrick's Church)

2 c. zucchini, shredded	1 1/2 Tbsp. soda
1 1/2 c. sugar	1/3 c. cocoa
1/2 c. oil	2 Tbsp. vanilla
2 c. flour	1/2 c. nuts
1 tsp. salt	

Combine as given. Place in a 9x13-inch pan. Bake at 350 degrees for 35 minutes.

Write Extra Recipes Here:



CHICKEN WITH LONG GRAIN AND WILD RICE

Alice Drustrup, St. John Lutheran Church

- | | |
|---|----------------------------|
| 1 chicken (or 3 breasts) | 1 can cream of celery soup |
| 4-6 c. salted water | 1 small can mushrooms |
| 1 Tbsp. butter or margarine | Pimiento, if desired |
| 1 6-oz. box long grain and wild rice with seasoning | Whole wheat cracker crumbs |

Place chicken in large kettle and cover with 4-6 c. water (salted, if desired). Cover and simmer until tender, approximately 1 hour. (Will take 2 - 2 1/2 hours for stewing hen.) Remove chicken to plate to cool enough to handle. Remove skin and bones and cut in 1-inch pieces. Strain broth and measure 2 1/2 c. and return to kettle. Add butter, long grain and wild rice and the seasoning pkg. Bring to boil, cover and simmer until all the broth is absorbed, approximately 25 minutes. Add cubed chicken, cream of celery soup, mushrooms, and pimentos. May need to add additional broth. Place in casserole and top with whole wheat cracker or cereal crumbs. Bake at 350 degrees F. for 30 minutes. Serves 8.

BEEF STROGANOFF

Bobbie Jorgensen, Broadway Christian Church

- | | |
|---------------------------------------|---------------------------------|
| 1 - 1 1/2 lb. steak, thinly sliced | 1 c. water |
| 1 4-oz. can sliced mushrooms, drained | 1 16-oz. tub sour cream |
| 1 env. onion soup mix | 2 Tbsp. flour |
| | 1 large bag egg noodles, cooked |

Continued.....

BEEF STROGANOFF (Continued)

Brown steak in small amount of shortening. Add mushrooms, onion soup and water. Simmer until meat is tender. Mix flour into sour cream and add to meat mixture. Cook until thickened. Serve over egg noodles. Serves 8.

FIVE-HOUR STEW

Florence Knudsen, Reorganized Latter Day Saints Church

- | | |
|--|--|
| 2 lb. stew meat or chuck roast, cut into cubes | 1 can Campbell's tomato soup |
| 3-4 potatoes, cubed | 1 can Campbell's cream of mushroom soup |
| 3 carrots, sliced | 1 can peas or green beans (do not drain) |
| 1 large onion, cubed | Salt and pepper to taste |

Do not dilute soups. Put all ingredients into covered pan and bake at 275 degrees for 5 hours. (It will make its own brown gravy.)

MEAT-DRESSING ROLL

Leta Berg, Reorganized Latter Day Saints Church

- | | |
|-------------------------|-------------|
| 2 lb. ground beef | 2 eggs |
| 1 medium onion, chopped | 1 tsp. salt |
| 1/2 c. catsup | Pepper |

Dressing:

- | | |
|--|--------------------------------|
| 3 c. bread cubes | 1/2 tsp. poultry seasoning |
| 1 medium onion, chopped | 1 Tbsp. melted butter |
| 3 large stalks celery, sliced or diced | Warm water to moisten dressing |

Mix ground beef, 1 chopped onion, catsup, egg, salt and dash of pepper together. Spread on pieces of wax paper. Put out to 1/2-inch thick, 12x 15-inch rectangle. Mix together bread cubes, remaining onion, celery, poultry seasoning, 1/2 tsp. pepper, salt, egg, melted butter and enough warm water to moisten. Spread dressing over meat. Using the wax paper as an aid, roll up meat with dressing inside. Roll onto a piece of aluminum foil; seal. Place meat-dressing roll in a baking dish. Bake in 350 degree oven for 1 1/2 hours, opening foil for the last 15 minutes of baking to allow meat to brown.

SWEET SOUR CHICKEN**Blanche Terry, First Christian Church**

8 oz. jar apricot jam
 8-oz. jar Russian salad dressing

1 env. Lipton's onion soup mix
 1 frying chicken, cut in pieces

Lay chicken pieces in shallow baking pan, one layer only. Salt and pepper. Cover with sauce made of remaining ingredients. Cover and bake 1 hour; then uncovered for 1/2 hour at 350 degrees.

SWEDISH MEATBALLS**Vernita Kruse, Saint John Lutheran Church**

1 lb. beef
 1/2 lb. lean pork
 1/2 c. mashed potatoes
 1 egg, well beaten
 1/2 c. fine bread crumbs
 1 tsp. salt
 1/2 tsp. pepper

1 Tbsp. brown sugar
 1/4 tsp. allspice
 1/4 tsp. nutmeg
 1/8 tsp. ginger
 1/8 tsp. cloves
 1 can mushroom soup
 1/2 can milk

Grind the meat together. Add mashed potatoes. Add the egg, bread crumbs, salt, pepper, brown sugar and spices; mix well. Form into 40-50 meatballs. Brown the meatballs in bacon drippings. Place in a baking dish. Combine soup and milk. Pour over meatballs and bake at 350 degrees for 30 minutes. Very good served with spaghetti. Freezes well.

HAM BALLS**Viola Bichel, Saint John Lutheran Church, Mineola, Iowa**

1 lb. pork sausage
 1 lb. ground ham
 1 lb. hamburger

1 c. graham cracker crumbs
 1/2 c. milk
 2 eggs, beaten

Sauce:

1 tsp. mustard
 1/2 c. vinegar
 1 c. brown sugar

1 Tbsp. barbecue sauce
 1/2 c. water

Have your butcher grind the 3 meats. Add the graham cracker crumbs, milk and eggs. Mix together and shape into balls. Place the balls in a flat pan. Mix the sauce ingredients and pour over the ham balls. Cover the pan with foil and bake at 325 degrees for 1 1/2 hours, turning at least once.

CRAB MEAT TOASTIES**Margaret Freeman, Broadway United Methodist Church**

6 English muffins, 12 halves
 7-8 oz. crab meat
 1/2 tsp. garlic salt or 1/4
 garlic powder

1 small jar Old English cheddar
 cheese
 3 Tbsp. mayonnaise
 1 stick margarine, softened
 1/4 tsp. seasoning salt

Make paste. Spread on muffins. Cut in fourths and freeze. Bake 10 minutes at 450 degrees. 36 appetizers.

KING RANCH CHICKEN**Amelia Buhman, St. Peter**

1 pkg. flour tortillas, cut into
 quarters
 1 whole chicken, boiled, deboned
 and cut up
 1 1/4 c. chicken broth
 1 onion, cut up
 3 Tbsp. margarine

1 can green chili peppers
 3/4 c. grated cheese
 1 can cream of chicken soup
 1 can cream of mushroom soup
 1/8 tsp. garlic powder - Accent
 Salt and pepper to taste

Brown onions in margarine in large pan. Add soup, chicken and chilies. Cook 5 minutes. Add seasonings. Use 1/4 c. broth to moisten tortillas. Grease 9x13-inch pan. Layer tortillas in bottom and add 1/2 of chicken mixture. Layer second layer with the other half; add cheese on top. Bake at 325 degrees for 1 hour.

TANGY CAULIFLOWER**Margaret Billingsley, St. Peters**

1 medium head cauliflower
 1/2 c. mayonnaise
 1 tsp. finely chopped onion

1 tsp. prepared mustard
 1/4 tsp. salt
 1/2 c. shredded cheddar cheese

Cut leaves away from cauliflower. Run cauliflower under water and shake. Place on microwave-safe plate and cover. Microwave on High 8-9 minutes or until tender-crisp. Combine rest of ingredients, except for cheese. Spread on cauliflower and sprinkle with cheese. Microwave for 1 1/2 to 2 minutes on Medium-High to heat topping and melt cheese. Let stand 2 minutes.

LOW SODIUM LEMON CHICKEN

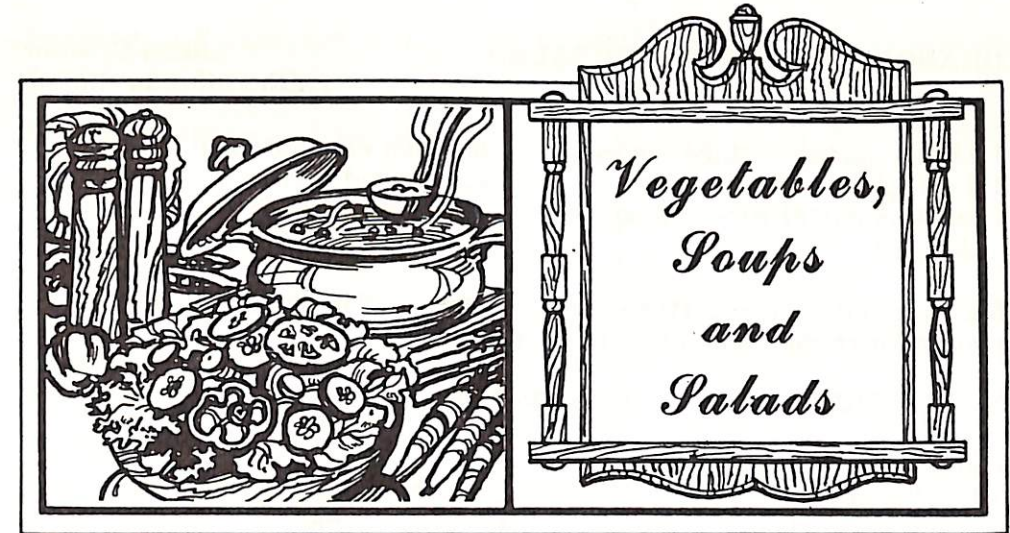
Peggy Golden, Shepherd of the
Valley Lutheran Church

1 lb. chicken breast, skinned,
boned and cut into strips
1 small onion, chopped
2 crushed garlic cloves
2 Tbsp. butter or margarine
1 Tbsp. cornstarch
1 (13 3/4-oz.) can low sodium
chicken broth

1 small pkg. frozen sliced carrots,
thawed
2 Tbsp. lemon juice
1/2 Tbsp. grated lemon rind
1 c. snow pea pods, fresh or frozen
3 Tbsp. fresh or dried chopped
parsley
1 1/2 c. Minute Rice, uncooked

Saute 5 minutes: butter, chicken, onion and garlic. Stir in cornstarch and cook 1 minute more. Add broth, carrots, lemon juice, and rind. Bring to a full boil. Stir in pea pods, parsley and rice. Cover and remove from heat. Let stand 5 minutes.

Write Extra Recipes Here:



POTATO SALAD

Hazel Gammon, Zonta Member

5 potatoes, boiled in skins, diced
6 hard boiled eggs, diced
1 onion (small), diced
1/2 green pepper, diced
2 pimentos (canned, diced)
2 tsp. celery seed
Salt and pepper to taste
Mayonnaise
5 diced sweet pickles

Combine above ingredients; add enough mayonnaise to moisten well and chill in refrigerator. Flavor is even better next day.

RAW VEGETABLE SALAD

Kathy Meyer, Timothy Lutheran Church

Cherry tomatoes
1 head cauliflower
1 can ripe olives
1 jar salad olives
Carrots
1/2 green pepper
Onion
Couple stalks celery
1 can drained mushrooms
Garbanzo beans, drained
1 head broccoli
Creamy Italian dressing (1 large
bottle)

Cut up the raw vegetables and mix in a large bowl. Add the large bottle of dressing and mix well.

PLEASE PATRONIZE OUR ADVERTISERS

ORANGE COTTAGE CHEESE SALAD

**Lillian C. Mohr
Faith Lutheran Church**

- 1 12-oz. carton cottage cheese
- 1 3-oz. pkg. orange Jell-O
- 1 medium can crushed pineapple, drained
- 1 medium can mandarin oranges
- 2 c. whipped cream
- 1 c. marshmallows

Sprinkle Jell-O into cottage cheese and stir until dissolved. Add remaining ingredients and mix well. Chill.

VEGETABLE SALAD **Helen M. Cary, Bethany Presbyterian Church**

Cut into bite-size pieces:

- 1 head cauliflower
- 3 stalks broccoli
- 2 bunches onions (greens also)
- 1/2 green pepper
- 1 c. Miracle Whip
- 1/2 c. sour cream
- Dash Worcestershire sauce
- Dash Tabasco sauce
- 1 Tbsp. vinegar
- 1 Tbsp. sugar

Mix together and let stand overnight.

KATHY'S BROCCOLI **Irene Parks, Westminster Presbyterian Church**

- 1 10-oz. pkg. chopped broccoli
- 1/2 of 10 1/2-oz. can cream of mushroom soup
- 1 c. grated cheddar cheese
- 1/2 c. mayonnaise
- 1 beaten egg
- 1/2 small onion, chopped

Cook broccoli 3 minutes and drain. Combine with other ingredients and place in buttered casserole. Top with crushed Cheese Ritz or Nips crackers. Bake at 375 degrees for 45 minutes. Double recipe will feed a crowd.

STRAWBERRY PRETZEL SALAD

Vernita Kruse

First Layer:

- 2 c. crushed pretzels
- 3 Tbsp. sugar
- 3/4 c. melted margarine

Continued.....

STRAWBERRY PRETZEL SALAD (Continued)

Mix together the first layer ingredients and press into 9x13-inch pan. Bake at 400 degrees about 7 minutes. Cool completely.

Second Layer:

- 1 8-oz. pkg. cream cheese, softened
- 3/4 c. sugar
- 1 13-oz. carton Cool Whip

Mix cream cheese and sugar; blend in Cool Whip. Spoon over crust and chill.

Third Layer:

- 1 6-oz. pkg. strawberry Jell-O
- 2 c. boiling water
- 1 16-oz. pkg. frozen strawberries

Mix together third layer ingredients and chill until almost set. Spoon over cheese mixture. Refrigerate until ready to serve.

VEGETABLE PIZZA **Janice Anunson, Our Savior Lutheran Church**

- 2 pkg. Pillsbury crescent rolls
- 1 8-oz. cream cheese
- 2/3 c. mayonnaise
- 1 pkg. Knorr vegetable soup mix, dry

Fresh vegetables, chopped or sliced thin:

- Cauliflower
- Broccoli
- Mushrooms
- Radishes
- Carrots
- Celery
- Ripe olives, drained well
- Pimentos, drained well
- Or any other vegetable that you like

Place roll dough flat in jelly roll pan and press together to form large sheet of dough. Prick with fork and bake according to directions on pkg. Cream together cream cheese and mayonnaise. Add soup mix and spread over cooled dough. Cover with vegetables and cut into squares. Serves 12.

PLEASE PATRONIZE OUR ADVERTISERS

ELEGANT CORN BAKE**Maxine Mether, Broadway
Christian Church**

1 small onion, diced
 1/2 small green pepper, diced
 1/2 c. oleo
 1 can cream style corn
 1 can whole kernel corn, drained
 1 8-oz. box corn muffin mix

3 eggs
 1 c. sour cream
 1 c. grated cheese (mild cheddar is good)
 3/4 c. diced celery (optional)

Preheat oven to 350 degrees. Saute onion, green pepper and celery in oleo. Mix both cans corn, muffin mix and eggs. Add sauteed mixture to this and pour into 2-qt. casserole. Mix sour cream and grated cheese and put over top of casserole. Bake 45 minutes.

FRUITED CHICKEN SALAD**Alberta Maddocks, Broadway
Christian Church**

4 c. diced cooked chicken
 1 15-oz. can pineapple chunks, drained
 1 c. chopped celery
 1 11-oz. can mandarin orange sections, drained

1/2 c. sliced pitted ripe olives
 1/2 c. chopped green pepper
 2 Tbsp. grated onion
 1 c. mayonnaise or salad dressing
 1 Tbsp. prepared mustard
 1 5-oz. can chow mein noodles

In large bowl, combine chicken, pineapple, celery, oranges, olives, green pepper, and onion. Blend mayonnaise or salad dressing and mustard; toss gently with chicken mixture. Cover and chill several hours. Just before serving, mix in chow mein noodles. Makes 8 servings.

SALAD**Westminster Pres. Dorcas Circle**

1 large bunch broccoli, cut up
 1/2 c. green onions, chopped
 1 c. celery, chopped
 1 c. red or green grapes

1 3-oz. pkg. slivered almonds
 1 c. raisins
 8 strips bacon, fried

Dressing:

1 c. mayonnaise
 1 tsp. vinegar

1/3 c. sugar

Mix first 6 ingredients. Mix dressing and just before serving, pour over the salad. Add bacon over the top and serve.

CRANBERRY SALAD**Joanne Hartfield, Pastor's Wife
St. Paul Lutheran Church**

1 qt. (or bag) cranberries, ground down (while frozen is easiest)
 1 1/4 c. sugar
 1/2 lb. miniature marshmallows

1 lb. red grapes, halved and seeded
 1 c. chopped walnuts
 1 c. cream, whipped

Pour sugar over cranberries. Stir and let set 1 hour. If ground while frozen, defrost in microwave after adding sugar and let set the hour. Mix grapes, marshmallows and nuts and add to the cranberries. Fold in cream; mix well. Store in refrigerator. Serves 8-10.

ORANGE SALAD**Margaret Freeman
Broadway United Methodist Church**

2 pkg. orange Jell-O
 1 c. hot water
 1 can mandarin orange slices, drained

1 small can pineapple tidbits, drained
 1 6-oz. can frozen orange juice
 3 cans cold water (6 oz. juice cans)
 1 or 2 bananas, sliced

Dissolve 2 pkg. Jell-O and hot water. Add frozen orange juice and water to Jell-O. Let partially set. Add fruit. Use large flat Pyrex dish (2 qt.). Serves 12. Make day ahead.

SUNDAY GLAZED CARROTS (Microwave)**Bonnie Harris,
Reorganized Latter Day Saints Church**

1 lb. carrots, peeled and cut into diagonal chunks
 1/4 c. packed brown sugar
 2 Tbsp. butter

Using a 1-qt. casserole, mix ingredients together. Cover and microwave 9-11 minutes on High, stirring after 5 minutes. Mix together 1 Tbsp. cold water and 1 1/2 tsp. cornstarch until smooth. Stir into carrot mixture and add 1/4 c. chopped pecans. Cover and microwave 2-4 minutes on High, until sauce thickens. Stir before serving.

PLEASE PATRONIZE OUR ADVERTISERS

BAKED CHICKEN SALAD

Lela Ranney, Reorganized Latter Day Saints Church

- | | |
|------------------------------------|--|
| 2 c. diced cooked chicken | 1 c. mushrooms |
| 1 c. salad dressing (Miracle Whip) | 1/4 c. grated cheese (American or cheddar) |
| 1 can cream of chicken soup | 1 can water chestnuts, drained and diced |
| 2 c. diced celery | |
| 1/2 c. chopped almonds | |

Mix all ingredients together (salt and pepper as desired), and put into a 9x13-inch pan. Sprinkle 1 c. grated cheese on top and Rice Krispies (crunched) on top of cheese. Bake at 350 degrees for 30 minutes.

Write Extra Recipes Here:

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325

PIES	Minutes	Temperature
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300

COOKIES	Minutes	Temperature
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350

CAKES	Minutes	Temperature
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325

MEAT AND POULTRY	Minutes	Temperature
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375

MISCELLANEOUS	Minutes	Temperature
Custard cup	20-30	300
Custard casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
 Beef — rare — 10-16 medium — 17-22 well done — 23-30
 Veal, pork, lamb — well done — 30 Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat: Time in Minutes:
 Beef steaks — 1-inch thick Rare or medium, 8-10
 1 1/2-inch Rare or medium, 10-15
 2-inch Rare or medium, 18-25
 Pork chops, thin — 8-10 Lamb chops, rib — 6-8 Loin or shoulder — 8-10
 Mutton chops 1-inch thick — 15-20 Veal cutlets, very thin — 6-8 Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture or corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	Time in double boiler
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine)	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup	1 tsp.	4 c.	4 to 6 hours

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

SAUCES

White Sauce	Liquid	Thickening Material	Fat	Seasoning (salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
 Use No. 2 sauce for creamed or scalloped dishes or gravy.
 Use No. 3 sauce for souffles.
 Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

Vegetable	Boiled	Minutes Steamed	Baked
Asparagus, tied in bundles	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age	20-40	60	
Beans, string	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips	60	75	75
Peas, green	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Pumpkin, in cubes	30	45	60
Potatoes, sweet	40	40	45-60
Salsify	25	45	
Spinach	20	30	
Squash in cubes	20-40	50	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus ¾ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft ³)	cubic meters (m ³)	0.03
cubic yards (yd ³)	cubic meters (m ³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m ³)	cubic feet (ft ³)	35
cubic meters (m ³)	cubic yards (yd ³)	1.3

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, peneuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	254-270 degrees, hard ball
Butterscotch	280-300 degrees, crack
Brittles	290-310 degrees, hard crack
Boiled frostings:	
1 egg white to 1 c. sugar	238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar	244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar	254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake	275-325 degrees - 40 minutes to 1 hour
Loaf cake	325-350 degrees - 40 minutes to 1 hour
Cup cakes	350-375 degrees - 15 to 25 minutes
Layer cake	375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7½ hours
20 to 24-lb. turkey	7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F	4 to 4½
10 to 12	325 degrees F	4½ to 5
12 to 14	325 degrees F	5 to 5½
14 to 16	325 degrees F	5½ to 6
16 to 18	325 degrees F	6 to 6½
18 to 20	325 degrees F	6½ to 7½
20 to 24	325 degrees F	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3½ to 5	325 degrees F	3 to 3½
5 to 8	325 degrees F	3½ to 4
8 to 12	325 degrees F	4 to 5

(Foil Wrapped Turkeys)

8 to 10	450 degrees F	2½ to 2½
10 to 12	450 degrees F	2½ to 3
12 to 16	450 degrees F	3 to 3½
16 to 20	450 degrees F	3½ to 3½
20 to 24	450 degrees F	3½ to 3½

INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1 3/4 cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2 1/2 cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- 1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equal 1 can (tall)
- 2 1/2 cups equals No. 2 can
- 3 1/2 cups equals No. 2 1/2 can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals 1/2 cup juice
- 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T	1 c. (4 T. - 1/4 c.; 8 T. - 1/2 c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints.	1 qt.
qt.	quart	4 qt	1 gal.
lb.	pound		

MEASURE OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3 1/4 to 3 1/2 cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans Dried	Same as above 3 lbs.	6 lbs.	12 lbs.
Beans, string fresh	5-6 lbs.	10-12 lbs.	20-24 lbs.
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn canned	6-3 oz. cans 1 #10 can	2 #10 cans	4 #10 cans
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING

15 to 30 minutes 1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes 3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours 4 to 6 hours on high* or 8 to 16 hours on low*
*High = 275 to 350 degrees F *Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimentoes, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

- | | |
|---|---|
| 1. Warm pancake-waffle syrup | 9. Heat baby bottle. |
| 2. Clarify sugared honey. | 10. Reheats leftovers without warmed over flavor. |
| 3. Heat pie and hot ice cream ala mode. | 11. Freshens bread. |
| 4. Dry herbs - mint, parsley, onion, pepper, sage, etc. | 12. Baked foods need less leavening. |
| 5. Peel tomato or peaches - split skin. | 13. Dries flowers. |
| 6. Warm citrus fruits for more juice. | 14. Dry decoupage - painting. |
| 7. Melt chocolate, cream cheese, butter. | 15. Dry girdle or panty hose. |
| 8. Make jelly, jam, preserves, etc. | 16. Easy for a child to learn and use. |
| | 17. Helps handicapped or elderly. |

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.

