

SHARING RECIPES





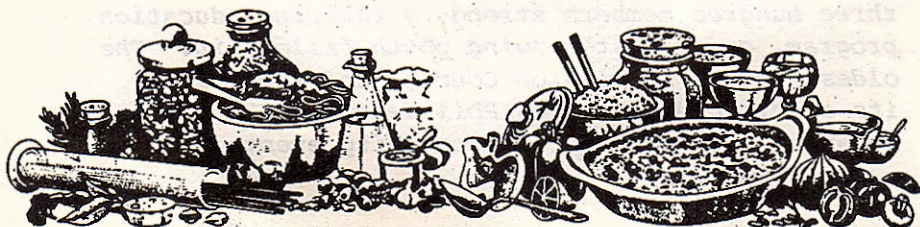
A BOOK OF FAVORITE RECIPES

Compiled by

THE WOMEN
of
PHILADELPHIA PRESBYTERIAN CHURCH



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Philadelphia Presbyterian Church

351 Morrow Road, P. O. Box 1524
Forest Park, Georgia 30051-1524



Rev. John E. (Jack) Westlund, Pastor

Philadelphia Presbyterian Church was established on December 26, 1825, when fourteen founders were congregated under the leadership of the Rev. Dr. John S. Wilson. The organizing pastor of the church was the Rev. Alexander Kirkpatrick. Located in a small farming community south of Atlanta, Philadelphia held monthly worship services for the first sixty-two years of its history.

Today Philadelphia, a member of the Presbyterian Church, U.S.A., boasts a membership approximately three hundred members strong, a thriving education program, and a fast-growing youth fellowship. The oldest church in Clayton County, and revered for its architectural style, Philadelphia is a popular location for weddings and community events.

Favorite Family Recipes



Expression of Appreciation

We wish to thank the members of Circle I, our sponsors; the contributors; workday participants; our editor, Joan Murphy; and all others who volunteered their time and efforts in preparing this cookbook.

**APPETIZERS,
PICKLES AND RELISH**

**SOUPS, SALADS,
DRESSINGS AND SAUCES**

**MAIN DISHES -
MEAT, SEAFOOD
AND POULTRY**

**MAIN DISHES -
EGG, CHEESE,
PASTA AND CASSEROLE**

VEGETABLES

**BREAD, ROLLS,
PIES AND PASTRY**

**CAKES, COOKIES
AND ICINGS**

DESSERTS

**CANDY, JELLY,
JAM AND PRESERVES**

**BEVERAGES
AND MISCELLANEOUS**



My Favorite Recipes

NAME OF RECIPE

PAGE NO.

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APPETIZERS PICKLES • RELISH



© and: ORIGINALS

Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES AND RELISH

FRIED CUCUMBER FINGERS

Diane Banke

1 large cucumber	1 egg, beaten
1/4 c. milk	1/2 c. biscuit mix
1/2 c. seasoned, dry bread crumbs	1/2 tsp. salt
	vegetable oil

Peel cucumber. Slice in half lengthwise; scoop out pulp from each half. Cut cucumber into 2 1/2 x 1/2 inch strips.

Combine egg and milk, mixing well; set aside. Combine biscuit mix, bread crumbs and salt, stirring well.

Dip cucumber strips in milk mixture, and dredge in crumb mixture. Deep fry in 2 inches hot oil (375°) until browned. Drain on paper towels; serve immediately.

COCKTAIL MEATBALLS (Microwave)

Frankie Yearty

1/2 lb. lean ground beef	1/4 c. seasoned bread crumbs
1 egg	salt & pepper to taste

Blend above and make approximately 30 small bite size meatballs. Place on meat rack or grill so grease can drain and cook for 3 minutes on high (100%) power.

Mix together:

1/2 c. grape jelly	1 Tbsp. prepared mustard
1/2 c. chili sauce	

Cook on high power for 2 minutes. Add meatballs and heat with sauce for 3 to 4 minutes on high power until hot.

STEAMED MUSHROOMS

Nancy Maxwell

1 lb. fresh mushrooms	1 tsp. seasoned salt
1/4 tsp. paprika	1/4 tsp. onion powder
1/4 c. butter	pepper
1/4 c. chopped parsley	

Wash mushrooms. Place in 18 x 24 aluminum foil. Put rest of ingredients in and fold foil - Allow room for steam expansion. Seal. Place in baking pan and bake at 400° for 20 minutes. Serve with toothpicks.

CRAB-STUFFED MUSHROOMS

Betty Foster

20 to 24 large fresh mushrooms (about 1 lb.)
1 c. Italian salad dressing
3/4 c. soft breadcrumbs, divided
1 (6 1/2 oz.) can crabmeat, drained & flaked

2 eggs, beaten
1/4 c. salad dressing or mayonnaise
1/4 c. minced onion
1 tsp. lemon juice

Clean mushrooms with damp paper towels. Remove mushroom stems, and reserve for use in another recipe. Combine mushroom caps and Italian dressing, cover and refrigerate 1 to 2 hours. Drain well.

Combine 1/2 cup breadcrumbs and remaining ingredients; mix well. Spoon crabmeat mixture into mushroom caps, and sprinkle with the remaining breadcrumbs. Place in an 8 inch square baking dish. Bake at 375° for 15 minutes.

Yield: about 2 dozen appetizer servings.

STUFFED MUSHROOMS

Nancy Maxwell

1/2 lb. mushrooms
1/2 c. onion, minced
2 cloves garlic, minced
2 Tbsp. parsley, chopped
3/4 tsp. salt

1/4 tsp. oregano
1/2 c. butter
1/2 c. dry bread crumbs
1/4 c. Parmesan cheese

Remove stems from mushrooms and chop finely. Saute mushrooms, onion, garlic, parsley, salt and oregano in butter until onion is tender. Stir in crumbs and cheese. Spoon mixture into mushroom caps and broil until tender (8 minutes).

Serves 4 to 6.

CREAMY PARMESAN FONDUE

Shirley Flynn

1 1/2 c. milk, heated
1/2 tsp. garlic salt
1/2 tsp. salt

2 (8 oz.) pkg. cream cheese, softened
2 1/2 oz. Parmesan cheese

Mix milk with cream cheese by mixer; add other ingredients. Dip with bread sticks.

SHRIMP BALL

Shirley Flynn

8 oz. small cooked shrimp
1/2 c. ketchup

4 Tbsp. minced onion
2 (8 oz.) pkg. cream cheese

2 Tbsp. Worcestershire sauce

Thaw shrimp, chop into tiny pieces (save some for top). Mix shrimp with remaining ingredients. Form into ball. Refrigerate for 2 hours.

MARINATED SHRIMP

Shirley Flynn

(4)

1 qt. shrimp (boiled & peeled)	1 c. shredded thin onions
6 bay leaves	3/4 c. vinegar
1 1/4 c. salad oil	2 1/2 tsp. celery seed
1 bottle capers	dash red pepper
1 1/2 tsp. salt	

Mix well everything except shrimp and onions. Add shrimp and onions and put in container overnight. Keeps a long time.

TUNA PATE (Diet)

Ginger Westlund

1 envelope unflavored gelatin	4 hard cooked eggs
1/3 c. cold water	1/2 c. finely chopped celery
3/4 c. mayonnaise (diet)	1/3 c. chopped bell pepper
2 (6 1/2 oz.) cans tuna, drained	2 Tbsp. finely chopped onion

Soften gelatin in cold water. Stir over low heat until dissolved. Gradually add to mayonnaise until blended. Add rest of ingredients. Mold.

1 serving = 2 ounces tuna and 1 egg. Serve with bread or crackers. Makes 6 servings.

SPINACH BALLS

Diane Banke
Barbara Conine

2 boxes frozen spinach, cooked, drained dry	1/2 c. Parmesan cheese, grated
1 small bag Pepperidge Farm Herb Stuffing	1/2 tsp. black pepper
2 large onions, finely chopped	1 Tbsp. Accent
6 eggs, beaten	1 Tbsp. garlic salt
	1/2 tsp. thyme
	3/4 c. butter or margarine, melted

Mix together, shape into small balls. Place on cookie sheet. Freeze until solid. Put in bags in freezer. Defrost before serving. Bake at 350° for 20 minutes. Makes 100.

These are colorful and add to the spirit of Christmas or St. Patrick's Day.

CRUNCHY CHEESE BISCUITS

Roumania Lasseter

- | | |
|---|--|
| 1/2 c. butter or margarine,
softened | 1/2 tsp. salt |
| 1 c. all-purpose flour | Tabasco and Worcestershire sauce
to taste |
| 1 c. shredded sharp cheddar
cheese | 1 c. rice cereal bits |

Blend all ingredients except cereal bits by hand in a bowl until thoroughly mixed. Work in cereal bits. Pinch off into tiny balls the size of a nickel. Place on ungreased baking sheet, press down with fork. Bake at 325° for 10 minutes or until faintly colored.

Yield: About 48 balls.

LITTLE HAM BISCUITS

Shirley Flynn

- | | |
|---|--|
| 1 1/2 Tbsp. margarine, melted | 1 1/2 Tbsp. poppy seed |
| 1 1/2 Tbsp. mustard | 1/2 Tbsp. Worcestershire sauce |
| small amount of grated onion,
if desired | 1 pkg. Pepperidge Farm party
rolls (in metal pan) |
| (I add a little sugar) | 1 pkg. long sliced boiled ham |
| | 1 pkg. Kraft Swiss cheese |

Combine all except rolls, ham, and cheese.

Split 1 entire package of Pepperidge Farm party rolls lengthwise through the center leaving the rolls intact. Spread mixture on rolls on both sides (inside of both pieces).

Place 1 package long sliced boiled ham and 1 package Kraft Swiss long cheese on rolls. Put top of rolls back on. Heat in 325° oven 10 minutes until cheese melts and is toasty. Cut out individual rolls.

THE FAMOUS HAM ROLL-UPS

Ginger Westlund

- | | |
|--|---------------------------|
| 8 oz. cream cheese | long slices breakfast ham |
| 1 heaping tsp. horseradish
(optional) | dill pickle spears |

Soften cream cheese until spreading consistency. (Option: can add horseradish to cream cheese.) Spread on breakfast ham slices (long slices). Place a dill pickle spear at one end and roll up. Refrigerate or freeze at this point. Before serving, stick 6 to 8 toothpicks in, and slice across roll.

PIZZA ROLLS

Ginger Westlund

1 pkg. crescent rolls pizza sauce
pizza toppings: pepperoni,
mozzarella cheese, mushrooms, etc.

Divide packaged dough into 4 rectangles (instead of 8 triangles). Pinch perforated edge together. Place desired pizza toppings on half of dough (do not put sauce). Fold dough over and pinch edges together. Bake according to package directions. Cut into thirds. Dip into pizza sauce.

SAUSAGE BISCUITS

Roumania Lasseter

1 lb. shredded sharp cheddar cheese 1 lb. mild pork sausage
3 c. dry biscuit mix

Crumble pork sausage in pan and cook until lightly brown. Pour off excess grease. Mix sausage and cheese in pan, stir together until cheese is melted. Stir in biscuit mix until smooth. Cool, then chill for about an hour for easier handling. Form in balls about the size of a nickel; place on ungreased baking sheet. Bake at 400° for 8 to 10 minutes. Remove, place on towel to drain. Serve warm. Freeze very well after baking.

Yield: At least 4 dozen.

BASIC CHEESE BALL

Rebecca S. Mazur

1 pkg. 8 oz. cream cheese 1 c. chopped pecans
1 lb. sharp cheddar cheese 1/2 c. chopped green olives with
1 tsp. garlic powder pimiento (optional)
1 tsp. Worcestershire sauce

Grate cheese and blend in other ingredients. Form into a ball and roll in nuts. Garnish with a sprig of holly for a festive occasion.

CHEESE BALL

Jean Ray

8 oz. can whole tomatoes, 1/2 c. chopped onion
well drained 2 cloves garlic, crushed
8 oz. pkg. cream cheese 1 tsp. salt
2 c. grated cheddar cheese 1/8 - 1/4 tsp. cayenne pepper
1/2 c. soft butter or margarine

Mix. Refrigerate overnight. Roll in walnuts.

CHEESE BALL**Betty Mullins**

8 oz. cream cheese, softened 1/2 tsp. garlic salt
2 Tbsp. Heinz 57 sauce 1/2 c. nuts, chopped

Mix well and form into ball. Roll in paprika, if desired.

CHEESE BALL**Ginger Westlund**

2 (8 oz.) pkg. cream cheese, 2 tsp. finely minced bell pepper
softened 1 - 2 tsp. finely minced onion
1 small can crushed pineapple, 2 tsp. finely chopped pecans
drained 1 tsp. seasoned salt

Mix together. Roll in chopped dried beef.

CHEESE APPLE**Ollie Conine**

1/4 lb. N. Y. sharp cheese, 1 tsp. paprika
grated 1/2 tsp. hot sauce
1 pkg. cream cheese 1 tsp. mustard
1 jar pimiento spread 2 Tbsp. Worcestershire
2 garlic cloves, grated

Mix well with fork, shape into an apple, roll in chili powder.
Best to make a day or so before using.

CREAM CHEESE BALL**Diane Banke**

1 large pkg. cream cheese 1/3 c. Parmesan cheese
1/4 c. mayonnaise dash garlic
dash oregano

Mix all and roll in pecans, peanuts, parsley or bacon bits. Serve with party crackers. Wheat crackers are good.

PARTY CHEESE BALL**Sylvia Dodson**

8 oz. pkg. cream cheese 1 lb. mild cheddar
1 tsp. Worcestershire sauce 1 tsp. parsley
1 tsp. finely chopped onion 3/4 c. finely chopped nuts

Blend first 5 ingredients well and shape into a ball. Roll the ball in the nuts, covering the ball completely.

CHEESE BALL

Diane Banke

1 lb. Wisconsin mild cheddar
cheese, grated
2 Tbsp. minced onion
1 clove garlic, minced or
1/8 tsp. powdered garlic

1 large pkg. cream cheese at
room temperature
1/2 c. nuts, chopped
2 Tbsp. dried parsley
1 tsp parsley

Mix cheese, onion, and garlic. Roll in a ball. Mix nuts and parsley together. Roll cheese ball in nut-parsley mixture. Serve with crackers. Keep chilled.

SAUSAGE AND CHEESE BALLS

Jannie J. Kelly
Emogene Griffeth

1 lb. hot pork sausage
3 c. biscuit mix (Bisquick)

1 lb. sharp cheese, grated,
room temperature

Mix all ingredients well. Roll into one-inch balls. Bake on cookie sheet 15 to 20 minutes in preheated 350° oven. Serve warm. These may be frozen on a cookie sheet and then placed in plastic bags. These are nice as snacks for parties.

Variation: Emogene uses 2 cups biscuit mix and 8 ounces extra sharp cheese.

CHEESE DROPS

Cheri Moore ✕

1 stick margarine
1 1/4 c. flour
1 c. Rice Krispies

1 c. grated sharp cheese
1/8 tsp. cayenne pepper

Cream margarine and cheese. Sift flour and cayenne; add to creamed mixture. Stir in cereal. Drop by teaspoons on ungreased cookie sheet. Bake in 350° preheated oven for 15 to 20 minutes.

Yield: 2 dozen.

*if using Gluten Free flour: add 1/8 tsp cayenne
and 1 c sharp cheese in addition
substitute gluten-free cereal*

CHEESE KRISPIES

Frances S. Goldwire

2 sticks margarine
2 c. aged cheddar cheese,
grated
2 c. plain flour

2 c. Rice Krispies
1/4 tsp. paprika
1/4 tsp. cayenne pepper

Mix margarine and cheese; add flour and Rice Krispies. Work into a dough. Add paprika and cayenne pepper. Roll into balls, flatten with a fork. Bake at 350° for 10 minutes. Makes about 50. Cayenne pepper may be omitted.

CHEESE STRAWS

Mildred Johnson

1 lb. New York sharp cheese	4 c. flour (plain)
1/2 lb. butter or margarine	1 tsp. salt
1 tsp. cayenne pepper	add: 3 Tbsp. cold water

Combine ingredients. Mix well. Put through cookie press (star shape) or chill and roll out.

Bake 350° about 10 minutes or lightly browned.

CHEESE - OLIVE PUFFS

Betty McDonald

3 Tbsp. soft butter or margarine	1 c. grated sharp cheese
1/2 c. sifted flour	1/2 tsp. paprika
1/4 tsp. salt	2 1/2 doz. medium-sized stuffed olives

Blend butter and cheese. Mix in flour, paprika and salt. Shape about 1 teaspoon dough around each olive. Wrap in foil. Freeze.

When ready to serve, unwrap desired number. Place on ungreased baking sheet. Bake at 400° for 10 to 15 minutes or until golden brown. Serve warm.

Yield: Approximately 30.

CHEESE STRAWS

Mrs. J. Clyde Rushin

1/2 lb. margarine, softened	1 lb. cheese, grated
3 c. all purpose flour	1/2 tsp. salt
1/4 tsp. dry mustard	

Mix margarine and cheese well. Add all other ingredients and mix well. Press into sticks with cookie press. Bake on cookie sheet 10 to 12 minutes at 350°.

HOT SAUSAGE BALLS

Nancy Maxwell

1 lb. hot sausage	16 oz. can shredded sauerkraut
3 oz. cream cheese, softened	1 egg, beaten
1/2 c. milk	3/4 c. bread crumbs
1 Tbsp. parsley	

Crumble sausage. Cook and drain well. Drain sauerkraut and snip into pieces. Combine sausage, kraut and cream cheese. Refrigerate until cool. Roll into ball. Dip each ball in egg and milk mixture. Roll in bread crumbs. (May add parsley to crumbs for color.) Bake at 350° for 10 minutes. Serve hot.

Yield: 30 to 40 balls.

SAUSAGE PINWHEELS

Lynne Jordan

1 lb. hot sausage

favorite pastry or pastry sticks

Roll pastry in rectangle approximately 1/6 inch thick. Have sausage at room temperature so that it will spread thinly and evenly. Cover pastry with a thin coating of sausage and roll as a jelly roll until the roll is 1 1/2 inches in diameter. Cut pastry and begin second roll. Roll in waxed paper and chill.

Slice 1/4 inch thick and bake in 450° oven. Serve warm or at least recently baked. These may be stored in freezer before baking if done up securely in foil.

HOT ARTICHOKE DIP

Betsy Morrison
Kathie Clayton

1 can artichoke hearts
1 c. Parmesan cheese

1/2 c. mayonnaise
1/2 tsp. garlic salt

Drain and chop artichokes. Combine with the rest of ingredients. Bake at 350° for 25 to 30 minutes. Good with big Fritos!

Variation: Kathie uses 3/4 cup mayonnaise and garlic to taste.

BEAU MONDE DIP

Shirley Flynn

2 tsp. each:
parsley
dill weed
dill seed
onion, fresh or dried
Beau Monde spice

mix with:
1 c. sour cream
1 c. Hellmann's mayonnaise

Chill to allow ingredients to "marry". Cut out center of round pumpernickel bread. Break into bite size pieces. Fill with dip. Surround with broken bread, cauliflower, broccoli, carrots, and celery. Sprinkle parsley on top.

BAKED BEEF DIP

Shirley Flynn

1 c. chopped pecans
2 (8 oz.) pkg. cream cheese,
softened
1/2 tsp. garlic salt
8 oz. carton sour cream

2 tsp. melted butter
1/2 c. milk
2 (2 1/2 oz.) pkg. dried beef,
minced
4 tsp. minced onion

Saute pecans in butter, drain. Combine remaining ingredients. Spoon into greased 1 1/2 quart baking dish. Top with pecans. Bake at 350° for 20 minutes. Serve hot with crackers, chips or bread sticks.

CHIPPED BEEF DIP

Nancy Kemper

- | | |
|----------------------------------|---------------------------------|
| 2 1/2 oz. jar dried chipped beef | 2 Tbsp. chopped onion (Bermuda, |
| 8 oz. pkg. cream cheese | if available) |
| 1/2 c. sour cream | add milk for consistency |
| 2 Tbsp. chopped green pepper | |

Dice beef and mix all ingredients together. Bake for 10 minutes at 375°. Serve with Triscuits.

MEXICAN DIP

Kathie Clayton

- | | |
|--------------------------------|---------------------------------|
| 1 can bean dip | 1 (8 oz.) jar hot taco sauce |
| 2 Tbsp. mayonnaise | (or medium taco sauce) - can |
| 1 pkg. taco seasoning | use salsa instead of taco sauce |
| 1 (8 oz.) container sour cream | 1 c. grated cheddar cheese |

Layer in 10-inch pie pan: bean dip; mix mayonnaise, taco seasoning and sour cream together for next layer. Cover with sauce and add cheese on top. Cover and refrigerate until ready to use.

Serve with chips.

MEXICAN SPREAD

Linda Sparrow

- | | |
|-----------------------|----------------------|
| 8 oz. cream cheese | 8 oz. jar taco sauce |
| 1 c. sour cream | (Old El Paso Sauce) |
| 1 pkg. taco seasoning | |
| (Old El Paso) | |

Mix above ingredients and spread into pie pan; let sit in refrigerator (at least 1 hour).

Add on top:

- | | |
|----------------------------|-----------------------|
| chopped lettuce | 1/2 c. cheddar cheese |
| chopped tomatoes | grated cheddar cheese |
| 1/2 c. sliced black olives | |

Serve with chips.

LAYERED MEXICAN DIP

Anna Hanson

Onto a large flat serving plate, layer:

- | | |
|------------------------------|-------------------------------------|
| 1 (16 oz.) can refried beans | 1 c. chopped tomatoes |
| with 1/2 tsp. chili powder | 1 (4 oz.) can chopped green chilies |
| guacamole | (drained) |
| 16 oz. carton sour cream | jalapeno pepper slices |
| 1 c. chopped black olives | 1 c. shredded cheddar cheese |

Serve with Naco chips

GUACAMOLE

Anna Hanson

2 avocados, peeled and
mashed

1/4 c. Miracle Whip

4 slices bacon, fried crisp and
crumbled

1/2 c. chopped green onions
dash Tabasco

Combine ingredients and mix well.

SPINACH DIP

Lyla Bruhl, friend of
Nancy Phillips

2 pkg. frozen spinach
1 envelope Knorr dry vege-
table soup mix
1 c. sour cream

1 c. mayonnaise
1 can water chestnuts, diced
2 or 3 green onions, diced

Thaw spinach and squeeze dry. Mix all ingredients and refrigerate overnight if possible. Delicious with Wheat Thins.

CLYDE'S CLAM DIP

Nancy Maxwell

1 can minced clams, drained
1 Tbsp. minced onion
dash pepper
1 tsp. Worcestershire sauce

1 c. sour cream
1/2 Tbsp. salt
dash garlic powder

Mix all ingredients and chill. Serve with ruffled potato chips.

MEXICAN DIP

Nancy Fendley Mitchell

1 jar hot taco sauce (can
use mild)

1 c. sharp cheese

Melt cheese in saucepan over low heat. Add taco sauce and mix well. Serve with Doritos.

SAN ANTONIO NACHO DIP

Nancy Maxwell

3 ripe avocados
1 bunch green onions, including
tops, chopped
2 ripe tomatoes, chopped
2 small green peppers, chopped

1/8 tsp. lemon juice
16 oz. carton sour cream
8 oz. jar picante or taco
sauce, hot or mild
8 oz. Monterey Jack cheese,
grated

(Cont.)

Mash avocados and add lemon juice to prevent discoloration. Layer ingredients in order given on plate. Chill 4 to 12 hours. Serve with Nacho chips or Tortilla chips.

SPINACH DIP

Nancy Maxwell

10 oz. pkg. frozen chopped spinach, thawed. <u>well-drained</u> - DO NOT COOK	1/2 c. chopped parsley
1 c. mayonnaise	1/3 c. green onion, minced
1 c. sour cream	juice of 1/2 lemon
	2 tsp. dill weed
	1 tsp. salad herbs

Mix thoroughly and chill. Serve with crackers.

Note: Commercial salad herbs contain a mixture of basil, marjoram, tarragon, parsley, crushed dill seed and fennel seed.

TACO DIP

Nancy Maxwell

1 1/2 lb. sharp cheddar cheese	1 can ripe olives
1 medium onion	1 jar mild taco sauce (or hot if you like)

Shred cheese, chopped olives and onions, mix all ingredients. Place in casserole and heat until bubbly. Serve with Nacho chips. Quick, easy and good.

HOT CRAB COCKTAIL SPREAD

Diane Banke

8 oz. pkg. cream cheese	1 Tbsp. milk
2 tsp. Worcestershire sauce	7 1/2 oz. can white crab
2 Tbsp. chopped onion	

Combine ingredients. (Do not drain crab meat). Bake at 350° for 15 minutes in a greased pan. Serve as a dip with chips or crackers.

SHERRY CHEESE PATE

Nancy Maxwell

2 (3 oz.) cream cheese	1 c. shredded cheese (cheddar)
4 Tbsp. dry sherry	1/4 tsp. salt
1/2 tsp. curry powder	1 c. chopped chutney
1 c. finely chopped green onion	

Mix cheeses after softened, add sherry and seasonings thoroughly (use mixer). Spread about 1 inch thick on serving platter and chill. Spread top with chutney and sprinkle with green onions just before serving. Serve with plain butter flavor crackers.

CHILI CHEESE DIP

Ginger Westlund

1 can chili with beans

1/2 lb. - 1 lb. Velveeta cheese,
cubed

Heat together in microwave or on top of stove. Serve hot with Doritos.

HOT CLAM DIP

Ginger Westlund

2 (8 oz.) pkg. softened cream
cheese

dash Tabasco

1/2 tsp. onion salt

2 tsp. steak sauce

2 Tbsp. minced dried onions

2 can minced clams, drained,
reserve juice

1 Tbsp. lemon juice

Add some clam juice to cream cheese and beat to spreading consistency. Add other ingredients. Heat in covered container at 350° for 15 - 30 minutes. Serve hot with bread rounds or crackers.

STUFFED CHERRY TOMATOES

Ginger Westlund

Scoop out cherry tomatoes with a melon baller. Drain on paper towels. Stuff with clam dip, or a mixture of sour cream, a little mayonnaise and bacon bits (real). Serve cold.

OYSTER DIP

Lynne Jordan

1 can smoked oysters
1/2 c. mayonnaise

2 hard-boiled eggs, chopped fine
or grated fine

Mash oysters with a fork. Add eggs and mayonnaise and mix well. Chill and serve with Ritz crackers.

SHRIMP DIP

Frances Smith Youngblood

1 small flat can shrimp
8 oz. pkg. cream cheese,
softened
2 Tbsp. ketchup
1/3 c. mayonnaise

1 Tbsp. grated onion
1/4 c. green pepper, chopped
fine
dash of garlic powder and
Tabasco sauce

Drain and rinse shrimp. Mash with a fork. Mix shrimp and softened cream cheese and all other ingredients. Use electric mixer and stir until well blended. If dip is too dry, you might need to add additional mayonnaise.

SHRIMP DIP

Mrs. J. Clyde Rushin

- | | |
|---------------------------|-------------------------------|
| 1 large pkg. cream cheese | 1 1/2 lb. cooked shrimp |
| 3 Tbsp. chili sauce | 1/2 tsp. onion juice |
| 2 tsp. lemon juice | 1/4 tsp. Worcestershire sauce |

Soften cream cheese and whip. Add all ingredients, except shrimp, and beat well. If mixture is not proper consistency to spread, a little milk may be added. Finally add chopped shrimp and chill thoroughly before serving on potato chips or saltine crackers.

CHEESE WAFERS

Fabie Lasseter

- | | |
|--------------------|--------------------------|
| 8 oz. sharp cheese | 2 sticks margarine |
| 2 c. flour | 1/4 tsp. cayenne pepper |
| 1/2 tsp. salt | 1 c. finely chopped nuts |
| 2 c. Rice Krispies | |

Mix. Drop very small portion on greased cookie sheet. Flatten very thin with fork. Cook in 350° oven 10 minutes (not very brown).

SALMON SPREAD

Kathie Clayton

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|--|--|
| 2 (15 1/2 oz.) cans red salmon | 2 tsp. celery seed |
| 2 (8 oz.) pkg. cream cheese,
softened | 1/2 tsp. salt |
| 2 Tbsp. lemon juice | coarsely ground black pepper to
taste |

Drain salmon, remove skin and bones. Flake with a fork. Combine next 5 ingredients; mix well and gently stir in salmon. Serve with assorted crackers. (Will refrigerate and freeze well.)

SALMON PARTY BALL

Pegge Murphy

- | | |
|---|-----------------------------|
| 1 (16 oz.) can salmon | 1 tsp. prepared horseradish |
| 1 (8 oz.) pkg. cream cheese
(softened) | 1/4 tsp. liquid smoke |
| 1 Tbsp. lemon juice | 1/2 c. chopped pecans |
| 1 Tbsp. grated onion | 3 Tbsp. snipped parsley |

Drain and flake salmon, removing bones and skin. Combine salmon, cheese and lemon juice, onion, horseradish, 1/4 teaspoon salt and liquid smoke mix. Chill several hours. Combine pecans and parsley. Shape salmon mixture into ball (I like to shape it like a fish using olives for eyes). Roll in nut mixture, chill. Serve with crackers. (Makes 3 cups spread.)

SHRIMP RING

Lee Burgess

(An appetizer to serve with crackers)

1 can tomato soup	3/4 c. chopped celery
3 small pkg. cream cheese	1/4 c. chopped onion
1 1/2 Tbsp. unflavored gelatin	2 flat cans shrimp
1/4 c. water	1 c. Miracle Whip

Heat soup until boiling. Dissolve gelatin in 1/4 cup of water and add cheese. Pour hot soup over cheese-gelatin mixture. Blend until cheese melts. Set aside to cool. Add celery, onions and two-thirds of the shrimp. Line the bottom of your mold (a fish mold works well) with the remaining shrimp which has been cut into small pieces. Pour the mixture into the mold and chill.

CUCUMBER PICKLES

Emogene Griffith

4 qt. sliced unpeeled cucumbers	2 green peppers, sliced (1 2/3 c.)
6 medium white onions (6 c.), sliced	3 cloves garlic
	1/3 c. pickling salt

Combine ingredients, cover with cracked ice, let stand 3 hours. Drain well. Remove garlic.

Combine:

5 c. sugar	2 Tbsp. mustard seed
3 c. cider vinegar	1 1/2 tsp. turmeric
	1 1/2 tsp. celery seed

Pour over cucumber and bring to boil. Pack into jars leaving 1/2 inch. Process in water bath for 5 minutes. Makes 8 pints.

ICE BOX PICKLES

Lee Burgess

(Makes 10 half pint jelly jars)

7 c. unpeeled cucumbers (must be fresh, not waxed), sliced very thin	1 (4 oz.) jar pimento pieces, including juice
1 c. chopped sweet onion	2 c. white sugar
1 c. chopped green pepper	1 c. white vinegar
	2 Tbsp. garlic salt
	1 tsp. celery salt

Mix all ingredients in large bowl. Let stand at room temperature for 3 hours. Put into sterilized jars and refrigerate. Must be stored in refrigerator.

DONNA SHAW'S FREEZER PICKLES

Donna Shaw

Slice 2 quarts unpeeled cucumbers and a medium onion. Sprinkle with 2 tablespoons salt and let stand 2 hours. Drain - DO NOT RINSE. Mix 1 1/2 cups sugar and 1/2 cup white vinegar until blended. Mix with cucumbers. Pack in containers and freeze. Will keep long periods in refrigerator.

GRANDMA'S CRUNCHY CUCUMBER LIME PICKLES

Lynn Vandiver

7 lb. cucumbers, sliced crosswise

Mix 2 cups Mrs. Wage's pickling lime to 2 gallons water. Soak cucumbers 24 hours, stirring occasionally, in lime water. Soak in crockery or enamelware (do not use aluminum). Remove from lime water and rinse in cool water 3 times. Soak 3 additional hours in ice and water. Remove carefully to drain.

Make **syrup** of:

2 qt. vinegar

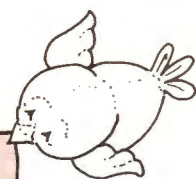
a few drops green food coloring
may be added, if desired

8 c. sugar

1 Tbsp. salt

Stir until dissolved. Pour over cucumbers. Add pickling spice to taste. (Grandma uses about 1 tablespoon mixed pickling spice tied up and boiled with syrup.) Boil mixture 35 minutes. Fill sterilized jars with cucumber slices and pour syrup over cucumbers leaving 1/8 inch head space. Then seal jars. If syrup does not cover cucumbers while boiling, mix partial recipe of syrup and add.

Write extra recipe here:



**SOUPS
SALADS
SAUCES
DRESSINGS**



Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and soggiess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimienta.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

SOUPS, SALADS, DRESSINGS AND SAUCES

COCKTAIL SAUCE

Emogene Griffeth

1/2 c. chili sauce
2 Tbsp. horseradish
2 Tbsp. lemon juice

1/3 c. ketchup
1/2 tsp. Worcestershire sauce
few drops tabasco sauce

TARTAR SAUCE

Emogene Griffeth

1 c. real mayonnaise
2 Tbsp. minced dill pickle
2 tsp. chopped pimento

1 tsp. grated onion
1 Tbsp. minced parsley

Yield: 1 cup sauce.

WHITE SAUCE OR CHEESE SAUCE

Frankie Yearty

(Microwave)

In microwave safe batter bowl:

Melt: 2 tablespoons butter. Microwave on high power about 20 to 30 seconds.

Add: 2 tablespoons flour. Stir well with whisk.

1/4 teaspoon salt

Add: 1 cup milk. Stir and microwave on high power for 3 minutes. Stir after each minute.

For **cheese sauce**, add: 1 cup sharp cheddar. When it melts, stir once more for a good and easy cheese sauce.

CINNAMON APPLE SALAD

Ginger Westlund

9 tart apples (cooking apples)
1 (1/8) c. red cinnamon candies
3 c. water
* * *
1 1/2 pkg. (8 oz.) cream cheese
3 Tbsp. milk

1 1/2 tsp. lemon juice
1/3 c. chopped dates
1 1/2 c. pineapple tidbits,
drained
3 Tbsp. chopped walnuts

Pare and core apples. Heat candies in water until dissolved. Add apples and cook slowly (medium heat) about 15 minutes. Turn over. (Watch and test with a toothpick.) Do not boil. Chill in syrup several hours - turn once while chilling.

Blend cream cheese, milk, lemon juice. Add nuts, pineapple, and dates. Drain apples and stuff with filling.

Place on lettuce.

FLUFF SALAD

Lee Burgess

- | | |
|---|--------------------------------------|
| 1 small carton low-fat cottage cheese | 1 flat can drained crushed pineapple |
| 4 oz. pkg. gelatin (any flavor) (regular or sugar-free) | 1 (8 oz.) whipped topping |
| | 1/2 c. chopped pecans (if desired) |

Sprinkle dry gelatin over cottage cheese. Mix well. Add other ingredients and mix again. Refrigerate. Serve on lettuce and garnish with fresh fruit.

WEEPING SALAD

Lynn Vandiver

- | | |
|----------------|------------------------------|
| 1 head lettuce | 1 carton frozen peas, cooked |
| mayonnaise | Swiss cheese |
| 1 sweet onion | crumbled bacon |
| sugar | |

In large bowl, place layer of lettuce broken into small chunks. Spread several spoonfuls of mayonnaise over lettuce. Add layer of paper-thin slices of onion, sprinkle lightly with sugar. Add layer of peas, then layer of cheese cut into strips. Repeat layers until bowl is full. Use no salt or pepper. Do not toss. Place in refrigerator for 2 hours. Sugar causes onion to weep and this, along with mayonnaise, makes the dressing. When ready to serve, cover salad with crumbled bacon.

Serves 6 - 8.

BANANA SALAD

Betsy Morrison

- | | |
|------------------------|------------------------------------|
| 1 c. sugar | 2 Tbsp. butter |
| 3 Tbsp. water | 6 oz. dry roasted peanuts, chopped |
| 1 Tbsp. vinegar | 4 bananas |
| 1 egg plus 1 egg white | |

Mix together sugar, water, vinegar and egg in saucepan. Stir well and then cook until sugar is dissolved and butter is melted. With wooden spoon, stir. Allow to cool. Slice bananas and pour sauce over mixture, then add peanuts. Do this in layers: bananas, sauce, peanuts and ending with nuts on top.

SWEET & SOUR CABBAGE SOUP

Diane Banke

- | | |
|---------------------------------|-------------------------------|
| 1 1/4 lb. ground beef | 1 tsp. white sugar |
| 2 cans water | 2 cans stewed tomatoes |
| 1 medium head cabbage, shredded | 1 envelope dry onion soup mix |
| | 1 tsp. lemon juice |

2 Tbsp. brown sugar

Brown hamburger. Add other ingredients. Simmer 45 minutes.

HAMBURGER SOUP

Beth Allen

1 1/2 qt. water
2 large onions, cut up
2 cans tomatoes
2 cans mixed vegetables
salt and pepper to taste

1 lb. hamburger
2 large potatoes, cut up
2 cans corn
1 c. rice

Place uncooked hamburger in water. Add salt, pepper and onion. Simmer 1/2 hour (covered). Add vegetables and tomatoes (plus the juice). Add potatoes and rice. Cook 45 minutes and serve. Serves 8 to 10.

HEARTY CHEESE SOUP

Linda Sparrow

1/2 c. finely chopped onion
1/2 c. finely chopped celery
1 Tbsp. cornstarch
4 c. milk
1 lb. Velveeta cheese

1/2 c. finely chopped carrots
1/4 c. all purpose flour
4 c. chicken broth
1/8 tsp. soda

Saute onions, celery and carrots in butter about 5 minutes or until tender. Add flour and cornstarch, stirring until smooth. Cook 1 minute stirring constantly. Very gradually, add milk and broth. Cook over medium heat stirring until thickened and bubbly. Stir in soda and cheese. Reduce heat to low. Cook stirring constantly until cheese melts.

BRUNSWICK STEW

Annette Carlisle

1 lb. ground beef
1 can tomatoes (put in blender)
2 medium large onions,
chopped
salt and pepper

1 can cream style corn
1 large potato, grated
4 Tbsp. butter
hot sauce

Mix together. Cook 40 minutes. Stir often. Add 1/2 cup barbecue sauce and 1/2 cup ketchup. Simmer 20 minutes more.

BRUNSWICK STEW

Libbie Conine

1 (4 to 5 lb.) hen	juice of a lemon
3 to 5 lb. pork roast	1 (14 oz.) bottle ketchup
1 c. onions, chopped	1 (5 oz.) bottle Worcestershire sauce
3 c. chicken broth	2 Tbsp. vinegar
2 to 3 cans cream corn	1 tsp. Tabasco

Cook meats in separate containers until meat falls off bone. Cool. Grind meat. Add all ingredients together and simmer for 1 hour. Stir to keep from sticking. Salt meat after cooking - before or after you grind it.

POTATO SALAD

Lorene Brown

(The seasonings and vinegar go directly on the potato slices so the spicy and sweet-sour flavors will be absorbed. Then add the other ingredients, and toss.)

2 1/2 c. sliced cooked potatoes	1 tsp. vinegar
1 1/4 tsp. salt	1/2 c. chopped onion
1 tsp. sugar	3/4 c. mayonnaise or salad dressing
1 1/2 tsp. celery seed	2 hard-cooked eggs, sliced

Sprinkle potatoes with seasonings and vinegar. Add onion (and, if you wish, 1/2 cup sliced celery and 1/4 cup sliced sweet pickle). Add mayonnaise; toss to mix. Fold in eggs. Chill well. Makes 4 servings.

VEGETABLE SALAD

Nancy Phillips

1 small head broccoli	2 Tbsp. mayonnaise
1 small head cauliflower	8 oz. sour cream
1 pkg. frozen English peas	bacon bits may also be sprinkled on salad
1 pkg. Hidden Ranch dressing mix	

Mix dressing mix with mayonnaise and sour cream. Wash and cut vegetables into bite size pieces. Toss vegetables with dressing mix. Let marinate. Sprinkle bacon bits if desired.

GERMAN COLESLAW

Lorene Brown

3 lb. white cabbage, chopped fine	1 green bell pepper, chopped
	2 onions, chopped

Let stand while preparing:

2 c. sugar	1 Tbsp. salt
1 c. vegetable oil	1 to 2 Tbsp. celery seed
1 c. vinegar	

Bring to a boil. While hot, pour over cabbage mixture and stir. This slaw will keep up to 3 weeks in refrigerator.

STRAWBERRY DELIGHT

Betty Foster, Lena Lou Thomas
Jean Ray

2 (3 oz.) pkg. strawberry Jello	2 c. boiling water*
2 (8 oz.) pkg. frozen strawberries, thawed	1 c. crushed pineapple
1/2 c. pecans, chopped**	2 ripe bananas, mashed or diced
	1 c. sour cream

Dissolve gelatin in boiling water. Add thawed strawberries, pineapple, bananas and nuts to gelatin. Pour half of this mixture into 9 inch square casserole. Chill until set. Spread sour cream over mixture. Pour remaining mixture over sour cream. Chill until set.

* Variation by Lena Lou Thomas. Lena Lou uses 1 cup boiling water and 1 cup pecans.

STRAWBERRY SALAD

Jannie J. Kelly

1 large pkg. strawberry Jello	1 c. water, boiling
-------------------------------	---------------------

Mix until completely dissolved.

Add:

1 medium can drained fruit cocktail	2 c. pecans
2 large pkg. frozen strawberries	2 bananas, mashed

Mix well and pour into mold or dish. Place in refrigerator to set. Prepare topping.

Topping:

1 large pkg. cream cheese mixed with 1/2 cup mayonnaise.

ARABIAN PEACH JELLO

Mildred Bays

1 c. water	1/2 c. sugar	
1 tsp. whole cloves	1 small cinnamon stick	
2 tsp. vinegar	2 c. sliced peaches	
1 small pkg. orange jello	1 c. peach juice	(Cont.)

Combine water, sugar, cloves, cinnamon and vinegar and simmer 10 minutes. Heat 1 cup peach juice and add 1 small package orange jello. Add to above mixture. When syrupy add 2 cups sliced peaches. (I use canned peaches for this.)

BEAN SALAD

Ethel Huie

- | | |
|---|---|
| 1 can green beans, drained | 1 can wax beans, drained |
| 1 can kidney beans, washed
and drained | 1 c. celery, sliced thin |
| 1 bell pepper, shredded | 1 red onion, sliced and
separated |
| 1 small jar pimento | 1 small sprig parsley or 1 tsp.
dehydrated parsley |

Combine the above.

Mix:

- | | |
|------------------------|-----------------|
| 2/3 c. wine vinegar | 1 tsp. salt |
| 2/3 c. regular vinegar | 1/4 tsp. pepper |
| 1/3 c. oil | 1/3 c. sugar |
| 1 tsp. dry mustard | |

Bring to a boil. Pour over beans. Let stand in refrigerator overnight.

PEAR CHICKEN SALAD

Diane Banke

- | | |
|--|--|
| 1/2 c. mayonnaise | 1 Tbsp. sugar |
| 1 can (29 oz.) pear halves,
drained | 1 Tbsp. lemon juice |
| 1 c. chopped celery (I use
celery seed) | 2 c. cubed cooked chicken or
turkey |
| | lettuce |

Stir together mayonnaise, sugar, and lemon juice. Reserve 4 pear halves; chill. Dice remaining pears, and add with chicken and celery to mayonnaise mixture. Toss to coat well. Cover and chill 2 hours. Arrange salad and reserved pear halves on lettuce. Garnish with strawberries.

Note: Good summer salad.

TACO SALAD

Nancy Phillips

- | | |
|------------------------------|-----------------------------------|
| 1 head lettuce | 1 can kidney beans, rinse & drain |
| 1 1/2 c. grated sharp cheese | 1 bunch spring onions, chopped |
| 2 chopped tomatoes | |

Mix. Just before serving toss with 1 bottle of 7 Seas Creamy Italian Dressing. Add 6 ounces of crushed Fritos. May adjust

amounts to size of salad desired.

VIENNESE CUCUMBER SALAD

Belle Lawrence

3 large seedless cucumbers	2 Tbsp. salt
1 clove garlic	1/4 c. wine vinegar
2 heaping Tbsp. mayonnaise	1/4 tsp. pepper

Peel cucumbers and slice very thin. Add salt and garlic. Toss well and store overnight in a sealed container. Then squeeze cucumbers by hand removing all liquid and discard liquid. Add remaining ingredients and serve.

MACARONI SALAD

Diane Banke

1 small box macaroni, cooked, cooled	1 tomato, diced
1/2 c. mayonnaise	1 tsp. sugar
1 Tbsp. lemon juice	1/4 tsp. celery seed
1 tsp. salt	dash pepper
	1 small onion, diced

Mix all; refrigerate.

Note: Good summer or cookout salad.

RICE-A-RONI SALAD

Ethel Lynn Keeton

1 pkg. chicken flavor Rice-A-Roni (cooked al dente, until firm and cooled)	1 small can chopped black olives, drained
2 green onions, chopped	2 (6 oz.) jars marinated artichoke hearts, drained (save marinade)
1 green bell pepper, chopped	1/2 tsp. curry (optional)

As a main dish, add at least 1 cup cooked shrimp, crab, or diced chicken.

Moisten salad with some of remaining marinade if needed. Refrigerate.

CHICKEN SALAD WITH A TWIST

Mary Thompson

1 (8 oz.) pkg. corkscrew macaroni	1/2 tsp. salt
1/2 - 2/3 c. mayonnaise	about 3 c. cooked, cut-up chicken
3 Tbsp. lemon juice	1 c. chopped celery
3/4 c. Italian dressing	1/2 to 3/4 c. sliced ripe olives
1 Tbsp. prepared mustard	1 small to medium onion, minced
1 tsp. black pepper	leaf lettuce

(Cont.)

Cook macaroni according to package directions, drain and cool. Combine mayonnaise, lemon juice, dressing, mustard, pepper, salt and onion and stir until well blended. Add to macaroni, stirring gently. Stir in chicken, celery and olives. Chill and serve on lettuce-lined plate. Sprinkle with paprika and sliced almonds if you wish. Serves about 8.

HOT CHICKEN SALAD CASSEROLE

Diane Banke

(Serves 6)

- | | |
|------------------------------|-----------------------|
| 4 c. diced cooked chicken | 1 c. mayonnaise |
| 2 cans cream of chicken soup | 3/4 c. chicken stock |
| 2 c. diced celery | 1 Tbsp. salt |
| 4 Tbsp. minced onion | 1/2 tsp. black pepper |
| 2 c. slivered almonds | 4 Tbsp. lemon juice |
| | 6 hard cooked eggs |
| | 1 c. cracker crumbs |

Combine all ingredients except crackers in casserole dish. Cover with crumbs. Bake at 350° for 40 minutes.

CORNED BEEF SALAD

Hazel Zaun

- | | |
|---|--|
| 1 can corned beef | 2 c. celery, cut fine |
| 2 Tbsp. chopped stuffed olives (you can use 1/4 c.) | 1 tsp. onion powder |
| 2 or 3 hard boiled eggs, sliced to put on top | 1 c. mayonnaise |
| | 3 pkg. lemon Jello dissolved in 2 1/2 c. boiling water |

Mash corned beef with a fork. Add chopped celery, onion powder and sliced olives and mix. Add to hot lemon Jello mixture. Let cool slightly before adding mayonnaise. Put into a 9 x 13 inch pan. Place slices of hard cooked eggs on top of mixture, centering according to the portions you will cut and serve after mixture has set and is firm and cold. Serves 12.

FROZEN CRANBERRY SALAD

Debbie Durden

Diane Banke

- | | |
|--|----------------------------|
| 16 oz. can jellied cranberry sauce | 1/2 c. confectioners sugar |
| 3 tsp. lemon juice | 3 oz. pkg. cream cheese |
| 1 c. whipping cream, whipped in soft piles | 1 c. walnuts, chopped |
| | 1/4 c. mayonnaise |

Combine cranberry sauce and lemon juice by mashing with fork. Pour into greased pan or mold. Mix remaining ingredients, pour over cranberry mixture and freeze for 8 hours. Unmold or

cut into squares. Serves 6 to 8.

CRANBERRY SALAD

Ruth Gettys

1 small box lemon Jello
4 c. water

1 small box raspberry Jello

Prepare as you would normally prepare Jello. Let nearly gel.

Grind all together:

1 lb. cranberries*

3/4 c. nuts

1 orange and rind*

* Can be done in food processor.

1 1/2 c. crushed pineapple

1 1/2 c. sugar

Combine ground ingredients, pineapple and sugar. Add to partially jellied Jello. Refrigerate.

CRANBERRY SALAD

Kayre Hines

1 can jellied whole cranberry
sauce

1/2 c. celery

1 c. chopped pecans

1 whole orange cut up, include
grated rind

1 pkg. lemon Jello

1 small can crushed pineapple

1 c. sugar

Pour sugar over cranberries and orange; allow to stand overnight. Add 1 cup boiling water to Jello. Dissolve and add to rest of ingredients. Allow to congeal.

GINGER ALE SALAD

Fabie Lasseter

1 pkg. (3 oz.) lemon or lime
Jello

1 small can crushed pineapple
(drained)

1 pkg. (8 oz.) cream cheese

1 small bottle ginger ale

1 c. hot water

1 c. broken pecans

Dissolve Jello and cream cheese in hot water. Cool. Add other ingredients. Place in refrigerator until congealed. Serve on lettuce leaf. Serves 8.

CREAMY CRANBERRY SALAD

Hazel Zaun

3 pkg. raspberry Jello
(3 oz.)
1 pt. sour cream

3 c. boiling water
1 large can whole berry cran-
berry sauce

Mix Jello and water together in a large bowl. Let it partially set, to consistency of egg whites.

Whip in 1 pint sour cream. Add 1 large can whole berry cranberry sauce. Pour into 1 1/2 quart mold. Chill till firm. Serve on lettuce. No dressing needed.

EASY ASPIC

Margaret Banke

Pour 1 cup boiling V-8 cocktail over 1 package lemon Jello. Dissolve thoroughly. Add 1 cup cold V-8. Use "scant" measurements to insure firm mold.

Serve on shredded lettuce with dressing of mayonnaise and lemon juice mixture.

Note: Belle Lawrence mixes this with 2 cups of shredded cabbage.

MARY'S PASTA SALAD

Dinah Bingham

1 box Prestigo twists (cook
10 - 12 minutes & drain)

Add:

8 oz. bottle Kraft's Italian dressing - marinate till cool

Add:

1/2 c. diced green pepper
1/2 c. diced red pepper
1/2 c. diced cucumber
1/2 c. cauliflower

1/2 c. broccoli (flowerets)
1/4 c. chopped onion
1/4 to 1/2 c. sliced black olives
salad seasonings — sprinkle
generously when mixing

Add:

1/2 to 1 c. diced tomatoes & sprinkle with salad seasoning (use either Kroger or McCormick's)

Add:

chopped ham or chicken or shrimp

MACARONI SALAD

(Serves 12 - 16)

Anne Kirschner

- | | |
|--------------------------------|---|
| 1 (16 oz.) pkg. elbow macaroni | 5 stalks chopped celery |
| 1 family size can tuna | 1 Tbsp. lemon juice |
| 1 medium chopped onion | 1 1/2 c. sweet pickle relish |
| 1 green pepper, chopped | mayonnaise and salt and pepper to taste |

Cook macaroni according to directions. Add onion, pepper, celery, lemon juice and pickle relish. Mix well. Add tuna and mix well. Add salt and pepper, then mayonnaise to taste. Chill.

Note: Mix in large bowl. Rinse cooked macaroni and drain well.

FRENCH ONION SOUP

Allison Healan Lawrence

- | | |
|--------------------------------|--------------------------------|
| 3 large onions, sliced | 2 c. water |
| 1/4 c. margarine | 1 tsp. Worcestershire sauce |
| 1 Tbsp. all purpose flour | 6 slices French bread, toasted |
| 2 (10 1/2 oz.) cans beef broth | 3 c. mozzarella cheese, grated |

Cook onions in margarine until tender or slightly brown. Sprinkle in flour and stir in 1 can broth. Heat to boiling, stir in remaining broth, water and Worcestershire sauce. Reduce heat. Simmer uncovered 5 minutes. Put 1 slice toast in each heatproof soup bowl (6). Pour soup over toast and sprinkle with cheese. Broil until cheese melts and slightly browns.

PISTACHIO SALAD

Kathy Vandiver

- | | |
|----------------------------------|------------------------|
| 1 large box pistachio pudding | 1 c. mini marshmallows |
| 1 large Cool Whip | 1/2 c. chopped nuts |
| 1 can crushed pineapple, drained | |

Mix all ingredients, chill, then serve.

CINNAMON CANDY SALAD

Lorene Brown

- | | |
|--|--------------------------------|
| 1 (3 oz.) pkg. cherry-flavored gelatin | 1/2 c. boiling water |
| 1 c. hot water | 1 c. chopped pared apples |
| 1/4 c. red cinnamon candies | 1 c. chopped celery |
| | 1/2 c. chopped English walnuts |

Dissolve gelatin in 1 cup hot water. Add cinnamon candies to 1/2 cup boiling water; stir to dissolve. Add enough water to make 1 cup liquid. Add to dissolved gelatin. Cool until partially set.

cut into squares. Serves 6 to 8.

CRANBERRY SALAD

Ruth Gettys

1 small box lemon Jello
4 c. water

1 small box raspberry Jello

Prepare as you would normally prepare Jello. Let nearly gel.

Grind all together:

1 lb. cranberries*

3/4 c. nuts

1 orange and rind*

* Can be done in food processor.

1 1/2 c. crushed pineapple

1 1/2 c. sugar

Combine ground ingredients, pineapple and sugar. Add to partially jellied Jello. Refrigerate.

CRANBERRY SALAD

Kayre Hines

1 can jellied whole cranberry
sauce

1/2 c. celery

1 c. chopped pecans

1 whole orange cut up, include
grated rind

1 pkg. lemon Jello

1 small can crushed pineapple

1 c. sugar

Pour sugar over cranberries and orange; allow to stand overnight. Add 1 cup boiling water to Jello. Dissolve and add to rest of ingredients. Allow to congeal.

GINGER ALE SALAD

Fabie Lasseter

1 pkg. (3 oz.) lemon or lime
Jello

1 small can crushed pineapple
(drained)

1 pkg. (8 oz.) cream cheese

1 small bottle ginger ale

1 c. hot water

1 c. broken pecans

Dissolve Jello and cream cheese in hot water. Cool. Add other ingredients. Place in refrigerator until congealed. Serve on lettuce leaf. Serves 8.

1/8 tsp. pepper

Combine all in pan. Heat slowly, stirring constantly, until hot. Makes 1 1/4 cups.

FRENCH DRESSING

Pegge Murphy

1 c. Wesson oil	1 tsp. salt
1/4 c. vinegar	1/2 tsp. paprika
1/2 c. sugar	1 onion, grated
2/3 c. catsup	juice of 1 lemon

Place all ingredients in mixing bowl except oil, add oil last while beating.

Can be mixed in the blender.

BAR-B-Q SAUCE

Ginger Westlund

2 Tbsp. butter	1/2 c. chopped celery
1 onion, minced	1/2 tsp. dry mustard
2 Tbsp. vinegar	2 Tbsp. brown sugar
3 Tbsp. lemon juice	1/2 tsp. chili powder
1 c. catsup	dash parsley
1 c. water	dash cayenne pepper
1 Tbsp. Worcestershire sauce	

Brown onion in butter, add other ingredients. Pour over meat.

I cook a 3 or 4 pound chuck roast in water until it falls apart. Tear into pieces. Pour sauce over meat and heat.

MUSTARD SAUCE

Ethel Huie

(For fish, broiled, baked, or fried)

1/4 c. butter, margarine or salad oil	2 tsp. salt
dash pepper	2 egg yolks
2 Tbsp. prepared mustard	1 1/2 c. milk
2 Tbsp. flour	1 to 2 Tbsp. lemon juice

Melt butter in double boiler. Stir in pepper, mustard, flour and salt, then combined beaten yolks and milk.

Cook, stirring until smooth and thickened - about 5 minutes. Remove at once. Add lemon juice just before serving.

Makes 1 1/2 cups sauce.

CONGEALED CHICKEN MOLD

Roumania Lasseter

- | | |
|--------------------------------|-----------------------------|
| 2 envelopes unflavored gelatin | 1 tsp. instant minced onion |
| 1 c. cold water | 1 c. salad dressing |
| 1 can cream of celery soup | 2 Tbsp. diced pimento |
| 1/2 tsp. salt | 1 c. diced celery |
| 2 Tbsp. lemon juice | 2 c. diced cooked chicken |

Sprinkle gelatin over water in a 2 1/2 quart saucepan to soften. Place over moderate heat for 3 minutes. Remove from heat. Stir in soup, salt, lemon juice, onion and salad dressing. Beat until smooth. Chill until mixture drops. Add pimento, celery and chicken. Turn into a 6-cup loaf pan.

FROZEN FRUIT SALAD

Fabie Lasseter

Cream:

- | | |
|--------------------|-------------------------|
| 8 oz. cream cheese | 3/4 c. granulated sugar |
|--------------------|-------------------------|

Add to mixture:

- | | |
|---|------------------------|
| 1 large can crushed pineapple (drained) | 1 c. chopped nuts |
| 1 large pkg. (16 oz.) strawberries or 2 small pkg. - drain off part of liquid | 1 large size Cool Whip |

Hastily fold in 2 sliced ripe bananas rolled in lemon juice (will not turn dark). Put into large 13 x 9 Pyrex dish and freeze. Cover lightly with aluminum foil. Serves 10.

BLUE CHEESE SALAD DRESSING

Mrs. J. Clyde Rushin

- | | |
|-------------------------|----------------------------------|
| 1 qt. mayonnaise | 1 1/2 c. buttermilk |
| 2 tsp. dehydrated onion | 1/2 tsp. pepper |
| 1 Tbsp. parsley flakes | 1/2 tsp. garlic powder |
| 1 1/2 tsp. salt | small pkg. blue cheese, crumbled |

Beat mayonnaise lightly until very smooth. Add all other ingredients and mix well. This dressing will keep for 3 months and makes a very good raw vegetable dip.

MANDARIN FANTASY

Rose Marie Mazur

- | | |
|----------------------|--------------------------------------|
| 2 boxes orange jello | 1 can crushed pineapple |
| 2 c. boiling water | 1 large can mandarin orange sections |
| 2 c. cold water | |

Drain pineapple, reserving juice. Put pineapple and orange sections in jello and chill until firm.

Topping:

1/2 c. chopped dates	1/2 c. marshmallows
1/2 c. nuts	1/2 c. pineapple juice

Mix together and cook over low heat until thickened. Cool and fold in 1 cup of whipped cream. Spread on chilled jello. Rechill before serving.

ORANGE - PINEAPPLE SALAD

Emogene Griffeth

1 large pkg. orange Jello*	1 medium can crushed pineapple
1 c. boiling water	1 c. grated carrots
1 1/2 c. cold water	

Dissolve Jello in hot water. Add cold water, pineapple and grated carrots. Congeal.

* Lemon Jello can be substituted for orange Jello.

PEAR SALAD

Emily Haynie

1 pkg. lemon Jello	2 pkg. cream cheese
1 can pears	1 pkg. Dream Whip

Drain the juice from pears. Add enough water to make 1 cup and bring to boil. Dissolve Jello in liquid. Add cream cheese while liquid is hot. Let cool until almost set. Prepare 1 package Dream Whip and add to Jello mixture. Mash pears fine and add. Let set until firm.

CONGEALED ASPARAGUS SALAD

Mrs. J. Clyde Rushin

1 c. sugar	1 c. chopped celery
1 c. water (liquid from drained asparagus plus water)	3/4 c. chopped pecans
1 Tbsp. lemon juice	2 oz. jar pimiento, chopped
1/2 c. white vinegar	10 1/2 oz. can asparagus tips, cut up
1/2 tsp. salt	1 small onion, grated
2 envelopes unflavored gelatin	

Soften gelatin in white vinegar. Bring to boil sugar, water, lemon juice and salt. Dissolve gelatin mixture in hot mixture. Add all other ingredients and spoon into individual salad molds.

BLUEBERRY SALAD

Lynne Jordan

2 pkg. blackberry Jello
1 can blueberries, drained
2 c. liquid, juices or water

1 tall can crushed pineapple,
drained

Heat liquid, add Jello. Cool and add other ingredients. Pour into large pan.

Topping:

8 oz. pkg. cream cheese
1/2 pt. sour cream

1/2 c. sugar
1 tsp. vanilla

Cream well and pour on top of congealed salad.

CONGEALED CRAB MEAT SALAD

Kayre Hines

2 envelopes plain gelatin
1 can tomato soup
1 tsp. lemon juice
2 tsp. onion juice
3 tsp. green pepper
6 oz. can Harris white crab
meat

1 c. cold water
1 large pkg. softened cream
cheese
2/3 c. mayonnaise
1/4 c. chopped olives
1 c. chopped celery

Dissolve gelatin in water. Heat soup and add gelatin. Slowly add soup to soften cheese. Stir until smooth. Add other ingredients. Chill. Serves 10.

FROZEN CHERRY SALAD

Janet Franks

1 (14 oz.) can sweetened condensed milk
1/2 c. lemon juice
1 can prepared pie cherries

1 (20 oz.) can crushed pineapple,
drained
1/2 c. chopped nuts
1 (9 oz.) carton frozen non-dairy
whipped topping (thawed)

In large bowl, combine sweetened condensed milk and lemon juice; stir in cherries, pineapple and nuts. Fold in whipped topping. Spread in 13 x 9 inch baking dish. Freeze until firm. Remove from freezer 10 minutes before cutting. Serve on lettuce leaves (if desired) return leftovers to freezer.

CHERRY SALAD SUPREME

Ethel Huie

- | | |
|-----------------------------------|---|
| 1 (3 oz.) pkg. raspberry Jello | 1 (3 oz.) pkg. softened cream cheese |
| 2 c. boiling water | |
| 1 (21 oz.) can cherry pie filling | 1/3 c. mayonnaise |
| 1 (3 oz.) pkg. lemon Jello | 1 (3 3/4 oz.) undrained crushed pineapple |
| 1/2 c. whipping cream | 1 c. miniature marshmallows |
| | 3 Tbsp. chopped pecans or walnuts |

Dissolve the raspberry Jello in 1 cup boiling water, then stir in pie filling. Pour this mixture into a 9 x 9 x 2 inch baking dish and chill until partially set. Dissolve the lemon Jello in the remaining boiling water. Beat together the whipping cream, cream cheese and mayonnaise. Gradually add the lemon Jello mixture with the pineapple and marshmallows. Spread over top of the cherry layer and sprinkle with chopped nuts. Chill until set.

This recipe serves 12. (Can be used as a dessert.)

RECEPTION SALAD

Betty Foster

- | | |
|--|-------------------------------|
| 1 (3 oz.) pkg. lemon gelatin | 1 small jar pimento (chopped) |
| 1 large crushed pineapple (drained) | 1/2 c. chopped nuts |
| 2 (3 oz.) cream cheese or cottage cheese | 1/2 c. chopped celery |
| | 1 c. whipped topping |

Dissolve gelatin in 1 cup water and pineapple juice to make 1 1/2 cups liquid. Cream together pineapple and cream cheese, add pimento and a pinch of salt. Stir into gelatin mixture, then add celery and nuts. When set, add whipped topping. Continue chilling, preferably overnight. Red or green coloring may be added for color.

PINEAPPLE CHEESE MOLDED SALAD

Lorene Brown

- | | |
|--------------------------------------|------------------------------------|
| 1 can (13 1/2 oz.) pineapple tidbits | 1 c. evaporated milk |
| 1 (3 oz.) pkg. lemon Jello | 1 c. shredded sharp cheese (4 oz.) |
| 1/2 c. chopped pecans | 1/3 c. chopped celery |

Drain pineapple, saving liquid. Measure pineapple liquid and add enough water to make 1 cup. Place in small saucepan and bring to boil. Place Jello in medium size mixing bowl. Pour boiling pineapple liquid over, stirring until dissolved. Cool, then stir in pineapple, cheese, pecans, and celery. Blend in evaporated

(Cont.)

milk. Pour into well-oiled 1-quart mold and chill until set, about 2 - 3 hours.

6 - 8 servings.

I sometimes use crushed pineapple.

RIBBON JELLO

Mildred Bays

1 pkg. (3 oz.) each of cherry,
lime, orange, lemon and
strawberry Jello

1 (12 oz.) carton sour cream

Procedure for each flavor:

- 1) Dissolve 1 package Jello in 1 cup boiling water.
- 2) Take out 1/3 cup Jello and put in a small bowl and add a scant 1/3 cup sour cream. Mix together well by stirring constantly.
- 3) To the other 2/3 cup of Jello, add 1/4 cup cold water.
- 4) Put the sour cream-Jello in 8 x 12 inch dish; let stand until hard in refrigerator (20 minutes minimum).
- 5) Add the clear Jello over the first layer; let set 20 minutes until firm.
- 6) Keep adding each flavor: cherry, lime, orange, lemon, strawberry until you have 10 layers.

Have fun and enjoy making and eating this!

CONGEALED PEACH/BUTTERMILK SALAD

Nell Cates

1 large pkg. peach Jello
3 Tbsp. sugar
1 small can crushed pineapple

2 c. buttermilk
1 (10 oz.) pkg. Cool Whip

Combine Jello, sugar and pineapple and heat over medium heat, stirring until melted. Cool slightly. Add milk and fold in Cool Whip. Refrigerate overnight.

DIET SALAD

Betty Foster

1 large box lime Jello
1 small can crushed pineapple (drained)

1 container cottage cheese

Mix Jello according to directions. When it starts to jell, pour over pineapple and cottage cheese. This salad can be put in Jello mold.

SIMMERY RED SALAD

Hazel Zaun

4 c. tomato juice
1/2 tsp. marjoram

1/2 tsp. powdered thyme
2 (3 oz.) pkg. lemon gelatin

1/2 c. sliced ripe olives
4 hard cooked eggs

6 oz. jar artichoke hearts

Combine tomato juice with thyme and marjoram. Heat just to boiling. In a large mixing bowl, combine hot tomato juice with gelatin, mixing well.

Stir in olives and artichoke hearts, drained and separated. (Save a few leaves to arrange between hard-cooked eggs.) Arrange hard-cooked eggs, cut in wedges, in 1 1/2 quart mold with the reserved artichoke leaves between them. Pour gelatin mixture into mold carefully. Chill until firm. Serves 10 to 12.

Preparation time: 20 minutes.

CLYDE'S FAVORITE PASTA SALAD

Nancy Maxwell

1 box mustaccioli or
rotini
1/2 tsp. garlic salt or
to taste
2 1/2 finely grated carrots
1 red onion, diced

6 slices bacon, fried crisp
and crumbed
1 large green pepper, diced
1 to 1 1/4 c. mayonnaise
reserved bacon drippings

Cook pasta until tender. Drain and mix with remaining ingredients. Make day before to combine flavors. Best served at room temperature.

CARROT, APPLE, RAISIN SALAD

Emogene Griffeth

2 apples, chopped
small box raisins

2 or 3 medium carrots, grated
crushed pineapple (optional)

Combine ingredients, mix with mayonnaise and a little lemon juice. Add small can crushed pineapple (drained), if desired. As an alternative, use 2 cups carrots and 1 cup drained crushed pineapple. Mix well and arrange on lettuce leaves.

FRUIT SALAD

Emogene Griffeth

1 apple, finely chopped
2 bananas, chopped
1/4 c. maraschino cherries
1 small can fruit cocktail,
drained

1/2 c. pecans (optional)
1 c. whipping cream
1 Tbsp. sugar
1/2 tsp. vanilla

Beat cream, add sugar and vanilla. Add other ingredients.

FRUIT SALAD

Nancy Phillips

- | | |
|---------------------------------------|--------------------------------|
| 1 small can mandarin orange
slices | 3 c. small marshmallows |
| 1 small can chunk pineapple | 1 envelope Dream Whip, whipped |
| 1 medium can fruit cocktail | 1 small jar red cherries |
| | chopped nuts (optional) |

Drain all juice; mix all fruit and add marshmallows. Fold in 3/4 of Dream Whip. Place in bowl; spread remainder of Dream Whip on top. Place cherries on top; sprinkle with nuts, if desired.

FRUIT LAYAWAY

Margaret Banke

This salad is excellent for making a day in advance of serving. It is sometimes called "24 Hour Salad".

- | | |
|---|--|
| pineapple tidbits or
crushed pineapple | small pkg. miniature marsh-
mallows |
| mandarin oranges | 1 carton sour cream |
| canned seedless grapes | optional: nuts, coconut, cherries |

Combine equal portions of well drained (very important) pineapple tidbits or crushed pineapple, mandarin oranges, canned seedless grapes and miniature marshmallows (colored ones for prettier appearance). Mix sour cream thoroughly with above ingredients and refrigerate. Nuts, coconut, or cherries optional.

HEAVENLY HASH

Joan Murphy

- | | |
|------------------------|-----------------------------|
| 1 can mandarin oranges | 1 small jar red cherries |
| 1 can chunk pineapple | 1 or 2 c. tiny marshmallows |
| 1 can coconut (flake) | 1/2 pt. sour cream |

Drain all fruit. Mix and stir together. Refrigerate for 24 hours.

HEAVENLY HASH

Emogene Griffeth

- | | |
|--|----------------------------------|
| small bag miniature marsh-
mallows (10 oz.) | small pkg. frozen grated coconut |
| large can crushed pineapple | 1 c. whipped cream |

Place marshmallows in bowl. Pour crushed pineapple over marshmallows. Soak overnight. Add coconut and whipped cream. Serve on Nabisco chocolate wafers. Top with cherry.

APPLE SALAD

Shirley Flynn

- | | |
|--|--------------------------|
| 4 large apples (unpeeled and
diced) | 1/3 c. all purpose flour |
| 1 can crushed pineapple
(undrained) | 1/2 stick margarine |
| 3/4 c. sugar | 1 (8 oz.) Cool Whip |
| | 1 c. chopped pecans |
| | 1 c. cherries (cut up) |

Sift flour, add sugar and pineapple and cook over low heat until thickened. Add margarine, let cool.

When cooled, add apples. Spread into mold. Put Cool Whip on top, then cherries and nuts. Let sit 24 hours before eating.

GRANDMA VANDIVER'S APPLE / RAISIN SALAD

Lynn Vandiver

- | | |
|----------------------------|--|
| 5 or 6 apples, diced | 1 c. chopped nuts |
| 1 1/2 c. mini marshmallows | 1 bottle maraschino cherries,
cut in half and drained |
| 1 1/2 c. golden raisins | |
| 1 (8 oz.) sour cream | |

Mix all ingredients. Chill and serve.

ORANGE - CARROT SALAD

Kathy Banke

(Serves 12 - 15)

- | | |
|---|--|
| 1 (6 oz.) pkg. orange-flavored
gelatin | 1 (15 1/2 oz.) can crushed pine-
apple, undrained |
| 2 c. boiling water | 1/2 c. chopped pecans |
| 1 1/2 c. cold water | lettuce |
| 2 large carrots, shredded | carrot curls |
| 1 (11 oz.) can mandarin
oranges, drained | pecan halves |

Dissolve gelatin in boiling water and stir in cold water. Chill until partially set. Fold carrots, oranges, pineapple, and chopped pecans into thickened gelatin. Spoon into an oiled 2-quart mold; chill until set. Unmold on lettuce, and garnish with carrot curls and pecan halves.

FRUIT COCKTAIL SALAD

Dot Mitchell

- | | |
|----------------------|--------------------|
| 1 can fruit cocktail | 1 small sour cream |
| 1 large Cool Whip | 1 small Jello |
| 1/2 c. or so of nuts | |

Drain fruit cocktail. Sprinkle Jello over fruit and mix slightly.
(Cont.)

Leave for 15 minutes. Add sour cream, Cool Whip and nuts and mix thoroughly. Refrigerate overnight.

COLESLAW

Ethel Huie

2 c. crisp shredded cabbage	3 Tbsp. vinegar
1/2 c. chopped parsley (optional)	2 Tbsp. salad oil
1/2 c. sliced green onions	1 tsp. salt
2 to 3 Tbsp. sugar	

Combine vegetables. Blend rest of ingredients, stirring to dissolve sugar, pour over vegetables. Toss. Serves 6.
(This dressing is good on tossed salad.)

PEACH PICKLE SALAD

Kayre Hines

1 large jar spiced peaches, sliced	1/2 c. chopped pecans
1 large can white Bing cherries	1 small lemon Jello

Dissolve Jello in 1 cup peach juice. Add 1/2 cup water. Mix with sliced peaches, cherries and nuts and congeal in mold.

CABBAGE SALAD

Julia McLeod

1 pkg. lime Jello	1 Tbsp. onion (grated)
1 1/2 c. hot water	2 Tbsp. vinegar
1/2 c. mayonnaise	1/4 c. chopped nuts
1 c. cabbage, grated fine	1/4 tsp. red pepper
1/2 c. cheese, grated fine	1 tsp. salt

Mix Jello with hot water; add mayonnaise. Let Jello slightly congeal, add rest of ingredients. Pour into Jello mold and let congeal.

CONGEALED SALAD

Emogene Griffeth

large pkg. lime or lemon Jello	1 c. boiling water
1 1/2 c. cold water	1 (#2) can crushed pineapple
1 c. grated sharp cheddar cheese	1/2 c. nuts
	1 c. whipped cream

Dissolve Jello in hot water. Add cold water, pineapple, cheese and nuts. Before it congeals too firmly, fold in whipped cream.

CHRISTMAS SALAD

Frances Smith Youngblood

(Made in 3 stages)

- | | |
|---------------------------------|-------------------------------|
| 1 pkg. lime Jello | 1 small can crushed pineapple |
| 6 quartered maraschino cherries | |

Make Jello according to package directions. When slightly congealed, add pineapple and cherries. Let stand for 12 hours.

- | | |
|-------------------------------|------------------------|
| juice of 1 lemon | 1/2 pt. whipping cream |
| 1 pkg. cream cheese, softened | |

Whip cream until stiff. Gradually add cream cheese and lemon juice. Spread on first layer and let stand for 12 hours.

- | | |
|------------------------|---------------------|
| 1 pkg. raspberry Jello | 1 c. chopped pecans |
|------------------------|---------------------|

Make Jello. When slightly congealed, add nuts. When firm enough not to run, pour on top of second layer. Let stand until firm.

CHERRY COLA SALAD

Emogene Griffeth
Lucile Floyd

- | | |
|----------------------------|-------------------------------|
| 1 pkg. black cherry Jello* | 1 small can crushed pineapple |
| 1 pkg. lemon Jello* | 2 small pkg. cream cheese, |
| 1 can dark red sweet Bing | broken* |
| cherries, drained | 16 oz. Coca-Cola |
| | 1 c. chopped nuts (optional)* |

Use juice from cherries and pineapple. Heat for dissolving Jello. Add Coca-Cola, and stir. Allow to congeal slightly. Add other ingredients.

* Emogene uses 2 packages red Jello (raspberry, cherry or strawberry) and 2 cups nuts.

Lucile omits the cheese.

SHRIMP MOLD

Lucile Floyd

- | | |
|-------------------------------|---------------------------------|
| 1 can tomato soup | 6 oz. cream cheese |
| 3/4 c. celery (chopped) | 1 can shrimp (small) |
| 1/2 - 3/4 c. onions (chopped) | 1 envelope gelatin (unflavored) |

Soften cream cheese. Heat tomato soup (undiluted), add cream cheese and blend together, add remaining ingredients and mix. Pour into mold and chill.

GARBANZO BEAN SALAD

June Shannon

- | | |
|---|--------------------------------|
| 2 can garbanzo (chick-peas)
beans, drained | 1 green pepper, finely chopped |
| 1 large onion, thinly sliced | 1/3 c. green olives, chopped |
| | 1/3 c. parsley, finely chopped |

Toss with — Mix:

- | | |
|----------------------|-----------------------------|
| 1/3 c. olive oil | 2 - 3 garlic cloves, minced |
| 2 Tbsp. wine vinegar | 1/4 tsp. salt |

Travels well and keeps for days, getting better all the time in the refrigerator. (Tampa recipe - 1954)

MEXICAN SALAD

Becky Earls

- | | |
|---|---|
| 1 small head lettuce, torn
in small pieces | 2 tomatoes, diced |
| 1 can red beans (drained &
rinsed) | 1 small onion, chopped |
| 1/2 lb. grated sharp cheese | 1 lb. ground beef, browned,
drained and cooled |
| 4 oz. Fritos broken into bite size pieces | 1 bottle Catalina salad dressing |

Toss in large salad bowl. Serve with more Fritos on the side.

"ANYTHING GOES"

Margaret Banke

In large mixing bowl, shred carrots, and cabbage (about 1/2 cup each).

Mix in 1 head finely chopped lettuce (at least 4 cups). Add 1 cup each of cubed ham, chicken, cheddar cheese (or cold roast, lunch meat, turkey). Add 1/2 cup green onions, sliced (tops too) or 1/2 cup thinly sliced onion rings.

Mix above ingredients and place containers of chopped boiled eggs, chopped tomatoes, croutons, and crumbled bacon to be added to individual preference along with the dressing. This salad requires a lot of preparation but it's worth it.

Note: This is a one-dish meal: may be served with assorted crackers, toasted corn bread — shortcake, and preferably Ranch-Buttermilk Dressing.

MAIN DISHES
MEAT · SEAFOOD
♡ POULTRY ♡



How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .

"Cut across the grain"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES—
MEAT, SEAFOOD AND POULTRY

EASY MEAT LOAF

Virginia Billington

1 lb. ground round steak	1 egg
3/4 c. bread crumbs	2/3 c. ketchup
1/2 tsp. Accent or MSG	1/4 c. warm water
1/2 pkg. onion soup mix	

Beat thoroughly. Put into loaf pan, pour over all a 4 ounce can tomato sauce. Bake 35 to 40 minutes at 350°. Serves 4.
(Recipe can be doubled easily.)

FAVORITE MEAT LOAF

Fabie Lasseter

1 lb. ground beef	1/2 lb. ground pork (optional)
1 c. crushed cracker crumbs	2 beaten eggs
1 c. tomato sauce	1/2 c. chopped onion
1/4 c. chopped green pepper	1 tsp. salt

Combine all ingredients; mix well. Shape into loaf in baking dish. Bake at 350° about 1 hour. Pour 1/2 cup boiling water around loaf. Baste as it bakes.

PINEAPPLE MEAT LOAF (VENISON OR CHUCK)

Nell Cates

2 lb. ground meat	1/3 c. chopped onions
1 (#303) pineapple chunks	1/4 c. chopped green pepper
1 c. uncooked oatmeal	2 eggs

Mix all ingredients together, using only half of the pineapple juice. Form loaf in greased pan. Walk with fingers through top of loaf and fill holes with balance of pineapple juice. Bake 1 hour in 350° oven, or 300° electric fry pan.

ZESTY MEAT LOAF

Betty Foster

1 1/2 lb. ground beef	2 Tbsp. minced onion
1 1/2 Tbsp. chopped green pepper	1 1/3 c. fine soft bread crumbs
1/2 tsp. salt	3 Tbsp. ketchup
1 egg, unbeaten	1/2 tsp. dried mustard
2 1/2 tsp. prepared horseradish	1/3 c. ketchup
1/2 c. milk	

(Cont.)

Mix together beef, onion, green pepper, bread crumbs, salt, egg, ketchup, horseradish, mustard and milk; blend well. Pack firmly into a 9 1/2 x 5 1/4 x 2 3/4 inch loaf pan. Spread 1/3 cup ketchup over top of loaf. Bake in oven at 350° for 1 1/2 hours. Serves 6.

MEAT LOAF

Emogene Griffeth

1 1/2 lb. ground beef	1 1/2 tsp. salt
1 c. fresh bread crumbs	1/4 tsp. pepper
1 medium onion, chopped	1 egg, beaten
1/2 can Hunt's tomato sauce	

Lightly mix all above ingredients together and form into loaf. Place in shallow baking dish and bake in moderate oven (350°) for 1 hour. Combine following ingredients for a tart sauce to cover above:

1/2 can Hunt's tomato sauce	1/2 c. water
3 Tbsp. vinegar	3 Tbsp. brown sugar
2 Tbsp. mustard	

MEAT LOAF (Ann Landers)

Nell Cates

2 lb. ground round steak	1 tsp. Accent
2 eggs, slightly beaten	1/2 c. warm water
1 1/2 c. bread crumbs	1 pkg. onion soup mix
3/4 c. ketchup	

Mix thoroughly. Put into loaf pan. Cover with 2 strips bacon. Pour over all the mixture an 8-ounce can of tomato sauce. Bake 1 hour at 350°. Serves 6.

MARVELOUS MEAT LOAF (Microwave)

Sylvia Dodson

1 1/2 lb. ground beef	2 Tbsp. milk or water
1 egg	1 tsp. Worcestershire sauce
1/2 c. dry bread crumbs	1/2 tsp. salt
1/3 c. ketchup	1/4 tsp. pepper
1/3 finely chopped onion	

Yield: 6 servings.

Combine all ingredients. In oblong baking dish, shape beef mixture into loaf (about 8 x 4 inches). Cover with wax paper.

To heat by temperature: Insert probe into center of loaf. Heat at Medium-High, 150° F.

To heat by time: Heat at Medium-High 22 to 25 minutes.

To complete: Drain liquid occasionally. If necessary, shield ends of loaf with aluminum foil halfway through heating. Let stand, covered, 5 minutes before serving.

Hint: While meat loaf is standing, heat 1 cup gravy or seasoned tomato sauce and pour over meat loaf.

TANGY MEATLOAF

Betty Foster

1 1/2 lb. ground beef	1 egg
1/2 lb. hot sausage	2 tsp. salt-seasoned
1/2 c. catsup	1/4 tsp. black pepper
2 Tbsp. finely chopped green pepper	2 Tbsp. brown sugar
1 1/2 tsp. onion powder	1/2 tsp. dry mustard
1 1/2 c. fine bread crumbs	4 tsp. Worcestershire sauce
	1/4 tsp. garlic powder

In large bowl, combine catsup, brown sugar and mustard. Reserve 4 tablespoons for topping. Mix all other ingredients together and bake at 350° for 1 hour. Put topping on about 10 or 15 minutes before it gets done.

EASY MEAT LOAF

Ethel Huie

1 1/2 lb. lean ground beef	3 to 4 Tbsp. Heinz 57 Sauce
1 egg, slightly beaten	1 tsp. salt
1 c. soft bread crumbs	dash pepper
1/2 c. milk	2 slices bread

Combine ingredients thoroughly. Shape into a loaf. Place on top of 2 slices of bread in a shallow baking pan. Bake in 350° F. oven for 1 hour. Let meat loaf stand 5 minutes before slicing. Makes 6 servings. (Before cooking, cover with Piquante Sauce.)

Combine 3 tablespoons brown sugar, 1/4 cup catsup, and 1 tablespoon dry mustard.

BEEF AND CHEESE CRESCENT PIE

Debbie Griffeth

<i>Good & easy</i>	
1 1/4 lb. ground beef (1 lb)	1/2 tsp. salt (not used)
4 tsp. minced onion (2 tsp)	1 can crescent rolls
1/4 c. green pepper (not used)	1 egg, beaten (egg sub - 1/4 c)
8 oz. tomato sauce (2 oz Tomato paste)	2 c. grated cheese (cheddar or mozzarella)
8 oz. vegetable (corn or green beans), drained	
1/4 tsp. garlic salt	

Brown beef, onion and pepper. Drain. Stir in sauce, beans, and
(Cont.)

salts. Simmer. Separate rolls and press in pie pan. Combine the egg and 1 cup cheese. Pour over bottom crust. Add meat mixture and top with remaining cheese. Bake 20 - 25 minutes at 375°.

HAMBURGER TURNOVERS

Lynn Vandiver

1 lb. ground beef	3/4 c. water
1 tsp. salt	1 (8 oz.) can mixed vegetables, drained
1/2 tsp. thyme leaves	2 (8 oz.) pkg. refrigerated butter- milk biscuits
1/4 tsp. cracked black pepper	1 egg, slightly beaten
4 1/2 tsp. all-purpose flour	
1 beef-flavor bouillon cube or envelope	

About 1 hour before serving: In 10 inch skillet over medium-high heat, cook ground beef, salt, thyme and pepper until meat is browned, stirring occasionally. Stir in flour until blended; gradually stir in bouillon and water; heat to boiling. Remove from heat; stir in vegetables; mix well; set aside to cool.

Preheat oven to 350°. Lightly grease 2 cookie sheets. On lightly floured surface with lightly floured rolling pin, roll two biscuits, each into a 5-inch circle. Place 1/3 cup meat mixture on center of one circle, top with other circle; seal edges with fork dipped into flour. Repeat, making 10 turnovers in all. Place turnovers on cookie sheets; brush with egg. Bake 15 minutes or until lightly browned. With pancake turner, remove immediately from cookie sheets; serve warm. Or, refrigerate turnovers to serve cold later.

Makes 5 main-dish servings.

BEEF YUM-YUM

Fabie Lasseter

1 lb. ground beef	butter or margarine
1 c. onion, chopped	1 can mushroom soup
1 c. celery, chopped	1/2 soup can water
1/2 green pepper, chopped	1 (3 oz.) can chow mein noodles
salt and pepper	

Brown meat to a crisp brown in butter or margarine while the onions, celery and pepper are frying in more butter or oil until pale gold. Season lightly. Mix together in casserole, rinse out both pans with a little water to get all the juices. Pour over and add the soup diluted with the rest of the water. Cover and bake in a moderate oven (375 - 400°) for 45 minutes. Remove, spread noodles on top and allow to heat through.

Note: If you leave in the oven too long, the noodles will absorb the grease and not be very good.

GROUND BEEF CASSEROLE

Dorothy O. Warden

1 lb. hamburger	1 medium onion
2 Tbsp. fat	1 can cream tomato soup
1 can cream mushroom soup	1 can English peas
1 c. cooked rice	salt and pepper

Brown meat and onions. Drain fat. Add other ingredients. Bake 20 to 25 minutes at 350°.

HAMBURGER CASSEROLE

Jean Ray

1 lb. hamburger	2 onions
1 small pkg. noodles	2 cans mushroom or celery soup

Cook noodles in boiling salt water and blanch. Fry hamburger with chopped onion until hamburger is light brown. Combine hamburger, noodles and soup to which a little water has been added (about 1/2 can). Do not dilute soup. Stir all together and season. Bake covered 1/2 hour. Remove cover and bake 1/2 hour or until brown. Oven temperature 350°.

May be prepared in morning and baked for evening meal.

QUICK SUPPER

Virginia Billington

1/2 lb. ground beef	1 can minestrone soup
1 1/2 cans water	1 c. noodles

Brown ground beef in skillet. Drain, add minestrone soup plus water. Heat to simmer and drop in noodles. Salt to your taste and cook until noodles are tender.

RISOTTO

Nancy Maxwell

1 clove garlic, crushed	1/2 c. raw regular rice
1 lb. lean ground beef	1 (#1 1/2) can tomatoes, crushed
1/2 c. chopped onion	1 1/2 tsp. curry powder
1/2 c. chopped celery	Parmesan cheese
salt and pepper to taste	

Saute garlic, rice and beef until meat loses its pink color. Combine mixture and remaining ingredients, blending well. Bake in deep casserole 1 1/2 hours at 350°. Serve with Parmesan cheese sprinkled on top. Serves 6.

MOUSSAKA

Barbara Conine

1 large eggplant, salt as needed

4 to 5 Tbsp. cooking oil

Meat Filling:

1 Tbsp. margarine
1 large onion, diced
1 clove garlic, minced
1 lb. lean ground beef
1/3 c. tomato sauce
1 tsp. sugar
1 Tbsp. wine vinegar

3 Tbsp. red wine
1 bay leaf
1 Tbsp. chopped parsley
1/4 tsp. cinnamon
1/4 tsp. salt
1/8 tsp. pepper

Bechamel Sauce:

1/4 c. margarine
3 Tbsp. flour
1 c. milk
1 c. cream (I use milk)
1 tsp. salt

1/8 tsp. white pepper
dash of nutmeg
2 eggs, well beaten
grated Romano cheese for topping

Slice peeled eggplant into 1/4 inch thick rounds. Salt each round lightly and stack in colander. Let stand 3 hours to extract liquid. Rinse in cold water and dry with paper towels. Brown in oil on both sides. Drain on paper towels.

For Filling: Saute onion and garlic in a large skillet until golden. Add meat and brown, breaking up with a fork. Pour off excess fat. Stir in liquids and seasonings. Simmer over low heat until liquid is absorbed.

Make Bechamel Sauce: Melt margarine, stir in flour, and add milk and cream, a little at a time, stirring constantly. Cook and stir over medium heat until thickened and smooth. (I use double boiler.) Mix in seasonings. Add sauce to eggs, beating well. Cook over low heat until thick. Be sure to stir. Do not BOIL. Cool.

To assemble: Arrange half of eggplant over bottom of a 9 x 12 inch baking dish. Spread meat filling over eggplant. Cover with remaining eggplant. Pour Bechamel Sauce evenly over top and sprinkle with Romano cheese.

Bake in preheated oven at 325° for 45 minutes or until golden. Cool slightly before serving.

Makes 8 to 10 servings.

COMPANY BEEF CASSEROLE

Betty Foster

3 - 3 1/2 lb. beef, cut in cubes
(sirloin tip or shoulder)
1 can onion soup (undiluted)

1 can mushroom soup (undiluted)
1 medium can sliced mushrooms
1 c. port or burgundy wine

1 tsp. salt

1 tsp. pepper

Mix the cubes of beef, unbrowned, with remaining ingredients. Place in a large casserole, cover and bake 3 hours in 325° oven. Just before serving, thicken with 2 tablespoons flour or corn-starch mixed with 2 tablespoons water. Serve over rice or noodles. Makes 8 to 10 servings.

QUICK BARBECUE

Margaret B. McCall

(4 servings)

1 can corn beef

1/2 bottle ketchup

1 small onion, chopped

1/2 c. water

1 small green pepper, chopped

Brown onion and pepper in 1 tablespoon oil or shortening. Add ketchup, water and crumbled meat. Cook on very low heat until thick enough to serve on buns -- about 30 minutes.

BEEF-N-BEANS CASSEROLE

Dot Dunn

1 chopped onion

2 tsp. sugar

1 lb. ground beef

2 tsp. vinegar

1 tsp. salt

1 (1 lb.) can pork and beans

1 c. tomato catsup

1 (1 lb.) can chili beans

2 tsp. mustard

1 (1 lb.) can kidney beans

Saute the onions until tender, then add the ground beef and brown. When the onions and beef are done, add the remaining ingredients. Pour into a bean pot or a casserole. Bake at approximately 400° for 20 to 30 minutes.

SWISS STEAK

June Shannon

1/4 c. flour

2 large onions, sliced

2 tsp. salt

1/3 c. shortening or oil

2 tsp. paprika

1/2 c. uncooked rice

1/2 tsp. pepper

2 c. canned tomatoes

1 lb. round steak, cut in pieces

2 c. hot water

1 clove garlic, cut in half

Rub steak with garlic and roll in seasoned flour (flour, salt, paprika and pepper). Brown onions slightly. Sear meat on both sides and put in greased casserole. Place onions, rice and tomatoes on top of meat. Add remainder of flour mixture to skillet and blend until smooth. Add hot water gradually and cook until smooth.
(Cont.)

Strain over meat in casserole. Cook covered in 350° oven for 1 1/2 hours. Serves 6.

(This is a mess to put together, but so good. I have been making it for 50 years and it's still my family's favorite.)

OVEN SWISS STEAK

Corine Bridges

1 1/2 lb. round beef steak, 3/4 in. thick	1/2 c. chopped carrot
1/4 c. all purpose flour	2 Tbsp. chopped onion
1 tsp. salt	1/2 tsp. Worcestershire sauce
1 (16 oz.) stewed tomatoes	1/4 c. shredded sharp process American cheese
1/2 c. chopped celery	

Cut meat into 4 portions. Mix flour and salt. Coat meat and brown meat in hot shortening. Place meat in shallow baking dish. Add all remaining ingredients except cheese. Stir constantly until mixture boils. Pour over meat.

Cover and bake 350°, 2 hours or until tender. Top with cheese and return to oven for a few minutes. (4 servings)

CORNISH PASTY (PASS-TEE)

Frances S. Goldwire

Dough:

1 c. shortening	1 1/2 tsp. salt
3 c. flour	approximately 1/3 c. water

Filling:

1 1/2 lb. beef or	4 medium onions
1 lb. beef & 1/2 lb. pork	2 tsp. salt
6 medium potatoes	1 tsp. black pepper

Blend shortening, flour and salt, add water to make a dough. Divide into four equal portions. Roll each portion into approximately 9 inch disc. Stack with wax paper between each and refrigerate while making filling.

Chop meat and potatoes into 1/4 inch cubes, chop onion and mix with salt and pepper.

On each 9 inch disc of dough, place 1/4 of the meat and potato filling, covering half the disc. Moisten the edge with water and fold over crimping edge with fork. Place on cookie sheet and bake in 375° oven for 30 minutes, reduce heat to 300° and bake for 45 minutes more. Makes 4. Recipe may be doubled - suggest separate batches of dough for more than 8 pasties. These freeze well after baking.

STEAK PATTIES WITH SAUCE

Margaret B. McCall

10 (4 oz.) steak patties

Brown meat and place in deep pan and pour sauce over each pattie. Cover and bake 250° about 1 hour.

Sauce:

1 can tomato sauce (16 oz.)	1/2 c. chopped onion
1 can water	1/2 c. chopped celery
1/4 c. Worcestershire sauce	1/4 tsp. salt
1/4 c. bell pepper	1/4 tsp. pepper

Cook until vegetables are tender and pour over meat. If thick sauce is desired, add 1/4 cup water to 1 tablespoon flour, mix until smooth and add to sauce before pouring over meat.

CORNED BEEF CASSEROLE

Kathy Lawrence

1 can corned beef	1 (10 1/2 oz.) can cream of
1 (8 oz.) pkg. noodles (medium)	chicken soup
1 (10 1/2 oz.) can cream of	1 c. milk
mushroom soup	1/4 lb. cheese, cubed

Cook noodles and drain. Mix all ingredients and put in large baking dish. Cover with buttered bread crumbs. Bake at 350° for 45 minutes. May be put in 2 or 3 smaller pans. Freezes well.

Serve with salad and light dessert.

CORN, BEAN, AND BEEF CASSEROLE

Kathy Lawrence

1 lb. ground beef	1 tsp. garlic salt
2 to 3 celery stalks, sliced	dash pepper
1 medium onion, chopped	1 1/2 Tbsp. Worcestershire sauce
1 (10 oz.) can tomato soup	1 tsp. chili powder
1 lb. can cream style corn	1 pkg. (3 3/4 oz.) corn chips
1 (15 1/2 oz.) can kidney beans, drained	(optional)

Heat oven to 375°. Brown ground beef in large heavy skillet or 2 quart casserole dish. Add celery and onions. Cook and stir 3 minutes. Reduce heat; stir in soup, corn, beans and seasonings. If using skillet, pour into 2-quart casserole dish. Bake uncovered 20 minutes. Top with corn chips if desired. Bake 10 to 15 minutes or until chips are slightly toasted.

Serves 4 to 6.

BEEF GOULASH

Eliot Lawrence

Heat 3 silver dollar sized circles of peanut oil in a heavy deep 12 inch frypan until it begins to smoke. Add 1 to 2 pounds of stew meat, sliced roast, round steak or shoulder (1 slice rump roast into 1/2 inch strips) and brown the meat. Add 1 to 2 medium white or Bermuda onions and cook soft. Sprinkle with 1/2 teaspoon salt, dash of fresh pepper, dash of garlic salt (garlic liquid or a smashed toe of garlic), sprinkle of Hungarian paprika and 1/4 teaspoon sugar. Blend thoroughly.

Pour in either 2 cups hot water or 1 cup water and 1 cup cooking beer, cover and simmer gently for 1 1/2 hours, stirring, sniffing and occasionally tasting.

About 5 minutes before end of the simmer time, add 1 tablespoon flour to cold water and stir into the pan, stirring slowly until bubbling and thickened. When you are ready to remove from heat, add 1/2 cup of sour cream or whipping cream and stir again until the liquid is a lighter brown color.

The beef will be a tasty, tender morsel; quality of the meat going in determining the outcome - also a good quality of paprika, heavy cream, and of garlic added will heavily influence the taste.

SMOKED BEEF BRISKET

Nancy Maxwell

1 c. sugar	1/2 c. paprika
1/4 c. black pepper	2 Tbsp. Accent
2 1/2 Tbsp. garlic powder	4 - 4 1/2 lb. beef brisket
1/3 c. salt	

Mix together sugar, pepper, garlic powder, salt, paprika, and Accent. Rub dry sauce generously all over brisket. Smoke in hooded charcoal grill for 2 1/2 hours. Rub with sauce again. Wrap brisket in foil and bake in oven for 2 1/2 hours at 250°. The beef may be smoked the day before and oven cooked later.

Serves 8.

BEEF STEW AND BUTTER CRUST DUMPLINGS

Mildred Bays

Make your favorite beef stew recipe and pour into a 10 x 13 baking pan. Top with Butter Crust Dumplings and bake uncovered at 425° for 20 to 25 minutes.

Butter Crust Dumplings:

2 c. and 2 Tbsp. flour	1/2 tsp. salt
4 tsp. baking powder	1/2 tsp. poultry seasoning
1 tsp. celery seed	1 tsp. onion

Combine and add:

1/4 c. salad oil

1 c. milk

Stir until moistened. Drop rounded tablespoons of dough into mixture of 1/4 cup melted butter and 1 cup fine bread crumbs. Put dumplings on top of beef stew and bake as directed. Serve with a sauce made of 1 can of chicken soup mixed with 1 cup sour cream heated together. Add water if you prefer a thinner sauce.

CABBAGE CASSEROLE

Diane Banke

1 small head cabbage, washed
and chopped in pieces

1/3 c. rice, uncooked

1 c. water

1 lb. ground beef

1 small onion, minced

1 can tomato soup, undiluted

salt and pepper to taste

Place cabbage pieces in bottom of large baking dish. Brown beef with onions, drain. Add rice and mix. Season to taste. Pour meat mixture on top of cabbage. Cover with tomato soup and water. Bake in preheated oven (350°) for 1 hour.

Serves 4 to 6.

MY FAVORITE SPAGHETTI SAUCE

Sylvia Dodson

2 lb. ground beef

1 small bell pepper, chopped

1 small onion, finely chopped

1 can tomatoes (29 oz.)

1 can tomato paste (15 oz.)

1 can tomato sauce (15 oz.)

1 bottle Heinz chili sauce (take
the empty bottle and fill it with
water, add to the mixture)

dash Worcestershire sauce

add the following spices to taste:

garlic

salt

pepper

oregano

parsley

basil

thyme

bay leaves

In a large pot, brown the ground beef, onion, and bell pepper. Add the remaining ingredients and stir to combine. Simmer for four hours, stirring occasionally to blend the tomatoes.

Serve with spaghetti noodles, tossed green salad, and French bread for a delicious meal!

SPAGHETTI SAUCE

Virginia Billington

3/4 to 1 lb. ground beef

1 green pepper

1 can tomato soup

1 medium onion

1 can tomato sauce

1 soup can of water

(Cont.)

Brown meat, onion and green pepper. Drain if you like. Then add soup, sauce, water, a dash of salt and pepper if you didn't salt the meat. Cook 20 to 30 minutes on low heat after boiling. May add more water if needed.

ALL DAY SPAGHETTI

Beth Allen

2 lb. ground beef	1 clove garlic (cook in tea ball)
4 or 5 chopped green peppers	2 (#3) cans tomatoes
1 Tbsp. olive oil	1 can sliced mushrooms
1 can tomato paste	salt to taste
1 bay leaf (remove before serving)	

1. Brown hamburger and peppers together.
2. Combine remaining ingredients to make tomato mixture.
3. Add hamburger and peppers to tomato.
4. Cook 5 to 6 hours.
5. Remove garlic and bay leaf.
6. Serve.

Serves 5 to 6.

BEEF PORCUPINES

Mary Jo Foster

1 pkg. Beef Rice-A-Roni	1 egg
1 lb. ground beef	2 1/2 c. hot water

Combine Beef Rice-A-Roni with ground beef and egg, beaten. Shape into small meatballs (approximately 20). Brown on all sides in skillet. Combine contents of beef seasoning packets with hot water. Pour over meat. Cover and simmer 30 minutes. Thicken gravy, if desired. Serves 6.

(Larry and kids love this one!)

MAZZOTTI

Easy # Family liked it

Emily Haynie

Brown: 1 1/2 pounds ground beef.

Saute:

1 c. chopped onions (minced onion)	1 c. chopped bell pepper
1 c. chopped celery	

Mix together and season with garlic and ~~oregano~~ ^{Italian Seasoning} to taste.

Add: ~~Beef w/veg & barley~~

1 can mushroom soup	1 can tomato paste, undiluted
1 can tomato soup, undiluted	

Cook 1 (16 ounce) package of egg noodles 5 minutes. Spray

13 x 9 inch pan with Pam and alternate layers of sauce and noodles, starting and ending with sauce. Top with 1 pound of grated sharp cheese.

This can be prepared and frozen (leave cheese off until ready to heat).

Cook at 350° for 30 minutes or until bubbly - put foil on top.

Serve with toasted garlic bread and tossed salad and you have a delicious meal. Serves 6 generously.

CASSEROLE ITALIANO

Nancy Phillips

1 lb. ground beef	1/3 c. chopped onion
1 medium clove garlic, minced	1/2 to 1 tsp. oregano
1/2 tsp. salt	1/3 c. water
1 can tomato soup	2 c. cooked wide noodles
1 c. (4 oz.) shredded process cheese	

Brown beef with onion, garlic and seasonings. Stir to separate meat. Combine in 1 1/2 quart casserole with soup, water and noodles. Place cheese around edge. Bake at 350° for 30 minutes.

ONE POT MACARONI AND BEEF

Joan Murphy

1 1/2 lb. ground beef	1 medium onion, chopped
1 green pepper, chopped	1 1/2 c. uncooked elbow macaroni
2 cans (8 oz. ea.) tomato sauce	(about 8 oz.)
1 1/2 c. water	1 tsp. salt
1/4 tsp. pepper	1 Tbsp. Worcestershire sauce

Brown beef with onion and green pepper over medium heat in large skillet. Pour off excess fat. Add uncooked macaroni and remaining ingredients. Stir well. Cover and simmer 25 minutes or until macaroni is tender. Stir occasionally, adding more water if necessary. Serve immediately.

Makes 4 to 6 servings.

BEEF 'N POTATO CASSEROLE

Kathy Banke

4 c. (1/2 of 30 oz. bag) frozen potato rounds	1 medium tomato, chopped (optional)
1 lb. ground beef	1 can condensed cream of celery soup
1 pkg. (10 oz.) frozen chopped broccoli, thawed	1/3 c. milk
1 can French fried onion	1 c. shredded cheddar cheese
	1/4 tsp. garlic powder
	1/8 tsp. black pepper

(Cont.)

Place potatoes on bottom and up sides of 8 x 12 inch casserole. Bake, uncovered, at 400° for 10 minutes. Brown beef in large chunks; drain. Place beef, broccoli, 1/2 can French fried onions and tomatoes in potato shell.

Combine soup, milk, 1/2 cup cheese and seasonings; pour over beef mixture. Bake covered at 400° for 20 minutes. Top with remaining cheese and onions; bake uncovered 2 to 3 minutes longer.

Serves 6.

CREOLE STEAK

Beth Allen

2 cans tomatoes	1 clove garlic
1 large onion	2 stalks celery
dash Worcestershire sauce	salt and pepper to taste
1 or 1 1/2 lb. round steak	

1. Brown servings of round steak (floured)
 2. Add to tomato mixture
 3. Cook 2 1/2 hours
 4. Serve over rice.
- Serves 3 to 4.

NOODLE AND MEAT CASSEROLE

Mrs. J. Clyde Rushin

1 1/2 lb. ground steak	1 large onion, chopped finely
2 garlic buds, chopped finely	1 small can tomato paste
1 can mushroom soup	1 small can sliced mushrooms
10 oz. pkg. sharp cheese, grated	1 small pkg. noodles
	salt and pepper to taste

Cook ground steak slowly for 30 minutes with onion and garlic. Add tomato paste, mushroom soup (undiluted), mushrooms, salt and pepper, and about 3/4 of the cheese. Heat through. Have noodles cooked, and fold into sauce mixture. Put into baking dish, top with remaining cheese and bake 30 to 40 minutes in 350° oven, until bubbly.

MEXICAN CASSEROLE

Jean Ray

1 lb. ground beef*	10 tortillas torn in pieces (flour kind)
1/2 c. chopped onion	
2 (8 oz.) cans tomato sauce	8 oz. shredded cheese
2 tsp. picante sauce (more or less to taste)	1 (8 oz.) chili beans with sauce about 1/2 pkg. taco sauce

Brown meat. Add onions and cook until onions are transparent. Add sauces, beans, and taco mix; stir well. Layer meat, tortillas

and cheese. Bake at 350° for 25 to 30 minutes, covered, in a 1 1/2 quart dish.

For lower cholesterol diets, I use 1/2 pound meat, browned and drained very well. Instead of shredded cheese, use the cheese substitute. Also, I use more picante sauce and serve it with extra picante sauce.

*I sometimes use ground turkey to reduce cholesterol.

BURRITO CASSEROLE (Microwave)

Frankie Yearty

1 lb. ground beef	1 small onion, chopped
1 can (19 1/2 oz.) chili beef soup, undiluted	1 can (4 oz.) diced green chilies
4 flour tortillas	2 c. (8 oz.) shredded Monterey Jack cheese
1 c. (4 oz.) shredded cheddar cheese	1 can (4 oz.) sliced ripe olives
1 tomato, cut in wedges	

Micro-cook on high power the meat and onion for 5 minutes or until meat is no longer pink, stirring after 2 1/2 minutes. Drain off fat; add soup and chilies. Stir to combine. Cover with plastic wrap (vented) and cook on high power for 2 minutes. Place 1 tortilla in bottom of an 8-inch round micro proof cake dish or casserole. Spread 1/4 meat mixture over tortilla and sprinkle with 1/2 cup Monterey Jack cheese. Repeat layers 3 times. Sprinkle cheddar cheese on top and microcook on high power 5 to 6 minutes or until heated through. Sprinkle with olives and garnish with tomato wedges.

TACOS (Microwave)

Frankie Yearty

1 lb. ground beef (I like to chop a small onion and cook it with meat)	12 taco shells
1 pkg. (1 1/4 oz.) taco seasoning mix OR 1 Tbsp. chile powder, 1/2 tsp. salt and 1 tsp. cumin	1 c. shredded lettuce
1/2 c. water	2/3 c. chopped tomatoes
	1/4 c. chopped green pepper or onion
	1 c. (4 oz.) shredded cheddar or Monterey Jack cheese

In 2 quart microwave casserole or batter bowl, heat ground beef on high power 3 to 4 minutes or until no longer pink; stir once, drain. Add seasoning and water. Heat covered 2 minutes on high power. On medium or 50% power heat, cook covered 5 more minutes, stirring once. Fill each taco shell with 2 tablespoons beef mixture and top with lettuce, tomato, etc.

TACO SALAD

Mary Jo Foster

(This is a fun kind of dinner)

Each person makes his own salad by placing on plate in order listed. Place these 5 separate items around the table:

1. shredded lettuce
2. chopped tomatoes
3. 1 or 2 cans Mexi Beans - 1 pound hamburger, browned - and packet taco seasoning mix
4. broken pieces of Dorito taco chips
5. taco sauce - I prefer mild but offer both.

Serves 4.

FILLED POLENTA

Billie Goldwire

(Central European)

3/4 c. cornmeal	1/8 tsp. pepper
2 c. milk	1/2 c. olive oil
1 egg	3/4 lb. ground beef
1/2 c. Parmesan cheese	2 Tbsp. Italian seasoning
1 1/2 Tbsp. salt	

Measure meal into saucepan, slowly add milk. Cook over very low heat until thick and boiling, boil 3 minutes. Remove from heat, add egg, beat well. Add cheese, salt, pepper and olive oil. Spread 1/2 of mixture in 1 1/2 quart baking dish. Cover with ground beef that has been scrambled with Italian seasoning until brown. Spread remaining mixture over top. Chill overnight.

Sauce:

1/4 c. olive oil	1 tsp. salt
2 cloves garlic	1/4 tsp. pepper
1/2 c. chopped onion	1/2 c. Parmesan cheese
6 oz. can tomato paste	6 thin slices provolone

Saute onions and garlic in olive oil; add tomato paste, salt and pepper. Cook 3 to 4 minutes. Add 1/4 cup water, if needed.

Cut chilled polenta in 6 pieces. Arrange in 3 quart baking dish leaving space between squares. Spoon sauce over and sprinkle on Parmesan cheese. Place 1 slice provolone on each square. Bake at 400° for 30 minutes.

CHILI

Beth Allen

1/2 c. chopped onion	2 cans tomato sauce
1 lb. ground beef	2 tsp. chili powder
2 c. kidney beans	1/2 clove garlic, minced

2 Tbsp. shortening, if not
enough fat on meat

1 tsp. salt

1. Cook and stir onions, garlic and meat in hot fat until meat loses red color.

2. Stir in undrained beans, tomato sauce and remaining ingredients.

3. Simmer over low heat, stirring occasionally, until chili is desired thickness, about 45 minutes.

CHILI CON CARNE (Easy)

Frankie Yearty

1 1/2 lb. ground beef
1 envelope Lipton Onion Soup
mix
1 or 2 Tbsp. chili powder

2 (1 lb.) cans red kidney beans
1/2 c. water
1 lb. can tomatoes

In large skillet (or Dutch oven) brown meat well. Stir in rest of ingredients. Simmer covered 30 to 40 minutes, stirring occasionally. Serves 6 to 8.

Note: I like to sprinkle grated cheese and diced onions on top of each serving.

BOEUF BOURGUIGNONNE

Hazel Zaun

Combine in large casserole:

2 lb. cubed beef (chuck, round
steak, etc.)
2 onions, sliced
1 c. tomato sauce
3 Tbsp. minute tapioca
1/2 c. Burgundy wine

3 - 4 carrots, cut up
1 c. chopped celery
2 c. canned tomatoes
1/4 - 1/2 tsp. garlic powder
1 Tbsp. sugar

Cook in 250° oven for 5 hours. During last hour, add:

1 c. (1 can) sliced water
chestnuts

1 can mushrooms
3 - 4 medium potatoes, cut in
eighths

Can be made one day, refrigerated and reheated in oven the next. Also can be frozen for future use. Serves 6 to 8.

5 HOUR STEW

Linda Stanford

Add, according to your family's size and taste, into baking dish:
Stew meat, potatoes, carrots, onions, celery, peas, mushrooms,
etc. (Cont.)

Add 1 can (8 ounces) tomato sauce, plus 1 can of water. Salt and pepper and add 3 slices of cubed bread. Bake at 250° covered for 5 hours.

ROUND STEAK SAUERBRATEN

Jackie Hill

- | | |
|---|------------------------------|
| 1 1/2 lb. round steak,
1/2 in. thick | 1 Tbsp. fat |
| 2 c. water | 1 envelope brown gravy mix |
| 2 Tbsp. white wine vinegar | 1 Tbsp. instant minced onion |
| 1/2 tsp. salt | 2 Tbsp. brown sugar |
| 1/2 tsp. ginger | 1/4 tsp. pepper |
| 1 bay leaf | 1 tsp. Worcestershire sauce |

Cut meat in 1 inch squares. In large skillet, brown meat on all sides in hot fat. Remove meat from skillet; add gravy mix and water. Bring to boiling, stirring constantly. Stir in remaining ingredients. Return meat to skillet; cover and simmer 1 1/2 hours, stirring occasionally. Remove bay leaf. Serve meat over hot buttered noodles.

Makes 5 to 6 servings.

PEPPER STEAK

Joan Murphy

- | | |
|---|--------------------------------------|
| 1 lb. top round steak, cut
1/2 in. thick | 1 tsp. salt |
| 2 Tbsp. cooking oil | 1/4 tsp. pepper |
| 1 clove garlic, mashed | 2 medium onions, coarsely
chopped |
| 2 green peppers, cut in
1/4 in. strips | 1 c. beef broth or bouillon |
| 2 Tbsp. cornstarch | 1 c. drained canned tomatoes |
| 3/4 c. tomato juice drained from
the canned tomatoes | 1 Tbsp. soy sauce |

Cut the steak, diagonally, in thin slices; then cut the slices in 2-inch lengths. Sprinkle the meat with salt and pepper.

Heat the oil in a large skillet over high heat; add the meat and cook, stirring often, until it is brown. Push the meat to one side of the pan. Add the onions and garlic and cook until the onions are transparent. Add the green peppers and broth; simmer 10 minutes. Add the tomatoes; cook 5 minutes longer.

Blend the cornstarch, soy sauce and tomato juice. Stir into the meat mixture; cook and stir until clear and thickened. Serve with hot rice.

CHEESEBURGER UPSIDE-DOWN PIE

Jackie Hill

Brown:

1 lb. ground beef and 2 Tbsp. shortening
2 Tbsp. chopped onion

Season with:

1 tsp. salt 1/4 tsp. pepper

Sift together:

1 1/2 c. sifted enriched flour 1/2 tsp. salt
2 tsp. double-acting baking powder

Cut in: 1/4 cup shortening until mixture resembles coarse meal.

Add: 2/3 cup milk; mix only until all flour is dampened. Knead gently on floured board or pastry cloth for a few seconds.

Spread: Hamburger mixture evenly in bottom of greased 8-inch round casserole. Top with 1/2 cup ketchup.

Sprinkle with: 1 cup grated cheese.

Roll: Biscuit dough to fit top of baking dish; cut slits to allow escape of steam. Place on hot meat filling.

Bake: In hot oven (450°) 20 to 25 minutes.

Hint: Substitute canned biscuits for biscuit dough when you're in a hurry.

CURRY BEEF IN PASTRY

Nancy Maxwell

3 Tbsp. oil 2 tsp. salt
1/2 c. chopped onion 1/2 tsp. pepper
1 lb. ground round steak 1 Tbsp. curry powder
2 c. chopped mushrooms 1 c. thick cream (white) sauce

Heat oil in skillet. Saute onion, beef, and mushrooms 10 minutes. Add salt, pepper, curry powder and cream sauce. Mix well and set aside to cool.

Pastry:

2 c. sifted flour 4 Tbsp. butter
2 tsp. baking powder 1/2 c. white wine
1/2 tsp. salt 1 egg yolk, beaten
1 c. sour cream 1/4 c. chutney, chopped

Sift flour, baking powder and salt into bowl. Cut in butter; stir in wine gradually until ball of dough is formed. Roll out dough into a rectangle 1/3 inch thick. Spread beef mixture down center. Bring edges together on top and seal. Brush with beaten egg. Bake
(Cont.)

in 400° oven about 35 minutes or until browned. Serve with 1 cup sour cream mixed with 1/4 cup chopped chutney. Serves 8.

AMERICAN CHOP SUEY

Joan Cushing

6 slices bacon	3 medium onions (approximately 3/4 c.)
3/4 to 1 lb. hamburger	1 can tomato sauce (8 oz.)
1 can tomatoes (16 oz.)	1 c. uncooked elbow macaroni (4 c. cooked)
1 tsp. sugar	
1 pepper, sliced (optional)	
salt and pepper to taste	

Cut bacon slices into 8 pieces, then fry. Saute chopped onion in bacon, fry hamburger in bacon-onion mixture, turning until all pink is gone. Pour in tomatoes and sauce. Add sugar, salt and pepper and stir. Slice pepper and gently lay over sauce to soften. Simmer 15 to 20 minutes.

Place cooked macaroni in large casserole. Pour sauce over macaroni (first removing sliced pepper to be used later), and gently stir. Place sliced pepper over mixture for garnish. Bake in 325 - 350° oven until slightly brown.

CHOP SUEY

Pegge Murphy

1 jar B-V (extract of meat)	2 cans bean sprouts
1 stalk celery (medium to large)	1 lb. can sliced mushrooms (optional)
2 lb. round steak	1 can bamboo shoots (optional)
3 onions (about the size of an orange)	almonds, blanched & sliced (optional)
1 stick butter	1 can sliced water chestnuts (optional)
1 clove garlic, chopped real	cornstarch, about 1/2 c.
fine or garlic powder to taste (optional)	fried noodles (1 can)
pepper to taste	cooked rice
salt or soy sauce to taste	

Dice steak into about 1/2 inch cubes (easier to dice if frozen). Chop celery. Slice onions into strings. Put diced meat into large boiler (at least 4 quarts) and cook slowly in one stick butter approximately 25 to 30 minutes. Add onions, celery, and water from bean sprouts after meat has cooked approximately 30 minutes. Dissolve B-V in 1 cup boiling water and add at same time as onions, celery, garlic and pepper. Cook until celery is almost done. Add bean sprouts and optional ingredients. Bring to a boil, finish cooking until celery is done. Mix cornstarch (about 1/2 cup) in just enough cold water to make a liquid, add to chop suey slowly and stir until it gets to desired thickness. It cannot be cooked any

more. Don't add any other water except what is in bean sprouts. Cook in covered boiler but not under pressure. Serve over rice topped with fried noodles. Serve with soy sauce. Serves 8.

Freezes well.

REUBEN CASSEROLE

Frankie Yearty

(Microwave)

1 can (16 oz.) drained sauerkraut	1 c. shredded cheese
1 can (12 oz.) corned beef pieces	1 tomato, sliced thin
2 c. shredded Swiss cheese	3/4 c. stuffing mix (crumb type)
1/2 c. salad dressing*	3 Tbsp. chili sauce*
	3 Tbsp. butter or margarine

* (or use same amount of 1000 Island Dressing)

Place sauerkraut in 2 quart glass casserole. Top with corned beef, then 2 cups shredded cheese. Combine chili sauce and salad dressing and spread over cheese. Top with tomato slices and set aside. Place butter in small glass bowl. Microcook about 30 seconds or until melted. Stir in bread crumbs and sprinkle over tomato slices. Sprinkle cup of shredded cheese on top. Cook 15 to 17 minutes on 70% power (medium to medium-high) or until heated through. Let stand 5 minutes before serving.

HEALTHFUL HOME CHICKEN TENDERS

Cindy Sikes

2 whole chicken breasts, cut into bite size pieces	1 c. fine bread crumbs
1/2 c. vegetable oil	1/8 c. Cajun spice (it's very hot, may want to lessen)(optional)
1/2 tsp. garlic powder	pepper

Marinate chicken in oil, garlic powder and pepper for 30 minutes to 4 hours. Mix bread crumbs with spice. Lightly bread chicken pieces. Place on cookie sheet. Bake at 475° for 15 minutes. Turn once. Serve with honey-mustard, BBQ, or sweet and sour sauce.

BAKED CHICKEN

Ginger Westlund

8 chicken breasts (skinned)

Melt a stick of butter. Dip chicken in melted butter, then in seasoned flour. Place in roasting pan or large casserole dish. Drizzle any leftover butter on top. Bake at 350° for 1 hour, uncovered. Mix and heat 1 can cream of mushroom soup and 1 can water. Pour over chicken (can add mushrooms if desired - I place sliced,

canned mushrooms on chicken breasts for company). Cover and bake for 1 to 2 hours more at 250°. Serve with wild rice.

Variations: Sprinkle chicken with lemon pepper or cover with barbecue sauce. Cover, bake at 350° for 1 hour and then 250° for 1 to 2 hours. I frequently do lots, about 40 breasts, of chicken this way, take it off the bone, divide into 6 ounce portions and freeze in small foil wrapped packages.

Great for diets. Chicken is incredibly tender.

CHICKEN TERIYAKI (Microwave)

Sylvia Dodson

2 1/2 to 3 lb. broiler-fryer, 1 can (8 oz.) chunk pineapple
cut up *Used 3 skinned deboned* in pineapple juice
1 clove garlic, minced *breast* 2 Tbsp. brown sugar, packed
1/4 c. soy sauce 1/4 tsp. ground ginger
~~1/2 tsp. salt~~

**don't cook pineapple (serve chunks on side)*

Yield: 4 - 6 servings.

In 2 quart oblong baking dish, arrange chicken, meatier portions toward the edge of dish. In small bowl, combine remaining ingredients, stir well. Pour sauce over chicken. *Cook at 350° for 45 min. covered*

To heat by auto sensor: Cover completely with plastic wrap. Heat on Cook A4. Time: 18 minutes.

To heat by time: Cover with wax paper. Heat at High 9 to 10 minutes and at Medium-Low 9 to 10 minutes.

To complete: Chicken should be tender. Let stand, covered, 5 minutes.

To serve, spoon pineapple sauce over chicken.

PRESBYTERIAN CHICKEN

Leona Jenkins

1 whole chicken or 1 can sliced mushrooms, drained
3 large breasts 1 pkg. herbed stuffing
8 oz. sour cream 1 c. chicken broth
1 can celery soup 1/2 c. butter or margarine

In salted water, cook chicken 45 minutes or until tender. Cool, bone and break into pieces. Save broth. Mix chicken, soup, sour cream, and mushrooms and place in buttered casserole. Top with stuffing mix which has been moistened with broth from cooked chicken; dot top with butter and bake covered 45 minutes to 1 hour at 350°.

CHICKEN WITH MUSHROOM GRAVY

Kathy Banke

3 - 3 1/2 lb. chicken, floured 1/4 c. melted butter

2/3 c. undiluted evaporated
milk
1 c. grated process cheese
3/4 tsp. salt
8 - 10 small cooked onions
(or onion powder to taste)

10 1/2 oz. can cream of mushroom
soup
1/8 tsp. pepper
1/4 lb. sliced mushrooms
paprika

Coat frying chicken pieces with flour. Place chicken in single layer, skins down, in melted butter in shallow baking dish. Bake uncovered in 425° oven for 30 minutes; turn chicken, bake until brown and tender, 15 to 20 minutes. Pour off excess fat. Mix undiluted evaporated milk, cream of mushroom soup, grated process cheese, salt and pepper. Add small cooked onions (or onion powder to taste) and sliced mushrooms to chicken. Pour milk mixture over chicken; sprinkle with paprika. Cover dish with foil. Reduce oven to 325°. Bake 15 to 20 minutes.

CHICKEN CASSEROLE

Frances Smith Youngblood

1 c. diced cooked chicken
8 saltine crackers, crumbled
1 c. chopped celery
1 Tbsp. minced onion

1 can cream of chicken soup
1/2 c. mayonnaise
2 boiled eggs, chopped

Combine all ingredients in 1 1/2 quart casserole. Bake at 425° until bubbly.

CHICKEN CASSEROLE

Diane Banke

1 medium onion, chopped
1 can cream of celery soup
1 can mushroom soup
1 1/2 c. grated medium cheddar
cheese

chicken pieces (8 or more)
1 can cream of chicken soup
1 c. sherry (or cooking sherry)

Butter 9 x 13 inch baking dish, salt chicken and place in dish. Add onion over chicken. Spread 1 can of soup at a time on top of chicken. Pour sherry over all. Sprinkle cheese on top. Bake 3 hours at 275°. Serve with rice and/or rolls.

CHICKEN AND RICE MAXWELL

Nancy Maxwell

1 whole chicken, cut up or
pieces
1 can cream of mushroom soup

1 c. raw rice
1 pkg. French onion soup
1 bottle Wishbone Italian dressing*

*(Use only Wishbone for best taste.)

(Cont.)

Add rice and soup that has been diluted with 1 cup water and mix well. Add onion soup to mixture and place in large casserole dish. Dip chicken in Italian dressing and lay on top of rice. Sprinkle with paprika. Cover and bake at 350° for 1 1/2 hours. Uncover and bake about 15 more minutes to brown.

SKILLET CHICKEN SUPPER

Linda Sparrow

1/2 chicken, cut up	1/2 c. flour
1 1/2 tsp. salt	1/4 c. butter or margarine
6 - 8 small potatoes, cut in half	1 large carrot, cut in half
1 can cream of chicken soup	1/2 c. sour cream
salt and pepper to taste	

Coat chicken with flour. Brown in butter. After browning, place chicken on side of pan, vegetables on the other. Spoon undiluted soup over chicken and vegetables. Cover and simmer 40 to 50 minutes. Take up vegetables and chicken and then add sour cream to make the gravy.

POULET JUBILEE

Nancy Maxwell

3 lb. chicken pieces	3/4 c. water
2 Tbsp. margarine	1/2 c. brown sugar
2 Tbsp. oil	1/2 c. raisins
4 Tbsp. onion, chopped	2 Tbsp. Worcestershire sauce
4 garlic cloves, chopped	1/2 c. dry sherry
6 oz. chili sauce	8 oz. can dark sweet pitted cherries

Brown chicken in margarine and oil. Add onion and garlic. Combine chili sauce, water, sugar, raisins, Worcestershire. Pour over chicken. Bake at 350° for 1 hour. Add sherry and cherries during last 15 minutes. Serve over rice. Serves 4 to 6.

EASY BAKED CHICKEN

Joan Murphy

4 - 6 chicken breasts, skinned	1 can cream of mushroom soup
salt and pepper to taste	1/2 soup can water

Mix soup and water and pour into a large greased casserole dish. Add chicken breasts and mix with soup mixture. Bake at 425° for 1 hour. Uncover during last 10 minutes to brown. Serve with rice. Note: Soup mixture substitutes for gravy.

CHICKEN - ASPARAGUS CASSEROLE

Martha Westbrook

- | | |
|------------------------------|------------------------|
| 1 small can asparagus spears | 3 eggs |
| 1 c. milk | 5 oz. chopped chicken |
| 50 crumbled saltine crackers | 1 small onion, chopped |
| 1/2 tsp. salt | dash pepper |
| 1/4 c. butter | |

Preheat oven to 325°. Line a 1 1/2 quart deep casserole with asparagus. Beat eggs in medium size bowl, stir in milk, chicken, 40 crackers, onion, salt and pepper. Pour over asparagus. Melt 1/4 cup butter in saucepan. Crumble 10 saltines in butter and stir. Sprinkle over mixture. Bake 1 hour.

CHICKEN DIVAN **

Hazel Zaun

- | | |
|---|--|
| 2 pkg. (10 oz.) frozen broccoli,
cut up <i>can use fresh lightly steamed</i> | 2 cans condensed cream of
chicken soup |
| 3 large chicken breasts, cooked
and sliced | 1 c. mayonnaise <i>Yogurt - plain</i> |
| | 1/2 tsp. curry powder |
| | 1 tsp. lemon juice |

Mix last four ingredients together to make sauce. Place broccoli in bottom of baking dish (in pieces), then add sliced chicken. Pour sauce over all. Top with a mixture of 1/2 cup soft bread crumbs to which is added 1 tablespoon melted butter and 1/2 cup shredded sharp cheese. Heat in 350° oven for 25 minutes. Serves 8. *Don't use butter on margarine as topping.*

CHICKEN GREEN BEAN CASSEROLE

Mrs. J. Clyde Rushin

- | | |
|--|---|
| 10 1/2 oz. can cream of mushroom soup | 1 1/2 c. (14 1/2 oz. can) chop suey vegetables, drained |
| 1/2 c. milk | 1/3 c. chopped onion |
| 1 tsp. salt | 1 1/2 c. cheddar cheese, grated |
| 2 pkg. (9 oz.) frozen French style green beans | 3 1/2 oz. can French fried onion rings |
| 3 c. cooked chicken, cut up | |

In a bowl, combine soup, milk and salt; stir until blended. Fold in green beans (which have been partially cooked), chicken, chop suey vegetables, onion and cheese. Spoon mixture into baking dish (12 x 7 1/2 x 2); bake 45 minutes in a 350° oven. Top with onions and bake 10 minutes longer.

CHICKEN DIVAN CASSEROLE

Debbie Durden

- | | |
|----------------------------------|-------------------------------|
| 1 pkg. or bunch broccoli, cooked | 1 pkg. cauliflower, cooked |
| 2 c. chicken, cooked & chopped | 2 cans cream of mushroom soup |
| 1 c. mayonnaise | 1 tsp. lemon juice |
| 1/2 tsp. curry powder | 1/2 stick butter |
| 1/2 c. grated cheese | 2 c. crushed corn flakes |

Line a greased dish with broccoli and cauliflower. Add cooked chicken. Make a sauce of soup, mayonnaise, lemon juice, and curry powder. Pour over chicken. Add butter (dot top of casserole with butter), grated cheese, and top with corn flakes. Bake at 350° for 25 to 30 minutes.

Serves 4 to 6.

BAKED CHICKEN ORIENTALE

Ethel Huie

- | | |
|-----------------------------|--------------------|
| 6 chicken breasts | 1/2 c. honey |
| 1/2 c. flour | 1/2 c. lemon juice |
| 1 tsp. salt | 2 Tbsp. soy sauce |
| 1 stick butter or margarine | 1/4 tsp. pepper |

Combine flour, salt and pepper in paper bag. Add chicken and shake well to coat. Melt 1/2 stick butter in baking dish, roll chicken in it, one piece at a time. Place skin side down in single layer in dish. Bake at 350° for 40 minutes. Melt remaining butter in saucepan, stir in honey, lemon juice, and soy sauce to mix. Turn chicken and pour honey mixture over it. Bake, basting several times for 30 minutes longer, or until tender.

Excellent served on platter with Chicken Rice-A-Roni.

Serves 6.

sauce good over stirfry meat, peppers & carrots. with Rice

CHICKEN PIE

Lela Pyron

- | | |
|---------------------------|------------------------------|
| 1 c. cut-up chicken | 1 small can Veg-All, drained |
| 1 c. cream of celery soup | 1/2 c. celery |
| 1 pkg. Bisquick | 1 c. milk |
| 1/2 stick margarine | 1 c. chicken broth |

Melt margarine in pan. Layer chicken, Veg-All and celery on top of margarine. Spoon soup (undiluted) and chicken broth over chicken mixture. Mix Bisquick and milk (thin). Pour over all. Cook at 350° for 45 minutes.

CHICKEN SHORT CAKE

Frankie Yearty

(Like "Mammy's Shanty" used to do)

The Day Before:

Cook a 5 to 6 pound chicken in a large pot with enough water to cover, a large onion, several sprigs of celery, parsley, carrot, pepper-corns and salt to taste. Simmer until chicken is tender. Remove chicken from broth and strain the broth. Set aside to cool so you can remove the fat from the top; then measure 2 to 2 1/2 cups of stock for your sauce. Remove meat from bones; chop giblets if you like.

The Day:

About 15 minutes before serving, open a large can of "Broiled in Butter" mushrooms and add the juice to your chicken broth. Put broth on to heat. Cut mushrooms and add them to the chicken. Add this to the broth and heat through. Finally open 2 or 3 cans of cream of chicken soup, depending on how thick you want your chicken "do". Stir in the soup to thicken broth. Taste for seasoning.

To serve: Split and butter cornbread squares and serve chicken over cornbread--shortcake fashion.

CHICKEN DUMPLING PIE

Mrs. Ollie Conine

Mrs. Martha McLeod

1 (3-4 lb.) fryer, cut up
1 tsp. salt
2 hard cooked eggs,
peeled and sliced
3 tsp. baking powder
2/3 c. milk

2 c. cold water
1/4 tsp. pepper
7 Tbsp. butter
2 c. flour
1/2 tsp. salt
(1/4 c. half & half cream)

Place chicken pieces, water, salt and pepper in a saucepan with tight fitting cover, bring to rolling boil and skim away any foam. Reduce to simmer. Cover and cook 40 minutes or until tender. Remove chicken from broth to cool. Measure chicken broth, should have at least 2 cups, if not add water.

Remove skin and bones from chicken; cut meat in little bite size portions. Divide meat in half. Place half of it in deep baking dish, cover meat with sliced egg, dot with 2 tablespoons butter and add 1 cup broth.

Make dumplings: Sift flour, baking powder and salt. Cut butter into flour until evenly mixed. Add milk, a little at a time, mix after each addition. After a soft dough has been formed, place on floured board and roll and pat until it is 1/2 inch thick. Cut strips about 1 inch wide by 1/2 inch thick and put half of it over chicken and egg mix. Place remaining chicken over dough

(Cont.)

strips with cream, place in 375° oven for 25 minutes, until top crust is puffed up, crisp and yellow brown. Serve at once, hot.

Serves 6.

ASOPAO DE POLLO - Soupy Rice & Chicken
(Puerto Rico)

Billie Goldwire

2 1/2 - 3 lb. chicken	1/2 c. green olives
8 c. water	1/2 tsp. black pepper
1 onion, sliced	1/2 tsp. oregano
2 cloves garlic	2 Tbsp. vinegar
2 Tbsp. salt	1 lb. rice
1/4 lb. chopped up ham	6 c. chicken broth
6 slices bacon	1 c. asparagus pieces
1 green pepper, chopped	4 whole pimentos
1/2 c. tomato sauce	1 c. Parmesan cheese
1 Tbsp. capers	

1. Boil chicken in 8 cups water, 1 clove garlic and salt until tender. Remove from bone, leaving in large chunks. Reserve broth.

2. Fry slightly the ham, bacon, green pepper, capers, olives. Add tomato sauce, black pepper, 1 clove garlic crushed, oregano and vinegar; mix well, cook 3 to 4 minutes. Stir.

3. In heavy gauge, deep pot, place 6 cups chicken broth, 1 pound rice and ham, bacon, and herb mixture. Add little pieces of chicken reserving large pieces. Cook covered over low heat until rice is tender, approximately 20 to 30 minutes. Should be thick soupy - not watery.

To serve: Place pieces of chicken that have been kept warm in center of large ovenproof platter. Pile rice mixture around chicken; garnish with pimentos that have been cut in fan shape and placed alternately with tablespoons of heated, drained asparagus. Sprinkle with cheese.

CHICKEN CHOW MEIN

Jean Ebbesen

2 c. cooked chicken	Chinese noodles
1/3 c. chicken broth	1/4 onion, chopped
1 can condensed mushroom soup	1 c. chopped celery
1 Tbsp. soy sauce	1 Tbsp. butter
3 or 4 drops Tabasco	

Combine onion, celery, and butter and simmer 10 minutes. Add all other ingredients, except noodles. Bake for 15 to 20 minutes at 350°. Serve over Chinese noodles. One-half cup chopped nuts can be sprinkled over top of chicken.

CHICKEN LOAF

(Serves 10)

Marie Huie

4 c. chopped chicken	3 pimentos
1 c. chopped celery	1/2 bell pepper, chopped, if de-
1 c. crushed soda crackers	sired
1 c. mayonnaise	1 Tbsp. lemon juice
2 pkg. plain gelatin	1 Tbsp. onion juice
1/2 c. cold water	1 c. chicken broth

Dissolve gelatin in hot chicken broth after it has been first softened in water. Cool and add other ingredients. Put in loaf mold with sliced cooked eggs and pimentos to decorate bottom of mold.

PARMESAN OVEN-FRIED CHICKEN

June Shannon

1/2 c. fine dry ^{seasoned} bread crumbs	1/4 tsp. pepper
1/3 c. grated Parmesan cheese	6 chicken breast halves (thighs are
2 tsp. chopped fresh parsley	good too), skinned
1/2 tsp. garlic salt	1/4 c. Italian reduced-calorie
	salad dressing

Combine bread crumbs, cheese, parsley, salt, pepper, set aside. Dip chicken in salad dressing; dredge in bread crumbs. Place chicken, bone side down in a 13 x 9 x 2 inch baking pan coated with cooking spray at 350° F. for 45 minutes or until tender.

Serves 6. (About 232 calories per serving.) *Everybody liked this one!*

QUICK CHICKEN AND YELLOW RICE

June Shannon

Cut leftover chicken in small pieces.

Follow directions on package yellow rice, adding chicken at same time as rice.

Serve with topping of sliced green olives and ring with green peas.

FANTASTIC CHICKEN

Mildred Johnson

8 chicken breasts, baked and boned

Place in casserole that has been sprayed with Pam. Sprinkle package onion soup mix over chicken. Spoon 14 ounces or smaller apricot preserves over chicken.

Then pour Wishbone Russian dressing on top. Sprinkling with onion rings on top.

Bake 30 minutes in moderate oven.

CHICKEN

Joan Cushing

12 chicken breast halves, wrapped in bacon

Lay on bed of chopped beef (4 ounce package). Mix 16 ounces sour cream and 1 can cream of mushroom soup and cover chicken/beef. Chill overnight.

Bake in 400° oven for about 1 hour or until done. Serve with rice and green vegetable.

COUNTRY FRIED CHICKEN

Lynn Vandiver

1 frying chicken (2 1/2 to 3 lb.) cut up - or use chicken pieces
Crisco shortening
1/2 c. milk
1 egg

1 c. flour
2 tsp. garlic salt
2 tsp. MSG (I leave this out)
1 tsp. paprika
1/4 tsp. poultry seasoning
1 tsp. black pepper

For extra spicy chicken: Increase poultry seasoning to 1/2 teaspoon and black pepper to 2 teaspoons.

Blend milk and egg. Combine flour and seasonings in plastic or paper bag. Shake chicken in seasoned flour. Dip chicken pieces in milk/egg mixture. Shake chicken a second time in seasoning mixture to coat thoroughly and evenly.

Melt Crisco in skillet to about 1/2 to 3/4 inch deep and heat to 365°. Brown chicken on all sides and reduce heat (275°) and continue cooking until crisp and tender, about 30 - 40 minutes. Do not cover. Drain on paper towels.

BETTY LYNN'S CHICKEN

Ginger Westlund

1 can cream of mushroom soup
1 can cream of celery soup

1 can cream of chicken soup
1/2 c. white wine

Mix together, pour over chicken pieces. Cover, bake 350° 1 hour to 1 1/2 hours.

Serve over mixed rice:

1 part wild rice
1 part white rice

with toasted almonds mixed in

NANCY'S CHICKEN

Ginger Westlund
Roumania Lasseter

4 - 6 whole chicken breasts,
boned & split in half
1 jar dried chipped beef
(or lean sliced of ham)

8 - 12 slices bacon
1 can cream of mushroom soup
1/2 pt. sour cream

Wrap each chicken piece around a good chunk of beef (or ham slices). Wrap a slice of bacon around chicken, securing with toothpick. Put into casserole and cover with soup mixture (dilute soup with a 1/2 can of water and sour cream mixed together).

Bake 2 hours at 350°, covered. (Uncover last 15 minutes.) Serve with steamed or wild rice.

Variation: Roumania marinates chicken in the soup/sour cream 3 hours in refrigerator and bakes for 3 hours at 275°.

CREAMED CHICKEN & PATTY SHELLS

Ginger Westlund

Boil 8 chicken breasts until tender. Reserve broth, remove chicken from bone in bite size pieces. (Can use whole chicken, if desired.)

Make a white sauce using 1/4 stick butter, 2 tablespoons flour and the chicken stock. Add 1 can cream of mushroom soup. Add more stock as needed to make a nice sauce. Season with salt, pepper and poultry seasoning - to taste. Add chicken pieces and heat thoroughly.

Serve in Pepperidge Farm Patty Shells (frozen - bake according to package directions). Or serve over rice.

CHICKEN CASSEROLE

Elizabeth Ford

8 chicken breasts	1 1/2 pkg. (tubes) Town House
2 cans cream of chicken soup	Crackers, crushed
1 (8 oz.) pkg. egg noodles	2 Tbsp. poppy seeds
1 (3 oz.) pkg. cream cheese	1 1/2 sticks butter (do not substitute)
1 (8 oz.) carton sour cream	

Boil chicken breasts until tender. Remove breasts and strain broth. Cook noodles in broth according to package directions; drain. Cut chicken into large chunks.

Combine cream of chicken soup, sour cream and cream cheese. Add noodles and chicken; stir well. Place in shallow casserole. Top with 1 1/2 sticks of butter, melted, mixed with 1 1/2 packages of crushed crackers. Sprinkle 2 tablespoons poppy seeds on top. Bake 40 minutes at 350°. Freezes well.

YUMMY CHICKEN

Ginger Westlund

3 lb. chicken	1/2 c. onion, chopped fine
1 can cream of mushroom soup	1 c. chopped celery
1 can cream of chicken soup	1 pkg. Pepperidge Farm stuffing mix

Boil chicken (no salt) until tender and tear into bite size

pieces. Reserve 1 cup of broth. Place meat in buttered casserole and spread soups (mixed together) over the pieces. Saute onions and celery in a little butter, and layer them over the soups. Top with stuffing mix. Spoon 1/2 to 1 cup broth over the mix. Bake at 350° for 30 minutes.

(Can add lots of variations to this dish.)

CHICKEN MARBELLA

Polly Huie Holloway

4 chickens (2 1/2 lb. each)	1 c. pitted prunes
quartered or cut up (I use	1/2 c. pitted Spanish green olives
2 chickens cut up)	1/2 c. capers with a bit of juice
1 head garlic, peeled and	6 bay leaves
finely pureed	1 c. brown sugar
1/4 c. dried oregano	1 c. white wine (I use white
coarse salt and freshly	port)
ground pepper to taste	1/4 c. Italian parsley or fresh
1/2 c. red wine vinegar	coriander (cilantro), finely
1/2 c. olive oil	chopped (I use regular fresh
	parsley)

1. In a large bowl, combine chicken, garlic, oregano, pepper, and coarse salt (regular will do) to taste, vinegar, olive oil, prunes, olives, capers, juice, and bay leaves. (I also add the wine here.) Cover and let marinate, refrigerated overnight.

2. Preheat oven to 350° F.

3. Arrange chicken in a single layer in one or two large shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them.

4. Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice.

5. With a slotted spoon transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining juices in a sauceboat.

6. To serve chicken Marbella cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juice over chicken.

Serves 10 or 12.

ALL PURPOSE CHICKEN

Joan Cushing

green tomatillos sauce in can - OR --

Sauce:

green tomatillos
jalapeno peppers
garlic to taste

onion to taste
salt to taste

Blend all ingredients after you boil tomatillos and peppers for a few minutes.

Boil chicken until tender (with onions, salt, pepper, celery, cumin, 2 bay leaves - to taste). Debone chicken.

In pan saute 1 chopped onion, green pepper and garlic, add green tomatillo sauce and chicken. Simmer 20 minutes.

Use on any Mexican type recipe (i.e. enchiladas, tacos, burritos, tamales, Nachos) or just by itself along with dip.

"CHICKEN LYNN"**Anne Kirschner**

4 chicken breast halves	1 stack Ritz crackers (no substitute)
18 oz. carton sour cream	
1 (10 3/4 oz.) can cream of chicken soup	1 stick margarine
	1 Tbsp. poppy or sesame seeds

Boil chicken breast until tender. Cool slightly, then pull meat away from bone and cut into bite-sized pieces. Cover bottom of casserole with chicken pieces. Mix sour cream with undiluted chicken soup and spread over top of casserole. Melt margarine and dribble over crackers which have been broken up on top. Sprinkle seeds over buttered crackers. Bake in 350° oven for 30 minutes or until bubbly. Can be frozen.

HAWAIIAN CHICKEN**Polly Huie Holloway**

(Microwave 20 to 22 minutes)

2 chickens, cut up	2 Tbsp. cornstarch
1 can (8 oz.) crushed pineapple	2 Tbsp. chopped onion (or 1 Tbsp. onion flakes)
1 can (8 oz.) sliced water chestnuts	1/2 tsp. dry mustard
1/4 c. soy sauce	1/4 tsp. ginger
1/4 c. chopped green pepper	1/4 tsp. bead molasses

Arrange chicken in microproof casserole. Combine remaining ingredients, blend well, pour over chicken. Cover with plastic wrap. Cook on Hi (maximum power) 10 minutes. Rearrange chicken, cover. Cook on Hi (maximum power) 10 to 12 minutes, or until chicken is tender. Let stand 5 minutes before serving.

(This is so easy, because fixing the rest of meal is a cinch.)

CHICKEN PIE

Helen Bell

1 large fryer

Boil until tender. Remove skin and bones. Cut in bite size pieces. Place in 9 x 13 inch pan.

Mix 2 cups chicken broth and 1 can cream of chicken soup. Pour over chicken. *Cut broth to 1 cup - too runny*

Mix 1 cup buttermilk, 1 cup plain flour and 1 stick melted margarine. Pour over chicken and soup mixture. Bake at 350° for 1 hour. *If using milk + lemon juice for buttermilk use 2 tsp of lemon juice to 1 c milk*

CHICKEN 'N VEGETABLES IN THE POT

Corine Bridges

(Great for Weight Watchers)

4 chicken breasts, skinned

1 large onion

2 buttons garlic

2 stalks celery, cut in large pieces

2 chicken bouillon cubes

Cook in water.

4 large carrots, cut into large pieces

1 (10 oz.) frozen broccoli (fresh good too)

1 (10 oz.) frozen cauliflower salt and pepper to taste

2 tsp. soy sauce

1. Cook chicken, onion, garlic, celery and bouillon cubes until tender. Debone chicken and tear into hunks - return to stock.

2. Steam cut carrots and then steam cauliflower.

3. While steaming items in #2, add broccoli to chicken stock and cook. Add 2 teaspoons soy sauce.

4. Add carrots and cauliflower to chicken mix. Simmer for 5 - 10 minutes until vegetables have chicken flavor.

Excellent served with corn muffins or corn bread.

"ON THE SHELF" CHICKEN CASSEROLE

Virginia Billington

1 can cream of chicken soup

1 can cream of mushroom soup

2 cans Swanson boned chicken

Stir the above really well, place in buttered baking dish. Add 1 cup Minute Rice.

Bake for 20 minutes at 350°. Take out and sprinkle French fried onions on top and bake 10 minutes longer.

You may substitute cheese or potato chips for the onion rings, if desired.

APRICOT - GLAZED BAKED CHICKEN

Ginger Westlund

(Serves 8)

- | | |
|--|------------------------------------|
| 2 (3 lb.) fryers, cut into
serving pieces | 1 (8 oz.) bottle apricot preserves |
| 1 (8 oz.) bottle Russian salad
dressing | 1 envelope onion soup mix |

1. Mix dressing, preserves and soup mix in small pan. Bring to boil, cool slightly. Pour over chicken in shallow baking dish. Marinate for several hours in refrigerator.

2. Bake at 350° for 1 hour or 325° for 1 1/4 hours.
(Apricot glaze is also good on chops or ribs.)

AUNT LOLA'S CHICKEN CASSEROLE

Lynn Vandiver

- | | |
|---|-------------------------|
| 1 fryer, boiled | 2 c. broth from chicken |
| 1 can cream of chicken soup | 1 can cream celery soup |
| 1 large pkg. Pepperidge Farm
Stuffing (blue bag) | 1 stick margarine |

Boil and debone chicken. Place in bottom of 9 x 11 inch casserole. Heat soups with 1 can milk. Pour on top of chicken. Sprinkle stuffing on top of soup. Pour on 2 cups broth, heated with 1 stick of butter. Bake 20 minutes at 475°.

CHICKEN CASSEROLE

Roumania Lasseter

- | | |
|----------------------|-----------------------|
| 2 hard boiled eggs | 2 tsp. salt |
| 2 c. chicken, cooked | 2 Tbsp. lemon juice |
| 2 c. rice (cooked) | 1 c. mayonnaise |
| 1 1/2 c. celery | 1 small onion |
| 2 cans mushroom soup | pkg. slivered almonds |

Mix all ingredients. Bake 30 to 45 minutes in 350° oven.
Topping of rolled Ritz crackers.

TURKEY A LA KING 'N BISCUITS

Frankie Yearty

Very Easy

Combine:

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|---|--|
| 1 c. diced turkey | 4 Kraft American cheese slices,
cut in strips |
| 1 can cream of chicken soup or
1 1/2 c. turkey gravy | 2 Tbsp. chopped pimento |
| 1/3 c. milk | 2 Tbsp. chopped green pepper
(optional) |
| 1 Tbsp. instant minced onion | |

(Cont.)

Heat thoroughly. Serve over hot biscuits or toast.

CRAB & CHICKEN ELEGANTE

Betsy Morrison

7 1/2 oz. can crabmeat or 6 oz. frozen crabmeat	1/8 tsp. pepper (white if you have it)
3 cooked chicken breasts, sliced	1 1/2 c. chicken broth
1/2 c. mushrooms, sliced	1/2 c. dry white wine (optional)
1/4 c. chopped onions	2 egg yolks, beaten
3 Tbsp. butter	1 c. cooked peas
3 Tbsp. flour	1/2 c. heavy cream
1/2 tsp. salt	1/4 c. Parmesan cheese
	paprika

Drain and slice crabmeat. Set aside. Place chicken in shallow baking dish overlapping slices. Saute mushrooms and onions in butter until tender, blend in flour, salt and pepper. Gradually add chicken broth and wine. Cook, stirring until thickened. Add small amount of this mixture to egg yolks and blend thoroughly. Return to hot mixture and cook for 2 minutes. Remove from heat, stir in peas and crab. Gently fold in whipped cream. Pour sauce over chicken. Sprinkle with cheese and paprika (can refrigerate at this point) or bake at 325° for 15 to 20 minutes or until heated through and golden brown.

Good to serve with rice or noodles!

FILLET PROVENCALE (Microwave)

Sylvia Dodson

2 small onions, sliced	1/4 c. white wine
2 Tbsp. butter or margarine	1/8 tsp. basil
1 clove garlic, finely chopped	6 flounder fillets
1 can (16 oz.) stewed tomatoes	salt to taste
1 jar (4 1/2 oz.) sliced mushrooms, drained	

In oblong dish, combine onion, butter and garlic. Heat, covered with plastic wrap, at HIGH 3 to 3 1/2 minutes. Stir in tomatoes, mushrooms, wine and basil. Heat, covered, at HIGH 3 minutes and at MEDIUM 3 to 4 minutes. Meanwhile, season fish with salt, skin side only. Roll up (skin-side in) and arrange seam-side down in sauce; spoon sauce over fish. Heat, covered, at HIGH 5 to 6 minutes, or until fish is done.

To complete: Let STAND, covered, 5 minutes before serving.

ASPARAGUS CRAB SOUFFLE

Nancy Maxwell

8 slices white bread	2 c. fresh crab meat or
1/2 c. mayonnaise	2 (6 1/2 oz.) cans
1 1/2 c. cooked or canned	4 eggs, beaten
asparagus tips	3 c. milk
10 3/4 oz. can cream mush-	1/2 c. grated cheddar cheese
room soup	1 onion, chopped
paprika	

Dice 4 slices of bread and place in large buttered baking dish. Combine crab meat, mayonnaise and onion. Spread over bread. Top with asparagus. Trim crusts from rest of bread and place over asparagus.

Combine egg and milk. Pour over all. Cover and refrigerate overnight.

To serve, bake at 325° for 15 minutes. Remove from oven and pour soup over top. Sprinkle with cheese and paprika. Continue baking about 50 minutes. Serves 8.

BAKED SEAFOOD

Emogene Griffeth

1 lb. crab meat and lobster,	1/4 c. minced onion
combined	1 1/2 c. finely chopped celery
1 lb. cooked and deveined	1 Tbsp. Worcestershire sauce
shrimp	2 c. crushed potato chips
1 c. mayonnaise	paprika
1 green pepper, chopped	

Mix ingredients together as though making a salad. Fill baking dish and completely cover with crushed potato chips. Sprinkle with paprika and bake at 400° about 25 minutes.

SCALLOPS AU GRATIN

Barbara Conine

2 Tbsp. margarine	1/4 c. chopped green onion
2 Tbsp. flour	1 tsp. grated lemon peel
1 c. milk	1/2 tsp. salt
1 lb. frozen scallops, thawed &	1/8 tsp. garlic powder
drained or 1 lb. fresh	1/2 c. (4 oz.) shredded cheddar
1 can (4 oz.) mushroom slices,	cheese
drained	1/4 c. fine dry bread crumbs
	(4 English muffins or rice)

Melt butter in skillet, stir in flour. Gradually add milk stirring until thickened and smooth. Stir in scallops, mushrooms, green onions, lemon peel, salt and garlic powder. Pour into a 1-quart

casserole.

Mix cheese and bread crumbs. Sprinkle over top. Bake covered at 325° for 25 minutes or until mixture is bubbly. Serve over English muffins, split and toasted or rice.

OYSTER PIE

Ginger Westlund

Butter casserole dish. Layer oyster crackers, fresh oysters, pats of real butter (I've used margarine successfully), salt and pepper. Continue layering until all oysters have been used, ending with butter and oyster crackers. Pour milk over layers until milk almost covers top - just touches top layer of crackers. Bake slowly - about 40 minutes at 350°.

BAKED SALMON LOAF

Clyde Cramer

1 can (16 oz.) Double Q Salmon	1 Tbsp. grated onion
2 c. soft bread crumbs	2 Tbsp. butter or margarine
1/2 tsp. salt	1/4 c. chopped celery
1 Tbsp. lemon juice	pepper to taste

Flake salmon removing skin and bones. Combine eggs with milk and pour over bread crumbs. Add to other ingredients and blend well. Pack into well-buttered loaf pan and bake in slow oven, 325° 1 hour or until done. Serve with medium cream sauce to which chopped hard-boiled eggs are added.

ARLENE'S SALMON MOUSSE

Nancy Tilton

(Low Blood Sugar)(Makes 4 - 6 servings)

1 envelope unflavored gelatin	1/4 tsp. paprika
2 Tbsp. lemon juice	1 tsp. dried dill weed
1 onion, sliced	1 can (1 lb.) salmon, drained
1/2 c. boiling water	1 c. heavy cream
1/2 c. mayonnaise	

Put gelatin, lemon juice, onion and water into a blender container. Blend 1 minute at high speed. Add mayonnaise, paprika, dill weed and salmon. Blend 1 minute at high speed. Add cream, 1/3 cup at a time, blending 1/2 minute after each addition. Pour into a 4-cup mold. Chill until firm. Unmold.

BAKED FISH AND CHEESE

Nancy Tilton

(Low Blood Sugar) (Makes 3 - 4 servings)

1 lb. fish fillets	1/4 c. chopped parsley
6 slices American cheese	1 tsp. oregano

1/4 c. salad oil	1/8 tsp. salt
2 medium onions, chopped	1/8 tsp. pepper
2 Tbsp. oat flour	1 1/2 c. milk

Preheat oven to 400° F.

In a buttered, oblong baking dish, alternate layers of fish and cheese, ending with cheese. Sprinkle with parsley and oregano. Set aside.

Heat salad oil in a heavy skillet. Add onions and cook until tender. Stir in oat flour, salt and pepper. Add milk. Cook, stirring constantly, until mixture thickens. Pour over fish. Bake for 25 - 30 minutes, or until fish flakes easily with a fork.

MOMMEE'S LOUISIANA CREOLE GUMBO

Ginger Westlund

1 heaping Tbsp. Crisco	1/2 can tomato paste
fresh okra	fresh raw shrimp
onion	

In an iron skillet, heat one good spoon Crisco. Stir fry fresh cut okra until just tender. Stir constantly. Remove from heat but keep warm.

In another pan, saute onion in a little Crisco until tender. Add about 1/2 can tomato paste. Stir. Add fresh shrimp (raw, peeled). Stir till just beginning to curl and turn pink. Add to okra, mix. Put in Dutch oven. Add water and simmer a short while. Serve with rice.

MOM'S SHRIMP-STUFFED PEPPERS

Ginger Westlund

4 to 6 bell peppers	salt, pepper, and paprika to
1 large onion	taste
3 lb. shrimp	dash of red pepper
4 or 5 c. bread crumbs	butter or margarine

Boil bell peppers (halved and cored) till fork tender. Saute onion in large fry pan in lots of butter. Add shrimp (boiled, cleaned, cut up) and lots of bread crumbs. Mix together. Add salt, pepper, a little paprika and a dash of red pepper. Fill pepper halves with shrimp mixture. Top with cracker crumbs and dot with butter. Bake in a 300° oven until top is browned.

SHRIMP SCAMPI (Microwave)

Frankie Yearty

1 or 2 cloves garlic, minced	1/3 c. butter or margarine
2 Tbsp. chopped parsley	1/2 tsp. salt

(Cont.)

3/4 lb. medium frozen shrimp 1 Tbsp. lemon juice
or 1 lb. fresh shelled & deveined shrimp

In 2-quart casserole, combine garlic and butter. Heat about 1 minute on high power. Add parsley and salt. Stir in shrimp, coating each with butter sauce. Cover with plastic wrap. Set power select at 50% or medium power and cook 5 to 6 minutes (for frozen shrimp) or 2 1/2 to 3 minutes (for fresh shrimp). Stir once during cooking. Let stand 3 minutes covered. Sprinkle with lemon juice and serve. Serves 4.

WILD RICE AND SHRIMP CASSEROLE

Diane Banke

2 boxes Uncle Ben's wild rice	2 cans mushroom soup
1 large bell pepper, chopped	2 Tbsp. lemon juice
1 large onion, chopped	3 lb. cooked, peeled shrimp
1/2 tsp. dry mustard	1/2 tsp. pepper
1/2 c. melted butter	1 or 2 c. shredded sharp cheddar cheese

Cook rice as directed on package. Combine all ingredients, mix well. Place in a 9 x 13 baking dish and bake in a preheated oven (375°) for 40 minutes.

STIR-FRIED SHRIMP (Wok)

Kathy Banke

1/2 to 1 lb. fresh shrimp	powdered garlic
ground pepper	2 or 3 egg whites, not beaten
pkg. frozen peas and pearl onions, thawed	salt or soy sauce

Devein, clean, and butterfly cut fresh shrimp. Sprinkle with powdered garlic and ground pepper. Dip in egg whites to soak. In wok, heat small amount of oil. Saute shrimp, putting in a few at a time for 3 to 5 minutes. Then put in peas and onions (shrimp should turn white). Add salt or soy sauce. Serve over rice.

TUNA CASSEROLE

Nancy Fendley Mitchell

1 pkg. Kraft macaroni & cheese dinner	1 medium onion
1 can tuna	1 bell pepper

Prepare dinner as directed on box. Combine cooked macaroni dinner and the above ingredients in a casserole dish. Heat in oven at 350° for 20 minutes.

JAMBALAYA

Ginger Westlund

In 2 tablespoons of butter or margarine, lightly brown 1 package Chicken Rice-A-Roni. Stir in 2 3/4 cups hot water, contents of chicken flavor packet, 1/4 teaspoon each of pepper and Tabasco sauce, 1 tablespoon instant minced onion, 1/4 cup each diced bell pepper and diced celery.

Add 2 cups diced cooked ham and 1 bag frozen cooked shrimp. (Can use 1 can drained tuna instead of shrimp.) Cover and simmer 15 to 20 minutes.

DELICIOUS TUNA

Betty Brock

1/2 c. sliced celery or bell pepper	1 can (7 oz.) tuna, drained and flaked
2 Tbsp. chopped onion	dash of allspice (optional)
1 can (10 1/2 oz.) cream of mushroom or celery soup	squeeze of lemon, about 1 Tbsp. of juice
3/4 c. milk	4 - 6 slices of toast

Cook celery and onion in small amount of water. Add tuna, lemon juice and allspice. Blend in soup and gradually stir in milk. Cook on low for about 5 minutes. Be sure to stir from time to time. Serve over toast. (Creamed potatoes, noodles, or rice can be used in place of toast.)

MAXWELL HOUSE TUNA

Nancy Maxwell

3 c. medium sized noodles (6 oz. dry)	1/4 c. chopped pimento
7 oz. can tuna, drained	1 tsp. salt
1/2 c. mayonnaise	10 oz. can cream of celery soup
1 c. celery, cut-up	1/2 c. milk
1/3 c. chopped onion	4 oz. shredded cheese
	1/2 c. slivered almonds

Preheat oven to 425°. Cook noodles and drain. Combine noodles, tuna, mayonnaise, vegetables and salt. Blend soup and milk, heating thoroughly. Add cheese, heating and stirring until cheese melts.

Combine with noodle mixture. Spoon into an ungreased 1 1/2 quart casserole. Sprinkle with almonds. Bake 20 to 30 minutes until bubbly.

TUNA DINNER

Beth Allen

2 1/2 c. cooked rice	1 large can tuna
1/4 c. chopped onion	1 c. milk
1 can cream of mushroom soup	

(Cont.)

1. Drain oil from tuna into saucepan.
2. Saute onions in oil.
3. Blend in soup, then add milk and heat.
4. Mix and place rice and tuna into 2 quart casserole dish.
5. Pour sauce over and bake at 350° for about 25 minutes.

SCALLOPED TUNA WITH NOODLES

Nancy Barlow

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|--|------------------------------|
| 1 can (6 1/2 oz.) tuna | salt and pepper |
| 1 can (10 1/2 oz.) condensed mushroom soup | 2 c. cooked, drained noodles |
| 1/4 c. water | 1 c. crumbs |
| 1 Tbsp. Worcestershire sauce | 4 Tbsp. melted butter |

Drain tuna and flake. Combine mushroom soup, water, Worcestershire sauce and seasoning.

In a buttered baking dish, put a layer of tuna and noodles, cover with sauce. Repeat topping with buttered crumbs. Bake in a moderate oven, 350° F. until brown.

MARINATED BAKED HAM

Mary Jordan

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|----------------------------------|----------------------------------|
| 1 c. unsweetened pineapple juice | 2 tsp. dry mustard |
| 1 c. orange juice | 3/4 tsp. ground ginger |
| 3 Tbsp. vegetable oil | 1/2 tsp. ground cloves |
| 1 Tbsp. wine vinegar | 1 (2 lb.) fully cooked ham slice |

Combine first 7 ingredients; mix well. Pour over ham slice; cover and chill 8 hours or overnight, stirring occasionally.

Drain ham, reserving marinade. Place ham in a shallow baking pan; bake, uncovered, at 325° for 35 to 40 minutes, basting every 10 minutes with reserved marinade.

Yield: 6 servings.

HAM SALAD CASSEROLE

Ginger Westlund

(Serves 6)

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|--|---|
| 2 Tbsp. butter | 1/2 c. minced green pepper |
| 2 Tbsp. flour | 1 can (5 oz.) water chestnuts, drained and sliced |
| 1/2 tsp. salt | 1/4 c. grated Parmesan cheese |
| 1 1/2 c. milk | 2 Tbsp. chopped pimienta |
| 1/2 c. mayonnaise | 2 c. cooked rice |
| 1 1/4 lb. cooked ham, cubed (about 2 c.) | |

Melt butter in saucepan; add flour and salt, blend well. Add

milk gradually and stir and cook until thickened (about 5 minutes). Add remaining ingredients. Bake in a greased 1 1/2 quart casserole in a preheated 350° oven, about 35 minutes.

BAKED HAM SLICE

Julia McLeod

1 slice ham, 1 in. thick	9 or more pineapple chunks
1/4 c. brown sugar	2 Tbsp. sugar (white)
1 Tbsp. dry mustard	1 Tbsp. vinegar
3 or more maraschino cherries	

Combine brown sugar, mustard, white sugar, vinegar. Put ham on rack, spread with sugar mixture. Bake at 300°, 1 hour. Add pineapple chunks and cherries. Bake 15 minutes.

QUEBEC TOURTIERE

Nancy Tilton

A hundred years ago, the Tourtiere was a must on every Christmas table. It can be served in small tartlets as an appetizer.

1 lb. pork, minced	1/4 tsp. celery salt
1 small onion, chopped	1/4 tsp. ground cloves
1 small garlic clove, minced	1/2 c. water
1/2 tsp. salt	1/4 - 1/2 c. bread crumbs
1/2 tsp. savory	pastry of your choice

Place all ingredients, except bread crumbs in a saucepan. Bring to a boil and cook uncovered for 20 minutes over medium heat. Remove from heat and add a few spoonfuls of bread crumbs. Let stand 10 minutes. If the fat is sufficiently absorbed by the bread crumbs, don't add more. If not, continue to add bread crumbs in the same manner. Cool and pour into a pastry lined pie pan. Cover with crust. Bake at 400° until golden brown, serve hot. A cooled Tourtiere can be frozen 4 - 5 months. It does not have to be thawed out before reheating.

Serves 5.

RED BEANS A LA CREOLE

Linda Stanford

1 lb. red beans (dry kidney) into 2 qt. cold water

Wash well first and boil for 1 1/2 hours on low. Chop up one large onion. Add a ham slice or leftover ham bone and sausage (smoked). Cook 2 hours or until beans are tender, then add salt and pepper. If mixture is too thin, make a roux and add to mixture. Serve over rice with French bread.

SAUSAGE PIE

Mary Jo Foster

deep dish pie shell
3/4 c. milk
1/4 tsp. salt
16 oz. hot bulk sausage

6 oz. Muenster cheese
4 eggs
dash pepper

Cook sausage until crumbly and color just changes. Drain in colander. Line pie shell with cheese completely (sides and bottom). Then add sausage. Beat eggs, milk, salt and pepper. Pour over sausage. Cook until set at 350° for 1 hour. Serve with fruit salad and homemade biscuits. Serves 4.

BANKE GERMAN CASSEROLE

Margaret Banke

6 cooked or smoked pork chops
6 white potatoes (sliced about
1/2 in. thick)
thinly sliced onions to cover
layer of potatoes

1 large can sauerkraut
6 tart apples, sliced or large can
applesauce
salt and pepper to taste

Layer ingredients in greased baking dish: potatoes, onions, kraut, applesauce, chops. Bake covered at 350° for 30 minutes, then uncovered for approximately 30 minutes or until potatoes and apples are tender (but not mushy).

Note: This is a good one-dish meal, and ingredients serves 6. Stuffed sausage may be substituted for smoked chops. If uncooked chops are used, be sure to brown them before placing in baking dish.

BREAKFAST, BRUNCH, OR SUNDAY NIGHT SPECIAL

Lynne Jordan

1 lb. loose sausage
3/4 lb. or more sharp cheese
tomato slices

7 or 8 eggs
salt and pepper to taste

Brown sausage and drain. Cover bottom of 9-inch square casserole dish with slices of cheese. Cover cheese with browned sausage. Beat eggs, and add salt and pepper and pour over cheese and sausage. Eggs should come to top of sausage. Bake in oven for 45 minutes at 300° or until center egg part is not soupy. Lay tomato slices on top and cover with grated cheese. Run back in oven until cheese is bubbly.

PORK TENDERLOIN AND SAUERKRAUT

Nancy Maxwell

3 lb. pork tenderloin 1/4 c. brown sugar
1 qt. sauerkraut, not drained 2 Tbsp. caraway seeds

Cut pork tenderloin into 2 to 2 1/2 inch crosswise slices and place in 8 x 13 inch casserole. Mix sauerkraut, brown sugar, and caraway seeds. Cover pork with kraut mixture. Bake uncovered in slow oven at 325° for 2 hours. Serves 8.

PORK CHOPS & RICE SPECIAL

Myra Collier

6 lean pork chops 1 Tbsp. fat
1 1/2 c. regular rice, uncooked 1 can beef consomme
1 can water 1 tsp. salt
1/2 tsp. pepper 1 large onion, sliced in rings

Brown chops in fat. Add consomme, water, and rice. Season with salt and pepper. Top chops with onion rings and simmer 45 minutes in electric skillet. (May be baked covered in 400° oven.) Add more water if dries too quickly.

added fresh garlic & butter instead of fat

SAUSAGE - EGG CASSEROLE

Diane Banke

"Christmas Breakfast"

8 slices white bread 1 lb. sausage
3/4 lb. sharp grated cheese 2 c. milk
3/4 tsp. prepared mustard 4 eggs
1 can cream of mushroom soup

Brown sausage, drain, set aside. Line 9 x 13 inch baking dish with bread. Sprinkle cheese on top of bread. Sprinkle sausage on top of cheese. Pour soup, mustard, and part of milk in bowl; mix well. Stir well to smooth out soup mixture. Beat eggs, add eggs and remaining milk to soup mixture. Pour mixture over sausage. Bake at 325° for 1 hour. Can be prepared night before and refrigerated. Good with spiced or cider tea.

SAUSAGE - RICE CASSEROLE

Diane Banke

2 lb. sausage, sauteed 2 c. rice, uncooked
1 green pepper, chopped 2 large onions, chopped
1/2 c. chopped almonds 1 large bunch celery, chopped
(optional) 3 pkg. Lipton chicken noodle
9 c. water soup mix

Mix soup, water, pepper, onion, and celery. Cook for 10

minutes on medium heat. Add rice, browned sausage and almonds. Bake 1 hour at 375°. Good for crowds.

MAXWELL'S FAVORITE SKILLET DINNER

Nancy Maxwell

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|--------------------------|----------------------------|
| 1 lb. bulk sausage | 1 large onion, chopped |
| 2 chicken bouillon cubes | 3 c. hot water |
| 1 c. frozen green peas | 1 c. raw rice, not instant |

Cook onion and sausage until brown. Drain off excess fat. Add rest of ingredients except peas. Heat to boiling. Cover. Reduce heat, and simmer for 20 minutes. Add peas; cover and simmer for 10 more minutes.

SAUSAGE AND POTATO CASSEROLE

Nancy Maxwell

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|-----------------------------|-------------------------|
| 1 lb. Italian sausage links | 1 small onion (I use 2) |
| 2 green peppers | 5 large potatoes |
| 1/2 tsp. salt | dash pepper |
| 1/4 tsp. basil leaves | 2 Tbsp. salad oil |
| 1/2 c. water | |

Preheat oven to 350°. Thinly slice potatoes, onion and peppers. Alternate layers of each. Sprinkle top with salt, pepper and basil. Pour water and oil over all. Arrange sausage links over top. Cover tightly with foil and bake 1 hour or until potatoes are tender. Remove foil and bake 1/2 hour more until sausage is brown.

Serves 5 to 7.

HAWAIIAN SAUSAGE CASSEROLE

Leona Jenkins

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|--|--------------------------------|
| 1 (20 oz.) can pineapple chunks, undrained | 3/4 lb. smoked sausage, sliced |
| 1 (16 oz.) can whole sweet potatoes, drained and cut into 1/2 in. slices | 3 Tbsp. brown sugar |
| | 2 Tbsp. cornstarch |
| | 1/4 tsp. salt |
| | 1 Tbsp. butter |

Drain the pineapple chunks, saving the juice. Add enough water to the juice to measure 1 1/4 cups, set aside. Place pineapple chunks, sweet potatoes and sausage in 10 x 6 x 2 inch baking dish; set aside.

Combine sugar, cornstarch and salt in a saucepan. Gradually add pineapple juice mixture stirring until blended. Cook, stirring constantly, until mixture thickens and comes to a boil; boil 1 minute, stirring constantly. Remove from heat, add butter, stirring constantly. Remove from heat, add butter, stirring to melt. Pour over sausage mixture. Cover and bake at 350° for 35 to 40 minutes.

Yield: 6 to 8 cups.

BAKED BEAN - SAUSAGE CASSEROLE

Lee Burgess

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|---|--------------------|
| 1 lb. mild pork sausage
(the leaner, the better) | 1 c. chopped onion |
| 2 (16 oz.) cans baked beans
in tomato sauce | 1 c. catsup |
| | 2/3 c. brown sugar |
| | 1 tsp. dry mustard |

Fry sausage and pour off grease. Combine all ingredients. Mix well and pour into a 2 1/2 quart casserole. Bake at 350° for 45 minutes or longer.

ST. PAUL'S RICE

Rossie Mitchell

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|------------------------------|---|
| 1 lb. pork sausage | 2 envelopes Lipton's chicken
noodle soup |
| 1 large bell pepper, chopped | |
| 1 medium onion, chopped | 4 1/2 c. water |
| 1/2 c. rice, raw, regular | slivered almonds |
| 1 stalk celery, chopped | |

Toss and brown sausage, drain on paper towel. Pour off grease and tenderize bell pepper, onion and celery in a little margarine. Boil for 7 minutes: the soup and rice in the water. Put all together in casserole with 1/2 to 1 cup slivered almonds.

Bake 350° for 1 hour.

OVEN-BARBECUED SPARERIBS

Ethel Huie

(Serves 6)

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|-------------------------------------|--|
| 3 lb. fresh pork spareribs | 1 Tbsp. vinegar |
| 1/2 c. chili sauce | 2 Tbsp. Worcestershire sauce |
| 1/2 c. firmly packed brown
sugar | 1/2 tsp. hot red pepper sauce
(Tabasco) |

Cook spareribs in boiling salted water (just barely to cover) about 1 1/2 hours or until tender.

Drain and place in shallow baking dish. Combine chili sauce, brown sugar, vinegar, Worcestershire and pepper sauce. Spread over top of spareribs. Place under preheated broiler and brown slowly under low heat about 15 minutes or bake in 350° oven about 20 minutes or until spareribs are browned.

Serve with sauce from where the spareribs are cooked.

(I prefer to bake them.)

VEAL SCALOPPINI

Joan Cushing

Figure 2 pieces of veal per person.

In electric frying pan, brown veal. Add tomato sauce, salt, pepper, oregano to taste, button mushrooms; simmer until done. Sprinkle with cheddar cheese. Serve over noodles.

VENISON BAR-B-Q

Nell Cates

1/2 pt. barbecue sauce	2 large onions, chopped
juice of 2 lemons	1 small bottle ketchup
2 Tbsp. Tabasco sauce	2 Tbsp. Worcestershire sauce
1/4 c. vinegar	1 Tbsp. black pepper
1 Tbsp. salt	1/4 c. prepared mustard
2 Tbsp. brown sugar	1/4 c. corn oil

Mix above ingredients and then add oil. Have meat cooked tender. Pour off all or most of liquid. Pour the above barbecue sauce over meat, then put in oven and cook at 350° for a time—to cook onions, and then simmer.

ROAST VENISON

Nell Cates

Place cleaned, frozen roast in electric frying pan. Add chopped onions, bay leaves, oregano, 1/4 cup Worcestershire sauce, and enough water to reach 1/3 up on roast. Bake in electric frying pan (or oven) on low heat (300°) for 3 to 4 hours, depending on size of roast.

HAWAIIAN BEEF OR VENISON

Nell Cates

1 lb. ground venison or chuck	1/2 c. chopped onions
1/2 c. chopped green pepper	2 carrots, sliced diagonally
1 can cream of mushroom soup	1/2 c. water
2 Tbsp. soy sauce	1/2 c. English peas
2 celery stalks, sliced diagonally	

Brown meat and onions. Add all other ingredients except peas, and simmer for 30 minutes. Serve over egg noodles or rice.

Serves 4.

HAWAIIAN VENISON

Emogene Griffeth

1 lb. venison steaks	1/4 c. flour
1/4 c. butter	1/2 c. boiling water
1 tsp. salt	2 or 3 green peppers
1/2 c. pineapple chunks	

Cut steak into 1 inch cubes, cover with flour, and brown in hot fat. Add water and salt and simmer until tender. Clean peppers, cut into 1 inch squares and boil 10 minutes; drain. Add pineapple chunks and pepper squares to browned meat. Pour Hawaiian sauce (below) over meat mixture and simmer 5 minutes.

Serve over Chinese noodles or cooked rice. Serves 4 to 6.

Hawaiian Sauce:

2 1/2 tsp. cornstarch

1/2 c. pineapple juice

1/4 c. vinegar

1/2 c. sugar

2 1/2 tsp. soy sauce

Combine ingredients and cook until sauce thickens.

Write extra recipes here:

Write extra recipes here:

· MAIN DISHES ·
EGG · CASSEROLE
CHEESE · PASTA





To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting

MAIN DISHES —
EGG, CHEESE, PASTA AND CASSEROLE

DEVEILED EGGS

Lynn Vandiver

hard boiled eggs
(number desired)
mustard
salt

vinegar to taste
mayonnaise
sweet relish
pepper

Split eggs in half lengthwise. Mash egg yolks with mayonnaise, a tiny bit of mustard, sweet relish, salt and pepper. Stuff egg white. Sprinkle with paprika and add slice of olive with pimento.

DEVEILED EGGS IN NOODLES

Hazel Zaun

Cook a 6 ounce package wide noodles. Drain.

Sauce:

3 Tbsp. butter

2 Tbsp. flour

1 tsp. salt

1 tsp. Worcestershire sauce

pepper

6 deviled eggs

1 tsp. mustard

3 c. milk

1 tsp. onion powder

Melt butter in saucepan. Stir in flour. Cook until bubbly. Remove from heat. Slowly stir in milk, stirring constantly until smooth. Return to heat. Add seasonings and cook until smooth and thickened.

Mix sauce with noodles. Put into an 8 x 12 inch baking pan or dish.

Make 6 deviled eggs - 12 halves. Press egg halves into noodle mixture. Top with grated cheese.

Bake in 325° oven for 20 to 30 minutes.

SUNDAY EGGS

Becky Earls

3 Tbsp. butter

1/2 c. chopped green onions

12 eggs beaten with 3 Tbsp. milk

3/4 c. cubed baked ham

1/4 c. green pepper, chopped

Saute ham, onions and pepper in butter. Add eggs, cook over very low fire until eggs are set. Do not stir. Push eggs to center of pan every few minutes. Serve with Mayonnaise Muffins.

EGG SAUSAGE CASSEROLE

Barbara Conine

6 slices bread, cubed
1 lb. sausage (pork or turkey),
cooked & drained *or 1 lb ham*
4 eggs, beaten or *Cubed*
1 (8 oz.) Egg Beaters

2 c. milk
1 tsp. salt *no salt if use egg beaters*
1/2 tsp. mustard (dry)
1/4 lb. grated cheese (cheddar)

Grease a 9 x 13 inch casserole with margarine and place cubed bread over bottom. Saute sausage and drain. Place sausage over bread cubes.

Mix next 4 ingredients and pour over sausage. Top with cheese. Refrigerate overnight. Bake at 350° for 40 to 50 minutes. Aluminum foil may be placed over top near the end of cooking to prevent cheese from getting too hard. Cholesterol low cheese may be used.

GRITS CASSEROLE

Anne Kirschner

(Serves 8)

1 1/4 c. grits, uncooked
3 1/2 c. boiling water
1 roll garlic cheese or
bacon flavored cheese

1/2 c. butter
2 eggs
1 c. milk
1/3 - 1/2 c. cheddar cheese,
grated
salt and pepper to taste

Preheat oven to 350°. Grease 2 quart casserole. Cook grits in boiling water. Crumble cheese and butter into cooked grits. Blend eggs and milk together. Mix egg-milk mixture with grits. Pour into greased casserole and bake at 350° for 45 minutes uncovered. Sprinkle with grated cheese and bake uncovered 15 minutes more until cheese is melted.

RANCH STYLE BEANS

Lynn Vandiver

2 cans pork and beans
1 can kidney beans
1/2 c. brown sugar
1 lb. ground beef

1 c. ketchup
2 Tbsp. prepared mustard
2 tsp. vinegar
1 small onion

Brown beef and onion. Drain. Add all other ingredients. Cook on top of stove or bake in 350° oven approximately 30 minutes.

CHICKEN TETRAZZINI

Rossie Mitchell

(Serves 12 - 15)

Boil 1 chicken, remove chicken and 1 1/2 cups chicken broth. To broth in pot, add 3 chicken bouillon cubes and 1 box spaghetti. Boil until tender and drain. Remove bone and skin from chicken leaving in bite-size chunks.

To the 1 1/2 cups of reserved broth, add 3 cans mushroom soup. Mix well.

In large baking dish, layer half of spaghetti, chicken and soup mix. Repeat layers.

Sprinkle with salt, pepper and garlic salt (both layers).

Cover with foil and refrigerate overnight.

Bake at 350° until bubbly. Remove from oven, cover with cheese slices, return to oven and bake until cheese is lightly browned.

This may also be frozen, thawed and then baked!

TOMATOES AND MACARONI

Corine Bridges

1 can tomatoes (28 oz. for family meal - 16 oz. for

2 - 3 people)

1/2 - 1 stick butter

1 large onion

2 large stalks celery, cut in large pieces

1 - 2 buttons garlic

dash sugar

1/2 box elbow macaroni (4 oz.)

salt and pepper to taste

1. Place butter in large saucepan or skillet. Slice onions in rings. Add chopped celery and garlic. Cook until soft.

2. Mash tomatoes. Add to skillet. Cook 20 - 30 minutes until flavors all blended - the juice will cook down. Add the dash sugar.

3. Cook macaroni according to directions.

4. Add cooked macaroni to tomato/onion mix. Simmer for 5 minutes. Serve.

Excellent as side dish.

BEEF AND SHELL BAKE

Corine Bridges

1/2 pkg. seashells or
8 oz. size

1 lb. ground beef

1 1/2 c. chopped celery

1 c. onion, chopped

1/4 c. chopped bell pepper

1 (28 oz.) can whole tomatoes

1 (6 oz.) can tomato paste

2 tsp. salt

1 tsp. oregano

1/4 tsp. pepper

grated mozzarella cheese
(to cover)

American cheese (sliced on top)

(Cont.)

1. Cook seashells according to directions. Drain.
2. Cook beef, celery, onion and bell pepper; drain excess fat.
3. Add tomatoes with liquid. Mash tomatoes. Add tomato paste, salt, oregano, and pepper.
4. Simmer tomato mixture 5 minutes. Add meat mixture.
5. Add shells and pour into 3 quart casserole dish.
6. Top with cheese and bake at 350° for 25 - 30 minutes.

BAKED MACARONI AND CHEESE

Billie Goldwire

- | | |
|---|---------------------------------|
| 3 c. cooked small elbow macaroni, approximately | 2 c. whole milk |
| 6 oz. block New York extra sharp cheddar cheese, chipped (not grated) | 3 eggs, beaten |
| 5 oz. can undiluted Carnation evaporated milk | 2 tsp. sugar |
| | 1 tsp. salt or to taste |
| | 1 tsp. black pepper or to taste |

To beaten eggs, add evaporated milk, whole milk, 2/3 of cheese, sugar, salt and pepper. Pour into a 1 quart loaf shaped casserole that has been sprayed with Pam. Add the cooked macaroni until mixture is almost to the top edge of casserole. Cover with a layer of cheese. If using a shallow 1 quart casserole, more cheese will be needed for the top. Bake at 350° until firm and top is slightly brown (approximately 30 minutes). Serve warm or chill in casserole and turn out on platter and slice.

MACARONI & CHEESE

Anne Kirschner

(Serves 4)

- | | |
|--|----------------|
| 2 cans Franco American macaroni & cheese | 1 egg per can |
| | cheddar cheese |

Put macaroni in casserole dish. Stir in eggs. Grate cheese and stir in mixture. Put in 350° for 30 minutes to 1 hour. Until it bubbles and is good and brown.

FETTUCCHINE WITH PEPPERONI

Allison Healan Lawrence

- | | |
|--|-------------------------------|
| 1 (16 oz.) pkg. fettuccine noodles | 2 Tbsp. margarine |
| 1 (4 oz.) sliced pepperoni | 3/4 c. half & half |
| 1 (8 oz.) can mushroom stems and pieces, drained | 1/2 c. grated Parmesan cheese |

Cook fettuccine as directed on package and drain. Cut pepperoni into halves or quarters. Cook pepperoni on medium heat in 2 quart saucepan until slightly browned. Drain and reserve. Cook

mushrooms in margarine in same pan stirring occasionally. Stir in half & half and cheese and heat until just hot. Stir in reserved pepperoni. Toss with fettuccine. Garnish with additional Parmesan cheese, if desired.

Pasta - serves 6.

LASAGNA (WITHOUT MEAT)

Mary Jordan

1 lb. lasagna macaroni	1 (8 oz.) pkg. mozzarella cheese
1/2 c. grated Parmesan cheese	tomato sauce (recipe below)
2 c. ricotta or cottage cheese	

Cook macaroni in boiling salted water and a few drops of oil for 12 minutes or until tender. Rinse and drain. Arrange a single layer of macaroni in the bottom of a 3 quart baking dish. Add a sprinkling of part of the Parmesan cheese, spoonfuls of ricotta, pieces of mozzarella cheese and some of the tomato sauce. Repeat layers until all ingredients are used. Heat oven to 350°. Bake 30 to 45 minutes or until sauce is bubbly.

Serves 4 to 6.

TOMATO SAUCE

Mary Jordan

1/4 c. butter or margarine	1 tsp. dried basil leaves
1 medium onion, chopped	1 tsp. dried oregano leaves
2 cloves garlic, minced	1 tsp. dried thyme leaves
1 (1 lb. 12 oz.) can Italian plum tomatoes	pinch of rubbed sage
1 (15 oz.) can tomato sauce	1 tsp. salt
1 (12 oz.) can tomato paste	1/8 tsp. pepper
	3/4 c. grated Parmesan cheese

Heat butter in large saucepan; add garlic and onion and cook until lightly browned. Add tomatoes, tomato sauce, tomato paste, basil, oregano, thyme, sage, salt and pepper. Cover and simmer over low heat 1 hour. Add Parmesan cheese and simmer 30 minutes. This recipe makes quite a thick sauce; if thinner sauce is desired, thin with a little water.

EASY LASAGNA (Microwave)

Becky Earls

1/2 lb. ground beef	1/2 tsp. salt (optional)
1 jar (32 oz.) spaghetti sauce*	1/2 tsp. pepper (optional)
1/2 c. water	9 lasagna noodles, uncooked
1 (15 oz.) ricotta or cottage cheese	1/2 lb. thinly sliced or grated mozzarella cheese
1 egg** slightly beaten	1/2 c. Parmesan cheese

(Cont.)

1. Microwave ground beef 3 to 4 minutes on High. Stir several times. Drain.
 2. Mix water, spaghetti sauce, and ground beef. Microwave 4 - 5 on High until boiling hard.
 3. Mix ricotta (cottage) cheese, egg, salt, and pepper.
 4. Layer sauce, UNCOOKED lasagna, sauce, cheeses, lasagna, sauce.
 5. Cover with plastic. Microwave on High for 8 minutes.
 6. Microwave on Medium/Low 35 - 38 minutes or until lasagna is done.
 7. Remove plastic, sprinkle with Parmesan cheese. Recover with plastic. Let stand 15 minutes.
- * Left over homemade sauce is wonderful. If sauce is thick, thin with water.
- ** Use two eggs with cottage cheese. Drain cottage cheese by poking holes in bottom of carton and allowing it to drain while meat is cooking.

SHRIMP FETTUCINE

Angela Wallace

1 lb. fettucine noodles	1 small onion, diced
1 lb. shrimp, boiled & peeled	butter
fresh broccoli, separated into small flowerettes	Parmesan cheese
fresh mushrooms, sliced	salt
fresh carrots, sliced	pepper
	garlic

In a skillet simmer in butter: garlic, shrimp, mushrooms, and onion. Boil fettucine noodles according to directions on package. Either on stove top or in microwave, steam broccoli and carrots with water, butter and garlic. When all items are cooked to taste, mix together in large bowl. Add salt, pepper and grated Parmesan cheese. Mix well and serve hot. Serve with Italian bread and tossed salad, if desired.

SALMON QUICHE

Kathy Banke

1 (9-in.) pie crust (unbaked)	8 oz. carton sour cream
1 small can salmon (7 1/2 oz.)	1 - 1 1/2 c. grated cheddar cheese
3 eggs	

Mix ingredients. May add onions and/or green pepper and/or season all to taste. Pour into unbaked pie crust. Sprinkle top with Parmesan cheese and paprika. Bake at 400° for 35 to 40 minutes or until top is brown and firm in middle. Note: Cover crust edges with aluminum foil to prevent burning.

FIVE MINUTE QUICHE

Ann Rotroff

9 1/2 oz. can white crab meat 1/2 c. grated Swiss cheese
1 can cream of shrimp soup (optional)
3 eggs 1 uncooked 9-in. pie shell

Beat eggs slightly and stir in remaining ingredients. Pour in pie shell. Bake at 350° for 45 minutes or until center is firm.

Note: Many combinations of soup and meat can be used, i.e.: tuna and cream of mushroom, ham and cheddar cheese, clams and cream of chicken.

BROCCOLI QUICHE

Betty Mullins

1 bunch fresh broccoli, cooked 1 1/2 c. milk
or 2 - 10 oz. pkg. of chopped 1 tsp. salt
broccoli, cooked 1/4 tsp. pepper
1 onion, chopped 2 c. shredded cheddar cheese
3/4 c. Bisquick 3 eggs

Blend eggs, milk, Bisquick, salt and pepper in blender. Arrange broccoli, onions, and cheese into greased 10 inch pie plate. Pour egg mixture over broccoli. Bake in 400° oven for 25 or 30 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

ITALIAN ZUCCHINI QUICHE

Annie "Belle" Lawrence

4 c. thinly sliced zucchini 1/2 tsp. garlic powder
1 c. chopped onion 1/2 tsp. basil
1/4 to 1/2 c. margarine 1/4 tsp. oregano leaves
1/2 c. chopped parsley or 2 beaten eggs
2 Tbsp. parsley flakes 8 oz. (2 c.) mozzarella cheese
1/2 tsp. salt 1 deep dish pie shell
1/2 tsp. pepper

Cook and stir zucchini and onion in margarine for 10 minutes in large skillet. Stir in seasonings. Combine eggs and cheese. Stir in zucchini mixture. Pour into pie shell. Bake in preheated 375° oven 20 minutes or until flat knife inserted in center comes out clean.

SOUTH OF THE BORDER QUICHE

Ethel Lynn Keeton

10 eggs 1 tsp. baking powder
1 lb. shredded Jack cheese 1 tsp. salt
1/2 c. flour 1/4 c. melted butter (Cont.)

8 oz. chopped green chilies

2 c. lowfat cottage cheese

Butter a 13 x 9 x 2 inch pan.

In a large bowl, beat eggs until frothy. Add flour, salt, baking powder. Mix in melted butter, cheese, and green chilies. Pour into buttered pan and bake at 400° for 15 minutes, then at 350° for 40 minutes. Cut into small or large squares and serve warm.

ONION PIE

Mildred Johnson

1 c. soda cracker crumbs

3/4 c. milk

1/2 stick butter, melted

3/4 tsp. salt

2 c. thinly sliced onions

dash pepper

2 Tbsp. butter

1 c. grated cheddar cheese

3 eggs

Crush soda cracker crumbs, mix with butter. Press into pie pan.

In skillet saute onions in 2 tablespoons butter until transparent. Spoon into pie pan. Pour over them the lightly beaten eggs, milk, cheese, salt and pepper. Bake 350° for 30 minutes until set, then sprinkle top with paprika and some grated cheese.

CHEESE FONDUE

Barbara Gibson

9 slices white bread

1/3 tsp. salt

1 c. grated sharp cheddar
cheese

1/2 tsp. powdered mustard

1/2 tsp. Worcestershire sauce

2 c. sweet milk

dash Tabasco

3 whole eggs

1/4 lb. butter or margarine

Whip eggs, milk and seasonings. Trim crusts from bread and slice in quarters. Dip both sides in melted butter and line casserole dish (8 x 8). Sprinkle cheese over this. Alternate bread and cheese. Pour milk and egg mixture over this. Let stand overnight in refrigerator. Take out 1 hour before baking. Bake 1 hour at 350°. Serves 6.

CHEESE FONDUE

Ollie Conine

1 c. milk

1/2 tsp. salt

1 c. soft bread crumbs

1/8 tsp. pepper

1 c. grated cheese

3 egg yolks

1 Tbsp. butter

3 egg whites

Scald the milk, add bread crumbs, cheese, butter, salt and

pepper. Add egg yolks beaten well. (This can be put in refrigerator if not ready to cook immediately.) Fold in stiffly beaten egg whites. Pour in buttered baking dish, place in pan of hot water, bake in 350° oven about 30 minutes.

Especially good with fish.

Write extra recipes here:

Write extra recipes here:

♡ V E G E T A B L E S ♡



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

ASPARAGUS CASSEROLE

Nell Cates

- | | |
|-----------------------------------|----------------------------|
| 1 can (14 1/2 oz.) asparagus tips | 1 small onion, chopped |
| 1 small can green peas | 1/4 c. milk |
| 2 hard cooked eggs, chopped | 1/2 c. grated cheese |
| 1 can cream of celery soup | 1 c. buttered bread crumbs |

Combine soup and milk in pan. Add cheese; cook over medium heat until cheese melts. Saute onion in small amount of butter. Add drained asparagus, peas, eggs and onion. Stir just enough to mix all ingredients. Pour into casserole. Top with crumbs. Bake at 350° for 20 to 25 minutes.

ASPARAGUS CASSEROLE

Rebecca S. Mazur

- | | |
|---|--|
| 1 can asparagus spears | 1 can English peas (8 oz. can) |
| 1 can mushroom or celery soup mixed with 1/2 can milk | 1 can French fried onion rings (or Mrs. Paul's frozen onion rings) |
| 1 c. sharp cheddar cheese, shredded, more if desired | saltine crackers |

Layer above ingredients alternately with soup mixture and cover top layer with crumbled saltine crackers. Dot with butter or margarine and bake at 350° about 30 minutes.

COMPANY BEETS WITH PINEAPPLE

Hazel Zaun

- | | |
|-----------------------------|--|
| 2 Tbsp. brown sugar | 1 Tbsp. cornstarch |
| 1/4 tsp. salt | 8 3/4 oz. can (1 c.) pineapple tidbits |
| 1 Tbsp. butter or margarine | |
| 1 Tbsp. lemon juice | 1 lb. can sliced beets, drained |

Combine brown sugar, cornstarch and salt in saucepan. Stir in pineapple with syrup. Cook stirring constantly, until mixture thickens and bubbles. Add butter, lemon juice and beets. Heat thoroughly about 5 minutes. Serves 4 to 5.

BROCCOLI CASSEROLE

Dot Dunn

- 2 (10 oz.) pkg. broccoli (chopped)

Cook according to package directions and drain.
Add:

(Cont.)

1 c. mayonnaise	2 eggs
1 Tbsp. onion	1 can cream mushroom soup
1 c. cheese (cheddar)	

Bake 350° approximately 35 minutes.

ANN'S BROCCOLI CASSEROLE

Ginger Westlund

(Serves 18)

2 large onions, chopped	4 cans mushroom soup
1 stick butter	3 rolls garlic cheese
6 pkg. frozen chopped broccoli	1 large can mushrooms
	1 c. slivered almonds

Saute onion in butter. Cook broccoli until just tender (according to package directions). Drain, add to onion and butter. Add soup, cheese, mushrooms, and 3/4 cup almonds. Pour into large casserole. Sprinkle rest of almonds on top.

Bake at 300° until bubbly. Can be made a day ahead.

KATIE'S BROCCOLI - NUT CASSEROLE

Ginger Westlund

(Serves 6 - 8)

2 pkg. frozen chopped broccoli	1 medium onion, chopped
1 c. grated sharp cheese	2 eggs, well beaten
1 can cream of mushroom soup	3/4 c. chopped pecans
1 c. mayonnaise	2 c. buttered bread crumbs

Cook broccoli according to directions on package. Drain well. Add soup and mayonnaise and chopped pecans. Mix well; add eggs and onions. Pour into greased 1 1/2 quart or 2 quart casserole dish. Sprinkle with the grated cheese and top with buttered bread crumbs. Bake at 350° for 30 minutes.

BROCCOLI CASSEROLE

Betty Foster

2 pkg. chopped broccoli	2 eggs
1 large onion (chopped finely)	salt and pepper to taste
1 can mushroom soup (undiluted)	1 c. grated cheese
1 c. mayonnaise	cracker crumbs

Cook broccoli by directions on package and drain. Combine all ingredients and put in greased casserole. Cover with cracker crumbs and bake in 350° oven for 25 to 30 minutes.

NOTE: Cream of chicken or celery soup may be substituted.

STIR - FRIED BROCCOLI

Ann Rotroff

1 head broccoli, broken into
florets
1 Tbsp. vegetable oil

1 Tbsp. soy sauce
garlic powder to taste

Suggested optional ingredients - any combinations:

small jar pimento strips
can mushrooms

can water chestnuts
1/4 c. slivered almonds or
cashews

Saute broken up broccoli in oil and soy sauce on medium high heat. Add garlic powder or any optional ingredients. Saute until broccoli is slightly soft but still bright green.

BROCCOLI CASSEROLE ✕

**Ethel Huie, Nell Cates
Roumania Lasseter**

2 pkg. chopped frozen broccoli
(cooked 5 minutes, drain and
cool)
2 Tbsp. chopped onion

1 can mushroom or
celery soup (undiluted)
1 c. mayonnaise
1 c. cheddar cheese (grated)
2 eggs, beaten

Mix all ingredients. Pour in baking dish. Cover with Ritz cracker crumbs. Bake at 350° for 1 hour. This makes a big casserole; freezes well. You can cook half, freeze half. (Do not top with crumbs until you have removed from freezer for baking as crackers tend to get soggy.)

Variations: Nell Cates omits the onion and add 1 cup slivered almonds. Nell bakes her casserole at 325° for 35 minutes. Nell suggests using cream of celery or mushroom soup.

Variations: Roumania Lasseter omits the onion, uses only 3/4 cup mayonnaise, and bakes at 350° for 30 minutes.

BROCCOLI CASSEROLE

Nancy Phillips

1 medium chopped onion
2 c. cooked rice
1 can cream of mushroom soup
salt and pepper

1/2 stick margarine
3/4 c. grated sharp cheese
1 pkg. frozen chopped broccoli,
cooked

Saute onion in margarine. Combine all ingredients and pour into greased 1 1/2 quart casserole. Bake at 350° for 30 minutes.
Serves 6.

MARINATED VEGETABLES

Mary Thompson

2 bunches broccoli (use florets only)

1 small head cauliflower (use florets)

8 large carrots, cut in 1/2 in. slices

Marinade:

1 1/2 c. vegetable oil

2 tsp. dry mustard

3/4 c. sugar

1 to 2 tsp. salt

3/4 c. vinegar

2 to 3 dashes cayenne pepper

1 small onion, grated

1 1/2 Tbsp. poppy seed

Serves 12 - 16 people. Other vegetables may be substituted and mushrooms are very good.

CABBAGE ROLL UP

Rose Marie Mazur

1/4 stick butter

2 Tbsp. minced onion

1 c. cooked rice

1 can tomato sauce or

1 large head cabbage

1 can tomatoes

1 1/2 lb. ground round steak

garlic salt to taste

Cut around the core of cabbage and remove. Put head of cabbage in boiling water. As leaves soften, remove and drain. Add cooked rice to raw meat. Saute onion in butter. Add meat and rice mixture. Mix well by hand; if it feels too dry, add a little tomato or sauce. Hold the leaf of cabbage in hand, put a scoop of meat mixture and fold the leaf around it as a leaf folds. Layer in foil lined baking dish or pan, cover with any remaining cabbage. Pour tomato sauce over, cover tightly with foil and bake at 250 to 300° for approximately 2 hours.

Watch closely as cabbage will burn quickly.

MARINATED CARROTS

Elizabeth F. Price

2 lb. carrots, sliced thin

1/2 c. vinegar

1 medium onion, sliced

1/2 c. salad oil

1/2 green pepper, chopped

3/4 c. sugar

1 can (10 1/4 oz.) condensed tomato soup (undiluted)

1 Tbsp. prepared mustard

Cook carrots until tender in small amount of boiling water; drain. Combine carrots, onion, and green pepper, set aside. Combine soup, vinegar, salad oil, sugar and mustard. Stir until well mixed. Pour over vegetables; toss lightly with fork. Refrigerate overnight. (I serve over cottage cheese as a salad.)

COPPER CARROTS

Barbara Conine

5 c. carrots (cooked in salt water until crisp 10 to 15 minutes)

1 large onion, cut in rings
1 bell pepper, large pieces
1 c. celery

Marinade Sauce:

1 c. tomato soup
1 c. sugar
1/2 c. oil
3/4 c. vinegar

1 tsp. dry mustard
1 tsp. white horseradish
1 tsp. salt
1 tsp. pepper

Blend ingredients, mix with carrots and other vegetables. Put in refrigerator. Better if made 1 or 2 days before serving.

CARROT SOUFFLE

Rossie Mitchell

1 c. cooked carrots
1 tsp. salt
1/2 tsp. pepper
1/3 c. grated cheese
1/2 c. cracker crumbs

1 egg
1 tsp. sugar
2 Tbsp. melted butter
1 1/2 c. milk

Cook carrots with a little sugar and water. Drain, mash with fork. Add following to carrots: 1 egg, salt, sugar, butter, pepper, grated cheese.

Mix well and add alternately milk and cracker crumbs whipping as you add.

Save some crumbs for topping. Mix crumbs with butter.

Bake 350° for approximately 30 minutes.

BAKED CORN

Lynn Vandiver

4 c. cream style corn (2 cans)
2 Tbsp. sugar
1 tsp. salt
1/4 c. butter, melted

2 eggs, beaten
2 Tbsp. flour or cornstarch
1 1/2 c. milk

Combine all ingredients and place in a greased 9 x 12 baking dish. Bake at 350° for 45 - 60 minutes or until thickened and slightly browned. Serves 8.

SHOE PEG CORN CASSEROLE

Jean Ray

1/2 c. onions, chopped
1/2 c. celery, chopped
1/4 c. bell pepper, chopped

1/2 c. sharp cheese, grated
1 can shoe peg corn

(Cont.)

1 can French-style green beans, drained	salt and pepper 1 stick margarine
1 can cream of celery soup	1 stack Ritz crackers, crushed
1/2 pt. sour cream	

Mix together onions, celery, bell pepper, cheese, corn, beans, soup, and sour cream. Add salt and pepper. Place in 9 x 13 inch dish. Melt margarine and mix with crackers. Spread on top. Bake 350° for 45 minutes.

Serves 10 - 12.

CORN PUDDING

Clyde Cramer

2 c. corn, fresh, canned or frozen	2 Tbsp. butter or margarine
1 c. milk	2 tsp. sugar
3 eggs, well beaten	2 Tbsp. flour
	1 tsp. salt

Cut corn as usual from cob. If canned, drain slightly. If frozen thaw. Add all the seasoning and eggs. Pour into a well-buttered 1 1/2 quart baking dish. Sprinkle with paprika. Bake in 325° oven 45 minutes - 1 hour or until done.

STATE FAIR CORN (Microwave)

Joan Cushing

4 unhusked ears of corn	salt to taste
butter or margarine	

Discard any soiled outer pieces of husk. Soak corn in cold water 5 to 10 minutes to clean and moisten. Drain well; do not dry. Set unhusked corn directly on ceramic tray (or in microproof serving dish). Cook (micro) on HI (maximum power) 11 to 12 minutes. Let stand 3 minutes. Peel back husks, discard silk, recover with husks. Serve corn hot with butter and salt.

4 servings.

What a wonderful way to keep corn warm at the table! The natural husk wrapper also makes a dandy "handle" when peeled back. To increase servings, allow 3 to 4 minutes cooking time for each ear of corn.

Note: Keep in husk when storing - reheat next day in husk about 3 to 4 minutes - it will be like "new".

CORN CASSEROLE

Anna Hanson

2 large cans whole kernel corn, drained	1 can cream of celery soup 1 (8 oz.) carton sour cream
--	---

Combine the ingredients and mix well. Pour into a 2 quart casserole dish.

Topping:

1 pack Ritz crackers,
crushed

1 stick margarine or butter,
melted

Mix cracker crumbs and melted margarine together and then sprinkle on top of corn mixture.

Bake at 400° until bubbles through the topping.

CONNOISSEURS CASSEROLE

Nancy Maxwell

12 oz. can white shoe peg
corn, drained
1/2 c. celery, chopped
2 oz. jar pimentos, chopped
1/2 c. grated sharp cheddar
cheese
1/2 tsp. salt

16 oz. can French green beans,
drained
1/2 c. onion, chopped
1/2 c. sour cream
1 (10 3/4 oz.) can cream of celery
soup
1/2 tsp. pepper

Topping:

1 c. Ritz cracker crumbs
1/2 c. slivered almonds

1/2 stick butter, melted

Mix all ingredients. Place in 1 1/2 to 2 quart baking dish. Sprinkle topping over casserole. Bake at 350° for 45 minutes. Serves 8.

SCALLOPED CORN

Judy Alfele

1 can cream style corn
1 egg, slightly beaten
1/2 c. milk
1/2 c. cracker crumbs

1/4 c. onion
1 Tbsp. butter
salt and pepper

Heat oven to 350°. Combine all ingredients. Pour into a 1 quart baking dish. Bake 35 minutes.

CORN PUDDING

Hazel Zaun

1 can cream style corn
1/2 c. coffee cream
1/2 c. milk
3 Tbsp. sugar

3 Tbsp. flour
3 eggs
1 Tbsp. vanilla
3 Tbsp. melted butter

Beat eggs with fork, beat in sugar and flour mixed together.

Blend in corn, milk, cream and vanilla. Melt butter in 8 inch square baking pan, pour batter in pan. Bake at 350° for 50 to 60 minutes. Serves 6.

EGGPLANT CASSEROLE

Ginger Westlund

4 - 5 small eggplants	salt and pepper
2 large onions, chopped	cracker crumbs
1 lb. sharp cheese, grated	butter or margarine
2 eggs, beaten	

Peel and slice eggplants and boil in salted water until tender. Strain and mash. Saute onion in butter.

Combine eggplant, beaten egg, onion, and grated cheese. Salt and pepper to taste. Place in greased casserole, cover with crumbs, dot with butter. Bake in a moderate oven for 45 minutes.

Serves 8 - 10.

EGGPLANT PIZZAS (Microwave)

Joan Cushing

1 large eggplant (about 10 inches long)	1/2 tsp. sugar
salt	1/4 tsp. grated lemon peel
1/4 c. chopped onion	1/4 tsp. oregano
1 large clove garlic, minced	1/4 tsp. salt
1 Tbsp. olive oil	1/8 tsp. pepper
1 can (8 oz.) tomato sauce	1/4 c. olive oil
1 can (6 oz.) tomato paste	1 c. shredded mozzarella cheese
	1/3 c. grated Parmesan cheese

Total cooking time: 30 to 32 minutes.

Cut eggplant into slices 3/8 inch thick (do not peel). Sprinkle both sides with salt. Arrange on double thickness of paper towels and let drain 30 to 45 minutes. Combine onion, garlic, and 1 tablespoon oil in 1 1/2 quart microproof bowl. Cover with plastic wrap and cook (micro) on 90 (saute) 3 minutes. Add tomato sauce, paste, sugar, lemon peel, oregano, 1/4 teaspoon salt, and pepper. Mix well. Cover and cook (micro) on 50 (simmer) 6 minutes, stirring once. Set aside.

Rinse eggplant in cold water and pat dry. Brush each side generously with some of remaining olive oil. Layer in 3 quart glass or ceramic casserole. Position wire rack in lower guides. Cover and cook (micro/convec) at 350° F. 15 minutes. Drain off any excess oil.

Position wire rack in upper guides of oven and preheat to 380° F. Arrange eggplant slices in single layer on baking sheet or aluminum tray. Spoon tomato sauce evenly over top. Sprinkle with cheeses. Cook (convec) at 380° F. 6 to 8 minutes or until cheese begins to

brown. Serve hot. 8 to 10 servings.

EGGPLANT STICKS

Nancy Maxwell

3 eggplants	1 tsp. pepper
1 c. breading mix	3 eggs
1 tsp. salt	1/4 c. milk

Peel eggplants and cut into finger-sized slices (1/2 x 3 inches). Soak in ice water for 30 minutes. Drain well. Mix breading, salt and pepper. Beat milk and eggs. Dip eggplant in milk and eggs, then in breading. Place in refrigerator for 1/2 hour to allow coating to set. Deep fry in hot oil until golden. Serve as a vegetable as is or with chili sauce for dipping.

SAUSAGE STUFFED EGGPLANT

Nancy Maxwell

2 eggplants, 1/2 to 3/4 lb. each	1/2 lb. sausage
1 onion, chopped	1 large garlic clove, minced
16 oz. can tomatoes, drained and chopped	1/4 c. seasoned bread crumbs
salt and pepper to taste	1 c. sour cream
2 Tbsp. parsley	1 Tbsp. dried basil
	grated Parmesan cheese

Halve eggplants and parboil 10 to 15 minutes. Remove and cool. Scoop out pulp area, leaving shells, cube and reserve pulp. Cook sausage in large frying pan 10 or more minutes. Add onion and garlic. Cook 5 minutes more. Drain off excess grease. Add eggplant and cook 5 minutes. Add rest of ingredients except cheese. Place the stuffed eggplant shells in pan with 1/4 inch water. Sprinkle with cheese. Bake at 350° for 45 minutes or until lightly browned. Serves 4.

EGGPLANT SOUFFLE

Mary Jordan

1 medium eggplant	3/4 c. bread crumbs
2 Tbsp. butter	chopped onion
2 Tbsp. flour	1 Tbsp. ketchup
1 c. sweet milk	1 tsp. salt
1/2 c. grated cheese	2 eggs

Peel eggplant, cut in small pieces and boil until tender. Drain and mash very fine. Add butter, flour, milk, cheese, bread crumbs, onion, ketchup, salt and egg yolks. Blend well. Fold in well beaten egg whites. Pour in greased casserole. Bake 40 to 45 minutes at 450°.

CHILI EGGPLANT

Nancy Maxwell

- | | |
|--------------------------------------|------------------------------------|
| 1 chicken bouillon cube | 2/3 c. hot water |
| 1/2 c. chili sauce | 1 medium eggplant, peeled & sliced |
| 6 large pitted olives (ripe), sliced | |

Dissolve bouillon cube in hot water, add chili sauce, and add eggplant. Cover and simmer 10 minutes. Mix in olives and serve. Spoon sauce over eggplant mixture. Serves 4.

PICKLED VEGETABLES

Ginger Westlund

- | | |
|---|-------------------------------|
| 1 pkg. French style green beans (cook according to pkg. directions; drain and cool) | 1 can small peas, drained |
| | 1 jar pimento, drained |
| | 5 stalks celery, chopped |
| | 1 large onion, cut into rings |

Marinade:

- | | |
|--------------|------------------|
| 1 c. sugar | 1/2 c. salad oil |
| 1 c. vinegar | |

Mix sugar, vinegar and salad oil. Pour over vegetables. Marinate overnight.

VEG-ALL CASSEROLE

Lucile Floyd

- | | |
|-------------------------|--------------------------------------|
| 1 can Veg-All (drained) | 1 c. mayonnaise |
| 1 c. chopped onions | 1 c. grated cheese (medium or sharp) |
| 1 c. chopped celery | |

Mix ingredients. Place in 8 inch square baking dish. Top with buttered Ritz crackers. Bake at 350° until it bubbles.

VEG-ALL CASSEROLE

Annette Brown
friend of Nancy Phillips

- | | |
|-------------------------------|--------------------------|
| 1 large can Veg-All, drained | 1/2 c. chopped onions |
| 1 can water chestnuts, sliced | 1 stick melted margarine |
| 3/4 c. grated cheese | 1 sleeve Ritz crackers |
| 3/4 c. mayonnaise | |

Mix all ingredients except margarine and Ritz crackers together and pour into casserole dish. Crush crackers. Mix with melted margarine, sprinkle on top of casserole.

Bake 350° for 30 minutes.

VEGETABLE CASSEROLE

Dinah Bingham

- | | |
|---|--------------------|
| 2 large cans mixed vegetables
(drained) | 1 c. mayonnaise |
| 1 large can water chestnuts
(drained & sliced) | 1 c. grated cheese |
| | 1 onion (grated) |

Mix all ingredients and put in casserole dish. Crush Ritz or Town House crackers and spread on top. Cover with foil and bake 30 minutes at 350°. Uncover and cook about 10 more minutes or until brown.

MUSHROOM PARMESAN

Frank Warlick

- | | |
|---|---|
| 1 lb. mushrooms with
1 - 2 in. caps* | 1/3 c. (1 slice) fine, dry bread
crumbs** |
| 2 Tbsp. olive oil | 3 Tbsp. grated Parmesan cheese
(use fresh - don't use can of
powdered)*** |
| 1/4 c. chopped onion
(optional-I use some dried
onion) | 1 Tbsp. chopped parsley |
| 1/2 c. clove garlic, finely
chopped (you can use
garlic powder) | 1/2 tsp. salt |
| | 1/8 tsp. oregano |
| | 2 Tbsp. olive oil |

Grease shallow 1 1/2 quart casserole. Clean mushrooms. Cut off stems from caps. Place caps open-side up in casserole. Set aside. Finely chop mushroom stems. Heat olive oil in skillet and add mushroom stems, onion and garlic. Cook slowly until onion and garlic are lightly browned.

Meanwhile, combine bread crumbs, Parmesan cheese, parsley, salt, and oregano. Mix in onion, garlic, and stems. Pile mixture lightly into inverted caps. Pour olive oil into casserole. Bake at 400° F. 15 - 20 minutes, or until mushrooms are tender and tops are browned. (6 - 8 servings)

* after washing, twist stems out of cap

** tear a slice of bread into fourths; turn on a blender and drop the quarter-slices into the blender; this will easily make the bread crumbs

*** this amount can be doubled for a more cheesy flavor

VIDALIA ONION CASSEROLE

Dot Mitchell

- | | |
|--|-----------------------------|
| 5 large onions (sliced into
thin rings) | 24 Ritz or similar crackers |
| 1 stick margarine | Parmesan cheese |

Saute onions in margarine. Simmer covered for 15 - 20

minutes or until limp and opaque. Pour half of onions into casserole, cover with Parmesan cheese and 12 crushed crackers. Pour remaining onions into casserole and repeat with same amount of cheese and crackers. Bake uncovered in a 325° oven until golden brown (about 1/2 hour).

VIDALIA ONION CASSEROLE

Pegge Murphy

Mix:

4 medium Vidalia onions sauteed in 1 stick margarine,
Crumble 12 saltine crackers in buttered dish,

1 can cream mushroom soup salt and pepper to taste
2 eggs whipped in 3/4 c. milk

On top, sprinkle 4 crumbled crackers and 1 cup shredded cheese.
Bake 25 minutes at 350°.

GREAT FRIED ONION RINGS

Lynn Vandiver

1 1/2 c. all-purpose flour 3 large yellow onions
1 1/2 c. beer, active or flat, (or Bermudas)
cold or room temperature 3 to 4 c. shortening

1. Combine flour and beer in a large bowl and blend thoroughly. Cover the bowl and allow the batter to sit at room temperature for at least 3 hours.

2. Preheat oven to 200°. Place brown paper super market bags or paper toweling on a jelly-roll pan. Carefully peel the papery skins from the onions so that you do not cut into the outside onion layer. Cut onions into 1/4 inch thick slices. Separate the slices into rings and set aside.

3. On top of the stove, melt enough shortening in a 10 inch skillet to come 2 inches up the sides of the pan. Heat the shortening to 375°, using a deep-frying thermometer.

4. Dip a few onion rings into the batter. Then carefully place them in the hot fat. Fry rings, turning them once or twice until they're an even, delicate golden color. Now transfer to the paper-lined jelly-roll pan. To keep warm, place them on the middle shelf of the preheated oven until all the onion rings have been fried.

To freeze: Fry rings and drain on brown paper at room temperature. Arrange on jelly-roll pan and freeze. When frozen, pack in plastic bags and return to freezer. To reheat, arrange on jelly-roll pan and place in a preheated oven at 400° for 4 to 6 minutes.

STUFFED VIDALIA ONIONS

Shirley Flynn

Cut 6 Vidalias in half. Parboil 15 minutes. Save 3 outside rings and put in baking dish. Chop centers and mix with:

- | | |
|--------------------------------|-----------------------------------|
| 1 pkg. frozen chopped broccoli | 1/4 c. mayonnaise |
| or 1 bunch fresh chopped | fresh or canned chopped mushrooms |
| broccoli, uncooked | |
| 2 tsp. lemon juice | salt and pepper to taste |
| 2/3 c. Parmesan cheese | |

Stuff onion.

Sauce:

Mix together over low heat with whisk:

- | | |
|----------------|----------------|
| 3 Tbsp. flour | add: 1 c. milk |
| 3 Tbsp. butter | |

Stir until thick. Remove from heat; stir in 12 ounces (tub) of cream cheese with whisk. Spoon on each onion. Bake at 350°, 30 to 40 minutes until brown.

ENGLISH PEA CASSEROLE

Jean Ray

- | | |
|--|---|
| 2 large cans English peas,
well drained | 1 can cream of chicken soup,
undiluted |
| | 4 oz. Velveeta cheese, cubed |

Mix well and bake uncovered at 350° for 1 hour.

GREAT GREEN BEANS

Jackie Hill

- | | |
|--|---|
| 3 stalks celery, cut diagonally
into 1/2 in. pieces | 2 Tbsp. soy sauce |
| 2 Tbsp. margarine or butter | 2 tsp. sesame seeds, toasted |
| 1 Tbsp. cornstarch | dash garlic salt |
| 3/4 c. chicken bouillon | 2 (16 oz.) cans cut green beans,
drained |
| | chopped parsley |

Saute celery in margarine until tender. Combine cornstarch, bouillon, soy sauce, sesame seeds and garlic salt; add to celery and stir constantly over medium heat until thickened. Add green beans and heat thoroughly. Garnish with parsley.

6 - 8 servings.

GREEN BEANS - PENNSYLVANIA
DUTCH STYLE

Margaret B. McCall

3 strips bacon
1 small onion
1/4 tsp. cornstarch
1/4 tsp. salt
1/4 tsp. dry mustard

1 can green beans (1 lb.)
1 Tbsp. brown sugar
1 Tbsp. vinegar
1 hard cooked egg

Fry bacon until crisp. Remove from pan and crumble. Add onion to 1 tablespoon drippings and brown lightly. Stir in cornstarch, salt and mustard. Drain beans, reserving 1/2 cup liquid. Stir the 1/2 cup liquid into mixture in pan and cook until mixture boils. Blend in brown sugar and vinegar. Add green beans and heat. Turn into serving dish and garnish with sliced egg and bacon. Makes 4 servings.

BBQ BAKED BEANS

Anna Hanson

2 cans (16 oz.) each pork
& beans, undrained
1/2 c. barbecue sauce
2/3 c. chopped onion

1/3 c. brown sugar
1 Tbsp. mustard
4 slices bacon, cut into halves

Combine and mix all ingredients except bacon. Pour into 1 1/2 quart casserole dish. Place strips of bacon on top. Bake at 350° for 2 hours.

COMPANY BEANS

Lynne Jordan

2 pkg. frozen French cut
green beans.

2 pkg. frozen baby lima beans
2 pkg. frozen English peas

Cook each according to instructions on package. Mix the following sauce and keep at room temperature.

2 c. mayonnaise
2 Tbsp. vegetable oil
1 Tbsp. Worcestershire sauce
dash of Tabasco sauce

1 medium onion, minced
4 hard-boiled eggs, minced
salt and pepper to taste

Drain liquid from hot vegetables, put into serving dish; top with sauce. Serves 20.

SPICY BAKED BEANS

Nell Cates

2 cans kidney beans	1 c. brown sugar
4 slices bacon, fried	1/2 tsp. allspice
1 small chopped onion	1/4 tsp. cayenne pepper
1/2 c. green pepper, chopped	1 c. ketchup
2 tomatoes, peeled and chopped	

Place fried bacon in the bottom of large casserole dish. Pour 1 can kidney beans over bacon. Cover beans with onion, bell pepper, and tomatoes. Pour second can of beans over this. Mix remaining ingredients together and pour over top of beans. Bake at 350° for 1 hour. Serves 8.

BAKED BEANS

Kayre Hines

2 (21 oz.) cans pork & beans	1 c. brown sugar
1/2 tsp. salt <i>no</i>	1/4 tsp. black pepper
2 Tbsp. Worcestershire sauce	1 large onion
1 1/4 c. ketchup <i>or 1/4 c ketchup + 1/2 c kaffir lime juice</i>	3 slices bacon <i>no</i>

Mix together; place in lightly greased shallow casserole; top with 3 slices uncooked bacon. Bake at 350° for approximately 1 1/4 hours.

PATIO BAKED BEANS

Sarah Foster

1/3 c. brown sugar, firmly packed	1 tsp. instant coffee
1 Tbsp. vinegar	1 tsp. dry mustard
1/2 tsp. salt	1 onion (medium size)
2 cans (14 oz.) pork & beans	4 slices bacon
1/2 c. water	

Mix brown sugar, instant coffee, 1/2 cup water, vinegar, mustard and salt together in saucepan. Cook over low heat 5 minutes. Heat oven to 350°. Cut onion in thin slices and arrange alternate layers of onion and beans in 2 quart casserole. Pour in hot brown sugar mixture. Cover and bake 45 minutes. Remove cover, cut bacon in 1 inch pieces, place on top. Bake 30 minutes.

SWEET POTATO CASSEROLE

Joan Cushing

1 large can sweet potatoes (drained)	1 1/2 c. sugar
1/2 c. butter	1/2 tsp. cinnamon
1 c. milk	1/2 tsp. nutmeg
	2 eggs
	115

(Cont.)

Beat together. Bake 350°, 30 minutes.

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

3/4 c. corn flake crumbs
1/2 c. pecans

Melt and mix, spread on potatoes. Bake 15 more minutes.

SWEET POTATO SOUFFLE

Dinah Bingham

3 c. mashed sweet potatoes
1 c. sugar
2 eggs

1 stick softened butter
1 tsp. vanilla or butternut
flavoring
1/2 c. milk

Mix and place in baking dish.
Sprinkle with **topping:** — *just made*

1 c. brown sugar (not packed)
1/3 stick margarine
1 c. chopped nuts (pecans)
1 c. coconut

1 c. oatmeal (uncooked)
1/3 c. self-rising flour
(not packed)

Melt margarine. Mix with brown sugar. Add other ingredients and mix well. Sprinkle over potato mixture.

Bake at 350° for 35 minutes.

SWEET POTATO SOUFFLE

Mildred Johnson

3 c. mashed potatoes
1/2 c. sugar
1/2 tsp. salt
2 eggs

1/3 stick butter
1/2 c. milk
1 can coconut flakes
1 Tbsp. vanilla

Mix and pour into greased baking dish. Add topping, then bake at 350° for 35 minutes.

Topping:

1/2 c. brown sugar
1 c. nuts (chopped)

1/3 c. flour
1/2 stick butter or margarine

Mix until crumbly.

SWEET POTATO SOUFFLE

Lee Burgess

2 (#1) cans mashed yams
2 c. white sugar
3/4 c. canned evaporated milk

1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. vanilla

1 tsp. rum flavor 3 well-beaten eggs
1 stick melted corn oil margarine

Beat eggs in large mixing bowl. Add the rest of the ingredients and mix at high speed with hand mixer - until light. Put in greased baking dish and top with:

1/2 c. grated coconut 1/2 c. light brown sugar
1/2 c. chopped pecans 1/2 stick corn oil margarine

Cook the above ingredients until well blended in saucepan. Pour over sweet potato mixture and bake in a 350° oven for 30 minutes or longer - until top looks golden brown.

SWEET POTATO CASSEROLE

Ollie Conine

3 c. mashed sweet potatoes 2 eggs
1 c. sugar 1/3 stick margarine
1/2 tsp. salt 1 tsp. vanilla

Mix and pour into baking dish.

Topping:

1 c. coconut 1/3 stick margarine
1 c. brown sugar 1/3 c. self rising flour
1 c. chopped nuts

Pour on top of potato mixture and bake 300°, 35 minutes.

SOUR CREAM POTATO SALAD

Helen Bell
June Shannon

6 medium potatoes, cooked 1 c. mayonnaise
and sliced 1 Tbsp. vinegar
1 c. sour cream medium onion, grated

Mix sour cream, etc. well. Layer potatoes and sour cream mixture in bowl (salting each layer). Top with sprinkling of nutmeg and chopped parsley. Refrigerate overnight.

Variation: Helen uses 1 1/2 cups mayonnaise, 1 teaspoon celery salt and 2 tablespoons parsley.

SWEET POTATO SOUFFLE

Frances Smith Youngblood
Jannie J. Kelly

3 c. cooked, mashed sweet 1/2 c. milk
potatoes 1/2 tsp. salt
1 c. sugar 1 tsp. vanilla
2 eggs, beaten

(Cont.)

Mix these ingredients and put in baking dish.

Topping:

1 c. brown sugar

1/2 c. flour

1 c. chopped nuts

1 stick melted margarine

Combine brown sugar and flour. Mix with nuts and margarine. Sprinkle over top of potato mixture. Bake at 400° for 30 to 40 minutes.

**SENATOR RUSSELL'S
POTATO SOUFFLE**

**Lucile Floyd - Betty McDonald
Annette Carlisle**

3 c. mashed sweet potatoes

2 eggs

1/2 c. butter or margarine, melted

1 c. granulated sugar

1 tsp. vanilla

Mix thoroughly and pour in buttered casserole. Top with a coarse mixture of:

1 c. brown sugar

1/3 c. flour

1/3 c. melted butter

1 c. chopped nuts

Bake 30 minutes at 350°. Can be mixed ahead and refrigerated until ready to bake. (Lucile Floyd adds 1/2 cup sweet milk.)

CORN - CHEESE CASSEROLE

Jackie Hill

2 (17 oz.) cans drained whole
kernel corn

4 oz. (1 c.) shredded medium
cheddar cheese

2 eggs, slightly beaten

1/2 c. milk

1 tsp. salt

2 Tbsp. all-purpose flour

2 Tbsp. sugar

2 Tbsp. melted butter or
margarine

2 oz. pimiento, drained & chopped
(optional)

1/2 small onion, chopped (option-
al)

Mix all the above and pour into buttered 1 1/2 quart casserole. Bake at 350° for 45 - 50 minutes.

**BETTY'S SOUR CREAM POTATO
CASSEROLE**

Ginger Westlund

10 - 12 medium red potatoes,
boiled (use 10 potatoes)

1 stick butter

1 pt. sour cream

1 (10 3/4 oz.) can cream of mush-
room soup

10 oz. cheddar cheese, grated

1/2 c. grated onion

1 Tbsp. Worcestershire sauce
dash of cayenne pepper
(optional)

2 Tbsp. butter, melted
1/2 c. bread crumbs or
cracker crumbs

Preheat oven to 350°. Peel and cut potatoes into small cubes. Heat soup and butter in saucepan until both are melted; add sour cream. Combine all ingredients in a large bowl. Spoon into 9 x 14 inch buttered casserole.

Mix butter and crumbs and sprinkle on top of potatoes. (You may freeze casserole at this point.) Bake 45 minutes.

BLENDER POTATO CASSEROLE

Mildred Bays

1 c. milk
3 eggs
1 1/2 tsp. salt
2 Tbsp. margarine

1 c. cubed cheddar cheese
1/2 green pepper, diced
1 small onion, quartered
4 medium potatoes, peeled and cubed

Combine all ingredients in electric blender in the order listed; cover and blend on high speed just until potatoes go through blades (do not overblend). Pour mixture in greased 1 1/2 quart casserole. Bake uncovered at 350° for about 45 minutes until firm.

Yield: 8 to 10 servings.

POTATOES O'MAXWELL

Nancy Maxwell

Cut up and boil 6 medium white potatoes, drained.

Add:

1 chopped bell pepper
1 chopped onion
1 Tbsp. flour
3/4 c. grated cheese

pepper to taste
1/2 tsp. salt
paprika

Place in greased baking dish and pour 1 cup hot milk over the top. Cover with bread crumbs and dot with butter and sprinkle with cheese and paprika for color. Bake at 350° for 30 minutes.

Serves 4 to 6.

IRISH POTATO CASSEROLE

Lynne Jordan

6 medium potatoes, boiled,
chilled, peeled and grated
1 stick butter, melted
1 c. milk

1 pt. sour cream
2/3 c. green onion tops,
chopped
2 c. extra sharp Cracker Barrel
cheese

(Cont.)

Mix all together reserving some cheese for top. Bake at 350° for 30 minute. Freezes well.

HASH BROWN CASSEROLE

Cheri Moore

2 lb. bag frozen hash browns	1 stick melted butter
1 can cream of chicken soup - do not add water	1 large onion, chopped
16 oz. sour cream	1 c. sharp cheese, grated

Combine all ingredients. Pour into greased baking dish. Bake 1 hour at 350°. You can add crushed potato chips during last 5 minutes.

POTATO CASSEROLE

Helen Bell

2 lb. frozen hash brown potatoes	1 1/2 sticks margarine (melted)
1 can cream of mushroom soup	8 oz. (1 pt.) sour cream
8 oz. cheddar cheese	2 c. crushed corn flakes
	1 medium onion

Have potatoes completely thawed. Mix all the above except corn flakes and 1/2 stick of butter. Put in greased dish or pan; top with corn flakes. Melt butter and drizzle over corn flakes. Bake 1 to 1 1/2 hours at 350°.

GREEN RICE

Emily Haynie

Cook 1 cup rice.

Stir in 1 small jar of Cheez Whiz. Stir in 1 box chopped broccoli, thawed. Mix in 1 can mushroom soup.

Saute in butter or oil:

1 c. celery	1 c. bell pepper
1 c. onion	

Mix all together and put in casserole. Cook at 350° until bubbly, approximately 20 minutes.

GREEK PILAF

Nancy Maxwell

1 c. raw rice	2 1/2 c. chicken broth
1 tsp. salt	1/2 c. butter

Saute rice in butter until lightly brown. Pour in broth and salt. Bring to a boil; turn down heat. Simmer 20 to 25 minutes or until done. Serve with sour cream for topping. Serves 6.

AMAZING RICE

Jean Ray

1 c. raw rice, not instant
1 can chicken gumbo soup,
diluted

1 can chicken broth or bouillon,
undiluted
1/2 stick butter or margarine

Mix the rice and soups in a casserole dish that has a tight lid. Put the margarine or butter in the middle - don't stir. Cover and bake it 45 minutes at 350°. Before you serve it, fluff it with a fork or not, as you prefer. I rather like the way it looks as is.

HERB RICE

Lee Burgess

1 c. white rice
1 can consomme (beef or
chicken)
1 can onion soup

1 can sliced mushrooms
1 stick corn oil margarine
(you may use less if you
wish)

Combine all ingredients and bake at least one hour uncovered in a 325° oven.

Use beef consomme if serving with beef or use chicken consomme if serving with chicken.

MOM'S RICE PILAF

Ginger Westlund

1 medium onion
1 medium bell pepper
1/2 stick butter or
margarine
1 can mushrooms or fresh mushrooms, if desired

3 c. cooked rice
salt, pepper and red pepper -
to taste
grated carrot (optional)

Saute onion and bell pepper in butter. Add fresh or canned mushrooms. Add cooked rice. Can grate a little carrot into rice mixture. Add salt, pepper and a little red pepper.

WILD RICE CASSEROLE

Pat Randolph

8 oz. box wild rice
1 medium can button mushrooms
1 c. chopped pecans

3/4 c. grated sharp cheese
10 oz. can cream of mushroom soup
salt and pepper to taste

Wash rice under running water until water is clear. Boil according to directions. Drain. Combine mushroom soup, mushrooms, pecans, salt and pepper with rice. Place in greased casserole. Sprinkle with cheese on top. Bake 30 minutes at 350°.

HERB RICE

Nancy Maxwell

1 c. thinly sliced carrots	2 tsp. salt
1 c. chopped onion	1/2 tsp. dill weed
1/4 c. margarine	pepper to taste
3 c. water	2 Tbsp. chopped parsley
2 c. raw rice	

Saute carrots and onion in margarine 5 minutes, stirring occasionally. Add water, rice, salt, dill weed and pepper; bring to a boil. Cover; simmer 20 to 25 minutes or until rice is tender. Stir in parsley. Serves 6 to 8.

MUSHROOM - PIMIENTO RICE

Joan Cushing

12 large mushrooms (about 1/2 lb.)	2 1/2 c. chicken stock or broth
6 large shallots (about 12 oz.), minced	1 1/4 c. long-grain rice
3 Tbsp. butter or margarine	1 jar (4 oz.) pimientos, drained and diced
	pepper

Total cooking time: 19 minutes.

Mince mushroom stems; cut caps into 1/8 inch slices.

Combine mushroom stems, shallots, and butter in 3-quart microproof casserole. Cook (micro) on 90 (saute) 4 minutes, stirring once. Add stock and rice. Cover and cook (micro) on 90 (saute) 10 minutes. Stir in sliced mushroom caps. Cover and cook (micro) on Hi (maximum power) 5 minutes. Add pimientos and stir through. Cover and let stand until all excess liquid is absorbed. Sprinkle with pepper before serving.

6 to 8 servings.

GOURMET RICE DRESSING

Jean Ray

1 c. each chopped onions, celery, and celery leaves	3 Tbsp. butter or margarine
1 can (4 oz.) sliced mushrooms, drained	2 c. boiling chicken broth
1 c. uncooked rice	1 tsp. salt
	3/4 tsp. poultry seasoning
	1/2 c. toasted sliced almonds

Saute onions, celery, celery leaves, mushrooms, and rice in butter until vegetables are tender and rice is golden. Turn into a greased shallow 2 quart casserole. Stir in chicken broth and seasonings. Cover and bake at 350° for 30 to 35 minutes or until rice is tender and liquid is absorbed. Fluff with fork; spoon into serving dish; sprinkle with almonds. Makes 5 1/2 cups dressing or 6 to 8 servings.

VIENNESE SPINACH

Hazel Zaun

Cook according to package directions, 1 package frozen chopped spinach. Drain very thoroughly. Melt in saucepan 1 tablespoon butter. Blend in 1 tablespoon flour.

Add:

1/2 c. sour cream	1/4 tsp. MSG (Accent)
1/2 tsp. onion powder	1/4 tsp. lemon juice
salt & pepper to taste	

Cook stirring constantly, until mixture thickens slightly. Combine with well drained spinach. Heat and serve or refrigerate until ready to serve, and then reheat very slowly. Serves 3 to 4.

SPANAKORYZO

Joan Cushing

(Greece - Spinach & Rice)

1 c. uncooked rice	2 c. boiling water
1 medium onion, chopped	1 1/2 tsp. salt
1/3 c. olive oil	1 lb. fresh spinach

Saute rice and onion in olive oil, stirring occasionally for 15 minutes. Add boiling water and salt, cover and simmer 10 minutes. Wash spinach; cut in 1/2 inch lengths. Add to rice, mix thoroughly, cover and continue to simmer, stirring occasionally, 15 minutes or until desired consistency has been reached. Serves 4 to 6.

BAKED STUFFED SQUASH

Ginger Westlund

Boil summer (yellow) squash until just tender. Cut in half and scoop out centers of squash. Chop centers and combine with fresh tomatoes (peeled and chopped) sauteed onion, grated cheese, and bacon (fried crisp and crumbled). Stuff into squash shells. Bake in 350° until heated through and cheese melts - about 30 minutes. Can add cracker crumbs and butter to top if desired.

SPAGHETTI SQUASH

June Shannon

Cut squash in half lengthwise and clean out seeds. Place squash, cut side down, in a pot with 2 inches of water. Cover and boil for 20 minutes. Scrape out spaghetti-like strands from cooked squash with fork. Add 1 cup grated cheddar cheese, 1 cup grated zucchini, 1 cup tomato sauce, 1/4 teaspoon each salt and pepper, 1/2 teaspoon crumbled basil leaves and a dash of garlic powder. Mix well and spoon back into empty squash. Sprinkle on 2 tablespoons grated Parmesan cheese and bake at 350° for 20 minutes. Serves 4. An interesting change from plain ole spaghetti. This is using 1/2 of the

spaghetti squash. The other half will keep refrigerated for use another way.

SQUASH CASSEROLE (Ronnie's Favorite)
(Microwave)

Sylvia Dodson

no more recipe in pencil

2 eggs (slightly beaten)
~~1/2 stick margarine~~
salt and pepper to taste
1/3 ~~2/3~~ c. milk

1 c. grated cheese
8 - 10 squash
1 small chopped onion
~~cracker crumbs~~
bread crumbs

1/8 t dry mustard
Cook cut up squash in water with onion, until tender. Stir eggs and milk into drained squash. Add margarine and cheese. Spread in casserole dish and sprinkle with cracker crumbs. Bake at 350° for 20 - 30 minutes or until firm.

Microwave: Cook on HIGH for 6 - 8 minutes or until firm.

SQUASH CASSEROLE

Lee Burgess

1 lb. fresh yellow summer
squash
1/4 c. chopped onion
1/4 c. bread crumbs

1 large egg, slightly beaten
1/2 stick corn oil margarine
1/2 Tbsp. sugar
1/2 tsp. salt
small amount of pepper - to taste

Wash squash and cut into medium size pieces. Cook until just tender and drain well. Mash. Mix the rest of the ingredients and combine with squash. Save half of the margarine to melt and pour over mixture. Top with additional bread crumbs. Bake in 375° oven for one hour - or until top is golden brown.

FRITTERS

Barbara Conine

2 c. grated yellow or zucchini
squash (grate at last minute)
6 Tbsp. chopped onion
8 Tbsp. flour (I use self-
rising)

2 beaten eggs
1 tsp. salt
dash of pepper
2 Tbsp. melted butter
1 Tbsp. sugar (may be omitted)

Mix all ingredients, adding eggs and butter last. Drop into shortening about 1 inch deep and fry until brown. Serve hot.

(P. S. This is "squash fritters" if you like squash, but otherwise, "fritters" until asked. It doesn't have a squash taste.)

SQUASH CASSEROLE

Lorene Brown

- | | |
|---------------------------------|---------------------------------|
| 2 lb. yellow squash | 1/2 c. chopped onion |
| 2 grated carrots | 1 (8 oz.) bag herb stuffing mix |
| 1 can cream of chicken soup | 1 stick margarine, melted |
| 1 c. sour cream | salt and pepper to taste |
| 1 small jar pimentos (optional) | |

Cook squash, carrots and onion together in a little water until squash is tender. Drain well. Mix in soup, sour cream, pimento (if desired) and salt and pepper to taste. Spread squash mixture in the bottom of a greased casserole dish. Pour herb dressing mix over all. Pour melted margarine on top of this. Bake at 350° until golden brown.

ACORN SQUASH

Judy Alfele

- | | |
|----------------------|-------------------------|
| 2 medium size squash | 4 Tbsp. apples, chopped |
| 4 Tbsp. brown sugar | 4 Tbsp. chopped pecans |
| 4 Tbsp. butter | |

Cut squash in half and clean. Into each half, put 1 tablespoon butter, brown sugar, apples and nuts. Wrap securely in heavy aluminum foil. Bake at 350° for 1 1/2 hours or until soft to touch.

COMPANY VEGETABLE MEDLEY

Ann Rotroff

- | | |
|---|--|
| 1/2 lb. very small yellow summer squash | 1/2 stick butter or margarine (or 2 Tbsp. vegetable oil) |
| 1/2 lb. very small zucchini | 2 cloves garlic, finely chopped |
| 3 large carrots | salt and pepper to taste |
| 1/2 lb. large mushroom caps | |
| 1 chopped onion | |

Saute onions and garlic in butter until slightly limp. Slice squash, zucchini and carrots into 1/4 inch thick rounds. Add carrots to butter and onions and saute for 10 - 15 minutes. Add remaining vegetables, salt and pepper and saute until slightly soft.

SQUASH CASSEROLE

Emogene Griffeth

- | | |
|---|---------------------------------------|
| 2 cans yellow squash (2 c.), drain & mash | 1 small jar pimento, chopped |
| 1 can cream of chicken soup | 1 medium onion, finely chopped |
| 2 medium carrots, shredded | 1/2 pt. sour cream |
| | salt and pepper to taste |
| | Pepperidge Farm seasoned stuffing mix |

(Cont.)

Mix together above ingredients, except stuffing mix. Mix together 1 package Pepperidge Farm seasoned stuffing mix and 1 stick margarine. Line pan with stuffing mix; reserve enough to sprinkle on top; mix remainder with squash mixture. Bake at 350° for 1 1/2 hour.

SQUASH CASSEROLE WITH WATER CHESTNUTS

Linda Sparrow

1 lb. squash	1 small carton sour cream
1 can cream of chicken soup	1 can sliced water chestnuts, drained
1 medium onion, chopped	1 pkg. stuffing mix

Cook squash and drain. Melt 1 stick margarine or butter, add 1/2 package stuffing mix (Pepperidge Farm). Put part of this in the bottom of baking dish. Mix cooked squash with sour cream, chicken soup, water chestnuts, and onions. Salt and pepper to taste. Add remaining stuffing mix on top. Bake at 350° for 30 minutes.

SQUASH CASSEROLE

Doris Rivers

1 lb. mild sausage	1 clove garlic, crushed
4 c. sliced summer squash	1/2 c. dry bread crumbs
1/2 c. grated Parmesan cheese	1/2 c. milk
1/2 tsp. salt	1/2 tsp. dried oregano
2 eggs, beaten	

Cook sausage with garlic until browned. Drain fat. Cook squash until tender, drain. Stir squash and add next 5 ingredients into meat, fold in eggs. Bake in casserole at 325° for 30 minutes.

STUFFED ZUCCHINI

Diane Banke

3 medium zucchini	salt and pepper
1 Tbsp. margarine	1/2 lb. lean ground beef
1/2 c. chopped celery	1/4 c. chopped onion
8 oz. can tomato sauce	1/2 c. soft bread crumbs
1/4 c. grated Parmesan cheese	

Wash squash, cook in boiling salted water 5 minutes. Cut squash in half lengthwise, scoop out and discard seeds. Sprinkle cavities with salt and pepper; set aside.

Melt butter in a large skillet, add beef, celery and onion. Cook stirring constantly, until beef is browned. Add sauce and crumbs; stir. Spoon mixture into squash cavities, place squash into shallow

baking dish. Sprinkle with cheese. Bake uncovered at 375° for 30 minutes.

FRIED SQUASH PATTIES

Diane Banke

2 c. grated yellow squash	dash pepper
1 small onion, grated	1 egg
1 Tbsp. sugar	1/4 c. flour
1/2 tsp. salt	

Mix first 5 ingredients (squash, onion, sugar, salt and pepper) and let stand 1/2 hour. Drain well. Add egg and flour to mixture. Fry, by tablespoons, in butter until browned.

SKILLET SQUASH AU GRATIN

Frankie Yearty

1/4 c. butter or margarine	4 c. thinly sliced summer squash
1 onion, sliced	
1 tsp. salt and dash of pepper	2 tomatoes, peeled and sliced
1/2 c. grated cheddar cheese	soy sauce (optional)

Melt butter in skillet. Layer in the following order: summer squash, onion, salt, pepper, and tomatoes. Cook covered, for 10 to 15 minutes or until squash is tender. Sprinkle with cheese and soy sauce, let cheese melt. Approximately 6 servings.

Note: Squash stays crispy like in stir frying.

SUMMER SQUASH CASSEROLE

Jean Ray

2 lb. yellow summer squash, sliced (6 c.)	1 c. shredded carrots
1/4 c. chopped onion	8 oz. pkg. herb seasoned stuffing mix
1 can condensed cream of chicken soup	1/2 c. butter or margarine, melted
1 c. dairy sour cream	

In saucepan, cook sliced squash and onion in boiling salted water for 5 minutes, drain. Combine soup and sour cream. Stir in shredded carrots. Fold in drained squash and onion.

Combine stuffing mix and butter or margarine. Spread half of stuffing mixture in bottom of 12 x 7 1/2 x 2 inch baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake at 350° for 25 to 30 minutes or until heated through. Makes 6 servings.

STUFFED TOMATOES

Joan Cushing

- | | |
|---|-------------------------------|
| 1 pkg. (10 oz.) frozen
chopped spinach | 1/4 c. finely minced onion |
| 4 medium-size firm tomatoes | 1/4 c. grated Parmesan cheese |
| 1 c. shredded mozzarella
cheese, divided | 1/2 tsp. salt |
| | 1/8 tsp. pepper |
| | 2 Tbsp. minced parsley |

Total cooking time: 11 to 12 minutes.

Set unopened spinach on microproof plate. Cook (micro) on Hi (maximum power) 5 minutes. Let stand 5 minutes. Drain well; squeeze dry. Transfer to large bowl and set aside. Slice 1/2 inch piece off each tomato. Carefully hollow out centers, discarding seeds and leaving 1/2 inch shell. Chop pulp finely and add to spinach. Invert shells on paper towels to drain. Add 1/2 cup mozzarella, onion, Parmesan, salt, and pepper to spinach mixture and blend well. Spoon evenly into tomato shells. Sprinkle with remaining mozzarella and parsley. Arrange in 8-inch round glass or ceramic baking dish. Position wire rack in lower guides of oven. Cook (micro/convec) at 350° F. 6 minutes or until heated through. Serve immediately.

4 servings.

TOMATOES FILLED WITH SOUFFLE

Nancy Maxwell

- | | |
|---------------------------------------|---|
| 12 small tomatoes | 2 (12 oz.) pkg. frozen corn, spin-
ach or cheese souffle, thawed |
| 1/4 c. prepared mustard | 1 hr. |
| 12 slices bacon, diced and
sauteed | 1/4 c. grated Parmesan cheese |
| | parsley sprigs |

Preheat oven to 375°. Cut a thin slice from top of each tomato. Carefully scoop out pulp to make a shell. Drain shells upside down for 15 minutes. Spread inside of each with 1 teaspoon mustard. Divide bacon evenly into tomatoes. Spoon souffle into tomatoes. Sprinkle 1 tablespoon cheese over top of each. Arrange tomatoes in two 8-inch round baking dishes. Bake, uncovered, 20 to 30 minutes, or until golden brown on top. Garnish with parsley sprigs.

ESCALLOPED TOMATOES

Joan Cushing

- | | |
|---|-------------------------|
| No. 2 can tomatoes or
4 large fresh tomatoes
(peeled & diced) | 3/4 tsp. salt |
| 2 c. soft bread crumbs | 1 Tbsp. sugar |
| 1 medium onion, chopped | 2 Tbsp. butter |
| | grated cheese, optional |

Combine tomatoes with 1/2 the bread crumbs and stir in onion, salt and sugar. Turn into buttered 4 cup casserole. Brown rest of bread crumbs in butter in skillet. Sprinkle over top of casserole.

Optional: Sprinkle grated cheese over top.

Place in 375° oven for 15 to 20 minutes or until hot all the way through. Serves 5.

RED CABBAGE

Eliot Lawrence

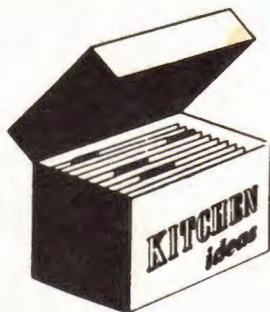
If you are successful with a food processor - tear up a head of clean red cabbage. If you are like me, get a meat cleaver and a cutting board and slice it into edible sized pieces. Add a little peanut or olive oil or a couple of shavings of butter to a heavy fry pan and add the cabbage. Turn on the stove to a medium setting while you add 1/2 cup red wine or dark beer, 2 tablespoons of white sugar. Add a splash or two of vinegar, a teaspoon of salt, dash or two of fresh pepper and turn to simmer, cover and cook slowly for 2 hours. Optionally add one to two chopped/cored apples for the last half hour. Also it may need a little extra sugar and you may want to try Sangria, red wine and vinegar for your liquid. I like to add some caraway seeds for a little extra taste.

Write extra recipe here:

Write extra recipes here:

BREAD
ROLLS
PIES
PASTRY.





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

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

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

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

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

BREAD, ROLLS, PIES AND PASTRY

COMMUNION BREAD

Roumania Lasseter
via/from Debbie Durden

1/2 c. all purpose flour ice water
1/4 stick sweet unsalted butter

Using a pastry blender, cut butter into flour until mixture is crumbly. Add enough ice water to form dough (usually 2 to 4 tablespoons). Roll dough out as thinly as possible and cut into pieces. Bake slowly until crisp but not brown. (I set oven on 300° but you may need to adjust downward to 250°). *300° for 15 min on stone*

BANANA BREAD

Lucile Floyd

Cream 1/2 cup shortening with 1 cup sugar and 1/2 teaspoon salt.

Beat 1 egg until light. Add sugar and shortening. Mash 3 ripe bananas, and blend with first mixture.

Sift 1 1/2 cups flour twice, with 1/2 teaspoon baking powder. Add this with 1/2 cup pecans (chopped). Last add 1 teaspoon soda, dissolved in 2 tablespoons sour milk and 1 teaspoon vanilla.

Bake at 350° approximately 45 minutes.

BANANA BREAD

Fabie Lasseter

1 egg	1 tsp. vanilla
1 c. sugar	1/2 c. chopped nuts
3 large bananas (mashed)	2 c. plain flour
1/2 c. Crisco oil	1 tsp. soda
	1/2 tsp. salt

Cream Crisco oil into banana, add sugar, cream and beat in egg. Add dry ingredients, vanilla and nuts.

Bake in loaf pan at 325° for 1 hour.

BANANA NUT BREAD

Great without Nuts!
Roumania Lasseter

3/4 c. butter or margarine	1/2 tsp. baking powder
1 1/2 c. sugar	1/4 c. buttermilk
2 eggs	1 tsp. vanilla
2 1/2 c. cake flour	1 c. mashed really ripe bananas
1 tsp. soda	1 c. chopped pecans

Cream butter and sugar well. Add eggs one at a time; beat well.

(Cont.)

Mix flour, soda, baking powder and nuts. Add alternately with buttermilk. Mix well; add mashed bananas and vanilla. Continue mixing with other ingredients. Pour in tube pan. Bake approximately 45 minutes to an hour at 325°.

3c flour 6oz Apple Sauce + 4 T margarine 3/4c egg sub.

OATMEAL - BANANA NUT BREAD

Anne Kirschner

1/2 c. shortening	1/2 c. oats
1 c. sugar	3/4 c. chopped pecans
2 eggs	(optional)
1 c. mashed bananas	1 tsp. butter or vanilla
1 1/2 c. sifted flour)	flavoring
1 tsp. soda) *	
1/4 tsp. salt)	

* (May substitute self-rising flour for flour, soda and salt)

Cream shortening and sugar. Add eggs, one at a time, mixing thoroughly after each addition. Add bananas and mix well. Sift flour, soda and salt. Add with oats to creamed mixture. Stir in nuts and flavoring. Pour batter into greased 9 x 5 inch loaf pan and bake at 350° for 50 - 55 minutes until toothpick comes out clean.

BASIC NUT BREAD (Microwave)

Sylvia Dodson

1/2 c. sugar	1 1/2 c. flour
3 Tbsp. butter or margarine	3/4 c. chopped nuts
2 eggs	1 1/2 tsp. baking powder
3/4 c. buttermilk	1/2 tsp. salt
1/2 tsp. vanilla extract	1/2 tsp. ground cinnamon

Yield: 1 loaf.

Cream together sugar and butter; stir in eggs, buttermilk, and vanilla. Add remaining ingredients, stir only until flour is moistened. Into 8 x 4 x 2 1/2 inch greased glass loaf pan, bottom lined with wax paper, spoon batter; sprinkle with additional cinnamon. Heat at MEDIUM 8 to 9 minutes; let STAND, covered 10 minutes.

TO COMPLETE: Invert and remove wax paper; let stand 5 minutes. Store, covered, until ready to serve.

MOTHER ETHA'S SWEET CORNBREAD

Ginger Westlund

1 egg	1 tsp. soda
1 c. cornmeal	1 c. sour milk or buttermilk
1 c. flour	1/2 tsp. salt
1 c. sugar	1/2 c. shortening, melted

Combine all ingredients; mix well. Bake at 350° in greased pan.

LYNN'S CORN BREAD

Lee Burgess

1 c. self-rising cornmeal mix	2 large eggs, beaten
1/2 c. corn oil	1 <u>small</u> can creamed corn
8 oz. sour cream	

Mix all ingredients well. Put in well greased 8 x 8 metal baking pan. Bake for 45 - 50 minutes in a 350° oven. It will be golden brown on top when done.

SATCHEL BREAD

Elizabeth F. Price

2 c. light brown sugar	1 tsp. baking powder
1 stick margarine	2 eggs, beaten
1 c. all purpose flour	1 c. chopped pecans
1/2 tsp. salt	

Melt margarine in 2 quart saucepan. Add sugar stirring until thoroughly mixed. Add beaten eggs and remaining ingredients. Pour into greased and floured 8 x 8 x 2 inch pan. Bake at 350° for 20 to 25 minutes. Will rise then fall. Test with toothpick for doneness. Cool in pan on rack. May sprinkle with powdered sugar if desired. (I like mine plain.)

YEAST SALLY LUNN

Mildred Johnson

1/3 c. sugar	2 pkg. active dry yeast
1/2 c. butter (Mildred uses a cup)	1/4 c. lukewarm water
2 tsp. salt	3 medium eggs, beaten
1 c. milk, scalded & cooled	4 c. flour

Cream butter, sugar, and salt. Add cooled milk. Dissolve yeast in water and add to the creamed mixture along with the beaten eggs. Add flour, a little at a time, beating well after each addition. Cover and let rise until doubled. Then punch down and pour into a well-greased bundt, loaf, or 10-inch angel food cake pan. Cover and let rise again. Bake in a 350° oven for about 40 minutes or until the bread is golden brown and tests done. Bread is done if the loaf sounds hollow when lightly tapped.

Good texture & tasty!

CHEWY BREAD

Corine Bridges

2 sticks oleo, softened
1 box brown sugar
3 eggs (beaten)

2 1/2 c. self-rising flour
1 tsp. vanilla
2 c. nuts

Mix well. Add raisins, dates, or candied cherries, etc. Bake in greased and floured pan (11 x 15) 45 minutes at 275°.

POPPY SEED BREAD

Nell Cates

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

1 1/8 c. cooking oil
2 Tbsp. poppy seeds
1 1/2 tsp. almond flavoring
1 1/2 tsp. butter flavoring
1 1/2 tsp. vanilla flavoring

Beat well until blended. Pour into 2 lightly greased loaf pans. Bake at 325° for 1 hour. Cool in pan for 10 minutes.

Glaze: Mix --

1/4 c. orange juice
1/2 c. sugar

1/2 tsp. butter flavoring
1/2 tsp. almond flavoring
1/2 tsp. vanilla flavoring

Pour over warm breads.

PINEAPPLE - CARROT BREAD

Lucile Floyd

2 c. flour
1 tsp. soda
1 tsp. salt
1 1/2 tsp. ground cinnamon
3 eggs (beaten)
2 c. sugar

1 c. vegetable oil
1 c. grated carrots
1 (8 oz.) can crushed pineapple (undrained)
2 tsp. vanilla extract
1 c. pecans (chopped)

Combine first 4 items, set aside.

Combine next 3 items. Mix well. Stir in next 3 items. Add dry ingredients, mixing well. Stir in pecans.

Pour batter into 2 greased 9 x 5 x 3 inch loaf pans. Bake at 325° for 1 hour 10 minutes.

CINNAMON BREAD

Sylvia Dodson

6 1/2 to 7 1/2 c. unsifted flour	1 1/2 tsp. salt
6 Tbsp. sugar	1 c. milk
2 pkg. active dry yeast	1/2 c. sugar
3/4 c. water	2 tsp. ground cinnamon
1/3 c. margarine	1 egg white, slightly beaten
3 eggs, room temperature	

In a large bowl thoroughly mix 2 cups flour, 6 tablespoons sugar, salt, and undissolved active dry yeast.

Combine milk, water, and 1/3 cup margarine in a saucepan. Heat over low heat until liquids are very warm (120 - 130° F.). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed with electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out on lightly floured board; knead until smooth and elastic 8 to 10 minutes. Place in a greased bowl turning to grease top. Cover, let rise in warm place, free from draft, until doubled in bulk, about 35 minutes.

Meanwhile combine 1/2 cup sugar and cinnamon. Punch dough down, divide in half. Roll each half to a 14 x 9 inch rectangle. Brush lightly with melted margarine. Sprinkle each with one half cinnamon-sugar mixture. Beginning at a 9-inch end, tightly roll dough as for a jelly roll. Place in 2 greased 9 x 5 x 3 inch loaf pans. Cover and let rise in warm place free from draft until doubled in bulk, about 35 minutes. Brush with egg white, sprinkle each loaf with 1/2 crumb topping (below). Loosely top each with an aluminum foil "tent". Bake at 375° for 45 minutes until golden brown. Remove from rack and cool on wire racks.

Crumb Topping:

Combine 1/3 cup unsifted flour, 1/3 cup firmly packed brown sugar and 1 teaspoon cinnamon. Add 3 tablespoons softened margarine. Rub through fingers until mixture is crumbly.

Yield: 2 loaves.

ORANGE - DATE & PECAN BREAD

Jean Ray

(May be prepared ahead of time)

1 orange	2 c. all-purpose flour, measured before sifting
about 1/2 c. boiling water	1 tsp. baking powder
1 c. chopped dates	1/4 tsp. salt
1 c. sugar	1 tsp. soda
2 Tbsp. melted butter or margarine	2/3 c. chopped pecans, walnuts, or mixed
1 egg, beaten	(Cont.)

Wash and squeeze orange and add to the juice enough boiling water to yield one cup. Remove pulp from orange and put peeling through food grinder. Combine with dates, orange liquid, sugar, butter and egg. Sift dry ingredients together three times and add; mix well; stir in nuts. Turn into greased loaf pan and bake at 350° (325° for glass pans) about 50 minutes, or until bread tests done. Cool in pan. Freezes beautifully.

Yield: 1 loaf.

CRANBERRY NUT BREAD

Joan Cushing

2 c. all-purpose sifted flour	3/4 c. orange juice
1 c. sugar	1 Tbsp. grated orange rind
1 1/2 tsp. baking powder	2 eggs, well beaten
1/2 tsp. soda	1/2 c. chopped nuts
1 tsp. salt	2 c. fresh chopped cranberries
1/4 c. shortening	

Sift together flour, sugar, baking powder, soda, and salt. Cut in shortening until mixture resembles coarse cornmeal. Combine orange juice and grated rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries. Spoon into greased loaf pan.

Bake in moderate oven, 350°, about 1 hour until crust is golden brown and toothpick inserted comes out clean. Store overnight for easy slicing.

BRAIDED ONION BREAD

Judy Alfele

1 pkg. dry yeast	2 Tbsp. sugar
1 1/4 c. warm water	2 tsp. salt
1 c. sour cream	2 Tbsp. soft margarine
1 envelope onion soup mix	3 eggs
1/4 tsp. baking soda	6 1/2 to 6 3/4 c. flour
sesame seeds	

Sprinkle yeast on 1/4 cup warm water. Let dissolve. In large bowl, combine sour cream, soup mix, soda, sugar, salt and butter, 2 beaten eggs, 1 cup water. Stir in softened yeast until smooth. Gradually add flour until you have a workable dough. Knead 10 minutes. Put in greased dish to rise until double (about 1 1/2 hours). Divide into 2 parts, each part in 3 strips about 15 inches long. Braid strips. Allow to rise (1 1/2 hours). Brush with egg; add sesame seeds. Bake at 350° for 30 to 40 minutes.

HONEY BREAD

Becky Earls

1/2 c. Crisco oil	1/3 c. honey
2 c. warm water	2 eggs
2/3 c. powdered milk	2 tsp. salt
2 pkg. yeast	3 1/2 c. whole wheat flour
1 c. wheat germ (optional)	3 1/2 c. all-purpose flour

Place first 5 ingredients in large mixing bowl. Beat at medium speed 3 minutes. Add honey and eggs; beat 3 minutes. Add salt and 2 cups of flour; beat 3 minutes. Add 2 cups flour; beat 3 minutes. Stir in 2 more cups flour. Place dough on floured surface and knead in remaining flour. Allow dough to rest 20 minutes. Knead 15 minutes and shape into two loaves. Place in oiled bread pans, turning once to oil top of loaves. Cover pans loosely with plastic (old bread bags). Refrigerate 2 to 24 hours. Prick tops of loaves several times with toothpick. Bake in 375° oven 45 minutes to 1 hour. Loaves will be slightly brown and should sound hollow when thumped.

FRENCH BREAD

Becky Earls

2 pkg. yeast	7 to 7 1/2 c. all-purpose flour
1 Tbsp. salt	1 egg white
2 1/2 c. lukewarm water	1 Tbsp. water

Combine yeast, salt and water. Stir into 2 cups flour; beat until well blended. Stir in 4 1/2 cups flour. Turn onto floured surface. Let rest 10 minutes. Knead until smooth and elastic working in remaining flour. Place in greased bowl, turning once to grease top. Let rise until double (about 1 1/2 hours). Punch down; let rise until double again (1 hour). Form into loaves; place on greased 2 1/2 inches 1/8 to 1/4 inch deep. Brush with egg white mixed with 1 tablespoon water. Let rise uncovered until double (about 1 1/2 hours). Bake at 350° for 20 minutes. Brush again with egg white mix; return to oven. Bake 25 minutes longer at 325°.

BUTTERMILK ROLLS (QUICK)

Barbara Conine

1 1/4 c. warm water	2 pkg. yeast
1 1/2 c. buttermilk	1/4 c. sugar
1/2 tsp. soda	4 1/2 c. flour
1 tsp. salt	1/2 c. melted shortening

Scald milk in double boiler. Dissolve yeast in warm water. Cool. Add sugar, buttermilk and melted shortening. Add flour

and salt that have been sifted together. Mix well and let stand for 10 minutes. Roll and cut in shape. Let double in size for about 30 minutes. Bake in hot oven (425°) for 10 to 12 minutes.

BASIC ROLLS

Annette Carlisle

1 c. milk, scalded	1 pkg. dry yeast
1/4 c. sugar	1/4 c. warm water
1 tsp. salt	1 egg
1/4 c. shortening	3 1/2 c. all-purpose flour

Soften yeast in warm water. Combine milk, sugar, shortening, and salt. Cool to lukewarm. Add 1 1/2 cups flour. Beat well. Add yeast and egg. Mix. Gradually add remaining flour to form soft dough, beating well. Place in greased bowl turning once to grease surface. Cover and let rise until double (1 1/2 to 2 hours).

Turn onto lightly floured surface and shape as desired. Place on buttered pan. Brush with butter. Let rise until double. Bake 12 to 15 minutes at 350° or until brown.

Yield: Makes 16 large rolls.

ROLLS

Mary Lou Massengill
Mary Jordan

1 pkg. dry Fleischmann's yeast	2 Tbsp. warm water
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Mix together and set aside.

scant 2/3 c. shortening	2 Tbsp. sugar
3 c. flour	1 tsp. salt
1/2 tsp. baking soda	3/4 c. buttermilk

Mix together and roll out like biscuits and dip in melted butter and fold over and bake in 400° oven. You don't have to wait for them to rise before baking.

QUICK BISCUITS

Virginia Billington

2 c. self-rising flour	1 c. sweet milk
3 heaping Tbsp. mayonnaise	

Mix well; can drop on greased pan or roll out and bake.

BISCUIT MIX

Roumania Lasseter

8 c. flour	8 tsp. sugar
1/3 c. baking powder	1 c. shortening
2 tsp. salt	

Cut in until a fine consistency. Store in a tight-fitting lid container. To make biscuits, use 1/3 cup milk to every cup of flour. Roll and cut and cook at 425°.

BISCUITS

Cheri Moore

2 c. self-rising flour 2/3 - 3/4 c. milk
1 stick cold butter or margarine

Cut butter into flour. Add milk and stir just until all dry ingredients are damp. Knead dough. Roll to 1/4 inch. Cut. Bake at 450° for 10 - 12 minutes.

PARMESAN CHEESE BISCUITS

Betsy Morrison

2 Tbsp. butter 16 oz. biscuits (Big Country Good
1/2 c. Parmesan cheese & Buttery)

Preheat oven to 400°. Melt butter in pan. Sprinkle with cheese and then put biscuits on top. Bake 10 to 12 minutes. Invert on serving plate.

SWEET POTATO BISCUITS

Barbara Conine

2 c. self-rising flour 1 c. mashed sweet potatoes
1/8 tsp. salt 1/3 plus 2 Tbsp. buttermilk
1/3 c. shortening

Preheat oven to 450°. Grease cookie sheet. Sprinkle salt on mashed potatoes. Sift flour and cut in shortening. Add potatoes. Add milk gradually (more or less according to potatoes). Mix well and roll out. Cut with biscuit cutter. Bake on greased pan for 12 to 15 minutes in preheated oven. Butter and serve hot. These are good with sausage.

The dough hook on your mixer works well in mixing this dough.

CORN BREAD DRESSING

Kayre Hines

4 diced onions 4 large stalks of celery, diced
1 stick butter

Simmer these slowly until done in stick of butter. Crumble 8-inch pie pan recipe of your favorite corn bread into onion mixture. Add 4 slices broken light bread or biscuit. Add broth of giblets and turkey dripping to make very moist. Blend and bake in 8-inch square pan (greased) at 400° for an hour. Serves 9.

PAT'S CORN BREAD DRESSING

M. R. McLeod

Corn Bread: Bake 450° for 20 minutes—not too brown.

1 1/2 c. self-rising cornmeal	1/4 c. melted shortening
2 eggs, well beaten	3/4 c. buttermilk

Put all ingredients together and put in well-greased pan. Bake in preheated oven.

Dressing:

Crumble cold corn bread in large bowl. Add 1 1/2 cups Arnold's or Pepperidge seasoned bread crumbs, 3 cups chicken broth or stock (or 3 cups boiling water and 3 bouillon cubes), 1/2 cup melted margarine or butter. Saute in melted butter 1/3 finely chopped onion. Combine, adding 3 well beaten eggs. Mix. Bake in flat well-greased pan 1 inch deep at 325° for 40 minutes.

HUSH PUPPIES

Emily Haynie

(Makes 36)

2 c. meal	2 Tbsp. sugar
2 c. flour	1 tsp. salt
3 c. chopped onion	1/2 c. water
1 c. buttermilk	

Mix all ingredients. Drop by tablespoon into hot fat. Fry until golden brown.

BUTTERMILK PANCAKES

Nancy Maxwell

1/2 c. wheat germ	2 c. whole wheat flour
1 tsp. baking soda	1 Tbsp. brown sugar
1 tsp. salt	2 large eggs
2 1/2 to 3 c. buttermilk	2 Tbsp. oil

Stir together all ingredients until blended. Heat griddle but don't grease. Makes 18 wonderful pancakes.

BREAKFAST POPOVERS

Nancy Maxwell

3 eggs, well beaten	1 c. milk
1/2 tsp. salt	2 tsp. vegetable oil
1 c. flour	1 tsp. sugar

Generously grease muffin tins. Preheat oven to 500°. Combine all ingredients until well blended. Fill muffin tins 1/2 full.

Place immediately in oven. Bake 10 minutes at 500°, reduce heat to 250° and bake for 10 more minutes. Popovers are done when the sides are firm. Makes 12 popovers.

CINNAMON TOAST

Emogene Griffeth

Spread white bread generously with margarine; spread evenly with light brown sugar; sprinkle with cinnamon. Toast lightly in pan or oven.

MONKEY BREAD

Anna Bailey Hanson

4 cans 10 count biscuits	2 c. sugar
2 sticks margarine or butter	3 Tbsp. cinnamon

Melt 1 stick margarine in bundt pan. Mix sugar and cinnamon together. Cut each biscuit into quarters, one can at a time. Roll into sugar mixture and drop into bundt pan. Cut up 1 stick margarine on top. Cover butter with some the remaining sugar mixture. Bake at 350° for 45 - 60 minutes.

ALL BRAN MUFFINS

Ollie Conine

3 c. All Bran or Bran Buds	1 c. boiling water
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Pour water over bran into a large bowl; let stand while mixing other ingredients.

2 eggs	2 1/2 tsp. soda
1 1/2 c. sugar	1 tsp. salt
1/2 c. oil	1/2 tsp. cinnamon
2 1/2 c. plain flour	1 pt. buttermilk

Mix as you would a cake, add cereal mixture, add a half box of raisins if desired. Bake 420°.

This will keep in the refrigerator for 6 weeks.

MOTHER'S BLUEBERRY MUFFINS

Ginger Westlund

4 c. self-rising flour	1 to 2 c. milk, enough for a good batter, should not be soupy
2 eggs, beaten	
1/2 c. Crisco, melted	2 cans blueberries, drained or
1/4 c. sugar (more for fresh blueberries)	1 pt. fresh

Mix flour, eggs, Crisco, sugar and milk. Fold in blueberries.

(Cont.)

Bake in greased muffin tin at 375° until done (15 to 20 minutes).
Makes 24.

BLUEBERRY MUFFINS

Nancy Maxwell

2 c. flour	1/2 c. margarine, melted
1/3 c. sugar	1 egg
2 tsp. baking powder	1/2 to 1 c. fresh blueberries
1/2 tsp. salt	3/4 c. milk

Combine dry ingredients. Add combined milk, margarine, and egg, mixing just until moistened. Fold in blueberries. Pour into greased muffin tins. Bake at 425° for 20 to 25 minutes.

Yields: 24 muffins.

JORDAN MARSH BLUEBERRY MUFFINS

Joan Cushing

2 c. flour	2 tsp. baking powder
1/2 c. butter	1/2 tsp. salt
1 1/4 c. sugar	2 1/2 c. blueberries
2 eggs	2 tsp. sugar (top)
1/2 c. milk	

Cream butter and sugar, add eggs and beat well. Sift dry ingredients and add alternately with milk. Mash 1/2 cup blueberries and stir by hand (this is optional). Add the remainder of berries whole and mix by hand. Completely grease inside and entire top surface of muffin tin. Divide batter in 12 muffin cups, piling high.

Bake at 375° for 25 - 30 minutes. Cool in pan 30 minutes before loosening.

Try other fruits or berries, either whole, if small, or chopped. This is a delicious batter.

ZUCCHINI BREAD

Nell Cates

3 eggs, beaten till foamy	2 c. sugar
2 c. grated raw zucchini	3 tsp. vanilla
3 c. flour	1 tsp. salt
1 tsp. baking soda	1/2 tsp. baking powder
3 tsp. cinnamon	1 c. chopped walnuts
1 c. oil	

Beat eggs until foamy; add all other ingredients and stir until well blended. Add nuts last. Pour into 2 greased and floured loaf pans. Bake at 350° for 1 hour.

ZUCCHINI BREAD

Betsy Morrison

(2 large or 3 small loaves)

4 eggs	1 tsp. cinnamon
2 c. sugar	2 c. grated zucchini (1 medium)
1 c. oil	1 c. raisins (optional)
3 1/2 c. flour	1 c. chopped nuts
1 tsp. salt	1 tsp. vanilla
1 1/2 tsp. soda	1/2 tsp. nutmeg
3/4 tsp. baking powder	

Beat eggs, slowly add sugar and oil. Mix well. Mix dry ingredients and add alternately with zucchini and vanilla. Add nuts and raisins. Bake at 350° for about 45 minutes.

Grease pans.

YELLOW SQUASH MUFFINS

Pegge Murphy

2 lb. yellow squash	3 c. flour
2 eggs	1 Tbsp. plus 2 tsp. baking powder
1 c. melted butter	1 tsp. salt
1 c. sugar	

Cook squash in small amount of water 15 to 20 minutes; drain well and mash. Measure 2 cups of squash, combine with eggs and butter and set aside.

Combine dry ingredients in a bowl. Add squash, stirring only until moist; spoon into greased muffin tins; bake at 375° for 20 minutes.

Yields: 18 muffins.

BRAN MUFFINS

Ethel Lynn Keeton

Soak:

2 c. Nabisco 100% Bran	2 c. boiling water
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Cream:

1 heaping c. shortening	2 1/2 c. sugar
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Sift together:

5 c. flour, not sifted	5 tsp. soda
1 tsp. salt	

Add to dry ingredients:

4 c. Kellogg's All Bran	optional: 1 lb. raisins, dates and/or nuts
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Add to soaked bran: 4 eggs and 1 quart buttermilk. (Cont.)

Stir liquid ingredients into dry ingredients until just moistened. Bake muffins in lightly greased muffin pans in preheated 400° oven for 20 minutes. Store remaining batter in covered jars in refrigerator for up to 6 weeks. Note: Can use all one kind of bran.

CHEESE MUFFINS

Nancy Maxwell

1 3/4 c. self-rising flour
2 tsp. sugar
1 egg
1/4 c. melted butter

3/4 c. shredded cheddar
cheese
1 c. milk

Mix all ingredients until blended. Pour into greased muffin tins. Bake at 400° for 20 to 25 minutes.
Makes 12.

CREAM CHEESE DANISH

Diane Banke

2 (8 oz.) pkg. cream cheese
2 Tbsp. lemon juice
3/4 c. sugar

2 pkg. crescent rolls
1 Tbsp. vanilla

Let rolls and cheese sit until soft. In bottom of 11 x 14 ungreased dish, layer 1 package of rolls for bottom crust. Mix cheese, sugar, lemon juice and vanilla. Layer on top of rolls. Layer other package of rolls on top. Bake at 375° for 15 to 20 minutes. Sprinkle with confectioners sugar.

LARGE COFFEE CAKE

Nell Cates

3/4 c. margarine or butter
1 1/2 c. sugar
4 eggs
1 1/2 tsp. vanilla
3 c. flour
1 1/2 tsp. baking powder
1 1/2 tsp. soda
1 pt. sour cream

Filling:

1/2 c. brown sugar
1/2 c. nuts
2 Tbsp. flour
1 tsp. cinnamon

Cream together butter, sugar, and eggs, one at a time. Sift dry ingredients and add alternately with sour cream. Stir in vanilla. Prepare filling: Combine brown sugar, nuts, flour and cinnamon. Pour 1/3 of batter into greased tube pan. Add 1/3 filling. Repeat 2 more times, ending with batter. Bake at 350° 1 hour and 15 minutes. Cool before removing from pan.

BANANA SPLIT PIE

Fabie Lasseter

2 c. graham cracker crumbs	1 (#2) can crushed pineapple, drained
1 stick margarine	Cool Whip (12 oz.)
2 Tbsp. sugar	1 c. pecans (approximately)
3 - 5 bananas	Angel Flake coconut or frozen
1 can sweetened condensed milk	1 qt. strawberries
1/2 c. bottled lemon juice	sugar to sweeten strawberries

Combine 2 cups graham cracker crumbs, 1 stick margarine and 2 tablespoons sugar. Mix and press in bottom of a large 12 x 14 inch casserole. Slice 3 to 5 bananas on crust. Mix quickly 1 can sweetened condensed milk and 1/2 cup bottled lemon juice. Pour over bananas (lemon juice keeps the bananas from turning dark). Add 1 (#2) can crushed pineapple (drained). Add layer of Cool Whip from 12 ounce size. Add layer of chopped pecans. Sprinkle Angel Flake or frozen coconut over this (I prefer frozen). Use remainder of Cool Whip to ice top of dessert. Make strawberry sauce by hulling 1 quart strawberries. Wash and crush. Add sugar to taste. Use over dessert when ready to serve. Can add nuts on top, if desired. Will keep refrigerated 2 or 3 days, but better served first day. Delicious.

BANANA CREAM CHEESE PIE

Joan Murphy

(Makes 1 [9-inch] pie - no cook filling)

1 pie shell (9-in.), baked & cooled or crumb crust	1 pkg. (8 oz.) cream cheese
1 can (1 1/3 c.) sweetened con- densed milk	3 medium sized bananas
	1/3 c. lemon juice
	1 tsp. vanilla extract

Let cream cheese stand at room temperature until softened. Slice two of the bananas; line pie shell. Beat softened cheese until light and fluffy. Gradually beat in sweetened condensed milk (you must use condensed milk). When mixture is smooth, stir in lemon juice and vanilla extract. Pour into prepared crust. Place in food storage area of refrigerator until filling is firm, about 2 hours. Just before serving, slice third banana and arrange attractively on top of pie filling.

Note: You may substitute cherries or blueberries for bananas.

BUTTERMILK CHESS PIE

Bobbi Owens

(From an old Virginia cookbook published in 1856)

- | | |
|-------------------|--|
| 3 large eggs | 1/4 lb. melted butter |
| 1 1/2 c. sugar | 1 unbaked pie shell (9-in., edges |
| 1/4 c. flour | fluted <u>very</u> high) (This mixture |
| 1 tsp. vanilla | rises very high during baking) |
| 3/4 c. buttermilk | |

In large bowl, beat eggs until very thick and able to almost peak. Sift together sugar and flour in small bowl. Fold sugar/flour combination into beaten eggs.

Combine vanilla, buttermilk and melted butter. Add to egg mixture. Pour into pie shell. Bake at 350° for 40 minutes, or until golden brown.

BUTTERMILK PIE

Linda Stanford

- 1 pie shell (8-in. unbaked)

Mix together:

- | | |
|--------------------------|-----------------------------|
| 3 large eggs | 1/2 stick margarine, melted |
| 1 c. sugar | 1 c. buttermilk |
| 2 Tbsp. flour (blend in) | 1 tsp. vanilla |

Pour into pie shell. Sprinkle top with cinnamon. Bake at 375° for 10 minutes, then 325° for about 40 minutes or until firm. Cool, put plastic wrap on the top and refrigerate.

IMPOSSIBLE PIE

Jean Ebbesen

- | | |
|------------------|------------------------|
| 4 eggs, beaten | 1 3/4 c. milk |
| 1/4 tsp. salt | 1/2 c. flour |
| 1/2 cube butter | 1/2 tsp. baking powder |
| 1/2 tsp. vanilla | 1 1/2 c. coconut |
| 1 1/3 c. sugar | |

Mix all together and put in pie dish, bake 350° for 40 minutes.

YOGURT PIE

Rossie Mitchell

- | | |
|--------------------------------------|--|
| 1 pkg. (3 oz.) dry flavored gelatin | 1 container (8 oz.) frozen whipped topping, thawed |
| 1 c. yogurt (same flavor as gelatin) | 1 graham cracker crust |

Mix yogurt, whipped topping, sprinkle gelatin over yogurt mix-

ture and stir in. Pour into crust and refrigerate or freeze.

MOTHER'S BLACK BOTTOM PIE

Ann Rotroff

1 graham cracker crust (10-in.) (chilled)	4 eggs, separated
1 envelope unflavored gelatin	2 squares melted, unsweetened chocolate
1/4 c. cold water	1 tsp. vanilla
1 c. sugar	1 1/2 tsp. rum flavoring
1 Tbsp. cornstarch	1/8 tsp. cream tartar
dash salt	1 c. whipped cream
2 c. milk	chocolate shavings

Soft gelatin in water in a cup and set aside.

Mix 1/2 cup sugar, cornstarch and salt in medium saucepan, Stir in milk. Cook, stirring constantly over low heat until mixture thickens and boils 3 minutes.

Beat egg yolks slightly in small bowl; stir in 1/2 cup hot cornstarch mixture. Then pour back into saucepan. Heat stirring constantly for 1 minute. Remove from heat and stir in softened gelatin.

Strain into a 4 cup measure then spoon 1 cup back into saucepan. Blend in melted chocolate and vanilla. Pour into chilled crust; chill.

Stir rum flavor into remaining custard (still in 4 cup measure). Set measure in a pan of ice water until chilled, stirring often, until custard mounds slightly on a spoon.

While custard chills in large bowl, beat egg whites with cream of tartar until foamy white and double in volume. Beat in remaining 1/2 cup sugar (one tablespoon at a time) until meringue forms a soft peak. Set bowl in ice and water; fold in chilled custard until fluffy-thick, then spoon over chocolate layer. Chill 2 hours or until firm. Top with whipped cream; garnish with chocolate shavings.

* It is very important to follow these directions exactly, any deviation will result in failure.

CHOCOLATE PIE

Emogene Griffeth

2 c. sugar	2 1/2 c. milk
6 Tbsp. cocoa	1/2 stick margarine
7 Tbsp. flour	1 tsp. vanilla
5 egg yolks	

Mix sugar, flour and cocoa. Beat eggs; add milk and other mixture. Cook over low heat until thick. Add butter and vanilla. Pour into favorite baked pie crust and top with meringue.

CHOCOLATE PUDDING OR PIE

Annette Carlisle

- | | |
|--------------------|-----------------------------|
| 3 c. milk | 4 egg yolks |
| 1 c. sugar | 1 1/2 tsp. vanilla |
| 3 Tbsp. cocoa | 2 Tbsp. butter or margarine |
| 5 Tbsp. cornstarch | |

Combine sugar, cocoa and cornstarch. Heat milk. Add enough milk to dry ingredients to mix into a thin paste. Add egg yolks. Gradually add mixture to milk, stirring constantly. Cook until thick. Add vanilla and butter. Mix. Use as pudding or pie filling.

CHOCOLATE CUSTARD PIE

Sylvia Dodson

- | | |
|----------------|------------------|
| 2 c. milk | 4 egg yolks |
| 4 Tbsp. cocoa | 1/3 c. flour |
| 1 c. sugar | 1/2 tsp. vanilla |
| 2 Tbsp. butter | |

Measure sugar and cocoa and mix together thoroughly, add butter and 1/2 cup milk and bring to a boiling point, stirring constantly. Beat egg yolks slightly and add to mixture. Add flour diluted with remaining milk and cool 10 minutes, stirring constantly until mixture thickens, and afterwards occasionally. When thick, add vanilla. Fill pie shell with mixture. Cover with meringue and bake until firm and delicately brown.

JANEL'S CHOCOLATE ANGEL PIE

M. R. McLeod

- | | |
|--------------------------|----------------------------|
| 2 egg whites | 1/2 c. chopped pecans |
| 1/8 tsp. cream of tartar | (optional, without nuts if |
| 1/8 tsp. salt | desired) |
| 1/2 c. sugar | |

Beat egg whites with salt and cream of tartar until stiff. Gradually add sugar until very stiff and fold in nuts. Lightly grease a pie pan. Spread egg whites gently to form a crust for the following pie mixture. Bake at 350° for 30 minutes or until lightly browned.

Filling:

- | | |
|--------------------------|---------------------|
| 1/4 lb. German chocolate | 1 1/2 tsp. vanilla |
| 3 Tbsp. hot water | 1 c. whipping cream |

Whip cream and set aside in refrigerator. Melt chocolate in top of double boiler with vanilla and hot water. Cool a little and gently fold in whipping cream. Pile up in cooled meringue pie shell. Chill

in refrigerator several hours.

FUDGE PIE

Emogene Griffeth

melt 4 Tbsp. cocoa and	1/4 c. flour
1/2 c. butter	pinch salt
1 c. sugar	1 tsp. vanilla
2 whole eggs, beaten	1 c. pecans

Beat eggs, add sugar, flour, salt, cocoa mix, vanilla and nuts. Bake in pie pan 30 to 40 minutes at 350°. Serve with ice cream or whipped cream.

MIRACLE PIE

Lynn Vandiver

1 c. Jeremiah 6:20 (sugar)	1 c. Genesis 43:11 (coconut)
1/4 c. Genesis 18:8 (butter)	1/4 tsp. Matthew 5:13 (salt)
4 Deuteronomy 22:6 (eggs)	1/2 tsp. 2 Kings 23:15 (baking powder)
1/4 c. 2 Kings 7:18 (flour)	
2 c. Hebrew 5:13 (milk)	1 tsp. vanilla

Put all ingredients into a blender. Blend thoroughly. Pour into a 10 inch pie plate that has been greased and floured. Bake at 350° for 60 minutes. A crust will form on the bottom, pie filling in the center, and a coconut topping above. References to King James Version.

BUTTERMILK COCONUT PIE

Betty Foster

4 eggs (beaten lightly)	dash of salt
1 3/4 c. sugar	1 tsp. vanilla
3/4 c. buttermilk	1 c. coconut
1 stick margarine	1 (9-in.) deep dish pie crust

Combine eggs and sugar. Add the rest of the ingredients. Bake at 325° for 30 to 40 minutes.

COTTAGE COCONUT PIE

Ethel Huie

3 eggs	1 can coconut
1 c. sugar	1 tsp. vanilla flavoring
1 stick butter, melted	1 unbaked pie shell
1/2 c. cottage cheese	

Beat eggs, add sugar, butter, cottage cheese, coconut and vanilla flavoring. Mix well and pour into unbaked pie shell.

Bake for 1 hour at 300° or until the pie is a golden brown.

EASY CHERRY PIE

Barbara Barlow

Combine the following and pour into a greased baking dish:

1 c. flour	1/4 c. melted butter or margarine
1/2 c. sugar	1/2 tsp. salt
3/4 c. sweet milk	2 tsp. baking powder

Pour over the mixture:

1 can sour pitted cherries sweetened with 1/2 c. sugar

(Peaches may be used instead of cherries.)

Bake at 350° for about 40 minutes.

APPLE CRUMB PIE

Joan Murphy

1/2 c. sugar	1 (9-in.) deep unbaked pastry shell
1/4 c. flour	dash nutmeg
1/2 tsp. cinnamon	6 c. thinly sliced, pared tart apples
dash salt	

Combine sugar, flour, cinnamon, nutmeg and salt; mix lightly with apples. Turn into pastry shell.

Topping:

1 c. flour	1/2 c. packed brown sugar
1/2 c. firm margarine	

Combine flour and brown sugar; cut in butter until crumbly. Sprinkle over apples. Bake in 400° oven for 50 minutes or until done. Cover crumb topping with foil the last 10 minutes of baking if top browns too quickly. Makes a huge pie.

AUNT VIRGINIA'S LEMON CHESS PIE

Lynn Vandiver

1 stick plus 2 Tbsp. margarine	2 1/2 tsp. lemon extract
2 c. sugar	1 (10 in.) high, fluted pie shell
2 Tbsp. flour	(uncooked)
4 eggs	nutmeg
1 c. evaporated milk	

With margarine at room temperature, in mixing bowl sift sugar and flour together and beat into margarine. Add one egg and 1/4 cup milk at a time and beat until all milk and eggs are used. Add flavoring. Pour into pie shell and sprinkle with nutmeg. Bake at 375° for 1 hour or 70 minutes (ovens vary).

PINK LEMONADE PIE

Anna Hanson

1 (6 oz.) can frozen pink
lemonade
1 can Eagle Brand milk

1 large carton Cool Whip
2 ready-made graham cracker
crusts

Mix lemonade and milk well. Fold in Cool Whip. Pour into the graham cracker crusts and chill for several hours before serving.

LEMON PIE

Clyde Cramer

1 c. sugar
2 Tbsp. flour
3 Tbsp. lemon juice
3 Tbsp. grated lemon rind

2 Tbsp. melted butter or
margarine
1 1/2 c. milk
2 eggs, separated
plain pastry

Mix flour, sugar together dry, add lemon juice, rind, butter, milk and beaten egg yolks. Beat egg whites stiff and fold into mixture. Pour into an unbaked pastry shell. Place on bottom shelf of hot oven (450°) and bake for 10 minutes. Reduce heat to moderate (350°) and bake about 40 - 45 minutes longer.

LEMON ICE BOX PIE

Emogene Griffeth

1 baked 8-in. pie shell, crumb
or pastry
1 (15 oz.) can sweetened
condensed milk

1/2 c. lemon juice
1 tsp. grated lemon peel
2 egg yolks

In medium sized mixing bowl, blend together milk, lemon juice, lemon peel and yolks until thickened. Turn into pie shell.

Meringue:

2 egg whites
1/4 tsp. cream of tartar

1/4 c. sugar

Beat egg whites with cream of tartar until they hold soft peak. Gradually add sugar and beat until they hold firm peaks. Bake in 325° oven until golden brown, about 15 minutes. Cool.

LEMON MERINGUE PIE

Annette Carlisle

1/2 c. cold water
1/4 tsp. salt
5 Tbsp. cornstarch

1 1/2 c. hot water
1 1/4 c. sugar
3 egg yolks
151

(Cont.)

grated rind of 1 lemon
1/3 c. lemon juice

1 Tbsp. butter
1 baked pie shell

Mix cold water, salt and cornstarch; set aside. Combine hot water and sugar. Bring to a boil. Add cornstarch mixture and cook until thick, stirring constantly. Stir in egg yolks and cool a few more minutes. Add lemon juice, rind and butter. Cool and fill shell. Top with meringue.

Meringue:

Beat egg whites until foamy. For each egg white, add 2 table-
spoons sugar gradually, beating well between additions of sugar.
Beat well after all sugar has been added. Test by feeling meringue
between fingers. If grains of sugar can be felt, it needs more
beating. Pile on top of pie. Bake slowly at 300° for 30 minutes or
until brown.

LEMON MERINGUE PIE FILLING

Virginia Billington

3/4 c. sugar
3 Tbsp. cornstarch
1/2 tsp. salt
2 egg yolks

1 1/2 c. boiling water
1 lemon, juice and grated rind
1 tsp. Crisco

Blend dry ingredients. Stir in hot water and cook until thick.
Then add egg yolks and juice, with Crisco. Stir thoroughly, but
don't cook longer. Let cool before putting in a baked pie shell.
(Use the egg whites for meringue.)

THE ORIGINAL KEY LIME PIE

Nancy Kemper

6 egg yolks, slightly beaten
15 oz. can sweetened con-
densed milk
1/2 c. Key lime juice or
Persian lime juice

1 (9-in.) baked pie shell (or
graham cracker shell)
6 egg whites
4 Tbsp. sugar

Combine egg yolks and condensed milk. Mix well. Add lime
juice and blend well. Turn into baked pie shell. Beat egg whites
and sugar. Swirl onto pie, spreading to edge of the pie shell all
around. Bake in 300° oven until meringue is pale honey colored.
Cool Whip may be used instead of meringue. If it is, no cooking
is necessary, but pie should be chilled 6 to 8 hours before
serving.

ICE CREAM PIE

Lela Pyron

1 chocolate ready-made
crust

1 half gal. chocolate mint or
chocolate cookie ice cream

Mash frozen cream into crust, top with whipped topping.
Optional: can swirl grated chocolate on top.

PEANUT BUTTER PIE

Frankie Yearty

Microwave

1 (9-in.) pastry shell - add
finely chopped unsalted
peanuts, if desired
1 c. powdered sugar
1 c. chunky peanut butter

2 (3 1/4 oz.) pkg. vanilla
pudding mix
3 c. milk
whipped topping or whipped
cream

Mix powdered sugar and peanut butter together until mealy.
Spread 2/3 of sugar-peanut butter mix evenly over bottom of
baked pie shell. Place pudding mix in 2 quart glass batter bowl
(large measuring bowl) and stir in enough milk to dissolve
pudding, and then stir in remaining milk (whisk works best). Cook
uncovered on high power for 6 to 9 minutes until thickened. Stir
2 or 3 times during cooking time. Pour into pie shell. Sprinkle with
remaining 1/3 of sugar-peanut butter mix. Chill. Serve with
whipped cream.

PINEAPPLE - PECAN PIE

Jackie Hill

1 can Eagle Brand milk
1 small can Angel Flake coco-
nut (3 1/2 oz.)
1 medium can crushed pineapple
(drained) (15 1/4 oz.)

1 large Cool Whip
1 c. chopped nuts (pecans)
1/4 c. lemon juice

Mix ingredients well. Pour into graham cracker crumb crust.
Chill overnight and serve. Makes 2 pies.

PECAN PIE (Microwave)

Sylvia Dodson

1 dark corn syrup
1/4 c. brown sugar
3 eggs
2 Tbsp. butter or margarine, melted

1 tsp. vanilla extract
3/4 c. chopped pecans
9-in. pastry shell, baked

Yield: 8 servings.

Combine syrup, sugar, eggs, butter, and vanilla; stir in pecans.

Pour into prepared crust. Heat at MEDIUM 7 to 9 minutes, or until pie is set.

TO COMPLETE: Let stand until cool. Garnish, if desired, with sweetened whipped cream.

PECAN PIE

Frances Smith Youngblood

3 eggs	1 c. dark Karo syrup
1/2 c. sugar	3 Tbsp. margarine, melted
1 c. chopped pecans	1 tsp. vanilla
1 unbaked 9-in. pie shell	

Beat eggs; add other ingredients and mix well. Pour into the pie shell. Bake at 375° for 45 minutes.

SALTINE PIE

Mary Jo Foster

12 small saltines	1/2 tsp. almond extract
2/3 c. sugar	3 egg whites
12 chopped dates	6 cherries, chopped
1/2 c. nuts	1/4 tsp. baking powder

Break up saltines and add baking powder. Add other ingredients and fold into stiff egg whites. Pour into greased pie pan. Bake at 350° for 20 minutes.

Cover after cooled with whipped cream or Cool Whip.

STRAWBERRY PIE

Kayre Hines

1 baked pie crust	1 c. sugar
3 Tbsp. strawberry jello	4 Tbsp. cornstarch
1 c. water	2 c. fresh strawberries

Mix dry ingredients; add water slowly. Cook until thickened. Let cool. Pour over 2 cups fresh strawberries in crust.

FRUIT PIE

Jane Ashmore

Cool Whip (large size will be enough for 3 pies)	large can crushed pineapple, not drained
1 1/4 c. sugar	1/4 c. flour
1 pkg. orange jello	5 sliced bananas
1 can sour pitted pie cherries, drained	1 c. nuts
	3 baked pie shells

Bring pineapple, sugar and flour to a boil. Add jello and remove from heat. Cool. Add bananas, cherries and nuts. Pour mixture into

pie shells and chill. Top with Cool Whip.

MILLIONAIRE PIE

Betty Foster

1 large can sliced peaches	1 large Cool Whip
1 large can crushed pineapple	1 can Eagle Brand condensed milk
1/2 c. lemon juice	

Drain pineapple and peaches. Mix Eagle Brand milk and lemon juice, add peaches and pineapple. Blend in Cool Whip. Pour in graham cracker or vanilla wafer crust and chill. This makes two 9-inch pies.

BLUEBERRY PIE

Ethel Huie

Crust:

1 1/4 c. graham crackers, crushed	1/4 c. butter, melted
	1/4 c. sugar

Combine ingredients; press into pan (8 x 11 inches).

Filling:

2 eggs, beaten	1/2 c. sugar
1 (8 oz.) cream cheese, softened with 1/4 c. milk	1 tsp. vanilla flavoring
	1/4 tsp. salt

Combine ingredients; mix well, pour into shell. Bake 20 minutes at 375°. Cool.

Topping:

fresh blueberries	1/4 tsp. salt
1/4 c. sugar	3 to 4 Tbsp. flour

Mix all ingredients. Cook until thick. Pour over filling. Refrigerate for 12 hours. Blueberry pie mix may be used for a topping.

BLUEBERRY CRISP PIE

Rossie Mitchell

2 1/2 c. fresh blueberries	1/3 c. water
1/2 c. sugar	

Combine in 2 quart casserole.

For crust use:

1 c. self-rising flour	1 egg, beaten
1 c. sugar	

(Cont.)

Sift flour and sugar together, add egg and mix with fork until all flour and sugar are dampened. Crumble this on top of blueberries. Melt 1 stick of melted margarine and pour over top.

Bake at 350° until brown.

APPLE PIE (Sugarless)

Nancy Kemper

4 or 5 c. thinly sliced apples (Jonathan, if available)	1 tsp. cinnamon 1/2 tsp. nutmeg 1 Tbsp. cornstarch
2 Tbsp. margarine	1 (6 oz.) can apple juice con- centrate (frozen)

Heat undiluted apple juice. Add apple slices and cover. Simmer until soft, about 10 minutes. Stir in cornstarch which has been blended in a little water.

Add spices and Sugar Twin if apples are too tart. Fill pastry shell with apples, dot with margarine. Cover with top crust. Start at 425° for 15 - 20 minutes, then bake at 350° until brown, usually 1 hour total.

APPLESAUCE PIE

Debbie Durden

1 can sweetened condensed milk	3 eggs 1 tsp. almond extract
1 can applesauce	2 graham cracker crusts

Separate eggs. Mix sweetened condensed milk, applesauce, egg yolks, and almond extract. Whip egg whites stiff and fold into mixture. Bake in graham cracker crusts 25 - 30 minutes at 350°. Makes 2 pies. You may wish to sprinkle graham cracker crumbs on top of pies before baking.

STRAWBERRY PIE

Roumania Lasseter

1 pie shell	2 c. fresh strawberries
1 c. sugar	3 Tbsp. cornstarch
1 c. hot water	3 Tbsp. strawberry jello

Cook water, sugar and cornstarch until clear and thick. Add jello and cook until completely dissolved. Put strawberries in pie shell and pour syrup over strawberries and chill. Top with whipped topping.

PUMPKIN PIE

Ginger Westlund

1 (16 oz.) can pumpkin	1 tsp. cinnamon
1 (14 oz.) can condensed milk	1/2 tsp. ginger
1/4 c. brown sugar, packed	1/2 tsp. allspice
1 egg, beaten	1/2 tsp. salt
1 Tbsp. plain flour	1/4 tsp. nutmeg
1/4 c. hot water	1/8 tsp. cloves

Combine ingredients in large bowl and stir until well blended. Pour into one 9-inch pie shell. Bake at 375° for 50 to 55 minutes. Pie is done when knife inserted in middle comes out clean. Serve with whipped cream and a sprinkle of chopped, crystalized ginger.

POTATO CUSTARD

Fabie Lasseter

4 c. cooked potatoes, boiled or baked (2 or 3 medium large sweet potatoes)	2 sticks margarine
1 1/2 to 2 c. sugar	4 eggs, well beaten
	1 tsp. vanilla
	2 shallow pie crusts

Fill crusts and bake about 30 minutes or until puffed and firm at 375° or 400°.

Makes 2 custards.

BROWN SUGAR PIE

Nora Taylor

Diane Banke's grandmother

4 eggs	1 tsp. flour
1 1/2 c. light brown sugar	1 tsp. vinegar
1/2 c. white sugar	1/4 c. sweet milk
2/3 c. butter	1 unbaked pie shell

Combine ingredients and bake 30 minutes at 325° in unbaked pie shell.

Note: In a newspaper article commemorating Mrs. Taylor's 96th birthday, it was mentioned that she was "known for her Brown Sugar Pie."

NEVER FAIL MERINGUE

Mildred Johnson

1 Tbsp. cornstarch	6 Tbsp. sugar
2 Tbsp. cold water	1 tsp. vanilla
1/2 c. boiling water	pinch of salt
3 egg whites	

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thick. Let stand until

completely cold. With electric beater at high speed, beat egg white until foamy, gradually add sugar and beat until stiff, but not dry. Turn beater to low speed, add salt and vanilla.

Gradually beat in cold mixture. Beat again on high speed, spread over pie, bake at 350° for about 10 minutes.

JEWISH COFFEE CAKE

Nancy Tilton

1/4 lb. butter or margarine	1 tsp. baking powder
1 c. sugar	1 tsp. soda
2 eggs	1/4 tsp. salt
1 tsp. almond extract	1 c. sour cream
2 c. flour	

Topping:

1/4 c. brown sugar	1/2 c. chopped walnuts
1 tsp. cinnamon	

Cream butter and sugar, add eggs, beat well. Sift dry ingredients together and add alternately with sour cream. Pour half of batter in tube pan. Cover with half of topping, add rest of batter, then top with rest of topping. Run through batter with a knife to swirl. Test cake after 45 to 60 minutes in a 375° oven.

ORANGE TOAST

Nancy Tilton

1/4 c. orange juice	1/2 c. white sugar
1 tsp. grated orange rind	6 or more slices buttered toast

Mix orange juice, rind and sugar. Spread on hot buttered toast and put under broiler to brown. Very nice with afternoon tea or as a salad accompaniment.

FRUIT SWIRL COFFEE CAKE

Julia McLeod

1 1/2 c. sugar	1 tsp. almond extract
1/2 c. butter or margarine	4 eggs
1/2 c. Crisco	3 c. flour (plain)
1 1/2 tsp. baking powder	1 can (21 oz.) cherry pie filling
1 tsp. vanilla	Glaze

Heat oven to 350°. Generously grease jelly roll pan (15 1/2 x 10 1/2 x 1 inch), or 2 square pans (9 x 9 x 2).

Blend sugar, butter, shortening, baking powder, vanilla, almond extract and eggs in large mixer bowl on low speed, scraping bowl constantly. Beat 3 minutes on high speed, scraping bowl occasionally. Stir in flour. Spread 2/3 of the batter in pan. Spread pie

filling over batter. Drop remaining batter by teaspoonfuls onto pie filling.

Bake about 45 minutes. While warm, drizzle with glaze. Cut cake in jelly roll pan into bars about 2 1/2 x 2 inches. Makes about 25 squares.

Glaze: Mix 1 cup confectioners sugar and 1 to 2 table-
spoons milk thoroughly.

HOLIDAY PASTRIES

Lynn Vandiver

2 pkg. (14 - 18 oz. each)

hot roll mix

1 can Campbell's cheddar

cheese soup

2 eggs, slightly beaten

1/2 c. sugar

1/2 tsp. almond extract

In large bowl, dissolve yeast from both boxes of mix as directed using only 3/4 cup water. Follow mix directions adding undiluted soup, eggs, sugar, and extract with flour mixture. Let rise as directed. Shape dough into 48 small balls; flatten to form circles. Place on lightly greased cookie sheets; let rise again until doubled. Press center of each circle to make indentation; spoon about 1 tablespoon filling* in each. Bake at 375° for 20 minutes or until brown. Cool; glaze if desired. Makes 48 pastries.

***Fillings:** Assorted prepared fruit pie fillings or pineapple cream cheese.

To make ahead: Freeze baked pastries in single layer; wrap in freezer wrap.

CINNAMON APPLE ROLL

Lorene Brown

1 1/2 c. sugar

1/2 tsp. nutmeg

2 c. water

2 Tbsp. butter

2 c. flour

4 tsp. baking powder

1 1/2 Tbsp. sugar

1/2 tsp. salt

1/3 c. shortening

2/3 c. milk

2 1/2 c. chopped apples

1/2 c. sugar

2 tsp. cinnamon

1 tsp. grated lemon rind

2 Tbsp. soft butter

Mix together sugar, nutmeg and water and add butter. Boil for 5 minutes. Sift together flour, baking powder, sugar and salt. Cut in shortening. Add milk to form dough. Roll out into long rectangle. Cover with apples. Mix together sugar, cinnamon and lemon rind and sift over apples. Dot with butter. Roll lengthwise, cut into 1 inch slices. Place, cut-side up, in greased 9-inch square pan.

(Cont.)

Pour over half of the hot syrup. Reserve remaining syrup to serve hot with the apple roll.

Bake at 375° F. about 75 minutes.

Write extra recipes here:

Forest Park CAD #3116W

CAKES · ICINGS COOKIES



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

CAKES, COOKIES AND ICINGS

MOTHER'S APPLE SAUCE CAKE

Margaret B. McCall

- | | |
|-----------------------------|---------------------|
| 1 c. butter or margarine | 2 tsp. cinnamon |
| 2 c. sugar - brown or white | 1 tsp. cloves |
| 2 eggs | 1/2 tsp. nutmeg |
| 3 c. plain flour | 2 c. raisins |
| 2 tsp. soda | 2 c. chopped apples |
| 1/2 tsp. salt | 1 c. coffee |

Cream butter, sugar and eggs. Add flour and seasonings. Mix well, adding coffee to help mix. Add chopped apples, mix, add raisins. Lightly grease and flour tube pan. Bake 350° about 45 minutes.

APRICOT DELIGHT CAKE

Lucile Floyd

- | | |
|---|---------------------------|
| 1 pkg. Duncan Hines Lemon
Supreme Cake mix | 1 c. apricot nectar |
| 3/4 c. Wesson oil | 1/2 c. sugar |
| | 4 eggs (room temperature) |

Pour cake mix into bowl. Add Wesson oil, continue to mix. Add apricot nectar. Gradually add sugar, add eggs, one at a time.

Grease tube pan, pour in mixture. Bake 1 hour at 350°. When done, cool in pan 5 minutes. While still warm, glaze with 1 1/2 cups 10xx confectioners sugar and juice 2 lemons.

APPLE CAKE

Emily Haynie

- | | |
|---------------------|-------------------|
| 3 c. chopped apples | 1 tsp. salt |
| 1 1/2 c. oil | 1 tsp. soda |
| 2 c. sugar | 2 tsp. vanilla |
| 3 c. flour | 1 c. chopped nuts |
| 3 eggs | |

Mix all together and bake at 325° for 1 hour and 20 minutes. Use tube pan.

Icing:

- | | |
|--------------------|----------------|
| 1 stick butter | 1/4 tsp. milk |
| 1/2 c. brown sugar | 1 tsp. vanilla |

Cook together about 3 to 4 minutes and pour on cake while hot.

APPLESAUCE CAKE

Ruth Gettys

In one pan:

4 c. flour
2 c. granulated sugar
1 tsp. cinnamon
1 tsp. cloves

1 tsp. nutmeg
1 lb. raisins
1 c. cherry preserves
1 c. nuts

In another pan:

3 c. applesauce (hot)
4 tsp. soda

1 c. butter (2 sticks)

Mix contents of both pans and pour into greased and floured tube pan. (I use paper in the bottom, too.) Bake slowly at 300° covered 1 hour and uncovered 1 hour.

If desired, cut up maraschino cherries in batter and place some on top.

FRESH APPLE CAKE

Emogene Griffeth

3 eggs, beaten
2 c. sugar
1/4 c. cooking oil
3 c. flour
1 tsp. salt

1 tsp. soda
3 c. diced apples
1 c. pecans
2 tsp. vanilla

Sift flour; measure and resift with salt and soda. Beat eggs, add sugar and oil. Gradually add flour mixture. Blend well. Add apples and pecans and blend. (Do not beat.) Add vanilla. Bake in 3 pans (8 or 9 inch) that have been well greased, floured and prepared. Preheat oven to 350°. Reduce to 325° and bake 30 - 35 minutes or until done.

Icing: Heat over low flame:

1 stick margarine

1 1/4 c. brown sugar

Add:

1/4 c. canned cream

Bring to boil and cool.

BANANA CAKE

Betty Brock

1/2 c. shortening
1 1/2 c. mashed banana
(about 3 bananas)

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

2 eggs
1 tsp. vanilla

1 tsp. baking soda
1/2 c. plain yogurt

Cream the shortening, then add the sugar slowly and beat until light. Add the bananas, eggs, and vanilla and beat well. Mix flour, baking soda and salt and then add to the first mixture and blend. Add the yogurt slowly and beat until well-blended. Pour into greased and floured bundt pan and bake for about 45 minutes in a 350° preheated oven. Cool in pan for 5 minutes before cooling on rack.

BANANA CRUNCH CAKE

Lorene Brown

5 Tbsp. butter or margarine
1 (7 1/2 oz.) pkg. coconut
pecan frosting mix or
1 (8 1/4 oz.) pkg. coconut
almond frosting mix
1 c. regular rolled oats

1 c. commercial sour cream
4 eggs
2 large bananas, mashed
1 (17 oz.) pkg. yellow cake
mix

Preheat oven to 350°. Grease and flour a 10-inch tube pan. Melt butter in saucepan; stir in frosting mix and oats until crumbly; set aside. Blend sour cream, eggs, and bananas in large bowl until smooth. Blend in cake mix; beat 2 minutes at medium speed on regular electric mixer (high speed with portable mixer).

Pour one-third of batter (2 cups) into prepared pan. Sprinkle with one-third of crumb mixture (1 cup). Repeat twice with batter and crumbs, ending with crumb mixture. Bake at 350° for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan for 15 minutes. Turn pan upside down on cake rack; then turn cake so crumb mixture is on top.

Yield: one 10 inch cake.

CARROT CAKE

Nancy Tilton

2 c. all-purpose flour
1 1/2 c. sugar
1 Tbsp. baking soda
2 tsp. cinnamon
1/2 tsp. salt
3 eggs
1/2 c. oil

2 tsp. vanilla
3/4 c. buttermilk
2 c. grated raw carrots
1/2 c. drained crushed pineapple
1 c. chopped nuts
1 c. shredded coconut

Sift flour, measure. Add sugar, soda, cinnamon, and salt. Beat eggs and oil. Blend in buttermilk and vanilla. Fold egg mixture into dry ingredients. Fold in carrots, pineapple, nuts and coconut. Turn batter into two greased round cake pans. Bake in

350° oven for 35 to 40 minutes, or until done. Upon removing from oven, immediately prick surface of cakes with fork and pour on the following syrup recipe.

Syrup Glaze:

2/3 c. sugar	1/3 c. margarine
1/4 tsp. soda	2 tsp. corn syrup
1/3 c. milk	1/2 tsp. vanilla
1 tsp. vinegar	

Combine all ingredients, except vanilla, in saucepan. Bring to a boil and boil for 5 minutes. Remove from heat and add the vanilla.

CARROT CAKE

Dot Dunn

3 c. all-purpose flour	1 tsp. salt
1 1/4 c. Wesson oil	2 tsp. cinnamon
2 c. sugar	2 c. grated carrots
3 eggs	1 c. nuts (optional)
1 tsp. soda	1 small can crushed, drained pineapple
2 tsp. baking powder	
1 tsp. vanilla	

Cream sugar and oil until fluffy. Add eggs and cream together. Sift dry ingredients, then add to first mixture. Fold in carrots, drained pineapple, nuts and vanilla. Bake at 300° for 30 to 40 minutes. Makes three 8 inch or two 9 inch pans.

Icing:

1 lb. XXX powdered sugar	1 (8 oz.) pkg. cream cheese
1/2 stick butter	2 Tbsp. vanilla

STRAWBERRY CAKE

Debbie Durden

1 pkg. strawberry Jello	1 box Duncan Hines white cake mix
4 eggs	3/4 c. Wesson oil
1/2 c. frozen strawberries, thawed	1/2 c. water

Combine Jello, eggs, and oil. Beat on low speed for 2 minutes. Add cake mix, strawberries, and water. Bake in 3 layers at 350°.

Icing:

1/2 c. frozen strawberries, thawed	1 box powdered sugar
	1/2 stick melted margarine

Combine all ingredients and beat until smooth. Frost the cake.

CHEESE CAKE

Martha McLeod

2 pkg. (8 oz.) cream cheese 3/4 c. sugar

Blend well and add: 3 eggs, one at a time.

Pour into a well buttered 9-inch pie pan. (Butter bottom and sides of pan well as this helps make its own crust.) Put in 325° oven for only 50 minutes; remove, let stand 20 minutes and pour on topping.

Topping:

1 c. sour cream 1/2 c. sugar
1 tsp. vanilla

Blend well.

LEMON CHEESE CAKE

Mildred Bays

Stir 8 ounce package of cream cheese until very soft. Gradually blend in 1/2 cup milk and stir until smooth and creamy. Add 1 1/2 cups milk and 1 package of Jello instant lemon pudding mix. Beat slowly with egg beater 1 minute. Pour at once into a cooled 9-inch graham cracker crust. Chill 1 hour until firm enough to cut. To be particularly elegant, top with 1 can of cherry pie filling.

LEMON CHEESE CAKE

Barbara Conine

2 c. sugar 3 c. plain flour
1 c. vegetable shortening 3 tsp. baking powder
1 c. milk 6 egg whites, beaten stiff

Combine sugar and shortening; cream well. Sift together flour and baking powder; alternate with milk in adding to sugar and shortening mixture. Fold in egg whites. Bake in 3 layer cake pans at 350° for 25 minutes or until done.

Lemon Cheese Frosting:

1/2 c. butter 1/4 c. real lemon juice
1 c. sugar 1/4 c. water
6 egg yolks juice of 1 lemon and grated rind

Combine ingredients and cook in double boiler until thick. Frost between layers and side of cake. This cake freezes well.

INDIVIDUAL CHEESE CAKES

Diane Banke

2 pkg. (8 oz.) cream cheese
2/3 c. sugar

3 eggs
1/4 tsp. almond extract

Beat cream cheese 5 minutes. Add eggs, one at a time. Add sugar slowly. Add almond extract. Spoon into doubled papered muffin tins (makes 15 to 18). Bake 30 minutes at 325°. Cool 15 minutes. (Cakes will rise and centers fall.)

Topping:

1 pt. sour cream
1 tsp. vanilla

4 tsp. sugar

Spoon over cakes: sour cream, sugar and vanilla mixture. Bake 15 minutes at 325°. Cool and refrigerate. Top with any fruit filling.

QUICKIE CAKE 'N CHEESE CAKE

Hazel Zaun

1/2 c. butter
1 c. all-purpose flour
2/3 c. sugar
2 eggs

1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla

Grease and flour bottom of 12 x 8 inch baking pan. In small mixer bowl, combine butter, flour, sugar, baking powder, salt, vanilla extract and eggs. Beat at medium speed of mixer until well blended. Spread in bottom of pan.

2 (8 oz.) pkg. cream cheese
1 1/3 c. sugar
1 c. dairy sour cream

2 tsp. vanilla extract
4 eggs

Combine cream cheese, sugar, vanilla, eggs and sour cream. Beat at medium speed of mixer until smooth and creamy. Pour over batter in pan. Bake at 325° for 30 to 35 minutes. Spread with topping. Immediately loosen from sides of pan with spatula. Cool; chill at least 4 hours before serving (overnight is better).

Topping:

Combine 1 cup dairy sour cream, 1/4 cup sugar and 1 teaspoon vanilla. Tip: For an extra special dessert, top with prepared cherry pie filling and sprinkle with chopped salted cashews.

SIMPLE SINFUL CHEESE CAKE

Linda Sparrow

1/4 c. margarine or butter,
melted
1 c. graham cracker crumbs
1/4 c. sugar
2 pkg. (8 oz.) cream cheese
(room temperature)

14 oz. can Eagle Brand Sweeten-
ed condensed milk
1/4 tsp. salt
1/4 c. ReaLemon juice

I use a food processor for crumbs. Preheat oven to 300°. Combine margarine, crumbs and sugar. Pat firmly in bottom of buttered 9-inch springform pan.

In large mixer (I use food processor), beat cheese until fluffy. Beat in Eagle Brand, eggs and salt. Stir in lemon juice. Pour into prepared pan. Bake 50 to 55 minutes until cake springs back when lightly touched. Cool to room temperature, and then refrigerate.

SOUR CREAM COCONUT CAKE

Kathy Banke

1 box Duncan Hines yellow cake mix

Cook cake and cool. Cut layers in half to make 4 thin layers.

12 oz. frozen coconut
16 oz. sour cream

9 oz. Cool Whip
2 c. sugar

Mix sugar, sour cream, and coconut. Save out 1 cup of mixture and chill. Then use rest of mixture to spread between layers. Mix Cool Whip and 1 cup mixture. Spread on top and sides of cake. Keep cake refrigerated.

PUMPKIN CHEESECAKE

Joan Cushing

2 1/4 c. graham cracker crumbs
2/3 c. butter or margarine,
softened
sugar
5 (8 oz.) pkg. creamed
cheese, softened
1/2 c. brown sugar
3 Tbsp. flour

1 tsp. salt
1 tsp. vanilla
1/2 tsp. allspice
1/2 tsp. ground ginger
1 tsp. cinnamon
6 eggs
1 (16 oz.) can pumpkin
1 (5.33 oz.) can evaporated milk

Mix well crumbs, butter and 1/3 cup sugar. Press on bottom and sides of 10 x 3 inch springform pan to within 1/4 inch of top. Preheat oven to 350°.

(Cont.)

In large bowl with mixer (low) beat cream cheese until smooth. Add brown sugar, remaining ingredients and 3/4 cup white sugar. Beat until blended. Increase speed, beat 5 minutes scraping sides of bowl. Pour cheese mixture into pan. Bake 1 hour. Turn off oven; let cheesecake remain in oven 30 minutes. Cool in pan on wire rack. Cover and refrigerate.

Makes 16 servings.

EASY CHEESE CAKE

Nancy Tilton

(Low Blood Sugar) (Makes 8 servings)

Sweet Pastry	1/2 tsp. lemon extract
4 eggs, separated	1 tsp. grated lemon rind
3 1/2 tsp. non-caloric liquid sweetener	1 c. heavy cream
2 c. pot cheese	1/4 c. sifted oat flour
1/4 tsp. salt	1/4 tsp. cream of tartar

Preheat oven to 300° F.

Line bottom of an 8-inch springform pan with pastry. Chill until ready to use. Combine egg yolks, 2 teaspoons liquid sweetener, pot cheese, salt, lemon extract and lemon rind in a blender container. Blend until smooth. Add cream and oat flour. Blend 1 minute.

In a bowl, combine egg whites, cream of tartar and 1 1/2 teaspoons liquid sweetener. Beat until stiff. Fold cheese mixture into the stiffly beaten egg whites. Pour into prepared pan. Bake for 1 hour. Turn off heat. Leave cake in oven for 1 hour with oven door closed. Remove from oven and chill before serving.

LEMON REFRIGERATOR CHEESECAKE

Nancy Tilton

(Low Blood Sugar) (Makes 10 - 12 servings)

3/4 c. lemon juice	3 Tbsp. non-caloric liquid sweetener
2 envelopes unflavored gelatin	1/4 tsp. lemon extract
1/4 tsp. salt	3 c. cottage cheese, sieved
1/4 c. cold water	1 c. heavy cream, whipped
2 eggs, separated	
1 1/2 tsp. grated lemon rind	

Combine lemon juice, gelatin, 1/8 teaspoon salt, water, egg yolks, lemon rind and liquid sweetener in a saucepan. Cook over low heat, stirring constantly, until gelatin is dissolved. Chill until mixture begins to thicken. Fold in lemon extract and cottage cheese. Set aside. In a bowl, combine remaining salt and egg whites. Beat until stiff. Fold cheese mixture into the egg whites.

Fold in whipped cream. Spoon into a 9-inch lightly oiled spring-form pan. Chill until firm. Unmold and serve.

DO NOTHING CAKE

Diane Banke

2 c. plain flour	2 c. sugar
2 eggs	1 tsp. soda
1 tsp. vanilla	1 large can crushed pineapple (juice included)

Put all ingredients in a bowl and mix by hand. Do not use mixer! Pour in 9 x 13 inch pan. Bake at 325° for 25 to 30 minutes.

Topping:

1 small can evaporated milk	1 stick margarine
1 c. sugar	1 c. chopped nuts
1 c. coconut (optional)	

Mix first 3 ingredients (milk, margarine, sugar) and boil 5 minutes. Remove from heat and add nuts with coconut. Mix and spread over cake (with cake in pan, still hot). Cover cake with lid or foil.

EASY CHOCOLATE CAKE

Mildred Johnson

1 stick margarine	1 1/2 c. flour
1 c. sugar	1 tsp. soda
1 egg	1 tsp. vanilla
1/3 c. cocoa	1/2 c. boiling water
1/2 c. buttermilk	

Have margarine and eggs at room temperature. Cream margarine and sugar, stir in egg, beating as little as possible. Dissolve soda in buttermilk and add to first ingredients. Stir in flour. Last, pour in boiling water over the mixture and blend thoroughly. Add vanilla. Cook 20 minutes at 350°.

M-M-M-M CHOCOLATE CAKE

Ginger Westlund

1 chocolate cake mix	1 small pkg. chocolate chips
1 small box vanilla pudding (not instant)	1 c. nuts (pecans), chopped

Cook pudding following package directions (with 2 cups milk). Pour into cake mix (cooked pudding is all you add to cake mix). Mix well. Pour into greased and floured pan (glass loaf dish works well). Sprinkle chocolate chips and pecans on top.

Bake 40 minutes at 350°. Cake is done when it pulls away from sides of pan.

Note: Can microwave pudding following manufacturers directions. But cake should be baked in a conventional oven.

MOTHER'S CHOCOLATE WHIPPED CREAM CAKE

Margaret B. McCall

1 1/2 c. whipping cream	2 1/4 c. plain flour (sifted)
3 well beaten eggs	1 1/2 c. sugar
3 oz. unsweetened chocolate, melted & cooled	2 1/4 tsp. baking powder
1 tsp. flavoring - almond or vanilla	1/2 tsp. salt

Grease and flour two layer pans. Whip cream until stiff, add eggs, mix lightly, add flavoring. Blend flour, sugar, baking powder and salt; fold gently into cream-egg mixture until batter is well blended. Pour into pans. Bake 9 inch layers 30 - 35 minutes; or 8 inch layers 35 - 40 minutes. Test with wooden toothpick. Cool and frost.

TEXAS CAKE

Mildred Johnson

2 sticks margarine	2 c. self-rising flour
1 c. water	1 egg (well beaten)
3 Tbsp.cocoa	1 tsp. vanilla
2 c. sugar	1/2 c. sour cream

Combine margarine, water and cocoa in pan, bring to a boil. Mix flour and sugar together. Pour cocoa mixture over flour and sugar. Mix well. Add egg, vanilla and sour cream, and mix well. Pour into a greased 16 1/2 x 10 1/2 inch cookie sheet. Bake at 350° for 20 minutes. Five minutes before cake is through cooking, prepare icing and pour over cake as cake is removed from oven. Let cool.

Icing:

1 stick margarine	1 tsp. vanilla
2 Tbsp.cocoa	1/2 c. chopped nuts
6 tsp. milk	1 lb. box confectioners sugar

Bring margarine, milk and cocoa to a boil. Remove from heat and add vanilla, pecans, and confectioners sugar. Pour over hot cake.

DEVILISH CHOCOLATE CAKE

Ann Rotroff

Cake:

1 pkg. dark chocolate cake mix with pudding	1/2 c. amaretto (optional)
6 oz. semi-sweet chocolate chips	1/2 c. plum preserves
	1/2 c. chopped pecans

Icing:

3/4 c. sour cream	6 oz. chocolate chips
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Prepare and bake cake according to box instruction, adding the chocolate chips and amaretto while mixing. Bake in 2 round pans. After layers have cooled, remove from pans. Spread preserves between layers.

Make icing by melting chocolate chips; stir in sour cream until thoroughly mixed. Ice cake and sprinkle top with chopped pecans. Cake should be kept refrigerated.

SOME MORE CHOCOLATE CAKE

Linda Stanford

(Sheet Cake)

2 c. flour (plain)	1/2 c. shortening
2 c. sugar	1/2 c. buttermilk
1 stick margarine	1 tsp. soda
4 Tbsp. cocoa	2 eggs
1 c. water	1 tsp. vanilla

Preheat oven to 400°. Mix sugar and flour together in a mixing bowl. Heat margarine, cocoa, water and shortening in a saucepan until it reaches the boiling point. Pour hot mixture over dry ingredients and add buttermilk, soda, eggs, and vanilla. Mix well. Pour batter into greased and floured 11 x 15 x 1 inch pan. Bake 20 minutes.

Icing:

1 stick margarine	1 tsp. vanilla
3 Tbsp. cocoa	1/2 c. chopped nuts
6 Tbsp. milk	1/2 c. coconut
1 box 10x sugar	

Put margarine, cocoa and milk in pan and heat until it begins to boil. Remove from stove and add sifted sugar. Blend well, add vanilla, nuts and coconut. Pour over hot cake.

YUMMY CHOCOLATE SHEET CAKE

Ethel Huie

2 c. sugar	1 c. water
2 c. sifted flour	1/2 c. buttermilk
1 tsp. soda	2 eggs, beaten
1/2 tsp. salt	1 tsp. vanilla
1 c. butter or margarine	1/4 c. cocoa

Sift together sugar, flour, soda and salt. In saucepan combine butter, water and cocoa; stirring constantly, bring to rolling boil over medium heat. Add to dry ingredients, mixing well. Stir in buttermilk, eggs and vanilla. Pour into greased 15 x 10 x 1 inch baking pan. Bake in preheated 400° oven 20 - 25 minutes.

Icing:

1 stick margarine	1 lb. powdered sugar
3 Tbsp. cocoa	1 tsp. vanilla
6 Tbsp. milk	1 c. chopped nuts

Bring margarine, cocoa and milk to a boil. Add powdered sugar, vanilla, and nuts. Frost warm cake in pan.

Note: This is a soft cake. Cut and serve from pan.

CHOCOLATE PRALINE CAKE WITH BROILED ICING

Nancy Maxwell

Cake:

1 c. buttermilk	2 c. sifted plain flour
1 stick butter	1 tsp. baking soda
2 c. light brown sugar	3 Tbsp. cocoa
2 eggs	1 tsp. vanilla

In saucepan warm buttermilk and butter (DO NOT SCALD). Pour liquid into mixing bowl. Add brown sugar and eggs. Beat well. Sift dry ingredients and slowly add to mixture. Stir in vanilla. Pour into greased and floured 9 x 13 x 2 inch pan. Bake at 350° for 25 minutes or until done.

Icing:

1 stick butter	1/2 c. whipping cream
1 c. light brown sugar, packed	1 c. chopped pecans

Cook for several minutes in a saucepan all the ingredients until mixture begins to thicken. Spread mixture over top of warm cake. Place cake 4 inches below broiler. Broil until icing bubbles and turns golden (1 to 2 minutes). Serve plain or with whipped cream. Wonderful!

HAWAIIAN CAKE

Fabie Lasseter

1 pkg. Duncan Hines Golden Cake mix	3/4 c. milk
1 stick creamy butter or margarine	3 eggs (room temperature)
	11 oz. can mandarin oranges (drained)

Grease and flour cake pans. Mix cake mix, butter, milk, eggs and oranges. Blend until moistened. Beat at medium speed 3 minutes. Bake at 325° for 25 minutes. Cool on rack 10 minutes before removing.

Icing:

9 oz. size Cool Whip	1 large size can crushed pine- apple
1 pkg. instant vanilla pudding	

Drain pineapple, mix with above. Spread on layers when cake is cool. Serves 12 to 15.

PRALINE BRUNCH CAKE

Lorene Brown

1/3 c. butter or margarine	1/2 c. soft shortening
1/3 c. brown sugar, firmly packed	3/4 c. sugar
1/3 c. apricot or pineapple preserves	1 egg
1/2 c. chopped nuts	2 c. sifted all-purpose flour
1/2 c. packaged grated coconut	3 Tbsp. baking powder
	1/2 tsp. salt
	3/4 c. milk

Grease and flour a 9 x 9 x 2 inch pan. For topping and filling, combine butter or margarine, brown sugar, preserves, nuts and coconut; reserve. Beat shortening, sugar, and egg together until fluffy and light. Sift dry ingredients together; add alternately with milk to creamed mixture, beating until well blended. Spoon half the batter into prepared pan. Spoon half the topping mixture evenly over batter; cover with remaining batter. Bake in moderate oven (350° F.) 35 to 40 minutes. Remove from oven; carefully spread remaining topping mixture over top of hot cake. Place under broiler, 4 to 5 inches from heat; broil until topping bubbles and is nicely browned. Watch carefully to prevent burning. Cool on wire rack; remove from pan if desired; serve warm.

(Makes 16 servings - 225 calories per serving. May be frozen.)

COCONUT CAKE

Jean Ray

- | | |
|------------------------------------|---|
| 1 box yellow cake mix with pudding | 1 (8 1/2 oz.) can Caco Lopez cream of coconut |
| 1 can Eagle Brand condensed milk | 1 can Baker's coconut |
| | 1 large container Cool Whip |

Prepare cake mix as directed on box and bake in oblong pan until done. Remove from oven and punch holes over entire cake. While cake is hot, pour the can of condensed milk over cake. Then pour cream of coconut over cake. Frost with Cool Whip and sprinkle with coconut on top. Keep refrigerated.

COCONUT CAKE

Elizabeth Ford

- | | |
|-------------------|-----------------------|
| 1 yellow cake mix | 2 pkg. frozen coconut |
| 1 1/2 c. milk | 1 large Cool Whip |
| 1 c. sugar | |

Bake 1 package of yellow cake mix according to directions in a 13 x 9 inch pan. While cake is in the oven, mix 1 1/2 cups milk and 1 cup sugar and bring to a boil. Add 1 package frozen coconut. When cake is removed from oven, prick with a fork and drizzle the milk/sugar/coconut mixture over the cake. Let cool. Cover with a large container of Cool Whip and another package of frozen coconut. Cover with foil and refrigerate at least overnight.

COCONUT CAKE

Dot Dunn

- | | |
|-------------------|------------|
| 1 stick margarine | 1 c. sugar |
|-------------------|------------|

Cream together. Add 2 eggs, well beaten.

- | | |
|------------------------|-------------|
| 2 c. all purpose flour | 3/4 c. milk |
| 3 tsp. baking powder | |

Add to mixture, alternating flour and milk.

Add: 1 teaspoon vanilla.

Pour into 8 or 9 inch round pans. Bake at 375° for 20 minutes.

NOTE: White cake mix can be substituted if desired.

Frosting:

- | | |
|-------------------|------------------------|
| 16 oz. sour cream | 2 c. Cool Whip, thawed |
|-------------------|------------------------|

Beat together. Add:

- | | |
|----------------|------------|
| 14 oz. coconut | 1 c. sugar |
|----------------|------------|

Spread between layers and sides. Refrigerate in a sealed container for 1 - 2 days.

M & M CAKE

Dot Dunn

Mix and bake as directed:

chocolate chip cake mix	1 c. peanut butter (smooth)
reduce amount of oil to 1/4 c.	1 c. M & M's candy, fold in after beating

Use chocolate chip icing.

Add M & M's on top of cake.

DUMP CAKE

Lynn Vandiver

1 (21 oz.) can cherry pie filling	3/4 c. butter, chopped
1 (17 oz.) can crushed pineapple, undrained	1 c. coconut
1 yellow cake mix	1 c. chopped pecans

Place ingredients in order listed in a large greased pan. Bake at 325° for 1 hour.

STRAWBERRY SPONGE CAKE

Nancy Tilton

(Low Blood Sugar) (Makes 1 - 8 inch cake)

2 pt. strawberries, washed and hulled	2 c. heavy cream
3 tsp. non-caloric liquid sweetener	1 1/2 tsp. vanilla extract
1/4 c. strawberry fruit concentrate	2 (8 in.) sponge cake layers

Reserve 1/2 pint whole strawberries for garnish. Slice remaining strawberries. In a bowl, combine sliced strawberries, 1 teaspoon liquid sweetener and strawberry concentrate. Chill for 30 minutes. Combine heavy cream, 2 teaspoons liquid sweetener and vanilla. Beat until stiff. Place 1 cake layer on a serving plate. Spread with whipped cream and strawberry mixture. Top with second layer. Spread remaining cream on top and sides of cake. Garnish top of cake with whole strawberries. Chill until ready to serve.

CAKE SUPREME

Rossie Mitchell

1 pkg. yellow cake mix with pudding in it	1 large Cool Whip
1 can mandarin oranges	1 pkg. vanilla pudding

(Cont.)

1 large can crushed pineapple
(drained)

2 pkg. frozen coconut (you will
use about 1 1/2 pkg.)

Mix cake mix as per directions (makes 2 layers). Cut mandarin oranges in half and mix with batter. Bake as per directions. Let layers cool.

* Defrost coconut ahead of time.

Icing:

Mix Cool Whip, instant pudding and drained pineapple together. Cool Whip should be softened for mixing. Ice over layer generously; sprinkle coconut on top.

Then put your second layer on and ice generously (make icing uneven) not flat looking. Sprinkle coconut on top. Ice the sides - use as much icing as you can.

Optional - Decorate the top of the cake with strawberries (whole) and with green grapes if you like. It looks pretty!

Refrigerate. Yummy eating!!!

DIET CAKE

Betty Foster

2 c. water

2 eggs

1 box seedless raisins

2 c. self-rising flour

1 c. applesauce

1 tsp. cinnamon

(unsweetened)

1 tsp. nutmeg

8 small pkg. Sweet & Low

1 tsp. vanilla

(dissolved in 2 Tbsp. water)

3/4 c. oil

Put raisins in the water; boil dry. Add Wesson oil, applesauce, flour, eggs, sweetener and water, cinnamon, vanilla and nutmeg. Mix well. Pour into tube pan. Bake 30 minutes at 325° or less.

LEMON CAKE

**Anne Kirschner
Roumania Lasseter**

1 pkg. lemon jello

1 pkg. yellow cake mix

3/4 c. oil

4 eggs

1 1/2 tsp. lemon extract

Icing:

1 1/2 c. confectioners sugar

1 c. boiling water

5 Tbsp. lemon juice or

2 large lemons

Dissolve jello in 1 cup boiling water. Mix together oil, lemon extract, cake mix, and eggs. Add cooled jello and slowly beat. Bake at 350° for 35 - 40 minutes. Mix icing ingredients together and pour on hot cake. (Variance: Roumania uses 3/4 c. warm water.)

COKE CAKE

Roumania Lasseter

Jean Ray

2 c. unsifted flour	1 tsp. salt
2 c. sugar	2 sticks butter or margarine
3 Tbsp. cocoa	1 c. Coke beverage
1 tsp. soda	1/2 c. buttermilk (1/2 c. milk 1 tsp lemon juice)
2 whole eggs	1 1/2 c. miniature marshmallows

Combine flour, sugar, cocoa, soda and salt. Bring the butter and cola to a boil and add to dry mixture. Add the buttermilk, eggs, marshmallows. This will be a very thin batter with the marshmallows floating on top. Bake in a large oblong pan at 325° or 350° for 45 to 60 minutes.

Frosting:

1/2 c. butter or margarine	1 box confectioners sugar
3 Tbsp. cocoa	1 c. chopped nuts
6 Tbsp. cola	1 tsp. vanilla

Combine butter, cocoa, and cola and bring to a boil. Pour over confectioners sugar and mix well. Add nuts and vanilla. Spread over cake while hot.

Variation: Jean uses 2 tablespoons cocoa and 1/2 cup miniature marshmallows.

SCANDINAVIAN NUT CAKE

Jean Ray

2 c. sugar	2 tsp. vanilla
2 c. flour	1 can (20 oz.) crushed pineapple with juice
2 tsp. baking soda	1/2 c. chopped nuts
2 eggs well beaten	

Frosting:

1 1/2 c. powdered sugar	1/4 c. chopped nuts
3 oz. cream cheese, softened	1 tsp. vanilla
1/4 c. margarine, softened	

Mix the nut cake ingredients and pour into 9 x 13 inch ungreased pan. Bake at 350° for 45 minutes.

Mix the frosting ingredients and frost cake 5 minutes after it comes out of the oven.

BLACK WALNUT POUND CAKE

Ethel Huie

1 c. shortening	1 c. milk	
2 c. sugar	1 tsp. vinegar	
3 eggs	3 c. plain flour	(Cont.)

1/4 tsp. baking powder
1/4 tsp. soda

1/4 tsp. salt
1 c. (can) black walnuts

Cream shortening and sugar. Add eggs, one at a time. Mix milk and vinegar. Sift together dry ingredients and add alternately with the milk. Add nuts (floured). Turn into waxed paper-lined 10 inch tube pan. Bake at 300° for 1 1/2 hours. Cool.

Frost with:

1/2 c. margarine
1 c. light brown sugar
(packed)

1/4 c. milk
2 c. powdered sugar

Combine melted margarine and brown sugar. Boil over low heat for 2 minutes, stirring constantly. Add milk and bring to a boil again. Remove from heat and add sugar. Beat until mixture cools.

Frost top and sides of cake.

VANILLA WAFER CAKE

Jean Ray

2 sticks oleo (margarine)
2 c. sugar
6 whole eggs
1 (12 oz.) box vanilla wafers

1/2 c. milk
1 (7 oz.) flaked coconut
1 c. chopped pecans

Cream oleo and sugar. Add eggs, one at a time and beat after each addition. Crush vanilla wafers and add alternately with milk. Add coconut and nuts. Bake in greased and floured tube pan at 325° for 1 hour and 15 minutes.

LEMONADE CAKE

Betty Foster

1 box yellow cake mix
1 box lemon jello (small)

1 small can lemonade concentrate (6 oz.), undiluted
2 c. powdered sugar

Add jello to cake mix and make according to directions on box. Mix lemonade and powdered sugar, punch holes in cake and pour mixture over it while hot.

MISSISSIPPI MUD CAKE

(Conventional or Microwave)

**Nell Cates
Roumania Lasseter**

2 sticks margarine
1/2 c. cocoa

2 c. sugar
4 eggs, slightly beaten

1 1/2 c. plain flour
1 tsp. vanilla
pinch salt

1 1/2 c. chopped nuts
1 pkg. miniature marshmallows

In a large glass bowl, melt butter and cocoa; remove from heat or microwave. Stir in sugar and eggs. Mix well. Add flour, salt, vanilla and nuts. Mix well. Spoon into a greased 12 x 9 x 2 inch pan. Bake at 350° for 35 to 40 minutes. Leave in pan. Sprinkle marshmallows on top of warm cake and cover with frosting. Cut into squares.

Frosting:

1 box confectioners sugar
1/2 c. milk

1/3 c. cocoa
1/2 stick margarine

Melt margarine and cocoa in milk over low heat. Add sugar and frost.

HONEY BUN CAKE

Nell Cates

1 box yellow cake mix
3/4 c. oil
4 eggs

8 oz. sour cream
1 c. brown sugar
2 Tbsp. cinnamon

Mix together cake mix, oil, eggs and sour cream. Pour 1/2 mixture into tube pan. Add brown sugar and cinnamon. Mix, then add last 1/2 of mix. Bake at 325° for 40 minutes. Ice while hot.

Glaze:

2 c. confectioners sugar
4 Tbsp. milk

1 tsp. vanilla

Pour over hot cake.

PINA COLADA CAKE

Mildred Johnson

1 box cake mix (with butter)

cream of coconut (find in mix
drink department)

(Pina Colada cake, bake in sheet cake pan - spray with Pam.)

Bake cake as directed. While cake is still hot, put the following mixture: 1 can sweetened condensed milk, with a half cup real coconut cream mixture. When that has time to soak in, drain 15 1/4 ounce can pineapple. Put over milk mixture along with a cup of coconut. Then you put 9 ounces whipping cream on top. Sprinkle with coconut.

(Must keep in refrigerator.)

SOCK-IT-TO-ME CAKE

Roumania Lasseter

(Makes 12 to 16 servings of delicious sour cream pound cake.)

1 pkg. Duncan Hines Butter	1/4 c. sugar
Recipe Golden-Cake mix	1/4 c. water
1 c. (8 oz.) dairy sour cream	4 eggs
1/2 c. <u>Crisco oil*</u>	

Filling:

1 c. chopped pecans	2 tsp. cinnamon
2 Tbsp. brown sugar	

Preheat oven to 375°. In a large bowl, blend cake mix, sour cream, oil, 1/4 cup sugar, water and eggs. Beat at high speed for 2 minutes. Pour 2/3 of the batter in a greased and floured 10-inch tube pan. Combine filling ingredients and sprinkle over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45 - 55 minutes, until cake springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.

Glaze:

Blend 1 cup confectioners sugar and 2 tablespoons milk. Drizzle over cake.

When baking at high altitudes: Stir 1/2 cup flour into mix. Mix as directed above using the sour cream, 1/3 cup Crisco oil, 2 tablespoons sugar, 2/3 cup water and 4 eggs. Bake at 400° until done (40 - 50 minutes).

* Be sure to use **Crisco oil** as some other oil may cause the cake to fall.

HELEN'S POUND CAKE

Helen Bell

2 sticks butter or margarine	3 c. plain flour
3 c. sugar	1/2 pt. whipping cream (un-whipped) <i>OR 4T butter +</i>
6 eggs	1 tsp. vanilla <i>1/2 c skim milk</i>

Cream butter and sugar, add eggs one at a time. Alternate flour and cream. Add vanilla. Bake at 350° for 1 hour to 1 1/2 hours (depending on oven).

COLD OVEN POUND CAKE

Ollie Conine

3 c. sugar	2 tsp. vanilla
3 c. plain flour	1 c. milk
1/2 c. shortening (Crisco)	5 eggs
2 sticks Miracle Whip	pinch salt
margarine	1/2 tsp. baking powder

Put all ingredients, except baking powder and eggs, in bowl of electric mixer. Add eggs, beating one at a time. Start mixer on low speed and beat until all ingredients are well blended. Sprinkle baking powder over batter and beat at medium speed for 10 minutes, scraping bowl frequently. Bake in 2 greased and floured 9 x 5 inch loaf pans or a greased and floured 10 inch tube pan.

Put in COLD oven and set oven at 350°. Bake for 1 hour and 10 minutes.

Note: The top of the cake will crack.

POUND CAKE

Virginia Billington

(Use electric mixer)

2 sticks soft margarine (1 c.)	1/4 tsp. baking soda
3 c. sugar	3 c. sifted plain flour
6 eggs	2 tsp. butter flavoring
1 c. sour cream	2 tsp. vanilla flavoring
	1 tsp. orange flavoring

(Do not preheat oven.)

Cream margarine. Add sugar gradually, on high speed, to margarine. On low speed, add 6 eggs, one at a time, to above mixture. Add 1/4 teaspoon baking soda to sour cream. Add flour and sour cream, alternately, to cake mixture. Add flavorings.

Grease and flour pans for baking. Makes 3 small cakes. (I use bread pans.) Bake at low temperature (325°) for 1 hour.

OLD-FASHIONED POUND CAKE

Barbara Conine

1 lb. butter or margarine (2 c.)	10 eggs, separated
1 lb. sifted cake flour (4 c.)	1 lb. sugar (2 c.)
	1 tsp. vanilla

Cream butter, work in flour until mixture is mealy. Beat egg yolks, sugar and vanilla until thick and fluffy. Add egg yolk mixture to butter and flour gradually, beating thoroughly. Fold in stiffly beaten egg whites. Beat vigorously for 5 minutes. Bake

(Cont.)

in loaf pans or tube pans lined with wax paper, in a moderately slow oven, 325° F. for 1 1/4 hours.

Makes 2 loaves.

OATMEAL CAKE

Dot Dunn

1 1/3 c. hot water poured over 1 c. oats

Let stand. Cream: 1 cup brown sugar plus 1 cup white sugar with 1 cup Wesson oil.

Beat: 2 eggs.

Sift together:

1 1/3 c. flour

1 tsp. soda

1 tsp. cinnamon

Add dry ingredients and oatmeal mixture to creamed mixture and beat well. Bake at 350° about 30 minutes. (Use long loaf pan.)

ICING:

1 stick margarine

1 small can evaporated milk

2/3 c. sugar (granulated)

Cook until slightly thickened.

Add:

1/2 tsp. vanilla

1 c. coconut

1 c. chopped nuts (optional)

Ice while hot.

STRAWBERRY ANGEL CAKE

Emogene Griffeth

1 large round angel cake,
broken in pieces

16 oz. frozen strawberries

1 large box strawberry jello

2 c. boiling water

13 oz. container of whipped
topping

Dissolve gelatin in boiling water. Add frozen berries. Just as it begins to thicken, fold in 2/3 of the container of frozen whipped topping. Add cake pieces and fold together until well coated. Pour into angel food tube pan and put in refrigerator to set. Unmold on plate and ice with remaining frozen topping tinted pale pink. Keeps well in refrigerator.

WHIPPED CREAM CAKE

Hazel Zaun

1/2 pt. heavy cream,
whipped stiff
1 1/2 c. sugar
3 whole eggs

1 tsp. vanilla or almond extract
1/4 tsp. mace
1 1/2 c. sifted self-rising flour

Put sugar and eggs in a mixing bowl and beat well. Add flavorings, mace and flour and combine. Fold in whipped cream. Turn batter into ungreased tube pan. Place in cold oven and turn oven on to 375°. Bake 40 minutes or until done when tested with a cake tester. Cool on rack 10 minutes; then turn out on rack to cool.

BROWNIE CAKE WITH FROSTING

Becky Earls

1 c. hot water
1/4 c. cocoa
1 stick margarine
1/2 c. oil
2 c. flour
2 c. sugar

1/2 tsp. salt
1/2 c. buttermilk
2 eggs
1 tsp. soda
1 tsp. vanilla

Mix margarine, cocoa, water and oil in 4 quart pan. Bring to a boil. Stir in flour, sugar, and salt. Remove from heat. Stir in buttermilk, eggs, soda and vanilla. Mix well. Pour into greased 9 x 13 inch pan. Bake 20 minutes at 400°.

Frosting:

1/4 c. cocoa
1 stick margarine
1/2 c. buttermilk
1 box powdered sugar

1 c. nuts
1 tsp. vanilla
1/2 tsp. salt

Bring cocoa, margarine and buttermilk to a boil. Remove from heat. Add sugar, vanilla and salt. Mix well. Stir in nuts. Spread on hot cake.

PRUNE CAKE

Emogene Griffeth

3 eggs
1 1/2 c. sugar
1 c. Crisco oil
1 c. buttermilk
1 c. cooked prunes, mashed
1 c. chopped nuts
1 tsp. vanilla

1 tsp. soda
2 c. flour
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
1/2 tsp. salt

(Cont.)

Beat eggs until light. Add sugar, beat well. Add oil. Sift together dry ingredients. Add alternately with buttermilk. Add prunes, nuts, vanilla. Bake in greased tube pan one hour at 375°.

Topping:

1 c. sugar	1 Tbsp. corn syrup
1/2 c. buttermilk	1/4 c. butter
1/2 tsp. soda	1 tsp. vanilla

Combine ingredients, simmer 30 minutes and pour over hot cake.

CHOCOLATE CHIP POUND CAKE

Joan Cushing

1 box Yellow Deluxe Cake mix (Duncan Hines)	1/2 c. Crisco oil (others will make cake fall)
1 large box <u>instant</u> chocolate pudding mix	1/2 c. warm water
4 eggs	1 small carton sour cream
	6 oz. semi-sweet chocolate chips

Dump all ingredients except chips into mixing bowl. Mix only until blended. Do not overbeat. Add chocolate chips and stir.

Place in greased and floured Bundt pan. Bake at 350° for 1 hour.

POUND CAKE WITH LEMON GLAZE

Dot Dunn

2 sticks margarine	5 large eggs
1/2 c. Crisco	1 c. sweet or canned milk
3 c. sugar	1/4 tsp. salt
3 c. flour	1 tsp. vanilla

Cream Crisco and margarine, adding sugar gradually. Beat in 1 egg at a time. Add milk and flour, a little at a time until all flour is used. Add vanilla. Use tube pan, well greased and floured. Cook 310° for 1 hour, 10 - 15 minutes.

Lemon Glaze Icing:

2 Tbsp. margarine, melted in sauce pan	Add: 1 c. + 4 tsp. confectioners sugar & 1 Tbsp. canned milk (cream) juice & grated rind of 1 lemon
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Gradually pour over cake while cake is hot.

OLD FASHION POUND CAKE

Mildred Johnson

1 lb. butter
8 eggs
1 tsp. flavoring

1 lb. sugar
4 1/2 c. sifted plain flour

Let butter and eggs get to room temperature. Cream butter until very light. Gradually add sugar, creaming thoroughly and until mixture is like whipped cream. Add eggs one at a time, beating after each addition. From this time on, too much beating can make the cake dry. Add flour in several portions beating only enough to mix well. Add flavoring. Pour in greased tube pan and bake 1 hour and 10 minutes at 315°. If cake starts browning too soon, reduce heat.

POUND CAKE

Mattie Lou Foster

2 sticks margarine
1/2 c. Crisco
3 c. sugar
2 tsp. vanilla

3 c. plain flour
1 c. milk
5 eggs

Cream margarine, Crisco and sugar together. Add milk and flour alternately. Add eggs, one at a time, beating well after each. Add vanilla.

Pour into greased and floured cake pan. Place in cold oven and turn oven on to 325°. Cook for 1 hour. Turn to 350° and cook 20 minutes more. Pretty baked in bundt pan or regular tube pan.

SOUR CREAM POUND CAKE

Diane Banke

1 c. Crisco
3 c. sugar
6 eggs
3 c. plain flour

1/4 tsp. baking soda
1/4 tsp. salt
1 tsp. vanilla
1 carton (8 oz.) sour cream

Cream Crisco and sugar. Add eggs and vanilla. Alternate adding dry ingredients with sour cream. Bake in large tube pan 1 1/2 hours at 325°. (Grease and flour cake pan.)

COCONUT POUND CAKE

Mildred Johnson

3 sticks butter
2 1/2 c. sugar
6 eggs

3 c. cake flour, sifted with
1 tsp. baking powder
1 c. evaporated milk

(Cont.)

2 tsp. coconut flavoring

1 can coconut

Cream butter and sugar well. Add eggs one at a time. Add flour and milk alternately. Add coconut flavoring. Fold in coconut. Bake in tube pan, greased and floured, in 325° oven for 1 hour. Cool in pan.

HOLIDAY POUND CAKE

Mildred Johnson

1 lb. butter or margarine

4 c. plain flour

1 lb. light brown sugar or

2 c. chopped nuts

2 c. granulated

8 oz. chopped red candied
cherries

6 eggs

8 oz. chopped green candied
pineapple

1 oz. lemon extract

Cream butter. Add sugar gradually, creaming well. Add eggs, one at a time. Use part of flour with fruit and nuts. Add remaining flour and flavoring to egg mixture, beginning and ending with flour. Do not overbeat; add fruit and nuts and mix well. Bake in tube pan for 1 1/2 hours at 325°.

KENTUCKY POUND CAKE

Kathy Banke

2 1/2 c. sifted flour
(self-rising)

2 c. sugar

4 egg yolks

1 c. vegetable oil

2 Tbsp. hot water

1 c. crushed pineapple,
with juice

2 1/2 tsp. cinnamon

1 c. chopped nuts

4 egg whites, beaten stiff

Combine all ingredients except nuts and egg whites. Beat well. Add nuts and fold in beaten egg whites. Pour into greased and floured tube pan and bake at 325° for about 1 1/2 hours. Let cool in pan before turning out on plate.

NENEE'S FIVE FLAVOR POUND CAKE

Lynn Vandiver
Sylvia Dodson

2 sticks butter

1 c. milk

1/2 c. vegetable oil

1 tsp. coconut extract

3 c. sugar

1 tsp. rum extract

5 eggs, well beaten

1 tsp. butter extract

3 c. all purpose flour

1 tsp. lemon extract

1/2 tsp. baking powder

1 tsp. vanilla extract

Cream butter, oil and sugar until light and fluffy. Add eggs, which have been beaten until lemon colored. Combine flour and

baking powder and add to creamed mixture alternately with milk. Stir in all extracts one at a time. Spoon mixture into greased and floured 10 inch tube pan and bake at 325° for about 1 1/2 hours or until tests done. When done, and before cooling, punch holes in top of cake and drizzle in glaze.

Glaze:

1 c. sugar	1 tsp. butter extract
1/2 c. water	1 tsp. lemon extract
1 tsp. coconut extract	1 tsp. vanilla extract
1 tsp. rum extract	1 tsp. almond extract

Combine sugar, water, and all extracts in heavy pan. Bring to boil and stir until sugar is melted. Pour over hot cake in pan slowly. Let sit in pan until cake is cool.

Variation: Sylvia Dodson uses 1/2cup Crisco instead of vegetable oil.

CREAM CHEESE POUND CAKE

Mildred Johnson

3 c. sugar	3 c. flour (sifted well)
3 sticks margarine (a good brand is best)	6 eggs, room temperature
8 oz. cream cheese (softened)	2 tsp. vanilla
	1 tsp. almond extract
	1/4 tsp. baking powder

Cream margarine with cream cheese until soft and fluffy. Add sugar and beat well. Add eggs one at time until well blended. Add sifted flour gradually continuing to blend well, add vanilla and almond. Spoon into a tube pan that has been sprayed with Pam and floured with Crisco. Bake in slow oven (325°) for 1 hour and 30 minutes. A winner!

HOOTENANY CAKE

Leona Jenkins

1 box yellow cake mix	1 box toasted instant coconut
1 c. water	pudding or vanilla instant
4 eggs	1/2 c. oil
1 tsp. vanilla	1/2 tsp. baking powder

Mix for 5 minutes. Grease bottom of tube pan.

Nut Mixture:

1 c. chopped nuts	4 tsp. sugar
2 tsp. cinnamon	

Mix together. Put 1/3 of nut mixture into bottom of tube pan,
187 (Cont.)

then 1/2 of cake batter, then 1/3 nut mixture, then the other 1/2 of cake batter, finishing with the nut mixture. Bake at 350° for 50 to 60 minutes.

The result is a pound-like cake with a cinnamon-nut swirl throughout the batter. Dee-licious. Note: especially good for picnics because it isn't sticky.

ICEBOX FRUIT CAKE

Martha Westbrook

1 large box vanilla wafers	1 1/2 c. chopped pecans
1 1/2 c. shredded coconut	15 oz. can Eagle Brand condensed milk
12 melted marshmallows	
1 c. red candied cherries	1 c. green candied cherries

Crush vanilla wafers very fine in a large bowl. Stir in pecans, coconut, milk and melted marshmallows. Mix well. Add candied cherries. Shape as desired but approximately 1-inch deep. Refrigerate 24 hours before serving. Very rich. Cut into small sections. Keep unused portions refrigerated.

OLD FASHIONED NUT CAKE

Emogene Griffeth

1 lb. butter	4 c. plain flour
2 c. sugar	1 lb. pecans (2 c.)
1/2 lb. cherries	2 oz. lemon extract
1/2 lb. pineapple	6 eggs

Cream sugar and butter. Dredge fruit in flour. Mix with sugar and butter. Add egg yolks which have been beaten. Add nuts and lemon extract.

Beat egg whites until stiff and add to mixture. Bake in tube pan at 300° for 2 1/2 to 3 hours.

CHOCOLATE POUND CAKE

Mildred Johnson

1/2 lb. butter	1/2 tsp. baking powder
1/2 c. shortening	1/2 tsp. salt
2 1/2 c. sugar	4 Tbsp. cocoa
5 eggs	1 c. milk
3 c. flour	2 tsp. vanilla

Cream together the butter and shortening. Add sugar and eggs. Sift dry ingredients together. Add alternately with milk to creamed mixture. Bake in a 10 inch tube pan at 325° for about 80 minutes.

RUM CAKE

Dot Mitchell
Joan Cushing

1 box Duncan Hines Butter	1/2 c. water
Recipe cake mix (golden yellow)	1/2 c. rum
	1/2 c. oil
1 small pkg. instant vanilla pudding	4 eggs

Grease and flour bundt or tube pan. Sprinkle 1/2 cup finely chopped pecans in bottom of pan. Mix dry cake mix and pudding mix. Add all other ingredients and mix well with mixer. Pour into pan over nuts and bake at 325° for 45 minutes.

Glaze:

1 c. sugar	1/4 c. water
1 stick butter or margarine	1/4 c. rum

Boil all this for 2 1/2 minutes. Punch holes in cake while still in pan (use ice pick or toothpicks). While cake is hot, pour glaze over cake. Let cool 30 minutes before removing from pan.

Variation: Joan use dark rum and 1 cup chopped nuts for cake and 1/2 cup dark rum in glaze.

BROWN CARAMEL ICING

Mildred Johnson

3 c. sugar	1 c. sweet milk
2 sticks margarine	

Place 1/2 cup sugar in small heavy pan and melt slowly over low heat. Place 2 1/2 cups sugar, milk, and margarine in 3 quart saucepan; bring to boil. Mix boiling browned sugar, stirring rapidly. Cook to 232°. Remove from heat; add 1/2 teaspoon vanilla. Beat with mixer until thick enough to spread on 3 (9-inch) cool layers.

BUTTER CREAM ICING

Mildred Johnson

(Soft decorating icing)

1 lb. 4x sugar	3/4 c. Crisco
approximately 3 Tbsp. water	1/2 tsp. salt
1 tsp. flavoring	

Mix sugar and Crisco at low speed until smooth; add 1/2 water and mix well. Then add remainder of water, salt and flavoring and mix until smooth. Store in closed container. Need not be refrigerated.

CHOCOLATE FROSTING

Emogene Griffeth

1/2 c. shortening	2/3 c. milk
2 c. sugar	1/4 tsp. salt
1/4 c. cocoa	2 tsp. vanilla

Combine cocoa with sugar. Add other ingredients. Bring to boil. Cook about 3 minutes. Cool. Add vanilla.

CHOCOLATE FUDGE FROSTING

Mildred Johnson

1 stick margarine	2 c. sugar
10 - 12 marshmallows (cut up)	6 oz. pkg. chocolate chips
3/4 c. evaporated milk (undiluted)	1 tsp. vanilla

Put margarine and chips in bowl. Put sugar, milk and marshmallows in heavy boiler. Stir constantly and cook for 6 minutes after it starts boiling. Pour mixture over chocolate and butter in bowl and stir until chocolate melts. Add vanilla.

LEMON CHEESE FILLING

Emogene Griffeth

3 lemons and grated rind	5 whole eggs
1/2 c. butter	1 1/2 c. sugar

Mix butter, lemon and sugar. Beat eggs well and mix with above mixture. Cook slowly until thick.

MARSHMALLOW ICING

Mildred Johnson

1 1/3 c. sugar	6 marshmallows, cut up
1/2 c. water	2 beaten egg whites
2 Tbsp. Karo syrup	

Cook sugar, water and syrup to 250°. Place marshmallows in syrup and then pour over egg whites beating constantly until stiff enough to spread.

LEMON CHEESE FILLING (1 1/2 times)

Mildred Johnson

1 1/2 c. sugar	1/2 c. flour
1/2 c. lemon juice	1 c. hot water
6 egg yolks	2 Tbsp. butter

Mix together the sugar and flour. Add beaten egg yolks and lemon juice. Gradually add hot water, cook until smooth over low heat.

MINUTE FUDGE ICING

Mildred Johnson

1/4 c. cocoa
1 c. sugar
1 tsp. vanilla

1 stick margarine
1/4 c. milk

Put mixture in saucepan and let it come to a boil. When it starts bubbling all over the top, let boil just one minute. Remove from heat and beat until creamy and the right consistency to spread. Add vanilla. Do not stir while cooking.

ROYAL ICING

Mildred Johnson

(For ornamental use only)

1 lb. 4x sugar
1/2 tsp. cream of tartar

1/3 c. egg whites or
3 egg whites

Mix and beat until stiff. Keep covered with damp cloth when using. Store in airtight container.

QUICK CARAMEL FROSTING

Ethel Huie

1/2 c. butter or margarine
1 c. light brown sugar,
firmly packed

1/4 c. milk
1 3/4 to 2 c. confectioner's sugar

Melt butter. Add brown sugar and cook, stirring constantly, over low heat for 2 minutes. Add milk and bring mixture to a boil. Remove from heat; cool. Add confectioner's sugar until spreading consistency is reached. Will frost 2 (9-inch) layers.

For larger cake, double recipe.

BOILED COCOA ICING

Margaret B. McCall

2 c. sugar
1/3 c. cocoa
1 stick butter or margarine

1/2 c. milk, whole or evaporated
2 Tbsp. white Karo syrup
1 tsp. vanilla

Mix all ingredients, except vanilla, and boil 1 minute. Remove from heat, add vanilla and beat until cool enough to spread on cake.

OATMEAL AND PEANUT BUTTER COOKIES

Catherine Babb

2 c. sugar
1 stick margarine

1/2 c. evaporated or plain milk
1 tsp. vanilla flavoring

1/2 c. peanut butter

2 1/2 c. quick Quaker oats

Bring the sugar, margarine, milk and flavoring to a rolling boil for 2 minutes. Measure 1/2 cup peanut butter and 2 1/2 cups quick Quaker Oats. Blend in oatmeal and peanut butter in mixture above. Pour cookie mix on wax paper and let dry. Cut in squares and serve.

GINGER'S GINGERBREAD COOKIES

Ginger Westlund

In a large bowl with mixer at low speed, add:

1 box light brown sugar
1 1/4 c. Grandma molasses
1 c. butter or margarine
(softened)
3 eggs
1 Tbsp. baking soda

1 tsp. salt
1 tsp. ground allspice
1 tsp. ground cinnamon
1 tsp. ground cloves
1 tsp. ground ginger
3 c. plain flour

Beat until mixed. Scrape sides of bowl. Increase speed and beat 2 minutes.

With a wooden spoon stir in 5 - 6 cups plain flour to make a stiff dough. Chill dough or use immediately. Divide dough in half (other half should be refrigerated). Roll out cookie dough on lightly floured surface and cut with cookie cutter. Roll dough about 1/8 inch thick. Bake at 350° about 10 minutes. Immediately remove from pan. Decorate, when cooled, with Decorator Frosting.

Dough may be frozen, as well as baked and decorated cookies. Makes about 50 medium gingerbread men.

DECORATOR FROSTING

Ginger Westlund

In small bowl, beat 3 3/4 cups confectioners sugar, 1/4 teaspoon cream of tartar and 3 egg whites until mixed, then increase speed until stiff enough for a knife to make a smooth path through.

Note: One recipe of frosting will decorate about 100 gingerbread men.

Note: If you tire of cutting gingerbread men, the remainder of the dough may be pressed into a pan and baked as a bar cookie. Top with confectioners sugar glaze made with lemon juice.

DATE NUT COOKIES

Lucile Floyd

2 eggs
1 c. sugar
1 stick melted margarine
1 c. flour

2 tsp. baking powder
1 pkg. dates, chopped fine
1 c. pecans (chopped)

Mix lightly. Pour into 9 x 13 inch pan (ungreased). Cook at 325° for 30 minutes.

PREACHER COOKIES

Nora Taylor

(Diane Banke's grandmother)

2 c. sugar
4 Tbsp. cocoa
1 tsp. vanilla
1/2 stick butter

1/2 c. canned milk
1 c. oatmeal
1/2 c. nuts, chopped

Mix sugar, butter, cocoa, and milk. Put on stove and stir after it comes to a boil. Boil 1 1/2 minutes. Remove from heat, add oatmeal, vanilla, and nuts. Drop by teaspoons on oiled waxed paper.

OATMEAL COOKIES

Nancy Phillips

Blend:

1 c. shortening
1 c. sugar

1 c. brown sugar

Add:

2 eggs, beaten

1 tsp. vanilla

Sift together:

1 tsp. baking soda
1/2 tsp. salt

1 1/2 c. plain flour

Mix dry ingredients with 3 cups oatmeal. Mix oatmeal with cream mixture. Form small balls or drop from teaspoon.

Bake 375°, 8 - 10 minutes. Makes 5 dozen.

COCONUT CRISP COOKIES

Anonymous

1 c. flour
1/4 tsp. salt
6 oz. pkg. Nestles coconut
flavored morsels
1/4 c. granulated sugar
1/4 tsp. vanilla

1/2 tsp. baking soda
1/4 c. softened butter
1/2 c. brown sugar
(firmly packed)
1 egg
1 c. corn flakes

Preheat oven to 350°. In small bowl combine flour, baking soda and salt; set aside.

In large bowl, combine butter, brown sugar and granulated sugar; beat until creamy. Beat in egg and vanilla extract. Gradually add flour mixture. Stir in Nestles coconut flavored morsels and corn flakes. Drop by rounded measuring spoon onto greased

cookie sheet. Bake at 350° 8 to 10 minutes. Makes about 3 dozen 2 inch cookies.

FAVORITE BUTTER COOKIES

Hazel Zaun

1/2 lb. butter (gives better flavor than margarine)	3/4 c. sugar
2 1/2 c. flour	1 egg
	1 Tbsp. vanilla (or part almond extract)

Mix in order given. Press through cookie press onto greased cookie sheet. Bake in hot oven (425°) for 7 to 9 minutes or until cookies are light tan.

FRUIT BARS

Dorothy O. Warden

1 box light brown sugar	2 sticks butter
2 c. unsifted self-rising flour	1 tsp. vanilla
4 well beaten eggs	3 or 4 c. nuts
1 lb. crystallized cherries	1 lb. crystallized pineapple

Cream butter and sugar, add vanilla, then eggs. Mix in 2 cups flour. Grease pan, spread nuts on bottom of pan and pour batter on top. Put cherries and pineapple on top of batter. Bake 1 hour at 325°.

FRUIT COOKIES

Hazel Zaun

Cream:

1 1/2 c. sugar	3 eggs, well beaten
1 c. butter	

Add:

1 tsp. soda dissolved in 1 1/2 tsp. boiling water

Sift together:

2 c. flour	1 tsp. cinnamon
1/4 tsp. salt	

Mix flour mixture with cream mixture. Add:

1/2 c. raisins	1/2 c. currants
1 c. chopped nuts	

Batter will be stiff. Drop by scant teaspoon on greased cookie sheet, 1 inch apart. Bake in 375° oven for 7 to 8 minutes or until

done. Let stand about a minute before removing from cookie sheet.

HERMITS

Joan Cushing

3/4 c. shortening	1 tsp. soda
3/4 c. white sugar	3/4 c. brown sugar
1 tsp. cinnamon	3 c. flour
1 tsp. cloves	2 eggs
1/2 tsp. ginger	1/2 tsp. salt
1 c. raisins	1/4 c. molasses
1/2 c. nutmeats	1/8 c. water

Cream shortening and sugar, add beaten eggs (reserving a small amount to brush tops before cooking). Add dry ingredients and liquids, then raisins and nuts. Spread in strips on cookie sheet. Brush with reserved eggs. Bake 15 to 20 minutes at 350°, depending on crispness desired. A real old time hermit when cut to desired size. (Very good when left on the soft side.)

ICE BOX COOKIES

Nancy Kemper

1 c. butter or margarine (2 sticks)	3 1/2 c. flour
2 c. light brown sugar (1 lb.)	2 eggs
1/2 tsp. cream of tartar	1/2 tsp. baking soda
	1 c. chopped nuts

Cream butter and sugar. Add eggs and blend. Add cream of tartar and baking soda. Add flour and nuts. Pack in loaf pan that has been lined with wax paper. Let stand overnight in refrigerator. Cut bar in half or fourths; slice and bake in 375° oven until light brown, 10 to 12 minutes.

NORTH CAROLINA GINGER COOKIES

Martha McLeod

Sift:

2 c. plain flour	1/2 tsp. salt
2 level tsp. soda	1 tsp. ginger
1/2 tsp. nutmeg, cinnamon & cloves	

Break 1 egg in bowl with:

1/4 c. Grandma's unsulphured molasses	1 c. sugar
	3/4 c. Crisco

Mix about 10 minutes. Add dry ingredients until well blended. Make into balls the size of hickory nuts and place on greased cookie

sheet 1 1/2 inches apart. Bake 375° 10 to 12 minutes. They will brown and spread quickly.

CHEWY OATMEAL COOKIES

Billie Goldwire

1 c. flour	1 1/3 c. brown sugar (packed)
3/4 tsp. soda	2 eggs
1/2 tsp. salt	1 tsp. vanilla
1 tsp. cinnamon	2 c. uncooked oats
1/2 tsp. nutmeg	1 c. raisins
3/4 c. vegetable shortening	

Sift flour, soda, salt, nutmeg and cinnamon into mixing bowl. Add shortening, sugar, eggs and vanilla. Beat 2 minutes. Stir in oats and raisins. Drop by teaspoons onto greased cookie sheet. Cover remaining batter to store. Bake at 350° for 12 minutes.

BROWNIES JUBILEE

Lynn Vandiver

Bake one Duncan Hines brownie mix as directed.

Cut in squares and top each square with 1 scoop of vanilla ice cream. Spoon cherry pie filling on top.

SWEETHEART COOKIES

Patricia Boone

3/4 c. butter or margarine	1 1/2 c. flour
1/2 c. sugar	currant jelly or other tart jam
1 egg yolk	

Cream butter. Gradually add sugar and egg yolk. Add flour and knead it a few minutes. Chill in refrigerator several hours. Form into tiny balls (size of marbles). Place on greased cookie sheet. Make depression with your thumb in the center of each; put jelly in the hollow of each. (Using the 1/4 teaspoon of your measuring spoon set makes it easy to do.) Use about half the spoonful. Bake about 10 minutes at 350° or until light brown on the edges. Sprinkle with confectioners sugar just before serving.

SCOTCH BARS

Becky Earls

1/2 c. margarine	1/4 c. sugar
1/4 c. brown sugar	1/2 tsp. vanilla
1 egg	1/2 c. flour
1/2 c. oats	6 oz. pkg. chocolate chips
1/2 c. walnuts, chopped	

Cream margarine, sugar, vanilla and egg until fluffy. Stir

in flour and oats. Spread in 9-inch square pan. Bake in 350° oven until firm and lightly brown. Cool 10 minutes. Melt chocolate in top of double boiler. Spread chocolate on oatmeal base, sprinkle with nuts. Cut into finger size pieces.

SURPRISE MERINGUE COOKIES

Nancy Kemper

2 egg whites	3/4 c. sugar
1/8 tsp. salt	1/2 of a 6 oz. pkg. semi-sweet
1/8 tsp. cream of tartar	chocolate pieces
1 tsp. vanilla	1/4 c. chopped nuts (optional)

Beat egg whites, salt, cream of tartar, and vanilla until soft peaks form. Add sugar gradually, beating until peaks are stiff. Fold in chocolate pieces and nuts. Cover cookie sheet with plain paper. Drop mixture by rounded teaspoon. Bake in slow oven (300°) about 25 or 30 minutes. Makes over 2 dozen cookies.

CHESS CAKE SQUARES

Nell Cates

1 pkg. yellow cake mix (dry)	1 egg
1 stick melted margarine	

Mix ingredients together and press in bottom of a 13 x 9 inch pan.

Combine the following:

1 tsp. vanilla	8 oz. pkg. cream cheese
2 eggs	1 box confectionery sugar

Place over first mixture. Bake 350° for 45 minutes. Cut in small squares. Very rich.

RAISIN OATMEAL COOKIES

Emogene Griffeth

1 c. seedless raisins	1 tsp. cinnamon
1/2 c. shortening	1/2 tsp. salt
1 c. sugar	1 tsp. soda
2 eggs	1 1/2 c. flour
1/4 c. milk	1 2/3 c. rolled oats

Wash raisins in hot water and drain. Cream shortening with sugar; add beaten eggs and milk. Combine with oatmeal, raisins, and mix well. Add flour sifted with soda, salt and cinnamon. Beat thoroughly. Drop onto greased pans and bake about 12 minutes in a moderate oven 350° to 375°. Makes about 3 dozen medium size cookies.

SAND TARTS

Fabie Lasseter

2 sticks butter
2 c. all-purpose flour
1 1/2 c. chopped pecans

6 Tbsp. powdered sugar
2 tsp. vanilla

Mix well with hands. Form small balls, place on greased cookie sheet. Press flat with fork. Bake about 20 minutes at 350°. Roll in powdered sugar while warm.

QUICK FUDGE COOKIES

Beth Allen

2 c. sugar
3 Tbsp. cocoa
1/2 c. margarine
1 tsp. vanilla

3 c. oatmeal (1 minute)
1/2 c. crunchy peanut butter
1/2 c. milk

Mix sugar, cocoa, margarine and milk. Boil 1 minute exactly. Remove from heat. Add oatmeal, peanut butter and vanilla. Mix well. Drop by teaspoonfuls onto wax paper. Cool.

DATE-NUT BALLS

Roumania Lasseter

2 c. brown sugar
1 c. margarine (2 sticks)

1 lb. dates, chopped

Bring this to a boil. Add:

1 lb. coconut
1/2 - 1 c. chopped nuts

4 c. Rice Krispies

Stir and mix well. Roll into balls. Cool. Put about 6 balls into a plastic bag with confectioner's sugar and shake well to coat balls.

TEA CAKES

Fabie Lasseter

1 c. sugar
3/4 c. butter
1 tsp. soda

2 1/2 - 3 c. sifted flour
1 egg
3/4 tsp. nutmeg or
1 tsp. vanilla

Cream butter and sugar. Beat in egg. Add dry ingredients. Mix well and turn onto floured board. Roll 1/8 inch thick, cut in desired shapes and place on greased cookie sheet. Dough may be chilled 10 minutes if too soft. Also, you may make dough in roll

and freeze; cut and bake later. Bake at 400° until brown, approximately 8 to 10 minutes.

BISQUICK BROWNIES

June Shannon

Blend:

3/4 c. brown sugar
1 egg

1 Tbsp. water

Add:

1 1/3 c. Bisquick

3 Baby Ruth bars, chopped

Bake 20 minutes at 375°.

Note: This recipe doubles well, using 6 pack of Baby Ruth bars.

BROWNIES WITH ICING

Frances Smith Youngblood

1 c. sugar
4 eggs
1 can Hershey's syrup

1 stick margarine
1 c. flour (self-rising)

Cream margarine and sugar; add eggs and beat well. Add flour and chocolate syrup. Bake in greased and floured pan for 30 minutes at 350°. Cool completely.

Icing:

6 Tbsp. margarine
1 1/2 c. sugar

6 Tbsp. milk
3/4 c. chocolate chips

Bring milk, margarine and sugar to a boil, stirring constantly. Boil for 30 seconds, not stirring. Remove from heat and add chocolate chips. Beat until chocolate is dissolved and icing is slightly thickened. Spread immediately over cooled brownies. Let brownies set several hours before cutting.

CHOCOLATE CHIP BROWNIES

Jean Ray

2 3/4 c. sifted flour
2 1/2 tsp. baking powder
1/2 tsp. salt
2/3 c. butter or margarine

1 lb. brown sugar
3 eggs
1 c. nuts
1 pkg. chocolate chips

Sift together flour, baking powder, salt. Melt butter, stir in brown sugar. Cook 10 minutes. Add eggs, one at a time, beating well after each addition. Stir in flour mixture, nuts, chocolate chip pieces until well blended (will be stiff). Spread in a 15 x 10 x 1

(Cont.)

inch pan (jelly roll pan). Bake at 350° for 25 to 30 minutes or until center springs back when lightly touched. Cool, sprinkle with powdered sugar and cut into squares. Yields about 2 dozen.

SAUCEPAN BROWNIES (No Bowls)

Jackie Hill

Melt:

1/3 c. shortening

2 squares (2 oz.) chocolate

Melt in saucepan over very low heat, stirring constantly. Cool.

Blend in:

1 c. sugar

1 tsp. vanilla

Add:

2 eggs, one at a time, beating well after each

Sift together:

3/4 c. sifted enriched flour

1/4 tsp. salt

Add:

1/2 c. chopped nuts to flour mixture

Blend: dry ingredients into chocolate mixture; beat well. Pour into greased and floured 8 x 8 x 2 inch pan.

Bake in moderate oven 350°, 35 to 40 minutes. Cut into squares while still warm. Makes about 16 brownies.

QUICK AND EASY BROWNIES

Lorene Brown

1/2 c. butter or margarine

1 tsp. vanilla

6 Tbsp. cocoa

2/3 c. unsifted self-rising flour

1 c. sugar

1/2 c. chopped pecans

2 eggs

Melt butter in saucepan over low heat. Stir in cocoa and sugar; remove from heat. Add eggs one at a time, beating well with wire whisk after each addition. Blend in vanilla. Add flour, stirring until blended. Turn into greased 9-inch square baking pan. Top with pecans. Bake at 350° 20 to 25 minutes.

Makes 25 brownies.

MOM'S DATE PECAN KRISPIES ROLL

Lee Burgess

1 stick butter or corn oil

1 tsp. vanilla or rum flavor

margarine

2 large eggs, beaten

1 c. white sugar

1 c. chopped dates

Combine above ingredients in large kettle. Cook over low heat to 5 to 8 minutes. Cool slightly and add 1 cup chopped pecans and 3 cups Rice Krispies. Mix well. Shape into four rolls. Dust well with powdered sugar and wrap in Saran Wrap or waxed paper. Store in refrigerator. When ready to serve - slice rolls into cookie-size slices.

CHEWIES

Dot Mitchell

2 sticks margarine
3 eggs (beaten)
1 tsp. vanilla

1 box brown sugar (light)
2 c. self-rising flour
1 c. chopped nuts

You make it all in a saucepan and then pour into a greased and floured 13 x 9 inch pan. As you add the flour it will be very lumpy. Just keep stirring and the lumps will disappear.

Melt margarine and brown sugar over medium heat and let cool 5 - 10 minutes. Add 3 beaten eggs, 2 cups flour and 1 teaspoon vanilla and mix with a spoon until fairly smooth. Add nuts and pour into prepared pan. Bake 30 minutes at 350°.

HELLO DOLLY

Beth Allen

1 stick butter
1 c. coconut
1 c. chopped nuts

1 c. graham cracker crumbs
1 c. chocolate chips
1 can (1 c.) condensed milk

Melt butter in square pan. Pour in ingredients. Bake 25 minutes at 325°.

LEMON SQUARES

Nancy Maxwell

2 c. flour
1 c. butter, no substitute

1/2 c. powdered sugar

Let butter come to room temperature and blend with flour and sugar. Press into 9 x 13 inch pan and bake at 325° for 20 minutes or until brown around the edges.

While crust is baking, mix together the following:

2 c. sugar
4 Tbsp. flour
2 tsp. baking powder
1/4 tsp. salt

4 eggs, slightly beaten
4 Tbsp. fresh lemon juice
2 Tbsp. grated lemon rind

Pour above over baked crust and bake at 350° for 25 to 30 minutes. Cool and sift powdered sugar over top. Cut into small

squares. Makes about 3 dozen.

TWICE-BAKED PECAN SQUARES

Betty Foster

- | | |
|--|------------------------------|
| 1/2 c. butter or margarine,
softened | 1 c. coarsely chopped pecans |
| 1/2 c. firmly packed dark
brown sugar | 1/2 c. flaked coconut |
| 1 c. all-purpose flour | 2 Tbsp. all-purpose flour |
| 2 eggs | 1 tsp. vanilla |
| 1 c. firmly packed light
brown sugar | pinch of salt |
| | powdered sugar |

Combine butter and dark brown sugar, creaming until light and fluffy. Add 1 cup flour and mix well. Press evenly into a greased 13 x 9 x 2 inch baking pan. Bake at 350° for 20 minutes. Beat eggs until frothy; gradually add light brown sugar, beating until smooth and thickened.

Combine pecans, coconut and 2 tablespoons flour; stir well. Combine egg mixture, nut mixture, vanilla and salt; mix well, and spread evenly over crust. Bake at 350° for 20 minutes or until golden brown; let cool. Sprinkle lightly with powdered sugar, and cut into squares.

Yield: 3 to 4 dozen.

FUDGE NOUGATS

Roumania Lasseter

- | | |
|--|--|
| 1 c. sugar | 1 c. (6 oz. pkg.) semi-sweet
chocolate pieces |
| 3/4 c. flour | 1 c. graham cracker crumbs |
| 1/2 c. butter | 3/4 c. chopped walnuts |
| 1 (15 oz.) can sweetened
condensed milk | 1 tsp. vanilla |
| | 1 c. miniature marshmallows |

Variation: Peanut Butter Nougats: Substitute 1 cup chopped peanuts for the walnuts, add 1/4 cup peanut butter with the chocolate pieces.

In saucepan, combine sugar, flour, butter, milk. Bring to a boil, stirring constantly, boil 1 minute. Remove from heat. Add other ingredients except marshmallows; mix well. Stir in marshmallows. Spread in buttered 12 x 8 inch pan. Cool.

Yield: 40 pieces.

AUNT LOLA'S FRUIT COOKIES

Lynn Vandiver

2 lb. chopped dates	1 tsp. cinnamon
1/2 lb. raisins	1 c. butter
1 can coconut	1 1/2 c. sugar
1/4 lb. candied cherries	2 eggs
3/4 lb. candied pineapple	2 1/2 c. pecans
1 tsp. soda	2 1/2 c. flour
1 tsp. salt	

Cream butter and sugar. Add eggs, one at a time, and beat after each addition. Sift dry ingredients together. Add fruit. Drop from teaspoon on greased cookie sheet. Bake 10 minutes at 350°. Take up while warm. Will be real soft. Approximately 10 dozen.

CHEESECAKE BARS

Nancy Phillips

Bake crust 15 minutes. Bake filling 25 minutes. Bake topping 5 - 7 minutes.

Crust:

1 c. all purpose flour	1/4 tsp. salt
1 c. finely chopped nuts	1/3 c. melted butter or margarine
1/3 c. firmly packed light brown sugar	

Mix dry ingredients, add margarine. Pat into greased (9 x 13) pan. Bake 15 minutes.

Cheesecake:

2 pkg. cream cheese (8 oz. each)	grated peel of 1 lemon or 1/4 tsp. lemon flavoring
3/4 c. sugar	3 eggs

Beat softened cheese, sugar, lemon until smooth. Add eggs, beating well. Pour over baked crust. Bake 25 minutes. Cool 5 minutes before adding topping.

Topping:

1 1/2 c. sour cream	2 tsp. vanilla
3 Tbsp. sugar	

Combine all ingredients, spoon over cheesecake spreading evenly. Bake 5 - 7 minutes. Cool. Refrigerate 30 minutes before cutting. Makes 72 bars.

HEAVENLY BITE FINGERS

Mildred Johnson

3 or 4 sticks butter
2 c. pecans, chopped
(toasted lightly)

8 Tbsp. sugar
4 c. plain flour
2 Tbsp. water

Melt butter. Mix remaining ingredients together. Roll dough into small oblong fingers. Bake at 320° F. oven for 20 to 30 minutes. Cool. Roll in 4x sugar.

POTATO CHIP COOKIES

Betty Foster

1 lb. butter
1 c. sugar
1 tsp. vanilla

3 c. all-purpose flour
1 1/2 c. mashed potato chips

Cream butter and sugar, add vanilla and flour, then the potato chips. Drop by teaspoon onto ungreased cookie sheet. Bake 12 minutes at 325°.

Yield: 8 dozen.

ORANGE BALLS

Roumania Lasseter

2 c. cake crumbs
1 can (3 1/2 oz.) coconut
1/2 c. chopped nuts

1/4 c. concentrated frozen
orange juice
3/4 c. confectioner's sugar

Mix ingredients well together. Roll in balls. Roll in confectioners sugar.

Yield: 2 1/2 dozen.

ORANGE BALLS

**Cheri Moore
Dot Mitchell**

1 box vanilla wafers, crushed
1 lb. confectioners sugar
1/2 c. chopped nuts
coconut

1 stick soft margarine
6 oz. can orange juice
(thaw before using)

Thoroughly mix all ingredients. Make balls and roll in coconut. Variation: Dot uses 1 cup chopped pecans and no coconut.

DATE FINGERS

Cheri Moore

1 stick butter
1/2 c. sugar
2 c. Rice Krispies
1 can Angel Flake coconut

1 c. finely chopped dates
2 egg yolks
1 c. finely chopped pecans

Melt butter slowly in saucepan. Add dates, sugar and egg yolks. Cook slowly until dates are soft, stirring constantly. Remove from heat; add Rice Krispies and nuts. Mix thoroughly; form into finger rolls. Spread coconut on waxed paper; roll finger rolls in coconut, pressing well. Place in refrigerator for 2 hours.

Yield: 24 date fingers.

TEA TIME TASSIES

Liz Conine

Pastry:

1 c. butter or margarine,
softened

2 pkg. (3 oz.) cream cheese,
softened

2 c. sifted all purpose flour

Blend together butter and cream cheese. Add flour gradually; mix thoroughly. Work into a smooth dough with fingers. Refrigerate 1 hour or longer. Shape teaspoon of dough into a ball and press bottom and sides of a miniature muffin pan (1 3/4 inch diameter) that has been greased with margarine. Use tip of teaspoon to shape dough to pan. Cool in refrigerator - while mixing pecan filling.

Pecan Filling:

2 eggs, slightly beaten

1/2 tsp. vanilla

1 1/2 c. brown sugar, packed

dash salt

2 Tbsp. melted butter

chopped pecans (about 1 1/2 c.)

Combine eggs with sugar and butter, mix well. Add vanilla, blend. Sprinkle 1/4 teaspoon chopped nuts in bottom of pastry lined muffin pans. Spoon 1 teaspoon of brown sugar mixture over nuts, top this with an additional 1/4 teaspoon nuts. Bake 325° oven for 20 to 30 minutes.

Makes 4 dozen.

Write extra recipe here:

Write extra recipes here:

Skylark Cobbler

1 pint berries
1/2 c sugar
1 T lemon juice

Cook over med. heat stirring frequently until sugar dissolves & mixture simmers.
(* we used Spinda blackberries, 2 1/2 c sugar & 1 T lemon juice)

Topper

2 c self-rising flour
1 c sugar
1/2 c butter - cut into dry ingredients.
1/3 c Canada - cut in until pea size.
Approx. 1 c milk, little at a time until consistency of thick batter.
Spoon on berries, Sprinkle with sugar. Bake in preheated 400° until looks done (approx 20 min. check after 10 min - deeper pans take longer.)

Marinated Onions

2 Vidalia Onions, sliced
1 c. water 1/2 c sugar
1/4 c. cider vinegar
Warm to dissolve sugar. Refrigerate covered for 3 hours. Drain good and add 2 Tbsp Mayonaisse.
1 tsp celery seed
Refrigerate until used.

DESSERTS

To days Special:
CONE 5¢
DOUBLE DIP. 7¢
HAND CRANKED DAILY
FRESH CREAM USED





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

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

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

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

INDIVIDUAL BAKED ALASKAS

Lynn Vandiver

Place 4 large round cookies on small cookie sheet. Top with each a scoop of ice cream. Freeze immediately. Separate 3 eggs. Place whites in medium, non-plastic bowl. (Refrigerate yolks.) Beat whites with 1/4 teaspoon cream of tartar until frothy. Gradually beat in 1/2 cup sugar, beating until stiff peaks form when beater is slowly raised. Spread over ice cream, covering completely. (May put back in freezer at this point. Bake Alaskas at 500° until golden, 3 - 5 minutes. Remove to plates. Return to freezer. Serve with chocolate sauce.

LEMON CHIFFON ANGEL FOOD DESSERT

Mrs. J. Clyde Rushin

1 envelope unflavored gelatin	1/4 c. cold water
6 egg yolks, slightly beaten	3/4 c. sugar
1 1/2 tsp. grated lemon rind	3/4 c. lemon juice
6 egg whites	3/4 c. sugar (for egg whites)
1 angel food cake	1/2 pt. whipping cream

Soften gelatin in cold water. Combine egg yolks, sugar, rind and juice. Cook over very low heat until mixture coats spoon. Remove from fire, add gelatin and stir until dissolved. Beat egg whites stiff, while adding sugar. Fold into custard. Tear cake into small pieces and arrange in layers in oiled tube pan, pouring alternately the custard over cake until all is used. Chill until firm. Remove from mold and ice with whipped cream and decorate with fresh coconut, grated.

RED, WHITE AND BLUEBERRY DELIGHT

Lynn Vandiver

1 can (14 oz.) Eagle Brand sweetened condensed milk	2 c. miniature white marshmallows
1/3 c. ReaLemon reconstituted lemon juice	1/2 c. chopped pecans
2 tsp. grated lemon peel	1 pt. fresh strawberries, sliced and well drained
2 c. (1 pt.) plain yogurt	1 c. fresh or frozen blueberries, well drained

In large bowl, combine sweetened condensed milk, lemon juice and lemon peel; mix well. Stir in yogurt, marshmallows and nuts. In 13 x 9 inch baking dish, spread half the sweetened condensed milk mixture. Arrange half the strawberries and blueberries on top, cover with remaining sweetened condensed milk mixture and top

with remaining fruit. Cover with foil; freeze until firm. Remove from freezer 10 minutes before cutting. Makes 15 servings.

PINEAPPLE - BANANA DESSERT

Nancy Phillips

- | | |
|------------------------------|-------------------------------|
| 1 inner pack graham crackers | 1 stick melted butter |
| 1/3 c. sugar | 3 bananas, sliced |
| 1/2 c. melted butter | 1 large can crushed pineapple |
| 2 eggs, beaten | Cool Whip |
| 1 box confectioners sugar | |

Crush crackers, add sugar and 1/2 cup melted butter. Place in 8 x 8 square pan. Mix eggs, confectioners sugar, and 1 stick melted butter. Spread over cracker crust. Slice bananas over sugar mixture. Spoon pineapple over bananas. Top with Cool Whip. Chill.

CHOCOLATE ECLAIR DESSERT

Lorene Brown

Jean Mundy

- | | |
|---------------------------------------|--------------------------------|
| 1 box graham crackers | 1 (9 oz.) container Cool Whip |
| 3 pkg. French vanilla instant pudding | 1 can chocolate fudge frosting |
| | 3 1/2 c. milk |

Mix pudding with milk and let it sit. In a 9 x 13 inch pan, make a single layer of graham crackers, covering the entire pan. Fold Cool Whip into the pudding and pour 1/2 of the mixture over the graham crackers. Add another layer of graham crackers and pour the rest of the pudding mixture over that. Warm the frosting (very easy in microwave) and drizzle over the top of the pudding-cracker mix and spread with a knife. Let sit overnight.

JIFFY FRUIT COBBLER

Nell Cates

- | | |
|-----------------------------|--|
| 1 stick margarine or butter | dash of salt |
| 1 c. sifted flour | 1 tsp. nutmeg |
| 1 c. sugar | 1 c. milk |
| 2 tsp. baking powder | 1 (No. 2) can sweetened fruit or fresh fruit |

Melt butter in large casserole. Combine flour, sugar, baking powder, salt, nutmeg and milk. Mix until smooth. Pour into melted butter, stirring gently. Add fruit without stirring. Bake at 350° for 1 hour. *Good & family liked it; Crust could be sweeter*

MICROWAVE APPLE CRISP

Joy Bartram

- | | |
|---|---------------|
| 5 apples, peeled (optional), sliced and cored | 1/2 c. sugar |
| | 3 Tbsp. flour |

208

** good ; did not "crisp" until it cooled.*

1 tsp. cinnamon

Mix sugar, flour and cinnamon with apples. Note: can lessen the amount of sugar to your taste.

Mix until crumbly the following:

1 c. oatmeal
1/2 stick butter

1 c. brown sugar

Pour onto apples.

Cook at 70% power for 12 minutes or until top is bubbly.

MOTHER'S JIFFY PEACH COBBLER

Nancy Phillips

1 c. water
1 c. sifted flour
1 c. sugar
2 tsp. baking powder

1/2 tsp. salt
1 stick melted margarine
1 large can sliced peaches,
undrained

Combine all ingredients except peaches. Pour into baking dish. Top with peaches and juice. Bake 400° until crust floats and browns. Sprinkle a tablespoon of sugar on crust as it browns.

QUICK PEACH CRISP * *for fresh peaches sweeten the peaches use less butter*

Diane Banke

1 can (29 oz.) sliced peaches,
drained
1 c. Bisquick

1 c. packed brown sugar or
1/2 c. liquid brown sugar
1/2 tsp. ground cinnamon
1/4 c. margarine, softened

Heat oven to 400°. Arrange peaches in square pan, 8 x 8 x 2 inches. Mix Bisquick, brown sugar, cinnamon and margarine with fork and sprinkle over peaches. Bake at 400° for 20 minutes. Serve with ice cream. Serves 6.

BLUEBERRY OR CHERRY CRUNCH

Jean Ray

First layer:

2 c. self-rising flour
2 sticks margarine (melted)

1 c. chopped nuts

Mix flour and melted margarine and add nuts. Press evenly in a long dish. Bake at 350° until lightly brown and let cool.

Second layer:

8 oz. cream cheese
1 box 10xxx sugar

1 large Cool Whip

(Cont.)

Mix and spread over crust. Then spread 1 can of pie filling (your choice) on top. Keep in refrigerator until ready to serve.

EASY COBBLER

Ethel Huie

- | | |
|----------------------------|------------------------------|
| 1/2 c. flour (self-rising) | 1 stick margarine |
| 1/2 c. sugar | 1 egg |
| 1/2 c. milk | 1 can of your favorite fruit |

Turn oven to 425°. Melt margarine in glass baking dish. Beat all ingredients together, except fruit. When butter or margarine melts, pour remaining ingredients into baking dish. Pour one can of your favorite fruit into the center. Return to oven and bake for 30 to 35 minutes.

Serve with cream or ice cream. (Better served hot.)
*add 1 tsp Vanilla & use 6 or 7 large peaches - fresh
sprinkled w/ sugar*

FRUIT DISH

Ruth Gettys

- | | |
|------------------------------|------------------------------|
| 2 large cans sliced peaches | 1 large pkg. vanilla pudding |
| 1 can pineapple chunks | 3 Tbsp. lemon juice |
| 1 or 2 cans mandarin oranges | |

Drain fruit well and use 2 3/4 cups juice and lemon juice to cook pudding. Cook until thick and clear. Pour over fruit and add any fresh fruits.

CINNAMON APPLE RINGS

Lorene Brown

- | | |
|-----------------------------|-----------------------------------|
| 1 c. sugar | 6 apples, pared, cored and sliced |
| 1/2 c. red cinnamon candies | 1/4 in. to 3/8 in. thick |
| 2 c. water | |

Combine sugar, cinnamon candies, and water in electric skillet. Heat, stirring until candies are dissolved. Add enough of the apples to cover bottom of pan. Simmer gently until just tender; remove slices from syrup, drain and cool. Repeat until all apple slices are cooked. Store with syrup in tightly covered glass container.

Yield: approximately 4 dozen slices.

PINEAPPLE REFRIGERATOR DESSERT

Dorothy O. Warden

- | | |
|---------------------------|----------------------------------|
| vanilla wafers | #2 can crushed drained pineapple |
| 1/2 c. margarine | or strawberries |
| 1 c. sifted confectionery | 1 tub Cool Whip or |
| sugar | 1 c. whip cream |
| 1 egg | |

Crumble enough vanilla wafers to cover bottom of dish. Beat together 1/2 cup margarine and 1 cup sifted confectioners sugar and 1 egg. Spread over wafers. Mix and spread 1 (#2) can crushed drained pineapple or strawberries with 1 tub Cool Whip or 1 cup whip cream. Cover with vanilla wafers and refrigerate overnight.

STRAWBERRY SQUARES

Diane Banke

1 c. flour	1 c. sugar
1/4 c. brown sugar	2 c. sliced strawberries
1/2 c. nuts (optional)	2 Tbsp. lemon juice
1/2 c. melted butter	1 c. whipped cream
2 egg whites	

Mix flour, brown sugar, nuts and melted butter together. Bake in shallow pan at 350° for 20 minutes. Stir occasionally; this makes the crumb mixture. Sprinkle 2/3 crumb mixture in 13 x 9 x 2 inch pan.

Combine egg whites, sugar, berries, and lemon juice. Beat at high speed about 10 minutes. Whip cream, fold into other ingredients. Spoon the strawberry mixture over crumbs mixture. Top with remaining 1/3 crumb mixture. Freeze for 6 hours and serve.

DUTCH APPLE DESSERT

Lynn Vandiver

1/4 c. butter or margarine	1/4 c. ReaLemon reconstituted
1 1/2 c. graham cracker crumbs	lemon juice
1 (14 oz.) can Eagle Brand	1 can apple pie filling
sweetened condensed milk	1/4 c. chopped walnuts
1 c. sour cream	1/2 tsp. ground cinnamon

Preheat oven to 350°. In a 1 1/2 quart shallow baking dish (10 x 6), melt butter in oven. Sprinkle in crumbs, stir well. Press on bottom of dish.

In medium bowl, mix together sweetened condensed milk, sour cream and ReaLemon; spread evenly over crumbs. Spoon pie filling evenly over creamy layer. Bake 25 to 30 minutes or until set. Cool slightly.

In small dish, mix together nuts and cinnamon; sprinkle over pie filling. Refrigerate leftovers. Makes 10 - 12 servings.

AMBROSIA (Diet)

Ginger Westlund

3 apples (grated & cored) with peeling	1 small can frozen orange juice
1 small can crushed pineapple	1 small orange juice can water
	2 Sweet & Lows (Cont.)

2 drops each coconut and banana extract

Mix and refrigerate.

1/2 cup = 1 fruit.

Serve over ice cream.

DELICIOUS APPLE DESSERT

Lorene Brown

40 oz. apple pie filling or	1 (18.5 oz.) white cake mix
fresh apples peeled & sliced	2 c. nuts
3/4 c. margarine, softened	

Preheat oven to 350°. Lightly grease 3 quart casserole. Place apples in casserole. Combine margarine, cake mix and nuts; sprinkle over apple. Bake until topping browns. Makes 8 - 10 servings.

Excellent served topped with ice cream or whipped cream.

BAKED FRUIT

Mildred Johnson

1 (21 oz.) can cherry pie filling	1 (12 oz.) pkg. dried pitted prunes
1 (20 oz.) can pineapple chunks, undrained	2 (11 oz.) cans mandarin oranges, undrained
1 (6 oz.) pkg. dried apricots	

Place in large bowl to mix. Pour into large casserole, cover with foil and bake 1 hour in 350° oven. Delicious any way you serve it, but especially good with ham.

STRAWBERRY HASH

Mildred Johnson

1 (8 oz.) box cream cheese	1/2 c. coconut
1 (8 oz.) Cool Whip	1/2 c. sugar
1 (4 oz.) crushed pineapple	1/2 c. pecans, toasted
1/2 jar cherries	1/2 c. powdered sugar
1 (4 oz.) jar strawberry glaze	

Combine all ingredients. Beat well and refrigerate overnight before serving.

APRICOT CASSEROLE

Ethel Huie

2 large cans pitted apricots, drained	1 small box Ritz crackers
1 box light brown sugar	butter

Butter flat baking dish, cover with layer of apricots. Cover this with light brown sugar. Cover with crushed Ritz crackers.

Dot generously with butter. Bake in 300° oven for 1 hour or until crispy.

(This can be mixed the night before and placed in refrigerator.)

CARRIE'S CITRUS POPS

Ginger Westlund

1 c. sugar	3 lemons (9 Tbsp. lemon juice)
2 c. water	2 bananas
3 oranges (1 1/2 c. orange juice)	

Dissolve sugar in water in saucepan; add juice of oranges and lemons. Mash bananas. Mix all ingredients together. Freeze in ice tray or paper cups. After 30 minutes insert sticks. Freeze at least 2 more hours.

KOOL POPS

Nancy Phillips

1 small pkg. Jello	1 c. sugar
1 pkg. Kool Aid	4 c. hot water

Dissolve all ingredients in hot water. Pour into popsicle molds and freeze.

PUDDING POPS

Nancy Phillips

3 c. milk	1 box instant pudding
1/2 c. sugar	

Dissolve sugar and pudding in milk. Pour into popsicle molds. Freeze.

BUTTERMILK PINEAPPLE SHERBET

Lorene Brown

2 pkg. plain gelatin	4 Tbsp. water
20 oz. can unsweetened crushed pineapple	1/3 c. Sugar Twin or 1 1/2 c. sugar
2 tsp. vanilla	1 qt. buttermilk
2 egg whites, stiffly beaten	8 oz. container Cool Whip

Combine gelatin and water. Add undrained pineapple to gelatin mixture. Add Sugar Twin or sugar and vanilla. Stir in buttermilk. Freeze to a mush, then beat well with mixer. Add egg whites, stiffly beaten and Cool Whip. Freeze again.

Very good not frozen hard. Whipped cream could also be used instead of Cool Whip.

ORANGE - LEMON SHERBET

Lynne Jordan

1 large can frozen orange
juice
3 c. sugar

1 1/2 qt. whole milk
1 small can frozen lemonade
1 pt. whipping cream

Do not dilute juices. Combine ingredients, freeze, and pack.
Yield: Makes 3 quarts.

CHOCOLATE CHIP - MINT ICE CREAM

Jackie Hill

4 eggs
2 c. sugar
1/4 tsp. salt
1 1/2 tsp. mint extract

1 1/2 c. grated milk chocolate
6 2/3 c. evaporated milk
(or 4 - 13 oz. cans)

Add sugar gradually to beaten eggs and continue to beat until stiff. Stir in remaining ingredients. (Note: Chill milk in refrigerator before adding.) Put in ice cream freezer and churn.

Full ripening or hardening of ice cream is obtained only when you drain off brine (salt water) through drainage hole and add salt and ice to cover can and lid completely with the mixture. Put a few newspapers on top of bucket for insulation and ripen 2 to 3 hours.

To ripen, or harden, in freezer can; remove can from freezer bucket; push ice cream down into can and cover with a sheet of waxed paper or aluminum foil. Replace cover and put cork in hole in cover. To ripen in plastic container: Spoon ice cream into containers, allowing at least 1/2 inch of space of top for expansion. Push ice cream down into containers and cover with a tight fitting lid.

CHOCOLATE CHIP ICE CREAM

Donna Shaw

4 eggs
2 1/2 c. sugar
6 c. milk
6 oz. pkg. chocolate chips

4 c. half and half
3 Tbsp. vanilla
1/2 tsp. salt

Beat eggs until light. Add sugar gradually, beating until mixture thickens. Add remaining ingredients, mix thoroughly. Add one 6 ounce package of chocolate chips and freeze.

VANILLA ICE CREAM

Harold Hill

4 eggs	4 c. heavy cream
2 1/4 c. sugar	4 1/2 tsp. vanilla
5 c. milk	1/2 tsp. salt

Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon ice cream freezer and freeze.

BUTTER PECAN ICE CREAM

Harold Hill

Saute 2 cups chopped pecans in 3 tablespoons of butter. Cool.

Prepare Harold Hill's vanilla ice cream recipe (above). Churn about 15 minutes or until ice cream has frozen to a mushy consistency. Add chopped nuts and continue to freeze.

DIET POPS

Barbara Conine

1 pkg. (16 oz.) thawed unsweetened strawberries or raspberries	1/2 c. dry Carnation nonfat milk
1 c. unsweetened orange juice	1/2 c. ice water
24 packets <u>Equal</u> low calorie sweetener	2 Tbsp. lemon juice
	wooden pop sticks or plastic spoons

Puree strawberries. Combine strawberries, orange juice and Equal in large bowl. Place dry nonfat milk, ice water and lemon juice in small mixer bowl. Beat on high speed until stiff peaks form (about 6 minutes). Fold into fruit mixture. Spoon into 16 (3 ounce) paper cups. Partially freeze, insert wooden pop sticks or plastic spoons. Freeze.

Tear paper cups away to serve.

* You may substitute 2 cups pureed ripe bananas for strawberries.

COUNTRY VANILLA ICE CREAM AND FRUIT

Mildred Johnson

4 eggs	2 c. nuts, toasted
2 1/4 c. sugar	1 large pineapple
5 c. milk	1 bottle cherries, blended
4 c. heavy cream	1 large can peaches or
4 1/2 tsp. vanilla	2 good c. strawberries
1/2 tsp. salt	(frozen)

Add sugar gradually to beaten eggs. Continue to beat until

mixture is very stiff. Add remaining ingredients and mix thoroughly. Blend all fruit and add to cream mixture.

ORANGE - PINEAPPLE SHERBET

Ethel Huie

(For 1 gallon freezer)

1 can Borden's Eagle Brand
milk
70 oz. orange drink (Shasta,
Orange Crush, Sunkist, etc.)

1 large can crushed pineapple
(or pineapple juice),
preferably sweetened

Mix can milk with a little of the juice before putting in the churn. I like to put orange juice in and finish filling with pineapple juice.

CREAM CHEESE DESSERT

Diane Banke

1 stick margarine
8 oz. cream cheese
1/2 tsp. vanilla

3 eggs
1 box cake mix (any kind)
1 box powdered sugar

Melt margarine; add that and 1 beaten egg to cake mix. Press into greased 8 x 11 inch cake pan. Mix 2 eggs, cream cheese, vanilla and sugar.

Pour over mixture and bake 40 to 50 minutes at 350°. Watch, for bottom will burn.

LEMON BISQUE

Frankie Yearty

(Light Dessert)

Chill: 1 large can evaporated milk.

Roll: 10 graham crackers fine to make 1 cup of crumbs.
(I use packaged crumbs).

Sprinkle: half of crumbs over lightly buttered 12 x 8 inch glass baking dish or pan.

Dissolve: 1 package lemon jello in 1 3/4 cups hot water.

Cool until it starts to set, then whip to a froth and add juice and rind of 1 lemon, 1 cup sugar and 1/4 teaspoon salt.

Using a large mixing bowl, well chilled milk and add gelatin mixture. Mix well.

Pour into pan over cracker crumbs. Sprinkle remaining crumbs on top and chill until firm. Cut into 18 pieces to serve.

LEMON FLUFF**Mildred Bays**

(Spaghetti Supper Dessert)

- | | |
|-----------------------------|--------------------|
| 1 large can evaporated milk | 1 c. sugar |
| 1 small pkg. lemon jello | 1/4 c. lemon juice |
| 1 3/4 c. hot water | |

Chill canned milk 3 to 4 hours. Dissolve jello in hot water. Chill until partially set. Whip until light and fluffy. Add lemon juice and sugar.

In another bowl, whip chilled milk. Fold into jello mixture. Line large pan (10 x 13) with vanilla wafers or graham cracker crust. Pour in milk and jello mixture. Chill until firm. Serves 12 generously.

OZARK PUDDING**Emogene Griffeth**

- | | |
|--------------------------|---------------------|
| 1 egg | 1/8 tsp. salt |
| 3/4 c. sugar | 1/2 c. chopped nuts |
| 2 Tbsp. flour | 1/2 c. diced apples |
| 1 1/4 tsp. baking powder | 1 tsp. vanilla |

Beat egg and sugar until smooth. Combine flour, baking powder and salt. Stir into egg mixture. Add nuts, apples and vanilla. Bake in greased pan in 350° oven 35 minutes. Serve with whipped cream.

DIET RICE PUDDING**Barbara Conine**

- | | |
|--|-----------------------------|
| 2 c. milk | 3 Tbsp. raisins |
| 1/2 c. precooked rice | 1/4 tsp. cinnamon or nutmeg |
| 1 (3 oz.) diet Jello instant pudding (vanilla) | |

Make instant pudding using 2 cups milk. Add cooked rice, raisins, nutmeg or cinnamon. Chill before serving.

FROZEN PUMPKIN DESSERT SQUARES**Diane Banke**

(Good around Halloween and Thanksgiving)

- | | |
|--------------------------------------|--|
| 1 1/2 c. graham cracker crumbs | |
| 1/2 c. melted butter or
margarine | 1/4 c. sugar |
| 1/2 c. brown sugar | 1 can (16 oz.) solid pack pump-
kin |
| 1/2 tsp. salt | 1 tsp. ground cinnamon |
| 1/4 tsp. ground ginger | 1/8 tsp. ground cloves |
| 1 qt. vanilla ice cream, softened | |

(Cont.)

Mix crumbs with sugar and butter. Press into bottom of 9-inch square pan.

Combine pumpkin with brown sugar, salt and spices. Fold in ice cream. Pour into crumb lined pan. Cover; freeze until firm. Take out of freezer about 20 minutes before serving. Cut into squares; top with whipped cream and coconut (optional).

You can top with ice cream and decorative seasonal candy. Makes 9 (3 inch) squares.

BAKED DEVIL'S FLOAT

Annette Carlisle

1/2 c. sugar	1 c. flour
1 1/2 c. water	1/2 tsp. salt
12 marshmallows	1 tsp. baking powder
2 Tbsp. shortening	3 Tbsp. cocoa
1/2 c. sugar	1/2 c. milk
1 tsp. vanilla	1/2 c. nuts

Cook 1 1/2 cups water and 1/2 cup sugar for 5 minutes and pour into a casserole. Add the marshmallows, cut up. Make a batter of the remaining ingredients. Spoon the batter on top of the marshmallows. Bake at 350° for 45 minutes. The bottom will be syrupy. Serve warm or cold with whip cream or vanilla ice cream.

CLYDE'S FAVORITE BAVARIAN CREAM

Nancy Maxwell

1 envelope unflavored gelatin	1/4 c. cold water
8 oz. cream cheese	1/2 c. sugar
1/2 tsp. almond extract	1 c. milk
dash of salt	1 c. heavy cream, whipped
1 pt. whole strawberries	

Combine gelatin and cold water in saucepan; let stand 1 minute. Stir over heat until dissolved. Combine softened cream cheese, sugar, extract and salt, mixing until well blended. Gradually add gelatin and milk. Chill until slightly thickened. Mix until well blended; fold in whipped cream. Pour into 1 1/2 quart mold. Chill until firm. Unmold; serve with strawberries. Serves 8.

LIME MOUSSE

Polly Huie Holloway

8 Tbsp. (1 stick) sweet butter	3/4 c. fresh lime juice (6 or 7 limes)
5 eggs	grated peel of 5 limes
1 c. granulated sugar	2 c. heavy cream, chilled

1. Melt butter in the top of double boiler over simmering water.

2. Beat eggs and sugar in a bowl until light and foamy. Add mixture to melted butter. Cook gently, stirring constantly, until mixture becomes a custard about 8 minutes. Do not overcook or eggs will curdle.

3. Remove custard from heat and stir in lime juice and grated peel. Cool at room temperature.

4. This step is unorthodox but crucial. Using an electric mixer whip chilled cream until very stiff, almost but not quite to the point where it will become butter.

5. Stir lime custard into whipped cream until just incorporated. Pour into eight individual serving glasses or a serving bowl. Chill for at least four hours.

I drop in one drop of green food color, then alternate with whip cream in a crystal glass, top with a twisted thin lime slice and sprig of mint. You can use lemons.

MANDARIN CREAM SUPREME

Penny Shaw Allen

1 (6 oz.) pkg. (large) orange gelatin	1 (16 oz.) can crushed pineapple
2 small cans mandarin oranges	1 (6 oz.) can (small) frozen orange concentrate

Add 2 cups boiling water to gelatin and dissolve. Stir in pineapple, mandarin oranges (add all juices, and orange concentrate. Set aside to congeal.

1 small box vanilla "instant" pudding	1 c. milk
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Mix pudding with milk and beat until creamy (about 3 minutes). Set aside.

1 envelope non-dairy whipped topping mix	1/2 c. milk 1 tsp. vanilla
---	-------------------------------

Whip non-dairy whipped topping mix with milk and vanilla (or as recommended on package).

Mix both the pudding and the whipped topping and spread on top of congealed mixture. After chilling, cut into squares and serve.

DELUXE CHOCOLATE DESSERT

Barbara Conine

Mix together and put in flat casserole:

1 c. flour	1 stick margarine
1 c. chopped pecans	

Bake at 350° for 20 to 25 minutes or until golden. Cool completely.

First layer to above crust after it is cool:

1 (8 oz.) cream cheese, mixed with 1 c. powdered sugar	then fold in: 4 1/2 oz. Cool Whip
---	-----------------------------------

Spread over crust.

2nd layer:

2 pkg. instant Jello chocolate pudding mix	mix with: 2 1/4 c. milk
---	-------------------------

Spread over cheese layer.

3rd layer:

Spread remaining 4 1/2 ounces Cool Whip over pudding layer.
Let stand 4 to 5 hours or overnight. Will keep 3 to 4 days. Will freeze.

Can use lemon pudding and add coconut; use vanilla and almond flavoring.

If you use vanilla pudding - fresh peaches can be added.

EGG CUSTARD

Pat Randolph

4 slightly beaten eggs	1/8 tsp. almond extract
1/2 c. sugar	2 1/2 c. scalded milk
1/4 tsp. salt	nutmeg, if desired
1/2 tsp. vanilla	

Blend eggs, sugar, salt, vanilla and almond extract. Gradually add milk. Pour into a bowl or custard cups. Bake in 400° oven 25 minutes. Can be used as custard pie in 9-inch pie shell.

NIFTY LEMON CAKE PUDDING

Nancy Maxwell

1 c. sugar	grated rind of 1 lemon
4 Tbsp. flour	3 eggs, separated
2 Tbsp. melted butter	1 1/2 c. milk
1/8 tsp. salt	whipped cream
juice of 1 1/2 lemons	

Mix together first 6 ingredients (sugar, flour, butter, salt, lemon juice and rind). Beat yolks well and add to lemon mixture. Then add milk. Beat egg whites until stiff and fold into batter. Pour into buttered ramekins or custard cups. Set ramekins in baking pan containing boiling water. Bake at 350° for 45 minutes or until lightly browned on top. Serve topped with whipped cream. Serves 8.

CREAMY RICE PUDDING

Martha Westbrook

3 c. salted boiled water	3/4 c. rice
2 eggs, beaten	15 oz. Eagle Brand condensed milk
1/2 tsp. vanilla extract	

Cook rice in 2 quart pan 15 to 20 minutes, stirring occasionally. Remove from heat. Stir in beaten eggs and milk. Return to heat and stir constantly until mixture thickens. Remove from heat and add vanilla extract. Seedless raisins may be added if desired.

Makes 4 (1 cup) servings.

BANANA PUDDING

Joan Murphy

3/4 c. sugar	1 tsp. vanilla extract
2 Tbsp. flour	NILLA vanilla wafers
1/4 tsp. salt	6 medium size ripe bananas, sliced
2 c. milk	
3 eggs, separated	

Combine 1/2 cup sugar, flour and salt in top of double boiler, stir in milk. Cook over boiling water, stirring constantly, until thickened. Cook, uncovered, 15 minutes more, stirring occasionally. Beat egg yolks; gradually stir in hot mixture. Return to double boiler; cook 5 minutes, stirring constantly. Remove from heat; add vanilla. Line bottom of a 1 1/2 quart casserole with vanilla wafers; top with a layer of sliced bananas. Pour a portion of custard over the bananas.

Continue to layer wafers, bananas and custard, ending with custard on top.

Beat egg whites stiff, but not dry; gradually add remaining 1/4 cup sugar and beat until mixture forms stiff peaks. Pile on top of pudding in casserole. Bake in preheated hot oven (425°) 5 minutes, or until delicately browned.

Serve warm or chilled. Makes 6 (2/3 cup) servings.

CLYDE'S FAVORITE CUP OF MOUSSE

Nancy Maxwell

1 c. strong coffee
1 Tbsp. unflavored gelatin
2 eggs, beaten separately
1/2 pt. whipping cream,
whipped

1/2 c. sugar
1/2 c. cold water
1 tsp. vanilla
nuts and whipping cream,
whipped

Boil coffee and sugar until syrupy. Soften gelatin in water. Add to coffee mixture. Remove from heat. Add eggs one at a time. Add vanilla. Let cool until begins to thicken, then fold in whipped cream. Pour in small cups until firm. Serve topped with whipped cream and nuts or with chocolate curls and cream. Serves 8.

YOGURT

Lorene Brown

1 1/2 c. non-fat dry milk powder 1/4 c. plain yogurt
3 c. water (for starter)

Mix milk powder and water; slowly bring to boiling point, then cool to lukewarm temperature. Stir yogurt into 1/2 cup of lukewarm milk, then stir into remainder of milk.

Pour into individual serving containers. Cover with a thick towel. Leave undisturbed for 5 - 6 hours (away from drafts and jolts). Refrigerate after solidified. Save some yogurt to start a new batch.

(I sometimes add 1 envelope of Sweet 'n Low and a few drops of vanilla extract when making up this recipe.)

Write extra recipe here:



WEIGHTS AND MEASURES

AVOIRDUPOIS

- 1 pound = 16 ounces
- 1 hundredweight = 100 pounds
- 1 ton = 20 hundredweight = 2000 pounds
- 1 long ton = 2240 pounds

EQUIVALENT VALUES

- 1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
- 1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36	3	= 1			
198	= 16.5	= 5.5	= 1		
7,920	= 660	= 220	= 40	= 1	
63,360	= 5280	= 1760	= 320	= 8	= 1

APOTHECARIES

- 1 scruple = 20 grains
- 1 dram = 3 scruples
- 1 ounce = 8 drams
- 1 pound = 12 ounces

METRIC

- 1 centigram = 10 milligrams
- 1 decigram = 10 centigrams
- 1 gram = 10 decigrams
- 1 dekagram = 10 grams
- 1 hektogram = 10 dekagrams
- 1 kilogram = 10 hektograms
- 1 metric ton = 1000 kilograms
- 1 kilogram = 2.20 pounds
- 1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = 5 1/2 yards = 16 1/2 feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = 1/8 mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

SQUARE MEASURE

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = 30 1/4 sq. yards = 272 1/4 sq. inches
- 1 acre = 160 sq. rods = 43560 sq. feet
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

CUBIC MEASURE

- 1 cubic foot = 1728 cubic inches
- 1 cubic yard = 27 cubic feet
- 1 register ton (shipping measure) = 100 cu. feet
- 1 U.S. shipping ton = 40 cubic feet
- 1 cord = 128 cubic feet
- 1 perch = 24 3/4 cubic feet
- 1 cubic yard = 27 cu. feet = 46656 cu. inches
- 1 U.S. liquid gallon = 4 quarts = 231 cu. inches
- 1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
- 1 board foot = 144 cubic inches

DRY MEASURE

- 2 pints = 1 quart
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 1 bushel = 4 pecks
- 32 quarts = 64 pints
- U.S. bushel = 2,150.42 cubic inches
- British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

- 1 centimeter = 10 millimeters
- 1 decimeter = 10 centimeters
- 1 meter = 10 decimeters
- 1 dekameter = 10 meters
- 1 hektometer = 10 dekameters
- 1 kilometer = 10 hektometers
- 1 inch = 2.54 centimeters
- 1 meter = 39.37 inches
- 1 yard = 0.914 meter
- 1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

- 1 square centimeter = 100 square millimeters
- 1 square decimeter = 100 square centimeters
- 1 sq. meter = 100 sq. decimeters = 1 centar
- 1 ar = 100 centars
- 1 hektar = 100 ars
- 1 square kilometer = 100 hektars
- 1 square centimeter = 0.15 square inch
- 1 square meter = 1.20 square yards
- 1 square kilometer = 0.39 square mile
- 1 hektar = 2.47 acres
- 1 square inch = 6.45 square centimeters
- 1 square yard = 0.84 square millimeter
- 1 square mile = 2.59 square kilometers
- 1 acre = 0.40 hektar

CUBIC MEASURE

- 1 cubic centimeter = 1000 cubic millimeters
- 1 cubic decimeter = 1000 cubic centimeters
- 1 cubic meter = 100 cubic decimeters
- 1 cubic yard = 0.76 cubic meter
- 1 cubic meter = 1.31 cubic yards
- 1 liter = 1.06 U.S. liquid quarts
- 1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
- 1 U.S. liquid quart = 0.94 liter
- 1 U.S. liquid gallon = 3.76 liters

CANDY, JELLY, JAM AND PRESERVES

MICROWAVE SUGAR SPICED NUTS

Jean Ray

1 Tbsp. butter, melted	1/4 c. sugar
20 seconds	1/2 tsp. cinnamon
1 c. pecans	1/4 tsp. nutmeg

Mix together and cook 1 to 1 1/2 minutes on full power.

HAY STACKS

Ollie Conine

1 (5 oz.) can chow mein noodles	2 (6 oz.) bags butterscotch morsels
	1/2 c. peanuts or peanut butter

Melt morsels over medium heat, coat other ingredients well, drop by spoonful onto wax paper. Let set. Yields approximately 2 dozen. *Easy. Allow time to completely cool.*

WHITE CHOCOLATE CANDY

Ginger Westlund

1 lb. white chocolate	1 c. Spanish peanuts
1 c. broken pretzel sticks	

Melt chocolate in double boiler. Stir in pretzel sticks and peanuts. Drop from spoon and let set.

CRYSTALIZED GRAPEFRUIT PEEL

Emily Haynie

Clean rind and cover with cold water. Boil 10 minutes and pour off water. Do this three times.

For every pint of grapefruit peel, cut in strips, add:

2 c. sugar	1 1/2 c. water
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Cook slowly and when about all the liquid is gone, mix 1 package of unflavored gelatin with a very small amount of water; add to mixture and stir until well mixed. Cool on rack and roll in sugar. This is better if you let it set for 2 or 3 days.

PEANUT BUTTER CANDY

Kayre Hines

2 c. sugar	1 tsp. vanilla
3/4 c. milk	1/2 tsp. salt
4 Tbsp. peanut butter	

(Cont.)

Boil sugar and milk to soft ball stage. Let stand until cool. Then beat in other ingredients. *Don't overcook*

CARAMEL CANDY

Nancy Phillips

3 c. brown sugar	1/2 lb. margarine (2 sticks)
1 can Eagle Brand milk	1 tsp. vanilla
1 1/2 c. Karo white syrup	1 c. chopped nuts

Bring to boil: sugar, milk and syrup. Add margarine, cook over medium heat stirring constantly until forms a firm ball when dropped in cold water. Add vanilla and nuts. Pour into buttered pan (9 x 13 inches). Let cool, cut into bite size pieces. Wrap in clear wrap.

CHOCOLATE BALLS

Beth Allen

2 pkg. semi-sweet chocolates	1 tsp. lemon juice
3/4 c. sifted confectioners sugar	1/4 tsp. salt
1/2 c. dairy sour cream	1 3/4 c. vanilla wafer crumbs
	1/2 c. chopped nuts

Melt chocolate over hot water. Remove from heat, add sugar, sour cream, lemon juice and salt. Mix well. Blend in wafers. Chill 15 to 20 minutes. Shape into 1 inch balls. Roll balls in chopped nuts.

REESE'S PEANUT BUTTER SQUARES

Diane Banke

2 1/2 c. graham cracker crumbs	2 sticks margarine (melted)
1 1/4 lb. powdered sugar	12 oz. pkg. chocolate chips
2 c. peanut butter (smooth)	1 oz. paraffin (melted)

Mix sugar and crumbs until well blended. Add peanut butter and margarine while still warm. Mix with hands and press onto large cookie sheet with sides. (If this seems too dry, add more margarine.)

Melt chips and paraffin in double boiler and smooth over peanut butter mixture. Let it set away from heat for awhile. Cut into squares. Freezes well.

MICROWAVE PEANUT BRITTLE

James Ray
Cheri Moore

1 c. raw peanuts	1 tsp. butter or oleo
1 c. sugar	1 tsp. vanilla
1/2 c. light corn syrup	1 tsp. baking soda
1/2 tsp. salt	

Mix together peanuts, sugar, corn syrup and salt in 1 1/2 quart glass casserole. Microwave on high setting 8 minutes, stirring once after 4 minutes. Stir in vanilla and butter. Microwave 2 minutes more. Stir in baking soda. Pour onto greased baking sheet. Stretch until thin using two forks. Cool and break into pieces. Makes 3/4 pound.

Variation: Cheri uses 1/8 teaspoon salt.

HOMEMADE CHOCOLATE FUDGE

(No Cooking)

Margaret B. McCall

(Mother's Recipe)

1/2 c. butter	1/2 c. chopped nuts
4 squares bitter chocolate	1 lb. confectioners sugar
1 tsp. vanilla	1 egg, slightly beaten
1/4 c. cream or evaporated milk	

Melt chocolate and butter in top of double boiler. Combine sugar, egg, vanilla and milk. Blend well. Add melted butter and chocolate and blend well. Add nuts. Beat a few times. Pour in greased dish and chill and mark into squares.

Beat until thick but not too thick to pour.

FUDGE

Recipe from Leigh & Don Moore's Grandma

4 1/2 c. sugar	3/4 pkg. large marshmallows
1 can evaporated milk	3 (6 oz.) pkg. chocolate chips
2 sticks margarine	

Add the three ingredients (in first column) to large boiler. Bring to boil and let boil for 9 minutes. Stir constantly during this cooking time. (Mixture burns easily if not stirred.) Take off burner and add 3 (6 ounce) packages of chocolate chips and 3/4 package of large marshmallows. Stir until thick and creamy. Pour onto buttered dish. You can add pecans.

HERSHEY'S COCOA FUDGE

Lynn Vandiver

2/3 c. Hershey's cocoa	1 1/2 c. milk
3 c. sugar	1/4 c. butter (1/2 stick)
1/8 tsp. salt	1 tsp. vanilla

Combine cocoa, sugar, salt; add milk gradually. Mix well. Bring to a rolling boil over high heat, stirring constantly. Reduce heat to medium and continue to boil without stirring until a soft ball forms in cold water. Add butter and vanilla. Still do not stir. Allow to cool. Beat until thickens. Pour in buttered pie pan.

* PERFECT DIVINITY CANDY

Mildred Johnson

5 c. sugar	1/4 tsp. salt
1 c. light corn syrup	3 egg whites
1 c. water	2 tsp. vanilla
2 c. chopped nuts	

Combine sugar, syrup, water and salt; stir until sugar dissolves. Heat to boiling; cover and boil for 2 minutes. Uncover, cook to soft ball stage or to 238°. Beat egg whites until stiff but not dry. Slowly pour syrup over egg whites, beating constantly using an electric mixer. Beat until candy is cool and holds shape. Add vanilla and nuts. Drop by teaspoon onto waxed paper. *Make on a clear day!!*

YUMMY CRLAM FUDGE

Barbara Barlow

2 1/4 c. sugar	1/2 large can evaporated milk (about 3/4 c.)
----------------	---

Bring to a boil; boil 9 minutes. (Stir constantly, sticks easily.)

Pour above mixture over:

6 oz. pkg. chocolate chips	1/4 lb. butter
1 tsp. vanilla	4 oz. marshmallow cream

Beat with large spoon until glossy texture, add nuts and pour into buttered dish. Cool in refrigerator.

MARSHMALLOW FUDGE

Dot Dunn

18 oz. chocolate chips (3 ea. of 6 oz. pkg.)	1 large can Pet milk (14 oz.)
1 pt. jar marshmallow cream	1 stick margarine
5 c. sugar	1 tsp. vanilla
dash of salt	1/2 lb. pecans (or as desired)

Empty marshmallow cream, chocolate chips and vanilla in large bowl. Mix sugar, margarine, milk and salt in large pan. Cook over direct heat, stir constantly until rolling boil. Boil steady 10 minutes. Remove from heat and pour over chip and cream mixture. Beat thoroughly. Add nuts and pour in greased pan. Cut and remove from pan.

NO-FAIL DIVINITY

Ethel Huie

3 c. sugar	1 tsp. vanilla
1/2 c. white Karo	1 c. nuts
1/2 c. cold water	2 egg whites (beaten stiff with pinch of cream of tartar)
pinch salt	

Bring sugar, Karo, and water to a boil until a soft ball forms in cold water and a slight thread spins from the spoon or to 238°. Pour 1/3 of mixture slowly into beaten egg whites, beating constantly. Continue beating for a few seconds, returning syrup to low flame. Add syrup to egg whites at intervals, making 4 beatings; return syrup to low flame until it boils up between each beating. Add vanilla and nuts. Continue beating until mixture holds its shape when dropped from a spoon. Drop from teaspoon onto a greased cookie sheet. Swirl each piece to a peak.

PRALINES

Lorene Brown

1 pkg. (4-serving size) butter-	1/2 c. firmly packed brown sugar
scotch pudding mix (not	2/3 c. evaporated milk,
"instant")	2 Tbsp. butter
1 c. granulated sugar	1 1/2 c. pecan halves or pieces

Combine pudding mix, sugars, milk, and butter in saucepan. Cook and stir over low heat until sugar dissolves and mixture comes to a boil. Continue to boil gently, stirring often, until a small amount of syrup forms a very soft ball in cold water (or to a temperature of 230°). Remove from heat. Add nuts. Beat for 2 minutes. Quickly drop by tablespoonfuls onto wax paper, making each praline about 2 inches in diameter. Let stand until firm. Makes about 2 dozen pralines.

PECAN TASSIES

Lorene Brown

3 oz. cream cheese, at room	3/4 c. dark brown sugar,
temperature	firmly packed
1/2 c. butter, at room	1 Tbsp. melted butter
temperature	1 tsp. vanilla extract
1 c. all purpose flour	1/2 c. chopped pecans
1 egg	

In bowl of electric mixer, cream together cream cheese and butter. Add flour; mix well. Press dough evenly around sides and bottom of miniature muffin tins. (This is easier if dough is chilled slightly before using.)

Preheat oven to 350°.

Beat egg. Add brown sugar, melted butter and vanilla extract. Mix well; stir in chopped pecans.

Spoon 1 tablespoon of pecan filling into each pastry shell. Bake for 20 minutes. Yield: Approximately 2 dozen.

(Dough may be mixed in food processor until it forms a ball, then chill in refrigerator.)

MARSHMALLOW SQUARES

Nancy Tilton

(1)

3/4 c. butter

1 1/2 c. all-purpose flour

1/2 c. brown sugar

Mix together and pat into pan. Prick it like a pie crust. Bake in 350° oven for a short time or until brown.

(2)

2 Tbsp. Knox gelatine

1/2 c. cold water

Mix together and let dissolve.

(3)

2 c. white granulated sugar

1/2 c. hot water

Mix together and let boil 2 minutes. Remove from stove and add to second mixture, like you would to egg whites. Beat with electric beater until very stiff.

Add to above:

1/2 c. cherries, cut

1 tsp. almond flavoring

1/2 c. nuts, chopped

1/2 tsp. red food coloring

Put on top of first mixture. Let stand until the shine is gone; then cut into squares.

DATE AND MARSHMALLOW BALLS

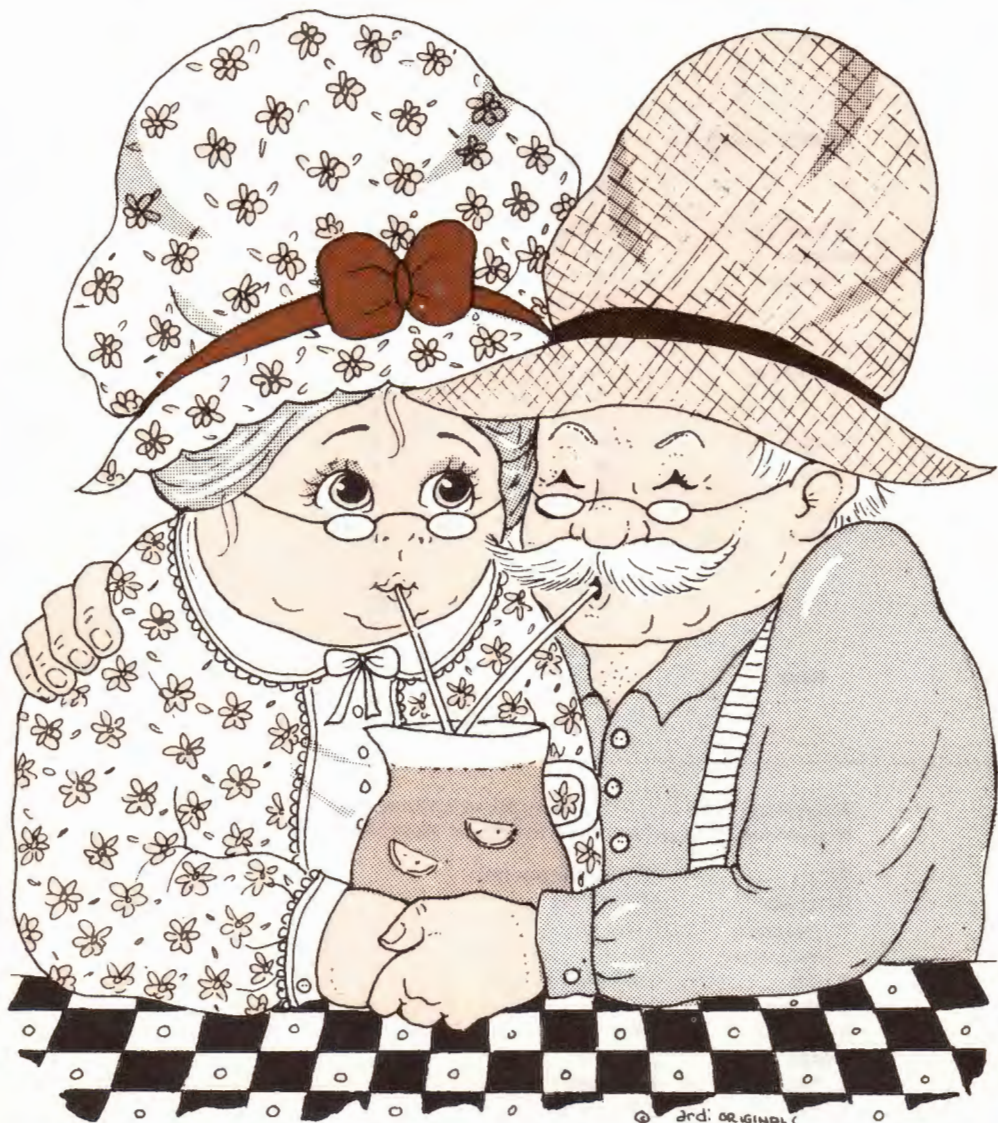
Nancy Tilton

1/2 lb. dates

1/2 lb. marshmallows

Cut these up very fine, add 1 cup of chopped nuts, break in 10 graham crackers and mix all together, adding about 1/2 or 3/4 cup orange juice (not too much as this must be stiff). Roll into balls and then in graham cracker crumbs which have been rolled out very fine. Store in refrigerator.

BEVERAGES MISCELLANEOUS



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD

Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints

DISTANCE

1 centimeter	0.4 inches
1 meter	3.3 feet
1 meter	1.1 yards
1 kilometer	0.6 mile

AREA

1 sq. centimeter	0.16 sq. inch
1 sq. meter	1.2 sq. yards
1 sq. kilometer	0.4 sq. mile
1 hectare	2.5 acres

TEMPERATURE

0 degree Celsius	32 degrees Fahrenheit
37 degrees Celsius	98.6 degrees Fahrenheit
100 degrees Celsius	212 degrees Fahrenheit

CLOTHING

	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 1/2
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	= 250 milliliters (ml)
1/4 cup	= 62-1/2 ml
1 teaspoon	= 5 ml
1 tablespoon	= 15 ml
1 pint	= 0.47 liter (l)
1 quart	= 0.95 l
1 gallon	= 3.8 l
1 liter	= 2.1 pint
1 liter	= 1.06 quart
1 liter	= 0.26 gallon

BEVERAGES AND MISCELLANEOUS

BECKY'S ICED COFFEE

Ginger Westlund

24 heaping tsp. instant coffee 1/2 gal. milk
6 Tbsp. cocoa 3 qt. boiling water
1 c. sugar 1 gal. vanilla ice cream

Pour boiling water over coffee, cocoa and sugar. Add milk and chill until ready to use. Pour over ice cream. Yields about 24 cups or 48 (4 ounce) servings. (1 1/2 gallons). 1 1/2 recipe for 25.

(Served at the Christmas Cantata Choir Reception.)

ELLEN'S HOT PUNCH

Ginger Westlund

1 bottle cranberry cocktail 1 large Hawaiian punch
1 big bag red hots

Heat together, then add tea or apple juice or lemonade, orange slices. (Ginger added apple juice.) Heat together and serve.

(Served at the Christmas Cantata Choir Reception.)

HOT CRANBERRY DRINK

Nell Cates

6 c. cranberry juice 3 c. water
3 c. orange juice 3/4 c. sugar
1 1/2 c. pineapple juice

Combine in large saucepan. Serve warmed.

JELLO PUNCH

Nancy Phillips

(1 gallon)

1 large pkg. lemon Jello 1/2 c. real lemon juice
2 c. sugar 48 oz. pineapple juice
2 c. hot water

Dissolve Jello and sugar in hot water. Add remaining ingredients in gallon pitcher; finish filling with cold water. Stir. Freeze. Take out 2 hours before serving.

PINK LADY PUNCH

Jean Ray

1 (No. 2)(2 1/2 c.) can pine- 1 (28 oz.) bottle ginger ale,
apple juice, chilled chilled (Cont.)
229

1 (32 oz.) bottle cranberry
juice, chilled

1 pt. pineapple sherbet

Combine chilled liquids. Float balls of sherbet in punch.

JELLO PUNCH

Lala Jordan

3 pkg. Jello - strawberry -
stir to dissolve in
1 pitcher of hot water

add sugar to taste along with:
1 pineapple juice (large)
1 medium orange juice
1 large bottle ginger ale

GOLDEN SUMMER PUNCH

Roumania Lasseter

1 (6 oz.) can frozen orange
juice
1 (5 or 6 oz.) frozen lemonade

1 (12 oz.) can apricot nectar
1 (#2) can pineapple juice

Add water to frozen concentrates as directed on cans.
Combine apricot and pineapple juices. Chill. Serve over ice.
Makes about 3 quarts.

JELLO PUNCH

Roumania Lasseter

juice from 1 doz. lemons
1 (46 oz.) can pineapple juice
3 boxes any flavor jello

3 c. boiling water
3 c. sugar
1 qt. ginger ale

Dissolve jello and sugar in boiling water. Add other liquids
(except ginger ale). When ready to serve, pour over ice and add
ginger ale.

CRANBERRY PUNCH

Ginger Westlund

4 c. cranberry juice
4 c. pineapple juice

1 1/2 c. sugar
2 qt. ginger ale

Mix and chill all ingredients, except ginger ale. Add ginger ale
immediately before serving. Serves 30. I serve over crushed ice.

EASY PUNCH

Jean Ray

2 pkg. lime Kool-Aid mix
2 c. sugar
2 qt. water

4 cans (6 oz.) pineapple juice
2 qt. gingerale

Combine Kool-Aid, sugar and water and pineapple juice and chill.

Just before serving, add chilled ginger ale. Pour mixture over ice - add sprig of mint.

JEAN RAY'S WINTER PUNCH

Jean Ray

Steep 5 regular tea bags in 1 quart boiling water with 5 inch cinnamon stick and 12 to 15 whole cloves for about 5 minutes.

Remove tea bags. Add:

1 c. lemon juice	4 c. orange juice
2 c. apple juice	3/4 c. sugar for taste

Simmer until ready to serve. For clearer tea, strain several times and use fresh juices. To be fancy score thin orange slices and decorate with cloves. To make quicker, use all frozen juices. Makes 2 quarts.

MULLED CIDER

Beth Allen

1/2 c. brown sugar	1 tsp. whole allspice
1/4 tsp. salt	1 tsp. whole cloves
1/2 gal. cider	3 cinnamon sticks
dash nutmeg	

1. Combine brown sugar, salt, and cider.
2. Tie spices in cheesecloth.
3. Add to cider.
4. Simmer covered 20 minutes.
5. Remove spices.
6. Serve -- serves 16.

SPICED COFFEE VIENNA

Kayre Hines

3 c. extra-strong coffee	ground nutmeg
2 sticks cinnamon	softly whipped cream
4 whole cloves	sugar
4 whole allspice	

Pour coffee into saucepan. Add spices, heat mixture over low heat 10 minutes. Strain. Add sugar if desired. Top with whipped cream after pouring into cups.

Serves 3.

CAMPGROUND COCOA MIX

Betty McDonald - Ethel Huie
Annette Carlisle

1/2 c. sifted cocoa	1/4 c. sugar
4 c. instant nonfat dry milk	

(Cont.)

Mix all ingredients and store in heavy plastic bag or covered jar. To serve, place about 1/3 cup mix in cup; add enough boiling water to make a paste (stir well to dissolve milk), and then add boiling water to fill cup. If desired, add miniature marshmallows when preparing. Serves 12.

Variation: Ethel Huie uses 1/4 cup cocoa, 3 cups powdered milk, 1/8 teaspoon salt and 1/2 cup confectioners sugar.

Variation: Annette Carlisle uses: 1 cup confectioners sugar, #1 can Nestle's Quik and a 6 ounce jar coffee creamer.

CITRUS TEA

Mildred Bays

1 qt. boiling water	2 c. orange juice
2 sticks cinnamon	1 c. lemon juice
12 whole cloves	3 c. cider or apple juice
3/4 to 1 c. sugar	

Combine boiling water, cinnamon sticks, cloves, sugar in pan and boil 1 minute. Add tea bags and steep* 5 minutes. Remove tea bags and spices. Add juices. Bring to boiling point. Serve with slices of orange (cartwheel sliced) with a few cloves stuck in slice.

*Steep means to soak in hot water.

INSTANT SPICED TEA

Beth Allen - Kayre Hines
Alice James

1 jar (1 lb. 2 oz.) Tang	1/2 c. instant tea
2 tsp. cinnamon	1 pkg. Wyler's lemonade (3 oz.)
2 c. sugar	1 tsp. cloves

or 3oz Country time

Mix well and store with tight lid. Use 2 teaspoons to 1 cup boiling water.

Variation: Kayre Hines uses 1 teaspoon ground cinnamon and 1/2 teaspoon ground cloves. *+ 1/4 tsp cinnamon, 1/4 c tea, 3 1/2 T Tang*

Variation: Alice James uses 1 1/2 cups sugar, 1/2 teaspoon cloves, 1/2 teaspoon cinnamon, and adds 3 teaspoons of this mix per 6 ounce cup.

** 2013 add 1/4 cup tea to Kayre's Variation*

RUSSIAN TEA (HOT TEA PUNCH)

Ruth Gettys

1/2 c. sugar	1/2 c. water
1 (2 in.) stick cinnamon	1 tsp. lemon rind
1 1/2 tsp. orange rind	1/4 c. orange juice
2 Tbsp. lemon juice	1/2 c. pineapple juice
3 c. boiling water	3 Tbsp. tea

Combine water, sugar, cinnamon, lemon rind and orange rind in saucepan. Boil 5 minutes; remove cinnamon stick. Add orange,

lemon, and pineapple juice. Keep hot.

Pour boiling water over tea leaves; steep 5 minutes, combine tea and fruit mixtures. Serve hot in tea or punch cups.

Serves: 6 to 8 servings.

EASY PUNCH

Martha McLeod

Ollie Conine

46 oz. can unsweetened pineapple juice

2 (1 qt.) bottles or 6 (10 oz.) bottles lemon/lime soda

Serves: approximately 20 people.

Single servings use 1 (10 ounce) can juice and 1 (10 ounce) bottle lemon/lime soda.

IMPERIAL PUNCH

Jean Ray

3 c. orange juice

1 1/2 c. grenadine

1 1/2 c. unsweetened pineapple juice

1 c. sugar

1 1/2 c. lemon juice

6 c. chilled ginger ale

2 c. chilled sparkling water

Blend fruit juices, grenadine and sugar together. Stir until sugar is completely dissolved. Chill thoroughly. When ready to serve, pour fruit juice mixture into a punch bowl, add ginger ale and sparkling water. Stir gently to blend. Garnish with slices of fruit.

ROUMANIA'S PUNCH

Roumania Lasseter

4 c. sweet tea

1 can frozen orange juice

1/2 can pineapple juice

1 can frozen lemonade

1/2 can grapefruit juice

small can apricot nectar

(or 1 can pineapple-grapefruit juice can be substituted)

bottle of white grape juice

Mix above; cool. Serve with a ring of juice, pineapple chunks and cherries.

PERKY PUNCH

Jean Ray

2 qt. cranberry or cranapple juice

1 Tbsp. allspice

2 qt. pineapple juice

1 Tbsp. whole cloves

1 qt. water

1 to 2 slices whole lemons

2 c. brown sugar

4 sticks cinnamon, broken

Put liquid in bottom of coffee-pot--other in basket--then perk. Serves: 30 cups.

PUNCH

Emogene Griffeth

2 pkg. lime Kool-Aid 1 large can pineapple juice
1 qt. apple juice 2 large cans frozen lemonade
2 large cans frozen orange juice

Mix Kool-Aid, lemonade and orange juice according to directions on can or package; mix with other juice.

Yield: Makes 3 gallons.

PARTY PUNCH

Belle Lawrence

3 oz. pkg. lime jello 2 (46 oz.) cans pineapple/grapefruit
1 small bottle almond extract juice
1 large ginger ale 2 c. sugar
(2 liter) 3 c. water

Make jello as directed. Add other ingredients. It works well to make ahead and mix all, except ginger ale, and use some liquid to freeze in ice cube tray to keep punch cold during serving rather than dilute with ice cubes. Add ginger ale when ready to serve. Serves 25.

* You can use 1 pineapple and 1 grapefruit juice.

PUNCH

Dorothy O. Warden

3 large cans frozen lemonade 1 qt. ginger ale
1 large can pineapple-grapefruit juice

Yield: Approximately 40 cups.

FRUIT PUNCH

Pat Randolph

2 gal. orange juice 2 qt. grape juice
3 qt. ginger ale 3 small pineapple juices

Mix and serve chilled.

WHITE PUNCH

Billie Goldwire

At least 24 hours before serving: slice thinly 4 lemons and 3 oranges; layer alternately sprinkled with sugar, 1 tablespoon each layer. After layers are completed, pour 1/3 cup Triple Sec liqueur over layers (optional) and fill container with Welch's white grape juice. Cover and store in refrigerator.

When ready to serve: Place 1/2 of jar of orange and lemon mix in a 2 gallon bowl. Add ice ring made of frozen white grape juice

and 48 ounces of white grape juice, and 66 ounces of pale dry ginger ale (A & P Brand). When bowl is almost empty, add the remainder of orange-lemon mix and 48 ounces of grape juice and 66 ounces of ginger ale. Note: 6 gallons will serve 100 people.

Variation for Red Punch:

24 hours before serving, place 1 cup of sliced strawberries and 1/2 cup of sugar in container and fill with Tropicanna Fruit Punch. Note: 1/2 gallon will make enough to marinate strawberries and make an ice ring. When ready to serve, mix with 4 bottles of Welch's Red Grape Juice (24 ounces each) and 4 pale dry ginger ales (28 ounces each). Use 1/2 of strawberry marinade and 2 bottles of each for a 2 gallon punch bowl. Note: If you run out of marinade, use 1 bottle of juice, 1 bottle of ginger ale and 1 cup of Tropicanna fruit punch. Make ice ring out of Tropicanna fruit punch.

HOT REUBEN SANDWICHES

Beth Allen

Use regular or party size bread (rye or pumpernickel). Butter bread and then put sauerkraut, ham, and Swiss cheese on bottom slice. Put top slice on sandwich ingredients. Heat and serve.

HOT SANDWICH

Nancy Fendley Mitchell

On slice of white bread place 1 slice bologna, next 1 slice tomato, then 1 slice sharp cheese. Top with 1 teaspoon mayonnaise. Heat in oven at 350° until cheese melts and bread is slightly brown.

S. C. CUCUMBER TEA SANDWICHES

Nancy Maxwell

2 cucumbers, peeled & chopped	1 small onion, grated
1/2 c. slivered almonds,	salt & pepper to taste
toasted & finely chopped	mayonnaise to bind
bread with crust removed	

Drain cucumbers well. Mix with next 4 ingredients (onion, almonds, salt and pepper, mayonnaise). Drain again. Spread at last minute on finger slices of bread or on bread rounds. Sprinkle paprika on top.

GRILLED CHEESE

Joan Cushing

2 slices bread (buttered on outside)	2 slices American cheese (or favorite sliced cheese)
	mustard

(Cont.)

Heat electric skillet to about 300°. Place slice of bread in skillet (butter side down). Place slice of cheese on bread, spread with mustard. Place second slice of cheese and top with bread (butter side up).

Heat until cheese softens and bread toasts. Turn and toast other side. Serve with pickle slices and potato chips.

HAM AND SWISS ON BISCUITS

Barbara Conine

- | | |
|---|--|
| 1 (6 3/4 oz.) can tender chunk ham,
or can use chicken or tuna | 2 tsp. prepared mustard |
| 1 tsp. instant minced onion | 1 (10 oz.) can Hungry Jack Flaky
Biscuits |
| 1 tsp. poppy seed (can be
omitted) | 5 (4 x 4) natural Swiss cheese
slices |
| 2 Tbsp. margarine, melted | |

Heat oven to 375°. Combine first 5 ingredients, reserve 1/3 cup. Separate dough into 10 biscuits. Press 5 biscuits to 3 1/2 inch circles on ungreased cookie sheet. Spoon scant 1/4 cup meat mixture onto each flattened biscuit. Fold cheese slices into quarters. Place over meat mixture, pressing slightly. Spoon remaining mixture (meat) over cheese.

Press remaining 5 biscuits to 4 inch circles, slightly stretch over top of meat mixture. Sprinkle poppy seed over top. Do not seal edges. Bake at 375° for 10 to 15 minutes. Serve warm.

Makes 5.

CURRIED FRUIT

Ginger Westlund

- | | |
|-----------------------|----------------------------|
| 1 (2 1/2) can peaches | large can pineapple chunks |
| 1 (2 1/2) can pears | 1 jar cherries |
| 2 cans apricots | |

Drain fruit (overnight is best in refrigerator).

Mix:

- | | |
|--------------------------------------|---|
| 1/2 c. melted butter or
margarine | 3/4 c. brown sugar
3 tsp. curry powder |
|--------------------------------------|---|

Pour over fruit.

Bake at 350° for 1 hour or less - until bubbly (30 minutes to 1 hour).

PINEAPPLE CHEESE CASSEROLE

Diane Banke

- | | |
|-----------------------------|------------------------------------|
| 20 oz. can pineapple chunks | 1/2 c. sugar |
| 3 Tbsp. flour | 1 c. shredded sharp cheddar cheese |
| 1/2 c. margarine, melted | 1/2 c. Ritz crackers, crumbled |

Drain pineapple, reserving 3 tablespoons juice. Combine sugar and flour. Slowly, stir in reserved pineapple juice. Add cheese and pineapple chunks. Mix well. Put into a greased 1 quart casserole dish.

Combine margarine and crumbs. Sprinkle on top. Bake at 350°, 20 to 30 minutes.

AUSTRIAN BREAD DUMPLINGS

Eliot Lawrence

These make a good starch to accompany goulash, stroganoff, sauerkraut and pork chops, lentils, or with tomato sauce as a topping, and are excellent served with red cabbage.

10 to 12 slices white bread,	2 eggs
cubed, left in cookie sheet to	2 c. plain flour
dry for a day or use day old	1/2 c. milk
bread	1 1/2 tsp. Crisco
1/2 medium white onion	

In a small fry pan, melt Crisco, then add chopped onion and saute until light brown. Put bread cubes in a medium mixing bowl and pour Crisco and onion over the bread and mix well with large spoon. Add slightly beaten eggs and mix again. Add flour, stir well. Add milk. Use your hands (your family may want you to wash them first) and mix the bread/liquid dough. Knead the dough until it doesn't stick to your hands - adding a little more flour or milk if needed.

In a large soup pot of boiling, salted water drop doughball made by moistening hands in cold water and shape dough in a ball, into water. Should make 5 to 7 dumplings. Stir once to keep from sticking to the pot; when dumplings rise to the top of the water, let them boil for 20 minutes (uncovered), then remove, quarter and top with desired topping.

MARY ELLEN'S DUMPLINGS*

Elinor Allwine

1 c. all purpose flour	1/2 c. milk
1/2 tsp. salt	2 Tbsp. melted fat
1 1/2 tsp. baking powder	

Mix and roll out like pie crust. Cut into 1 x 2 inch pieces. Bring chicken stock to rolling boil. Drop dumplings in one at a time. Cover and cook until done. This is supposed to serve two but don't count on it.

* This recipe came from my mother (Inez Nash) who got it from her mother (Grandmaw Taylor). We never did find out who Mary Ellen was.

Write extra recipes here:

Basic Kitchen Information



Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If
Used - Kitchens by Kleweno



THUMB INDEX



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EQUIVALENTS

3	tsps.	-----	1	tblsp.
4	tblsp.	-----	$\frac{1}{4}$	cup
$5\frac{1}{8}$	tblsp.	-----	$\frac{1}{8}$	cup
8	tblsp.	-----	$\frac{1}{2}$	cup
$10\frac{2}{3}$	tblsp.	-----	$\frac{2}{3}$	cup
12	tblsp.	-----	$\frac{3}{4}$	cup
16	tblsp.	-----	1	cup
$\frac{1}{2}$	cup	-----	1	gill
2	cups	-----	1	pt.
4	cups	-----	1	qt.
4	qts.	-----	1	gal.
8	qts.	-----	1	peck
4	pecks	-----	1	bu.
16	ozs.	-----	1	lb.
32	ozs.	-----	1	qt.
8	ozs. liquid	-----	1	cup
1	oz. liquid	-----	2	tblsp.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Eggs

1 egg = 4 tblsp. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups

1 lb. cake = $4\frac{1}{2}$ cups

1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tblsp.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tblsp. grated

Oranges, juice

1 medium = 2 to 3 tblsp.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tblsp. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup

$\frac{1}{4}$ oz. pkg. unflavored = 1 tblsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = $3\frac{1}{2}$ cups

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{3}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{7}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.

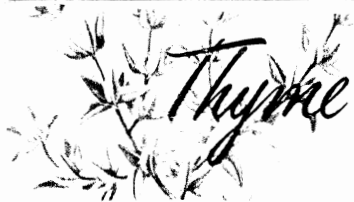


FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.

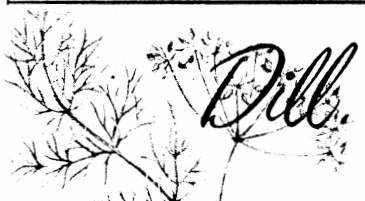


FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves $1\frac{1}{2}$ " long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.



FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.
AVAILABLE whole; ground.



FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.
AVAILABLE whole; ground.



FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.
AVAILABLE whole (dried); flaked; as fresh sprigs.



FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.
AVAILABLE whole; ground.



FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.
AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center, cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder		
Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder		
Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

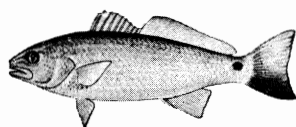
CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	¾ lb.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK - 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, in

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, in

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, for
 - French toast
- Dry crumbs, in
 - Brown betty
 - Croquettes
 - Fried chops

- Soft crumbs, in
 - Meat loaf
 - Stuffings

Cake or cookies, in

- Brown betty
- Ice-box cake
- Toasted, with sweet topping,
for dessert

Egg yolks, in

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, in

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, in

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, in

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, in

- Cakes, cookies
- Quick breads

Cooked potatoes, in

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder





Quantities to Serve 100 People



COFFEE	- 3 LBS.
LOAF SUGAR	- 3 LBS.
CREAM	- 3 QUARTS
WHIPPING CREAM	- 4 PTS.
MILK	- 6 GALLONS
FRUIT COCKTAIL	- 2 1/2 GALLONS
FRUIT JUICE	- 4 NO. 10 CANS (26 LBS.)
TOMATO JUICE	- 4 NO. 10 CANS (26 LBS.)
SOUP	- 5 GALLONS
OYSTERS	- 18 QUARTS
WEINERS	- 25 LBS.
MEAT LOAF	- 24 LBS.
HAM	- 40 LBS.
BEEF	- 40 LBS.
ROAST PORK	- 40 LBS.
HAMBURGER	- 30-36 LBS.
CHICKEN FOR CHICKEN PIE	- 40 LBS.
POTATOES	- 35 LBS.
SCALLOPED POTATOES	- 5 GALLON
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
BAKED BEANS	- 5 GALLON
BEETS	- 30 LBS.
CAULIFLOWER	- 18 LBS.
CABBAGE FOR SLAW	- 20 LBS.
CARROTS	- 33 LBS.
BREAD	- 10 LOAVES
ROLLS	- 200
BUTTER	- 3 LBS.
POTATO SALAD	- 12 QUARTS
FRUIT SALAD	- 20 QUARTS
VEGETABLE SALAD	- 20 QUARTS
LETTUCE	- 20 HEADS
SALAD DRESSING	- 3 QUARTS
PIES	- 18
CAKES	- 8
ICE CREAM	- 4 GALLONS
CHEESE	- 3 LBS.
OLIVES	- 1 3/4 LBS.
PICKLES	- 2 QUARTS
NUTS	- 3 LBS. SORTED

To serve 50 people, divide by 2
To serve 25 people, divide by 4





how to make
26
new fillings

**QUANTITY
AND
FAMILY SIZE
RECIPES**

fillings

**make the
sandwich**



for lunch boxes

for outdoor eating



HAWAIIAN HAM SANDWICH 6 SERVINGS 24 SERVINGS

Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

O'HARA'S SANDWICH

Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

TANGY TONGUE SANDWICH

Mix Well	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

CHEESE PIMIENTO SANDWICH

Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

EAST COAST SANDWICH 6 SERVINGS 24 SERVINGS

Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE

Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

**STUDD
PEANUT BUTTER SANDWICH**

Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

		6 SERVINGS	24 SERVINGS
LIVER SAUSAGE SALAD SANDWICH			
Mix Well	Liver sausage	1/2 pound	2 pounds
	Chopped celery	1/4 cup	1 cup
	Chopped sweet pickle	1/4 cup	1 cup
	Chopped onion	1 tablespoon	1/4 cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	3/4 cup

		6 SERVINGS	24 SERVINGS
TASTY TREAT HAMBURGER			
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds
	Chopped onion	1/4 cup	1 cup
	Chili sauce	2 tablespoons	1/2 cup
	Worcestershire sauce	1/2 teaspoon	2 teaspoons
	Salt and pepper to taste		

		6 SERVINGS	24 SERVINGS
SPICY HAM SANDWICH			
	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	1/8 teaspoon	1/2 teaspoon

		6 SERVINGS	24 SERVINGS
CREAM CHEESE CRUNCH			
Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Sliced stuffed olives	1/2 cup	2 cups

		6 SERVINGS	24 SERVINGS
CANADIAN DOUBLE DECKER			
<i>First Layer—</i>			
	Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
<i>Second Layer—</i>			
	Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)

		6 SERVINGS	24 SERVINGS
CHAMPION TWO STORY			
<i>First Layer—</i>			
	Sliced cooked chicken	1/2 pound	2 pounds
<i>Second Layer—</i>			
	Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	1/2 cup
	Chopped olives	2 tablespoons	1/2 cup
	Chopped sweet pickle	1 tablespoon	1/4 cup
	Salad dressing	2 tablespoons	1/2 cup
	Prepared mustard	2 teaspoons	3 tablespoons



FOR SMALL FRY

		6 SERVINGS	24 SERVINGS
BANANA PEANUT BUTTER WINNER			
	Peanut butter	3/4 cup	3 cups
	Banana, sliced	3 medium	12 medium
SUNSHINE SPECIAL			
Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups

		6 SERVINGS	24 SERVINGS
CALIFORNIA DELIGHT			
Mix Well	Peanut butter	3/4 cup	3 cups
	Orange juice	1/2 cup	2 cups
	Shredded orange rind	1 tablespoon	1/4 cup
	Shredded coconut	1/2 cup	2 cups

		6 SERVINGS	24 SERVINGS
APPLE CHEESE TOASTY			
	Apple sauce, topped with:	1/2 cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

		6 SERVINGS	24 SERVINGS
CHICKEN WALDORF SANDWICH			
Mix Well	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	1/2 cup	2 cups
	Chopped apple	1/2 cup	2 cups
	Chopped nuts	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup



for hearty lunching

OPEN FACE

Arrange ingredients on buttered bread in order listed.
Place under broiler about 10 minutes or until toasted

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS	ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
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Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL

Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

Mix Well

Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES

SEAFOOD SUPREME

Crabmeat salad:		
Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

Mix Well

CHEF'S CHICKEN SANDWICH

Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts

HEAVENLY

HAMBURGER BAKE

	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread



is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.



TUNA SOUFFLE SANDWICH

	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



6 Easy Steps

TO THE

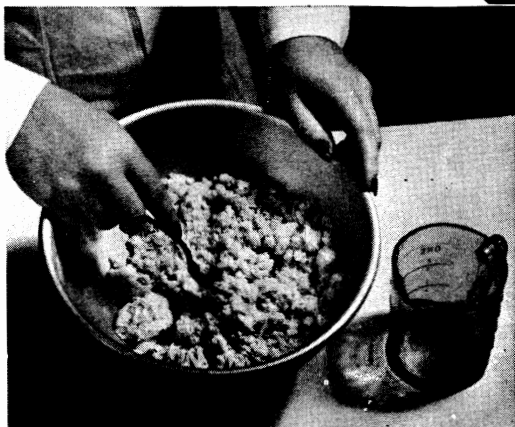


1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup vegetable shortening. 2 cups flour, and cold water.

2 Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.

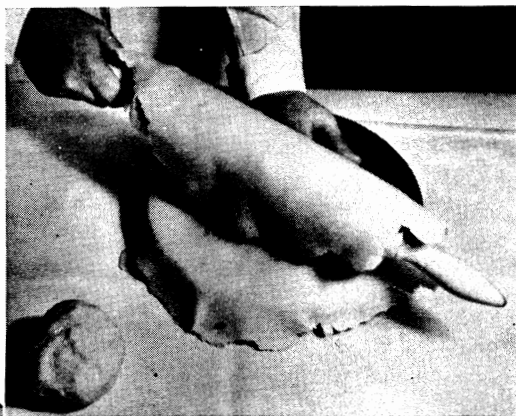


3 Add 3 to 6 table-spoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.



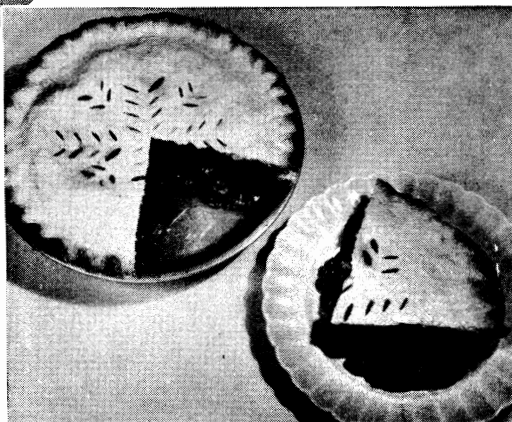
Perfect Pie

4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce ---

with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is **105 to 125** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is **125 to 145** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is **145 to 165** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	5 ounces
<i>Vegetable (cooked)</i>	2 ounces
<i>Salad</i>	3 ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

HELPFUL INFORMATION

WWW

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is **165 to 185** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	2 ounces
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	6 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

Age

Height

Weight

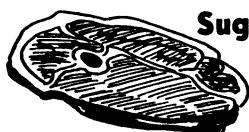
Desired
Weight

WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.



Suggested Menus For Your Diet



MONDAY

Breakfast

Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner

Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast

Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner

Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



Breakfast

Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast

Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch

Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner

Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee

THURSDAY

Breakfast

Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner

Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper

Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

FRIDAY *

Breakfast

Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee



Lunch

Tongue and spinach
Pickled beet salad
Pumpnickel Butter
Raspberries
Milk Tea

Dinner

Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast

Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner

Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee



Dinner

Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet



MONDAY

Breakfast

Orange juice
Poached egg Frizzled dried beef
Toast Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread Butter
Grapes Tea
Milk

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread Butter
Broiled grapefruit
Milk Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread Butter
Milk Tea

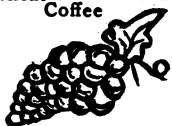
Dinner

Roast leg of lamb
Brussels sprouts
Bread Butter
Blueberries
Milk Coffee



Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg Broiled ham slice
Toast Coffee

Lunch

Cold roast lamb
String beans Carrot sticks
Bread Butter
Milk Steamed apple Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread Butter
Milk Sliced peaches Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread Butter
Milk Pineapple Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread Butter
Milk Raspberries Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread Butter
Plums
Milk Tea

FRIDAY *

Breakfast

Orange juice
Baked egg in Canadian-style bacon cup
Toast Butter

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread Butter
Milk Grapes Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread Butter
Watermelon
Milk Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread Butter
Cherries
Milk Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread Butter
grapefruit
Milk Coffee



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls Radish roses
Bread Butter
Milk Strawberries Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x 1/4"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/4" x 1 1/2"	23.2	233
Shank	4	Pc. 3 1/4" x 2 1/2" x 1 1/2"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 1 1/2"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332
Round	4	Sl. 5" x 3 1/2" x 1 1/4"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 3/4" x 3/4"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 1 1/2"	20.9	332
Round	4	Pc. 3" x 3" x 1 1/2"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/2" x 1 1/4" x 1 1/4"	22.3	262
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 1 1/2"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x 1 1/2"	21.6	276
Shoulder	4	Sl. 5" x 3" x 1 1/2"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3 1/2" x 3" x 1 1/2"	18.2	408
Loin	4	Chop 3/4" th.	19.7	349
Shoulder	4	Pc. 4 1/4" x 3 1/4" x 3/4"	16.1	464
Roasts				
Boston butt	4	Sl. 4 1/4" x 3 1/2" x 3/4"	19.9	327
Loin	4	Sl. 3 1/2" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 1 1/2"	10.6	147
Veal				
Chops				
Loin	4	Chop 5/8" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2 1/4" x 1 1/2"	22.9	223
Loin	4	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211
Rib	4	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241
Shoulder	4	Sl. 5" x 2 1/2" x 1 1/2"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2 1/4" x 1 1/2"	23.4	191
Shoulder	4	Pc. 5" x 3" x 1 1/2"	23.3	202
Sirloin	4	Pc. 4" x 2 1/4" x 1 1/2"	23.0	211
Stew (breast)	4	4 pc. 2 1/4" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2 1/4" x 1 1/4" x 1"	12.6	152
Heart (av.)	4	1/2 ht. 3" dia. x 3 1/4" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/4" x 1 1/4"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2 1/4" x 3/4"	17.7	119
Lamb	3	2 sl. 3 1/2" x 2" x 3/4"	18.9	118
Pork	3	2 sl. 3 1/2" x 2" x 3/4"	17.7	116
Veal	3	2 sl. 3" x 2 1/4" x 3/4"	17.1	122
Sweetbread				
Tongue	4	Pc. 4" x 3" x 3/4"	18.2	216
	3	3 sl. 3" x 2" x 1 1/4"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4 1/4" dia. x 1/4" th.	4.4	65
Frankfurter	2	2 5/8" lg. x 3/4" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x 1/4" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3 1/4" x 1 1/2"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	1/2 breast	21.0	110
Leg	2 1/2	1 av.	14.7	88
Thigh	2 1/2	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3 1/2	1/2 c. (diced)	23.1	139
Light meat	3	1/2 c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3 1/2	Sl. 4" x 3" x 1 1/2"	23.2	177
Light meat	3 1/2	Sl. 4" x 3" x 1 1/2"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	5 med.	12.8	77
Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Crab, canned	3	2 1/2 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	96
Flounder	3 1/2	Pc. 4" x 3" x 3/4"	19.0	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	1 1/2 c.	15.6	74
Fresh	2 1/2	1 av.	12.2	63
Mackerel	2 1/2	3/4 fish 7" lg.	14.3	119
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	2 1/2 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	10.1	80
White fish	4	Pc. 3 1/4" x 3" x 1 1/2"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	3/4		.1	73
Cheese, cottage	2	1/4 c.	9.6	51
Cream, coffee	1/2	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

WOMEN

Height		Weight	
Ft.	In.	15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk					Lettuce				
Buttermilk	7	1 gl.	7.0	72	Head	3 1/2	1/4 head 4" dia.	1.2	18
Evaporated	4	1/2 c.	8.4	167	Leaf	1/2	1 leaf	.2	3
Skim	7	1 gl.	7.0	72	2 leaves	1	2 leaves	.1	2
Whole	7	1 gl.	7.0	138	Mushrooms	3 1/2	5 caps 2 1/4" dia.	2.6	15
Eggs	1 1/2	1 med.	6.4	79	Okra	2	5 pods	1.0	21
POTATOES,					Onions				
White	2	1 small 2 1/2" lg. x 2" dia.	1.2	51	Dried	3	1 onion 2" dia.	1.2	42
VEGETABLES					Green	3/4	3 med.	.2	7
Artichokes	3 1/2	1/2 lge.	2.9	63	Parsley	1	2 sprigs	.1	1
Asparagus	3 1/2	7 stalks 6" long	2.3	27	Pumpkin	3 1/2	1/4 c.	1.2	36
Beans, string	3 1/2	2 1/2 c.	2.4	42	Radishes	1	3 radishes 1" dia.	.4	7
Beet greens	3 1/2	2 c.	2.0	33	Rutabagas	3 1/2	1/4 c.	1.1	41
Beets	3 1/2	2 c. or 2 1 1/4" dia.	1.6	46	Sauerkraut	3 1/2	1/4 c.	1.1	18
Broccoli	3 1/2	2 stalks 5" lg.	3.3	37	Spinach	3 1/2	1/4 c.	2.3	25
Brussels sprts.	3 1/2	1/2 c.	4.4	58	Squash				
Cabbage	3 1/2	1 1/2 hd. 4 1/2" dia.	1.4	29	Summer	3 1/2	1/4 c.	.6	19
Carrots	3 1/2	2 carrots 5" lg.	1.2	45	Winter	3 1/2	1/4 c.	1.5	44
Cauliflower	3 1/2	1/2 c.	2.4	31	Tomatoes				
Celery	1 1/2	Pc. 8 1/2" lg. or 2 hts.	.2	3	Canned	3 1/2	1/4 c.	1.2	25
Chard, Swiss	3 1/2	1/2 c.	1.4	25	Fresh	3 1/2	1 tomato 2" dia.	1.0	23
Chicory	1	10 sm. leaves	.4	7	Juice, canned	4	1/4 c.	1.2	28
Cucumbers	2	8 sl. 3/4" th.	.7	17	Turnip greens	3 1/2	1/4 c.	2.9	37
Eggplant	2	Sl. 3 1/2" dia. x 3/8" th.	.8	11	Turnips				
Endive, French	1/2	2 stalks	.2	4	White	3 1/2	1/4 c.	1.1	35
Green pepper	3 1/2	1/4 c. or pc. 4" x 1 1/4"	2.1	36	Yellow (see rutabagas)				
Kohlrabi	3 1/2	1/4 c. (diced)			PICKLES				

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

BREAD AND CEREAL PRODUCTS

Cereals				
Bran, whole	3/4	1/2 c.	2.5	67
Cornflakes	1/2	1/2 c.	1.3	56
Farina,				
enriched	3/4	1/2 c. (sc. 2 T. dry)	2.3	71
Oatmeal	3/4	1/2 c. (1/4 c. dry)	3.1	77
Rice				
Puffed	1/2	1/2 c.	.7	36
White	1	1/2 c. (2 T. dry)	2.3	105
Wheat				
Flakes	3/4	1/2 c.	2.4	74
Puffed	1/2	1/2 c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	3/4	Sl. 4" x 3 1/2" x 1 1/2"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x 1/4"	.6	19
White, ench	3/4	1 sl. (com'l) thin	1.6	50
Whole wheat	3/4	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	1/2	1 cracker 3" sq.	1.0	54
Saltine	1/2	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2 1/4" x 2 1/4"	.6	25
Zwieback	3/4	1 pc. 3 1/4" x 1 1/4" x 1/2"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

FRUITS

Apples	3 1/2	1 apple 2 1/4" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3 1/2	3/4 c.	1.2	62
Blueberries	3 1/2	2/3 c.	.6	68
Cantaloupe	3 1/2	1/2 melon 5" dia.	.8	29
Cherries, sweet	3 1/2	15 cherries 7/8" dia.	1.2	87
Grapefruit	3 1/2	1/2 med. 3 3/4" dia.	.5	44
Grapes				
Concord	3 1/2	34 av.	1.4	78
Green s'dless	3 1/2	40 sm.	.8	74
Malaga or				
Tokay	3 1/2	21 av.	.8	74
Honeydew melon	4	1 1/2" sl. 7" melon	.9	42
Oranges	3 1/2	1/2 orange 4" dia.	.5	51
Peaches	3 1/2	1 med.	.7	70
Pears	3 1/2	1 sm.	.4	58
Pineapple	2 1/2	1 sl. 4" dia. x 1 1/4" th.	.5	39
Plums	3	1 plum 1 1/4" dia.	1.1	64
Raspberries	3 1/2	10 strawberries 1" dia.	.8	41
Strawberries	5	1 sl. 6" dia. x 3/4" th.	.8	51
Watermelon				
FRUIT JUICES				
Grapefruit, can'd	4	1/2 c.	.6	49
Orange	4	1/2 c.	.7	66
Pineapple, can'd	4	1/2 c.	.4	65
Tomato (see vegetables)				

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a size that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
Fruits and vegetables		Meat—Continued	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
Fruit juice concentrates:		Poultry	
Apple.....	12	Chicken:	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
Vegetables:		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	Turkey:	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	Cooked chicken and turkey:	
		Chicken or turkey dinners	
Baked goods		(sliced meat and gravy).....	6
Bread and yeast rolls:		Chicken or turkey pies... ..	6
White bread.....	3	Fried chicken.....	4
Cinnamon rolls.....	2	Fried chicken dinners....	4
Plain rolls.....	3		
Cakes:		Fish and shellfish	
Angel.....	2	Fish:	
Chiffon.....	2	Fillets:	
Chocolate layer.....	4	Cod, flounder, had-	
Fruit.....	12	dock, halibut,	
Pound.....	6	pollack.....	6
Yellow.....	6	Mullet, ocean perch,	
Danish pastry.....	3	sea trout, striped	
Doughnuts:		bass.....	3
Cake type.....	3	Pacific Ocean perch.....	2
Yeast raised.....	3	Salmon steaks.....	2
Pies (unbaked):		Sea trout, dressed.....	3
Apple.....	8	Striped bass, dressed....	3
Boysenberry.....	8	Whiting, drawn.....	4
Cherry.....	8	Shellfish:	
Peach.....	8	Clams, shucked.....	3
		Crabmeat:	
Meat		Dungeness.....	3
Beef:		King.....	10
Hamburger or chipped		Oysters, shucked.....	4
(thin) steaks.....	4	Shrimp.....	12
Roasts.....	12	Cooked fish and shellfish:	
Steaks.....	12	Fish with cheese sauce... ..	3
Lamb:		Fish with lemon butter	
Patties (ground meat)....	4	sauce.....	3
Roasts.....	9	Fried fish dinner.....	3
Pork, cured.....	2	Fried fish sticks, scallops,	
Pork, fresh:		or shrimp.....	3
Chops.....	4	Shrimp creole.....	3
Roasts.....	8	Tuna pie.....	3
Sausage.....	2		
Veal:		Frozen desserts	
Cutlets, chops.....	9	Ice cream.....	1
Roasts.....	9	Sherbet.....	1

How To Convert To Metric System

Length

When You Know:	Multiply by:	To Find:
millimeters	0.04	inches
centimeters	0.4	inches
meters	3.3	feet
kilometers	0.6	miles
inches	2.54	centimeters
feet	30	centimeters
yards	0.9	meters
miles	1.6	kilometers

Weight

When You Know:	Multiply by:	To Find:
grams	0.035	ounces
kilograms	2.2	pounds
ounces	28	grams
pounds	0.45	kilograms

Volume

When You Know:	Multiply by:	To Find:
milliliters	0.2	teaspoons
milliliters	0.07	tablespoons
milliliters	0.03	fluid ounces
liters	4.23	cups
liters	2.1	pints
liters	1.06	quarts
liters	0.26	gallons
teaspoons	5	milliliters
tablespoons	15	milliliters
fluid ounces	30	milliliters
cups	0.24	liters
pints	0.47	liters
quarts	0.95	liters
gallons	3.8	liters

Temperature

When You Know:	Multiply by:	To Find:
degrees Celsius	9/5, and add 32	degrees Fahrenheit
degrees Fahrenheit	5/9 (after subtracting 32)	degrees Celsius

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** *From Washables*

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary **BEFORE** drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** *From Washables*

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. **CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** *From Washables*

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

Words

The six most important words in the English language:
I admit I made a mistake.
The five most important words: You did a good job.
The four most important words: What is your opinion?
The three most important words: If you please.
The two most important words: Thank you.
The one most important word: We.
The one least important word: I.

More Words

Happiness is like potato salad — when you share it with others, it's a picnic.
Just about the time you think you can make ends meet, somebody moves the ends.
Be careful how you live — you may be the only bible some people read.
A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

Birthdays

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is loving and giving,
Thursday's child works hard for a living,
Friday's child is full of woe,
Saturday's child has far to go,
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters				Month					Dominical Letter							
Year of the Century	Centuries				January, October Feb., Mar., Nov. <i>Jan., Apr., July</i> May June <i>February, August</i> Sept., Dec.					A	B	C	D	E	F	G
	1700, 2100	1800, 2200	1900, 2300	2000, 2400						D	A	F	G	C	B	E
* Denote Leap-Years										E <th>C</th> <th>D</th> <th>E</th> <th>F</th> <th>G</th> <th>A</th>	C	D	E	F	G	A
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FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison.) Always call for help promptly.

CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

SWALLOWED POISONS

1. Make patient vomit, if so directed, BUT NOT IF:
 - Patient is unconscious or is having fits.
 - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
 - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
 - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
 - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

EYE OR SKIN CONTACT — Wash thoroughly with tap water.

INHALATION — Remove from exposure to fumes.

CALL FOR HELP PROMPTLY

Doctor's Home Phone

Doctor's Office Phone

IF YOUR DOCTOR IS NOT AVAILABLE CALL

POISON CONTROL CENTER _____ HOSPITAL _____

POLICE _____ RESCUE SQUAD _____

Be sure to have 1-oz. Syrup of Ipecac in your home.

FIRST AID IN HOUSEHOLD EMERGENCIES

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- *Dilute* poison with large amounts of liquids — milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.



FRACTURES: Pain, deformity or swelling. If fracture is suspected, do not move. Immobilize, if necessary, and then only if the suspected limb is lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burn in cool water. Cover with dry sterile cloth or gauze dry dressing. Apply antiseptic ointment or spray. Call doctor for severe burns.

- If burn case must be transported at once.
- Don't dress extensive facial burns.

WOUNDS: Minor Cuts—Apply pressure to stop bleeding. Use antiseptic recommended by doctor. Cover with gauze. **Puncture**—Cover with sterile gauze. Consult doctor immediately. Serious injuries call doctor.

ANIMAL BITES: Wash wounds freely with soap and water. Run running tap for several minutes if possible. Call doctor and cover with sterile gauze. Do not use antiseptic immediately. So that animal may be held by owner.

HEAT EXHAUSTION: Caused by exposure to heat. Symptoms: face, moist and clammy skin, weakness, dizziness, usually unconscious.

Treatment: Keep victim lying down. Give salt water to drink (1 tsp. salt to 1 quart water). Call doctor.

GENERAL DIRECT

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*
Business is poor—*Ps. 37, 92; Eccl. 5.*
Discouraged—*Ps. 23, 42, 43.*
Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*
Friends seem to go back on you—*Matt. 5; I Cor. 13.*
Sorrow overtakes you—*Ps. 46; Matt. 28.*
Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*
Things look "blue"—*Ps. 34, 71; Isa. 40.*
You seem too busy—*Eccl. 3:1-15.*
You can't go to sleep—*Ps. 4, 56, 130.*
You have quarreled—*Matt. 18; Eph. 4; James 4.*
You are weary—*Ps. 95:1-7; Matt. 11.*
Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*
Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*
Are jealous—*Ps. 49; James 3.*
Are impatient—*Ps. 40, 90; Heb. 12.*
Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*
Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*
Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*
Satisfied with yourself—*Prov. 11; Luke 16.*
Seeking the best investment—*Matt. 7.*
Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*
You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*
Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*
You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*
Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*
The Shepherd Psalm—*Ps. 23.*
The Birth of Jesus—*Matt. 1, 2; Luke 2.*
The Beatitudes—*Matt. 5:1-12.*
The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*
The Sermon on the Mount—*Matt. 5, 6, 7.*
The Great Commandments—*Matt. 22:34-40.*
The Great Commission—*Matt. 28:16-20.*
The Parable of the Good Samaritan—*Luke 10.*
The Parable of the Prodigal Son—*Luke 15.*
The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*
The Last Judgment—*Matt. 25.*
The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*
The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*
Have experienced severe losses—*Col. 1; I Peter 1.*
Have been disobedient—*Isa. 6; Mark 12; Luke 5.*
Need forgiveness—*Matt. 23; Luke 15; Philemon.*
Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*
Think God seems far away—*Ps. 25, 125, 138; Luke 10.*
Are leaving home—*Ps. 119; Prov. 3, 4.*
Are planning your budget—*Mark 4; Luke 19.*
Are becoming lax and indifferent—*Matt. 25; Rev. 3.*
Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*
Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*
Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*
Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*
Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*
Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

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NOTES:

NOTES:

Vanilla Ice Cream

2 qt	4 qt	5 qt	6 qt	
1 c	2 c	2 1/2 c	3 c	Milk
1 c	1 3/4 c	2 1/4 c	2 3/4 c	Sugar
dash	1/2 t	1/2 t	3/4 t	Salt
1 c	2 c	2 1/2 c	3 c	Half & Half
1 1/2 t	1 T	1 1/2 T	2 T	Vanilla Extract
2 c	4 c	5 c	6 c	Whipping cream

Scald milk. Remove from heat. Add Sugar & Salt. Stir until dissolved. Stir in half & half, Vanilla, and whipping cream. Cover & refrigerate 30 min. Freeze as directed.

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Add

Strawberry (pureed) ^{to chilled mixture before freezing}
1 1/2 c for 2 qt → 1 1/2 c
4 c 4 qt → 4 c
5 c 5 qt → 5 c
6 c 6 qt → 6 c

1988

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DATES TO REMEMBER

	1988	1989	1990
NEW YEAR'S DAY	Friday January 1	Sunday January 1	Monday January 1
DR. KING'S BIRTHDAY	Monday January 18	Monday January 16	Monday January 15
LINCOLN'S BIRTHDAY	Friday February 12	Sunday February 12	Monday February 12
VALENTINE'S DAY	Sunday February 14	Tuesday February 14	Wednesday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 15	Monday February 20	Monday February 19
ASH WEDNESDAY	Wednesday February 17	Wednesday February 8	Wednesday February 28
ST. PATRICK'S DAY	Thursday March 17	Friday March 17	Saturday March 17
PALM SUNDAY	Sunday March 27	Sunday March 19	Sunday April 8
GOOD FRIDAY	Friday April 1	Friday March 24	Friday April 13
EASTER	Sunday April 3	Sunday March 26	Sunday April 15
PASSOVER (First Day)	Saturday April 2	Thursday April 20	Tuesday April 10
MOTHER'S DAY	Sunday May 8	Sunday May 14	Sunday May 13
NATIONAL MEMORIAL DAY (Traditional — Always Observed May 30)	Monday May 30	Monday May 29	Monday May 28
FATHER'S DAY	Sunday June 19	Sunday June 18	Sunday June 17
INDEPENDENCE DAY	Monday July 4	Tuesday July 4	Wednesday July 4
LABOR DAY	Monday September 5	Monday September 4	Monday September 3
ROSH HASHANAH	Monday September 12	Saturday September 30	Thursday September 20
YOM KIPPUR	Wednesday September 21	Monday October 9	Saturday September 29
COLUMBUS DAY (Observed)	Monday October 10	Monday October 9	Monday October 8
HALLOWEEN	Monday October 31	Tuesday October 31	Wednesday October 31
ELECTION DAY	Tuesday November 1	Tuesday November 7	Tuesday November 6
VETERAN'S DAY	Friday November 11	Saturday November 11	Sunday November 11
THANKSGIVING	Thursday November 24	Thursday November 30	Thursday November 29
CHANUKAH	Sunday December 4	Saturday December 23	Wednesday December 12
CHRISTMAS	Sunday December 25	Monday December 25	Tuesday December 25

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Shower Punch

A delicious, fruity punch perfect for a bridal, baby, or any other type of shower or special event.

Ingredients

- 1 pint strawberries or 1 jar maraschino cherries
- 2 oranges, sliced
- 16 ounces Canada Dry Ginger Ale
- 1 can Hawaiian Punch
- 1 46-ounce can pineapple juice
- 1 2 liter Canada Dry ginger ale

Instructions

1. Prepare ice ring ahead of time and freeze.
2. Place sliced strawberries and oranges in the bottom of a bundt pan.
3. Pour ginger ale over the fruit and freeze overnight.
4. Pour Hawaiian Punch and pineapple juice into punch bowl.
5. Remove ice ring from bundt pan and float on top.
6. Right before serving punch, slowly add ginger ale to the other ingredients.

Variations:

7. You can also make this punch more of an everyday party drink by replacing the ice ring with a quart of your favorite sherbert such as orange, lemon, pineapple, or strawberry. It makes the punch have a fun and frothy top that kids just love.



Harvest Pear Crisp



Cinnamon-spiced pears bake under a crunchy streusel topping in this easy dessert. Assemble the dish ahead of time, and put it in the oven when guests arrive. Or bake it earlier in the day and serve it at room temperature. Serve with low-fat vanilla ice cream.



Randy Mayor; Jan Gautro

6 cups Anjou or Bartlett pears, cored and cut lengthwise into 1/2-inch-thick slices (about 3 pounds)
1 tablespoon fresh lemon juice
1/3 cup granulated sugar
1 tablespoon cornstarch
1 1/2 teaspoons ground cinnamon, divided
1/3 cup all-purpose flour
1/2 cup packed brown sugar
1/2 teaspoon salt
3 tablespoons chilled butter, cut into small pieces
1/3 cup regular oats
1/4 cup coarsely chopped walnuts

Preheat oven to 375°.

Combine pears and lemon juice in a 2-quart baking dish; toss gently to coat. Combine granulated sugar, cornstarch, and 1 teaspoon cinnamon; stir with a whisk. Add cornstarch mixture to pear mixture; toss well to coat.

Lightly spoon flour into a dry measuring cup; level with a knife. Place flour, 1/2 teaspoon cinnamon, brown sugar, and salt in a food processor; pulse 2 times or until combined. Add chilled butter; pulse 6 times or until mixture resembles coarse meal. Add oats and walnuts; pulse 2 times. Sprinkle flour mixture evenly over pear mixture.

Bake at 375° for 40 minutes or until pears are tender and topping is golden brown. Cool 20 minutes on a wire rack; serve warm or at room temperature.

Yield: 8 servings

CALORIES 285 (24% from fat); FAT 7.7g (sat 3g, mono 1.8g, poly 2.2g); IRON 1.2mg; CHOLESTEROL 12mg; CALCIUM 42mg; CARBOHYDRATE 55.5g; SODIUM 197mg; PROTEIN 2.4g; FIBER 5.1g

Cooking Light, SEPTEMBER 2002

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Print 4x6 Recipe Cards

Print this recipe out and cut along the dotted lines to add this 4x6 recipe card to your personal collection.

The Chewy

Recipe courtesy Alton Brown



1

Ingredients

2 sticks unsalted butter
2 1/4 cups bread flour
1 teaspoon kosher salt
1 teaspoon baking soda
1/4 cup sugar
1 1/4 cups brown sugar
1 egg
1 egg yolk
2 tablespoons milk
1 1/2 teaspoons vanilla extract
2 cups semisweet chocolate chips
Hardware:
Ice cream scooper (#20 disher, to be exact)
Parchment paper
Baking sheets

Mixer

2

Directions

Heat oven to 375 degrees F.

Melt the butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside.

Pour the melted butter in the mixer's work bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, 2 tablespoons milk and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in the chocolate chips.

Chill the dough, then scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 14 minutes or until golden brown, checking the cookies after 5 minutes. Rotate the baking sheet for even browning. Cool completely and store in an airtight container.

Untitled

Homemade Kentucky Blackberry Cobbler

Blackberry Cobbler is a very easy recipe, the only catch is that it takes about 45-55 minutes in the oven to go through the bubbling, caramelizing, browning process (now that doesn't sound too bad, does it?). The cobbler batter is a wonderful base that I could eat directly with a spoon if I didn't have the promise of blackberry heaven in my immediate future. It is akin to biscuits, and doesn't have sugar in the batter itself...that comes with the blackberries to create a nice glazed crust on top. For warmer weather, you can serve the cobbler with warmed cream (which I chose), or with fresh whipped cream-whatever makes you happy.

Traditional Recipe

2 1/2 C Fresh blackberries, washed
1 C Sugar
1 C Flour
2 t Baking powder
1/2 t Salt
1 C Milk
1 Stick of unsalted butter, melted

First you should take care of the blackberry and sugar mixture because it needs to sit for a while. Stir together just the berries and sugar in a large bowl and let it sit out for 25-30 minutes. This will coax out the juices of the blackberries so that they can be sweetened up by the sugar, and we can taste the full spectrum of the fruit-this process is called macerating.

After about 20 minutes, you should turn on the oven to about 375° and start preparing your batter.

Stir together the flour, baking powder, salt, and milk with a wooden spoon. Next, stir in the melted butter and hand-mix it until the ingredients are well incorporated and you have few clumps.

Pick out a clean baking dish- a smaller one will do- pour in the batter and smooth it out. You can choose to line it with parchment paper or not, but don't grease the pan (there is enough butter in there already!). Finally, pour the macerated blackberries on top with all the sugar included and evenly distribute it over the batter.

Bake this promising pan of happiness in the oven for 45 minutes to an hour, depending on how golden you prefer it to be. Let it set up for a good 15 minutes so it will hold its shape. It will be bubbling like crazy and quite hot, so be careful!

This hour goes a little like this: you can hear it bubbling through the vent behind the stove, you can smell the buttery dough caramelizing with the sugar, and you can see the dotted crown of blackberries creating that quintessential golden cobbler crust. It is a marvel to have in your oven, let me tell you!

Serve warm or room temperature with warmed cream or fresh whipped cream. You can store this at room temperature with foil over it for 2-3 days, probably longer in the fridge...but it never lasts that long for me!

Piccadilly's Carrot Souffle

SERVES 6 (change servings and units)

Ingredients

- 1 1/2 lbs carrots, cooked
- 6-8 tablespoons butter
- 3 eggs
- 1/4 cup flour
- 1 1/2 teaspoons baking powder
- 3/4-1 cup sugar
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon

1 1/2 tsp Vanilla

Directions

1. Put in food processor until smooth.
2. Pour into greased baking dish.
3. Bake at 350 degrees for one hour.

Piccadilly's Carrot Souff

| 1 1/2 hours | 25 min prep |

One of the most-often-requested recipes from Piccadilly Cafeterias.

SERVES 6 (change servings and units)

Ingredients

1 3/4 lbs peeled carrots
3/4 cup sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons vanilla
2 tablespoons flour
3 eggs
1/4 lb margarine, softened
powdered sugar

Directions

- 1 Steam or boil carrots til extra soft& drain well.
- 2 While carrots are warm, add sugar, baking powder and vanilla.
- 3 Whip with mixer til smooth.
- 4 Add flour and mix well.
- 5 Whip eggs separately and add to mixture, blending well.
- 6 Add margarine and blend well.
- 7 Pour mixture into baking dish-ABOUT HALF FULL--as the souffle will rise.
- 8 Bake@ 350 about 1 hour or until top is light brown.
- 9 Sprinkle lightly with powdered sugar before serving.

Pancake mix

6c flour

$\frac{1}{4}$ tsp baking soda per cup

$\frac{1}{2}$ tsp baking powder per cup

$\frac{1}{2}$ tsp salt

1tsp sugar per cup flour

Wet:

Every 2 c dry mix:

- 4 T melted butter
- 2 eggs separated
- 2 c buttermilk

Sponsored by:



Basic 1-2-3-4 Cake

Recipe courtesy Paula Deen

Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	—	Easy	3 layer cakes
Cook Time:	25 min		



Ingredients

- 1 cup (2 sticks) butter, at room temperature
- 2 cups sugar
- 4 eggs
- 3 cups sifted self-rising flour
- 1 cup milk
- 1 teaspoon pure vanilla extract

Directions

Preheat oven to 350 degrees F.

Grease and flour 3 (9-inch) cake pans. Using an electric mixer, cream butter until fluffy. Add sugar and continue to cream well for 6 to 8 minutes. Add eggs, 1 at a time, beating well after each addition. Add flour and milk alternately to creamed mixture, beginning and ending with flour. Add vanilla and continue to beat until just mixed. Divide batter equally among prepared pans. Level batter in each pan by holding pan 3 or 4 inches above counter, then dropping it flat onto counter. Do this several times to release air bubbles and assure you of a more level cake. Bake for 25 to 30 minutes or until done. Cool in pans 5 to 10 minutes. Invert cakes onto cooling racks. Cool completely and spread cake layers with your favorite frosting to make a 3-layer cake.

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home cooking/susan's recipe

IN SUSAN'S KITCHEN

Bread winner



Susan Westmoreland
Food Director

I took my first trip to Ireland recently and fell in love—with brown bread. Its nutty flavor and chewy texture captivated me, so once I came home, I tried to re-create the recipe. Happily, Aisling O'Callaghan of the Longueville House inn in County Cork, where I had my first bite, shared her technique. Irish “brown flour” is coarser than ours, but after a few tests and the opinions of a few Irish friends, I found a winning loaf. It's a cinch to put together—and full of whole grains.



● Brown Bread

Heat a baking sheet in a 350°F. oven. In a large bowl, stir together 2 cups whole wheat flour, 2 cups all-purpose

flour, 1½ cups wheat bran, 1 cup wheat germ, and 1½ teaspoons each baking soda and salt. Cut up half a stick of butter and rub it into the flour with your fingers. Stir in 2¼ cups buttermilk. Knead 5 or 6 times and shape into a ball; flatten to a 9-inch disk. Remove baking sheet from oven and place loaf in center. Cut an X about ½ inch deep across disk. Bake 1 hour, rotating pan once halfway through baking. Transfer to wire rack; cover with a clean kitchen towel. Let stand 1 hour before slicing. Serve plain or with butter or your favorite Irish cheese.

Send us your best recipes and tips

If we publish one, we'll send you a cookbook. E-mail us at ghfood@hearst.com or write to Home Cooking, GH, 300 West 57th St., New York, NY 10019.



TOSS
SOME
SLICES
IN YOUR
SALAD

In season: avocados

In October, the Mexican avocado crop is abundant. Look for the Hass variety, with pebbly skin that turns darker as it ripens—usually after a day or two at room temperature. If your avocados are ready before you are, refrigerate them. These heart-healthy fruits are a good source of folate, fiber, and vitamin E. Try these ideas:

- **Mash** avocado with salt and pepper and spread on toast or on a sandwich in place of mayonnaise.
- **Stir** diced avocados, chopped cilantro, and minced fresh jalapeño chile into a prepared three-bean salad.
- **Spread** mashed avocado on a French roll and sprinkle with blue cheese for a quick lunch.
- **Slice** and add to a classic tomato-and-mozzarella salad.
- **Try** chunks of avocado with hearts of palm, sliced Belgian endive, and a lime vinaigrette for a south-of-the-border salad.

cook for a cause

Indulge your girly side with Bialetti pink cookware. The sweet-looking pots and pans turn out a mean omelet or hearty chili. For each set sold or given to a GH reader, \$10 will be donated to the National Breast Cancer Foundation. Ten readers will receive an eight-piece set (worth \$119.99). See page 247 for details. ►



free!

Can This Melt-in-Your-Mouth Muffin Defeat Breast Cancer?

Try this recipe to make super-tasty muffins using ground flaxseed. Flax contains lignans, plant-based compounds known to shrink existing breast and colon cancer tumors and stop new ones from forming in test tube and animal studies. Now that's a healthy snack!

1½ c	oat bran	1 c	brown sugar
1 c	all-purpose flour	1 c	buttermilk
1 c	flaxseed, ground	½ c	canola oil
1 c	wheat bran	2	eggs
1 Tbsp	baking powder	1 tsp	baking soda
½ tsp	salt	1½ c	golden raisins
2	oranges, quartered and seeded		

1. Preheat the oven to 375°F. Line two 12-cup muffin pans with paper liners, or coat the pans with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder, and salt. Set aside.

2. In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda. Blend well.

3. Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins.

4. Divide batter evenly among muffin cups. Bake for 18 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans for 5 minutes before removing to a cooling rack.

Makes 24 muffins

Per muffin: 186 cal, 4 g pro, 30 g carb, 8 g fat, 1 g sat. fat, 18 mg chol, 3 g fiber, 140 mg sodium, 4 g flaxseed

***Note:** We know this muffin is higher in fat than what we usually recommend. However, nearly half of the fat is alpha-linolenic acid—the plant version of omega-3, which is sorely missing from most diets. We think it's worth finding room for this muffin in your daily low-fat plan.

Recipe courtesy of Flax Council of Canada and Saskatchewan Flax Development Commission.



chipotle ranch ribs

with chocolate pretzel parfaits

TOTAL TIME

35 minutes

MAKES 6

SERVINGS



APRON'S ADVICE

Complete your meal with a fresh salad blend, baked beans, and garlic bread.

Allow ribs to cook an extra 15 minutes for more tenderness.

If the sodium in the ribs is a concern, you can choose a seasoning that's lower in sodium, and see a reduction of 35% or more.



Bring your family back to the table.

FOR MORE RECIPES, VISIT
publix.com/aprons

SHOPPING LIST

Meat

3 lb pork baby back ribs

Produce

2 cups fresh cherries

Dry Grocery

1 cup bacon/onion ranch salad dressing

2 tablespoons chipotle hot sauce

1/2 cup thin pretzel sticks

6 coconut macaroon cookies

1 (3.4-oz) box instant vanilla pudding mix

2 tablespoons barbecue seasoning

1/2 cup chocolate hazelnut spread

From Your Pantry

2 cups reduced-fat milk

Aluminum foil

COOKING SEQUENCE

- Prepare ribs and begin to bake - 10 minutes
- Prepare suggested side dishes - 5 minutes
- Prepare parfaits; serve - 20 minutes

chipotle ranch ribs

INGREDIENTS

- 3 lb pork baby back ribs
- 2 tablespoons barbecue seasoning
- 1 (24x12-inch) sheet aluminum foil
- 1 cup bacon/onion ranch salad dressing
- 2 tablespoons chipotle hot sauce

STEPS

1. Preheat oven to 450°F. Coat ribs with barbecue seasoning; place in center of foil (wash hands). Combine ranch dressing and hot sauce; pour over ribs. Bring up foil sides; then double-fold top and ends to seal the packet.

2. Place on baking sheet; bake 25 minutes. Serve.

CALORIES (per 1/6 recipe) 640kcal; FAT 55g; CHOL 175mg; SODIUM 1500mg;
CARB 4g; FIBER 0g; PROTEIN 34g; VIT A 0%; VIT C 0%; CALC 6%; IRON 15%

chocolate pretzel parfaits

INGREDIENTS

- 2 cups fresh cherries
- 6 coconut macaroon cookies
- 1/2 cup thin pretzel sticks
- 1 (3.4-oz) box instant vanilla pudding mix
- 2 cups cold reduced-fat milk
- 1/2 cup chocolate hazelnut spread

PREP

- Remove cherry stems and pits; chop coarsely.
- Chop cookies and pretzels into bite-size pieces.

STEPS

1. Whisk together pudding mix and milk, in medium bowl, for 2 minutes. Whisk in chocolate spread; chill 5 minutes to thicken.

2. Layer in six parfait (or dessert) dishes, one-half each of the pudding, cookie pieces, cherries, and pretzel pieces; then repeat layers with remaining half. Serve.

CALORIES (per 1/6 recipe) 320kcal; FAT 10g; CHOL 5mg; SODIUM 480mg;
CARB 53g; FIBER 3g; PROTEIN 5g; VIT A 4%; VIT C 2%; CALC 10%; IRON 4%

2c Self rising flour
1c Sugar

Cut in $\frac{1}{2}$ c butter + $\frac{1}{3}$ c Crisco

Add ~~after~~ approx. 1c milk little
at a time until have thick batter.

Spoon berries on top Bake at 400°
approx - 30 min
Pull temp down to 275 (check after 10 min)
(ripples in middle + cover)

Nacho Pie

1 LB. hamburger - fried and
drained

1 pkg. TACO SEASONING

1 8oz JAL TACO SAUCE

1 15oz CAN Refried BEANS
cheddar cheese (shredded)

Add TACO seasoning to
cooked hamburger. Add
water and ~~oil~~ according
to package directions. Add
TACO SAUCE AND BEANS
and mix well. Put in
casserole and cover with
cheese (as much as you want)
Bake at 350° for 30 minutes.
You can also add chopped onions,
Black olives and/or jalapeno peppers.
Serve with Nacho chips (and ^{sour} cream)

Piecrust From Scratch

PREP 10 minutes
plus chilling

2 1/2 c. all-purpose flour
1 tsp. granulated sugar
3/4 tsp. salt
1 c. (2 sticks) very cold
butter, cut into cubes
6 Tbsp. ice water
1 Tbsp. heavy cream
1 to 2 tsp. coarse
sanding sugar

1. In food processor, pulse
flour, granulated sugar
and salt until combined.
Add butter; pulse 25 to 30
times in 1-sec. bursts until
butter is in sm. bits. Add
ice water, 1 Tbsp. at a time,
pulsing 3 times between
additions in 1-sec. bursts
or until dough holds
together when pressed
between fingers.

2. Cover work surface with
2 lg. pieces plastic wrap,
overlapping to make a cross
shape. Pour half of dough
into center of plastic wrap;
use wrap to help press and
shape dough into ball, then
press firmly into round
disk. Wrap tightly and
refrigerate at least 30 min.
Repeat with 2 more
pieces plastic wrap and
remaining dough.

3. Remove 1 dough disk
from refrigerator; let stand
at room temperature 2 to
3 min. to prevent cracking.
On lightly floured surface,
roll out dough to 12-in.
round, rolling from center
to edge and turning and
lightly flouring dough to
prevent sticking. Repeat
with remaining dough
disk. Before baking,
brush crust with heavy
cream and sprinkle with
sanding sugar.

Key to lattice OR cut out
cookie design tops - roll out
1/8" thick 77

I Love St. Jude!

Vidalia Onions

2 med onions in rings

1 c water

1/2 c sugar

1/4 c wine vinegar or
apple cider vinegar

2 T Mayo

1 tsp celery seed.

Combine Sugar H₂O & Vinegar
& stir 'til sugar is
dissolved. Separate onions
into rings & mix with
vinegar H₂O. Chill 3 hrs

mix Mayo & Celery Seed
drain onions & mix Mayo &
seed w/ onions
OR mix all together & onions



St. Jude Children's Research Hospital

1-800-822-6344

Recipe for: Fat free Carrot muffins 280 c. 0g fat
1mg cholesterol
From: Makes: 8 440 mg sodium

2 $\frac{1}{4}$ c flour	1 $\frac{1}{2}$ c carrots finely shredded
$\frac{1}{2}$ c sugar	1 8oz vanilla nonfat yogurt
1 t cinnamon	$\frac{1}{2}$ c egg substitute
1 t salt	$\frac{1}{2}$ c unsweetened apple sauce
1 t baking soda	$\frac{1}{2}$ c seedless raisins
$\frac{1}{2}$ t baking powder	$\frac{1}{3}$ c light brown sugar (packed)
$\frac{1}{4}$ t ginger	1 t vanilla 1 t 10x sugar

Preheat oven 350°F. Combine flour, sugar, cinnamon, salt,

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baking soda, baking powder, & ginger. With wire whisk or fork in another bowl, mix carrots, yogurt, egg substitute, applesauce, raisins, brown sugar, and vanilla until well-blended. With spoon, stir flour mixture into carrot mixture just until flour is moistened.

Spoon batter into greased pan. Bake 30 minutes or until toothpick inserted in center of each muffin comes out clean. Cool in pans 10 minutes. Sprinkle w/ confectioner's sugar.

Each muffin: 280 calories, 0g fat, 1mg cholesterol,
440 mg sodium.

TOUCHDOWN CHOCOLATE BARS

(Makes 24 to 36 bars)

- 1 $\frac{3}{4}$ cups unsifted flour**
- 1 cup sugar**
- $\frac{1}{4}$ cup Hershey's® Cocoa**
- $\frac{1}{2}$ cup cold margarine or butter**
- 1 egg, beaten**
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- 2 cups (12-ounce package) Hershey's® Semi-Sweet Chocolate Chips**
- 1 cup chopped nuts**

Preheat oven to 350°. Combine flour, sugar and cocoa; cut in margarine until crumbly. Add egg; mix until well blended. Reserve $1\frac{1}{2}$ cups crumb mixture. Press remainder evenly on bottom of greased 13x9-inch baking pan. Bake 10 minutes. In saucepan, combine Eagle® Brand and 1 cup Hershey's® Chocolate Chips. Over low heat, cook and stir until chips melt and mixture is smooth. Spread evenly over prepared crust. Add nuts and remaining 1 cup Hershey's® Chocolate Chips to reserved crumb mixture; sprinkle evenly over top. Bake 25 to 30 minutes or until center is set. Cool. Cut into bars. Store covered at room temperature.

Prep time: 15 minutes