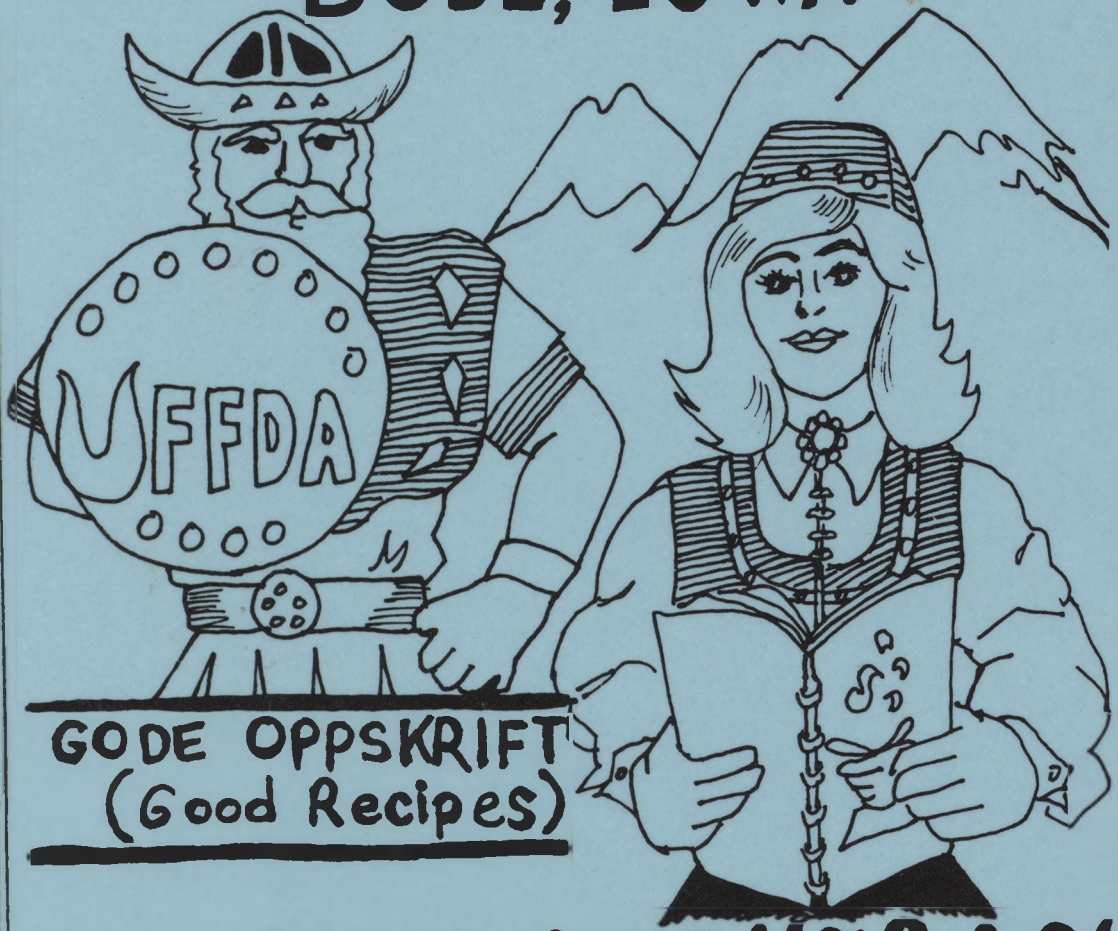
1870 - 1995

QUASQUICENTENNIAL

BODE, IOWA



GODE OPPSKRIFT
(Good Recipes)

ST. OLAF LUTHERAN CHURCH

ST. OLAF LUTHERAN CHURCH
BODE, IOWA

September through May
Sunday School --------- 9:30 a.m.
Sunday Worship------- 10:30 a.m.

June through August
Sunday Worship-------- 9:30 a.m.

DEDICATION

We wish to dedicate this cookbook to the pioneer women of St. Olaf Lutheran Church of Bode for their love of cooking and their strong faith in God. Their strong Norwegian heritage still emulates throughout the younger generation of the community today – 125 years later.

GOD'S STEADFAST LOVE ENDURES FOREVER!

EXPRESSION OF APPRECIATION

The Cookbook Committee would like to thank everyone who helped in the preparation of this cookbook by sharing both their time and their recipes.

COOKBOOK COMMITTEE

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Cover Designed by Mary Ann Johnson

Dividers Designed by Ronna Lounsbery

MONGA TUK!

Recipe For Heaven

1 cup of faith and spread generously through Each lovly day God has given you

add 1 package of hope to every good deed And thank God for giving you graces you need

2 cups of shaedly all around To your friend and neighors anyone you found

Bake for a lifetime and ice it with love

And you have the recipe for heaven above

Ron HANKINS
4th GRADE

PRAYERS AND POEMS

(Sing to the tube of Edelweiss.)
Bless our friends, Bless this food.
Come, O Lord, and sit with us.
May we all dwell in peace,
Wrap your friendship around us.
Friendship and Love
May they bloom and grow,
Bloom and grow, forever.
Bless our friends, Bless our food.
Come, O Lord, and be with us.

God bless not only food and drink, but what we do and what we think. And grant that in our work and play, we might love Thee more each day. Amen.

For what we are about to receive, may the Lord make us truly thankful. Amen.

MY JELLY BEAN PRAYER

Red is for the blood He gave,
Green is for the grass He made.
Yellow is for the sun so bright,
Orange is for the edge of night.
Black is for the sins we made,
White is for the grace He gave.
Purple is for His hours of sorrow,
Pink is for our new tomorrow.
A bag full of jelly beans
Colorful and sweet,
Is a prayer, is a promise
And everyone's treat! Amen.

Bless, oh Lord, the food we are about to eat, that it may benefit us in mind and body. And should any poor unfortunate be on the road hungry or thirsty, show him the path straight to our door that we may share our food with him as You share all good things with us. Amen.

Dear Lord, we thank Thee for this food; we pray Thee bless it to our good. Keep us, love us every day. And may we never from Thee stray. Amen.

Bless our lives, bless our homes, bless our every endeavor. Warm us all with Your love, and our love for each other. Friendship and joy, may they fill our hearts, thankfulness forever. Bless this food, precious Lord, as we eat it together. Amen.

Father in Heaven, we thank Thee for the closeness we feel as we gather here. Bless the food we are about to share, and as we go our separate ways, be very near. Amen.

For health and food, for love and friends, for everything Thy goodness sends. Father in Heaven we thank you. Amen.

A CHILD'S PRAYER

Thank the Lord for this good day,
For all our food and all our play.
Help us to sleep well through the night,
And to be a good girl (boy) in Thy sight.
Bless the one I love,
I pray, in Jesus name. Amen.
The prayer I said as a child at bedtime.
Ronna Lounsbery

As You blessed the loaves and fishes, bless the food upon our dishes. Like the sugar in our tea, may our lives be stirred by Thee. Amen.

Heavenly Father, bless this food before us, the friends beside us and the love between us. Amen.

Come, Lord Jesus, be our guest. Let this meal to us be blessed. Amen.

Kind Father, smile on us. Give us humble and thankful hearts for these and all Thy blessings. Amen.

BASEBALL PLAYER PRAYER

Almighty Father, you who are called the "Mighty Umpire" in this game of life, we are not sure what uniforms we should wear. While we may be Angels in Spirit, in reality we are Giants in pride, Dodgers of responsibility and Tigers in ambition. When it comes to faith, we find ourselves in the minor leagues; when it comes to knowledge of your Word, we are not even sure of the ground rules. Therefore, we are thankful for your mercy when we find ourselves in foul territory; for your forgiveness when we commit one error after another; for your uplifting spirit when we find ourselves in the pitfalls of a slump. Dear God, may our game plan be your will and our response a sellout crowd with standing room only. And, when our number if retired here on earth, may we rejoice to hear you call our, "SAFE", in His name who gives final victory to all who believe. Amen.

For sun, for rain, for grass and grain. For all who toil on sea and soil, that we may have our daily food. We give our loving thanks, dear Lord. Amen.

We give Thee thanks, oh Lord, for this food, the security of our home, the freedom of our country. May this food nourish us in body and spirit, helping us to do Your Will so that we may together praise you forever. Amen.

At this table be our Host, Father, Son and Holy Ghost. Food and drink are from above, tokens of Thy heavenly love. Amen.

Verse from our WELCA yearbook.

Every morning
Lean your elbows awhile
On the windowsill
Of Heaven
And gaze upon the Lord...
Then turn strong
To meet your day.

Isn't it strange
How princess and Kings
And clowns that caper
In sawdust rings –
And common folk
Like you and me
Are all builders for Eternity.

Each is given
A kit of tools
A shapeless mass
And a book of rules.
And each must build
Ere life has flown,
A stumbling block or a stepping stone.

A Cook's Dilemma

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

A Farm

A farm is a hunk of land on which, if you get up early enough mornings and work late enough nights, you'll make a fortune – if you strike oil.
Irene Hanson

THE WORST BAD WORD IN THE WORLD

Try to think of all the words
That you could live without;
Make a list of all those words
And throw the worst word out.

It's not a very easy task,
You might just rave and rant;
But don't give up before you find
The worst bad word is "Can't".

CHEWING THE FAT

Have you ever noticed that when we talk –
No matter what the mood –
That without an effort, a phrase or word
Refers to a certain food?
As his goose is cooked, or I chickened out,
And he is quite a ham;
How she went bananas and spilled the beans,
And now we're in a jam.
Our new car's a lemon, but she's a peach –
A good egg, we might say;
And as easy as pie is the job we have,
Yet beef about the pay.
So at times our words are a tasty treat –
No ifs, no ands, no buts –
For our conversational smorgasbord
Is served from soup to nuts.

A Little

Quite often a little is better than much,
Especially with flavors and seasons and such.
A wee bit of garlic in salad is nice,
And a little sufficient when using a spice.

A little salt's needed, but much spoils the taste,
And food cooked too long will often cause waste.
A little good feasting when not in excess
May lift up the spirits and nourish and bless.

A little cool shower, a little warm sun
Is good for the garden and good for some fun.
A little cosmetics may enhance a pale face
But too much is certain to be a disgrace.

Some hours for working and others for play
Are best for us all and make a good day.
A little relaxing can be a delight,
A little of most things is just about right.

Laila Kinseth

Finding It In The Bible

To Find:

The Ten Commandments – Exo. 20; Deut. 5
The Shepherd Psalm – Ps. 23
The Birth of Jesus – Matt. 1, 2; Luke 2
The Beautitudes – 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 Judgement – Matt. 25
The Crucifixion, Death and Resurrection of Jesus – Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John 13-21
The Outpouring of the Holy Spirit – Acts 2

(Continued Next Page)

FINDING IT IN THE BIBLE (CONTINUED)

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

IF YOU:

Are challenged by opposing forces – Eph. 6; Phil. 4
Are facing a crisis – Job 28:12-28; Prov. 8; Isa. 55
Are jealous – Ps. 49; James 3
Are impatient – Ps. 40, 90; Heb. 12
Are bereaved – I Cor. 15; 1 Thess. 4:13-5:28; Rev. 21, 22

WHEN:

Are bored – II Kings 5; Job 38; Ps. 103, 104; Eph. 3
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

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FINDING IT IN THE BIBLE (CONTINUED)

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
Desiring inward peace – John 14; Rom. 8
Everything is going well – Ps. 33:12-22; 100; I Tim. 6; James 2:10-17
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 1:1-19; Prov. 2; II Cor. 8:1-15
Making a new home – Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:10-17; 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

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Standard Abbreviations:

tsp.	=	teaspoon
T.	=	tablespoon
c.	=	cup(s)
pt.	=	pint
qt.	=	quart
gal.	=	gallon
oz.	=	ounce(s)
lb.	=	pound
pkg.	=	package
sq.	=	squares
sm.	=	small
med.	=	medium
lg.	=	large
min.	=	minute
hr.	=	hour

Oven Temperatures:

Slow Oven	250° - 300°
Moderate Oven	325° - 350°
Moderate Quick	375°
Moderate hot	400°
Hot	425° - 450°
Extremely Hot	475° - 500°

Contents Of Standard Cans:

8 oz. can	=	1 cup
Picnic	=	1 1/4 cup
No. 300	=	1 3/4 cup
No. 1 tall	=	2 cups
No. 303	=	2 cups
No. 2	=	2 1/2 cups
No. 2 1/2	=	3 1/2 cups
No. 3	=	4 cups
No. 5	=	7 1/4 cups
No. 10	=	13 cups

Equivalent Measures:

3 tsp.	=	1 tablespoon
4 T.	=	1/4 cup
5 1/8 T.	=	1/3 cup
16 T.	=	1 cup
2 c.	=	1 pint
4 c. (2 pts.)	=	1 quart
4 qts. (liquid)	=	1 gal.

Metric Quantity & Equivalent:

1 ml	=	slightly less than 1/4 teaspoon
2 ml	=	slightly less than 1/2 teaspoon
5 ml	=	1 teaspoon
15 ml	=	1 tablespoon
25 ml	=	1 T. plus 1 tsp.
50 ml	=	1/4 c. minus 2 tsp.
125 ml	=	1/2 c. plus 1 1/2 tsp.
250 ml	=	1 c. plus 1 T.
500 ml	=	1 pt. plus 2 T.
1 L	=	1 qt. plus 1/4 c.

Metric Weights:

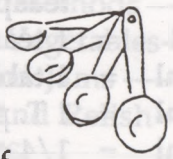
30 g	=	1 oz. plus a lg. pinch
125 g	=	1/4 lb. plus 1/4 oz.
250 g	=	1/2 lb. plus less than 1 oz.
500 g	=	1 lb. plus 1 2/3 oz.
0.750 kg	=	1 1/2 lbs. plus 2 1/2 oz.
1 kg	=	2 lbs. plus 3 1/2 oz.

Use Liters for measuring dry and liquid ingredients. Use grams for measuring solids by weight.

SUBSTITUTIONS

(Recipe results will vary using substitutions. Use only in emergency circumstances.)

1 c. sugar	1 1/3 c. brown sugar **or** 1 1/2 c. powdered sugar
1 c. honey	1 1/4 c. sugar plus 1/4 c. liquid
1 c. brown sugar	1 c. granulated sugar and 2 T. molasses
1 c. powdered sugar	1 c. sugar and 1 T. cornstarch. Blend in blender.
1 sq. unsweetened chocolate	3 T. cocoa plus 3 T. shortening
1 oz. bitter chocolate	4 T. cocoa plus 2 T. butter
6 oz. pkg. semi-sweet chocolate pieces, melted	2 sq. unsweetened chocolate plus 2 T. shortening and 1/2 c. sugar
1 c. milk	1/2 c. evaporated milk plus 1/2 c. water **or** 1/4 c. nonfat dry milk plus 7/8 c. water plus 2 tsp. butter
1 c. sweet milk	1 c. buttermilk plus 1/2 tsp. baking soda
1 c. half and half	7/8 c. milk plus 1/2 T. butter **or** 1/2 c. coffee creamer and 1/2 c. milk
1 c. butter	1 c. vegetable shortening plus 1/2 tsp. salt
1 T. cornstarch (for thickening)	2 T. flour
1 T. flour (for thickening)	1/2 - 2/3 T. cornstarch
1 c. cake flour, sifted	1 c. minus 2 T. all-purpose flour plus 2 T. cornstarch. Sift well.
1 c. self-rising flour	1 c. all-purpose flour plus 1 1/2 tsp. baking powder and 1/2 tsp. salt
1 tsp. baking powder	1/4 tsp. baking soda plus 5/8 tsp. cream of tartar **or** 2 egg whites, beaten and folded in.
2 T. minced onion	1 tsp. onion powder
1 c. tomato juice	1/2 c. tomato sauce, and 1/2 c. water
2 c. tomato sauce	3/4 c. tomato paste, and 1 c. water
1 c. marshmallow creme	16 lg. marshmallows (or 1/4 lb.)
1 c. miniature marshmallows	10 lg. marshmallows
10 miniature marshmallows	1 lg. marshmallow



General Meat Cooking Chart

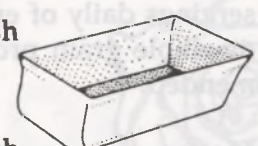
Type		Weight	Minutes Per Pound
PORK:			
Rib or loin, fresh		4 - 8 lbs.	30 - 40
Leg, fresh		5 lbs	25 - 30
Picnic shoulder, fresh or smoked		5 - 10 lbs.	40
Boned and rolled shoulder, fresh		3 - 7 lbs.	60
Ham, smoked		12 - 20 lbs.	18
BEEF:			
Standing Ribs	rare	3 - 8 lbs.	25
	medium	3 - 8 lbs.	30
	well	3 - 8 lbs.	35

Rolled or Boned Roasts.....Use above weights and increase cooking time by 15 to 20 minutes per pound.

LAMB:		
Shoulder, well done	4 - 10 lbs.	40
Shoulder, boned and rolled	3 - 6 lbs.	40
Leg, well done	3 - 6 lbs.	50
Crown, well done	3 - 6 lbs.	50
POULTRY:		
Chicken	3 - 5 lbs.	20
Stuffed	5 lbs. & over	20
Turkey (with or without stuffing)	18 - 20 lbs.	14

Guide To Kitchen Pans

If Recipe Calls For:	Use Either:
4 cup baking dish	A. 9" pie pan B. 8" x 1 1/4" round cake pan C. 7 3/8" x 3 5/8" x 2 1/4" loaf pan
6 cup baking dish	A. 9" x 1 1/2" round cake pan B. 10" pie pan C. 8 1/2" x 3 5/8" x 2 5/8" loaf pan
8 cup baking dish	A. 8" x 8" x 2" square pan B. 11" x 7" x 1 1/2" pan C. 9" x 5" x 3" loaf pan
10 cup baking dish	A. 9" x 9" x 2" square pan B. 11 3/4"x 7 1/2" x 1 1/4" baking pan C. 15" x 10" x 1 " jelly roll pan
12 cup baking dish	A. 13 1/2" x 8 1/2" x 2" glass pan



D.

COMMON FOOD EQUIVALENTS

FOOD	AMOUNT	APPROXIMATE EQUIVALENT
Cheese, American or Cheddar	4 oz.	1 cup, shredded
Cheese, cottage	1 lb.	2 cups
Cheese, cream	3 oz. pkg.	6 tablespoons
	8 oz. pkg.	1 cup
Chocolate, unsweetened	8 oz. pkg.	8 squares (1 oz. each)
Chocolate chips	6 oz. pkg.	1 cup
Cream, dairy sour	8 oz.	1 cup
Cream, whipping	1/2 pt.	1 cup (2 c. whipped)
Flour, all-purpose	1 lb	3 1/2 cups
Flour, cake	1 lb.	4 cups
Lemon juice	1 med. lemon	2 - 3 tablespoons
Margarine or Butter	1 lb.	2 cups
Onion	1 med.	1/2 cup, chopped
Orange juice	1 med.	1/3 - 1/2 cup
Pasta:		
Egg noodles, uncooked	8 oz.	4 - 5 cups
Macaroni, uncooked	2 c.	4 cups cooked
Spaghetti, uncooked	7 - 8 oz.	4 cups
Sugar, brown	1 lb.	2 1/4 cups
Sugar, granulated	1 lb.	2 cups
Sugar, powdered	1 lb.	4 cups

«»«»«»

SUBSTITUTIONS

1 cup whole milk	1/2 c. evaporated milk and 1/2 c. water 1/2 c. condensed milk and 1/2 c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water
1 cup sour milk	1 c. sweet milk and 1 T. lemon juice or vinegar
1 cup sour, heavy cream (for sour milk recipe)	1/3 c. butter and 2/3 c. milk
1 cup sour, thin cream (for sour milk recipe)	3 T. butter and 3/4 c. milk
1 whole egg	2 egg yolks plus 1 T. water (in cookies, etc.) 2 egg yolks (in custards, etc.)
1 cup molasses	1 c. honey
1 cup granulated sugar	1 1/3 c. brown sugar or 1 1/2 c. powdered sugar

1 lb. cornmeal	=	3 c.
1 lb. cornstarch	=	3 c.
1 lemon rind	=	1 T. grated
3 to 4 med. oranges	=	1 c.
1 orange rind	=	2 T. grated
23 soda crackers	=	1 c. crumbs
15 graham crackers	=	1 c. crumbs

Common Food Equivalents

Food	Amount	Approximate Equivalent
Cheese, American or Cheddar	1 lb.	4 cups, shredded
Cheese, cottage	1 lb.	2 cups
Chocolate, unsweetened	8 oz. pkg.	8 squares (1 oz. each)
Chocolate, semi-sweet	6 oz. pkg.	1 cup
Cream, dairy sour	8 oz.	1 cup
Cream, whipping	1/2 pt.	1 cup, whipped
Flour, all-purpose	1 lb.	3-4 cups, sifted
Flour, cake	1 lb.	4 cups, sifted
Lemon juice	1 med. lemon	2-3 tablespoons
Margarine or butter	1 lb.	2 cups
Onion	1 med.	1/2 cup, chopped
Orange juice	1 med.	1/3-1/2 cup
Pasta:		4-5 cups
Egg noodles, uncooked	8 oz.	4 cups cooked
Macaroni, uncooked	2 c.	4 cups
Spaghetti, uncooked	7-8 oz.	4 cups
Sugar, brown	1 lb.	2-1/4 cups
Sugar, granulated	1 lb.	2 cups
Sugar, powdered	1 lb.	4 cups

4 Basic Food Groups

Dairy:
Included in this group are; cheese, yogurt and other milk products. Daily requirements for adults are 2 or more cups. These are needed to maintain healthy teeth and bones; help build and repair body tissue and help convert food into energy.

Fruits & Vegetables:
This group provides sources of Vitamins C and A. These help to maintain healthy body tissue and gums, normal night vision and healthy skin. Adults need 4 servings each day.

Breads & Cereals:
This group provides energy; helps regulate vital body processes and helps convert food into energy. 4 servings daily of enriched, fortified or whole grain products is recommended.

Meat:
This group helps build and repair body tissues; helps regulate the body; converts food into energy. Should have 2 (3-oz.) servings per day. Occasional substitutions would be 4 tablespoons peanut butter or 1 cup dried beans or lentils.

Norsk Mat

Norwegian Food

HISTORY OF LUTEFISK SUPPER

VELKOMMEN TO ST. OLAF NORWEGIAN LUTEFISK SUPPER

Written by Ella Rossing

On the third Thursday in November, all roads lead to Bode for the St. Olaf Norwegian Supper. This is not a buffet or smorgasbord, but a sit-down meal, served family style where everyone eats as much as they want. It had been a voted-on project of the women's organization for many years, but a few years ago the Church Council joined in the decision to make it an annual affair. (The only cancellation was a year during World War II when the fish could not be shipped from Norway.) So this 70th annual supper will continue with lutefisk and lefsa, Norwegian meatballs, boiled potatoes, melted butter, cranberries, carrot and celery sticks, fruit soup or ice cream, Norwegian cookies and plenty of hot, egg coffee. In the past, the menu may have varied slightly, and some even say a chicken casserole was served the first year. All older women remember bringing most things from home. Not just food, but cooking equipment, dishes and even extra kerosene stoves. It was hard work then and it is hard work now, but the cooperation of the whole congregation and a modern kitchen with supplies readily available make a smoother operation.

Of course, one thing remains constant, and that is the smell of the fish. A dry cod, lutefisk means "lye fish", which refers to the process of soaking dry fish in lye water. Many washings of salt water were required to ready it for cooking. Modern methods of drying and shipping from Norway to plants in the United States, plus facilities for soaking and packaging are a great convenience. It still has to be dipped from the water and cut into serving sizes and is a messy, smelly job. Then it must be cooked to a just tender stage by immersing in boiling water. Cheesecloth lines the huge kettles and it is lifted gently from the steaming water onto serving platters. Last year, 800 pounds of lutefisk were used.

(Continued Next Page)

VELKOMMEN TO ST. OLAF NORWEGIAN LUTEFISK SUPPER (CONTINUED)

The beef bones are boiled the day before the supper and the broth is reserved to make the gravy. The gravy committee makes the gravy to pour over the meatballs. The ground meat for meatballs is mixed with seasonings and shaped into meatballs the morning of the supper. Then they are browned in heavy skillets and put into electric roasters to simmer in gravy until serving time. They also keep an eye on the roasters all afternoon so all are cooked just right. Usually 15 roasters are needed.

All congregational members volunteer and choose their own job in preparing and serving the food. There are two shifts in which the first helps get things out and the second helps put them away afterward, and everyone gets to eat sometime. The dining room and fireside room accommodate 21 tables of 8 place settings. Waiters and waitresses wear traditional vests, caps and aprons. The past ten years, Conrad and Phyllis Johnson have volunteered as dining room host and hostess and work so efficiently that everyone is served in record time. People wait in our lovely church and are called to the dining area as soon as space is available. The Johnsons also share their Norwegian heritage by making original Norwegian centerpieces for each table. Afterward, these are sold for just cost and carry a bit of Norway to 21 homes.

Because we plan to serve only a certain number of people, we limit tickets to advance sales only. (Workers pay a reduced price.) In recent years, we served 700 to 800, but have served as many as 1,200 in the past. Tickets are distributed locally and also to Algona, Humboldt and Fort Dodge. To coordinate the planning, cooking, serving and working is the big, big job of those in charge as chairpersons overall. Usually 2 ladies, sometimes 3, and sometimes 2 couples, have accepted this responsibility.

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VELKOMMEN TO ST. OLAF NORWEGIAN LUTEFISK SUPPER (CONTINUED)

Nowadays, roads that lead to St. Olaf do not all come from Norway as was true when Bode was first settled. Now we are of many nationalities and some come from other church denominations. Some prefer lutefisk and others favor Norwegian meatballs, but everyone unites to further the 125 years of heritage of St. Olaf Lutheran Church.

MONGA TUK!
GOD'S STEADFAST LOVE LASTS FOREVER!

ST. OLAF LUTHERAN LUTEFISK SUPPER

Serves Approximately 700 to 800

800 lbs. lutefisk
450 lbs. red potatoes
15 roasters meatballs and gravy
100 lbs butter (50 for melting)
28 doz. dinner rolls
14 gal. cranberries
14 gal. fruit soup
4 (3 lb.) cans coffee
1 lg. dish tub carrot sticks
1 lg. dish tub celery sticks
4 gal. sweet pickles
96 doz. lefse
80 doz. assorted Norwegian cookies
384 c. ice cream (if served)

NUMBER OF WORKERS NEEDED:

Chairpersons: 2 to 4 persons
A Dining Room Host and Hostess
Cut up and water out lutefisk: 5 women and 3 men
Cooking and serving fish: 2 shifts - 8 persons each shift
Cooking bones: 4 women
Making gravy: 2 women
Butter melting and serving: 2 shifts - 2 persons each shift
Making meatballs: 15 to 20 persons
Serving meatballs: 2 shifts - 2 persons each shift
Peeling potatoes: 14 persons
Cooking and serving potatoes: 2 shifts - 3 women and 2 men each shift
Making coffee: 2 shifts - 2 women and 2 men each shift
Prepare cranberries: 5 persons

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ST. OLAF LUTHERAN LUTEFISK SUPPER (CONTINUED)

Prepare relishes: 4 persons
Serve cranberries and relishes: 2 shifts - 2 persons each shift
Lefse: cooking and preparing potatoes - 6 persons
Baking lefse: 17 persons
Serving lefse and buns: 5 persons
Preparing fruit soup: 3 persons
Serving fruit soup and ice cream: 2 shifts - 2 persons each shift
Soften butter for lefse: 2 persons
Car of clean dishes: 2 shifts - 3 persons each shift
Stacking dirty dishes: 2 shifts - 4 persons each shift
Scraping dirty dishes: 2 shifts - 4 persons each shift
Wash and dry dishes: 2 shifts - 12 persons each shift
Empty garbage: 2 shifts - 2 men each shift
Serving cookies: 2 shifts - 2 persons each shift
Waiters and waitresses: 2 shifts - 21 persons each shift
Posters and signs: 2 persons
Distribute tickets to stores: 1 person
Sell tickets at door: 2 persons
Taking tickets at dining hall: 2 persons

Total of 266 workers needed, although many workers help in more than one job category.

Our Scandinavian ancestors did not have the standard English measurements that we use today. Their recipes may have called for all kinds of odd measures.

barneskje (child's spoon)
teskje (half a teaspoon)
spiseskje (one soup spoon)
en smule (a crub of this or that)
knap en liter (not quite a liter)

St. Olaf Supper Recipes

Lefse

110 lbs. Russet potatoes
5 lbs. butter
5 pts. half-and-half
40 lbs. flour
1 box salt
10 lbs. sugar
2 wax paper
Ziploc bags

Need scale to weigh out 10 pounds potatoes to peel. Cut into small pieces and boil with 1 tablespoon of salt per 10 pounds. Cool and rice potatoes. Mix 10 pounds potatoes, 1 cup butter and 1 cup half-and-half. Put into gray silverware holders. Cover with dish towel and put into refrigerator overnight. Next day, mix 3 cups potatoes, 1 teaspoon salt, 1 tablespoon sugar and 1 cup flour. After rolling out and baking the lefse rounds and are thoroughly cooled, then stack with wax paper between every 6. 3 dozen are placed into each plastic bag. All lefse is then frozen. Take out of freezer night before supper to thaw. Lefse is buttered the morning of the supper and put into pop flats which have been lined with aluminum foil. Makes 48 dozen.

Fruit Soup

3 qts. water
2 pkgs. prunes
4 boxes white raisins
4 pkgs. dried apricots
3/4 pkg. currants
2 sticks cinnamon
3/4 c. tapioca
1 1/2 c. sugar
1/2 bottle ReaLemon juice
4 *to* 5 apples to each batch

Cut prunes and apricots into small pieces (shears work well). Add raisins and soak in 3 quarts water overnight. Following day, add currants, cinnamon sticks, tapioca, sugar, lemon juice and apples. Cook soup for approximately 2 hours. After cooked, put in glass or plastic containers and store in cool room (or refrigerate). Make 4 1/2 batches.

Cranberry Relish

35 lbs. cranberries
35 lbs. sugar
6 1/4 doz. oranges (no rind)
6 1/4 doz. apples, pared

Divide into 4 equal parts and grind. Store in plastic containers in cool room (or refrigerate).

COOKING BONES

Beef bones (enough to fill 6 lg. fish kettles (150 lbs.)
6 lg. onions, chopped
Celery leaves, etc. (from 6 celery bunches)
Salt, to taste

Fill kettles with bones. Add water to cover celery, 1 onion (chopped per kettle), celery leaves from 1 bunch of celery and salt to taste. Cook bones for 3 hours. Strain broth and pour into containers. Store in cool room or refrigerate.

MEATBALLS

Meatball mixture equals 2/3 beef and 1/3 pork. Total of 264 pounds of meatball mixture is used. Each batch consists of:

12 lbs. ground meat mixture
2 c. half-and-half
5 T. ground onion
1 tsp. ginger
2 T. cornstarch
1 T. pepper
1/4 c. salt

Mix into balls. Brown well and cover with broth. Heat in roaster throughout the day.

GRAVY FOR MEATBALLS

15 roasters
15 lbs. Wondra flour
8 lb. boxes cornstarch
6 blue enamel kettles of beef broth (from cooking bones)
4 sm. bottles Kitchen Bouquet

Save 2 gallons of broth for thinning gravy. Heat ingredients until thickened. Pour over meatballs.

BOILED EGG COFFEE

1 2/3 c. reg. grind coffee
1 egg
45 *to* 50 c. cold water

4 (3 lb.) cans purchased

Mix coffee with egg and just enough water to make a moist mixture. Bring cold water to boil. Add egg mixture and boil for 3 minutes. Add 1 cup cold water to settle grounds. Strain through cloth-lined strainer into clean pot. Make as needed.

RELISHES

Carrots, cut in sm. strips (enough to fill 1 lg. dish tub)
4 gal. sweet pickles, cut in strips
Celery (8 lbs.), cut in sm. strips

A NORWEGIAN TABLE PRAYER

I Jesu vavn gaar vi til bords,
At spise og drikke paa dit ord,
Dig Gud til aere Os til gavn
Saa faar vi mat I Jesu vavn.

TRANSLATION:

In Jesus' name we go to the table,
To eat and drink upon Thy word.
To Thee, God be glory for these gifts to us,
So we receive our food in Jesus' name.
Amen.

STATEMENTS HEARD BY PROPER, CHEERFUL NORWEGIAN LUTHERAN WOMEN:

1. It's nothing.
2. I'm sorry.
3. You sit down and let me do it.
4. I will be more than happy to help.
5. What can I bring then?
6. Don't think a thing about it.
7. I'll stand. I've been sitting all morning.
8. Mange tusen tak.
9. Give me the dish towel. It's my turn now.
10. You've had a long day. Sit down then.
11. I haven't had my turn.
12. I have nothing better to do.
13. I can easily double the recipe.
14. It's "ing a ting".
15. Keep the dishes coming.
16. Give me the dish towels. I'm washing tomorrow anyway.
17. I'm not helpless.
18. I can be there by 6 in the morning.
19. It's about time I return the favor.
20. Keep me posted. I can get there in a flash.

TRADITIONAL NORWEGIAN FOODS

INSTANT POTATO LEFSE

Janice Pflibsen

Recipe from magazine.

7 oz. pkg. French's instant potatoes
2 tsp. salt
1 T. butter
1 c. rich milk
1 c. boiling water
1 *to* 1 1/2 c. flour

Use enough flour to get the right consistency for the amount of mashed potatoes. To yield 15 (12 inch) rounds, 6 servings of potatoes and 3 to 4 cups of flour are used.

Place the instant potato flakes, salt and butter in mixing bowl. Add boiling water to milk and add the liquid to potato mixture. Mix quickly with wire beater to a thick mashed potato consistency. Add just enough flour to be able to handle dough and roll out on floured board. (No need to let potatoes cool.) Form into balls about 1/4 to 1/2 cup of dough and roll very thin with floured sock-covered rolling pin. May go over with lefse pin. Bake each round on hot electric lefse grill, turning to brown on both sides. While still warm, butter and sugar one side and roll up to eat.

I have used these 2 recipes with success. If you fold to freeze the instant potato ones, they will crack where folded while the fresh potato lefse will not. They both freeze well and do not take very long to thaw. Good luck!

POTATO LEFSE

Janice Pflibsen

10 lbs. Idaho Russet potatoes*
1 c. evaporated milk
1 c. margarine *or* butter

*I have used Colorado Russets with good result, but do not use Northern Russets.

Cook peeled potatoes without salt. Put hot through a ricer, over the margarine so it will melt and can be stirred in with the evaporated milk. Let cool completely. You may also just mash the potatoes, but you run the risk of having a few chunks which cause problems when you are rolling the lefse.

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POTATO LEFSE (CONTINUED)

MEASURE:

3 c. riced potatoes
1 rounded T. sugar
1 tsp. salt
1 scant c. flour

Mix thoroughly, even kneading with your hands. Roll out on floured, cloth covered board with a sock on the rolling pin. It is much easier to get thin with the cloth and sock. If desired, go over with a regular lefse rolling pin at last.

A beginning lefse roller should take only a golf size ball of dough and roll it into a 6 to 8 inch lefse. As you gain experience, you may take more, but will need to lift it, apply a little more flour to the board and rolling pin, turn the lefse over and resume rolling.

Bake on close to a 500° griddle until lightly flecked with brown; turn over and bake the other side. Both sides together should take under 2 minutes to bake with the first side taking the longest. If your lefse is thicker (and it tastes just as good!), it may take a little longer. They need to be cooled between layers of dish towels. After cool, transfer to a plastic bag. If after being in the bag for awhile they are crisp around the edges, you have either baked them too long or worked too much flour into them. They can be softened by putting them between damp towels for a short while.

Do not mix more than the 3 cup batch at a time. The dough will become sticky and hard to handle if it sets too long before rolling out. Refrigeration does help delay the stickiness.

Each 3 cup recipe will make 12 to 13 (12 inch) thin lefse. I get around 7 dozen from 10 pounds of potatoes.

LEFSE

Emma Bratland
Mrs. Norman (Doris) Johnson

6 c. potatoes
2 c. flour
2 T. butter

Russet potatoes are best to use. Cook potatoes and mash; add butter while still warm. Rice potatoes when cold to eliminate lumps. Measure 6 cups potatoes and add 2 cups flour and mix. Roll out similar to pie crust only thinner. Use extra flour as needed. Bake on lefsa iron. Makes about 18.

LEFSE (DRY TYPE) *Ruth Thompson*

1 qt. flour
1 pt. milk, scalded
1/2 tsp. salt
1/4 c. sugar
1/2 c. Crisco *or* shortening of that type

Sift dry ingredients together; add shortening and mix as for pie crust. Add scalded milk and lightly knead on floured board. Allow to cool before baking. Roll lefse as thin as possible. Bake on griddle or lefse plate until light brown. Turn as for pancakes, then stack for storing until you want to use them in a cool, dry place or place in large plastic bag and put in freezer. To use, dip sheet of lefse in shallow pan of lukewarm water, saturating both sides. Place between clean, damp cloths to soak. When lefse has softened, butter and sugar for eating. This recipe makes between 14 to 18 lefse, depending on the size of each one.

LUTEFISK *Unknown*

Soak lutefisk in cold water for 3 to 4 hours before using. Remove dark skin and fins. Cut into serving size pieces. Place in cheese cloth and put on to boil in a kettle of cold water to which salt has been added. Cook about 5 minutes, until fish is tender. Drain and serve with drawn butter or cream sauce.

LUTEFISK *Laila Kinseth*

Prepare in microwave.

Place fish in cookware, skin side down. Place cover on cookware. Do not add water. Place in microwave. Requires approximately 2 minutes per pound of fish. Check with fork. Fork should go through fish similar to a baked potato when done.

KUMLA (POTATO DUMPLING) *Lucille Torgerson*

4 c. grated raw potatoes (in blender)
3 c. flour
2 tsp. salt
1/2 tsp. baking powder

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KUMLA (POTATO DUMPLING) (CONTINUED)

Cook 2 pounds of ham by covering with water and simmering 1 hour. Add dumplings to boiling ham broth by dropping by tablespoon. Boil for at least 1 hour. Serve hot with butter or syrup. Serves 4.

NORWEGIAN MEATBALLS

Marguerite Olson

12 lbs. ground meat
(2/3 beef *and* 1/3 pork)
2 c. half-and-half
2 tsp. cornstarch
2 tsp. ginger
1 T. pepper
1/3 c. salt
3 T. ground onion *or*
dry flakes
Bones from beef *or* use beef
bouillon *and* make gravy

Mix all meatball ingredients very well. Make firm balls and brown. Can do in a 375° oven on jelly roll pan. Cook bones or make gravy with bouillon, adding milk, water, etc. Simmer meatballs in gravy 5 to 6 hours. Makes 110 medium size meatballs.

RØMMEGRØT

Phyllis Johnson

1 c. melted butter
1 c. flour

Mix these into paste.

Vanilla
1 qt. whole milk
1 1/2 c. sugar
Pinch of salt
2 beaten eggs

Scald the milk. Add sugar and salt. Drop in paste. Stir until smooth. Add eggs. Cook, stirring with whip, until thick. Pour into bowl. Melt 1/2 cup sugar and pour over top.

This is a recipe I got in Norway, but I "modified" it a little to make it sweeter. The original recipe does not include eggs, vanilla and only a little sugar. (We like this better.) In Norway, it is sometimes served with lingonberries, but they are hard to find here, so I make a butter sauce by combining 1 cup sugar, 1 stick margarine, 3 tablespoons flour, 2 1/2 cups water and 1 tablespoon vanilla and heat to boiling. Serve warm on Rommegrot. Store in refrigerator. Very rich dessert that I make each Christmas.

NORWEGIAN PANCAKES *Eleanor Christianson*
Amie Oberle (Norwegian Friend From IL)

1 c. milk
4 eggs
1/2 c. flour
1/4 c. sugar
1/3 c. melted margarine
1/8 tsp. salt (optional)
1/2 tsp. vanilla spices

Heat iron on high. Use 1/2 cup batter per cake. Cook on low heat.

BEEF FOR SANDWICHES *Hanna (Mrs. Magnus) Rongved*

This is an old Norwegian recipe.

5 lbs. boneless roast
3 celery ribs
3 egg-sized onions *or* 1 lg.
2 T. vinegar
Salt
Pepper

Cover beef roast with water. Add celery, onions and seasoning. Cook on low heat until tender. Cool. Grind. Strain broth. Add ground meat. Season to taste. May add more raw onion (ground), if desired. Cook until flavors are blended and mixture is of spreading consistency. Cool. Will taste better if the mixture is made the day before you use it.

CRANBERRY CATSUP OR TYTTEBOER KETCHUP
Ella Rossing (From Bernice Olson)

1 lb. cranberries
1/2 c. mild vinegar
2/3 c. water
1 c. brown sugar
1/2 tsp. cloves
1/2 tsp. ginger
1/2 tsp. paprika
1 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. pepper
2 T. butter

Put cranberries, vinegar and water in pan and boil until berries are soft, about 5 minutes. Put through food mill. Add brown sugar, spices and seasonings and simmer 3 minutes. Add butter. Serve at room temperature. May be refrigerated for months. Especially good with turkey or pork.

CRANBERRY DESSERT SALAD

Ella Rossing

3 c. thick cranberry sauce
2/3 c. graham cracker crumbs
1 pt. whipping cream, whipped
1/2 tsp. vanilla
Sugar, to taste (in cream)

Make cranberry sauce with your usual recipe, perhaps using a little less water. (Can use commercial cranberry sauce.) Cool. Sweeten whipped cream and add vanilla. Layer cranberry sauce, crumbs and whipped cream in a clear glass bowl, repeating in same order. Serves 6 to 8. Good with chicken or turkey. (Fruit and dairy products were great favorites with the Norwegians and this combines both.)

GUMME (NORWEGIAN DESSERT)

Sandy Kraft

12 c. milk
2 c. buttermilk
2 eggs
1/2 tsp. salt
3 T. cornstarch
1 c. water
3/4 c. sugar

Boil 12 cups milk until slightly caramel colored. May take a couple of hours. Beat eggs and mix with buttermilk. Bring first mixture to a rolling boil and add egg mixture. Stir just to mix. Leave until it comes to a boil and separates. Continue to boil down until half volume. Mix cornstarch, salt, sugar and water and add to gumme. Cook until thickened. Refrigerate after cooled.

LUTEFISK GRØT (PUDDING)

Unknown

1 c. rice
1 qt. milk
2 eggs, beaten
2 T. butter
1 tsp. salt
1 tsp. sugar
Dash of nutmeg
Cooked lutefisk

Scald rice, then cook in milk until thick. Add rest of ingredients and pour into buttered baking dish. Add a little more scalded milk, if necessary. Sprinkle with buttered bread crumbs and bake in moderate oven about 1 hour. This is a good way to use left over lutefisk.

SURSILD (PICKLED HERRING)

Unknown

4 lg. salt herring
1 c. vinegar
1 c. water
1 T. whole pepper
1/2 tsp. sugar
2 lg. onions
6 bay leaves

Wash herring well. Skin and remove bones. Cut into small pieces. Mix vinegar, water and sugar. Add herring, sliced onion, pepper and bay leaves. Let stand overnight in a cool place. A Norwegian favorite!

NORWEGIAN COOKIES

GINGER KRINKLES

Babe Enger (From Helen Kraabel)

3/4 c. shortening
1 c. sugar
1 egg
2 c. flour
1 tsp. cloves
1 tsp. cinnamon
4 T. molasses
2 tsp. soda
1 tsp. ginger

Cream shortening and sugar; add molasses. Mix dry ingredients together and add gradually. Mix well. Shape into balls and dip into sugar. Bake in 350° to 375° oven for about 8 minutes or until done.

Recipe from 1951 Green Cookbook. Helen Kraabel was our pastor's wife.

HARING KAKA

Ruth Thompson

1 qt. mashed potatoes, cooked
2 qts. milk *and* potato water
1 1/2 T. salt
1 c. salad oil
1 c. sugar
2 cakes yeast

Cook potatoes; drain and save potato water. Then mash potatoes. Scald milk (1 quart), then add to mashed potatoes along with 1 quart of potato water. Mix thick with flour. When lukewarm, add yeast which has been softened in warm water. Add sugar, salt, salad oil and more flour. Knead in flour so as to be the consistency of bread dough.

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HARING KAKA (CONTINUED)

Put in large greased pan (I use some salad oil) and let rise until double in bulk. Make into medium size biscuits and roll out fairly thin and round. Mark with haring kaka rolling pin and bake on lefse grill, turning when light brown on the bottom and finish baking. This makes between 40 and 50 cakes. Stack and put in large plastic bag and put in freezer until ready to use.

To prepare for use, dip haring kaka in shallow pan of lukewarm water, saturating both sides. Place between clean damp cloths to soak. When softened, these are buttered for serving and eaten like bread.

HJORTEBAKKELSE (NORWEGIAN DONUTS) *Sandy Kraft*

I got this recipe from Grandma Sophie. She made these when we were little kids.

4 eggs
1 c. oleo (little less)
1 c. sugar
6 c. flour
1 tsp. Hjorte salt

Mix well and chill well. Roll out as for kringla. Cut off piece the size of walnut and fry in hot oil. Very good!

ROLLED MOLASSES COOKIE *Lorraine Halsrud*

1 c. sugar
1 c. shortening (lard *or* Crisco)
1 c. molasses
2 lg. *or* 3 sm. eggs
1 c. milk (add a bit of vinegar)
4 c. flour (stir in spices)
4 tsp. baking soda
2 tsp. cream of tartar
4 level T. cocoa
2 tsp. salt
1/2 tsp. ginger
1 tsp. cloves
1 T. cinnamon

After mixing, add 2 more cups of flour; divide in 4 parts. Flour board well, kneading some more flour in each one before rolling quite thin. Cut with Christmas cutters. Bake about 10 minutes in cookie sheets. Frost with butter cream frosting.

This is Maria (Olson) Halsrud's recipe. Sprinkle with red and green sugar right after frosting, 4 or 5 at a time. These are a favorite at our house.

TO KRONER – NORWEGIAN COOKIE *Marguerite Olson*

1 c. butter *or* oleo
1 c. sugar
3 eggs, beaten
2 T. cream
1 tsp. lemon extract
4 1/2 c. flour

FILLING:

1 c. dates, chopped
1/4 c. sugar
1/3 c. water

Cook over low heat until thick, 5 minutes, etc. Cool.

Cream sugar and oleo; add 3 beaten eggs, 2 tablespoons cream and flavoring. Mix well. Slowly add 4 cups flour and mix well until fairly cleans the bowl. Roll out on floured cloth using 1/2 cup flour. Roll thin. Cut with small size cookie cutter. Bake in moderate oven. Cool. Put 2 cookies together with date filling. Frost with powdered sugar frosting.

This cookie received its name from the money in Norway which is called Kroner. This was a family traditional cookie for Christmas.

KRINGLA *Kay Helland*

1 1/2 c. sugar
1/2 c. oleo *or* butter
1 egg, beaten
2 tsp. soda
2 c. sour cream
3 1/2 c. flour

Mix sugar, oleo and egg. Mix soda and sour cream and add to first mixture. Add flour. Chill. Roll out in pencil strips, forming 8's. Bake at 400° 8 to 10 minutes.

KRINGLA *Bette Olson*

From a Norwegian friend in Brooklyn.

1 c. sour cream
1/2 c. milk
1 c. sugar
1 egg
2 T. melted butter *or* vegetable oil
1 tsp. soda
1 tsp. baking powder
1/2 tsp. vanilla
1/2 tsp. salt
3 1/2 c. flour

Beat eggs; add sugars, cream, milk, melted butter and flavoring. Add dry ingredients to get stiff dough. Chill. Make kringla (figure 8). Put on greased cookie sheet. Bake 3 minutes at 500° to light brown.

KRINGLA

Ruth Thompson

1 c. heavy whipping cream
1 c. sour cream
1 c. sugar
4 tsp. baking powder
1 tsp. soda, dissolved in sour cream
1 tsp. vanilla
3 c. flour *or* more
1/2 tsp. salt

Mix all ingredients together. Knead in enough flour so dough is not sticky. Chill in refrigerator before baking. Cut off piece of dough and roll with fingers, length and thickness of pencil. Fold to make figure 8. Bake in 325° oven until a very light brown. Watch closely as these will get too brown quickly. This recipe makes from 2 1/2 to 3 dozen, depending on size. They freeze well.

KRINGLA

Sandy Kraft

1 1/2 c. sugar
1/2 c. oleo
1 egg, beaten
3 1/2 c. flour (may need more)
2 tsp. soda, dissolved in 2 c. lowfat yogurt (plain)
Almond flavoring

Mix all and chill. Roll out into pencil like strips. Form into figure 8's or 1/2 bows. Bake at 350° until lightly browned, 6 to 8 minutes.

Can mix sugar, water and 1 tablespoon milk and brush tops after taking off cookie sheet.

GRANDMA SOPHIE'S KRUMKAKA

Sandy Kraft

8 eggs
1/2 c. butter
1/2 c. oleo
2 c. *plus* 2 T. flour
1 c. sugar
1 tsp. vanilla

Mix together and put 1 teaspoon in center of krumkaka iron. Cook 1 minute on first side and 1/2 minute on other side. Roll around wooden or metal cone and cool.

Live your life and forget your age.
Norman Vincent Peale

KROM KAGE *Babe Enger*

1/2 c. sugar
1/2 c. butter *or* margarine

Cream together.

3 eggs
1 1/4 c. flour (if using butter, you may need more flour)

Cream together sugar and shortening; add beaten eggs and flour. Mix well. Drop onto hot krom kage iron (about 1 teaspoon, more if large krom kage is desired). Flip iron in about 30 seconds. You must judge time and heat, but I bake them on medium-high on electric stove. While hot from iron, roll onto round stick or cone-shaped form. Remove from stick when cool (as you take next kage from iron).

To double recipe, double all ingredients, but use only 5 eggs. This recipe comes from Beata (Olson) Kinseth (1865-1951) to Laura (Kinseth) Enger (1889-1979) to me, Babe. I am using the same iron that Beata and Laura used. Recipe in 1951 Green Cookbook.

KRUMKAKE *Ruth (Neal) Olson*

6 eggs
2 c. sugar
1/2 c. butter *and* 1/2 c. oleo
2 c. flour
2 tsp. lemon extract
1 tsp. vanilla
1 heaping T. cornstarch
2 T. water

Beat eggs well. Add sugar and melted butter and oleo (all butter can be used). Add the flavorings, cornstarch and water. Bake on krumkake iron. Store in a tight container. May be frozen for long periods of time.

§ § § § §

Kokke for En-To

Cooking for One-Two

COOKING FOR 1 OR 2

HINT FOR COOKING FOR 1 OR 2

Share a serving or 2 with someone who is alone. If that person is restricted on seasonings, just do not season the food until you take out a portion or 2. For example, for twice baked potatoes, add butter, etc. after mashing and filling 1 potato. Or, bake or brown round steak or other meat and add seasoning after taking out a serving or 2.

"Let me not neglect any kindness, for I may not pass this way again."

BAKED BEANS (FOR 2) *Della Bakken*

3 slices Spam
2 T. brown sugar
2 T. molasses
1 can pork *and* beans
1 T. mustard
2 slices onion

Pour beans, brown sugar, molasses and mustard into small baking dish. Top with meat slices and top with onion slices. Bake at 375° for 35 to 40 minutes.

BEST BEEF HASH (FOR 2) *Janet (Enger) Law*

1 T. butter *or* margarine
1 c. cubed cooked roast beef
1 1/2 c. cubed raw potatoes
2 T. chopped onion
1/4 c. condensed beef broth
1/4 tsp. salt

Melt butter or margarine in skillet; add remaining ingredients. Mix well. Cover; cook over low heat, stirring often, until potatoes are tender, about 10 minutes. Uncover and cook 5 minutes longer.

BEEF SUPPER (FOR 2) *Della Bakken*

1 1/4 c. cubed cooked beef
1 1/2 c. cubed potatoes
1 c. beef broth
1 c. stewed tomatoes
1/2 tsp. seasoned salt
1/8 tsp. pepper
1/2 c. chopped onion

Combine all ingredients, except onion, and cover and cook until potatoes are tender, stirring occasionally. Add onions and cook and stir occasionally, another 5 to 10 minutes.

BROCCOLI-TURKEY DELIGHT (FOR 2) *Della Bakken*

1/2 of 10 oz. pkg. frozen broccoli
1 1/2 c. diced cooked turkey
1 can chicken gravy
1 egg
3 T. Parmesan cheese

Preheat oven to 375°. Cook and drain broccoli. Divide into 2 individual casserole dishes. Cover with turkey and top with gravy. Beat together egg and salt and fold in cheese. Spoon lightly on top of each casserole. Place in 375° oven for 10 minutes.

CHEESE-BAKED CHICKEN (FOR 2) *Janet (Enger) Law*

2 sm. chicken breasts
1 T. butter *or* margarine, melted
1/3 c. grated Parmesan cheese
2 T. butter *or* margarine

Dip chicken breasts in the 1 tablespoon melted butter or margarine, then in the Parmesan cheese. Melt remaining 2 tablespoons butter in a shallow pie plate. Place chicken breasts, skin side up, in pie plate. Bake at 400° about 50 minutes or until chicken is tender. Spoon drippings over chicken once or twice during baking. Cover with foil last 15 minutes, if necessary, to prevent over browning.

CHICKEN SALAD (FOR 2) *Della Bakken*

1 c. diced cooked chicken
1/4 c. chopped celery
1/2 tsp. mustard
1 boiled egg, chopped
1/3 c. mayonnaise
1/2 tsp. lemon juice

Combine chicken, egg and celery and mix in remaining ingredients plus a dash each of salt and pepper. Chill.

CHICKEN SALAD (FOR 2) *Janet (Enger) Law*

1 c. cut up cooked chicken, in lg. pieces
1/2 c. cut up celery, 1/4 in. pieces
1 1/2 tsp. lemon juice
Salt *and* pepper, to taste
1/4 c. mayonnaise
1 *or* 2 hard-cooked eggs, cut up
1/4 c. finely broken crisp bacon *or* 1/4 c. chopped salted almonds

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CHICKEN SALAD (FOR 2) (CONTINUED)

Toss chicken, celery, lemon juice, salt and pepper together. Mix in mayonnaise. Carefully fold in eggs. Chill thoroughly. If desired, serve in tomato cups or on drained pineapple or avocado slices on salad greens. Sprinkle with bacon or almonds before serving.

May also substitute flaked cooked seafood (crabmeat, shrimp, lobster, tuna or salmon) in place of chicken.

CHICKEN NOODLE SOUP (FOR 2) *Della Bakken*

3/4 c. cooked chicken
2 c. water
2 T. chopped onion
1 bay leaf
1/8 tsp. pepper
1/4 c. noodles
1 T. chopped celery
2 T. snipped parsley

Combine first 5 ingredients in saucepan and bring to a boil. Cover and simmer 8 to 10 minutes. Discard bay leaf. Add remaining ingredients and cover. Simmer 8 to 10 minutes or until noodles are tender.

CHILI (FOR 2) *Della Bakken*

1/4 lb. ground beef
1 c. drained kidney beans
2 c. canned tomatoes
1/4 tsp. salt
1/2 tsp. chili powder
1 T. minced onion

Brown beef and add remaining ingredients. Bring to a boil and cover. Simmer 20 minutes, stirring occasionally to keep from sticking.

CHOP SUEY (FOR 2) *Della Bakken*

3/4 c. diced celery
1/2 c. chopped onion
2 T. butter *or* margarine
4 tsp. cornstarch
2 T. soy sauce
1 chicken bouillon cube
1/2 can water chestnuts, drained *and* sliced
1 1/2 c. cubed, cooked pork
Hot cooked rice

Sauté celery and onion in butter until tender. Blend cornstarch and soy sauce. Dissolve bouillon cube in 1 1/4 cups boiling water. Add remaining ingredients, except rice, to skillet and cook and stir until thick and bubbly. Serve over hot rice.

ONE DISH MEAL *Marilyn M. Haug*

2 med. potatoes, sliced
2 raw carrots, sliced
1 sm. onion, diced
1/2 c. uncooked rice
1 lb. ground beef
2 c. tomatoes *with* juice
Season *with* salt *and* pepper

Place potatoes, carrots, onion and rice along with seasonings in greased casserole. Place meat on top. Cover with tomatoes. Bake 1 1/2 hours at 350°.

MEATBALL STROGANOFF (FOR 2) *Della Bakken*

1/3 c. chopped onion
2 T. butter *or* margarine
1 T. flour
2/3 c. condensed beef broth
2 T. catsup
1 recipe oven meatballs
1/3 c. sour cream
Hot cooked noodles

Sauté onion in melted butter until tender. Add flour and stir in broth and catsup. Cook and stir until bubbly. Add meatballs and cover. Cook over low heat 5 to 8 minutes. Stir in sour cream and heat through. Do not boil! Serve over noodles.

OVEN MEATBALL RECIPE:

1/2 lb. ground beef
1 slice bread, crumbled
2 T. milk
1 T. chopped onion
2 T. egg
1/3 tsp. salt

Combine all ingredients and shape into balls. Place in small baking dish and bake at 375° for 20 to 30 minutes.

STUFFED PEPPERS (FOR 2) *Della Bakken*

2 sm. green peppers
1/2 lb. ground beef
1 T. onion
1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. Worcestershire sauce
1/3 c. uncooked precooked rice
1 egg
1 c. tomato sauce

Preheat oven to 350°. Cut tops from peppers and remove membranes. Cook peppers in boiling water for about 5 minutes. Drain well. Combine remaining ingredients and mix thoroughly. Fill peppers and place in small baking dish. Cover and bake at 350° for 45 to 50 minutes.

MARINATED GREEN BEANS (FOR 2) *Janet (Enger) Law*

1/4 c. dairy sour cream
2 T. Italian salad dressing
1 (8 oz.) can cut green beans, drained
1 tomato, peeled, cubed *and* drained
2 T. finely chopped onion

Thoroughly combine sour cream and Italian dressing. Add beans, tomato and onion; mix well. Chill 3 to 4 hours before serving. Serve in lettuce cups.

BARBECUED PORK (FOR 2) *Janet (Enger) Law*

3 T. chopped onion
1 T. butter *or* margarine
1 (8 oz.) can tomato sauce
2 T. brown sugar
1 *to* 2 tsp. Worcestershire sauce
1 tsp. lemon juice
1 tsp. prepared mustard
1 c. cubed, cooked pork
2 hamburger buns, toasted

Cook onion in butter until tender. Add next 5 ingredients. Simmer about 20 minutes. Add cooked pork. Heat 10 minutes. Spoon sauce over bun halves.

SAUCY PORK 'N NOODLE BAKE (FOR 2) *Janet (Enger) Law*

1 c. cubed pork
1 T. shortening
1/2 c. narrow noodles, uncooked
1 can cream of chicken soup
1 (8 oz.) can whole kernel corn, undrained
1 T. sliced pimiento
1/2 c. shredded sharp cheddar cheese
1/4 c. finely diced green pepper

Heat oven to 375°. Brown meat cubes in melted shortening in skillet. When meat is well-browned, drain excess fat from skillet; add remaining ingredients and mix. Pour into 1 quart casserole. Bake 45 minutes, stirring occasionally. Makes 2 generous servings.

When you help someone up a hill,
you are much nearer the top yourself.

PORK CHOP DINNER (1 OR MORE)

Sheryl (Lounsbery) McMahon

1 pork chop, raw
1 med. potato, raw, cubed
2 *to* 3 T. cream of mushroom *or* cream of chicken soup
2 T. milk
Salt *and* pepper, to taste
Mrs. Dash *or* other seasonings, to taste

Wrap all up in tin foil (pork chop on bottom). Bake at 375° for 1 1/2 hours. Can be made for 1 person or as many as you like, done individually, at one time.

MASHED POTATO MARVEL (FOR 2)

Janet (Enger) Law

2 med. potatoes, pared *and* cut in pieces
1 (3 oz.) pkg. cream cheese, softened
3 T. light cream
1/2 tsp. salt
Dash of pepper
Dash of herbs (if desired)
1 T. butter *or* margarine

Cook potatoes in boiling salted water until tender; drain. Beat cream cheese until fluffy. Add hot potatoes gradually, beating constantly until light and fluffy. Beat in cream. Season with salt, pepper and fine herbs. Dot with butter or margarine when serving.

RICE PUDDING (FOR 2)

Della Bakken

1 c. milk
1/3 c. long grain rice
1/3 c. raisins
2 T. butter *or* margarine
1 egg, beaten
1 c. milk
3 T. sugar
1/2 tsp. vanilla
1/4 tsp. salt
1/4 tsp. cinnamon

Combine first 3 ingredients in saucepan and bring to a boil. Reduce heat and cook over low heat for 15 minutes or until rice is tender. Remove from heat and stir in butter. Combine egg, milk, sugar, vanilla and salt and then add rice mixture. Turn into a 6 x 6 inch baking dish. Bake at 325° for 25 minutes. Stir and sprinkle with cinnamon. Return to oven for an additional 10 minutes.

RICE AND HAM CASSEROLE (FOR 2) *Della Bakken*

2/3 c. condensed cream of chicken soup
2/3 c. water
1 1/2 c. chopped cooked ham
3/4 c. uncooked packaged precooked rice
1 c. canned green beans
2 tsp. chopped onion
1/4 c. dry bread crumbs
1 tsp. butter, melted

Combine all ingredients, except bread crumbs and melted butter. Stir to mix well. Heat to boiling. Place in casserole. Toss bread crumbs with butter and sprinkle over top of casserole. Bake at 400° about 20 to 25 minutes.

AUTUMN SOUP (FOR TWO) *Janet (Enger) Law*

1/2 lb. ground beef
1/2 c. chopped onions
2 c. hot water
3/4 c. cut up celery
3/4 c. cut up potatoes
1 tsp. salt
1/4 tsp. pepper
1/2 bay leaf, crumbled
Pinch of basil
3 whole fresh tomatoes, stems removed

Brown ground beef slowly in a little hot fat in a heavy kettle. Add onions and cook 5 minutes more. Add remaining ingredients, except tomatoes, and mix thoroughly, loosening the brown crustiness from bottom of kettle. Bring to boil; cover, then simmer 20 minutes. Add tomatoes and ,if necessary, more water. Simmer 10 minutes longer. Makes 2 generous servings.

SPICY RAISIN OATMEAL (FOR 2) *Janet (Enger) Law*

1 1/2 c. cold water
1/4 c. raisins
1/2 tsp. salt
1/4 tsp. ground cinnamon
1/8 tsp. ground nutmeg
2/3 c. quick cooking rolled oats

Combine water, raisins, salt, cinnamon and nutmeg in saucepan; bring to boiling. Slowly stir in rolled oats, making sure water continues to boil. Reduce heat and cook 1 minute, stirring occasionally. Turn off heat. Cover oatmeal and let stand 5 minutes. Serve hot with sugar and light cream or milk.

SWISS STEAK (FOR 2) *Della Bakken*

3/4 lb. beef steak, 3/4 in. thick
2 T. flour
1/2 tsp. salt
1 c. stewed tomatoes
1/3 c. chopped carrots
1/3 c. chopped celery
1 T. chopped onion
1/4 tsp. Worcestershire sauce
3 T. shredded cheddar cheese

Preheat oven to 350°. Cut meat into serving portions. Mix flour and salt and dredge meat. Brown meat in hot shortening and place in shallow baking dish. Blend any flour and salt remaining into pan drippings. Add remaining ingredients, except cheese, and cook, stirring constantly, until boiling. Pour gravy over meat and cover. Bake at 350° for 2 hours or until meat has reached desired doneness. Sprinkle with cheese and return to oven until cheese is melted.

QUICK TUNA SKILLET (FOR 2) *Janet (Enger) Law*

1/2 of 10 oz. pkg. frozen peas *and* onions
1/3 c. bias cut celery slices
1 T. butter *or* margarine
1 T. soy sauce
1 tsp. cornstarch
1 c. cooked rice
1 (6 1/2 *to* 7 oz.) can tuna, drained
1/2 of 5 oz. can water chestnuts, thinly sliced

Combine peas and onions, celery, butter and 1/2 cup water; heat to boiling. Cover and simmer 8 to 10 minutes or until vegetables are just tender. Combine soy sauce and cornstarch; add to vegetables. Cook and stir until thick and bubbly. Gently stir in remaining ingredients; heat through. Pass extra soy sauce, if desired.

NUTTY APPLE CRISP FOR ONE (DOUBLE IT FOR TWO)
Marilyn M. Haug

1 cooking apple, peeled *and* sliced
1 T. flour
1 T. rolled oats
1 T. brown sugar
1 T. chopped walnuts
1/2 T. butter *or* margarine
Dash of cinnamon

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NUTTY APPLE CRISP FOR ONE (DOUBLE IT FOR TWO) (CONTINUED)

Place apple in 10 ounce microwave-safe custard cup or soup bowl. Combine flour, oats, brown sugar, walnuts and butter and mix until crumbly. Spoon over apple; sprinkle with cinnamon. Microwave on high, uncovered, 2 to 3 minutes or until apple is tender. For 2 servings, double the ingredient amounts and use separate cups or bowls for each serving. Increase microwave time to 4 to 6 minutes.

Fresh peach, fresh rhubarb or other fresh fruit may be used.

ORANGE TAPIOCA FLUFF (FOR 2)

Janet (Enger) Law

2 T. quick cooking tapioca
2 T. sugar
Dash of salt
1 egg yolk
1 c. orange juice
1 egg white
2 T. sugar

In 1 1/2 quart saucepan, combine tapioca, 2 tablespoons sugar and dash of salt. Blend in egg yolk and orange juice; let stand 5 minutes. Bring to boil over medium heat, stirring often. Remove from heat. Beat egg white until soft peaks form; gradually add 2 tablespoons sugar, beating until stiff peaks form. Fold orange mixture into egg white mixture; cool. Spoon into sherbet glasses; chill.

PEACH COBBLER (FOR 2)

Janet (Enger) Law

1 (8 oz.) can sliced peaches
1 1/2 tsp. cornstarch
1 T. cold water
1/2 c. buttermilk baking mix
2 tsp. sugar
2 T. milk
1 T. vegetable oil

Heat oven to 400°. Heat fruit with syrup. Blend in cornstarch dissolved in water. Bring to a boil; boil 1 minute. Pour into 1 quart baking dish. Stir baking mix and sugar together. Stir in milk and oil. Drop dough by spoonsful over top of hot fruit. Bake 20 minutes. Serve hot with cream or ice cream. May also use canned apricot halves and cherries for delicious cobblers.

VANILLA CUSTARD PUDDING (FOR 2) *Janet (Enger) Law*

2 T. sugar
1 T. cornstarch
1/8 tsp. salt
1 c. milk
1 egg yolk, slightly beaten
1 1/2 tsp. butter
1/2 tsp. vanilla

Mix sugar, cornstarch and salt in saucepan. Gradually stir in milk. Place over medium heat, stirring constantly. Bring to boil; boil gently 1 minute. Slowly pour at least half of hot mixture into egg yolk, stirring constantly. Pour into remaining hot mixture in saucepan; return to heat and boil gently 1 minute more. Remove from heat. Add butter and vanilla. Cool, stirring occasionally to keep skin from forming. Chill in refrigerator. Serve with cream.

To make chocolate custard pudding, make same recipe, except add 2 tablespoons more sugar with 1 square unsweetened chocolate (1 ounce cut up) with the milk.

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Spesiell Diet

Special Diets

DIABETIC

TO MAINTAIN DESIRED WEIGHT
DAILY CALORIE ALLOWANCE TABLE

WOMEN	*HIGH ACTIVE*	*LOW ACTIVE*	*NO ACTIVE*
100 lbs.	1400 cals.	1200 cals.	1000 cals.
110 lbs.	1500 cals.	1300 cals.	1100 cals.
120 lbs.	1700 cals.	1400 cals.	1200 cals.
130 lbs.	1800 cals.	1600 cals.	1300 cals.
140 lbs.	2000 cals.	1700 cals.	1400 cals.
150 lbs.	2100 cals.	1800 cals.	1500 cals.
160 lbs.	2200 cals.	1900 cals.	1600 cals.
170 lbs.	2400 cals.	2000 cals.	1700 cals.
180 lbs.	2500 cals.	2200 cals.	1800 cals.
MEN:			
120 lbs.	2100 cals.	1800 cals.	1600 cals.
130 lbs.	2300 cals.	2000 cals.	1700 cals.
140 lbs.	2400 cals.	2100 cals.	1800 cals.
150 lbs.	2600 cals.	2200 cals.	1900 cals.
160 lbs.	2700 cals.	2300 cals.	2000 cals.
170 lbs.	2900 cals.	2500 cals.	2100 cals.
180 lbs.	3000 cals.	2600 cals.	2200 cals.
190 lbs.	3100 cals.	2700 cals.	2300 cals.
200 lbs.	3300 cals.	2800 cals.	2400 cals.

DIABETIC SPICE BARS

Della Bakken

1 c. water
1 c. raisins
2 apples, peeled *and* chopped
1/4 c. oleo
2 T. liquid sweetener*
1 tsp. cinnamon
1/4 tsp. nutmeg
1 egg
1 tsp. vanilla
1/2 tsp. black walnut flavoring *or* 1/2 c. walnuts
1 c. flour
1 tsp. soda
1/4 tsp. salt

Boil raisins in water 3 minutes. Cool. Add oleo and sweetener. Beat egg and flavorings. Add raisins and apples. Add flour, soda, salt and spices. Stir well. Put in 8 x 8 inch greased pan. Bake at 350° 25 to 30 minutes.

*2 tablespoons liquid sweetener = 1 level cup of Sugar Twin.

CARROT COOKIES (SUGAR-FREE) *Ruth (Neal) Olson*

1/2 tsp. liquid sweetener (Sucaryl)
1 c. cooked carrots, mashed
3/4 c. shortening
2 eggs, beaten
2 tsp. baking powder
2 c. flour
1 tsp. vanilla
1 sm. can crushed pineapple
Pinch of salt

Cream shortening; add carrots, eggs, sweetener, pineapple and vanilla. Add dry ingredients. Drop on greased sheet and bake 12 minutes at 350°.

CINNAMON COOKIES (SUGAR-FREE) *Ruth (Neal) Olson*

1 c. butter *or* oleo *plus* 5 drops butter flavoring
3 c. flour, sifted
3/4 tsp. baking powder
2 T. liquid sweetener (Sucaryl)
5 T. milk, fruit, juice *or* coffee
2 tsp. vanilla
1 tsp. cinnamon

Cream butter; add flour and baking powder and mix together. Stir in sweetener, vanilla and other liquid into flour mixture. Mix thoroughly. Sprinkle cinnamon over dough and knead in so there is a streaked appearance. Shape in small balls and place on ungreased cookie sheet and flatten with fork dipped in cold water. Bake in a moderate oven (350° to 375°) 15 minutes.

DIABETIC COLESLAW *Phyllis Johnson*

2 c. cabbage, shredded
1/4 c. green pepper
2 T. chopped green onion
1 T. radish slices
3 T. vinegar
1 tsp. liquid Sweet 10
1/2 tsp. salt
1/4 tsp. celery seed

Combine all ingredients in large bowl. Toss lightly and chill.

DIABETIC JELL-O *Eleanor Christianson*

2 pkgs. sugarless cherry Jell-O
2 c. boiling water
2 c. cold water
1 sm. can crushed pineapple
1 can cherry pie filling

Mix the Jell-O powder with boiling water. Stir well and add the cold water, pie filling and pineapple.

ORANGE DROPS (DIABETIC) *Ruth (Neal) Olson*

3 c. flour
2 tsp. baking powder
1 c. margarine
1 c. raisins
2 eggs, beaten
4 tsp. orange flavoring
4 T. orange juice *and*
3 tsp. liquid sweetener (Sucaryl)

Sift flour and baking powder. Cut in oleo until particles are fine. (If oleo is used, add 2 or 3 drops of butter flavoring.) Stir in raisins. Blend together eggs, orange flavoring, juice and sweetener. Sprinkle over first mixture while stirring with a fork until dough holds together. Drop by teaspoonsful on ungreased cookie sheet. May be flattened with fork dipped in flour. Bake at 375° 12 to 15 minutes.

DIABETIC PEANUT BUTTER COOKIES *Della Bakken*

3 1/2 tsp. liquid sweetener
1 T. butter *or* oleo
2 eggs
1/2 c. peanut butter
1 c. flour
1/4 tsp. baking powder
1/2 c. skim milk

Add sweetener to melted shortening. Add peanut butter. Mix well. Alternately add flour and milk. Add baking powder. Mix well. Drop by teaspoon on non-stick cookie sheet. Bake at 350° 10 to 15 minutes. Makes 40 cookies.

DIABETIC PISTACHIO DESSERT *Della Bakken*

1 c. skim milk
1 box instant sugar-free pudding mix
1 sm. can crushed pineapple (no sugar, own juice)
1 pt. low-cal frozen topping

Thaw topping. Add milk and mix. Add pudding mix. Add pineapple. Mix well. Chill until solid.

SUGAR-FREE RHUBARB SAUCE *Lila Basore*

2 c. rhubarb, cut up
2 T. tapioca
1 can diet 7-up
1 pkg. sugar-free strawberry *or* raspberry Jell-O

Cook rhubarb with tapioca and diet 7-up. When tender, add Jell-O. Stir and refrigerate.

SHRIMP SPREAD (DIABETIC) *Unknown*

1 pkg. (8 oz.) light cream cheese, softened
1/2 c. light sour cream
1/4 c. light mayonnaise
1 c. seafood cocktail sauce
2 c. (8 oz.) shredded light mozzarella cheese
2 cans (4 1/4 oz. each) shrimp, rinsed *and* drained
3 green onions, sliced
3/4 c. finely chopped tomato

In a small mixing bowl, beat the cream cheese, sour cream and mayonnaise until smooth. Spread on a 12 inch round serving platter. Cover with seafood sauce. Sprinkle with cheese, shrimp, onions and tomatoes. Cover and chill. Serve with crackers or tacos.

SUGARLESS COOKIES *Ruth (Neal) Olson*

1 c. orange marmalade (unsweetened)
1 egg
1/2 c. shortening
2 c. flour, sifted
1 tsp. baking soda
1/4 tsp. salt
1 tsp. vanilla
1/2 c. raisins
1/2 c. nutmeats (if desired)

Mix marmalade, egg and shortening. Sift dry ingredients and add to mixture. Stir in raisins and nutmeats. Drop by teaspoon onto greased cookie sheet. Bake at 350° for 12 minutes.

SUGAR-FREE SPICED TEA MIX *Ronna Lounsbery*

16 pkts. sugar substitute (such as Equal)
3/4 c. instant tea
1 pkg. (2 qt.) low-calorie lemonade drink mix
1 tub (1 1/2 qt. size) low-calorie orange flavored drink mix (such as Tang)
1 1/2 tsp. cinnamon
3/4 tsp. cloves

Mix well. Use 1/2 teaspoon in a 6 ounce cup of hot water. Makes about 1 cup mix or 72 servings at 2 calories a 6 ounce cup.

The past is only worth what it makes of us.

LOW CHOLESTEROL-LOW FAT

LO-CAL APPLESAUCE GELATIN

Lila Basore

2 1/2 c. unsweetened applesauce
1 can diet 7-up (lemon-lime flavored pop)
1 (4 oz.) pkg. sugar-free gelatin (any red color)

Heat applesauce to boiling; add gelatin and stir to dissolve. Add pop; stir and pour into bowl. Refrigerate until set. 5 servings (50 calories each).

MOCK BEEF STROGANOFF

USDA Laboratories

3/4 lb. beef round steak
1/4 lb. fresh mushrooms
1/2 c. sliced onion
1/2 c. condensed beef broth
1/2 c. water
1 T. catsup
1/8 tsp. pepper
2 T. flour
1 c. buttermilk
1 1/3 c. noodles, cooked *and* unsalted

Trim all fat from steak. Slice steak across the grain into thin strips, about 1/8 inch wide and 3 inches long. Wash and slice mushrooms. Cook beef strips, mushrooms and onion in non-stick fry pan until beef is lightly browned. Add broth, water, catsup and pepper. Cover and simmer until beef is tender, about 45 minutes. Mix flour with about 1/4 cup of the buttermilk until smooth; add remaining buttermilk. Stir into beef mixture. Cook, stirring constantly, until thickened. Serve over noodles. 4 servings (220 calories each).

FAVORITE BOILED DINNER

Bernadell Harman

1 med. head cabbage, finely chopped
2 chicken bouillon cubes
Salt *and* pepper, to taste
2 T. bacon bits
8 sm. onions
4 carrots, cut in 2 in. pieces

Place cabbage in pan with 2 cups water and bring to boil; add bouillon cubes. Add seasonings and bacon bits. Simmer for 10 minutes. Add onions and carrots. Cook until tender. 4 servings (103 calories per serving).

ASPARAGUS SOUP

Betty Vorrie

1 chicken *or* beef bouillon cube
1 c. hot water
1 can asparagus
1 can green beans
1 tsp. onion flakes

Put all in blender, juice and all. Makes about 5 cups.

CRUNCHY CABBAGE SALAD

Unknown

DRESSING:

Flavor pkt. from noodle mix
2 T. sugar
3 T. vinegar
1/3 c. oil
1/2 tsp. pepper

SALAD:

2 T. sesame seeds, toasted
1/2 c. slivered almonds, toasted
5 c. shredded cabbage
4 green onions
1 (3 oz.) pkg. Oriental Ramen style noodles (chicken flavor)

Make dressing early in the day by combining ingredients. Mix well; refrigerate. Toast sesame seeds and almonds in 350° oven for about 15 minutes. Set aside. Combine cabbage, onions and uncooked noodles which have been broken in pieces by hand. Mix lightly. Before serving, add dressing, seeds and nuts. Toss lightly and serve immediately. Noodles will get soft if left standing too long.

LOW-CAL HOT COCOA MIX

Barb Bratland

6 1/2 c. nonfat dry milk
3/4 c. cocoa
20 pkts. Equal

Mix together. Use 1/3 cup mix to 8 ounces of hot water. A drop of vanilla may be added to each cup for flavor.

OATMEAL FRUIT COOKIE FOR BREAKFAST

Betty Vorrie

1 oz. oatmeal
3 T. brown sugar replacement
1/2 tsp. baking soda
1/3 c. dry milk
1/2 tsp. cream of tartar
1/2 tsp. cinnamon
1 banana, 1 apple *or* 1/2 c. pineapple

Mix together and bake 1 big breakfast cookie for 20 minutes at 350°.

COTTAGE CHEESE DIP

IA Extension Service

2 c. cottage cheese
1/3 c. skim milk
1/4 *to* 1/2 pkg. dried onion soup mix

Whip, sieve or blend cottage cheese. Add milk and onion soup mix. Allow to stand in refrigerator for several hours before serving. 16 calories per tablespoon.

VARIATION: Season cottage cheese and milk with dill weed, curry powder, onion salt or garlic salt.

ITALIAN FISH ROLL-UPS

USDA Laboratories

1 lb. flounder *or* cod fillets (fresh *or* frozen) *without* skin
9 oz. pkg. frozen French style green beans
2 T. chopped onion
1/2 c. boiling water
8 oz. can tomato sauce
1/4 tsp. oregano leaves
1/4 tsp. basil leaves
1/8 tsp. garlic powder
1 T. grated Parmesan cheese

Thaw frozen fish in refrigerator overnight. Divide into 4 servings. Add beans and onion to boiling water. Cover and boil gently until beans are tender-crisp, about 7 minutes. Drain. Place 1/4 of bean-onion mixture in middle of each fish portion. Start with narrow end of fillet and roll. Place in baking pan with the end of fillets underneath. Mix tomato sauce, oregano, basil and garlic powder. Pour over fish roll-ups. Sprinkle with cheese. Bake at 350° until fish flakes easily when tested with a fork, about 45 minutes. 4 servings; flounder 125 calories and cod 120 calories.

LOW-CAL FRENCH DRESSING

IA Extension Service

1 c. cold water
1 T. cornstarch
1/2 tsp. paprika
1/2 tsp. dry mustard
1/2 tsp. salt
1/4 c. vinegar
1 T. salad oil
Non-calorie sweetener equal to 1 tsp. sugar
2 *to* 3 cloves garlic

Combine dry ingredients. Add water. Cook, stirring, until thickened and clear. Cool. Turn into jar. Add remaining ingredients. Slice garlic into 3 or 4 pieces; leave in dressing 1 to 3 days. Makes 1 1/4 cups. 9 calories per tablespoon.

CALORIE COUNTER COOKED FRUIT DRESSING *Bertha Hoff*

1 egg
1/2 c. pineapple juice
1 egg yolk
1/2 tsp. non-caloric liquid sweetener
1/2 c. lemon juice

Beat egg yolk and egg slightly. Add fruit juices and sweetener. Cook in double boiler over hot water, stirring constantly, until thick. Makes 3/4 cup. 20 calories per tablespoon. Good on mixed fruit (fresh or canned).

LO-CAL PAN GRAVY *Unknown*

2 T. bacon fat, chicken fat *or* other meat fat
4 T. white flour
2 1/2 c. nonfat milk
2 bouillon cubes *or* 2 tsp. powdered bouillon, dissolved in 1/4 c. hot water
1/8 tsp. fresh ground pepper
1/4 tsp. thyme

Melt fat in heavy skillet. Add flour. Heat, stirring constantly, until flour begins to turn golden. You will have a rather lumpy roux. Stir in milk all at once. Then heat, stirring constantly, until thickened. Add dissolved bouillon, pepper and thyme. Simmer for 2 minutes, stirring. Serve. 1/4 cup serving equals 58 calories.

LOWFAT LEMON CAKE *Laila Kinseth*

Follow directions on lemon cake mix. Substitute 3 egg whites or 3/4 cup egg substitute for 3 eggs. Substitute 1/3 cup of applesauce for 1/3 cup oil. Works well with any flavor of mix. *HINT*: Fat calories can be pared from brownies, cakes, sweet breads and muffins by replacing fat with applesauce. Use applesauce instead of oil or butter. This works best in recipes with other wet ingredients like skim milk, fruit or water.

LO-CAL MEXICAN MEAT LOAF *Susan Witzel*

1 pkg. (1 lb.) Louis Rich ground turkey
1 can (15 oz.) tomato sauce
1/3 c. crushed tortilla chips
1/4 c. onion
2 T. chopped green pepper
1 pkg. (1 1/4 oz.) taco seasoning mix

(Continued Next Page)

LO-CAL MEXICAN MEAT LOAF (CONTINUED)

Combine ingredients, reserving 1 cup tomato sauce. Spoon mixture into 9 x 5 inch loaf pan. Bake at 350° for 45 to 50 minutes. Heat reserved tomato sauce and serve with meat loaf. 6 servings at 290 calories per serving.

LO-CAL MINTY MERINGUES *Healthy Holiday Cookbook*

3 egg whites
1/4 tsp. cream of tartar
1/8 tsp. salt
6 drops green food coloring
1/2 c. superfine sugar
1/2 tsp. peppermint extract
1/2 tsp. vanilla extract

To make superfine sugar, place granulated sugar in a blender; process until finely ground.

Beat egg whites (at room temperature) until foamy in a large mixing bowl at high speed of an electric mixer. Sprinkle cream of tartar, salt and food coloring over the egg whites and continue beating until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Beat in flavorings just until blended. Spoon meringue into a decorating bag fitted with No. 30 star tip; pipe out meringue stars onto 2 large foil-lined baking sheets. Bake at 225° for 45 minutes; turn off oven and let dry in oven 1 hour. Remove from oven and let dry completely on a wire rack. Layer stars between strips of waxed paper in an airtight container. Store at room temperature for up to 1 week or freeze for several weeks. Makes 20 dozen. 2 calories each star.

LO-CAL MASHED POTATO PATTIES *USDA Laboratories*

1 1/2 c. mashed potatoes (made *with* skim milk *and* no margarine)
1 egg, beaten
2 tsp. chives, finely chopped
1/4 tsp. salt
Dash of pepper
1 tsp. margarine

Mix potatoes, egg, chives, salt and pepper well. Shape into 8 patties. Melt margarine in non-stick fry pan. Cook patties over low heat until lightly browned, about 5 minutes on each side. 4 servings of 2 patties each (80 calories).

LO-CAL PECAN PIE SQUARES — *Sandy Kraft*

CRUST:
1 1/2 c. flour
Sweetener to equal 1/4 c. sugar
1/4 c. lo-cal oleo
3/4 tsp. salt

FILLING:
4 eggs *or* 1 c. egg substitute
Sweetener to equal 1/4 c. sugar
4 tsp. lo-cal oleo
1/4 c. brown sugar
1 1/2 c. lo-cal syrup
4 oz. chopped pecans
1 1/2 tsp. vanilla

Mix crust ingredients until crumbly (will be dry). Press firmly in sprayed 9 x 13 inch pan. Bake at 350° 20 minutes, until golden brown. Mix filling ingredients together. Spread over crust. Bake 25 minutes, until set. Cool.

LOW-CAL POTATOES — *Jody Dornath*

4 c. sliced potatoes
1 thinly sliced onion
2 T. Parmesan cheese
1/2 *to* 3/4 c. skimmed milk
1 tsp. chicken bouillon

Layer half potatoes on bottom, then 1/2 onion, 1/2 cheese, bouillon, then potatoes, etc. Pour skim milk over all and bake at 350° for 1 hour.

LOWFAT VANILLA PUDDING — *Unknown*

1 c. skim milk
1 c. fat-free plain yogurt
1 c. fat-free sugar-free vanilla yogurt
1 pkg. (.9 oz.) sugar-free instant vanilla pudding mix
1/2 tsp. vanilla
Maraschino cherries (optional)

In a mixing bowl, combine milk, yogurt, pudding mix and vanilla. Beat on high speed for 2 minutes. Spoon into serving dishes and chill. Garnish with cherries.

LO-CAL REFRIED BEAN PARTY DIP — *Unknown*

1 can refried beans
1 T. cooking oil
Cheddar cheese, grated
Zapata picante sauce *or* Pico De Gallo sauce

(Continued Next Page)

LO-CAL REFRIED BEAN PARTY DIP (CONTINUED)

Heat contents of a can of refried beans in a skillet with cooking oil. Add sauce by tablespoonsful, a little at a time to taste. Place in a chafing dish and garnish with grated cheddar cheese.

LO-CAL ZERO SALAD DRESSING

IA Extension Service

1/2 c. tomato juice
2 T. lemon juice *or* vinegar
1 T. finely chopped onion
Salt *and* pepper, to taste

Mix well. 4 calories per tablespoon.

MOCK SOUR CREAM

IA Extension Service

2 T. lemon juice
3 *to* 5 T. skim milk
1 c. cottage cheese
Pinch of salt

Place lemon juice and 3 tablespoons skim milk in an electric blender. Gradually add cottage cheese and salt, blending at low speed. Blend a few minutes at high speed until smooth. Thin mixture, if necessary, with the remaining skim milk. If mixture is too thick on standing, thin with additional skim milk before serving. Makes 1 cup and 2 tablespoons. 1 tablespoon equals 16 calories.

LO-CAL BAKED STEAK WITH CREOLE SAUCE

USDA Laboratories

1 lb. boneless beef round steak
1/4 c. chopped onion
1/4 c. chopped green pepper
2 tsp. vegetable oil
8 oz. can tomatoes
1/4 tsp. salt
1/8 tsp. pepper

Cook onion and green pepper in oil until onion is clear. Break up large pieces of tomatoes. Add tomatoes, salt and pepper to cooked onion and green pepper. Cover and simmer 20 minutes to blend flavors. Trim fat from steak. Brown steak lightly on both sides in hot fry pan. Place in baking dish. Pour sauce over steak. Cover and bake at 350° until steak is tender, about 1 1/2 hours. 4 servings; 190 calories each serving.

STRAWBERRY PIE *Sandy Kraft*

This is a Weight Watcher's recipe, but no one can tell it from the real thing.

4 c. strawberries, some halved
1 pkg. sugar-free strawberry Jell-O
1 pkg. sugar-free vanilla cooked pudding mix
2 c. water
2 *to* 3 pkts. sweetener

CRUST:

16 (2 x 2 in.) graham crackers
1/3 c. diet oleo

Mix crust ingredients and pat in pie pan. Bake at 350° 8 minutes. Cool.

Mix vanilla cooked pudding mix and 2 cups water. Boil according to package directions. Add dry Jell-O and then strawberries. Add sweetener. Pour into crust and chill. Delicious.

LO-CAL JELLIED VEGETABLE SALAD *USDA Laboratories*

1 env. unflavored gelatin
1/4 c. water
1 1/2 c. boiling water
2 T. tarragon vinegar
1/4 tsp. salt
1/2 T. honey
3/4 c. finely shredded cabbage
1/2 c. shredded carrots
1/4 c. chopped celery
1/2 c. pared, diced cucumber
1 T. green onion, chopped
1 T. pimiento, finely chopped
Salad greens (as desired)

Soften gelatin in 1/4 cup water for 5 minutes. Add softened gelatin to boiling water. Stir until gelatin is dissolved. Stir in vinegar, salt and honey. Chill until mixture begins to thicken. Fold in remaining ingredients, except salad greens. Pour into 1 quart mold or 8 inch square pan. Chill until set. Unmold and serve on crisp salad greens. 4 servings; 30 calories per serving.

YOGURT POPS *Jessica Lamker*

1 pkg. sugar-free Jell-O (any flavor)
3/4 c. boiling water
1 c. skim milk
1 carton yogurt

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YOGURT POPS (CONTINUED)

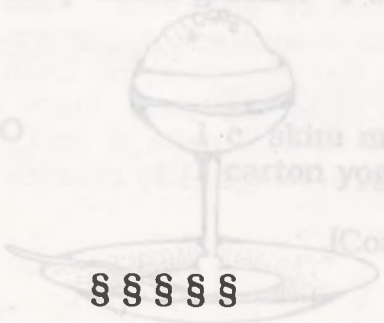
Mix Jell-O and boiling water together and stir until Jell-O is dissolved. Chill until consistency of egg whites. Blend or whip in milk and yogurt. Pour into small containers. Insert popsicle stick and freeze.

LO-CAL TIP

Lila Basore

Instead of using all ground beef in chili, plain patties, meat loaf, etc., use at least 1/2 ground turkey. It tastes good and is 1/2 cost of ground beef and also lower in calories.

ADDITIONAL RECIPES



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Mann Favoritt

Men's Favorites

MEN'S FAVORITES

ANDY'S ECLAIR DESSERT

Andy Davis
Son of Janice (Bjordal) Davis

Whole graham crackers
FILLING:
2 (3 oz.) pkgs. French vanilla instant pudding
3 c. milk
1 (8 oz.) thawed Cool Whip
FROSTING:
1 (1 oz.) pkg. Nestle's chocolate baking liquid
2 T. light corn syrup
3 T. milk
2 tsp. vanilla
3 T. melted margarine
2 1/2 c. powdered sugar

Coat 9 x 13 inch pan with margarine; line bottom of pan with whole graham crackers. Set aside. Prepare filling. Mix pudding and milk, then Cool Whip and mix together. Spread 1/2 the filling over crackers. Make second layer of crackers on top of filling mixture. Spread remaining filling over these crackers. Top with third layer of graham crackers. Prepare frosting. Mix chocolate, corn syrup, vanilla, milk and melted margarine. Stir in powdered sugar. Mix until smooth. If frosting is too thin, it's okay, it will harden. Spread frosting over top and chill until set.

CHOCOLATE LIME DESSERT

Pastor Mark Youngquist

1 pkg. lime Jell-O
1 3/4 c. hot water
1/4 c. lime juice *or* 1 lime
2 tsp. lemon juice
1 c. sugar
1 (13 oz.) can evaporated milk, cold
1 pkg. chocolate cookies
1/3 c. melted butter
1 bar German sweet chocolate

Dissolve Jell-O; add lime and lemon juices and sugar. Cool, but do not let mixture set up. Whip until fluffy. Then whip evaporated milk in separate bowl until fluffy/stiff. Mix Jell-O mixture and evaporated milk together.

Crush cookies and add butter. Press into 9 x 13 inch pan for crust. Pour mixture over crust. Top with grated chocolate. Chill. May be served with whipped cream.

MARSHMALLOW CLOUD COOKIES

Adam Kraft

I like it when my grandma makes these.

8 oz. marshmallows, frozen
3 c. flour
2/3 c. cocoa
1/2 tsp. baking soda
1 c. sugar
1 c. brown sugar
1 c. oleo, soft
2 lg. eggs
2 tsp. vanilla
2 c. mini chocolate chips (optional)

Mix flour, cocoa and baking soda. Mix sugars. Blend in oleo. Add eggs and vanilla. Beat until light and fluffy. Add flour mixture and chips. Blend until mixed very stiff. Put 4 to 5 marshmallows in palm of hand. Cover with heaping tablespoon of dough. Wrap around marshmallows into a 2 inch ball. Put on ungreased cookie sheet 2 inches apart. Bake at 400° 8 to 10 minutes. Cool on sheet 2 minutes. 3 1/2 dozen.

MUZ' FUDGE

Dave Conley, Mesa, AZ

4 c. sugar
6 T. cocoa
12 oz. water
6 oz. white Karo syrup
6 oz. Pet milk
1/2 stick butter
1 tsp. salt
2 tsp. vanilla
1 c. walnut pieces

Mix sugar and cocoa, then add water, syrup and Pet milk. Mix well. Add butter (I slice butter in small pieces). Once mixture is put on stove, do not stir. Bring to a hard boil, then adjust heat to keep mixture at a rolling boil. When mixture forms a soft ball, take off stove. Cool mixture. When completely cool, add salt and vanilla. Beat by hand. After about 2 hours mixture is firm enough to put in a lightly buttered 9 x 13 x 3 1/2 inch cake pan. Before putting in pan, add the nuts. It normally takes 1/2 hour to set. Cut in 1 1/2 inch squares. Because of the time and work involved, allow about 1 1/2 to 2 hours for cooking, 4 hours cooling and 2 hours beating. In double batch, I add a little more cocoa and use more nuts.

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MUZ' FUDGE (CONTINUED)

NOTE: For years this old family recipe was not given to anyone. My mother (Muz) credited success to using only Hershey's cocoa and Pet milk. This candy keeps well in tight metal containers and can be frozen. It is so rich that a 1 1/2 inch square may be cut in pieces. Excellent at Christmas. Be sure to use a large cooking pot (especially for double batch) as the mixture really swells before it boils.

SUGAR COOKIES

Dave Conley, Mesa, AZ

3 c. sifted flour
2 tsp. baking powder
1 scant tsp. soda
1/2 tsp. nutmeg (optional)
1 c. shortening
(butter *or* margarine)
2 eggs
1 c. sugar
4 T. sweet milk
1 tsp. vanilla

In bowl, combine flour, baking powder, soda and nutmeg. Cut in shortening (can use electric mixer). In another bowl, beat eggs well and add sugar, milk and flavoring. Beat well and pour into dry ingredients and mix well. Chill. Roll out on floured board. Cut in shapes. Bake on lightly greased cookie sheet at 375° for 8 to 10 minutes. May be frosted when cool or sprinkled with colored sugar before baking. If you do not care to roll out cookies, just make a small ball of dough and flatten with the bottom of a drinking glass. Sprinkle with sugar and bake.

These are nice to keep in a glass container near a bed patient for a snack.

DELICIOUS BAKED BEANS

Marlin Torgerson

1 (No. 303) can pork *and* beans
3 *to* 4 pieces bacon, cut in 1 in. pieces
1/2 c. catsup
1 T. Worcestershire sauce
1/4 c. brown sugar

Let simmer on stove for 1 to 2 hours. These beans are even better when they are warmed up the second time. Serves 4.

HAMBURGERS

Marlin Torgerson

1 lb. ground beef
1/4 c. chopped onion
3 T. catsup
1 T. horseradish
1 tsp. garlic salt
2 tsp. prepared mustard
Fresh ground pepper

Combine all ingredients and mix lightly. Use 1/2 cup or 3/4 cup measure to make uniform patties.

HAMBURGERS WITH MUSHROOM-CHEESE SAUCE

Marlin Torgerson

1 *to* 2 lbs. hamburger
Onion salt
Garlic salt
Monosodium glutamate
1/2 can cheddar cheese soup
1/2 can cream of mushroom soup

Divide hamburger into quarters (eighths for 2 pounds). Roll into ball in the palm of your hand. Sprinkle generously with salts and monosodium glutamate. Flatten with bread board and wax paper or aluminum foil.

Combine soups in saucepan and heat on stove. When hamburgers are medium-rare or still slightly pink, place on 1 slice of pumpernickel, caraway rye or other favorite bread. Pour sauce over open face sandwiches and eat to your heart's content.

PARTY STYLE SIRLOIN

Marlin Torgerson

Have the butcher cut a whole sirloin 2 to 3 inches thick. Remove excess fat. Grill over medium fire for 10 to 15 minutes per side. Sprinkle with onion, garlic salt and fresh cracked pepper. Top with lots of butter. Carve into slices 1/2 inch thick when butter is melted.

TERIYAKI STEAK

Marlin Torgerson

1/2 c. soy sauce
1/4 c. brown sugar
2 T. olive oil
1 T. grated fresh ginger root
or 1 tsp. ground ginger
1/2 tsp. MSG
1/4 tsp. cracked pepper
2 cloves garlic, minced
1 1/2 *to* 2 lbs. top sirloin, 1 in. thick, cut in strips 1/2 in. thick
Pared water chestnuts

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TERIYAKI STEAK (CONTINUED)

In deep bowl, combine first 7 ingredients. Mix well. Add meat and stir to coat. Marinate for 2 hours at room temperature. Lace meat accordion style on skewers. Place a water chestnut at end of skewer. Broil over hot coals for 8 to 10 minutes (medium-rare), turning and basting frequently with marinade.

STEAK MARINADE *Marlin Torgerson*

1/2 c. dry red wine
1/2 c. cooking oil
2 T. tarragon vinegar
1 bay leaf
1 thinly sliced onion
1 thinly sliced carrot
1 clove
1 clove garlic, crushed
20 crushed peppercorns

Place steak in glass dish. Pour mixture of above ingredients over steak. Cover; refrigerate overnight.

STUFFED HAMBURGERS *Marlin Torgerson*

2 lbs. hamburger
1 *to* 2 med.-sized onions, finely chopped
Several slices sweet pickles, finely chopped

Variation *or* additions:
Chopped mushrooms
Chopped olives

Divide each pound of hamburger into fifths. Roll into balls and season with onion, garlic salt and monosodium glutamate. Flatten on a cutting board, aluminum foil or wax paper. Spoon on 1 tablespoon of mixture, lay on a small square of your favorite cheese, cover with another patty and press edges together. Broil on both sides until medium firm. (They will be medium-well done.) Be careful biting into it, they are juicy.

SUNSHINE PUNCH *Marlin Torgerson*

1 (6 oz.) can orange juice
1 (6 oz.) can lemonade
1 (6 oz.) can limeade
4 c. cold water
1 (23 oz.) bottle ginger ale

Add ginger ale just before serving.

SWEDISH PANCAKES *Pastor Mark Youngquist*

4 eggs
Dash of salt
3 T. sugar
1/2 c. flour
1 c. milk
1/3 c. melted butter *or* margarine

Mix in order given. Bake on hot griddle. Spoon batter on buttered griddle. Batter will be very thin. Bake until light brown; turn and cook. Roll pancake; serve with lingonberry sauce.

THREE BEAN CASSEROLE *Art Jenson*

1 lb. hamburger
1 lb. bacon (optional)
1 can mushrooms
1 sm. onion
1 stalk celery
1 can kidney beans
1 can butter (lima) beans
1 can pork *and* beans
1 c. brown sugar
1/2 c. catsup *or* barbecue sauce
1 T. mustard
1 T. vinegar

Fry bacon separately. Brown hamburger, mushrooms, onion and celery. Drain. Mix well and cook in a slow cooker.

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Micro

Microwave

MICROWAVE

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. 1 pint will take 15 to 30 seconds, 1 quart 30 to 45 seconds and 1/2 gallon 45 seconds to 1 minute.
3. 1 stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften 1 (8 ounce) package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. 1 (3 ounce) package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping; a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw.
7. Soften Jell-O that has set up too hard, perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup; add Jell-O and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2 to 2 1/2 minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into 1/2 inch cubes. Microwave in 3 quart casserole 6 to 7 minutes or until dry, stirring after 3 minutes. Crush in blender.

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MICROWAVE HINTS (CONTINUED)

12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30 to 45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. 1 pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1 quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (1 pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors, place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates over cooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meat loaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.

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MICROWAVE HINTS (CONTINUED)

24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7 ounce jar will melt in 35 to 40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3 to 4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

MICROWAVE CARAMEL CORN

Chandra (Lounsbery) McMahon

4 qts. popcorn
1/4 c. light corn syrup
1/2 c. margarine
1/2 c. brown sugar
1/4 tsp. baking soda
1 tsp. vanilla
1/2 tsp. salt

Place popcorn in doubled paper sack. Combine syrup, margarine and brown sugar. Microwave on high power 4 minutes. Remove mixture and stir in soda, vanilla and salt. Pour mixture over popcorn. Shake sack or stir well to coat thoroughly. Microwave 1 1/2 minutes. Shake every 30 seconds.

MICROWAVE CARAMEL CORN — *Sharon Olson*

1/2 c. butter (not margarine)
1 c. brown sugar
1/4 c. corn syrup
1/2 tsp. baking soda
3 qts. popcorn
1/2 tsp. salt

Microwave butter, sugar and syrup 3 1/2 minutes; stir. Microwave again 2 minutes; stir in 1/2 teaspoon soda. Mix with popped corn. Use 2 large bowls. Microwave 1 1/2 minutes; stir. Microwave additional 1 1/2 minutes. Cool and break up.

BASIC BROWNIES (MICROWAVE) — *Shannon Sexton*

2 eggs
1 c. sugar
1/2 tsp. salt
1 tsp. vanilla
3/4 c. flour
1/2 c. cocoa
1/2 c. butter
1/2 c. chopped nuts (optional)

In small bowl at medium speed on mixer, beat eggs, sugar, salt and vanilla together about 1 minute, until light. Add 1/2 cup butter (melted) and continue beating until thoroughly blended. Add flour and cocoa, mixing at low speed. Stir in nuts. Spread evenly in greased 8 inch dish. Microwave at high 6 to 7 minutes, rotating dish 1/4 turn every 2 minutes. When top looks dry and will spring back when lightly touched, they are done.

PUPPY CHOW — *Sarah Tofteberg*

1 stick oleo
1 1/2 c. creamy peanut butter
4 c. powdered sugar
12 oz. pkg. chocolate chips
1 box Crispix cereal
4 c. powdered sugar

Melt chocolate chips for 2 minutes in microwave. Mix with oleo and peanut butter. Coat Crispix cereal. Place powdered sugar in a clean plastic sack and shake. Enjoy!

MICROWAVE CONDENSED MILK — *Unknown*

1 c. milk
1 c. powdered sugar
1 T. cornstarch

Mix together and microwave on high for 3 to 4 minutes. Stir at intervals; cool. Use or refrigerate.

CORN "PUDDING" OR ESCALLOPED CORN *Babe Enger*

1 (16 oz.) cream style corn
1 egg
1/2 c. milk
3/4 c. crushed crackers
1 T. sugar
2 T. butter *or* oleo, cut into pieces

Place egg into 1 1/2 quart casserole and beat well with fork. Stir in milk, sugar, corn, crackers and butter (or oleo). Cover; microwave on medium-high 7 minutes and stir well. Return to microwave oven and microwave again on medium-high for 6 minutes. Ovens vary so check for doneness; the center will just barely be set.

MICROWAVE EASY CHEESE SAUCE *Unknown*

1/4 c. milk
1/2 lb. Velveeta cheese

Heat milk in a 2 cup measuring cup or small bowl for 1 minute on full power. Add cheese and heat at medium power until cheese melts. Stir until sauce is smooth. Makes 1 cup to serve over rice, pasta or vegetables.

MICROWAVE HOT FUDGE SAUCE *Terry Seymour*

1/2 c. sugar
3 T. cocoa
1 1/2 T. cornstarch
Dash of salt
1/2 c. water
2 T. butter
1 tsp. vanilla

Mix dry ingredients in a 2 cup glass dish. Stir in water and cook 1 to 2 minutes; stir every 30 seconds or until thick. Add butter and cook 30 seconds more. Stir thoroughly and add vanilla. Makes 1 cup.

LUTEFISK (PREPARE IN MICROWAVE) *Laila Kinseth*

Place fish in cookware, skin side down. Place cover on cookware. Do not add water. Place in microwave. Requires approximately 2 minutes per pound of fish. Check with fork. Fork should go through fish similar to a baked potato when done.

MICROWAVE FUDGE

Kaitlyn Phillips

1 c. cocoa
2 lbs. 10X sugar
1/2 c. homogenized milk
2 sticks margarine
1/2 *to* 1 c. chopped nuts (optional)
2 tsp. vanilla

Do not stir any of the ingredients in the first step. Sift cocoa and sugar in a large mixing bowl. Add milk and lay margarine sticks on top. Do not stir. Cook on high for 6 minutes. Remove from microwave and stir thoroughly. Add vanilla flavoring and nuts. Stir until well-mixed. Pour into buttered platter. Cool in refrigerator for 1 hour. Cut and serve. Do not double this recipe.

MICROWAVE PEANUT BRITTLE

Unknown

1 c. sugar
1/2 c. light corn syrup
1 c. raw peanuts *or* unsalted dry roasted
1 1/2 tsp. vanilla
1/8 tsp. salt
1 T. butter (I prefer oleo)
1 tsp. baking soda

Combine sugar, corn syrup and peanuts in a large glass mixing bowl. Cook, uncovered, at full power for 3 1/2 minutes. Stir and cook for 3 1/2 minutes longer. Add vanilla, salt and butter. Cook, uncovered, on full power for 2 1/2 minutes. Stir in baking soda. Pour onto lightly greased 15 1/2 x 12 inch baking sheet. Cool for 30 minutes. Break into pieces. Yields about 1 pound.

MICROWAVE SWEET 'N SOUR PORK

Trudy Rossing Neufind

1 (8 oz.) can chunk pineapple in heavy syrup, drain *and* reserve 1/3 c. syrup
1/4 c. vinegar
1 T. cornstarch
2 T. oil
2 lbs. boneless pork, in 3/4 in. cubes
1/4 c. soy sauce
1 bunch green onions, sliced thin (3 T.)
1 green pepper, cut in sm. chunks

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MICROWAVE SWEET 'N SOUR PORK (CONTINUED)

Set power select at medium-high. In small glass bowl, combine reserved syrup, vinegar and cornstarch. Heat 3/4 to 1 minute or until thickened, stirring once. In separate baking dish, heat oil 2 minutes. Stir in pork, soy sauce and onion. Heat 7 to 8 minutes, stirring twice. Add green pepper and pineapple. Heat, covered, 2 to 3 minutes at medium-high or until pork is tender. Stir in sauce. Let stand 5 minutes, covered. Stir before serving.

MICROWAVE TUNA CASSEROLE

Unknown

3 c. Minute Rice
2 cans cream of chicken soup
1 1/2 cans milk
1 can peas, drained
2 cans tuna, drained
6 slices American cheese

In 8 x 11 inch glass dish, layer rice, soup, milk, peas and tuna. Cover with plastic wrap. Cook on high for 15 minutes, turning dish halfway through. Place cheese on top and return to microwave to melt.

MICROWAVE VEGETABLE PLATTER

Phyllis Johnson

2 c. green beans, cut
2 c. broccoli flowerets
2 c. cauliflowerets
2 med. carrots, sliced thin
4 oz. fresh mushrooms, thinly sliced
1/4 med. red pepper, thinly sliced
2 T. water
2 T. butter *or* margarine
2 T. chopped green onions
1 T. chopped fresh parsley
1/4 tsp. garlic salt

Arrange green beans in ring around outside of 12 inch microwave-safe platter. Arrange ring of broccoli, then ring of cauliflower. Make loose circle of carrots with mushrooms in the center. Arrange red pepper on top. Sprinkle with water. Cover with plastic wrap, venting one small area. Microwave on high 8 to 10 minutes, rotating platter once. Let stand, covered, while preparing sauce.

In a microwave safe bowl, melt butter. Stir in green onions. Heat to soften onions. Stir in parsley and garlic salt. Drizzle over vegetables and serve. Makes 6 servings. 87 calories per serving, 4 grams fat and 10 milligrams cholesterol.

MICROWAVE SCALLOPED CORN

Unknown

2 (No. 303) cans cream style corn
2 eggs
1 c. cracker crumbs

Mix ingredients together well and put in 8 x 8 inch glass dish. Dot with butter. Microwave on medium power for 25 to 30 minutes or until middle puffs up.

§ § § § §

Brød og søt Brød

Breads and Rolls

Rolls And Buns

Basic Roll Recipe

Betty Janssen

2 c. milk
5 T. sugar
5 *to* 6 c. flour
1 1/2 tsp. salt
1/4 c. shortening (margarine)
1 pkg. yeast
1 egg (optional)

Scald milk and add shortening and sugar. Cool to lukewarm. Add yeast; stir to dissolve yeast. Add about 2 cups flour and beat thoroughly. Set sponge in warm place for 30 minutes or until light. Add salt to sponge along with beaten egg (if used). Add remaining flour. You may not need all the flour; stop adding flour when dough is slightly sticky to the hands. Knead thoroughly and let dough rise until light. Shape into rolls and place in pan. Let rise until light. Bake at 350° until golden brown; do not over bake. Brush with butter while still warm and cover with wax paper and towel to cool. These freeze well. When thawing, place on rack in 300° oven. Turn oven off and let heat thaw them...like fresh baked.

Frozen Bread Rolls

Brenda Underberg

2 loaves frozen bread dough
1 stick butter
1 c. brown sugar
2 sm. pkgs. vanilla pudding mix (reg., not instant)
2 T. milk
Cinnamon, to taste
Raisins *or* nuts (optional)

Thaw dough, but do not let rise. Break 1 loaf in small pieces. Put in greased 9 x 13 inch pan. Melt butter; add pudding mix, milk, brown sugar, cinnamon and nuts or raisins. Mix well and pour over bread dough in pan. Break up second loaf and put in pan on top of filling. Let rise 2 1/2 to 3 hours or overnight. Bake 30 minutes at 350°. Cool for 15 minutes in pan and then turn out.

Trouble is the tool God uses to make us great.

MOM'S HOMEMADE BUNS (DAD'S FAVORITE) *Sandy Kraft*

2 pkgs. yeast
1/2 c. sugar
1 tsp. salt
2 c. lukewarm water
1 egg, beaten
7 c. flour
3 T. oleo, melted

Mix yeast, sugar and salt. Add warm water (don't stir) and let set for 5 minutes or until foamy. Add beaten egg. Add 1/2 of flour. Beat well. Add melted oleo. Add rest of flour or enough to have dough still a little sticky. Beat well. Let rise until doubled. Punch down and let rise until doubled again. Make into buns or cinnamon rolls. Let rise again. Bake 10 to 12 minutes at 350° to 375°.

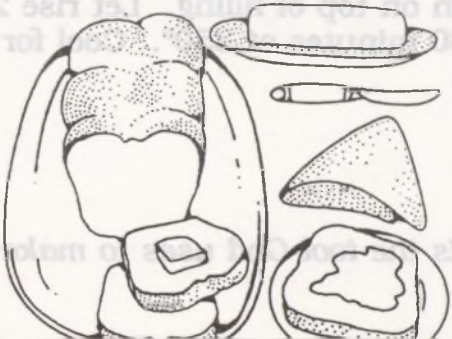
CEDAR RAPIDS KOLACHY *Mary Oleson (Ruth Thompson's Mother)*

1 pt. warm milk
3/4 c. shortening
1/2 c. sugar
3 eggs
2 pkgs. dry yeast
3 T. warm water
2 tsp. sugar
2 tsp. salt
5 1/2 c. white flour

Mix yeast, warm water and sugar together. Add the other ingredients to the yeast mixture and then add 5 1/2 cups white flour. Let rise once. Roll out and cut with a circle cookie cutter. Place on cookie sheet and let rise again. Use small glass to make imprint in center. Put filling in center. May use poppy seed, prune or apricot. Sprinkle with grated coconut. Let rise again and bake at 350° until slightly brown on edges.

TOPPINGS:

Poppy seed should be ground and cooked in sweetened milk. Prunes or apricots should be cooked with small amount of water, then ground or mashed and sweetened with a little sugar.



CINNAMON TWISTS

Betty Janssen

1 c. sour cream
2 T. butter
3 T. sugar
1/8 tsp. soda
1/4 tsp. salt
1 lg. unbeaten egg
1 pkg. dry yeast
3 c. flour
Brown sugar
Cinnamon
Soft butter

Bring sour cream to boil and stir in butter, sugar, soda and salt until blended. Add egg and yeast. Stir until yeast is dissolved. Mix in flour with spoon. Turn onto lightly floured board. Knead lightly. Cover with warm damp cloth and let stand 15 minutes. Roll out into 1/2 inch thick rectangle. Spread surface with soft butter. Sprinkle 1/2 of dough with mixture of brown sugar and cinnamon. Fold over and press lightly. Cut dough into inch sticks and twist. Let rise. Bake 12 to 15 minutes at 350°. Frost with icing while still slightly warm. I like to season frosting with almond flavoring. Serves about 15.

MICHELE'S DANISH

Pauline Holden

2 cans (8 ct.) crescent rolls
1 c. sugar
1 egg, separated, save whites
2 (8 oz.) pkgs. cream cheese, soft
1 tsp. vanilla

GLAZE:

1/2 c. powdered sugar
2 T. milk

1. In a 8 x 10 inch pan, spread 1 can of rolls over bottom for crust.
2. Mix cream cheese, sugar, vanilla and egg yolk together until blended.
3. Pour cream cheese mixture over rolls.
4. Put other can of rolls over top to brush with egg white.
5. Bake at 350° for 30 minutes. Then take 1/2 cup powdered sugar to 2 tablespoons milk and drizzle over top.

GOOEY ROLLS

Ginger Hundertmark

2 tubes refrigerator biscuits, cut up
1 c. brown sugar
1 sm. whipping cream

Stir brown sugar and cream together, then add biscuits. Put into a 9 x 13 inch pan. Bake at 325° for 20 minutes.

SEMI-SWEET HONEY STICKS *Eleanor Christianson*

SIFT TOGETHER AND SET ASIDE:

1 1/2 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1/4 c. sugar

Beat in 1 egg. Add 3/4 cup honey alternately with flour mixture. Add 6 ounce package (1 cup) Nestle's semi-sweet chocolate morsels.

Spread in greased pan (15 x 10 x 1 inch). Bake at 400° 12 minutes. Let cool. Cut 3 x 1 inch sticks. Yield: approximately 4 dozen.

MORNING ROLLS *Gwen Rolland*

2 pkgs. (1 doz. each) Rhodes frozen dinner rolls
1/2 pkg. butterscotch pudding
Pecans
1/2 c. brown sugar
1/2 c. butter *or* margarine, melted

Butter a 9 x 13 inch cake pan and sprinkle in the nuts. Place the rolls over the nuts and pour the butterscotch pudding over rolls and then mix the brown sugar and butter and pour that over the rolls and let rise overnight. Bake in the morning for 30 minutes at 350°.

OATMEAL BUNS *Mary Lou Jensen*
Orlys Maassen, Stella Heggen

2 c. boiling water
1 c. oatmeal
1 T. butter, melted
1 T. lard, melted
1 c. brown sugar
1 1/2 tsp. salt

Combine 6 ingredients listed above; let cool. Dissolve 1 package yeast in 1/4 cup warm water. Add to oatmeal mixture. Add 5 1/2 to 6 cups flour and knead well. Add more flour if it is sticky. It should be elastic. Let rise. Form into buns; let rise. Bake at 350° 20 to 30 minutes.

The hurting goes away, but the loving goes on.

ONION BUNS

Eleanor Christianson

2 pkgs. Hungry Jack biscuits
1 pkg. dry onion soup mix
1 stick (1/2 c.) oleo, melted

Cut biscuits in quarters. Mix the melted oleo and soup mix. Add the cut up biscuits. Bake on a cookie sheet at 400° for about 5 minutes. Serve warm.

OVERNIGHT BUNS

Mary Lou Jensen
By Orlys Maassen

Start about 3 to 4 p.m.

1 pkg. yeast, dissolved in
1 c. warm water
2 c. warm water
2 tsp. salt
1 c. sugar
1/2 c. shortening
10 c. flour

Dissolve yeast in water, adding other ingredients and a small amount of flour, making a paste. Mix until thick enough to knead. Put out on floured bread board or counter, working dough. Fold in, pushing out, knead well, until dough holds together and is not sticky. Let rise until 6 or 7 p.m. Form into buns. Cover and let rise overnight. Bake in the morning at 350° 20 to 25 minutes.

I use half the recipe. Same amount of yeast, 1/2 liquid and flour for morning cinnamon rolls and buns. Refrigerate until ready to use the next day, time for yeast to act.

SWEET ROLL DOUGH

Mrs. Grant Olson
(Recipe From Betty Crocker Cookbook)

1 c. warm water
3 pkgs. yeast (active dry)
3 c. lukewarm milk
1 c. sugar
4 tsp. salt
4 eggs, beaten
1 c. soft shortening
7 *to* 15 c. flour

Dissolve yeast in warm water. Add rest of ingredients, but only part of flour at first. Then knead in more flour until right consistency. Knead 5 minutes. Place in greased bowl and grease top of dough. Cover with damp cloth and let rise until double in bulk. Punch down and let rise again. Form into cinnamon rolls or tea rings. Bake at 375°. Frost with powdered sugar frosting.

SWEDISH PASTRY *Rose Zeman*

DOUGH:
1 c. flour
1 T. water
1/2 c. butter

BATTER:
1 c. water
1/2 c. butter
1/2 tsp. almond flavoring
3 eggs
3/4 c. flour

ICING:
1 c. powdered sugar
2 T. butter
1 T. cream

Combine dough ingredients; pat into 2 thin strips of dough, each 3 inches wide and 12 inches long, on cookie sheet. Bring to a boil the water, butter and almond flavoring. Beat in flour and 1 egg at a time. Spread this over the dough strips. Bake 1 hour at 350°. Cool. Frost with icing.

WHOLE WHEAT ROLLS *Shirley Bakken*

2 pkgs. yeast (I use fresh yeast purchased at the bakery - much cheaper *and* works faster)
1/2 c. warm water
1 3/4 c. milk
1/2 c. sugar
1 1/2 tsp. salt
3 T. shortening
2 beaten eggs
3 1/2 c. whole wheat flour
3 1/2 c. all-purpose flour

Soften yeast in warm water. Scald milk and combine with sugar, salt and shortening; cool to lukewarm. Add yeast mixture and eggs. Add flours. Place dough on counter and knead well. Place in greased bowl. Cover and let rise until doubled. Shape into rolls. Let rise until doubled again. Bake at 350° 15 to 20 minutes. Makes 4 dozen.

This is my favorite roll recipe. I got it out of a farm paper.

CARAMEL MIXTURE (FOR ROLLS) *Unknown*

Use equal portions of butter and brown sugar. Bring just to a boil, stirring constantly, and pour into pans before adding rolls.

BREADS

BREAD STICKS

Unknown

2 pkgs. yeast
1 T. sugar
1 tsp. salt
1 c. flour
1 1/4 c. hot water
1/4 c. oil
2 c. flour

Combine yeast, sugar, salt and 1 cup flour. Add hot water and oil. Mix in enough flour to make a soft dough. Roll on a floured board and cut into strips with pizza cutter. Place on greased cookie sheet. Brush with melted butter and sprinkle with coarse salt or brush with mixture of egg yolk and 2 tablespoons water, then sprinkle with sesame seeds. Let rise until double and bake at 300° until crispy for 45 to 60 minutes.

APRICOT NUT BREAD

Elnora Cunningham

1 c. sugar
1/4 c. shortening
1 egg
3/4 c. milk
1 tsp. orange peel, ground
3/4 c. orange juice
3 c. flour
3 1/2 tsp. baking powder
1 tsp. salt
1 c. dried apricots, cut *with* scissors into slivers
1 c. nuts (optional)

Cream sugar and shortening; beat in egg. Blend in milk, orange peel and orange juice. Add sifted dry ingredients. Stir in apricots and nuts. Pour into greased loaf pan. Bake in 350° oven for 1 hour 10 minutes.

BANANA BREAD

Mrs. Gina Olson
Ronna Lounsbery

1/2 c. butter *or* margarine
1 c. sugar
2 eggs
1 c. bananas, mashed
2 c. flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
Nuts (if desired)

Cream butter and sugar; beat in eggs and vanilla. Add bananas and mix well. Beat in dry ingredients. Bake at 350° for approximately 50 minutes.

BANANA BREAD

Brenda Underberg

1 c. sugar
1/2 c. butter
2 eggs
1/4 c. orange juice
2 c. flour
1 tsp. baking powder
1/2 tsp. soda *and* salt
3 mashed bananas

Cream the wet ingredients; add the mashed bananas. Add dry ingredients; mix well. Pour into bread pan and bake at 350° for 1 hour.

DUTCH APPLE BREAD

Diane Jensen (Mrs. Russell)

1/2 c. milk
1/4 c. soft oleo
1/4 c. sugar
1 pkg. yeast
1/4 c. warm water
1 1/2 c. flour
2 1/2 c. flour
2 beaten eggs
1 apple, chopped
1/3 c. flour
2 T. oleo
1/4 c. sugar
1/2 tsp. cinnamon
Nuts *and* raisins (if desired)

Mix first 6 ingredients and let sponge. Add next 3 ingredients. Knead and let rise. Roll out and spread with last 6 ingredients. Roll up tightly. Sprinkle with more cinnamon and sugar before baking. Bake at 350° 35 to 40 minutes for 1 large loaf or 30 minutes for 2 small loaves. Take from pan when hot.

BEST EVER BANANA BREAD

Tami Helland

2 c. all-purpose flour
1 1/2 c. sugar
1 tsp. baking soda
1/2 tsp. salt
2 eggs
2 ripe med. bananas, mashed (1 c.)
1/2 c. vegetable oil
1/4 c. *plus* 1 T. buttermilk
1 tsp. vanilla extract
1 c. chopped walnuts (optional)

In a large bowl, stir together flour, sugar, baking soda and salt. In another bowl, combine eggs, bananas, oil, buttermilk and vanilla; add to flour mixture, stirring just until combined. Fold in nuts. Pour into a greased 9 x 5 x 3 inch baking pan. Bake at 325° for 1 hour 20 minutes or until bread tests done. Cool on wire rack. Recipe does not double well.

CINNAMON RAISIN BREAD

Teri (Kraft) Doksansky

6 3/4 *to* 7 1/4 c. flour
2 pkgs. yeast
2 c. milk
1/4 c. sugar
1/4 c. oleo
2 tsp. salt
3 eggs
2 c. raisins*

*Cover with water and bring to a boil. Take from heat and let stand 5 minutes; drain.

Mix 3 cups flour and yeast. Heat milk, sugar, oleo and salt until just warm and oleo almost melted. Stir constantly. Add to flour mixture. Add eggs. Beat at low speed 1/2 minute. Beat 3 minutes on high speed. Stir in plumped raisins and enough flour until stiff. Knead 6 to 8 minutes. Shape into 3 balls. Put in lightly greased bowl and turn to grease. Cover and let rise 1 1/4 hours. Punch down. Cover and rest 10 minutes. Roll each ball into 5 x 7 inch rectangle. Brush lightly with water. Sprinkle with 1/2 cup sugar and 2 teaspoons cinnamon. Roll up. Seal ends. Place, sealed end down, in greased loaf pans. Bake at 375° 35 to 40 minutes. Cover with foil last 15 minutes. Drizzle with icing while cooling.

1 c. powdered sugar
1/4 tsp. vanilla
Milk (for drizzling)

CINNAMON BREAD (NO-KNEAD)

Irene Hansen

3 cakes yeast
3 c. lukewarm water
2 tsp. salt
1/4 c. sugar *or* light corn syrup
1/2 c. melted shortening
2 eggs
10 c. sifted flour

Dissolve yeast in the 3 cups lukewarm water. Add gradually the rest of the ingredients, ending with the flour. This dough will be soft. If dough is not chilled, shape immediately into loaves. If dough is to be chilled, place in greased bowl, cover and store in refrigerator at least 2 hours. Shape dough into 3 loaves. Let rise until double in bulk, 1 hour for unchilled dough, 2 hours if chilled. Bake 1 hour at 350° to 370°. This bread is very easy and very good.

1/4 c. brown sugar
1 tsp. cinnamon

For cinnamon bread, roll out dough; spread cinnamon and sugar. Roll as for jelly roll. Shape into loaf and let rise 1 or 2 hours.

FAVORITE CORN BREAD

Unknown

1 c. flour
1 c. cornmeal
1/4 c. sugar
4 tsp. baking powder
3/4 tsp. salt
1 c. milk
2 eggs
1/4 c. shortening

In a mixing bowl, combine flour, cornmeal, sugar, baking powder and salt. Add the milk, eggs and shortening; beat for 1 minute. Pour into a greased 9 inch square baking pan. Bake at 425° for 20 to 25 minutes or until bread is golden brown and tests done.

CRANBERRY BREAD

Marge Jenson

4 c. flour
1 tsp. salt
1 1/2 tsp. baking powder
1 tsp. soda
1/4 tsp. nutmeg
2 c. sugar
1/2 c. oleo *or* butter
1 tsp. grated orange rind (optional)
1 1/2 c. orange juice (I use frozen concentrate)
2 eggs
2 c. chopped fresh cranberries
1 c. chopped nuts
2/3 c. raisins (optional)

Sift dry ingredients together. Cut shortening until mixture looks like coarse meal. Combine orange rind, juice and eggs. Add to dry ingredients, mixing just enough to moisten. Fold in berries, nuts and raisins. Turn into 2 greased and floured 9 x 5 inch pans. Bake at 350° for 55 to 60 minutes. Cool. Slices better next day.

DATE LOAF

Mrs. Grant Olson
(Recipe From My Mother)

1 c. sugar
1 T. butter
1 egg, beaten
2 c. flour
1 tsp. baking powder
1 c. boiling water
1 c. dates, chopped
1/2 tsp. baking soda
1/2 c. chopped nuts

Pour boiling water over dates and soda. Set aside. Cream sugar and butter; add beaten egg and mix well. Add date mixture. Stir in flour, baking powder and nuts. Pour into greased pan. Bake 1 hour in slow oven (325°).

FRUIT BREAD *Shirley Bakken*

1/2 c. butter
1 c. sugar
2 eggs
2 c. flour
1 tsp. soda
1/4 c. chopped maraschino cherries
1/4 c. nuts
1 c. ripe bananas, mashed
1/4 c. chocolate chips

Cream butter and sugar. Add eggs and beat well. Sift flour and soda and add, alternating with bananas to egg mixture. Mix in remaining ingredients. Pour in a floured loaf pan. Bake at 350° 1 hour.

This is an old recipe which I received when I worked in Humboldt. I don't remember who gave it to me. Good at Christmas.

NUT BREAD (VERY OLD RECIPE) *Dora Tofteberg*

1 egg
1/2 c. white sugar
1/2 c. brown sugar
1 c. sour milk
1 tsp. baking soda
1 T. table syrup
1/2 c. raisins
1/2 c. nuts
2 c. flour
1/2 tsp. salt

Mix all together. Bake at 350° for 45 minutes in greased loaf pan.

MONKEY BREAD *Kathy Kellner*
Barb Bratland, Lois Watnem

3 cans tube biscuits
1/2 tsp. cinnamon
1/3 c. sugar
Nuts (as desired)
1 1/2 sticks margarine
1 tsp. cinnamon
1 c. brown sugar

Cut each biscuit into 4 pieces. Roll each piece in mixture of 1/2 teaspoon cinnamon and 1/3 cup sugar. Grease a bundt pan with Pam. Place nuts in bottom of pan, then layers of biscuits. Combine margarine, 1 teaspoon cinnamon and brown sugar. Boil 2 to 3 minutes. Pour over biscuits and nuts. Bake at 350° for 25 minutes. Cool 10 minutes and turn out. Children like this.

MONKEY BREAD *Brenda Underberg*

4 tubes refrigerator biscuits
1/2 c. sugar
1 tsp. cinnamon
1 c. sugar
1 stick oleo
1 1/2 tsp. cinnamon
Nuts

Cut each biscuit into 4 pieces and roll into balls. Shake each piece in a mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Drop each piece in a bundt tube pan. Sprinkle with nuts. Combine 1 cup sugar, the oleo and 1 1/2 teaspoons cinnamon. Bring to a boil and pour over biscuits. Bake at 350° for 40 to 45 minutes. Let stand 5 minutes and remove from pan on a large plate.

AUNT JOE'S NUT BREAD *Ruth Thompson*

1 c. ground raisins*
1 tsp. soda
2/3 c. brown sugar
1 c. boiling water
(let stand until lukewarm)
1 tsp. vanilla
1 tsp. baking powder
1/2 tsp. salt
2 eggs
2 T. salad oil
2 c. flour
1/2 c. nutmeats, chopped

**NOTE:* Pour boiling water over raisins, then drain, and they will be easier to grind.

Grease and flour loaf pan. Bake in 350° oven for an hour or until done. This makes 1 loaf.

OATMEAL BREAD (NO-KNEAD) *Muriel Jacobson*

2 pkgs. yeast
1/2 c. warm water
1 1/2 c. boiling water
1 c. quick cooking rolled oats
1/2 c. light molasses
1/3 c. shortening
1 T. salt
6 1/4 c. sifted all-purpose flour
2 slightly beaten eggs

Soften yeast in 1/2 cup warm water. In large bowl, combine 1 1/2 cups boiling water, rolled oats, molasses, shortening and salt. Cool to lukewarm. Stir in 2 cups of the flour; add eggs and beat well. Stir in softened yeast; beat well. Add remaining flour, about 2 cups at a time, mixing vigorously until smooth, about 10 minutes.

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OATMEAL BREAD (NO-KNEAD) (CONTINUED)

Cover tightly and place in refrigerator at least 2 hours or overnight. Turn out on well-floured surface. Shape in 2 loaves. Place in greased loaf pans. Cover. Let double in warm place about 2 hours. Bake 40 minutes at 350° to 375°.

PUMPKIN BREAD *Ginger Hundertmark*

5 c. flour
4 c. sugar
3 tsp. baking soda
1 T. ground cloves
1 T. cinnamon
1 tsp. salt
1 c. corn oil
3 eggs, slightly beaten
1 lg. can pumpkin
2 c. chopped nuts (if desired)

Mix oil, eggs, pumpkin and nuts thoroughly. Add dry ingredients. Bake in 3 greased bread pans 1 1/2 hours at 325°. When completely cool, wrap in foil or plastic. Freezes very well.

PUMPKIN BREAD FROM AUNT BORGHILD SANDAL

Jeanne Reynolds, Sandy Kraft

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

Mix in large mixing bowl. Put in 3 greased loaf pans. Bake at 350° 1 hour or more. This freezes well.

EASY POPPY SEED BREAD *Bonnie Alexander*
Emily Rolland

1 pkg. yellow cake mix
3 oz. pkg. instant coconut *or* vanilla pudding
1/4 c. poppy seeds
1/2 c. oil
4 eggs
1 c. hot water

Put all ingredients together in a bowl. Blend 5 minutes with mixer. Pour into greased and floured loaf pans. I use 3 small pans. Bake at 350° until done, depending on size of pan used.

POPPY SEED BREAD *Unknown*

1 pkg. white cake mix
1 pkg. instant coconut, banana *or* vanilla pudding
1 c. hot water
1/4 c. poppy seeds
4 eggs
1/2 c. vegetable oil

Beat 4 minutes. Bake at 350° for 35 minutes in 2 bread pans.

POPPY SEED BREAD *Brenda Underberg*

3 c. flour, sifted
1 1/2 tsp. salt
1 1/2 tsp. baking powder
2 1/2 c. sugar
3 eggs
1 1/2 c. milk
1 c. *plus* 2 T. salad oil
3 T. poppy seed
1 1/2 tsp. vanilla
1 1/2 tsp. almond flavoring
1 1/2 tsp. butter flavoring

Add ingredients into mixer bowl in the order given. Beat for 2 minutes. Bake in 2 large loaf pans or 4 smaller ones. Use a 350° oven and watch carefully for 55 minutes; may take less time for small pans. Do not over bake. Put glaze on bread while warm.

GLAZE:

1/4 c. orange juice
1/2 c. sugar
1/2 tsp. butter flavoring
1/2 tsp. almond flavoring
1/2 tsp. vanilla

WHITE BREAD AND BUNS *Hilda Via*

1/2 c. lukewarm water
3 tsp. sugar
2 pkgs. Red Star yeast
Flour (enough to make dough, but not too stiff)
4 c. hot water
1/2 c. sugar
3 tsp. salt

Mix first 3 ingredients together and let rise until light. In separate bowl, combine rest of the ingredients. To this mixture, add flour and mix until smooth. Add the yeast mixture. Beat until dough is not too stiff. Knead well. Let rise until double in size. Knead down and let rise again. Form in loaves or buns. Let rise again until double in size. Bake in 350° oven until brown.

NO KNEAD WHOLE WHEAT BREAD (NEVER FAILS)

Marlyce Tompkins Lower

7 *to* 8 c. whole wheat flour
4 c. lukewarm water
2 T. dry yeast (2 pkgs.)
2 T. oil
2/3 c. honey
1 T. salt

Add yeast to water in extra large mixing bowl; dissolve. Add honey, oil and salt; stir. Mix in flour until all is wet and sticky, very sticky! Allow to rise to double in size. Place in 4 small or 2 large regular size bread pans that are well-greased. Allow to rise to tops of pans. Place in oven preheated to 400°. Turn the heat down to 350° when you put the bread in and bake 45 minutes to an hour (50 minutes is about right). It's done when the loaves are browned on top.

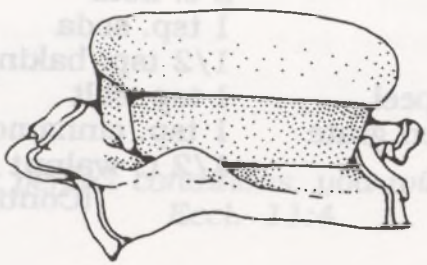
OUR FAVORITE WHOLE WHEAT BREAD

Mrs. Roger A. Wilson

2 pkgs. dry yeast in
1/2 c. warm water
2 T. shortening
1/2 c. brown sugar
1 T. salt
1/4 c. molasses
2 c. scalded milk, cooled
2 c. whole wheat flour
1 egg, beaten
4 1/2 c. white flour

Mix all ingredients, except white flour, in a large bowl. When well-mixed, add white flour. Knead and let rise until double. Work down and let rise again. Form into 3 loaves and let rise. Bake at 325° for an hour or more.

Cut this recipe in half for use in an automatic bread machine. Put the yeast in dry and first. Dump in other ingredients, including the water.



WHOLE WHEAT-PUMPERNICKEL-RYE BREAD

Della Bakken

2 pkgs. dry yeast
3 c. warm water
4 c. white flour
4 T. white sugar
2 tsp. salt
1 c. hot water (additional)
1 c. packed brown sugar
6 T. shortening
4 c. unsifted whole wheat flour
2 c. pumpernickel-rye flour
2 c. white flour (additional)

Dissolve yeast in 3 cups warm water. Add next 3 ingredients and place in warm place 20 minutes. Combine hot water, brown sugar and shortening. Cool to lukewarm and add to risen mixture. Add wheat, rye and white flour. Mix. Place in greased bowl and cover. Let rise 1 to 1 1/2 hours, until double in bulk. Divide into 4 loaves and place in pans. Let rise again. Bake at 350° 1 hour. Cool.

I have even divided this into 6 loaves if I wanted small loaves for gifts.

ZUCCHINI BREAD

Sandy Kraft
Ronna Lounsbery

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

Mix eggs and sugar well. Add all ingredients and mix well. Put in 3 small bread pans (greased). Bake at 350° for 1 hour. This is a great recipe. Bread freezes well, too.

ZUCCHINI BREAD

Ruth Thompson

3 eggs, well-beaten
1 c. oil
2 c. sugar
2 c. grated zucchini, peel, remove pulp *and* then grate
1 tsp. vanilla
3 c. flour
1 tsp. soda
1/2 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1/2 c. walnut meats, chopped

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ZUCCHINI BREAD (CONTINUED)

Cream eggs, oil and sugar. Sift dry ingredients and add to first mixture. Stir well, then add zucchini, walnut meats and vanilla. Bake in greased and floured pans for 1 hour. Makes 2 loaves.

ZUCCHINI NUT BREAD

Dora Tofteberg

2 c. grated zucchini, unpeeled
1 c. oil
2 c. sugar
3 beaten eggs
2 tsp. vanilla
3 c. flour
1 tsp. soda
1 tsp. salt
1/2 tsp. baking powder
1 tsp. cinnamon
1 sm. can crushed pineapple, drained

Mix oil, sugar, eggs and vanilla. Add dry ingredients, then add zucchini and pineapple. Pour into 2 greased loaf pans. Bake 1 hour at 350°.

VARIATION: Can add 2 teaspoons cinnamon, 3/4 teaspoon nutmeg and 1/2 cup nutmeats or raisins.

ZUCCHINI-PINEAPPLE BREAD

Unknown

2 c. sugar
1 c. oil
3 eggs
3 c. flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 tsp. nutmeg
3 tsp. cinnamon
2 c. grated zucchini
1 (15 oz.) can crushed pineapple *with* juice
1 c. nuts

Mix above ingredients together. Pour into 3 greased and floured loaf pans. Bake at 325° for 1 hour.

If you wait for perfect conditions, you will get nothing done.
Eccl. 11:4

MUFFINS

BANANA MUFFINS – NO EGGS

Jane Maurer

1 3/4 c. flour
1/2 tsp. salt
1 tsp. soda
1 c. brown sugar
1 c. ripe mashed banana
1/2 c. milk
1 tsp. vanilla
1/2 tsp. nutmeg
1/2 tsp. ginger
1/4 c. oil
18 walnut halves

Sift dry ingredients. Mix sugar and oil; add bananas, vanilla and milk. Stir in dry ingredients. Pour into greased muffin tins; fill 1/2 full. Top each with walnut half. Bake at 325° for 20 minutes. Check doneness by toothpick in center. If making loaf, bake for 30 minutes or more. Stay moist a long time if placed in plastic wrap. 1 muffin = 4.6 grams fat.

BRAN MUFFINS

Betty Janssen

2 c. boiling water
2 c. Nabisco 100% Bran
2 c. Kellogg's All-Bran
1 c. Crisco
2 1/2 c. white sugar
4 beaten eggs
5 c. flour
5 tsp. soda
1 tsp. salt
1 qt. buttermilk

Add 100% Bran and All-Bran to boiling water; soak and cool. Cream Crisco and white sugar; add beaten eggs. Add sugar and egg mixture to bran mixture. Sift flour, soda and salt; add dry ingredients, alternating with buttermilk to bran mixture. Batter will keep up to 3 weeks in refrigerator. Bake 15 to 20 minutes at 375°.

REFRIGERATOR BRAN MUFFINS

Babe Enger

1 c. raisins
1 c. boiling water
1 T. baking soda

Combine in a bowl. Let cool.

1/2 c. brown sugar
1/2 c. margarine
1/2 c. white sugar

Cream together until smooth.

(Continued Next Page)

REFRIGERATOR BRAN MUFFINS (CONTINUED)

2 c. buttermilk
2 beaten eggs
2 c. Raisin Bran cereal
1 c. coarsely chopped walnuts
2 *plus* c. flour
1/2 tsp. salt
1 c. All-Bran cereal

Combine all ingredients and stir just until mixture is well-mixed. Cover and refrigerate until wanted or bake at once. Fill muffin tins 2/3 full. Bake at 350° 20 minutes or until done. Yields 2 dozen. Freeze well.

DATE NUT BRAN MUFFINS

Dee Johnson

5 c. flour
2 c. sugar
5 tsp. baking soda
1 tsp. salt
2 c. All-Bran cereal
2 c. wheat germ
2 c. 40% Bran Flakes
2 c. chopped dates
2 c. chopped walnuts
1 c. oil
4 eggs, slightly beaten
2 c. water
1 qt. buttermilk

Sift together flour, sugar, soda and salt into large mixing bowl. Mix together cereals and wheat germ, dates and nuts. Beat eggs slightly; add oil, water and buttermilk and mix together. Add to flour mixture; mix together. Add cereal mixture to above and mix all together. Bake at 375° 20 minutes. Can store in refrigerator up to 6 weeks. Yield: 5 dozen.

MORNING GLORY MUFFINS

Helen Kinne

2 c. flour
1 1/4 c. sugar
2 tsp. soda
2 tsp. cinnamon
1/2 tsp. salt
2 c. grated carrots
1/2 c. raisins
1/2 c. nuts
1/2 c. coconut
1 apple, peeled *and* grated
3 eggs
1 c. oil
2 tsp. vanilla

Beat eggs, oil and vanilla. Add remaining ingredients. Fill muffin tin or paper cups 2/3 full. Bake at 350° for 20 minutes. Makes 18 large muffins.

ICE CREAM MUFFINS *Eleanor Christianson*

3 c. self-rising flour
3 c. ice cream (any flavor), melted

With a spoon, mix flour and ice cream. Pat into lightly greased muffin tins and bake in preheated 375° oven for 12 to 15 minutes, until browned. Serves 16.

OATMEAL MUFFINS *Emma Bratland*

1 c. quick oatmeal
1 c. buttermilk
1/4 c. oleo
1/2 c. brown sugar
1 egg
1/2 tsp. soda
1 1/2 tsp. baking powder
1 c. flour
1 tsp. salt

Mix oatmeal with buttermilk and set aside. Cream brown sugar, oleo and egg together. Stir in oatmeal mixture and dry ingredients. Pour in greased tins. Sprinkle with cinnamon and sugar. Bake at 375° for 20 minutes. Makes 12 muffins.

PUMPKIN APPLE STREUSEL MUFFINS *Allison Larson*

2 1/2 c. all-purpose flour
2 c. sugar
1 T. pumpkin pie spice
1 tsp. baking soda
1/2 tsp. salt
2 eggs, lightly beaten
1 c. canned pumpkin
1/2 c. vegetable oil
2 c. peeled, finely chopped apples
Streusel Topping

In large mixer bowl, combine flour, sugar, pumpkin pie spice, baking soda and salt; set aside. In medium bowl, combine eggs, pumpkin and oil. Add liquid ingredients to dry ingredients. Stir just until moistened. Stir in apples. Spoon batter into greased or paper-lined muffin cups, filling 3/4 full. Sprinkle Streusel Topping over batter. Bake in preheated 350° oven for 35 to 40 minutes or until toothpick comes out clean.

STREUSEL TOPPING:

In small bowl, combine 2 tablespoons flour, 1/4 cup sugar and 1/2 teaspoon ground cinnamon. Cut in 4 teaspoons butter until mixture is crumbly. Makes 18 muffins.

RHUBARB BREAD OR MUFFINS *Jennifer Rolland*

1 1/2 c. brown sugar
1 egg
2/3 c. oil
1 tsp. vanilla
1 tsp. salt
1 c. sour milk
1 tsp. soda
2 1/2 c. flour
1/2 c. nuts (optional)
1 1/2 c. diced rhubarb
1/2 c. sugar
2 T. softened margarine
1 tsp. cinnamon

Beat sugar, oil and egg. Add vanilla and salt. Mix soda and sour milk. Add this to the first mixture. Add flour and mix well. Blend in rhubarb and nuts. Spread in greased loaf pans or into muffin cups. Top with mixture of last 3 ingredients. Bake at 325° until it tests done, based on the size of pan or if muffins are made. This makes a real moist bread.

SOUR CREAM (YOGURT) RAISIN MUFFINS *Sandy Kraft*

1 3/4 c. flour
3 T. sugar
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 lg. egg
1 c. sour cream *or* lowfat plain yogurt
1/3 c. milk
1 c. raisins
Cinnamon *and* sugar

Mix dry ingredients. Beat egg, yogurt or sour cream and milk. Add dry ingredients and mix only until blended. (Batter will be stiff.) Fold raisins in as you stir. Fill cups and sprinkle tops with cinnamon and sugar. Bake 20 to 22 minutes at 400°. 12 muffins; 1 muffin = 165 calories (less if you use lowfat yogurt).

COFFEE CAKES

COFFEE CAKE

Sharon Olson

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

Grease angel food pan and flour. Put 1/3 batter in pan, then sprinkle some cinnamon/sugar, then the rest of the batter. Finish by sprinkling cinnamon on top. Bake approximately 50 minutes at 350°.

COFFEE CAKE

Janet (Enger) Law

1 butter brickle cake mix
1 box instant vanilla pudding
4 eggs
1 c. water
1/2 c. oil
1/2 c. pecans

Put pecans on bottom of greased and floured bundt pan. Mix rest of ingredients together and pour in pan. Mix 1/2 cup sugar, 2 teaspoons vanilla and 2 tablespoons cinnamon together. Sprinkle on top of cake batter and cut through to bottom of batter. Bake at 350° for approximately 40 minutes. Cool and remove from pan.

COFFEE CAKE

Bev Zinnel

1 c. Crisco
1 1/2 c. white sugar
3 eggs
1 c. milk
3 c. flour
3 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla

Cream the Crisco and sugar together. Add beaten eggs and milk. Sift dry ingredients together and add to first mixture. Add vanilla; mix.

TOPPING:

1 c. brown sugar
1 c. nuts (optional)
3 tsp. cinnamon
1/2 stick melted oleo

Mix sugar, nuts and cinnamon. In a 9 x 13 inch pan, layer half the batter, then half the topping, half the batter and half the topping. Pour melted oleo over the top of the last top layer. Bake at 350° for 45 minutes.

COFFEE CAKE

Brenda Underberg

1 yellow cake mix (butter)
1 box instant vanilla pudding
4 eggs
1 c. water
1/2 c. oil
1/2 c. pecans

Put pecans on bottom of greased and floured bundt pan. Mix rest of ingredients together. Mix together 1/2 cup sugar, 2 teaspoons vanilla and 2 tablespoons cinnamon. Sprinkle topping on cake and cut all the way through to bottom of the batter. Bake at 350° for 50 minutes. Cool before removing from pan.

COFFEE CAKE WITH TOPPING

Cari Kraft (Mrs. Mike)

TOPPING:

1/4 c. brown sugar
1 tsp. cinnamon
1 T. flour
1 T. butter
1/2 c. chopped nuts

BATTER:

1 egg
1/2 c. sugar
2 T. oil
1/2 tsp. salt
1/2 c. milk
1 c. flour
2 tsp. baking powder

Make topping first. Mix all ingredients together. Set aside. Preheat oven to 375°. Grease an 8 x 8 inch pan. Beat egg in a bowl; add sugar, milk and oil and mix well. Sift together flour, salt and baking powder. Add to egg mixture. Beat well. It will look lumpy. Pour into pan and sprinkle topping on top. Bake 25 minutes.

CHERRY COFFEE CAKE

Arlene Olson

1 c. sugar
1 c. brown sugar
1 c. corn oil
1 tsp. vanilla
4 eggs
2 c. flour
1 tsp. baking powder
1 can cherry pie filling

Beat first 5 ingredients. Mix flour and baking powder and add to first mixture. Pour half of batter into 9 x 13 inch pan. sprinkle with sugar and cinnamon. Spread with pie filling. Pour remaining batter on top. Sprinkle again with sugar and cinnamon. Bake 50 minutes at 325°.

FILLED COFFEE CAKE

Mrs. Thelma Hanson
Ronna Lounsbery

1 c. sugar
1/2 c. brown sugar
4 eggs
2 c. flour
1 tsp. baking powder
1 c. oil
1 tsp. vanilla
1 can cherry pie filling

Cream sugars, oil and vanilla by hand. Add eggs, then rest of ingredients. Put half of dough in 9 x 13 inch pan. Sprinkle sugar and cinnamon on top. Put pie filling on top. Add rest of dough and sprinkle top with sugar and cinnamon. Bake 50 minutes in 325° oven.

VARIATIONS: Any other kind of pie filling you prefer.

FRUIT COFFEE CAKE

Sandy Kraft
(From Garry's Mom)

1 yellow cake mix
1 can fruit pie filling
3 eggs

TOPPING:

3 T. oleo
3 T. flour
3/4 c. brown sugar
1 c. chopped nuts *and* coconut

Beat cake mix and pie filling together. Add eggs, one at a time, and beat well after each addition. Put in sprayed 9 x 13 inch pan. Mix topping until crumbly. Sprinkle over cake. Bake at 350° 30 to 40 minutes.

RHUBARB COFFEE CAKE

Genora Rossing

Use 9 x 13 inch pan.

1/2 c. margarine
1 1/2 c. white sugar
1 egg, beaten
1 c. buttermilk
1 tsp. vanilla
3 c. rhubarb, cut up
1 tsp. soda
1/2 tsp. salt
2 1/2 c. flour

Cream margarine and sugar well. Add beaten egg and vanilla. Add buttermilk alternately with soda, salt and flour sifted together. Fold in cut up rhubarb. If frozen rhubarb is used, thaw and drain juice. Sprinkle over top of coffee cake dough 1/2 cup brown sugar and 1/2 cup nuts.

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RHUBARB COFFEE CAKE (CONTINUED)

Bake at 350° 45 to 55 minutes. Cool and then cook and pour this topping over top of cake: 1/4 cup butter, 1/2 cup sugar, 1 teaspoon vanilla and 1/3 cup evaporated milk. Cook 3 1/2 minutes.

RHUBARB COFFEE CAKE *Ronna Lounsbery*
Chandra McMahon

1/2 c. shortening
1 1/2 c. sugar
1 egg
2 c. flour
1 tsp. soda
1 tsp. vanilla
1 c. sour milk
1 1/2 c. rhubarb

Mix all the above ingredients, except rhubarb. Cut up raw rhubarb and fold into mixture. Place in 9 x 13 inch greased and floured pan. Sprinkle top with 1/2 cup sugar and 1/2 teaspoon cinnamon. Bake at 350° for 45 minutes. Can serve with ice cream.

SOUR MILK:

2 tablespoons lemon juice per cup of milk.

SPECIAL SOUR CREAM COFFEE CAKE *Nancy Aure*

1 c. margarine
2 c. sugar
2 eggs
1 c. sour cream
1/2 tsp. vanilla
2 c. cake flour
1/2 tsp. salt
1 tsp. baking powder

TOPPING:

1/2 c. chopped pecans
1/2 tsp. cinnamon
2 tsp. sugar

Cream margarine, sugar and eggs. Fold in sour cream and vanilla carefully. Fold in sifted dry ingredients. Spoon 1/2 the batter into greased and floured 10 inch tube pan and cover with half of the topping. Repeat. Bake at 350° for 55 to 60 minutes. Cool completely before removing from pan. Serve cool.

Can be frozen for a short time, 6 to 8 weeks. Makes a nice Christmas gift. Nancy Aure is the daughter-in-law of Cleo Gullitson.

STREUSEL COFFEE CAKE *Mrs. Grant Olson*

3/4 c. sugar
1/4 c. margarine
1 egg
1/2 c. milk
1 1/2 c. flour
1/2 tsp. salt
2 tsp. baking powder

TOPPING:

1/2 c. brown sugar
2 T. flour
2 T. butter, melted
1/2 tsp. cinnamon
Nuts

Mix. Pour batter into buttered 11 x 7 inch pan, then topping, more batter and more topping. Bake at 350° about 30 minutes.

SUNRISE COFFEE CAKE *Mary Tofteberg*

2 c. flour
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. soda
1 tsp. baking powder
1 c. sugar
1/2 c. brown sugar
2/3 c. oleo
2 eggs
1 c. buttermilk *or* sour milk

Cream together oleo and sugar. Add eggs and cream together well. Add all other ingredients alternately with milk. Pour into greased 9 x 13 inch pan. Sprinkle topping over batter.

TOPPING:

1/2 c. brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 c. nuts

Mix topping well. Place in refrigerator overnight before baking. Bake at 350° 35 minutes.

Christmas is Jesus' birthday, but Easter is everybody's birthday.

BISCUITS, DONUTS AND PANCAKES

BAKING POWDER BISCUITS

Unknown

2 c. flour
3 tsp. baking powder
1/2 tsp. cream of tartar
1/2 tsp. salt
1/3 c. lard
3/4 c. milk

Cut the lard into the dry ingredients as for pie crust. Gradually add milk (will make a soft dough). Knead gently on a floured board, but do not over knead. Spread out and cut with a biscuit cutter or a firm water glass. Bake at 450° for 12 to 15 minutes.

BUTTERMILK DONUTS

Marilyn Lane, Livermore

1 1/2 c. white sugar
1 1/2 c. buttermilk
1 whole egg *plus* 2 egg yolks
Nutmeg (as you like, to taste)
2 1/2 T. melted oleo
1 tsp. soda
1 tsp. baking powder
5 c. flour

Mix the above ingredients and add flour as you go. Roll out on floured surface and cut into donuts. Fry in hot oil or lard until brown and turn over and do other side. May sugar them or frost. We like to freeze them frosted.

Recipe is from my mother, Margaret Vaudt Johnson.

PANCAKES

Mrs. Grant Olson
(Recipe From Grant's Mother, Dora Olson)

2 eggs
1/2 tsp. salt
2 tsp. sugar (heaping)
1 c. flour, plus
1 2/3 c. sour milk
1/3 c. cream *or* use oil
3/4 tsp. soda

Mix ingredients. (Cooking oil may be used instead of cream.) Add about a cup of flour, more if necessary. If using sweet milk, leave out soda and add 2 teaspoons baking powder.

For waffles, use the same recipe, but add more flour to have a thicker batter. Sweet milk makes crisper waffles; cream or salad oil makes more tender waffles.

POTATO PANCAKES *Pastor Connie Spitzack*

1/4 c. milk
2 eggs
1/2 sm. onion (optional)
1 tsp. salt
1/4 c. flour
1/4 tsp. baking powder
2 c. cubed raw potato

Place all ingredients into blender. Blend at low speed, then high for 5 seconds, until potatoes are grated. Do not over blend. Yields 8 to 10 pancakes. Serve with maple syrup, apple sauce and/or sour cream.

WHOLE WHEAT BLENDER PANCAKES

Marlyce Tompkins Lower, Glencoe, MO

1 c. whole kernel wheat
1 c. milk
1 T. baking powder
1/2 c. buttermilk
1/2 c. oil
2 eggs
1 T. sugar
1/2 tsp. salt

Blend on high for 5 minutes the wheat, milk and baking powder. Add and blend well rest of ingredients. Cook on hot griddle.

§§§§§

Kake og Postei

Cakes and Pies

CAKES

APPLE CAKE

Pam Curry Jacobson

4 c. sliced raw apples
2 c. sugar
3/4 c. oil
2 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 1/2 tsp. soda
2 tsp. cinnamon
1 tsp. salt
Walnuts
2 eggs

Mix apples, sugar, oil and vanilla and let stand. In separate bowl, mix flour, baking powder, soda, cinnamon and salt. Combine apple mixture with the dry ingredients and add walnuts and eggs. Bake 45 minutes at 350°. Serve with whipped cream or light caramel frosting.

APPLE PIE CAKE

Jo Rolland

1 c. sugar
1/4 c. butter
1 egg
1 tsp. soda, dissolved in
2 T. warm water
1 tsp. cinnamon
1 1/2 c. flour
2 c. diced apples
1/2 c. nutmeats

Bake 45 to 50 minutes at 350°. Serve with Cool Whip or ice cream.

RAW APPLE CAKE

Dee Johnson
Charlotte Tompkins

1 c. brown sugar
1 c. white sugar
1 stick oleo
2 eggs, beaten
1/2 c. milk
2 1/2 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. vanilla

TOPPING:

1 stick oleo
3/4 c. brown sugar
1 c. coconut
1/2 *to* 1 c. nuts

For cake, mix thoroughly and add 3 cups raw apples (peeled and chopped). Pour into 9 x 13 inch pan.

For topping, mix and sprinkle over cake mixture. Bake 35 minutes at 350° or until done.

APPLE CAKE *Karen Longseth Busick*

1 c. white sugar
1/2 c. margarine
2 eggs
8 oz. sour cream
2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/4 tsp. vanilla
1 can apple pie filling

Put in 9 x 13 inch cake pan. Sprinkle this topping on cake batter:

1/2 c. chopped pecans
1/2 c. brown sugar
1 tsp. cinnamon
2 tsp. soft margarine

Then bake at 350° for 35 minutes. Very moist!

TANTE NANCY'S APPLE CRUMB CAKE *Allison Larson*

2 *to* 2 1/2 lbs. tart apples (6 *to* 7 lg.), peeled, cored *and* sliced
1/3 c. water
1/4 c. sugar
2 c. unbleached white flour
3/4 c. sugar
1 1/2 tsp. baking powder
1/2 c. margarine
1 egg yolk
2 tsp. margarine

Preheat oven to 350°. Grease an 8 inch springform pan with margarine.

In a large pot, cook apple slices with water and 1/4 cup sugar until apples are tender, but not mushy. Drain and reserve.

In a small bowl, mix flour, 3/4 cup sugar and baking powder. With a pastry blender, cut in 1/2 cup margarine. Cut in egg yolk. Reserve 1 cup of flour mixture for the topping. Press remainder into bottom and sides of pan. Spoon drained apples into pan. Cover with reserved topping and dot with 2 teaspoons margarine. Bake 1 hour or until crust is golden brown.

BANANA CAKE *Lucille Torgerson*

1 1/4 c. sugar
1/2 c. shortening
2 eggs
2 bananas, mashed
1 tsp. baking powder
1/2 tsp. salt
2 c. flour
1 tsp. baking soda
1 c. sour milk
1/2 c. nutmeats (optional)

Mix and bake 1 hour at 350° in greased 9 x 13 inch pan.

BANANA CAKE

Mrs. Grant Olson

1 1/2 c. white sugar
3/4 c. margarine
2 eggs
1 c. mashed bananas
2 c. cake flour
1 tsp. soda
1/2 tsp. salt
1/2 c. sour milk
1 c. shredded coconut

Cream sugar and shortening. Add 2 eggs and bananas. Beat well. Sift together the dry ingredients and add alternately with liquid. Add coconut. Mix well. Pour into greased 9 x 13 inch pan and bake at 350°.

BRAZIL NUT CAKE (FAVORITE CHRISTMAS CAKE)

Ella Rossing

3 c. Brazil nuts (whole)
1 lb. dates, pitted
1 c. drained maraschino cherries
3/4 c. sifted all-purpose flour
3/4 c. sugar
1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. vanilla
3 eggs

More fruit or nuts may be used.

Put nuts, dates and cherries in large bowl. Sift sugar, flour, baking powder and salt over nuts and fruit. Mix with large spoon or hands until nuts and fruit are coated. Beat eggs until foamy; add vanilla. Stir into fruit-nut mixture until well-mixed. Prepare 3 small pans or 2 medium bread pans; grease and line with waxed paper, then grease the waxed paper. Fill pans by alternating nuts and fruit and spoon remaining batter on it. Bake in slow oven (300°) about 1 hour. Turn out of pans and remove waxed paper while hot. Cool. Do not slice until cool. Watch baking time with small pans. Keeps well-refrigerated. Wrap tightly. This is the only fruitcake we have at Christmas.

A true sponge cake is one for which you borrow all ingredients.

BANANA CAKE

Anna Monson
Ronna Lounsbery

1/2 c. shortening
1 1/2 c. sugar
1/2 c. sour milk
1 c. nuts
1 tsp. vanilla
2 eggs
2 c. flour
1 tsp. baking soda
1 c. bananas, mashed

Mix sugar and shortening; add eggs, milk, vanilla, soda, bananas, flour and nuts. Bake at 350° in 9 x 13 inch pan for 25 to 30 minutes.

CARROT CAKE

Teri (Kraft) Doksansky
Barstow, CA

4 eggs
2 c. brown sugar, packed
3/4 c. vegetable oil
3 c. grated carrots
(3 *to* 4 carrots)
2 c. flour
2 tsp. baking soda
1/4 tsp. salt
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ground cloves
1/8 tsp. ground ginger
1 c. walnuts

Mix eggs, sugar, oil and carrots. Sift dry ingredients together with flour and add. Stir in walnuts. Makes cupcakes, 8 x 13 inch pan or 2 (8 inch) rounds. Bake 45 minutes at 350°.

FROSTING:

1 stick butter
8 oz. cream cheese
1 tsp. vanilla
1 box powdered sugar

Beat together. Chill before putting on cake.

CARROT CAKE

Mary Bakken

3 sm. jars baby food carrots
1 1/2 c. oil
2 c. sugar
4 eggs
2 c. flour
1/2 tsp. vanilla
2 tsp. soda
2 tsp. cinnamon

FROSTING:

8 oz. cream cheese
4 T. oleo
1/2 tsp. vanilla
4 c. powdered sugar

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CARROT CAKE (CONTINUED)

Mix together sugar and eggs first. Beat well. Add dry ingredients. Mix, then mix the rest together. Bake at 350° 25 to 35 minutes in a greased and floured pan.

CHERRY CHOCOLATE CAKE *Lucille Torgerson*

1 pkg. chocolate cake mix
3 eggs
1 can cherry pie filling
1 c. sugar
5 T. butter *or* oleo
1/3 c. milk
6 oz. pkg. chocolate chips

Combine cake mix, eggs and pie filling. Pour into greased and floured 9 x 13 inch pan. Bake at 350° for 35 to 40 minutes. let cake cool. In saucepan, mix sugar, butter and milk; boil for 1 minute. Remove from heat and stir in chocolate chips until melted. Spread over cake.

CHOCOLATE BUTTERMILK CAKE *Jan Blair*
By Dee Johnson

2 c. sugar
2 c. flour
1 tsp. soda
1 tsp. vanilla
2 eggs
1/2 c. buttermilk
2 sticks margarine
4 T. cocoa
1 c. water

FROSTING:

1 stick margarine
4 T. cocoa
6 T. buttermilk
1 lb. powdered sugar
Vanilla

Mix first 6 ingredients together. Melt in pan margarine, cocoa and water; bring to boil. Add to first mixture and mix. Bake at 375° 20 to 25 minutes.

For frosting, bring margarine, cocoa and buttermilk to a boil. Cool slightly. Add powdered sugar and vanilla and mix.

What we are is God's gift to us;
what we become is our gift to God.

CHOCOLATE BUTTERMILK CAKE *Bette Olson*

1 stick margarine
1/2 c. vegetable oil
1 c. water
2 c. sugar
2 c. flour
1/4 c. cocoa
2 beaten eggs
1 1/2 tsp. baking soda
1/2 c. buttermilk
1 tsp. vanilla
1/2 tsp. salt

Large cake, nice and moist! Bring to a boil margarine, vegetable oil and water. To it, add sugar, flour and cocoa. Add eggs and soda that has been dissolved in mixture of buttermilk, vanilla and salt. Bake at 350° about 25 minutes.

ALWAYS MOIST CHOCOLATE CAKE *Beverly Halsrud*

SIFT INTO BOWL:

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

Mix together and make a well.

IN SEPARATE BOWL, MIX:

1 tsp. vanilla
2 c. cold water
3/4 c. oil
2 T. vinegar

Gradually add liquid mixture to dry mixture and pour into ungreased 9 x 13 inch pan. Bake 30 minutes at 350°.

CHOCOLATE CAKE *Sheryl (Lounsbery) McMahon Chandra (Lounsbery) McMahon*

1 1/4 c. sugar
2 c. flour
Pinch of salt
5 T. cocoa
2 tsp. soda
1 egg
1 c. salad dressing
1 c. warm water
1 tsp. vanilla

Mix dry ingredients together. Add the rest of ingredients in the given order. Mix until smooth. Bake in a moderate 350° oven about 25 minutes.

CHOCOLATE CAKE *Arlene Jacobson*

2 c. sugar
1 c. lard
2 eggs
1 c. buttermilk
2 tsp. soda
2 1/2 c. flour
1 tsp. vanilla
1/2 tsp. salt
1 c. boiling water

Cream sugar, lard and vanilla. Add eggs and cocoa. Add dry ingredients alternately with buttermilk. Finally, add boiling water. Blend well. Pour into prepared 9 x 13 inch pan. Bake 45 minutes at 350°.

CHOCOLATE-APPLESAUCE CAKE *Della Bakken*

2 c. flour
1/2 tsp. salt
2 T. cocoa
1/2 c. oil
1 1/2 c. sugar
1 1/2 tsp. soda
2 eggs
1 (No. 2) can (2 c.) applesauce

TOPPING:

1 pkg. (6 oz.) chocolate chips
3 T. sugar
Nuts (as desired)

Mix dry ingredients. Add liquids. Pour batter into 9 x 13 inch greased pan. Sprinkle topping over cake. Bake at 350° 45 minutes.

CHOCOLATE CAKE *Brenda Underberg*

1 stick butter *or* margarine
1/2 c. cocoa
1 c. hot water
1 1/2 c. sugar
1 3/4 c. flour
2 eggs
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla

Mix all ingredients together and bake at 350° for 30 minutes. Frost when cool.

FROSTING:

1 c. sugar
1 T. cocoa
1/4 c. butter
1/4 c. milk

Cook on stove until mixture boils. Boil for 1 minute. Put bottom of pan in cold water until frosting is thick enough to spread.

CHOCOLATE CAKE

Mrs. Grant Olson
(Recipe From Marguerite Olson)

2 c. sugar
1/2 c. shortening
1/4 c. cocoa
2 eggs
2/3 c. sour milk
(1 T. vinegar *plus* milk)
2 1/4 c. flour
1 tsp. salt
1 tsp. vanilla
1 c. boiling water
1 1/2 tsp. baking soda

Cream sugar, shortening and cocoa. Add 2 eggs and beat. Add alternately sour milk and flour with salt and vanilla. Add soda with boiling water and mix well. Bake at 350°. Use as a sheet cake in greased 15 x 10 x 1 inch pan or 13 x 9 inch cake pan or as cupcakes.

DATE CHOCOLATE CHIP CAKE

Arlene Olson

1 c. dates
1 c. boiling water
1 3/4 c. flour
1 tsp. soda
1 T. cocoa
1 c. butter
1 c. sugar
2 eggs
1 tsp. vanilla
1/2 c. chocolate chips
1/2 c. chocolate chips
1/2 c. nutmeats

Cover dates with boiling water. Cream 1 cup butter with 1 cup sugar, 2 eggs and vanilla. Add dates and water. Sift together flour, soda and cocoa. Add to other ingredients. Stir in chocolate chips. Put in 9 x 13 inch pan. Sprinkle another 1/2 cup chocolate chips and 1/2 cup nutmeats on top. Bake at 350° for 40 minutes.

CORN CAKE

Sandy Kraft

1 can cream style corn
1/2 c. brown sugar
3/4 c. sugar
3 eggs
1 c. oil
1 T. baking powder
2 1/4 c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1/2 c. raisins
1/2 c. chopped nuts

(Continued Next Page)

CORN CAKE (CONTINUED)

Mix corn and sugars. Add eggs and oil. Beat well. Mix dry ingredients. Add and mix well. Stir in raisins and nuts. Put in sprayed 9 x 13 inch pan. Bake at 350° 30 to 35 minutes. Cool well.

FROSTING:

4 T. oleo
1/2 c. brown sugar
1/4 c. milk
2 *to* 3 c. powdered sugar

Bring oleo and sugar to a boil over medium heat. Take from heat. Stir in milk. Stir in powdered sugar. Frost cooled cake.

DUMP CAKE *Mary Tofteberg*

2 Jiffy cake mixes
2 cans pie filling
1 stick margarine

Line the bottom of a Dutch oven with foil. Dump the pie filling in the bottom. Dump the cake mixes evenly over the filling. Dump the margarine, cut into slices, on top of the cake. Cover the Dutch oven and cook over coals for 15 to 20 minutes.

FRUIT COCKTAIL CAKE AND TOPPING *Tina Dale*
By Babe Enger

1 can drained fruit cocktail (16 oz.)
1 c. sugar
1 c. flour
1 tsp. soda
1/2 tsp. salt
1 egg

TOPPING:

1/2 c. brown sugar
1/2 c. finely cut walnuts
1 tsp. cinnamon

Mix first 6 ingredients well with electric mixer. Pour into 8 x 10 inch pan. Sprinkle topping on before baking. Bake at 350° 30 minutes. Double recipe for sheet cake. Bake at 350° 25 minutes. Good and easy!

Tina baby sat for our children and all 3 called her "Grandma Tina". She was like a mother to me.

FRIENDSHIP STARTER CAKE

Mary Lou Jensen
From Pam Nerhus

29 oz. can peaches, sliced
2 1/2 c. sugar
1/2 pkg. dry yeast

CAKE:

1 box yellow cake mix
1 pkg. instant vanilla pudding
4 eggs
29 oz. can pineapple (crushed)
29 oz. can fruit cocktail
2 1/2 c. sugar
2/3 c. vegetable oil
1 1/2 c. fruit mix
1 c. pecans, chopped

Combine 1 (29 ounce) can peaches, 2 1/2 cups sugar and 1/2 package yeast in a glass gallon jar. Cover loosely. Stir daily for 10 days at room temperature. The eleventh day, add 29 ounce can pineapple (crushed) and juice. Stir daily 10 more days. The twenty-second day, add 1 (29 ounce) can fruit cocktail and 2 1/2 cups sugar. Stir daily for 10 more days.

Mix cake mix, pudding, eggs and oil according to package directions. Fold in 1 1/2 cups fruit mix and pecans. Bake 45 to 55 minutes at 350° in a bundt cake pan.

The fruit mix is enough for 6 cakes and will keep in the refrigerator 2 to 3 weeks. You may give 1 1/2 cups juice as starter to a friend to which all fruits and remaining 2 1/2 cups sugar must be added.

FRUIT COCKTAIL CAKE

Ruth Thompson

1 tsp. salt
2 eggs
1 tsp. soda
2 c. flour
1 1/2 c. sugar
1 (No. 303) can fruit cocktail (juice *and* all)

Mix all ingredients together for 1 1/2 minutes with mixer on medium speed. Pour into greased pan. Sprinkle with a mixture of 1/4 cup brown sugar and 1/2 cup chopped nutmeats. Bake at 350° for 35 to 40 minutes.

ICING:

3/4 c. sugar
1 stick oleo
1/2 c. milk

Boil 2 minutes. Put on cake while hot. Poke holes in top of warm cake with a fork before putting on the icing. Serve as is or with whipped topping for a delicious dessert.

MOLASSES-SORGHUM CAKE

Eleanor Christianson

2 1/2 c. flour
1 tsp. ginger
1 tsp. cinnamon
1/4 tsp. salt
1/2 c. shortening
1/2 c. sugar
1/2 c. molasses
1/2 c. sorghum
2 tsp. instant coffee
1 tsp. baking soda
1 c. hot water

Cream shortening; gradually beat in sugar and continue beating until light and fluffy. Stir in molasses and sorghum. Sift flour with ginger, cinnamon and salt. Dissolve baking soda and coffee in water; add alternately with flour mixture to batter, beating after each addition until smooth. Pour into a 9 x 9 x 2 inch square pan lined on the bottom with waxed paper. Bake in a 350° oven 45 to 50 minutes or until top springs back when lightly pressed. Cool in pan 15 minutes; remove to wire rack.

PINEANNA NUT CAKE OR BAR

Sharon Olson

3 1/3 c. cake flour
2 c. sugar
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1 (8 oz.) crushed pineapple in juice, undrained
1 c. oil
3 eggs, slightly beaten
2 c. mashed bananas (4 med.)
1 c. pecans
1 1/2 tsp. vanilla

Heat oven to 350°. Use 3 (9 inch) round pans or bar pan.

Mix flour, sugar, baking soda, salt and cinnamon in large bowl. Add eggs and oil. Stir well, but do not beat. Stir in bananas, 1 cup pecans, vanilla and pineapple. Bake 25 to 35 minutes or until inserted toothpick comes out clean. Cool 10 minutes if using round pans.

CREAM CHEESE FROSTING:

1 pkg. (8 oz.) cream cheese, softened
1/2 c. (1 stick) margarine, softened
3 1/2 c. powdered sugar
1 tsp. vanilla
1/2 c. pecans (for garnish)

PINEAPPLE CAKE

Irene Curry

1 pkg. yellow cake mix
4 eggs
1 c. oil
1 can (15 1/2 oz.) crushed pineapple

Bake 30 minutes at 350°.

ICING:

1 big box instant vanilla pudding
1 can (15 1/2 oz.) crushed pineapple, drained
1 carton Cool Whip

Mix together and spread on top of cake after it cools.

PINEAPPLE UPSIDE DOWN CAKE

Irene Curry

Melt over low heat and bring to boil:

1/4 c. butter
1 c. brown sugar
1/4 c. dark syrup

Pour into a 9 x 13 inch cake pan. Add 1 can drained pineapple tidbits or crushed. Mix yellow cake mix according to directions using juice from drained pineapple. Pour over above mixture and bake 25 minutes at 350°. Turn upside down when cool.

SUSAN MICHEL'S RHUBARB CAKE

Jane Maurer

1/2 c. shortening
1 1/2 c. brown sugar
1 egg
2 c. flour
1 tsp. soda
1 tsp. cinnamon
Pinch of salt
1 tsp. vanilla
2 c. cut rhubarb
1 c. buttermilk *or* sour milk

Topping:

1/2 c. brown sugar
2 T. butter
Cinnamon

Cream shortening and brown sugar. Add egg; cream. Mix dry ingredients. Add to creamed mixture, alternating with buttermilk. Add rhubarb and vanilla. Spread in greased and floured 9 x 13 inch pan. Top with brown sugar, butter and cinnamon mixture. Bake 50 minutes at 350°.

POPPY SEED BUNDT CAKE

Charlotte Tompkins

1 pkg. yellow cake mix (have used butter brickle)
1 pkg. instant coconut cream pudding mix
4 eggs
1 c. hot water
1/4 c. poppy seed
1/2 c. oil

Mix all ingredients together; beat 4 minutes. Pour into well-greased and floured bundt pan or angel food pan. Bake at 350° for 50 minutes. Cool for 30 minutes before inverting pan.

RUM CAKE

Marge Jensen

1 c. chopped pecans *or* walnuts
1 pkg. (18 1/2 oz.) yellow cake mix
1 pkg. (3 3/4 oz.) vanilla instant pudding
4 eggs
1/2 c. cold water
1/2 c. vegetable oil
1/2 c. dark rum

Preheat oven to 325°. Grease and flour 10 inch tube pan or 12 cup bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together and blend. Pour into pan over nuts. Bake 1 hour. Cool. Insert on serving platter. Prick top with fork. Pour glaze over.

GLAZE:

1/2 lb. butter *or* oleo
1/4 c. water
1 c. granulated sugar
1/2 c. dark rum

SELF-FROSTED CUPCAKES

Unknown

1 box chocolate cake mix; mix as directed on box. Fill cups 2/3 full of cake mix and top with 1 rounded spoonful of the following mixture.

1 (8 oz.) pkg. cream cheese
1/3 c. reg. sugar

Mix well. Add 1 egg and dash of salt; stir in 1 (6 ounce) package chocolate chips. Bake 15 to 20 minutes at 375°.

For burns, put cold milk over the area – a sure help.

TAKE-ME-TO-A-PICNIC CAKE *Eleanor Christianson*

1 c. water
1 c. (2 sticks) butter *or* margarine
1/2 c. cocoa
2 c. sugar
1 3/4 c. all-purpose flour
3 eggs
3/4 c. dairy sour cream
1 tsp. baking soda
1/2 tsp. salt

Heat oven to 350°. Grease and flour a 15 1/2 x 10 1/2 x 1 inch jelly roll pan. In medium saucepan, combine water, butter and cocoa. Cook over medium heat, stirring occasionally, until mixture boils. Boil 1 minute. Remove from heat; set aside.

In large mixer bowl, stir together sugar, flour, baking soda and salt. Add eggs and sour cream; beat until blended. Batter will be thin. Pour into prepared pan. Bake in 350° oven for 25 to 30 minutes or until wooden pick comes out clean. Cool cake in pan on wire rack. Spread Peanut butter Chip Frosting over top of cake. Drizzle chocolate garnish over top, if desired. Makes 20 servings.

PEANUT BUTTER CHIP FROSTING:

1/3 c. butter *or* margarine
1/3 c. milk
1 (10 oz.) pkg. (1 2/3 c.) peanut butter chips
1 tsp. vanilla extract
1 c. powdered sugar

In medium saucepan, combine butter, milk and peanut butter chips. Cook over low heat, stirring constantly, until chips are melted and mixture is smooth. Remove from heat; stir in vanilla. In same mixer bowl, place powdered sugar. Gradually add chip mixture, beating until well-blended. 2 cups frosting.

GARNISH:

In a small microwave-safe bowl, place 1/2 cup semi-sweet chocolate chips and 1 teaspoon shortening (not butter or margarine). Cook on high (100% power) for 1 minute. Stir until chips are melted and mixture is smooth.

TURTLE CAKE *Geri Harris*

1 pkg. German chocolate cake mix
1 pkg. Kraft caramels
1/4 c. evaporated milk
3/4 c. margarine
1/2 c. pecans
6 oz. pkg. chocolate chips

(Continued Next Page)

TURTLE CAKE (CONTINUED)

Mix cake as directed and pour 1/2 the batter in greased 9 x 13 inch pan. Bake for 18 minutes in 350° oven. Melt caramels with milk and margarine and pour over cake. Sprinkle with pecans and chips, then pour remaining batter over and bake 20 to 30 minutes. When cool, top with whipped cream or ice cream.

WACKY CAKE *Ronna Lounsbery*

3 c. flour
2 c. sugar
1 tsp. salt
2 tsp. soda
6 tsp. cocoa
2/3 c. cooking oil
2 tsp. vanilla
6 T. vinegar
2 c. cold water

Sift dry ingredients in 9 x 12 inch pan. Make 3 wells in mixture. In one, put the cooking oil, second, the vanilla, and the last well put vinegar. Over all, pour cold water and stir until all ingredients are blended. Bake at 350° for 35 to 40 minutes.

TWINKIE CAKE *Judy Jacobson*

1 c. milk
2 T. oleo
4 eggs
2 c. sugar
1 tsp. vanilla
2 c. flour
2 tsp. baking powder
1 1/2 tsp. salt

Mix and bring to boil milk and oleo. Cool. Beat 4 eggs well. Add rest of ingredients and beat well. Add milk and oleo mixture. Beat well. Line cake pan with waxed paper. Pour batter into pan. Bake 20 minutes at 350°. Cool. Cut into 2 layers. Spread filling on bottom layer. Replace top layer. Sprinkle with powdered sugar.

FILLING:

3 T. flour
3/4 c. milk
1 stick oleo
1/2 c. Crisco
1 tsp. vanilla

Cook until thick, flour and milk. Cool. Add other ingredients and mix until creamy.

TWINKIE CAKE *Arlene Jacobson*

Heat to boiling and set aside 1 cup milk and 1 tablespoon butter. Mix and beat well 4 eggs, 2 cups sugar and 1 teaspoon vanilla. Combine 2 cups flour, 2 teaspoons baking powder and 1/2 teaspoon salt and add hot milk mixture. Bake as directed.

FILLING:

Boil 3 tablespoons flour and 3/4 cup milk. When thick, let it cool. Beat 1 stick margarine or Crisco, 1 cup sugar and 1 teaspoon vanilla until well-blended and add flour and milk mixture.

1ST MIXTURE:

Pour into well-greased 9 x 13 inch pan. Bake at 350° for 30 to 35 minutes. Cool and slice in half horizontally. Spread the filling on bottom half of the cake and top with the other half of cake. Sprinkle with powdered sugar.

TWINKIE CAKE *Karen Longseth Busick*

1 box cake mix *with* pudding
1 box instant pudding mix
1/3 c. oil
3 eggs
1 1/4 c. water

FILLING:

5 T. flour
1 c. water

Cook until thick; cool.

1 c. white sugar
1/2 c. margarine
1/2 c. white Crisco
2 tsp. clear vanilla

Mix cake as usual and put in 2 (8 inch) round cake pans. Bake at 350° for 25 to 30 minutes. Cool.

Beat filling ingredients until light and fluffy. This will take lots of beating.

Put filling between 8 inch rounds and drizzle a frosting over top. Refrigerate until eaten.

YUM YUM CAKE *Unknown*

1 pkg. Duncan Hines butter cake mix
4 eggs
1/2 c. oil
1 can mandarin oranges *and* juice
1 c. pecans, chopped

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YUM YUM CAKE (CONTINUED)

TOPPING:

1 lg. can crushed pineapple *and* juice
1 box instant French vanilla pudding
1 (8 oz.) carton Cool Whip

Mix cake mix, eggs, oil, oranges plus juice and pecans together. Bake at 325° for 30 minutes or until done. Cool the cake. When cool, mix pineapple and juice, pudding and Cool Whip together and spread on cake.

ZUCCHINI CAKE *Irene Hansen*

1 3/4 c. sugar
1/2 c. margarine
1/2 c. oil
2 eggs
1/2 c. buttermilk
2 1/2 c. flour
1/2 tsp. salt
1 tsp. soda
1/2 tsp. cinnamon
4 T. cocoa
1/2 tsp. cloves
1 tsp. vanilla
2 c. chopped zucchini
3/4 c. chocolate chips
3/4 c. nuts

Cream margarine, oil and sugar. Beat well with mixer. Add eggs, vanilla and buttermilk. Mix together all dry ingredients and add to creamed mixture. Stir in chopped zucchini. Spoon batter into greased and floured 9 x 13 inch pan and sprinkle top with chocolate chips and nuts. Bake in 325° to 350° oven for 40 to 45 minutes or until inserted toothpick comes out clean and dry.

FROSTINGS AND TOPPINGS

CARAMEL FROSTING

Hanna (Mrs. Magnus) Rongved

1/4 c. butter *or* oleo
1 c. brown sugar
1/4 c. milk
1/3 c. mini marshmallows
1 tsp. vanilla
Powdered sugar

Bring oleo, brown sugar and milk to a boil. Add marshmallows and stir until they melt. Add vanilla and powdered sugar, enough for spreading consistency.

CHOCOLATE FROSTING *Beverly Halsrud*
Ronna Lounsbery

2 c. sugar
1/2 c. cocoa
1 stick margarine
1/2 c. milk
1 tsp. vanilla

Combine ingredients and bring to a rolling boil; boil 2 minutes. Add vanilla and beat until thick.

CHOCOLATE FROSTING *Mrs. Grant Olson*
(Recipe From Marguerite Olson)

1 1/3 c. sugar
6 T. margarine
1/3 c. milk
1/2 tsp. vanilla
1/2 c. chocolate chips

Bring first 3 ingredients to a boil; stir and cook about 1 minute. Take off stove and add vanilla and chocolate chips, beating until right consistency for spreading.

CHOCOLATE FROSTING *Jan Clark*

1 c. sugar
1/4 c. Crisco
1/2 c. milk
1/4 c. cocoa
1/4 c. white syrup

Boil 3 minutes. Cool. Add 1 teaspoon vanilla and powdered sugar to spreading consistency.

QUICK CHOCOLATE FROSTING *Pat Brock*
Aggie Berge, Ronna Lounsbery

1 1/3 c. white sugar
6 T. margarine
1/3 c. milk

Boil 30 seconds; add 1/2 cup chocolate chips. Stir until melted. Spread. Sets up fast.

I especially like this recipe because of the speed in which it can be made and ready for use.

COCONUT-PECAN FROSTING *Irene Curry*

1 c. evaporated milk
1 c. sugar
3 egg yolks
1/2 c. oleo
1 tsp. vanilla

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COCONUT-PECAN FROSTING (CONTINUED)

Cook over medium heat until thickened. Add 1 1/3 cups coconut and 1 cup chopped pecans. Beat until thick enough to spread.

COCONUT PECAN FILLING AND FROSTING

Ronna Lounsbery

1 c. evaporated milk
1 c. sugar
3 egg yolks
1/4 lb. butter *or* margarine
1 tsp. vanilla
1 1/3 c. flaked coconut
1 c. chopped pecans

Combine milk, sugar, egg yolks, butter and vanilla in saucepan. Cook over medium heat, stirring constantly, until mixture thickens, about 12 minutes. Remove from heat. Add coconut and pecans. Beat until cool and of spreading consistency. Great on German chocolate cake.

DECORATOR FROSTING

Diane Jensen
Ronna Lounsbery

1 lb. powdered sugar
3/4 c. Crisco
1 egg white
2 *to* 3 T. milk
3/4 tsp. orange flavoring
1/2 tsp. almond flavoring
1/2 tsp. rum flavoring
1/2 tsp. butter flavoring

Beat at high speed for 10 minutes. Use to frost cake and also to decorate.

NO COOK FROSTING

Thora Christensen
Ronna Lounsbery

2 egg whites
3/4 c. sugar
1/3 c. syrup
1/4 tsp. salt
1/4 tsp. cream of tartar
2 T. cold water

Mix together and beat until it forms a peak. Add 1 teaspoon vanilla.

Christians aren't perfect, just forgiven.

LEMON CREAM SAUCE – SWEET *Vina Rossing*
Submitted by Trudy Rossing Neufind

1 c. sugar
1/4 c. flour
Pinch of salt
1 egg, well-beaten
1/3 c. lemon juice
2 tsp. grated lemon rind
2/3 c. water
1 c. whipping cream
Cake (especially good *with* chocolate cake)

Sift sugar, flour and salt together in double boiler. Combine egg, lemon juice and water. Gradually add egg mixture to sugar mixture and cook until thick. Remove from heat and add lemon rind. Chill. When ready to serve, fold in whipped cream. Serve on squares of chocolate cake.

Trudy is a granddaughter of Dr. T.M. and Vina Rossing.

ORANGE AND LEMON SAUCE – TART *Vina Rossing*
Submitted by Trudy Rossing Neufind

1/2 c. sugar
1 T. cornstarch *plus* 1 tsp.
Pinch of salt
Juice of 1 lemon *and* 1 orange
1 tsp. each lemon *and* orange rind
1 T. butter *or* margarine
1 egg, beaten
1 c. whipping cream
Angel food cake

Combine sugar, cornstarch and salt; add juice combined with water to make 1 cup. Add butter; boil gently. Cool and add 1 beaten egg last. Cook again; cool. Whip 1 cup cream and combine with above. Good on angel food cake.

Trudy is a granddaughter of Dr. T.M. and Vina Rossing.

WHITE FROSTING *Mrs. Grant Olson*
(Recipe From Marguerite Olson)

1/2 c. Crisco
2 sm. egg whites *or* 1/4 c.
1 lb. sifted powdered sugar
2 T. cornstarch
1/4 tsp. vanilla
1 *or* 2 tsp. water

Combine on low mixer speed and beat at medium speed. Add 1 or 2 teaspoons water to right consistency; add vanilla. Frost cake. (If desired, food coloring may be added.)

FLUFFY WHITE FROSTING *Pam Curry Jacobson*

1 1/4 c. white ~~sugar~~ syrup
1/4 c. water
2 egg whites
1/8 tsp. salt
1 tsp. vanilla

Heat syrup ~~of sugar and water~~ to boiling. Combine unbeaten egg whites, salt and vanilla in bowl (not glass or plastic). Beat until egg whites are stiff. Pour in boiling syrup and continue to beat until frosting is fluffy and stands in peaks.

PASTRY

CLEO'S PIE CRUST *Lucille Torgerson*

1 1/3 c. flour
1 tsp. salt
1/2 c. oil
2 T. sugar (level)
2 T. milk

Mix and press into 9 inch pie pan. Prick bottom. Bake at 400° 13 minutes and reduce heat to 350°. A favorite from Cleo Gullixson.

EGG AND VINEGAR PIE CRUST *Ruth Jacobson*

3 c. unsifted flour
1 tsp. salt
1 c. lard
1 egg
1 T. vinegar
5 T. cold water

Blend flour and salt in mixing bowl. Cut in lard until pieces are size of small peas. Mix egg (slightly beaten), vinegar and water. Pour over flour mixture. Mix with fingers until dry ingredients are all moistened. Gather into ball. Chill, if desired. Roll on lightly floured pastry cloth to desired thickness. Fit into pie pan. Makes 5 single crusts or 2 doubles and 1 single. May store extra dough in refrigerator.

NEVER FAIL PASTRY *Irene Curry*

1 c. flour
1/2 tsp. salt
1/4 c. milk
1/2 c. Crisco

Mix flour and salt. Cut in Crisco until mixture is mixed good. Add milk and mix again. Let stand a few minutes. Makes 2 crusts.

FOOLPROOF PIE CRUST

Jane Maurer
(Recipe From Susan Michel)

4 c. flour, mixed *with*
1 T. sugar
1 3/4 c. shortening
2 tsp. salt
1 T. vinegar, combined *with*
1/2 c. water
1 egg, add to above mixture

Use pastry blender to combine shortening and flour. Add egg/water mixture. Stir with fork. Dough stores well in refrigerator. Roll out as you would other dough.

PIE CRUST

Mrs. Grant Olson
(Recipe From Mrs. J.W. Schar, Wife of Former Superintendent here)

1 1/2 c. shortening
3 c. flour
1 tsp. vinegar
1 1/2 tsp. salt
5 T. cold water
1 egg

Mix shortening, flour and salt with pastry blender. Add slightly beaten egg mixed with water and vinegar; mix well.

I usually double the recipe. Roll out the dough and place the rounds, separated by 2 layers of plastic, flat in the freezer, to be taken out and thawed for pies.

PIES

APPLE CRUMB PIE

Nancy Aure

1 (9 in.) unbaked pastry shell
5 *to* 7 tart apples (5 c.), peeled *and* sliced
1/2 c. sugar
1 tsp. salt
1 tsp. cinnamon

TOPPING:

1/2 c. sugar
3/4 c. enriched flour
1/3 c. butter *or* margarine

Put sliced apples in crust mixed with sugar, salt and cinnamon. Mix topping until crumbly and pat mixture on top of apples. Bake at 400° for 40 minutes.

Nancy is the daughter-in-law of Cleo Gullixson.

PERFECT APPLE PIE

Barbara Helmen
Dora Tofteberg

5 *to* 7 apples
1 c. sugar
3 T. flour
1/8 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
2 T. butter

Peel apples and slice. Mix sugar, flour, salt and spices. Sprinkle over sliced apples in 9 inch crust. Put top crust on and sprinkle top with sugar. Bake 40 minutes in 400° oven.

BAVARIAN MINT PIE

Trudy Rossing Neufind
Omaha, NE

1 1/3 c. crushed vanilla wafer crumbs
1/4 c. sugar
1/4 c. butter *or* margarine, melted
2 oz. unsweetened chocolate
1 (4 oz.) bar German sweet chocolate
1/2 c. butter *or* margarine
3/4 c. sugar
3 eggs
1 tsp. mint flavoring
1 c. whipping cream, whipped
2 T. powdered sugar
1/4 tsp. mint flavoring

Combine first 3 ingredients. Press into 9 inch pie pan. Bake at 375° for 5 or 6 minutes. Can be used without baking, but baking gives better flavor.

For filling, melt unsweetened chocolate and German sweet chocolate in double boiler. Cream butter and sugar until as smooth as whipped cream. Add eggs, beaten very light and frothy. Add melted chocolate and stir until smooth. Add 1 teaspoon mint flavoring. Stir well. Put into cooled crust. When firm, cover with whipped cream to which you added powdered sugar and 1/4 teaspoon mint flavoring. May be decorated with additional crumbs or maraschino cherries.

This is a favorite recipe in our family and was served at my wedding reception. Baked in cookie sheets, it was cut into small squares and served from a tray on the tea table, beside the wedding cake.

FROZEN BANANA PIE

Sandy Kraft

1 1/4 c. crushed vanilla wafers
1/3 c. oleo
2 T. sugar
2 ripe bananas
1 1/2 pts. vanilla ice cream
1/2 c. coarsely chopped nuts

Mix wafers, oleo and sugar. Press evenly and firmly on bottom and sides of 9 inch pie plate. Chill in freezer while making filling.

Mash bananas in large bowl. Add nuts and ice cream. Mixture should be soft, but not melted. Mix well. Spoon into crust. Freeze until firm. Allow to stand at room temperature 15 to 20 minutes before cutting.

BUTTERSCOTCH CREAM PIE

Betty Janssen

1/2 c. brown sugar
1/2 c. white sugar
1/4 c. cornstarch
1/2 tsp. salt
2 2/3 c. milk
1/3 c. margarine
3 egg yolks
1 1/2 tsp. vanilla

Make pie shell. Mix dry ingredients for filling. Stir milk in; gradually add margarine. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil 1 minute. Remove from heat. Gradually stir at least 1/2 of mixture into 3 egg yolks, slightly beaten. Blend into rest of hot mixture in saucepan. Boil 1 minute more, stirring constantly. Remove from heat and add vanilla. If pie is to be finished with meringue, pour immediately into baked pie shell. Seal meringue to edge of crust to prevent shrinkage. Bake until brown. Instead of meringue, this pie can be chilled for about 2 hours and topped with sweetened whipped cream.

DELICIOUS CHERRY PIE

Lil Longseth

1. Turn oven on and adjust to 350°.
2. Get purse from table in hall and cross the street to Casey's General Store.
3. Open freezer; grasp high pie by protective rim, being sure not to break crust.
4. Carry lightly to check out counter and measure out cash in amount of purchase.

(Continued Next Page)

DELICIOUS CHERRY PIE (CONTINUED)

5. Carry home, unwrap and place in preheated oven. Bake according to directions on the package.
6. Serves 12 if you cut the pieces small enough.

Surprising as it may seem, this basic recipe may be used to make bread, Italian pizza, apple tarts and many other delicious taste treats. By the proper adjustment of Step 3 above, your only limitation is your imagination. Have fun!

CREAM PIE FILLING *Mrs. Grant Olson*

(Recipe From Mrs. Tom [Dora] Olson)

7/8 c. sugar
1/3 c. flour
1/8 tsp. salt
2 c. scalded milk
2 egg yolks, beaten
1 tsp. vanilla
2 egg whites
1/4 c. sugar

Cook first 4 ingredients about 15 minutes. Add 2 egg yolks and cook 2 minute more; add vanilla. Put in baked pie shell or graham cracker crust.

Beat egg whites with 1/4 cup sugar to make meringue to top the pie. Bake at 325° or 350°.

If using graham cracker crust, you may want to sprinkle some of graham cracker crumbs on meringue before baking.

EASY NO ROLL PIE *Sandy Tompkins Kraft*

CRUST:

1/2 c. oleo
1 T. sugar
1 c. flour
1 can pie filling

TOPPING:

1 egg
1/2 c. sugar
1/4 c. flour
1/4 c. milk

Melt oleo and sugar over low heat. Add flour and stir until it makes a ball. Press on bottom and sides of 9 inch pie plate. Pour in any kind of pie filling.

Beat egg and sugar. Blend in flour and milk until smooth. Spoon topping over filling. Bake at 350° 50 to 60 minutes, until crust is golden brown.

FRENCH SILK PIE *Pastor Connie Spitzack*

9 in. pie crust, baked
1 c. butter (not margarine)
1 1/4 c. sugar
2 (1 oz.) sqs. unsweetened chocolate, melted
2 tsp. vanilla
4 fresh eggs

Cream butter well using mixer. Add sugar gradually and cream well. Add melted chocolate; cool. Add vanilla. Beat in eggs, one at a time, beating approximately 5 minutes total. Pour into cooled crust. Chill 2 hours or overnight.

JANICE'S SEWING DAY PIE *Janice Pflibsen*

GRAHAM CRACKER CRUST:

1 1/2 c. graham cracker crumbs
3 T. sugar
1/3 c. butter *or* oleo, melted

FILLING:

2/3 c. sugar
3 T. cornstarch
1/2 tsp. salt
3/4 c. evaporated milk
2 1/2 c. milk
3 egg yolks, slightly beaten

CRUST:

Mix ingredients together. Press into 9 inch pie pan. Bake in 350° oven for 10 minutes.

FILLING:

In large bowl, microwave, covered, first 5 ingredients for 5 minutes. Stir. Cook 4 minutes; stir. Cook 3 minutes; stir. Cook 2 minutes. Mix some of hot mixture with egg yolks, then mix all together. Cook 2 more minutes. Blend in 2 tablespoons oleo and 2 teaspoons vanilla.

At this stage, 3/4 cup coconut may be stirred in or the mixture may be cooled some and then poured over 2 large bananas that have been cut up in the graham cracker crust.

MERINGUE:

3 egg whites
1/4 tsp. cream of tartar
6 T. sugar
1/2 tsp. vanilla

Beat egg whites and cream of tartar together until frothy. Very gradually add the 6 tablespoons sugar, beating continually. Beat until very thick. Add vanilla. Spread over pie filling. Bake 8 to 10 minutes at 400°.

LEMON PIE

Agnes I. Berge

3 T. cornstarch
1 1/2 c. sugar
1/4 c. lemon juice
1 T. lemon rind, grated
3 eggs, separated
1 1/2 c. boiling water
1 baked pie shell

Combine cornstarch, 1 1/2 cups sugar, lemon juice and lemon rind. Beat egg yolks; add to above mixture. Gradually add boiling water. Cook over boiling water or low heat, stirring to keep from scorching. Cook about 4 minutes. Fix meringue.

3 egg whites
1/4 tsp. cream of tartar
1 T. water
6 T. sugar
1/4 tsp. salt

Beat egg whites, cream of tartar and water at high speed for 3 minutes. Add sugar, 1 tablespoon at a time. Add salt. Beat another 3 to 4 minutes. Spread meringue over top of pie, carefully sealing all the filling. Bake at 400° for 8 to 10 minutes. Makes 1 (9 inch) pie.

LEMON PIE FAVORITE

Mrs. Arne (Frances) Sorlien, Sr., Humboldt

1 c. sugar
2 T. cornstarch
2 T. flour
1/2 tsp. salt
1 1/2 c. boiling water
Juice *and* grated rind of 1 *or* 2 lemons (it depends on how lemony you want it)
1 T. butter
2 egg yolks

MERINGUE:

3 egg whites
1/4 tsp. cream of tartar
4 T. sugar
1 baked pie shell

Place dry ingredients in top of double boiler. Add boiling water slowly, stirring to prevent lumps. Cook over boiling water until mixture begins to thicken. Add lightly beaten egg yolks, lemon juice and rind; cook 1 minute. Remove from fire; add butter. Put in baked pie shell. Make meringue by beating egg whites quite stiff. Add 1/4 teaspoon cream of tartar; gradually beat in 4 tablespoons sugar until stiff. Cover the pie filling with meringue. Bake at 325° until lightly brown.

LEMON PIE

Irene Curry

1 1/2 c. sugar
1/2 c. cornstarch
2 c. hot water
3 eggs, separated
1/2 c. ReaLemon juice

Mix sugar, cornstarch and water together. Cook until thick and clear. Add yolks and lemon juice which have been mixed together. Cook 1 minute longer. Pour into baked pie shell and cover with meringue made from egg whites. Bake until light brown.

OUT OF THIS WORLD PIE

Bernice Rolland

1 (21 oz.) cherry pie filling
1/2 c. sugar
1 (No. 2) can crushed pineapple *and* juice
1 T. cornstarch
1 tsp. red coloring
1 (3 oz.) box raspberry Jell-O
3 *to* 5 bananas, sliced
1 c. chopped pecans
2 (8 in.) graham cracker crusts
Whipped topping

In saucepan, combine the first 3 ingredients and cook until thick. Remove from heat; add cornstarch, coloring and dry Jell-O. Cool. Add bananas and nuts. Mix well. Pour into 2 graham cracker crusts or may use a 8 x 9 inch pan. Spread top with whipped topping and a cherry. Double recipe for a 9 x 13 inch baking pan.

DOUBLE LAYER PUMPKIN PIE

June Krull

4 oz. cream cheese, softened
1 T. milk *or* half-and-half
1 T. sugar
1 1/2 c. thawed Cool Whip
1 ready graham cracker crust
1 c. milk *or* half-and-half
2 pkgs. (4 oz.) vanilla instant pudding
1 can pumpkin
1 tsp. ground cinnamon
1/2 tsp. ginger
1/4 tsp. cloves

Mix cream cheese, milk and sugar. Stir in whipped topping. Spread on crust. Pour 1 cup milk into bowl. Add pudding mix. Beat until well-blended, 1 to 2 minutes. Stir in pumpkin and spices. Mix well. Spread over cream cheese layer. Refrigerate 3 hours. Top with Cool Whip. Serves 8.

EASY PEACH PIE — *Unknown*

Crust for 10 in. pie
4 1/2 c. fresh peaches
3/4 c. sugar
2 heaping T. tapioca
1 box reg. vanilla pudding

Mix all together and pour into pie crust. Bake at 400° for 15 minutes, then reduce to 350° and bake for 25 minutes or until done.

PUMPKIN PIE — *Bette Olson*

1 lg. can pumpkin
2 eggs
1/2 c. brown sugar
1/4 c. white sugar
1 tsp. flour
Spices (cinnamon, nutmeg *and* ginger)
1 tsp. molasses
2 c. hot milk

Bake at 425° in pastry shell until a silver knife blade inserted into the center of the filling comes out clean.

IMPOSSIBLE PUMPKIN PIE — *Sandy Kraft*

3/4 c. sugar
1/2 c. Bisquick
2 T. oleo
13 oz. evaporated milk
2 eggs
16 oz. pumpkin
2 1/2 tsp. pumpkin pie spice
2 tsp. vanilla

Grease 9 inch pie plate. Beat all ingredients until smooth (1 minute in blender on high or 2 minutes with mixer). Pour into pie plate. Bake at 350° 50 to 55 minutes, until knife inserted in center comes out clean.

MOM'S PUMPKIN PIE — *Barb Bratland*

2 c. milk
1 c. sugar
1 c. pumpkin
2 eggs
1 T. flour
1 tsp. cinnamon
1/2 tsp. cloves

Beat eggs well. Stir sugar, flour and spices into pumpkin. Add eggs and milk. Pour into an unbaked pie shell. Bake at 350° for 1 hour. Makes 1 big pie or 2 pies if using the regular-sized aluminum foil pans. This recipe can also be baked in a 9 x 13 inch pan without the crust as a dessert.

RAISIN CREAM PIE *Beverly Halsrud*

1 1/2 c. raisins
2 T. cornstarch
1 can evaporated milk
1/2 c. sugar
3 egg yolks

Boil raisins in water for 10 minutes. Mix sugar, cornstarch, egg yolks and milk. Add to raisins and cook until thick. Put in baked pie shell. Put on meringue and bake.

RAISIN CREAM PIE *Hilda Via*

1 c. raisins
1 c. cream *or* milk
2 egg yolks
2 T. flour
1/2 c. sugar
Pinch of salt
1 tsp. vanilla

Boil raisins. Add beaten yolks and rest of ingredients. Pour into baked pie shell and add meringue.

RAISIN CUSTARD PIE *Unknown*

1/2 c. sugar
3 T. cornstarch
3 egg yolks
2 c. milk
2 tsp. lemon juice
1/2 c. raisins
1 pastry shell (9 in.), baked

MERINGUE:

3 egg whites
1/4 c. sugar

In a medium saucepan, combine sugar and cornstarch. Whisk in the egg yolks and milk until thoroughly combined. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil for 1 minute. Remove from heat. Add lemon juice and raisins. Pour into pie shell. For meringue, beat egg whites in a small bowl until foamy. Gradually add sugar, about 1 tablespoon at a time, beating until stiff and glossy. Spread over warm pie, making sure meringue covers all of the filling. Bake at 350° for 10 to 15 minutes or until light golden brown. Serve warm or cold. Store leftovers in refrigerator.

Each day is a gift from God. That's why it's called the "present".

RHUBARB CUSTARD PIE *Eleanor Christianson*

8 eggs
3 1/4 c. sugar
1 c. flour
2/3 c. margarine, melted
3 1/2 c. milk
3 1/2 c. diced rhubarb
2 tsp. vanilla

Combine ingredients in order given. Mix well and pour into 9 x 13 inch greased pan. Bake for an hour and 15 minutes or until settled in center at 350°. May use any kind of fresh fruit. When using apples, sprinkle with cinnamon.

RHUBARB PIE *Mrs. Grant Olson*
(Recipe From Mrs. Tom [Dora] Olson)

2 c. rhubarb, cut sm.
1 c. sugar
4 T. flour
2 egg yolks, save whites
Chunk of butter (1 T.?)
1/4 c. sugar

Wash and cut into small pieces the rhubarb. Mix dry ingredients and pour over rhubarb. Stir in egg yolks and butter. (You may add a little water so you can stir it.) Put mixture into unbaked pie shell. Bake at 400° for 10 minutes, then at 325° for 30 minutes.

Make meringue with the egg whites and 1/4 cup sugar and top the pie, baking about 20 minutes more at 325°.

RHUBARB SURPRISE PIE *Eleanore Grefstand*
Ronna Lounsbery

1 c. flour, sifted
1 tsp. baking powder
1/2 tsp. salt
2 T. butter
1 egg, beaten
2 T. milk
3 c. raw rhubarb, diced
1 (3 oz.) pkg. strawberry Jell-O
1/2 c. flour
1 c. sugar
1/2 tsp. cinnamon
1/4 c. butter, melted

Sift together 1 cup flour, baking powder and salt. Cut in butter. Add egg and milk; mix. Press in a greased 9 inch pie plate. Arrange rhubarb in pie shell. Sprinkle with dry strawberry gelatin. Combine remaining ingredients; sprinkle on top of pie. Bake at 350° for 50 minutes or until rhubarb is tender.

Rhubarb Custard Pie

Jennifer Rolland

2 eggs, beaten
1 1/2 c. sugar
1/4 c. flour
2 2/3 T. milk
3/4 tsp. nutmeg
3 *to* 3 1/2 c. sliced rhubarb

Pour the sliced rhubarb into an unbaked pie crust. Stir all of the remaining ingredients together in a bowl and pour over the rhubarb. Bake at 350° until set.

Super Rhubarb Pie

Unknown

2 1/2 c. rhubarb, thinly sliced
1 1/4 c. sugar
1/2 c. water
1 (3 oz.) pkg. strawberry Jell-O
2 c. whipped cream (can use Cool Whip)
10 in. graham cracker crust, baked

Cook rhubarb with sugar in water until soft. Add Jell-O. Mix well. Cool until slightly thickened. Fold in whipped cream. Pour into crust; refrigerate overnight.

Sour Cream Raisin Pie

Marguerite Olson

1 c. cooked raisins, drained
1 1/4 c. sour cream *or* half-and-half
3/4 c. sugar
3 eggs, separate whites
1/4 c. flour
1 tsp. vanilla

Combine egg yolks, sour half-and-half, sugar and vanilla; cook 3 minutes. Add raisins. Pour into baked pie shell.

Beat egg whites with 6 tablespoons sugar and speck of baking powder until stiff. Put on filling. Bake 15 to 20 minutes, until brown.

Rhubarb-Raisin Pie

Hanna (Mrs. Magnus) Rongved

2 c. rhubarb
1 c. sugar
2 T. flour
Pinch of salt
1 can Wilderness raisin pie filling

Mix rhubarb, sugar, flour and salt together. Add raisin pie filling. Mix well.

(Continued Next Page)

RHUBARB-RAISIN PIE (CONTINUED)

PIE CRUST (FOR DOUBLE CRUST):

3 c. flour
1 tsp. salt
1 c. lard

Mix above ingredients. Add ice water to dry mixture until it will hold together.

Put filling ingredients in unbaked pie shell. Cover with top crust. Bake at 400° for 15 minutes. Lower heat to 350° and bake until crust is browned, about 1 hour in all.

SOUR CREAM RAISIN PIE *Mrs. Grant Olson*
(Recipe From Grant's Mother, Dora Olson)

1 c. raisins
2 eggs, separated
1 1/4 c. sour cream (milk *and* vinegar)
3/4 c. sugar
1/4 c. flour
1/2 tsp. vanilla

Cook the raisins in a little water until tender. Beat 2 egg yolks; add 1 1/4 cups sour cream (milk plus 1 tablespoon vinegar works fine). Mix sugar and flour with the eggs and milk and pour into raisins and water. Cook until thickened, about 3 minutes, and add vanilla and pour into baked pie shell.

Beat the egg whites with 1/4 cup sugar to make meringue and bake until lightly browned at 375°.

STRAWBERRY PIE *Rozella Smith Harr*

1 c. water
3 T. cornstarch
3/4 c. sugar
1 (3 oz.) pkg. strawberry Jell-O
1 c. mashed strawberries
1 c. halved strawberries
1 (9 in.) pie crust, baked

Cook together sugar, cornstarch and water until clear. Add Jell-O and cool. Add 1 cup mashed strawberries. Pour over 1 cup halved strawberries in crust. (I use Keebler's ready crust - graham cracker.) Top with whipped cream. (I used Cool Whip.) *VARIATION:* Peaches and peach Jell-O. Easy and good. For a higher pie, use all halved berries instead of 1 cup mashed.

FRESH STRAWBERRY PIE *Della Bakken*

1 (4 oz.) pkg. sugar-free Jell-O
1 (4 oz.) pkg. sugar-free vanilla pudding (cooked kind)
2 c. water
1 tsp. vanilla
Fresh strawberries
Baked pie shells

Combine gelatin and pudding mix in saucepan. Add water. Cook over medium heat until clear and boiling. Stir constantly. Cool. Stir in vanilla. Slice berries and arrange in baked pie shell. Cover with sauce. Chill 2 hours.
OPTIONAL: Garnish with whipped cream and 1 berry.

FRESH STRAWBERRY PIE *Unknown*

1 c. sugar
1 c. water
2 T. cornstarch
2 T. white Karo syrup
3 T. dry strawberry Jell-O
3 qts. fresh strawberries
1 baked pie shell

Combine sugar, water, cornstarch and Karo. Cook until clear and add Jell-O and cool. Pour over berries in baked pie shell. Chill. Serve with whipped cream or ice cream.

STRAWBERRY FLUFF PIE *Kay Olson*

CRUST:
2 T. margarine
6 oz. pkg. chocolate chips
1/4 c. corn syrup
2 c. Special K cereal
FILLING:
3 oz. pkg. strawberry Jell-O
10 oz. pkg. frozen strawberries, well-drained *and* syrup reserved
1 pt. whipped cream
1/2 tsp. almond flavoring
CRUST:

Put margarine, chips and syrup in saucepan and cook over low heat, stirring constantly, until melted and well-blended. Remove from heat and stir in cereal. Stir until cereal is well-coated. Press into lightly buttered 9 inch pie pan. Chill.

(Continued Next Page)

STRAWBERRY FLUFF PIE (CONTINUED)

FILLING:

Add water to reserved liquid to make 1 cup. Boil, then add package of Jell-O. Stir until dissolved. Chill Jell-O until consistency of egg whites. Meanwhile, whip the cream and almond flavoring until soft peaks form. Set aside. Whip the chilled Jell-O until thick and foamy and about double in volume. Fold Jell-O and thawed strawberries into whipped cream. Spoon filling into pie crust. Chill 2 hours or until set. If desired, top with whipped cream and fresh strawberries.

GLAZE FOR FRESH STRAWBERRY PIE *Unknown*

7 oz. 7-up
1 c. sugar
4 T. cornstarch

Cook until clear. Cool. Add berries and mix well before putting in baked crust.

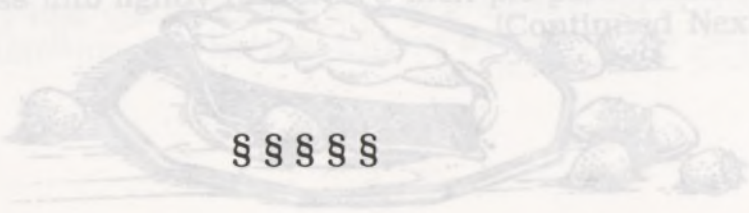
STRAWBERRY ICE CREAM PIE *Mrs. Grant Olson*
(Recipe From Ruth Jacobson)

1 c. graham cracker crumbs
1/4 c. melted margarine
3 T. powdered sugar
2 c. sugar
4 egg whites
2 boxes frozen strawberries *or* 1 pt. fresh
1 pt. cream, whipped *or* use whipped topping

Make crust of first 3 ingredients. (Quantities for each pie, so use 4 times as much.)

Beat next 3 ingredients (in biggest mixing bowl!) for 15 minutes. Fold in whipped cream. This makes 4 pies or 2 (9 x 13 inch) cake pans. Freeze. Store in freezer until serving time.

ADDITIONAL RECIPES



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Smakaker og Barre

Cookies and Bars

COOKIES

APPLESAUCE COOKIES *Arlene Olson*

1 c. sugar
1/2 c. butter *and* lard, mixed
1 beaten egg
1 c. thick applesauce
2 c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1 tsp. cloves
1/2 tsp. salt
1 c. nutmeats
1 c. raisins

Mix all ingredients together and add 1 cup raisins and 1 cup nutmeats. Bake at 350° until light brown in color.

CHOCOLATE-ICED BITTERSWEETS *Teri (Kraft) Doksansky Barstow, CA*

COOKIE:

1 c. powdered sugar
1 c. butter, softened
1/2 tsp. salt
2 tsp. vanilla
2 c. flour

FILLING:

1 c. powdered sugar
2 T. flour
1 tsp. vanilla
3 oz. cream cheese, softened
1/2 c. nuts
1/2 c. coconut

Cream together first 4 cookie ingredients. Mix in flour. Shape into balls. Thumbprint top of each. Bake 12 to 16 minutes at 350°.

Cream together first 4 filling ingredients until light. Add nuts and coconut. Fill each warm cookie with 1/2 teaspoon filling.

FROSTING:

Melt together 1/2 cup chocolate chips, 2 tablespoons water and 2 tablespoons butter. Remove from heat; add 1/2 cup powdered sugar. Drizzle over cookies.

Of all the clothes you wear,
your expression is the most important.

CHOCOLATE CHIP COOKIES

Chandra Lounsbery McMahon, Norfolk, VA

3/4 c. butter flavored Crisco
1 1/4 c. light brown sugar
2 T. milk
1 T. vanilla
1 egg
1 3/4 c. flour
1 tsp. salt
3/4 tsp. baking soda
1 c. chocolate chips
1 c. chopped pecans (optional)

Combine Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed until well-blended. Beat egg into mixture. Combine flour, salt and soda. Mix into creamed mixture just until blended. Stir in chips and nuts. Drop on ungreased cookie sheet. Bake at 375° for 8 to 10 minutes for chewy cookies or 11 to 13 minutes for crisp cookies. Do not over bake. Makes about 3 dozen.

CHOCOLATE CHIP COOKIES – CONSUMER REPORTS "BEST"

Sharon Olson

2 1/4 c. flour
1 tsp. baking soda
1 tsp. salt
3/4 c. white sugar
3/4 c. brown sugar, packed
2 sticks (1/2 lb.) butter
1 tsp. vanilla extract
2 lg. eggs
1 (12 oz.) pkg. semi-sweet chocolate chips

Preheat oven to 375°. Blend butter and both sugars until creamy. Add baking soda, salt, vanilla and eggs; mix well. Add flour and last, the chips. Put tablespoonsful of mix on ungreased cookie sheet. Bake 9 minutes in electric oven or 10 to 11 minutes in gas oven.

CHOCOLATE CHIP-PEANUT BUTTER COOKIES

Stephani Foth

1 1/4 c. butter *or* margarine
2 c. sugar
2 eggs
2 tsp. vanilla
2 c. flour
3/4 c. cocoa
1 tsp. *plus* 1/4 tsp. soda
1/2 tsp. salt
1 1/2 c. chocolate chips (8 oz. pkg.)
1/2 c. chopped walnuts (optional)
1/2 c. peanut butter

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CHOCOLATE CHIP-PEANUT BUTTER COOKIES (CONTINUED)

Mix butter, sugar, eggs and vanilla; add the combined flour, cocoa, soda and salt. Add peanut butter, chips and nuts. Drop on ungreased cookie sheet. Bake 8 to 9 minutes at 350°. Cool 1 minute before removing from pan. Peanut butter could be added to wet ingredients. Recipe obtained from fellow teacher at Wellsburg, Iowa.

QUICK, NO BAKE CHOCOLATE OATMEAL DROPS

Mrs. Sherry Olson

2 c. sugar
1/3 c. cocoa
1/2 c. milk
1/4 c. butter
3 c. oatmeal
1/2 c. peanut butter
1 tsp. vanilla

Mix first 4 ingredients in pan. Boil for 1 minute on stove top. Remove from heat and add next 3 ingredients. Mix fast. While still hot, drop by teaspoon on wax paper or tin foil. Ready in 5 minutes!

A favorite with kids. I've substituted granola for oatmeal or mix both with a double recipe. They go fast. Makes a healthier snack.

CHOCOLATE STAR COOKIES

Lisa Underberg Hogan

1/2 c. butter
1/3 c. peanut butter
1 egg
1 3/4 c. flour
1 tsp. soda
1/2 c. white sugar
1/2 c. brown sugar
1/2 tsp. salt
1/2 tsp. vanilla
Chocolate stars

Cream shortening, sugar and egg. Add peanut butter, vanilla and rest of ingredients. Shape into balls the size of walnuts. Roll in sugar. Flatten lightly and bake at 375° for 8 minutes. Put star in center of cookies. Cook for 3 minutes more.

DATE PINWHEEL COOKIES *Margaret Vaudt Johnson*

1/2 c. brown sugar
1/2 c. white sugar
1/2 c. margarine
1 egg
1/2 tsp. vanilla
1/2 tsp. salt
1/2 tsp. soda
1 3/4 c. flour
Nuts are optional
1 lb. dates
1/2 c. water
1/2 c. sugar

Cook 1 pound dates, 1/2 cup water and 1/2 cup sugar until done. Cool a little while. Mix sugars, margarine, egg, vanilla, salt, soda and flour. Roll dough into rectangle as thin as pie crust. Spread date mixture on dough and roll up. Refrigerate for a few hours. Cut dough into slices and bake in 350° oven until lightly brown.

DATE PINWHEEL COOKIES *Mrs. Grant Olson*
(Recipe From Marguerite Olson)

1 c. white sugar
1 c. brown sugar
1 c. shortening
3 eggs
4 c. flour
1 tsp. baking soda
1 tsp. cinnamon
1/4 tsp. salt

FILLING:

1 T. lemon juice
1 c. chopped dates
1/4 c. sugar
1/2 c. water

Mix cookie ingredients; roll out 1/2 inch thick. Chill 1 hour. Cook filling and cool. Spread over cookie dough and roll up as jelly roll. Chill and slice. Bake at 350° or 400° until light brown, about 8 minutes.

DELICIOUS COOKIES *Unknown*

1 c. brown sugar
1 c. white sugar
1 c. margarine
1 c. Mazola oil
1 lg. egg
2 tsp. vanilla
1 tsp. coconut flavoring
3 1/2 c. flour
1 tsp. cream of tartar
1 tsp. soda
1 c. oatmeal
1 c. coconut
1 c. Rice Krispies
1 tsp. salt

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DELICIOUS COOKIES (CONTINUED)

Mix together in order given and drop by teaspoon on cookie sheet. Bake until golden brown in 350° oven about 12 minutes. Yield: 6 to 7 dozen. Freezes well.

EGGNOG COOKIES

Teri Doksansky
Barstow, CA

2 1/4 c. flour
1 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 1/4 c. sugar
3/4 c. oleo, soft
1/2 c. eggnog
1 tsp. vanilla
2 lg. egg yolks
1 tsp. nutmeg

Mix dry ingredients, except nutmeg. Cream sugar and oleo with mixer to form a grainy paste. Add eggnog, yolks and vanilla. Beat until smooth. Add dry ingredients and beat until well-combined. Do not over mix! Drop by teaspoon on ungreased cookie sheet 1 inch apart. Sprinkle with nutmeg. Bake at 300° 23 to 25 minutes, until bottoms are lightly browned.

FILLED COOKIES

Mrs. Grant Olson
(Recipe From Laila Hanson)

2 c. shortening
2 c. brown sugar
2 c. white sugar
5 eggs
2 tsp. baking powder
2 tsp. baking soda
1/2 tsp. salt
1 c. cold water
7 1/2 c. flour

FILLING:

1 box dates
1/2 box raisins
1 c. sugar
1/3 c. water

Mix cookie ingredients. Roll out dough and cut with cookie cutters. Cook filling about 10 minutes, stirring as mixture scorches easily. Cool awhile.

Place rounds of dough on greased cookie sheet. Drop a teaspoon of the filling on each. Cover with another round. Press edges together and prick with fork. Bake at 400° about 8 to 10 minutes.

EVERYTHING COOKIES

Thora Kinseth

1 c. margarine
1 c. brown sugar
1 c. white sugar
1 egg
1 tsp. cream of tartar
1 c. oatmeal
1 c. salad oil
2 tsp. vanilla
3 c. flour
1 tsp. salt
1 tsp. soda
1 (12 oz.) pkg. chocolate chips
1 c. Rice Krispies

Mix in order given. Drop by teaspoon on greased baking sheet. Bake at 350° 12 minutes.

FROSTED CREAMS

Arlene Olson

1 c. sugar
1 c. shortening
1 c. sour milk
1 c. sorghum
2 tsp. cream of tartar
4 tsp. soda
2 eggs
1 tsp. cinnamon
1 tsp. ginger
1 tsp. nutmeg
3 1/2 *to* 4 c. flour
Salt
2 T. cocoa

Cream sugar and shortening together. Add eggs, sour milk and sorghum. Sift together dry ingredients and add to mixture. If needed, add more flour so dough can be rolled. Cut with cookie cutter and bake at 350° until done. When cool, frost with powdered sugar frosting.

FRYING PAN COOKIES

Margaret Brodale

3/4 c. sugar
2 beaten eggs
1 1/2 c. chopped dates
2 c. Rice Krispies
1 tsp. vanilla
1 c. nuts (if desired)
Coconut flakes

Put first 3 ingredients (sugar, eggs and dates) in heavy fry pan over low heat. Stir constantly. Cook for 10 minutes after it starts to boil. Remove from heat; add Rice Krispies and vanilla. Mix well. Drop by tablespoon in coconut flakes and shape as desired. I usually roll into a ball and then coat the outside with coconut.

GARRY COOKIES

Grandma Sophie Engstrom

1 1/2 c. sugar
1 c. shortening
3 eggs
1 tsp. salt
3 1/2 c. flour
1 tsp. baking powder
1 tsp. soda
1 1/2 c. raisins

Boil raisins, covered in water, 20 minutes. Cool. Mix in order given. Roll in balls and roll in sugar. Bake at 350° 7 to 10 minutes.

SWEDISH GINGER COOKIES

Kay Helland
(Recipe of Ellen Kinseth)

1 c. butter *or* margarine
1 1/2 c. sugar
1 egg
1 1/2 tsp. grated orange peel
2 T. dark corn syrup
1 T. water
3 1/4 c. sifted flour
2 tsp. soda
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. cloves

Cream butter and sugar. Add egg; beat light and fluffy. Add orange peel, corn syrup and water. Mix and add flour, soda, cinnamon, ginger and cloves. Chill.

On lightly floured surface, roll 1/8 inch. Cut in diamond shapes. For sparkly look, sprinkle dough with sugar; press lightly with rolling pin. Place on ungreased baking sheet. Top each cookie with blanched almond half (slivered almonds work). Bake at 350° to 375° 8 to 10 minutes.

100 GOOD COOKIES

Elsie Hankins

1 c. sugar
1 c. brown sugar
1 c. oleo
1 c. oil
1 egg
1 tsp. vanilla
4 c. flour (scant)
1 tsp. cream of tartar
1 tsp. baking soda
1 c. Rice Krispies
1 c. coconut
1 c. oatmeal
1 c. nuts, fine

Mix in order and drop by teaspoon. Press with fork or glass. Freeze well.

NOTE: Do not use 4 full cups of flour as the cookies get too thick to mix.

GINGER CREAMS — *Lillian Longseth*

3/4 c. shortening
1 c. sugar
1 egg
4 T. molasses
Salt
2 tsp. soda
2 c. flour
1 tsp. cloves
1 tsp. cinnamon
1 tsp. ginger

Roll in balls. Pat with fork. Bake at 350° 8 to 10 minutes.

"IOWA" HONEY COCONUT DROPS — *Eleanor Christianson*

1/2 c. shortening
1/2 c. Iowa clover honey
1 egg
1/2 tsp. vanilla
1 1/4 c. flour
1/4 tsp. baking powder
1/2 c. chopped walnuts
1 c. shredded coconut

Cream shortening and honey; add egg and vanilla. Blend well. Sift flour and baking powder. Add gradually. Combine walnuts and coconut. Drop by spoonsful on greased cookie sheet. Bake 12 minutes at 375°.

LEMON OR LIME TASSIES — *Sandy Kraft*

1/2 c. oleo, soft
3 oz. cream cheese, soft
1 1/4 c. flour
3 T. lemon *or* lime juice
3 T. oleo, melted
2 lg. eggs
2/3 c. sugar

Beat oleo and cream cheese until fluffy. Add flour and beat until crumbly. Shape into 20 balls and put in tassie pans. Press over bottom and up sides of cup. Mix rest of ingredients and put in crusts. Bake at 350° 40 to 45 minutes. Take from pans while slightly warm. Cool. Can top with Cool Whip to serve or serve plain. 135 calories each.

MARK'S LEMONADE LEMON CHIP COOKIES — *Sandy Kraft*

1 c. oleo
1 c. sugar
2 eggs
1 c. lemon chips
3 c. flour
1 tsp. soda
16 oz. frozen lemonade, thawed

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MARK'S LEMONADE LEMON CHIP COOKIES (CONTINUED)

Cream oleo and sugar. Add eggs and beat well. Add flour and soda alternately with 1/2 cup lemonade concentrate. Stir in chips. Drop on ungreased cookie sheet. Bake at 400° 8 minutes. Cool cookies well. Brush with rest of thawed lemonade and sprinkle with sugar.

OLD-FASHIONED ROLLED MOLASSES COOKIES

Ruth Thompson

2 c. white sugar
1 c. shortening
2 eggs, beaten
1 c. molasses
1 c. sour milk
1 heaping tsp. soda, dissolved in sour milk
4 c. *or* more flour
1 tsp. each cinnamon, salt *and* baking powder, added to flour

Use enough flour to roll, and do not roll out too thin. Sprinkle with sugar and cut with cookie cutter. Bake in moderate oven until done.

NO-BAKE COOKIES

Sarah Tofteberg

1/4 c. cocoa
1/4 c. butter
2 c. sugar
1/2 c. milk
1 c. peanut butter
3 c. quick oats

Mix cocoa, butter, sugar and milk. Add peanut butter, then oatmeal. Roll in walnut size balls and place on wax paper. Yields 3 dozen.

MOM'S OATMEAL COOKIES

Sandy Kraft

1 c. brown sugar
1 c. oleo
2 eggs, well-beaten
1 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. cloves
1 c. raisins
1 tsp. soda
1 tsp. salt
2 c. flour
2 c. oatmeal
1/2 c. nuts, chopped

Cook raisins in water until tender. Use 5 tablespoons juice to dissolve soda and salt in. Mix rest of ingredients in order given. Bake at 350° 8 to 10 minutes.

FROZEN NUT FRUIT COOKIES

Barb Bratland

1 c. brown sugar
1 c. white sugar
1 tsp. salt
1 1/2 c. melted shortening
3 eggs, well-beaten
2 level tsp. soda, dissolved in a little water
1 c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. vanilla

Add to the above:

2 c. white raisins, stewed
2 c. dates, cut up
1 c. nuts (pecans are good)
4 c. flour

Can use right away or roll in foil and freeze. Then cut off while frozen and bake at 350°.

OATMEAL COOKIES

Marguerite Olson

1 c. margarine
1 c. white sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
1 3/4 c. flour
1 tsp. salt
1 tsp. soda
1 1/2 c. oatmeal
1 1/2 c. blended oatmeal (I put oatmeal in blender *and* keep in jar to use)

Cream shortening and sugars. Mix in eggs and vanilla. Add flour, salt and soda. Fold into mixture. Stir in oats, nuts, chocolate chips or raisins. If using nuts, chips, etc., use 1/4 cup less flour.

Chill well or keep in tight plastic container and bake whenever you desire. Form dough into small balls and roll in sugar. Place on greased cookie sheet 1 1/2 inches apart. Press down with fork. Bake at 350° for 10 to 12 minutes.

OATMEAL CHOCOLATE CHIP COOKIES

Jan Clark

1 c. shortening
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1 tsp. vanilla
1 tsp. soda in 1 tsp. water
1/4 tsp. salt
1 1/2 c. flour
2 c. oatmeal
Chocolate chips

Cream sugars and shortening. Add egg and vanilla and mix. Add and mix soda and water. Sift flour and salt and add to above mixture. Add oatmeal and chips and mix. Bake at 350° 10 minutes or until lightly browned.

OATMEAL CHOCOLATE CHIP COOKIES *Agnes I. Berge*

1 1/4 c. margarine (2 1/2 sticks), room temperature
3/4 c. packed brown sugar
1/2 c. sugar
1 egg
1 tsp. vanilla
1 1/2 c. unsifted flour
1 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1/8 tsp. nutmeg
3 c. Quaker Oats (quick), uncooked
2 c. semi-sweet chocolate chips
1 c. walnuts

Heat oven to 375°. Cream margarine with sugars until light and fluffy. Beat in egg and vanilla. Stir flour with baking soda, salt and spices. Add to creamed mixture, mixing well. Stir in oats. Fold in chocolate chips and walnuts. Drop by rounded tablespoonsful onto greased cookie sheet. Bake 8 to 9 minutes for chewy cookies, 10 to 11 minutes for a crisp cookie. Cool 1 minute on cookie sheet. Store in tightly covered container. About 5 dozen 2 inch cookies.

OAT PECAN PRALINES *Evelyn Jenson*

1 c. (2 sticks) butter *or* margarine
1 1/2 c. firmly packed brown sugar
2 eggs
2 T. molasses
1 tsp. maple flavoring
1 1/4 c. all-purpose flour
1 tsp. baking soda
2 1/2 c. rolled oats (quick *or* old-fashioned), uncooked
1 c. pecans, coarsely chopped
48 pecan halves (for the top of the cookies)

In large mixer bowl, beat butter and brown sugar until light and fluffy. Beat in eggs, molasses and maple flavoring. Add combined flour and baking soda; mix well. Stir in oats and chopped nuts; mix well. Cover dough; chill 1 hour.

Heat oven to 350°. Lightly grease cookie sheets. Shape dough into 1 inch balls. Place 3 inches apart on prepared cookie sheets. Flatten each ball by pressing a pecan half in center. Bake 10 to 12 minutes or until deep golden brown. Immediately remove to wire rack; cool completely. Makes about 4 dozen.

OATMEAL OVERNIGHT COOKIES

Ruth Jacobson

1/2 c. lard *and* 1/2 c. butter
1 c. white sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
1 tsp. soda
2 c. flour
1 tsp. salt
2 c. oatmeal
1 c. broken walnuts

Cream lard, butter and sugars. Add eggs and vanilla. Mix. Sift together flour, soda and salt. Add to first mixture. Add oatmeal and nuts. Form into 2 rolls. Refrigerate overnight. Cut into slices and bake at 350° until light brown.

OATMEAL REFRIGERATOR COOKIES

Hilda Via

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 1/2 c. flour
1 tsp. soda
1 tsp. salt
2 c. quick oatmeal
2 tsp. vanilla

Cream shortening. Add sugars. Blend in well-beaten eggs. Sift soda, salt and flour together. Add with the oatmeal to the creamed mixture. Add vanilla. Shape into rolls and chill overnight. Slice as thin as possible and bake 10 minutes in 350° oven.

ONE CUP COOKIES

Alma Daniels
Submitted by Ronna Lounsbery

1 c. sugar
1 c. brown sugar
1 c. margarine
1 c. oil (vegetable)
1 egg
1 c. Rice Krispies
1 c. oatmeal
1 c. coconut
1 tsp. baking soda
1 tsp. cream of tartar
1 tsp. vanilla
3 1/2 c. flour
1 c. nuts (optional)

Mix and roll into balls. Flatten on greased cookie sheet with bottom of glass. Bake at 350° 8 to 10 minutes or until lightly browned.

ORANGE COOKIES

Charlene Olson
Bette Olson

2 c. brown sugar
3/4 c. shortening
3 eggs
1 orange (juice *and* rind)
3 1/2 *to* 4 c. flour
1 c. sour milk
2 tsp. baking powder
1 tsp. soda
Salt

Cream sugar and shortening; add beaten eggs and grated rind and juice of orange. Add sour milk, flour, baking powder, soda and salt sifted together. Bake at 400° until done.

Frost with powdered sugar frosting using butter and orange juice and rind.

This was Mrs. Melvin Olson's recipe from the old Green Cookbook. These were a great favorite of all, especially the grandchildren.

ORANGE DROP COOKIES

Bonnie Alexander

Ovens vary. I usually use less heat than what a recipe calls for.

1 1/2 c. brown sugar
1 c. shortening
2 eggs
1 tsp. baking soda in 1 c. sour milk
1/2 tsp. salt
3 c. flour
2 tsp. baking powder
1 tsp. vanilla
1 T. (heaping) orange rind, grated

Mix together in order given. Drop by teaspoon onto greased sheet. Bake at 425° 8 to 10 minutes, until delicately brown.

FROSTING:

2 c. powdered sugar
2 T. butter, soft
3 T. orange juice
1 tsp. lemon juice
1 tsp. (heaping) orange rind, grated

A good scare is worth more to a man than good advice.

SOFT OREO COOKIE

Rose Zeman

2 chocolate cake mixes
4 eggs
2 sticks oleo, softened

FILLING:

8 oz. cream cheese
2 T. oleo
3 2/3 c. powdered sugar

Mix first 3 ingredients. Roll into walnut-sized balls. Place on ungreased cookie sheet. Bake 9 minutes at 350°. Cool on cookie sheet before taking off. Cool and match sizes.

Make filling. Beat until creamy. Put 1 teaspoon of filling on 1 cookie. Add 1 cookie and squeeze.

PEANUT BLOSSOM COOKIES

Emma Rolland
Ronna Lounsbery

1/2 c. shortening
1/2 c. white sugar
1 egg, unbeaten
1 tsp. baking soda
1 3/4 c. flour
1/2 c. peanut butter
1/2 c. brown sugar
2 T. milk
1/2 tsp. salt
1 tsp. vanilla

Cream shortening, peanut butter and sugars; add egg, milk and vanilla, then the flour, soda and salt. Shape into balls and roll in sugar. Place on ungreased cookie sheet. Bake 8 minutes. Remove from oven and place a solid milk chocolate candy kiss in center. Bake 2 minutes more.

PEANUT BUTTER COOKIES

Unknown

1 c. shortening
1 c. peanut butter
1 c. sugar
1 c. packed brown sugar
3 eggs
3 c. flour
2 tsp. baking soda
1/4 tsp. salt

In a mixing bowl, cream shortening, peanut butter and sugars. Add eggs, one at a time, beating well after each addition. Sift together flour, baking soda and salt; add to creamed mixture. Roll into 1 1/2 inch balls and place 3 inches apart on ungreased baking sheets. Flatten with a fork dipped in flour, if desired. Bake at 375° for 10 to 15 minutes. Yield: 3 to 4 dozen.

PEANUT BUTTER BALLS

Marge Jenson

1 stick soft margarine
1 lb. powdered sugar
2 c. peanut butter
3 c. Rice Krispies
1/3 bar paraffin wax
1 (12 oz.) chocolate chips

Mix margarine and powdered sugar. Add peanut butter and Rice Krispies. Make into balls. Dip into chocolate mixture (wax and chocolate chips melted over double boiler). Place on waxed paper to cool. Nice Halloween treats!

PINEAPPLE COOKIES

Sandy Kraft

These are Garry's favorite!

2 c. white sugar
2 c. brown sugar
2 c. Crisco *or* oleo
6 eggs, beaten
1 can crushed pineapple *and* juice
8 c. flour
2 tsp. soda
2 tsp. baking powder
Salt

Mix in order given. Drop on cookie sheets (greased). Bake at 375° 7 to 10 minutes. Watch as they burn easily.

POTATO CHIP COOKIES

Unknown

1 c. oleo, softened
1/2 c. white sugar
1/2 c. crushed (not rolled) potato chips (measure after crushing *with* hand)
2 c. flour
1 tsp. vanilla
1/2 c. nuts, finely chopped

Mix ingredients by hand. Roll into balls and press with fork to be thin on ungreased cookie sheet. Bake at 350° for 12 to 15 minutes. Do not brown. Excellent freezers!
NOTE: No leavening needed.

SALTED PEANUT COOKIES

Shirley Bakken

2 c. brown sugar, packed
1 c. shortening
2 eggs, well-beaten
1 1/2 c. salted peanuts
2 c. oatmeal
1 tsp. baking powder
1 c. corn flakes
2 c. sifted flour
1 tsp. soda

Cream brown sugar and shortening well. Add eggs and beat real well. Add alternately oatmeal, flour, soda and baking powder and corn flakes. Add salted peanuts and mix well. Bake at 350° 10 minutes.

I got this recipe from my mother, Elsie Flaherty. It is a favorite of everyone.

BOILED RAISIN COOKIES

Hanna (Mrs. Magnus) Rongved

1 1/2 c. sugar
1 c. lard *or* oleo
1/2 tsp. salt
3 eggs
1 c. cooked raisins
3/4 c. raisin juice
3 1/2 c. flour
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
1 tsp. nutmeg
3/4 tsp. cloves
1 c. English walnuts

Cream sugar, lard and salt. Add eggs, one at a time, and beat well. Sift flour, spices, baking powder and soda together. Add flour and spice mixture alternately with raisin juice. Fold raisins and nuts in last. Drop by rounded teaspoonsful on a greased and floured cookie sheet. Bake at 375° until brown.
VARIATION: Use all brown sugar, chopped dates and pecans. Use 3/4 cup water in place of raisin juice.

I got this recipe from Mrs. George Solbeck in 1934. Still like it!

RAISIN FILLED COOKIES

Ruth Jacobson

2 c. sugar
3/4 c. butter *or* lard
3 eggs
1 tsp. soda
6 tsp. sweet milk
1 tsp. vanilla
4 1/2 *to* 5 c. flour

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RAISIN FILLED COOKIES (CONTINUED)

FILLING:

1 1/2 c. raisins
3/4 c. sugar
1 1/2 T. flour
1 1/2 c. water

Cream sugar and butter; add 3 beaten eggs. Mix soda with milk and vanilla and add alternately with flour, beating after each addition. Chill dough.

FILLING:

Grind raisins. Mix sugar and flour; add to raisins. Add 1 1/2 cups water and heat over low heat until thick.

Roll cookie dough and cut into circle. Place 1 heaping teaspoon filling between 2 cookie rounds. Seal edges. Bake at 350° until light brown.

RAISIN COOKIES *Irene Curry*

Boil 1 1/2 cups raisins in water for 20 minutes. Drain and cool.

MIX TOGETHER:

1 1/2 c. sugar
1 c. shortening
3 eggs, unbeaten
Dash of salt
1 tsp. baking powder
1 tsp. baking soda
3 1/2 c. flour

Roll in balls and roll in sugar. Dough will be sticky. Bake at 375° until golden brown.

SPRITZ *Ruth Thompson*

1 c. shortening (like Crisco)
3/4 c. sugar
1 egg
1/2 tsp. baking powder
Dash of salt
1 tsp. vanilla
2 1/4 c. flour

Cream shortening; add sugar gradually. Add unbeaten egg and vanilla; beat well. Add the sifted dry ingredients. Use cookie press and form circles or wreaths on ungreased cookie sheet. For Christmas, sprinkle with red and green sugar and then bake. Watch carefully, as they will brown quickly. To look nice, they should have just a touch of light brown around the edges.

MOM'S SOFT RAISIN COOKIES *Unknown*

1 c. water
2 c. raisins
1 c. shortening
1 3/4 c. sugar
2 eggs, lightly beaten
1 tsp. vanilla
3 1/2 c. flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/2 c. chopped walnuts

Combine raisins and water in a small saucepan; bring to a boil. Cook for 3 minutes. Remove from heat and let cool (do not drain). In a mixing bowl, cream shortening; gradually add sugar. Add eggs and vanilla. Combine dry ingredients; gradually add to creamed mixture and blend thoroughly. Stir in nuts and raisins. Drop by teaspoonsful 2 inches apart on greased baking sheets. Bake at 350° for 12 to 14 minutes. Yield: about 6 dozen.

RITZ CRACKER COOKIE *Beverly Halsrud*

1 c. cut up dates
1 can Eagle Brand milk
1 c. chopped nuts

Put dates and milk in double boiler; cook 8 minutes, until mixture is creamy. Take from heat and add nuts. Cover each Ritz cracker with a small amount of dates. Put cookies on cookie sheet. Put in oven 8 to 10 minutes at 300°. Cool and frost with butter, powdered sugar, vanilla and milk frosting.

SUGAR COOKIES *Babe Enger*
(From Mrs. Axel [Laura] Enger)

2 c. sugar
1 c. shortening
2 eggs
1/2 c. sour half-and-half *or* milk
1/2 tsp. soda
1 tsp. baking powder
Flour enough to roll (5 *to* 6 c.)

Cream sugar and shortening. Add egg; beat well. Add dry ingredients. Roll thin; cut into desired shapes. Sprinkle with sugar. Bake at 350° about 8 to 10 minutes or until golden brown. Frost if desired.

From 1951 Green Cookbook. I have not ever made them to taste as good as Mother Enger's!

SUGAR COOKIES

Hilda Via

2 sticks butter
2 c. sugar
2 eggs
1 c. salad oil
1/4 tsp. salt
2 tsp. vanilla
2 tsp. soda
5 c. flour
2 tsp. cream of tartar

Cream butter and sugar. Add eggs, oil, salt and vanilla; mix well. Add flour, soda and cream of tartar. Shape dough into 1 inch balls. Place on cookie sheet and flatten with fork dipped in sugar. Bake at 350° 10 minutes. Cookies are very light in color when baked.

SUGAR COOKIES

Judy Jacobson

1 c. oil
1 c. oleo
1 c. white sugar
1 c. powdered sugar
2 eggs
1 tsp. vanilla
1/4 tsp. salt
1 tsp. cream of tartar
1 tsp. soda
4 c. flour

Cream oil, oleo and sugars. Add eggs and vanilla. Add dry ingredients. Chill dough. Roll in balls, flatten with fork and sprinkle with sugar. Bake at 350° 10 minutes or until lightly browned.

VELMA'S ROLL OUT SUGAR COOKIE

Mary Olson

2 c. sugar
1 c. oleo
2 eggs
1 c. sour cream
5 c. flour
1 tsp. vanilla
1 tsp. baking powder

Combine sugar, eggs, oleo and vanilla. Cream until light and fluffy. Combine flour and baking powder. Gradually beat in flour mixture and sour cream. Roll out and bake on lightly greased (Pam works great) cookie sheet. May be rolled out many times and is still good. Bake at 350° until raised. (The cookie will be very light in color.) This should take about 8 minutes. Makes a very large batch and can be divided easily.

SUGAR COOKIES

Irene Curry

1 c. oleo
2 eggs
1/4 tsp. salt
5 c. flour
2 tsp. cream of tartar
2 c. sugar
1 c. oil
2 tsp. vanilla
2 tsp. baking soda

Mix ingredients together. Drop by spoon on cookie sheet. Bake 10 minutes at 350°.

GRANDMA'S SUGAR COOKIES

Marilyn Vaudt Lane, Livermore

2 c. sugar
1 c. soft margarine
2 eggs
Vanilla *or* almond flavoring
1 c. sour cream
2 tsp. baking soda
Flour (enough to roll easily)

Mix above ingredients. Roll out on floured board. Cut into designs. Bake on greased cookie sheet at 350° until brown. I use cutters for all holidays. May sprinkle with colored sugar or frost. Makes a large batch; freezes well.

Recipe is from my grandma, Mrs. John (Rosa Gronbach) Hobenberger.

SUGAR COOKIES

Lil Benge, Bette Olson

1 c. sugar
1 c. shortening
1 egg
2 tsp. vanilla
1/2 tsp. salt
2 tsp. vinegar
2 1/2 c. flour
1/2 tsp. soda, dissolved in vinegar

Blend sugar and shortening. Add remaining ingredients and cool dough in refrigerator overnight. Roll in small balls. Dip in sugar and flatten out with glass, with star shape or whatever. I use vase with fancy base. Bake at 350° 12 to 15 minutes.

"So whatever you eat or drink or whatever you do, do all to the glory of God." I Corinthians 10:31

SUGAR COOKIES

Bonnie Alexander
Ronna Lounsbery

1 1/2 c. oleo (not butter)
1 1/2 c. sugar
2 eggs
3 c. flour *(or* more)
1 tsp. vanilla
1 tsp. soda
1 tsp. cream of tartar

Drop from spoon and flatten down with glass that has been dipped in sugar first. Bake in moderate oven until done at 325° to 350°.

SUGAR COOKIES

Marge Jenson

1 c. powdered sugar
1 c. white sugar
1 c. margarine
1 c. vegetable oil
2 eggs, beaten well
1 T. vanilla
4 2/3 c. flour
1 tsp. baking soda
1 tsp. cream of tartar

Mix first 4 ingredients, then add remaining ones. Dough will be soft; refrigerate. Roll into balls and flatten with fork or bottom of glass. Bake at 350° 10 to 12 minutes.

UNBAKED COOKIES

Mrs. Grant Olson
(Recipe From My Sister Elsie Riggers)

1 stick margarine (1/4 lb.)
2 c. white sugar
1/2 c. milk
1/3 c. cocoa
2 c. quick rolled oats
1 c. chopped nuts
1 tsp. vanilla

Mix first 3 ingredients and boil 2 minutes. Remove from heat and add rest of ingredients. Mix and drop from teaspoon onto waxed paper. Let stand awhile to cool and harden.

SWEET WAFFLES (A COOKIE)

Barb Bratland

2 c. sugar
1 1/2 c. shortening
4 eggs
1/2 c. milk
1 T. cinnamon
2 tsp. baking powder
Flour, to stiffen (about 6 c.)

Mix well. Heat waffle iron. Take a small ball and roll or pat it out round. Should not be as large as the top of the waffle iron. Bake until very lightly brown.

WAFFLE COOKIES *Ginger Hundertmark*

1 1/2 c. sugar
1 c. margarine, softened
4 eggs
2 tsp. vanilla
2 c. flour
1/2 c. cocoa

Mix everything together. Cook in hot waffle iron, 1 teaspoon of mix in each square. Cook about 1 1/2 minutes, just until you can pull out with a fork. Frost and eat. Makes about 60.

BARS

APPLE BARS *Barb Bratland*

2 1/2 c. flour
1 tsp. salt
1 heaping tsp. sugar
1 egg yolk, add enough milk to make 2/8 c.
1 c. shortening

Mix as pie crust. Roll half of dough to fit a jelly roll pan. Add 6 apples (peeled and sliced). Mix 1/2 cup sugar (heaping), 1 tablespoon cinnamon and a little salt. Sprinkle over apples. Roll other half of dough and put on top. Beat an egg white and brush top of bars. Bake 45 minutes at 350°. Remove from oven and frost with 2 cups powdered sugar and milk.

APPLESAUCE BARS *Ronna Lounsbery*

1 c. (heaping) applesauce
1/2 c. shortening
1 c. sugar
1 tsp. baking soda
1 egg, beaten
1 1/2 c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1/2 c. raisins
1/2 c. nuts

Put applesauce, shortening and sugar in saucepan and heat until shortening melts. Add soda and stir well. Cool. Add remaining ingredients. Spread in 9 x 13 inch pan. Bake 25 minutes at 350°. Frost with powdered sugar frosting.

EASY APPLESAUCE BARS

Gertrude Qually
Ronna Lounsbery

1 c. (heaping) applesauce
1/2 c. shortening
1 c. sugar
1 tsp. baking soda
1 egg, beaten
1 1/2 c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1/2 c. *or* less raisins
1/2 c. *or* less nuts
(pecans are especially good)

Put applesauce, shortening and sugar in saucepan and heat until shortening melts. Add 1 teaspoon soda and stir well. Cool, then add remaining ingredients. Spread in 9 x 13 inch pan. Bake 25 minutes at 350°. Frost with favorite white frosting.

APPLESAUCE BARS

Hanna (Mrs. Magnus) Rongved

1 c. sugar
1/2 c. shortening
2 eggs
1 1/2 c. applesauce
1 c. raisins
1/2 c. nutmeats
2 c. flour
2 tsp. soda
1/2 tsp. vanilla
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. salt

Cream together sugar and shortening. Add eggs, one at a time. Add applesauce. Cover raisins with boiling water; drain. Mix flour, soda, spices and salt. Add to applesauce mixture. Add vanilla. Add drained raisins and nutmeats. Bake on a greased and floured cookie sheet for 20 to 25 minutes. Frost with caramel frosting.

APPLESAUCE BROWNIES

Beverly Halsrud

1 1/2 c. sugar
2 eggs
3 T. cocoa
1 tsp. soda
2 c. flour
1/2 c. margarine
2 c. applesauce
1/2 tsp. salt
1/2 tsp. cinnamon

Cream sugar and margarine. Add eggs. Sift together dry ingredients, alternating with applesauce. Stir with spoon. Pour into cookie sheet. Bake at 350° for 20 to 30 minutes.

APPLESAUCE-RAISIN BARS

Janet (Enger) Law

1 c. sugar
1/2 c. margarine
1 egg
1 1/2 c. applesauce
1 c. raisins
1 c. nuts, ground (optional)
2 c. flour
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. cinnamon
2 tsp. soda

Cream margarine and sugar; add remaining ingredients. Spread thinly in a jelly roll pan. Bake at 350° for 30 to 35 minutes. May be frosted with cream cheese frosting or caramel frosting.

LUSCIOUS APRICOT SQUARES

Helen Sorlien Blanchard, Humboldt

2/3 c. dried apricots
1/2 c. soft margarine
1/4 c. sugar
1 c. flour *plus* 1/3 c. flour
1/2 tsp. baking powder
1/4 tsp. salt
1 c. brown sugar
2 eggs
1/2 tsp. vanilla
1/2 c. chopped nuts
Powdered sugar

Rinse apricots; cover with water. Boil 10 minutes. Drain, cool and chop fine. Mix margarine, sugar and 1 cup flour until crumbly. Pat mixture into 8 x 8 x 2 inch greased pan. Bake 25 minutes at 350°, until lightly brown. Sift together 1/3 cup flour, baking powder and salt. Beat brown sugar into eggs, then beat in flour mixture, vanilla, nuts and apricots. Spread over baked layer. Bake 30 minutes. Cool. Cut and dust with powdered sugar.

BROWNIES

Mrs. Stan (Bev) Olson Ronna Lounsbery, Jan Clark

1/2 c. cocoa
1 stick margarine
6 eggs
3 c. sugar
3 c. flour
1/2 tsp. salt
1/2 c. nuts
1 tsp. vanilla

Mix and bake at 350° for 20 to 25 minutes. Makes large amount in 15 x 18 inch pan.

BROWNIES *Lisa Underberg Hogan*

1 c. butter
2 c. sugar
3 heaping T. cocoa
5 eggs
1/2 tsp. salt
2 tsp. vanilla
1 1/2 c. flour

Mix all together. Bake at 350° 20 minutes. Do not over bake!

BROWNIES *Karen Busick Belmond, IA*

1 1/2 sticks margarine
1 1/2 c. sugar
4 eggs
1 can Hershey's chocolate syrup
1 1/2 c. flour
Black walnuts

Bake in brownie pan at 350° 20 to 25 minutes.

FROSTING:

1 stick margarine
3 T. cocoa
5 *to* 6 T. milk
1 lb. powdered sugar

Bring to a boil the first 3 ingredients, then beat in the powdered sugar.

BROWNIES *Elsie Hankins*

1 stick margarine *(or* 1/2 c.)
1 c. sugar
4 eggs
1 tsp. vanilla
1 c. *and* 1 T. flour
1 can (1 lb.) chocolate syrup
1/2 tsp. baking powder
1/2 c. nuts (if desired)

Combine ingredients and bake for 25 minutes in 350° oven.

FROSTING:

6 T. butter
6 T. half-and-half
1 1/2 c. sugar
1/2 c. chocolate chips (semi-sweet)

Combine butter, half-and-half and sugar. Boil 60 seconds. Add chocolate chips and cool before frosting brownies.

BROWNIES *Mrs. Grant Olson*
(Recipe From Eleanore Grefstand)

4 eggs
1 c. shortening, melted
1 c. brown sugar
1 c. white sugar
1 tsp. vanilla
1 c. flour
1 tsp. baking powder
1/2 tsp. salt
1/2 c. cocoa
Nuts (optional)

Beat the eggs; add shortening gradually. Add sugars and vanilla. Sift together the rest of dry ingredients and add, mixing well. Add nuts, if desired. Bake in 10 x 15 x 1 inch pan about 30 minutes at 325°.

CAKE BROWNIES *Bonnie Alexander*

2 sticks oleo
4 T. cocoa
1 c. water

Melt above ingredients and bring to boil.

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

Mix these and add the boiled ones.

ADD:

1/2 c. buttermilk
2 eggs
1 tsp. vanilla

Bake in a jelly roll pan (11 x 17 inch) at 350° for 15 to 20 minutes.

FROSTING:

Bring to a boil 1 stick oleo, 4 tablespoons cocoa, 6 tablespoons buttermilk and 1 teaspoon vanilla. After these have been boiled, remove from heat and add enough powdered sugar to make a frosting consistency.

BUTTERMILK BROWNIES *Marguerite Olson*

COMBINE:

2 c. white sugar
2 c. flour
4 T. cocoa

Bring to boil; pour over first ingredients the following. Stir; do not use mixer.

(Continued Next Page)

BUTTERMILK BROWNIES (CONTINUED)

1 c. cold water
1 stick oleo
1/2 c. salad oil

BEAT IN LAST:

1/2 c. buttermilk *or* sour half-and-half
2 eggs, beaten
1 tsp. soda

Bake 18 minutes in 400° oven in jelly roll pan. Frost while warm.

FROSTING:

1/2 c. buttermilk
1/2 c. oleo *(or* 1 stick)
1/4 c. cocoa

Bring to a boil, then add:

1 lb. powdered sugar
1/2 tsp. vanilla

This makes a lot of frosting, so I make 1/2 recipe or save some in refrigerator.

DELUXE CHOCOLATE MARSHMALLOW BARS

Pauline Holden

3/4 c. butter *or* margarine
1 1/2 c. sugar
3 eggs
1 tsp. vanilla
1 1/3 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
3 T. baking cocoa
1/2 c. chopped nuts (optional)
4 c. mini marshmallows

TOPPING:

1 1/3 c. (8 oz.) chocolate chips
3 T. butter *or* margarine
1 c. peanut butter
2 c. crisp rice cereal

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; beat until fluffy. Combine flour, baking powder, salt and cocoa; add to creamed mixture. Stir in nuts. Spread on a greased jelly roll pan. Bake at 350° for 15 to 18 minutes. Sprinkle marshmallows evenly over cake; return to oven for 2 to 3 minutes. Using a knife dipped in water, spread the melted marshmallows evenly over cake. Cool.

For topping, combine chocolate chips, butter and peanut butter in a small saucepan. Cook over low heat, stirring constantly, until melted and well-blended. Remove from heat; stir in cereal. Spread over bars. Chill. Yield: about 3 dozen.

CHOCOLATE CHIP BARS *Nancy Tompkins Mayhew, Rochester, MN*

1 egg
2/3 c. shortening
1/2 c. brown sugar
1/2 c. white sugar
1 tsp. vanilla
1 1/2 c. flour
1/2 tsp. baking soda
1/2 tsp. salt
6 oz. pkg. chocolate chips

Beat egg. Cream with shortening. Add sugars and vanilla and mix. Mix in dry ingredients. Add chips. Spread in greased 9 x 13 inch pan. Bake at 350° to 375° 20 minutes.

CHOCOLATE MINT BROWNIES *Donna Bock, Des Moines, IA*

2 c. white sugar
2 c. flour
4 T. cocoa
1 c. cold water
1 stick margarine
1/2 c. salad oil
1/2 c. buttermilk
1 tsp. soda
2 eggs

Combine flour, sugar and cocoa into a bowl. Bring water, margarine and oil to a boil. Pour over dry ingredients and beat until creamy. Add milk, soda and eggs and beat thoroughly. Pour in brownie pan. Bake at 350° 25 minutes.

MINT LAYER:

2 c. powdered sugar
1 stick margarine, soft
2 T. milk
1 1/2 tsp. mint flavoring
Food coloring (green)

Mix the above and frost evenly over the cooled brownies. Refrigerate 1/2 hour.

CHOCOLATE TOPPING:

Melt 1 1/2 cups chocolate chips and 1 stick margarine. Blend until smooth and creamy. Spread over top of the cold mint mixture.

"I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."
John 6:35

3 Layer Brownies

Sandy Kraft

These are Jean Thul's Christmas brownies.

BROWNIES:

1 c. oleo
2 c. sugar
4 eggs
1/4 tsp. salt
2 tsp. vanilla
6 T. cocoa
1 1/2 c. flour
1 c. nuts

FILLING:

3 c. powdered sugar
1 stick oleo, soft
3 T. instant vanilla pudding
4 *to* 5 T. milk

FROSTING:

1/2 c. oleo
1/3 c. cocoa
1/4 tsp. salt
1/3 c. milk
1 1/2 tsp. vanilla
3 1/2 c. powdered sugar

Mix brownie ingredients. Put in greased 9 x 13 inch pan. Bake at 350° 30 minutes. Cool.

Mix filling and refrigerate 1 hour. Put on cooled cake. Mix frosting ingredients and frost. Could use only 1/2 recipe of frosting.

Carrot Bars

Helen Kinne

1 1/2 c. salad oil
2 c. sugar
1 tsp. salt
2 tsp. cinnamon
3 c. carrots, shredded
4 eggs
2 tsp. baking powder
2 tsp. soda
2 c. flour
1/2 c. coconut *or* nuts

Mix all ingredients and bake 40 minutes at 300°.

FROSTING:

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

Mix well and spread over bars when bars are cool.

CARAMEL BARS *Beverly Halsrud*

1 1/2 c. margarine
2 c. flour
2 tsp. soda
1 1/2 c. brown sugar
2 c. oatmeal

Mix above and press in jelly roll pan. Bake at 350° for 10 minutes. Melt together in microwave 1 1/2 pounds caramels, 6 tablespoons oleo and 6 tablespoons evaporated milk or cream. Spoon mixture over baked crust. Add 12 ounces chocolate chips and 1 cup chopped nuts. Bake 15 minutes at 350°.

CHOCOLATE BARS *Mrs. Grant Olson*
(Recipe From Mardella Carlson)

1 (14 oz.) pkg. Kraft caramels (about 50)
1/3 c. evaporated milk
1 box (reg.) German chocolate cake mix
3/4 c. margarine, melted
1/3 c. evaporated milk
1/2 tsp. burnt sugar flavoring
1/2 tsp. butter flavoring
1 c. chopped nuts
1 (6 oz.) pkg. chocolate chips

Melt caramels (unwrapped!) and 1/3 cup evaporated milk over hot water and set aside. Grease 9 x 13 inch pan. In bowl, combine cake mix, shortening, 1/3 cup evaporated milk, flavorings and nuts. Stir by hand until well-mixed. Put half of batter in cake pan. Bake 6 minutes at 350°. Remove from oven and sprinkle chocolate chips on baked crust. Spread caramel mixture over chips and crust and then carefully spread rest of batter over the caramel. Return to oven and bake 20 minutes longer at 350°. Cool slightly. Cut in bars. They are rich and chewy and freeze well.

EASY DIPPY CHIPPY BAR *Beverly Worby*
Ronna Lounsbery

1/4 lb. margarine
1 *to* 1 1/2 c. graham cracker crumbs
1 c. coconut, flaked
1 (6 oz.) pkg. butterscotch chips
1 (6 oz.) pkg. chocolate chips
1 c. nuts
1 can sweetened condensed milk

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EASY DIPPY CHIPPY BAR (CONTINUED)

Melt margarine in 9 x 13 inch pan. Pour graham crackers over this. Pat down. In layers, sprinkle chocolate chips, butterscotch chips, coconut and nuts. Drizzle the condensed sweetened milk over this. Bake 25 minutes at 325°, until brown and bubbly. When cool, cut in squares.

DREAM BARS *Mrs. Grant Olson*

1 c. flour
1/2 c. margarine
TOPPING:
1 c. brown sugar
2 eggs
2 T. flour
1/2 tsp. baking powder
1/4 c. white sugar
1/4 c. brown sugar
1/4 tsp. salt
1 tsp. vanilla
1 1/2 c. coconut
1 c. nuts, cut up

Rub first 4 ingredients together like pie crust and press into bottom of 11 x 7 1/2 inch pan. Bake at 350° to brown a little. Remove from oven. Mix rest of ingredients and pour on top of crust and bake 20 or 30 minutes longer.

DREAM BARS (MY MOTHER'S) *Marge Jenson*

1 c. flour
1/2 c. butter *or* oleo
1/2 c. brown sugar
2 eggs, beaten
1 1/2 c. brown sugar
1 1/2 c. coconut
1/2 c. nutmeats
4 T. flour
1/2 tsp. baking powder

Mix first 3 ingredients. Place in 9 x 13 inch greased pan. Bake at 350° until light brown, 15 minutes. Mix rest of ingredients and pour over first mixture. Bake 15 minutes more.

QUICK FRUIT BARS *Laila Kinseth*

3 eggs, slightly beaten
1 can (21 oz.) raisin pie filling
1 box spice cake mix
Nuts (optional)

Add pie mix to slightly beaten eggs. Mix in dry cake mix. Blend well. Bake in jelly roll pan for 25 minutes at 375°. May frost with cream cheese frosting, if desired.

ENGLISH TOFFEE BARS

Ella Rossing

1 c. margarine
1/4 tsp. butter flavoring
1 c. brown sugar
1 tsp. burnt sugar flavoring
1 beaten egg yolk
1 c. flour
1/2 c. chopped nuts
Chocolate bars *or* chocolate chips

Cream margarine and sugar. Add egg yolk and flour. Pat into large ungreased cookie sheet. Bake 15 minutes at 350°. Remove from oven and put chocolate on top. Return to oven until chocolate is soft. Spread carefully as frosting and sprinkle nuts on top.

No baking powder; using egg yolk makes a crispier bar, but can use the whole egg. Quick and easy to make. Keeps well.

FROSTED CREAMS

Charlotte Tompkins

2 c. sugar
2 c. lard
2 T. molasses
2 eggs
2 c. cold coffee
4 c. flour
2 tsp. cinnamon
1 tsp. vanilla
2 tsp. soda
2 tsp. ginger
1 tsp. cloves

Mix lard, molasses, sugar and eggs. Add coffee alternately with dry ingredients. Bake in large jelly roll pan. Frost. Bake at 350° 20 minutes.

FUDGE BARS

Kay Olson

2 sticks margarine
2 c. brown sugar
2 eggs
2 tsp. vanilla
2 1/2 c. flour
1 tsp. baking powder
1 tsp. salt
3 c. quick oatmeal

Mix and spread 2/3 of batter into jelly roll pan. Melt 6 ounce package chocolate chips, 6 ounces butterscotch chips and 1 can sweetened condensed milk. Spread melted mixture over oatmeal mixture. Dot remaining third butter-oatmeal mixture over chocolate filling. Bake at 350° for 25 minutes.

FUDGE BARS

Mrs. Grant Olson
(Recipe From Babe Enger)

1 c. margarine
2 c. brown sugar
2 eggs
2 tsp. vanilla
1 1/2 c. flour
1 tsp. soda
1 tsp. salt
3 c. oatmeal (quick)

FILLING:

1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1 can sweetened condensed milk (Eagle Brand)

Cream butter and sugar. Add eggs, vanilla and dry ingredients. Dough is very stiff.

Heat filling over boiling water until smooth. Add nuts, if desired. Pat about 2/3 of dough into bottom of jelly roll pan (15 x 10 1/2 x 1 inch, well-greased). Spread chocolate filling mixture over the dough. Drop the rest of dough in globs all over on top of chocolate mixture. Bake at 350° for 20 minutes.

LEMON ANGEL BARS

Laila Kinseth

1 pkg. dry 1-step angel food cake mix
1 can (21 oz.) lemon pie filling
1/2 *to* 3/4 c. coconut
1 c. nuts

Mix all ingredients together by hand. (Do not use mixer.) Coat a jelly roll pan with shortening spray. Add mixture and bake in 350° oven for 20 to 30 minutes. Cool and frost with powdered sugar frosting or sprinkle powdered sugar on top.

LEMON BARS

Loretta Hildman, Humboldt, IA

1 box lemon cake (Betty Crocker Super Moist)
4 eggs
1 can lemon pie filling (Wilderness)

Combine ingredients. Bake in 15 1/2 x 10 1/2 inch pan in 350° oven for 20 to 25 minutes. I spread a can of lemon frosting on top of bars after bars have cooled.

LEMON BARS

Mrs. Sherry Olson

1/2 c. butter
1 c. flour
1/4 c. powdered sugar
2 eggs
1 c. sugar
1/2 tsp. baking powder
1/4 tsp. salt
3 T. lemon juice
2 T. flour

STEP 1:

Preheat oven to 350°. Mix first 3 ingredients together and press into cake pan (butter, flour and powdered sugar). Bake at 350° for 20 minutes.

STEP 2:

Mix together rest of ingredients and pour on first layer. Return to 350° oven for another 20 minutes. When done, sprinkle top with powdered sugar, if desired. Cool and cut into bars.

JEAN'S BARS

Jean Monson

Guaranteed to make your jeans tight.

1/2 c. margarine *or* butter
1 c. all-purpose flour
1/4 c. sugar

FILLING:

1 c. graham cracker crumbs
1/2 c. chocolate chips
1/2 c. chopped nuts
1 tsp. baking powder
1/4 tsp. salt
14 oz. can sweetened condensed milk

FROSTING:

1 1/2 c. powdered sugar
1/4 c. margarine *or* butter, softened
1 tsp. vanilla

Heat oven to 350°. Lightly spoon flour into measuring cup; level off. In small bowl, cut margarine into flour and sugar until crumbly. Press in bottom of ungreased 13 x 9 inch pan. Bake at 350° for 10 minutes. Cool 10 minutes.

In large bowl, combine all filling ingredients; mix well. Spread over partially baked crust. Return to oven and bake 15 to 20 minutes or until golden brown. Cool completely.

In small bowl, blend all frosting ingredients until creamy; spread over bars. Cut into bars. 36 bars.

MARBLE SQUARES

Ronna Lounsbery
Mrs. Grant Olson
(Recipe From the Cooks at Twin Rivers School)

1 c. butter
3/4 c. white sugar
3/4 c. brown sugar
2 eggs
2 1/4 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
1 tsp. water
Chocolate chips

Mix all ingredients, except chocolate chips. Spread on greased 15 1/2 x 10 1/2 x 1 inch pan. Sprinkle chocolate chips on top. Bake for 2 minutes and stir chips with fork to give marble effect. Bake about 15 minutes more at 325°. These bars do not need frosting.

ORANGE SLICE BARS

Loretta Hildman,
Humboldt, IA

CREAM TOGETHER:
1 c. brown sugar
1 tsp. baking soda in
2 T. hot water
1 tsp. vanilla
Beat in 2 eggs, 1 at a time
1 tsp. salt
1 3/4 c. flour

Boil until thick 1/2 pound dates (cut up or chopped) and 1/4 cup white sugar.

2 tablespoons flour, 1 cup water, 1/2 cup nuts and 1 pound orange slice candy (cut up). (If you use a little flour when you cut up the orange slices, they will not stick together.)

Let filling cool and then mix with the above. Put in a 10 1/2 x 17 1/2 inch pan and bake at 350° for 30 to 35 minutes.

PEANUT BUTTER BARS *Charlotte Tompkins*

1/2 c. oleo
1/2 c. white sugar
1/2 c. brown sugar
1 egg, unbeaten
1/3 c. peanut butter
1 c. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. vanilla
1 c. oatmeal
1 c. chocolate chips

Combine sugars and oleo and blend in egg, peanut butter, flour, soda and salt. Add vanilla and oatmeal. Spread in ungreased 9 x 13 inch pan. Bake 20 to 25 minutes at 350°. Spread chocolate chips over bars while hot or may frost bars with 1/2 cup powdered sugar, 1/4 cup peanut butter and 2 to 4 tablespoons evaporated milk. Drizzle over bars.

PEANUT BUTTER CHOCOLATE BARS *Shelly Pederson*

1 yellow cake mix (dry)
2 eggs
1 stick melted margarine
1/2 c. peanut butter
1/2 c. chocolate chips
1 c. Eagle Brand milk
2 T. margarine

Mix together cake mix, eggs, margarine and peanut butter. Press 3/4 of mixture into 9 x 13 inch ungreased pan. Melt chips, milk and margarine. Pour over cake mixture. Take remaining cake mixture and crumble over top. Bake 25 to 30 minutes at 350°.

SWEET PEANUT TREATS *Unknown*

2 c. (12 oz.) semi-sweet chocolate chips
2 c. (12 oz.) butterscotch chips
1 jar (18 oz.) creamy peanut butter
1 c. butter *or* margarine
1 can (5 oz.) evaporated milk
1/4 c. vanilla cook-and-serve pudding mix
1 bag (2 lbs.) powdered sugar
1 lb. salted peanuts

In the top of a double boiler over simmering water, melt chocolate chips, butterscotch chips and peanut butter; stir until smooth. Spread half into a greased 15 x 10 x 1 inch baking pan. Chill until firm.

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SWEET PEANUT TREATS (CONTINUED)

Meanwhile, in a saucepan, bring butter, milk and pudding mix to a boil. Cook and stir for 2 minutes. Remove from heat. Add powdered sugar and beat until smooth. Spread over chocolate mixture in pan. Stir peanuts into remaining chocolate mixture; mix well. Carefully spread over pudding layer. Refrigerate. Cut into 1 inch squares. Yield: 10 dozen.

PINEAPPLE BARS *Loretta Hildman, Humboldt, IA*

2 c. flour
2 c. white sugar
1/2 tsp. salt
1/2 tsp. soda
Stir in 1 can (15 1/2 oz.) crushed pineapple
2 eggs
1 tsp. vanilla
1 c. pecans

Put in a 10 1/2 x 17 1/2 inch pan and bake for 15 to 20 minutes in a 350° oven.

FROSTING:

1 stick oleo
2 c. powdered sugar
1 (8 oz.) pkg. cream cheese
1 tsp. vanilla

Spread on bars and enjoy.

RAISIN MUMBLES *Mrs. Grant Olson (Recipe From Eileen Larson)*

2 1/2 c. raisins
1/2 c. sugar
2 T. cornstarch
3/4 c. water
3 T. lemon juice
3/4 c. margarine
1 c. brown sugar
1 3/4 c. flour
1/2 tsp. salt
1/2 tsp. baking soda
1 1/2 c. rolled oats

Cook first 5 ingredients over low heat, stirring until clear, about 5 minutes. Cool.

Mix rest of ingredients and press half of crumbs into 13 x 9 x 2 inch pan. Spread filling on crumbs and sprinkle rest of crumbs over the raisin filling. Bake at 400° about 20 or 30 minutes. Cut into bars.

PRAYER BARS *Unknown*

FIRST LAYER:

5 T. cocoa
1/4 c. butter

Melt over hot water and add:

1/2 c. powdered sugar
1 *to* 2 tsp. vanilla
1 egg, slightly beaten

Mix 2 cups crushed graham crackers, 1/2 cup nuts and 1 cup coconut. Add to first mixture and mix well. Press into 9 x 13 inch pan. Chill.

SECOND LAYER:

1/4 c. butter
1 tsp. vanilla
3 T. cream

Melt and add 2 teaspoons dry pudding mix. Remove from heat and add 2 cups powdered sugar. Blend well and spread over first layer.

THIRD LAYER:

1 3/4 ounce chocolate bar; melt and spread over top. Bring to room temperature before cutting. Store in refrigerator.

RAISIN BARS *Lucille Torgerson*

1 pkg. spice cake mix
1 can raisin pie mix
3 eggs

Mix. Bake at 350° until done.

RAISIN OATMEAL BARS *Judy Jacobson*

1 1/4 c. boiling water
1 c. oatmeal
1 stick oleo
1 c. white sugar
1 c. brown sugar
2 beaten eggs
1 1/2 c. flour
1 tsp. cinnamon
1 tsp. soda
1 tsp. salt

Pour 1 1/2 cups boiling water over 1 cup oatmeal and oleo. Let stand 20 minutes. Add remaining ingredients. Pour into 15 1/2 x 10 1/2 inch brownie pan. Bake at 350° for 25 to 30 minutes. Cool. Spread with topping.

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RAISIN OATMEAL BARS (CONTINUED)

TOPPING:

1/2 c. white sugar
1 T. flour
3/4 c. raisins
6 T. oleo
1/2 c. coconut
1/2 c. milk

Mix above ingredients. Boil 3 minutes. Remove from heat. Add 1 teaspoon vanilla. Cool to lukewarm. Add 1/2 cup sifted powdered sugar. Mix and spread.

SOUR CREAM RAISIN BARS *Gracie Aure*

1 3/4 c. oatmeal
1 3/4 c. flour
1 c. brown sugar
1 tsp. soda
1 c. butter *or* margarine

Mix like pie crust until crumbly. Reserve 1/2 cup for topping. Pat remaining amount into 9 x 13 inch pan. Bake at 350° for 5 minutes.

FILLING:

1 1/2 c. white sugar
3 heaping T. cornstarch

Mix these together well.

ADD:

4 egg yolks
2 c. sour cream
2 c. raisins

Cook over medium heat until thick, stirring constantly, about 5 minutes. Pour filling over crust. Top with reserved crumbs. Bake at 350° for 20 minutes.

CONNIE'S RHUBARB DREAM BARS *Lucille Torgerson*
Hanna (Mrs. Magnus) Rongved

2 c. flour
3/4 c. powdered sugar
1 c. butter
4 eggs
2 c. sugar
1/2 c. flour
2 c. rhubarb, finely diced
1 1/2 tsp. salt

Mix flour, powdered sugar and butter well and press in a 9 x 13 inch pan. Bake at 350° until golden brown, about 10 to 15 minutes. Beat eggs, sugar, flour and salt until well-blended. Add the rhubarb and mix. Put on top of crust and bake at 350° for 45 minutes or more. Cool and cut into bars.

SOUR CREAM RAISIN SQUARES

Betty Curtis

1 c. butter *or* margarine, softened
1 c. packed brown sugar
2 c. flour
2 c. quick cooking oats
1 tsp. baking powder
1 tsp. baking soda
1/8 tsp. salt

FILLING:

4 egg yolks
2 c. (16 oz.) sour cream
1 1/2 c. raisins
1 c. sugar
1 T. cornstarch

In a mixing bowl, cream the butter and brown sugar. Beat in flour, oats, baking powder, baking soda and salt (mixture will be crumbly). Set aside 2 cups; pat remaining crumbs into a greased 9 x 13 inch pan. Bake at 350° for 15 minutes. Cool.

Meanwhile, combine filling ingredients in a saucepan. Bring to a boil. Cook and stir constantly for 5 to 8 minutes. Pour over crust. Sprinkle with reserved crumbs. Return to the oven for 15 minutes.

TWIX BARS

Eleanore Grefstand

3/4 c. sugar
1/2 c. brown sugar
1 c. crushed graham crackers
1/4 c. milk
1 stick margarine
2/3 c. peanut butter
1/2 c. chocolate chips
1/2 c. butterscotch chips
Club crackers

Line a lightly greased 9 x 13 inch pan with whole club crackers. Bring sugars, graham cracker crumbs, milk and margarine to a slow boil. Pour over crackers in pan and add another layer of club crackers. Melt peanut butter and the chips together. Pour over crackers. Add nuts, if desired. Cut along cracker lines.

RHUBARB DREAM BARS

Charlene Olson

2 c. flour
2/3 c. powdered sugar
1 c. butter
4 beaten eggs
2 c. sugar
1/2 c. flour
1 1/2 tsp. salt
4 c. cut up rhubarb

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RHUBARB DREAM BARS (CONTINUED)

Blend flour, powdered sugar and butter. Press into 9 x 13 inch pan. Bake at 350° for 15 to 20 minutes. Beat eggs until fluffy. Add sugar, flour and salt. Fold in rhubarb. Pour mixture over baked crust and bake for 35 to 40 minutes at 350°.

WALNUT BARS *Mrs. Grant Olson*
(Recipe From Eileen Larson)

2 c. flour
1/2 tsp. salt
3/4 c. shortening
1 1/2 c. brown sugar
3 eggs
2 T. milk
1 tsp. vanilla
1 c. coconut
1 c. walnuts, chopped

BROWN SUGAR SAUCE:
3/4 c. brown sugar
2 T. butter
1/4 c. cream
1 tsp. corn syrup

Mix dough and spread in 10 x 15 x 1 inch pan (greased). Cook brown sugar sauce over medium heat to soft ball stage. Add teaspoon of vanilla and drizzle over the dough. Bake 25 to 30 minutes at 350°.

ZUCCHINI BARS *Unknown*

3 eggs
2 c. sugar
2 c. shredded zucchini
1 T. cinnamon
1 c. nuts, chopped
1 tsp. soda
1 c. salad oil
1 tsp. vanilla
3 c. flour
1 tsp. baking powder
1 tsp. salt
1 c. raisins

Grease jelly roll pan. Combine all ingredients and mix until well-blended. Bake at 325° for 45 minutes. Frost when cool with:

3 oz. cream cheese
1 tsp. vanilla
1 1/2 *to* 1 3/4 c. powdered sugar
3/4 stick margarine
1 tsp. milk

YUMMY BARS *Lisa Underberg Hogan*

1-step angel food cake mix 1 can lemon pie filling

Mix together. Use jelly roll pan. Bake at 375° 20 to 25 minutes, until light brown.

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Dessert

Desserts

DESSERTS

ANGEL BERRY DESSERT

Barb Bratland

2 (10 oz.) pkgs. frozen raspberries
2 pkgs. raspberry Jell-O
1 c. whipping cream
10 in. angel food cake

Drain raspberries, reserving syrup. Dissolve 2 packages Jell-O in 1 1/2 cups boiling water. Add enough water to reserved syrup to make 2 cups. Add to Jell-O. Chill until partially set. Fold in 1 cup cream (whipped) and drained raspberries. Tear angel food cake in bite size pieces. Carefully fold into Jell-O mixture. Pour into 13 x 9 x 2 inch pan and chill until firm. Makes 12 servings. Strawberries can be used instead of raspberries, if desired.

ANGEL'S DELIGHT

Jo Rolland

1 c. sugar
1 3/4 c. milk
2 egg yolks
1 box lemon Jell-O
1 c. whipping cream
1 can crushed pineapple
2 egg whites
1 angel food cake

Cook in double boiler first 3 ingredients and while still hot, pour in 1 package of lemon Jell-O. Let cool and when starting to congeal, add 1 cup whipped whipping cream, beaten egg whites and pineapple. Break an angel food cake into bits and pour mixture over. Top with maraschino cherries and nuts.

ANGEL JELL-O

Brenda Underberg

3/4 baked angel food cake
2 sm. pkgs. strawberry Jell-O
2 c. hot water
1 c. cold water
1 (16 oz.) frozen strawberries
1 (8 oz.) Cool Whip

Tear angel food cake into pieces and place in bottom of a 9 x 13 inch pan. Mix Jell-O and water; add frozen strawberries. Using a mixer on low speed, blend into Jell-O 3/4 container of Cool Whip. Pour mixture over cake pieces and refrigerate until set. Frost with the rest of the Cool Whip and garnish with chopped nuts.

APPLE CRISP OR RHUBARB CRISP

Elsie Hankins

BOTTOM:

6 *to* 8 apples, peeled *and* sliced

Spread in a greased 8 x 8 inch or 9 x 9 inch Corningware dish.

MIX:

2/3 *or* 3/4 c. sugar
1 *or* 1/2 tsp. cinnamon
1 sm. tsp. flour

Put over apples.

TOP:

3/4 c. brown sugar
3 *or* 4 T. butter *or* oleo
3/4 *or* less c. flour (depending on apples)
3/4 c. oatmeal
1/2 tsp. baking powder
Pinch of salt

Mix together and put crumbly ingredients on top of apples. Scatter a few chopped pecans on top before baking. Bake for 30 to 35 minutes at 350° (depends on apples). Watch for heat and turn down to 300° for last 10 to 15 minutes. Use 4 cups rhubarb and 1 cup sugar (or less) and use a little more of the recipe for the top. Put pecans on the last 5 or 10 minutes, otherwise they burn. Bake 30 to 35 minutes (and watch so don't burn) 10 minutes at 350° and 20 to 25 minutes at 300°. Cover with foil.

DIANNE'S APPLE CRISP

Lorraine Halsrud
Dianne (Halsrud) Eaeland

6 c. tart apples, diced
1 c. sugar
1 tsp. cinnamon

Mix and spread in a large cake pan.

TOPPING:

2 c. flour
1 c. sugar
1 c. margarine
1/2 tsp. cinnamon

Crumble topping evenly on apple mixture. Bake at 375° for about 30 minutes. This is very good with just a little milk on each serving or a scoop of vanilla ice cream.

DUTCH APPLE DESSERT

Sharon Olson

5 c. sliced apples
1 (14 oz.) sweetened condensed milk
1 tsp. cinnamon
3/4 c. cold margarine
1 1/2 c. biscuit baking mix
1/2 c. packed brown sugar
1/2 c. chopped nuts

Preheat oven to 325°. In medium mixing bowl, combine apples, milk and cinnamon; set aside.

In large bowl, cut 1/2 cup plus 2 tablespoons margarine into 1 cup biscuit mix until crumbly. Stir in apple mixture; mix well. Pour into greased 8 x 12 inch pan.

In small bowl, combine remaining 1/2 cup biscuit mix and 1/2 cup brown sugar; cut in 2 tablespoons margarine until crumbly. Add nuts; sprinkle over dessert. Bake 60 to 70 minutes or microwave in 2 quart round baking dish on full power 14 to 15 minutes.

MARGE'S APPLE CRISP

Sandy Kraft

TOPPING:
1 c. flour
1 c. sugar
1 stick oleo

Butter 9 x 13 inch pan. Slice apples in salt water. Drain well and put in pan. Sprinkle with brown sugar and 1/2 cup white sugar. Sprinkle with cinnamon. Mix topping and sprinkle on top of all in pan. Bake at 350° until apples are done, 50 to 60 minutes or more.

APPLE CRISP

Judy Hoover
Ronna Lounsbery

6 c. apples (chunks *or* slices)
1 c. *plus* 2 T. sugar
5 tsp. flour
Cinnamon
3/4 c. brown sugar
3/4 c. flour
3/4 c. oatmeal
2/3 c. melted margarine
1/8 tsp. soda
1/8 tsp. baking powder

Mix apples, sugar, flour and cinnamon to taste in 9 x 13 inch pan. Mix remaining ingredients and sprinkle over apples. Bake at 350° until done, approximately 35 to 45 minutes.

AUTUMN APPLE TART

Betty Curtis

CRUST:

1 1/4 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 T. sugar
1/2 c. butter *or* margarine
1 egg, beaten
2 T. milk
6 med. baking apples, peeled, cored *and* sliced 1/4 in. thick (use Granny Smith *or* Jonathan)

TOPPING:

1/3 *to* 1/2 c. sugar
2 T. butter *or* margarine
1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1 1/2 T. flour

Combine flour, baking powder, salt and sugar in a medium bowl. Cut in butter with pastry blender until mixture resembles fine crumbs. Combine egg and milk; add to flour/butter mixture. Stir to blend. With lightly floured hands, press dough into a 12 inch diameter tart pan with removable bottom. Press dough up sides to form a 1 inch rim. (May use 9 x 13 inch pan instead of tart pan.) Fill tart shell with overlapping apple slices, beginning at outer edge.

Combine topping ingredients; sprinkle evenly over apples. Bake at 350° for 50 to 60 minutes or until apples are tender. Cut into wedges and serve warm or cool.

BERRY BLUSH

Tami Helland

1 pkg. Jell-O gelatin (strawberry)
3/4 c. boiling water
1/2 c. cold water
Ice cubes
1 c. sliced strawberries
1 c. thawed Cool Whip

Dissolve gelatin in boiling water. Mix cold water and ice cubes to make 1 1/4 cups; add to gelatin and stir until slightly thickened. Remove unmelted ice. Measure 1 1/2 cups gelatin; add fruit. Spoon into bowl or glasses. Blend whipped topping into remaining gelatin. Spoon into bowl. Chill. Serves 6.

"O taste and see that the Lord is good." Psalm 34:8

BREAD PUDDING

Lucille Torgerson

12 slices day old bread, broken
2 lg. cans evaporated milk
2 1/2 c. water
1 1/2 c. sugar
1 T. vanilla
2/3 c. raisins
1 (17 oz.) can fruit cocktail, drained
1 c. coconut
1/2 c. melted butter
6 eggs

Combine the first 5 ingredients and let stand for 1 hour, stirring occasionally. Add raisins, coconut, fruit cocktail and melted butter to bread mixture. Beat eggs and mix well. Pour into a greased 9 x 13 inch pan. Bake at 350° for 1 hour. May be served with sauce below.

SAUCE:

5 T. flour
1 c. sugar
Dash of salt
2 eggs, beaten
3 T. lemon juice
1/2 tsp. lemon rind
3/4 c. boiling water
2 T. margarine

Combine all ingredients, except margarine. Cook over low heat until thick, stirring constantly. Remove from heat and add margarine. Drizzle warm sauce over bread pudding as it is served.

CHERRY ANGEL FOOD DESSERT

Marilyn M. Haug

2 pkgs. vanilla instant pudding
2 cartons commercial sour cream
1 can cherry pie filling
Angel food cake, baked

Mix instant pudding as directed. Add sour cream. Break an angel food cake into pieces and mix all together. Put in 9 x 13 inch pan and cover with cherry pie filling. Chill.

CHERRY CHEESECAKE

Jan Clark

1 c. powdered sugar
1 c. Cool Whip
1 can cherry pie filling
8 oz. cream cheese
1 tsp. vanilla

Mix all ingredients well. Pour into graham cracker crust. Top with 1 can cherry pie filling. Refrigerate.

CHERRY CHA CHA

Babe Enger
Ronna Lounsbery

1 1/2 c. graham cracker crumbs (about 18 crackers)
1/3 c. butter *or* margarine, melted
1/4 c. sugar

Combine these ingredients and press most of it in a 9 x 13 inch pan. Bake 10 minutes at 350° or set in refrigerator while preparing topping.

1 c. whipping cream *or* med. tub Cool Whip
4 c. mini marshmallows
1 (No. 2) can cherry pie mix

Whip cream until stiff and add marshmallows. Let set about 5 minutes. Stir well. Pour 1/2 of white mixture on crust. Add pie filling mix. Add remainder of cream and marshmallow mixture. Top with remaining crumbs. Refrigerate overnight.

APPLE CHERRY COBBLER

Laila Kinseth

1 egg, beaten
1/2 c. sugar
1/2 c. milk
2 T. vegetable oil
1 c. flour
2 1/4 tsp. baking powder
1 can (21 oz.) cherry pie filling
1 can (21 oz.) apple pie filling
1 T. lemon juice
1 tsp. vanilla

TOPPING:

1/3 c. packed brown sugar
3 T. flour
1 tsp. ground cinnamon
2 T. butter, softened

In a bowl, combine first 4 ingredients. Combine flour and baking powder. Add to egg mixture and blend well. Pour into greased 13 x 9 x 2 inch baking pan. Combine pie fillings, lemon juice and vanilla. Spoon over batter.

For topping, combine all ingredients. Sprinkle over filling. Bake at 350° for 40 to 45 minutes or until bubbly and cake tests done. If necessary, cover edges with foil to prevent over browning. 12 to 16 servings.

CHERRY OAT DESSERT SQUARES *Judy Jacobson*

1/3 c. sugar
1 c. chopped walnuts *or* pecans
1 c. oatmeal
(quick *or* old fashioned)
1/2 c. margarine, softened
3/4 c. flour
1/2 tsp. cinnamon
1 can cherry pie filling

Preheat oven to 400°. Mix sugar, nuts, oatmeal, margarine and flour until crumbly. Reserve 1 1/2 cups. Press remainder into bottom of 9 inch square baking dish. Stir cinnamon into cherry filling. Spread over crust. Sprinkle reserved crumbs over top, pressing in lightly. Bake 20 to 25 minutes, until lightly browned. Cool. Cut into squares.

CHOCOLATE DESSERT *Eleanore Grefstand*

1 c. soda cracker crumbs
1 c. graham cracker crumbs
1 stick melted oleo
1/4 c. brown sugar
1/4 c. chopped nuts
2 sm. boxes instant chocolate pudding
2 c. milk
1 pt. vanilla ice cream
Cool Whip

Mix the above together and put in a 9 x 13 inch pan. Save a few crumbs for topping. Chill while you mix the rest of the ingredients. Mix 2 small boxes instant chocolate pudding and 2 cups milk. Add 1 pint vanilla ice cream which has been slightly softened. Put on top of the crust. Cover with Cool Whip and sprinkle on the rest of the crumbs. Chill.

CHRISTMAS DESSERT *Elsie Hankins*

1 pkg. lime Jell-O *with* not quite 2 c. water
1 pkg. lemon Jell-O in 1 c. hot water

Add 15 large marshmallows; stir until dissolved.

ADD:

1 c. cold water (using the pineapple juice)
1/2 c. sugar

Cool.

1 c. whipping cream, whipped
1 sm. can crushed pineapple
1 sm. pkg. Philadelphia cream cheese, soft

Mix all together and add to lemon Jell-O mixture at thickening stage. Pour over lime Jell-O which has thickened; 1 package strawberry Jell-O with not quite 2 cups water and pour over lemon mixture when cold. Double this for 9 x 13 inch pan.

CUSTARD RICE PUDDING

Lil Longseth

1 c. rice
2 c. water
1 tsp. salt
3 1/2 c. homogenized milk
3/4 c. sugar
3 lg. eggs, separated
2 level T. cornstarch
1/2 tsp. almond flavoring
1/2 tsp. vanilla flavoring

MERINGUE:

3 egg whites
6 T. sugar
Pinch of salt

Bring rice, water and salt to a boil. Let simmer in covered pan 14 minutes or until rice is fluffy and dry.

Let milk, salt and sugar come to a near boil, then add beaten egg yolks and cornstarch moistened with a little milk. Boil slightly until a creamy stage. Remove from heat; add flavoring and mix with rice. Pour into baking dish (8 x 13 inch). Cover with egg white meringue. Brown at 350° 10 to 15 minutes.

CRANBERRY PUDDING (WINTER DESSERT)

Gwen Rolland (A Friend From Tennessee)

2 c. cranberries
1 1/2 c. flour
1/4 c. sugar
1/4 c. molasses

Mix washed cranberries, flour and sugar together. Mix molasses with 1/4 cup hot water and 2 teaspoons baking soda. Stir to mix (it's a stiff dough). Pour into a well-greased mold (1 quart size). Cover tightly with foil and steam for 1 hour or until done.

Serve with sauce. 1 cup sugar, 1/2 cup margarine or butter and 1/2 cup light cream or canned milk; heat to boiling and well-mixed. Serve hot over pudding.

CRUNCHY ICE CREAM DESSERT

Unknown

2/3 c. Rice Krispies
1 c. coconut
1 c. brown sugar
1/2 c. oleo, melted
4 c. ice cream, softened

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CRUNCHY ICE CREAM DESSERT (CONTINUED)

In a mixing bowl, combine cereal, coconut, brown sugar and oleo; mix well. Spread 1/2 of the mixture in a 9 x 13 inch pan. Top with a layer of ice cream. Then spread other half of cereal mixture over ice cream. Freeze until firm.

DATE PUDDING *Helen Sorlien*

1 c. brown sugar
1 c. flour
1/3 c. milk
2 T. butter
3/4 c. nuts
1 c. dates
2 tsp. baking powder
Vanilla
1/2 tsp. cinnamon
1 c. brown sugar
2 c. hot water
1 T. butter

Mix first 9 ingredients. Cook last 3 ingredients and pour on top of mixture in 10 x 6 inch pan. Bake at 350° for 45 minutes.

DIRT CUPS *Sarah Tofteberg*

2 c. cold milk
1 sm. pkg. chocolate instant pudding
1 (8 oz.) tub Cool Whip, thawed
1 (16 oz.) chocolate sandwich cookies, crushed
8 *to* 10 (7 oz.) plastic cups
Suggested decorations: gummy worms *and* frogs, candy flowers *and* chopped peanuts

Pour milk into large bowl. Add pudding mix. Beat with whisk until well-blended, 1 to 2 minutes. Let stand 5 minutes.

Stir in whipped topping and half of crushed cookies. Place 1 tablespoon crushed cookies into cups. Fill cups 3/4 full with pudding mixture. Top with remaining crushed cookies. Refrigerate 1 hour. Decorate.

FINGER JELL-O *Unknown*

4 pkgs. gelatin
3 boxes Jell-O
4 c. boiling water

Mix as for Jell-O. Place in 9 x 13 inch pan. Refrigerate and cut into squares when set.

FOUR LAYER DESSERT

Rochelle McKay
Jodene Rial, Ronna Lounsbery

1 c. flour
1/2 c. butter *or* margarine
1/2 c. pecans, chopped
1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
1 c. Cool Whip
2 pkgs. instant pudding
3 c. milk
1 tsp. vanilla

Combine 1 cup flour, 1/2 cup melted butter and 1/2 cup chopped pecans. Put in 9 x 13 inch pan. Bake at 350° for 15 minutes. Cool.

Combine 1 (8 ounce) package softened cream cheese, 1 cup powdered sugar and 1 cup Cool Whip and spread on first layer. Chill.

Combine 2 packages instant pudding, 3 cups milk and 1 teaspoon vanilla and beat until thick. Spread on chilled layers and chill. Spread remaining Cool Whip on top of dessert and sprinkle with pecans.

QUICK AND EASY FROZEN DESSERT

Sandy Tompkins Kraft

1 qt. sherbet (any flavor)
1 container Cool Whip, thawed
Any crust recipe (can use cookies *or* nuts, all chopped)

Make crust. Soften sherbet and stir in Cool Whip. Put on crust. Sprinkle top with little of crust mixture. Freeze. Quick and easy to keep in freezer all summer.

FROZEN FRUIT CUP

Cindy Vaske
Wanda Thilges

48 (5 Ounce) Cups

5 c. water *and* 2 c. sugar
1 (12 oz.) frozen lemonade
1 (12 oz.) frozen orange juice
4 (10 oz.) pkgs. frozen strawberries
6 *to* 8 bananas sliced *and* halved
2 lg. fruit cocktail, drained
Maraschino cherries (1/2 on top for color)
1 (11 oz.) crushed pineapple
1 can pineapple tidbits
1 lg. can mandarin oranges

Boil water and sugar until clear; cool. Add partially thawed first 3 ingredients and remaining ingredients. Freeze.

FROZEN FRUIT PARFAIT

Ruth Luedtke, Fenton, IA

1 can Eagle Brand sweetened condensed milk
2 T. lemon juice
1 can cherry pie mix (Wilderness)
1 (13 oz.) can crushed pineapple, do not drain
1 c. sm. marshmallows
1/2 tsp. salt
1/2 c. chopped nuts (optional)
1 (10 oz.) carton Cool Whip

Stir lemon juice into condensed milk and mix well. Fold in pie mix, marshmallows, salt, nuts and Cool Whip. Dip into cupcake liners (set in muffin tins) or on cookie sheet. Freeze. Makes 30 individual servings. It is pretty, easy to make and serve, and tastes refreshing. Makes a welcome addition for brunch or just served with any fruit bread. Great for serving at showers.

FRUIT COCKTAIL DESSERT

Eleanore Grefstand

1 can (No. 303) fruit cocktail
1 egg
1 c. white sugar
1 c. flour
1 tsp. soda
1/2 tsp. salt

TOPPING:

1/2 c. brown sugar
1/2 c. chopped nuts
1 tsp. cinnamon

Mix the first 6 ingredients and put in greased 9 x 13 inch pan. Mix topping and put on cake before baking. Bake 30 minutes at 350°.

HOMEMADE FUDGESICLES

Unknown

1 (3 oz.) pkg. instant chocolate pudding
3 c. milk

Mix together and pour into molds and freeze.

HERSHEY BAR DESSERT

Bev Zinnel

36 lg. marshmallows
1 (4 oz.) Hershey bar
1 graham cracker crust
1 c. milk
1 c. whipping cream

Melt marshmallows in milk. Chill in freezer compartment until stiff. Fold in the whipped cream. Grate the Hershey bar and stir into the whipping cream/marshmallow mixture. Pour into graham cracker crust.

CRUST:

20 graham crackers, crushed
1/2 c. oleo, melted

Mix cracker crumbs and oleo together and press in the bottom of a 9 x 13 inch pan. Pour filling into crust and chill about 2 hours.

JELLY ROLL

Marge Wendt
By Babe Enger

3 eggs
1 c. sugar
5 T. cold water *and*
1 tsp. vanilla (at one time)
1 c. flour
1 tsp. baking powder
1/4 tsp. salt

Beat eggs until thick. Keep beating while gradually adding sugar. Add water and vanilla together and continue beating. Add flour, baking powder and salt (all at one time). Beat until well-mixed. Line cookie sheet with waxed paper. Pour mix into pan. Bake at 375° about 12 minutes. Sprinkle powdered sugar on dish towel. Invert cake onto this. Remove waxed paper. Spread with your favorite jam or jelly. Roll the long way and put into towel 20 to 30 minutes. Remove from towel and wrap in waxed paper and plastic bag.

QUICK PEACH DESSERT

JoAnn Enger Harman
By Her Mom, Babe Enger

1 (No. 2) can undrained peaches
1 butter brickle cake mix
1/2 c. oleo
1 c. finely chopped nuts

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QUICK PEACH DESSERT (CONTINUED)

Place chopped peaches and juice in bottom of 9 x 13 inch pan. Sprinkle dry cake mix over peaches. Cover with chopped nuts. Drizzle with melted oleo. Bake at 350° 35 minutes. Serve with Cool Whip or ice cream.

VARIATIONS: Use 2 large cans peaches, draining 1 and leaving all juice on second one, or use 1 large can peaches and 1 can French apple pie mix blended together. If butter brickle cake mix is not available, use yellow cake mix, but bake 15 to 20 minutes longer. Very good and easy!!

CUSTARD PUDDING

Hilda Via

3 eggs
1 c. milk
1/4 c. sugar
Vanilla

Mix; sprinkle nutmeg on top. Bake in oven until done.

INSTANT VANILLA PUDDING DESSERT

Ruth Thompson

1/2 loaf angel food cake
1 pkg. instant vanilla pudding
1 pkg. (3 oz. size) red Jell-O
Cool Whip

Cut cake in small pieces and place in 8 x 8 inch pan. Prepare Jell-O as directed and pour over cake. Place in refrigerator and when Jell-O is set, prepare pudding as directed and pour over the Jell-O and cake layer. Top with Cool Whip. Chopped nuts or shredded coconut may be put on top, if desired. For 9 x 12 inch pan, double the recipe.

LEMON TORTE

Marguerite Olson

4 eggs
1 (3 oz.) lemon Jell-O
1/2 c. sugar
1 c. hot water

Cook. Separate eggs; reserve whites. Cook in double boiler 4 well-beaten egg yolks and 1/4 cup sugar until smooth. Add Jell-O dissolved with 1 cup hot water. Mix well. Cool.

Beat egg whites stiff with 1/4 cup sugar and add to lemon mixture. Pour into graham cracker crust in bottom of 9 x 13 inch pan. Reserve few crumbs to put on top. Chill 5 to 6 hours. I usually use sugar-free Jell-O!

MERINGUE DESSERT

Mrs. Grant Olson
(Recipe From Mrs. Leroy Selvig)

8 egg whites
1/2 tsp. salt
2 c. sugar
2 tsp. vanilla
2 c. crushed graham crackers
1 c. cut up walnuts
1 c. chocolate chips
1 c. coconut

Cover bottom of 9 x 13 inch pan with graham crackers. Beat first 4 ingredients to make meringue and add the rest of ingredients. Pour mixture on graham crackers. Bake at 350° about 30 minutes. Cool. Serve with ice cream.

MARSHMALLOW DELIGHT

Dee Johnson

36 marshmallows
1 c. milk
1 c. pineapple, well-drained
1 c. coconut
1/2 c. nutmeats
1 pt. cream, whipped
Vanilla wafers *or*
graham cracker crumbs
Maraschino cherries (optional)

Put marshmallows and milk in top of double boiler and heat until marshmallows are melted. Cool. Add pineapple (well-drained), coconut, nutmeats, whipped cream and cherries. Put crumbs in bottom of 7 x 11 inch pan. Add marshmallow mixture and sprinkle a few crumbs on top.

MOON CAKE DESSERT

Sandy Kraft

1/2 c. oleo
1 c. boiling water
1 c. flour
1/4 tsp. salt
4 eggs
2 (3 oz.) pkgs. vanilla instant pudding
8 oz. cream cheese, softened
Chocolate curls from Hershey bar
Cool Whip

Put oleo in boiling water. Add flour and salt. Stir until it forms a ball. Cool. Add eggs, one at a time. Beat well after adding each egg. Spread in greased jelly roll pan. Bake at 400° 23 minutes. Cool.

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MOON CAKE DESSERT (CONTINUED)

Whip pudding according to directions on box. Add softened cream cheese; beat. Spread on cooled crust. Cover with Cool Whip. Make curls using potato peeler on edge of candy bar and sprinkle curls on top of Cool Whip. Chill and serve.

MALLO CHERRY SUPREME *Marilyn M. Haug*

Mini marshmallows
Yellow *or* chocolate cake mix
1 (3 oz.) box cherry Jell-O
1 can cherry pie mix

Grease a 9 x 13 inch pan well. Cover bottom of pan with marshmallows. Prepare cake mix according to directions on box. Pour over marshmallows. Mix Jell-O into pie mix and pour over batter. Bake at 350° for 45 minutes.

NUTTY RAISIN BREAD PUDDING *Evelyn Jenson*

1/2 c. dark raisins
2 c. milk
1/4 c. butter
3 c. white bread cubes
1/4 c. sugar
1/3 c. chopped pecans
1/2 tsp. cinnamon
1/8 tsp. salt
2 eggs, beaten *or*
1 box Eggbeaters

Soak raisins in water 20 minutes. Drain and set aside. Heat milk and butter in saucepan. In large bowl, combine the next 6 ingredients and raisins. Add milk mixture; stir gently. Spoon into a greased 1 quart baking dish. Place dish in a pan of hot water. Bake at 350° for 45 to 55 minutes or until knife inserted 1 inch from edge comes out clean. Serve warm or chilled.

OREO COOKIE DESSERT *Marge Wendt*

28 Oreo cookies, crumbled
2 c. whipped cream
2 c. mini marshmallows (colored)
1 c. after dinner pillow mints (colored)

Place 1/2 crumbs in bottom of 8 x 11 inch pan. Add mints and marshmallows to whipped cream. Place on bottom crumbs and top with remaining crumbs. Refrigerate. Must be made 2 days in advance.

HOMEMADE POPSICLES

Unknown

1 (3 oz.) box Jell-O
1 c. sugar
2 c. boiling water

Mix well and pour into molds and freeze.

PLUM-PEACH CRISP

Teri (Kraft) Doksansky, Barstow, CA

TOPPING:

1 c. flour
1/2 c. brown sugar, packed
1/2 c. butter
2 tsp. minced orange peel
1/4 tsp. salt

FILLING:

2 3/4 lbs. plums, pitted *and* cut into 1/2 in. wedges
4 med. peaches, peeled, pitted *and* cut into 1/2 in. wedges
1/2 c. sugar
2 T. quick cooking tapioca
1 tsp. fresh lemon juice
Pinch of salt

TOPPING:

Combine all ingredients until mixture forms small moist clumps. (Can be done 1 day ahead. Cover and refrigerate.)

FILLING:

Mix ingredients and let stand at least 30 minutes (up to 2 hours), stirring occasionally.

Butter 8 x 8 x 2 inch glass baking dish. Spoon filling in and sprinkle topping on. Bake until fruit is tender and topping is brown and crisp, 45 minutes at 350°. Serve with ice cream or frozen yogurt.

QUICK DESSERT

Pam Curry Jacobson

1 can cherry pie mix
Jiffy white cake mix
1/4 lb. melted butter *or* oleo

In a square cake pan, put 1 can cherry pie mix. Sprinkle a white Jiffy cake mix over pie mixture. Drizzle with 1/4 pound melted butter or oleo. Bake in 350° oven for 25 minutes or until cherries bubble up through cake mix. Serve warm with ice cream.

RHUBARB COBBLER *Ruth Jacobson*

BATTER:

3/4 c. sugar
3 T. butter
1/2 c. milk
1 c. flour
1 tsp. baking powder
1/4 tsp. salt

RHUBARB:

3 *to* 4 c. cut up rhubarb
1 c. sugar
1 T. cornstarch
1/4 tsp. salt
Butter
1 c. boiling water

Cream butter and sugar. Add milk; mix. Add flour, baking powder and salt; mix. Butter 8 x 8 inch square pan. Put rhubarb in pan. Spread batter over rhubarb.

Mix sugar, cornstarch and salt. Sprinkle over batter. Dot with butter. Pour 1 cup boiling water over that. Bake at 375° 1 hour. Serve with cream or ice cream, if desired.

RHUBARB COBBLER *Muriel Jacobson*

1 c. sugar
1 c. boiling water
1 T. cornstarch
3 c. fruit

Place sugar and cornstarch in saucepan. Stir in boiling water. Bring to boil and boil 1 minute. Add fruit. Pour in baking dish. Dot with butter and cinnamon. Cover with the following topping.

1 T. sugar
1/2 tsp. salt
1/2 c. milk
1 c. flour
1 1/2 tsp. baking powder
3 T. shortening

Bake at 400° for 30 minutes.

RHUBARB CRISP *Mary Tofteberg*

6 c. rhubarb

TOPPING:

1 c. flour
1 c. sugar
1 c. oatmeal
1/2 c. melted oleo

In bottom of 13 x 9 inch pan, put 6 cups cut up rhubarb combined with 2 tablespoons flour and 1 cup sugar. Pour topping over mixture. Bake at 375° 40 to 50 minutes.

For apple crisp, don't put flour and sugar in the apples.

RHUBARB CRISP *Pam Curry Jacobson*

1 c. brown sugar
1 c. flour
1 c. oatmeal
Cinnamon, to taste
4 c. rhubarb

Mix first 4 ingredients and spread 1/2 of mixture in a 9 x 13 inch greased pan. Add 4 cups rhubarb.

COOK UNTIL CLEAR:

1 c. water
1 c. sugar
2 T. cornstarch
1 tsp. vanilla

Pour clear mixture over rhubarb. Add 1/2 of crumb mixture on top. Bake 40 minutes at 350°.

RHUBARB CRUNCH *Mrs. Grant Olson*
(Recipe From Mrs. Tom [Dora] Olson)

2 c. diced rhubarb
3/4 c. white sugar
2 T. flour
1/4 c. brown sugar
1/4 c. rolled oats
1/4 c. flour
1/4 c. margarine

Arrange rhubarb in greased baking dish and sprinkle with flour-sugar mixture. Mix next 4 ingredients as for pie crust, leaving as crumbs, and put over top of rhubarb. Bake at 350°.

RHUBARB PIZZA *Phyllis Johnson*

1 c. flour
1/4 tsp. salt
1 tsp. baking soda
2 T. shortening
1 egg, beaten
1/2 c. buttermilk
3 c. rhubarb, cut in pieces
1 pkg. strawberry *or* raspberry gelatin
1 c. sugar
1/2 c. flour
1/3 c. melted butter

Combine 1 cup flour with salt and soda. Cut in shortening. Add egg and buttermilk and blend well. Press mixture into 9 inch square pan. Cover with rhubarb. Sprinkle gelatin on top. Combine sugar, 1/2 cup flour and melted butter on top of gelatin. Bake in preheated 350° oven for 30 minutes. Serve with whipped cream.

RHUBARB CRISP

Sheryl (Lounsbery)McMahon
Titonka, IA

4 c. rhubarb, chopped
1 box white *or* yellow cake mix
2 boxes red Jell-O (not sugar-free)
2 c. water

Place rhubarb in 9 x 13 inch glass pan (takes metal taste if metal pan is used). Sprinkle Jell-O on top. Sprinkle cake mix on top of that. Pour water over all. Bake at 350° for 40 minutes or until done (cake mix looks crumbly).

RHUBARB SPRING DESSERT

Elsie Hankins

1 1/2 T. cornstarch for rhubarb (flour for apples)
1/8 tsp. salt
1 1/4 c. sugar (use 3/4 c. sugar for apples)
4 c. rhubarb, chopped fine
1 beaten egg

Mix all together and put in a 9 x 9 inch pan.

TOPPING:

1/4 c. sugar
2 T. butter *or* oleo
1 egg
1/2 c. flour *and* little salt
1/2 tsp. baking powder

Mix and pour over rhubarb mixture and bake 40 to 50 minutes at 300° to 350°. Butter pan. If apples are used, put in a little cinnamon.

SMORGASBORD RICE PUDDING

Irene Hansen

4 T. raw rice
8 T. sugar
Pinch of salt
1 tsp. vanilla
1 qt. milk
Sprinkle of nutmeg (optional)

Pour milk into lightly buttered, flat baking dish or pan. Stir in rice, sugar and flavorings. Bake at low heat (250° or 300°) for 2 1/2 to 3 hours. Top will be golden brown. You may stir a few times during first part of baking. Milk should be absorbed into rice and it will be thick enough to cut from pan into squares. Serve with pitcher of cream. Some like cinnamon with it. Delicious and easy. And working girls can put this in the oven, set the timer and come home in time for dessert.

STRAWBERRY PIZZA

Marlys Yokiel

2 1/4 c. flour
2 sticks soft margarine
1/4 c. powdered sugar
1 c. sugar
1 (8 oz.) cream cheese
1/4 tsp. almond flavoring
2 c. sliced strawberries
1 c. sugar
3 T. cornstarch
1 1/4 c. water
3 T. strawberry Jell-O

Mix first 3 ingredients and press in pizza pan. Bake 8 to 10 minutes at 350°. Cool.

Mix next 3 ingredients and spread on cooled crust. Put sliced berries on top of cream cheese mixture. Mix sugar, cornstarch and water. Boil 1 minute, until thick. Add strawberry Jell-O. Mix together and cool. Pour over strawberries. Serve with Cool Whip.

THANKSGIVING DESSERT

Unknown

1 (3 oz.) pkg. vanilla instant pudding
1 (3 oz.) pkg. butterscotch instant pudding
Spices, to taste (nutmeg, cinnamon *or* pumpkin pie spice)
1/3 c. brown sugar
1 c. pumpkin
1/3 of 8 oz. carton Cool Whip
2 c. milk

Whip all ingredients together and put in graham cracker crust. Top with remainder of Cool Whip.

TWINKIE DESSERT

Unknown

1 box Twinkies (10 count), cut in 1/2 lengthwise
1 (12 oz.) pkg. chocolate chips
5 T. water
5 tsp. sugar
6 eggs
1 (8 oz.) Cool Whip
1/2 c. walnuts, chopped

Line 9 x 13 inch pan with Twinkies. Melt chips over stove and add water and sugar; mix well. Separate egg and add yolks to mixture. Beat egg whites and stir them and the nuts into the mixture. Pour mixture over Twinkies. Chill. Cover with Cool Whip and refrigerate.

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Styrke Rett og Suppe

Main Dishes and Casseroles

CASSEROLES

CASSEROLES

Apparently the art of cooking "casseroles" was becoming popular in the early 1900's. The following was submitted by Hanna Rongved and taken from the Vogue Magazine of June 1911.

There is no doubt that the fashion of cooking is earthenware and is becoming more popular every day. It is hardly a surprise when the advantages of this form of cookery are really understood. Of late years, the prices of casseroles have been reduced so much that they are within the reach of the household purse and in quality the actual pots have improved enormously.

Not only is food cooked in this way delicious, but it is also cheaper involving less time and labor as actual expense. The food is taken direct from the kitchen stove to the dining room thus doing away with the bother of dishing it and is served piping hot as the earthenware retains the accumulated heat for a long time.

The dishes are glazed and the work of cleaning is very simple. For with ordinary care the lining will not crackle.

In appearance this ware is eminently desirable. The dark brown of the outside striking a happy note on the dining room table.

ÄGGKAKA

Judy Jacobson

3 eggs
2 c. milk
1 c. flour
2 T. sugar
1 tsp. salt
2 T. oleo

Preheat oven to 400°. Melt 2 tablespoons oleo in 9 x 9 inch baking dish. Beat eggs. Add other ingredients and stir. Pour batter into pan. Bake 20 to 25 minutes, until lightly browned. Will rise while baking and fall when taken out of oven. Serve with syrup, jam or berries.

BREAKFAST CASSEROLE

Mrs. Grant Olson
(Recipe From Humboldt Hospital, Mary Carlson)

17 slices bread, crusts removed
8 1/2 slices Swiss cheese
1 *to* 1 1/2 lbs. cheddar cheese, grated
2 *to* 2 1/2 lbs. ham, chopped
10 eggs
2 1/2 c. milk
Salt, to taste
Onions, green peppers *and* mushrooms (optional)

Grease 9 x 13 inch pan. Line bottom with 8 1/2 slices of bread. Place 1 slice Swiss cheese on each slice of bread. Layer ham and sprinkle on grated cheese. Place 8 1/2 slices of bread on top. Combine eggs, milk and salt and pour over bread layer. May add onions, green pepper and mushrooms, if desired. Bake at 350° for 45 minutes to 1 hour. Let stand awhile before cutting.

OVERNIGHT EGG AND SAUSAGE CASSEROLE

Blanche Christianson

2/3 c. seasoned croutons
1 lb. pork sausage
1 c. mild *or* sharp cheddar cheese, grated
8 eggs
1 can cream of mushroom soup
2 c. milk
Salt *and* pepper, to taste

Line a greased 13 x 9 inch pan with croutons (cover entire bottom). Fry and drain sausage. When cool, spread crumbled sausage on top. Spread 1/2 of cheese over above. Carefully pour on eggs which have been mixed with soup and milk. May add green pepper and mushrooms. Cover with remaining cheese. Cover lightly with foil. Refrigerate overnight. Bake, uncovered, at 325° for 40 minutes or until eggs are puffed and top is brown.

CHEESE-HAM-EGG BREAKFAST CASSEROLE

Babe Enger (From JoAnn Enger Harman)

12 slices bread, crusts off *and* cubed
3/4 *to* 1 lb. ham, ground
3/4 *to* 1 lb. Velveeta *or* cheddar cheese, cut fine

Beat the following together.

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CHEESE-HAM-EGG BREAKFAST CASSEROLE (CONTINUED)

8 eggs
3 1/2 c. milk
1 tsp. dry mustard
Salt, pepper *and*
1 tsp. onion salt

Grease 9 x 13 inch pan. Put a layer of bread, cheese and ham. Pour 1/2 of egg mixture over this. Repeat; cover with foil. Refrigerate overnight. Bake at 325° 45 minutes, covered, and 15 to 20 minutes, uncovered or until set. Let rest 10 to 15 minutes before cutting into serving pieces.

OVERNIGHT EGG CASSEROLE *Beverly Halsrud*

10 slices bread, cut off crusts
1 tsp. dry mustard
1/2 tsp. onion powder
1 lb. ground ham
10 eggs, beaten *with*
3 1/2 c. milk
1/2 tsp. pepper
1 1/2 c. shredded cheese

Cut up bread; put in bottom of 9 x 13 inch pan. Put in ham and cheese, then egg and milk mixture poured over all. Crumble bread crumbs together with melted butter for topping. Bake, covered, for 30 minutes; uncover and bake for 30 minutes or more.

QUICHE LORRAINE *Iva Jurgens*

1 (9 in.) unbaked pastry shell
8 slices bacon, diced
1/2 lb. American cheese *or*
1/2 lb. cheddar cheese
1 T. flour
1/2 tsp. salt
3 eggs, beaten
1 3/4 c. milk

Bake crust shell at 425° about 7 minutes or until lightly brown. Poke holes with a fork, not too deep, so filling won't run out later. Reduce temperature to 350°. Fry bacon until crisp; drain and crumble (can be done ahead of time). Reserve 2 tablespoons bacon for trim. Place rest of bacon in pie shell; add cheese. Combine remaining ingredients and pour into crust. Sprinkle rest of bacon on top. Bake 40 minutes or until set in center. Remove from oven and let set before serving to firm up. (Can put foil around crust when baking so doesn't get too brown.)

ALL-IN-ONE CASSEROLE

Unknown

1 med. head cabbage, shredded
1 lb. ground beef
1 sm. chopped onion
1/2 c. Minute Rice, uncooked
1 can tomato soup
1 soup can water *or* milk
Salt *and* pepper, to taste

Place cabbage in 3 quart casserole. Brown ground beef and onion; drain. Stir in rice and put this mixture on top of cabbage; season. Combine soup and water; pour over all. Cover and bake at 350° for 1 hour. Serves 6.

CASSEROLE DISH

Hilda Via

1 pkg. Kraft macaroni *and* cheese
1 lb. hamburger
2 T. chopped onions
1/2 c. milk
2 T. oleo
1 c. mushroom soup *or* cream of chicken soup

Cook macaroni until done, drain. Mix other ingredients together. Bake at 350° for 1/2 hour.

FOR THE CROWD CASSEROLE

Mrs. Garwin (Helen) Sorlien

1 1/2 lbs. hamburger
1 c. onion, chopped
1 can whole kernel corn, drained
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. dairy sour cream
1/4 c. pimiento, chopped
3/4 tsp. salt
1/2 tsp. Ac'cent
1/4 tsp. pepper
3 c. noodles, cooked
1 c. soft bread crumbs, buttered

Brown meat; add onion and cook until tender. Add next 8 ingredients. Mix. Stir in noodles. Pour in 2 quart casserole. Sprinkle crumbs on top. Bake in 350° oven 30 minutes. This recipe makes 8 to 10 servings.

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6

DO AHEAD CASSEROLE *Sharon Olson*

2 cans cream of mushroom soup
2 c. milk
1 c. cheddar cheese, cubed
2 c. uncooked macaroni
1/2 lb. dried beef, cut up
1/4 c. onion, chopped

Combine all ingredients and pour into buttered casserole dish. Refrigerate 3 to 4 hours or overnight. Bake 1 hour at 350° for 30 minutes, covered, and another 30 minutes, uncovered.

BROWN FRICASSEE OF BEEF CASSEROLE *Hanna Rongved*

This recipe was taken from the Vogue Magazine of June 1911. This was the year that my husband, Magnus, was born.

Cut 1 pound of beef into 1 1/2 inch squares. Dust with pepper and roll in flour. Brown on all sides in hot fat using bacon or 1/2 bacon and 1/2 butter. Take meat out of pan. To the remaining fat in the pan, add 1 tablespoon butter; brown. Add 1 small onion (sliced), 1 teaspoon salt and a rounding tablespoon of flour; brown. Add 1 pint hot water and 1 teaspoon Kitchen Bouquet. Cook mixture and stir until smooth. Put meat and a bit of bay leaf in a casserole. Pour sauce over. Set on the range where it will simmer slowly for 2 1/2 hours, until very tender. You may need to add a little liquid while it is cooking. Baked potatoes are always very good with this.

BEEF STROGANOFF *Erin Neufind*

6 *to* 8 oz. noodles, uncooked
2 lbs. hamburger
1/2 *to* 1 onion
1 (4 oz.) sliced mushrooms
1 can cream of mushroom soup
12 *to* 16 oz. sour cream
Salt, to taste
Pepper, to taste
Worcestershire sauce to taste

Drain mushrooms; chop onion. Sauté onion in butter; drain. Fry hamburger; drain. Season with salt, pepper and Worcestershire. Add soup and above ingredients. Mix together. Add sour cream last. Boil noodles; drain. Mix all together or serve over top of noodles.

Casserole Of Beef With Rice And Tomatoes

Hanna Rongved

Recipe found in the Vogue Magazine of June 1911.

Purchase 1 pound round steak (best cut) and 5¢ worth of what is known as soup vegetables (celery, parsley, turnips, carrots, parsnips and onions). After trimming the steak, cut in pieces 1 inch square. Sear quickly in hot pan to prevent escape of juices. In the casserole, put layer of vegetables which have been cut in small pieces with 5 or 6 small onions. On this layer of vegetables, place the meat and on this, the remainder of vegetables. Pour over the whole, 1 pint soup stock which has been seasoned and slightly thickened. Bake in fairly hot oven for 1 1/4 hours. When done, meat will be tender, the vegetables thoroughly cooked, and the stock cooked down to a delicious brown gravy.

Corned Beef Hot Dish

Beverly Worby
Phyllis Johnson, Ronna Lounsbery

1 (16 oz.) pkg. noodles
1 can mushroom soup
1 can cream of celery soup
2 cans evaporated milk
2 cans corned beef
1/2 lb. Velveeta cheese
1 T. onion, minced
1/2 jar pimiento (if desired)

Cook noodles as directed on package. Mix the other ingredients with the cooked noodles. Spread in 2 buttered 9 x 12 inch pans or 1 large pan. Crush potato chips on top. Bake about 1 hour at 300°. Recipe serves 24 to 30.

Corned Beef Casserole

Ginger Hundertmark

1 (12 oz.) pkg. dry noodles
1 can corned beef
1 can cream of chicken soup
1 c. Velveeta cheese, cubed
1/2 c. milk

Cook noodles according to package; drain. Add 1 can corned beef, soup, milk and cubed Velveeta. Put into large casserole or 9 x 13 inch cake pan. Bake 1 hour in 350° oven. Serves 5 to 7 people.

Casserole Sauce Mix (Cream Of Chicken Soup)

Mary Lou Jensen

2 c. instant dry milk crystals
3/4 c. cornstarch
1/4 c. instant chicken bouillon
2 T. dried onion flakes
1/2 tsp. pepper
1 tsp. basil
1 tsp. thyme
1 T. margarine

Combine and mix well. Store in airtight container. Makes 3 cups. Same as a 9 to 10 1/2 ounce can condensed soup.

For 1 can of soup, mix 1/3 to 1/2 cup with 1 1/4 cups cold water. Stir to dissolve. In a saucepan or microwave, cook until thick, stirring. Add 1 tablespoon margarine while warm.

For other soups, add mushrooms or celery (cooked).

Chicken Casserole

Pam Curry Jacobson

MIX:

2 c. cooked chicken
2 c. uncooked macaroni
1 can cream of onion soup
1 can cream of chicken soup
2 c. milk
1 med. onion, chopped
1 1/2 c. chicken broth
1/4 lb. grated cheese
Salt *and* pepper, to taste

Put in large cake pan and top with 1 can French fried onions. Bake 1 to 1 1/2 hours at 350°. Place tin foil on top and remove foil last 10 minutes.

Chicken Casserole

Blanche Christianson

6 *to* 8 boneless chicken breasts
1 lg. bottle Catalina dressing
1 can cranberries (jelled *with* whole cranberries)
1 pkg. dried Lipton onion soup mix

Mix dressing and cranberries together. Spray pan with Pam. Lay chicken in 9 x 13 inch pan. Salt and pepper. Pour mixture over chicken. Sprinkle soup mix over all. Cover with tin foil and bake 1 1/2 hours at 350° or until done.

"The earth is full of the goodness of the Lord." Psalm 33:5

CHICKEN HOT DISH *Emma Olson*

2 c. chicken, cut up
2 c. uncooked macaroni
1 sm. onion
1/2 green pepper
1/2 tsp. salt
1/2 lb. grated cheese
1 can chestnuts
1 sm. can mushrooms
1/2 jar pimientos
1 can chicken broth
2 cans cream of mushroom soup
1 can milk

Mix all ingredients together. Refrigerate overnight in a 9 x 13 inch pan. Bake at 350° for 1 hour 10 minutes.

CHICKEN HOT DISH *Marilyn M. Haug*

3 c. chicken
1 can water chestnuts, sliced
1 c. celery
1/2 c. onion
1 can cream of celery soup
2/3 c. Miracle Whip
1/2 c. sour cream
1 (8 oz.) pkg. crescent rolls
2/3 c. grated cheddar cheese
1/2 c. almonds

Combine sour cream, Miracle Whip and soup; add chicken, onion, celery and chestnuts. Pour into 9 x 13 inch pan. Separate rolls into 2 strips and lay on top of mixture. Sprinkle on cheese and almonds. Bake at 350° 30 to 45 minutes.

CHEESY ENCHILADA CASSEROLE *Donna Bock, Des Moines, IA*

1 lb. ground pork *or* beef
1 med. green pepper, chopped
1 med. onion, chopped
1 garlic clove, minced
1 can (16 oz.) pinto beans, drained
1 c. picante sauce
1 can (15 oz.) tomato sauce
1 tsp. ground cumin
1 1/2 tsp. salt
12 corn tortillas
2 c. shredded cheddar *or* Monterey Jack cheese
Shredded lettuce
Sour cream
Chopped tomato

Brown meat with green pepper, onion and garlic; drain. Add beans, tomato and picante sauce, cumin and salt. Simmer 15 minutes. Spoon small amount into 13 x 9 inch pan, spreading to coat bottom of pan. Cover with 6 tortillas, overlapping to cover meat mixture.

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CHEESY ENCHILADA CASSEROLE (CONTINUED)

Top with half of rest of meat mixture. Sprinkle with 1 cup cheese. Cover with 6 tortillas, overlapping to cover cheese. Top with rest of meat. Cover tightly with fork. Bake at 350° 20 minutes. Remove foil; top with rest of cheese. Bake, uncovered, for 5 minutes. Let stand 5 minutes before cutting. Top with lettuce, sour cream and tomato.

CHILI CASSEROLE *Cari Kraft, Blair, NE*

1/2 lb. ground beef
1/2 lb. ground turkey
1 1/4 c. macaroni, cooked
1 sm. onion, diced
1/2 tsp. chili pepper
Salt *and* pepper
1 can red kidney beans
2 (8 oz.) cans tomato sauce
1 c. grated cheese

Brown beef; add onions and simmer. Combine remaining ingredients, all but the cheese, in a casserole dish. Add the meat mixture. Sprinkle cheese on top. Stir a little to mix throughout. Bake, uncovered, at 350° for 30 to 40 minutes.

ENCHILADA CASSEROLE *Kay Helland*

2 1/2 lbs. round beef
1 chopped onion
1 chopped green pepper
2 tsp. chili powder
2 cans cream of mushroom soup
1/2 can water
1 (4 oz.) can chopped chilies
1 (8 oz.) can enchilada sauce (mild)
1/4 tsp. garlic powder
1 pkg. soft tortillas
1 lb. grated cheddar cheese

Brown ground beef, onion, green pepper and chili powder. Remove from heat and add cream of mushroom soup, water, chilies, sauce and garlic powder. Line 9 x 13 inch casserole with tortillas, meat mixture and cheddar cheese in alternate layers. Refrigerate 24 hours before cooking. Cover and bake at 350° for 50 minutes. Remove. Cover and bake 5 minutes more. Serve with chopped lettuce, tomatoes, refried beans and sour cream.

ENCHILADAS *Chandra McMahon*

24 sm. flour tortillas
16 oz. can refried beans
1 med. onion
2 pkgs. taco seasoning
1 c. water
2 cans mild enchilada sauce
3 c. grated cheese
2 lbs. ground beef

Brown hamburger and chopped onion; drain. Add refried beans, taco seasoning and water. Stir and heat until thick. Pour 1 can enchilada sauce into 9 x 12 inch pan. Spoon ground beef mixture onto tortilla shells and roll. Place in pan, seam down. Repeat until pan is full. Pour another can enchilada sauce over top. Sprinkle with cheese. Bake at 350° 20 to 30 minutes or until cheese melts. Can refrigerate overnight before baking.

GERMAN GOULASH *Marge Wendt*

1 1/2 lbs. ground beef
Onion, to taste
1/2 lg. pkg. wide noodles
1 can cream of chicken soup
1 can cream of celery soup
1 lg. can sauerkraut
1 c. water

Brown ground beef and onions. Cook noodles. Mix all above ingredients well. Bake in buttered casserole until heated through at 350°.

HAMBURGER CASSEROLE *Laura Wendt*
Ronna Lounsbery

1 lb. raw hamburger
1 can cream of mushroom soup
1 lb. pkg. frozen Tater Tots

Put hamburger in bottom of baking dish. Pour soup over meat and top with frozen Tater Tots. Bake 1 1/2 hours at 350°. Cream of chicken soup can also be used.

GROUND BEEF CASSEROLE *Mrs. Grant Olson*
(Recipe From Marguerite Olson)

1 lb. ground beef
1 c. uncooked rice
2 cans cream of celery soup
Chopped onions (optional)
2 1/2 c. water
2 tsp. salt
1 c. chopped celery (optional)

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GROUND BEEF CASSEROLE (CONTINUED)

Mix thoroughly and pour into large casserole. Cover and bake at 350° for 1 hour. Stir with fork and top with buttered crumbs or crushed corn flakes. Bake, uncovered, 1/2 hour longer.

HAMBURGER DRESSING CASSEROLE *Hazel Olson*

2 lbs. ground beef
1 (7 oz.) pkg. croutons
1/4 c. butter *or* margarine, melted
Salt *and* pepper
1/2 c. onion, chopped
1 c. celery, chopped
1 can cream of mushroom soup
1 c. water

Put raw ground beef in the bottom of 9 x 13 inch pan. Salt and pepper slightly. Mix croutons, butter, onions, celery and water. Place over hamburger. Mix soup together and spoon over crouton mixture. Bake at 350° 1 hour. Cut into squares and serve. Serves 8. Freezes well.

CASSEROLE OF HAM AND HOMEMADE NOODLES

Eleanor Christianson

HOMEMADE NOODLES:

4 eggs; beaten with fork. 2 cups flour or enough to roll out on floured board. When dry enough, roll up and cut in strips or squares. Dry well.

Ham
2 c. homemade noodles
5 eggs
1/2 c. milk
Salt *and* pepper

Cook 2 cups noodles (recipe above) in about 4 cups boiling water. Cook until tender; drain. In casserole, layer ham and noodles. Beat eggs and 1/2 cup milk, salt and pepper and pour over ham and noodles. Bake at 350° about 30 to 35 minutes. 6 servings.

"Pleasant words are like a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24

HAMBURGER RICE CASSEROLE *Ronna Lounsbery*

1 c. uncooked Minute Rice
1/2 c. margarine
1/2 *to* 1 med. onion, chopped
1 can cream of chicken soup
1 1/2 cans water
1 lb. hamburger
Salt *and* pepper, to taste

Brown hamburger. Put all ingredients in greased 2 quart casserole. Bake at 375° for 45 minutes to 1 hour. Serves 6. Can also be made as a skillet dish.

POTATO, CORN AND CHEESE OMELET *Jeanne Reynolds*

1/4 lb. bacon
1 sm. onion, chopped
1 tsp. chopped green pepper
1 c. cubed cold boiled potatoes
1/2 c. cubed cheese
1 can whole kernel corn, drained
2 eggs
1/4 c. milk
1/2 tsp. salt

Fry bacon until crisp and set aside. Brown slightly onion, green pepper and potatoes in bacon fat, then add cheese and corn. Beat eggs; add milk and salt. Add to other ingredients and fold when brown and slightly set. Turn onto a hot platter and garnish with crumbled bacon. Keep heat at low temperature when cooking cheese and eggs as it will burn easily.

EASY LASAGNA *Brenda Underberg*

1/2 lb. lasagna noodles
1 garlic clove, minced
1 onion, chopped
1 T. oregano
2 tsp. basil (optional)
1/2 tsp. salt
2 cans (8 oz.) tomato sauce
1 (6 oz.) can tomato paste
1 1/2 lbs. hamburger
1 egg
1 (24 oz.) container cottage cheese
12 oz. mozzarella cheese
1/2 c. Parmesan cheese

Brown hamburger with garlic and onion. Salt and pepper to taste. Add tomato sauce, paste, oregano and basil. Let simmer for 20 to 30 minutes. Mix 1 egg and cottage cheese. After hamburger mixture simmers, layer in 9 x 13 inch pan the noodles, cottage cheese mix, mozzarella cheese and meat sauce (usually 3 layers). Sprinkle top with Parmesan cheese. Bake at 350° for 35 to 45 minutes. If you don't cook the noodles, bake longer.

LASAGNA

Marge Wendt

7 oz. spaghetti
2 eggs
2 T. butter
1/3 c. Parmesan cheese
1 lb. ground beef
1/2 c. onion
1 med. jar spaghetti sauce
2 c. cottage cheese
1/2 c. mozzarella cheese

Cook spaghetti and drain. Beat 2 eggs and add 2 tablespoons butter and 1/3 cup Parmesan cheese. Add to spaghetti and spread in 9 x 13 inch pan. Brown 1 pound ground beef with 1/2 cup onion and drain. Add 1 medium jar spaghetti sauce. Layer 1/2 of meat sauce with 2 cups cottage cheese, ending with meat sauce. Top with 1/2 cup of mozzarella cheese. Bake at 350° 25 minutes.

SIMPLE LASAGNE

Betty Janssen

2/3 pkg. lg. noodles (lg. pkg.)
2/3 lg. carton cottage cheese
1 c. sour cream
2 lbs. hamburger
Sm. *to* med. onion
Italian seasoning (1 1/2 tsp.)
1 tsp. salt *and* pepper, to taste
15 oz. can tomato sauce
Parmesan cheese

Cook noodles until tender; add cottage cheese and sour cream. Cook hamburger with onion; sprinkle with Italian seasoning, salt and pepper. Add tomato sauce and cook about 5 minutes more. Layer in 9 x 13 inch pan noodles first, then meat, noodles and meat on top. Sprinkle with Parmesan cheese. Bake at 350° about 45 minutes.

MACARONI CASSEROLE

Eleanore Grefstand

2 c. uncooked macaroni
2 (10 3/4 oz.) cans cream type soup
2 (10 3/4 oz.) cans milk
1 c. shredded cheese
1 tsp. minced onion
2 c. diced ham *or* 2 sm. cans chicken

Mix all ingredients together. Place in lightly greased 9 x 13 inch casserole dish and cover. Refrigerate overnight. Bake 1 hour at 350°.

PIZZA CUPS *Marguerite Olson*

3/4 lb. ground beef
1 (6 oz.) can tomato paste *or* sauce
1 T. instant diced onion
1 T. seasoning (your choice)
1 (10 oz.) can refrigerated biscuits
1/2 *or* 3/4 c. shredded mozzarella cheese

Brown and drain beef. Stir in tomatoes, onion and seasoning. Cook over low heat for 5 minutes, stirring frequently. Place biscuits in greased muffin tin, pressing to cover bottom and sides. Spoon about 1/4 cup meat mixture into biscuit-lined cups. Sprinkle with cheese. Bake for 12 minutes at 400° or until golden brown. Makes 12 pizza cups. Easy for children to handle.

PIZZIA *Marguerite Olson*

1 lb. ground beef *or* ground pork, browned
1 pkg. canned rolls
1 c. hash browns
1 c. cheddar cheese
5 eggs, beaten *with* 1/4 c. milk

Place rolls in ungreased 9 x 13 inch pan with the points toward center. Press to form a crust. Spread meat on top with potatoes and beaten egg mixture. Sprinkle with cheese. Bake 25 to 30 minutes at 375°.

PORK CHOP CASSEROLE *Tami Helland*

4 c. cubed potatoes
1 can cream of mushroom soup
2/3 c. canned milk
2 T. onions
1/2 tsp. salt
3 *to* 4 pork chops
Pepper, to taste

Trim and season pork chops. Brown pork chops slowly. Set aside. Grease 2 quart casserole. Put in cubed potatoes. Pour soup, milk, onions, salt and pepper over potatoes. Place pork chops on top. Bake, covered, at 375° for about 1 1/2 hours. Serves 4.

PORK CHOP CASSEROLE

Virginia Hundertmark

6 pork chops
5 c. sliced potatoes
6 slices cheese
1 can cream of celery soup *or* cream of chicken soup
1 1/4 c. milk
1/2 c. chopped onions

Brown pork chops. Put half of potatoes in greased 9 x 13 inch pan or large casserole. Lay cheese on top and cover with rest of potatoes. Sprinkle with salt and pepper. Put pork chops on top. Mix cream soup, milk and onions in saucepan; heat. Pour soup mixture over chops. Bake, covered, 1 hour at 350°. Uncover and bake 1/2 hour or until potatoes are done.

SCALLOPED POTATOES AND HAM

Janet (Enger) Law

2 cans cream of potato soup
2 cans cream of celery soup
1 (8 oz.) carton sour cream
1 c. milk
2 lb. bag Lynden Farms hash browns
Ham (as desired)
2 c. shredded cheddar cheese

Mix soups, sour cream and milk together. Add frozen hash browns, ham and shredded cheese. Put in 9 x 13 inch pan or can be divided into 2 large casserole dishes. Bake at 350° for 1 1/2 to 2 hours. This makes a large batch.

SPAGHETTI SAUCE

Unknown

4 onions, minced
3 cloves garlic *or* 2 *to* 3 T. minced garlic
4 qts. tomatoes, peeled *and* diced *or* juiced
4 (6 oz.) cans tomato paste
3 *to* 4 bay leaves
1 (16 oz.) can sliced mushrooms
1 c. parsley, chopped
5 T. sugar
3 tsp. salt
4 T. Italian spices

Add all ingredients to large pan and simmer 2 hours on low heat. Discard bay leaves. Makes about 5 quarts. May process in hot water bath or freeze.

Mother Dok's Spaghetti Sauce

Teri (Kraft) Doksansky

1 lb. ground beef
1 sm. onion, chopped
1 tsp. celery salt
1 carrot, chopped
1 tsp. sugar
1 1/4 tsp. baking soda
2 sm. cans tomato paste
1 sm. can tomato sauce
Basil, to taste
Oregano, to taste

Brown ground beef together with onion, carrot, celery salt and salt and pepper to taste. Drain. Put all ingredients in big pot. Fill each tomato sauce and paste can with water and add. Simmer, the longer the better.

Spaghetti Pie

Wanda Thilges
Mrs. Thomas Denman Sr., East Hampton, CT

1 (8 oz.) pkg. spaghetti, broken into 2 in. pieces
2 T. butter
1/3 c. grated Parmesan cheese
1/2 tsp. salt
1/4 tsp. pepper
1 egg, well-beaten
1 1/2 lbs. hamburger
1 med. onion, chopped
1/4 c. chopped green pepper
Mushrooms
1 jar (15 1/2 oz.) Prego spaghetti sauce
1 tsp. sugar
1/2 tsp. oregano
1/2 tsp. garlic powder
1 c. cottage cheese
4 oz. mozzarella shredded cheese

Cook spaghetti in boiling water by directions; drain. Place in 9 x 13 inch baking dish. Stir in butter, Parmesan cheese, salt, pepper and egg until well-combined. Spread mixture evenly in pan. Sauté hamburger (until color gone), onion and green pepper; drain. Stir in spaghetti sauce, sugar, oregano and garlic. Spread cottage cheese over spaghetti layer. Top with meat mixture. Bake at 350° 30 minutes. Sprinkle mozzarella over top. Bake 10 minutes or until cheese is melted and just begins to brown. Let stand 15 minutes before cutting. Delicious!

SPAGHETTI PIZZA

Gwen Rolland

From a niece.

1/2 lb. spaghetti, cooked
1 c. milk
2 eggs, beaten
32 oz. jar spaghetti sauce
1 1/2 *to* 2 lbs. hamburger, browned
Sliced pepperoni (as desired)
4 oz. can mushrooms
Onions, green pepper *and* garlic
Salt, to taste
2 c. grated mozzarella cheese
1 c. grated cheddar cheese

Spread spaghetti in greased 9 x 13 inch pan. Combine milk and eggs and pour over spaghetti. Combine spaghetti sauce and hamburger and pour over spaghetti. Layer pepperoni, mushrooms, onions and green peppers. Add garlic salt to taste. Bake 20 minutes at 350°. Top with cheese and bake 10 minutes longer. Cool before slicing.

BACON AND POTATO-VEGETABLE CASSEROLE

Jane Maurer

1 pkg. frozen hash browns
1/2 can evaporated milk
1 can mushrooms, drained
1 green pepper, chopped
4 oz. cheddar cheese chunks
Additional evaporated milk (if needed)
8 *to* 10 bacon slices, fat edges removed
1 pkg. frozen winter vegetables (chopped broccoli *and* cauliflower)
1 c. sour cream onion potato chips

Microwave first 5 ingredients in 9 x 13 inch glass pan 8 to 10 minutes on high. May need to add more milk, so watch it cook. Microwave bacon slices on high 3 minutes, layering with paper towels to absorb grease. Cut in 1 to 2 inch pieces. Microwave winter vegetables according to package directions, about 7 minutes on high. Sit 1 minute; drain. Add above vegetables to 9 x 13 inch pan and mix with potatoes. Top with bacon. Crumble potato chips and sprinkle on top. Bake 15 minutes at 400°.

PEPPERONI BREAD (A MEAL IN ITSELF) *Iva Jurgens*

1 loaf white frozen bread dough
1 egg
8 *to* 10 slices salami
2 oz. pepperoni, sliced
5 *to* 6 slices provolone cheese
1 (4 oz.) pkg. mozzarella cheese, shredded
Garlic powder
Parmesan cheese, grated
Salt *and* pepper
Oregano
Parsley
Onion powder
1 *to* 2 tsp. olive oil

Defrost dough on a greased cookie sheet. Spread out to edge. Beat egg and brush over dough. Alternate salami, pepperoni and provolone over bread. Sprinkle all other ingredients over bread like a pizza. Roll like a jelly roll, covering dough with more egg after each turn. Seal ends and place seam side down. Bake at 325° for 30 to 45 minutes; check occasionally.

VEGETABLE CASSEROLE *Hilda Via*

2 pkgs. broccoli
2 pkgs. cauliflower
Onion salt
Velveeta cheese slices
2 cans cream of celery soup
2 cans cream of chicken soup
2 slices bread

Cook broccoli and cauliflower together, but not too well done. Drain and put in casserole dish. Add soups. Season with onion salt. Put cheese slices on top. Butter 2 slices of bread and cut in cubes and put on top. Bake 45 minutes in 350° oven.

VEGETABLE CASSEROLE *Eleanore Grefstand*

1 (16 oz.) pkg. frozen broccoli
1 (8 1/2 oz.) pkg. Jiffy corn muffin mix
3 eggs
1 c. diced ham
1 c. grated cheddar cheese
1 stick melted margarine
3/4 c. milk
1 tsp. minced onion

Beat eggs. Mix in rest of ingredients, saving some cheese to sprinkle on top. Bake at 350° for 30 minutes in a greased 8 x 11 inch pan. You may use frozen broccoli with cauliflower, if desired.

CREAMY SPAM AND BROCCOLI CASSEROLE

Evelyn Jenson

Vegetable cooking spray
1 (7 oz.) pkg. elbow macaroni
2 c. frozen cut broccoli, thawed *and* drained
1 (12 oz.) can Spam, cubed
1/2 c. chopped red bell pepper
2 c. skim milk
2 T. cornstarch
1/4 tsp. pepper
1 c. shredded cheddar cheese
3/4 c. soft bread crumbs
2 tsp. melted margarine

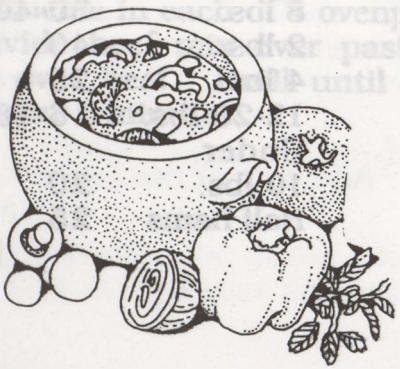
Heat oven to 350°. Spray 2 quart casserole with vegetable cooking spray. Cook macaroni; drain. In casserole, combine macaroni, broccoli, Spam and red pepper. In small saucepan, stir together milk, cornstarch and pepper until cornstarch is dissolved. Bring to a boil, stirring constantly, until thickened. Reduce heat. Add cheese; stir until melted. Combine sauce with other ingredients. Combine bread crumbs and margarine; sprinkle on top of casserole. Bake 40 minutes. Serves 8.

SKILLET ZUCCHINI

Dora Tofteberg

1/2 lb. hamburger
1/4 c. chopped onion
1 med. green pepper
5 med. fresh tomatoes, peeled *and* chopped
2 med. zucchini, cubed
1 tsp. oregano
1 tsp. dried parsley
Salt *and* pepper, to taste

Brown meat; drain off excess fat. Put onions and green peppers with meat in skillet and heat. Add tomatoes and raw zucchini. Stir-fry 10 minutes, until vegetables are tender. Add spices. Cook 2 minutes longer. Serves 4.



MEATS

MEAT COOKING CHART

ROASTING	*WEIGHT*	*MINUTES PER LB.*	*OVEN TEMP.*
FRESH PORK			
Rib and loin	3-7 lbs.	30-40	325°
Leg	5 lbs.	25-30	325°
Picnic Shoulder	5-10 lbs.	40	325°
Shoulder, butt	3-10 lbs.	40-50	325°
Boned and rolled shoulder	3-6 lbs.	60	325°
BEEF			
Standing ribs			
- rare	3-7 lbs.	25	325°
- medium	3-7 lbs.	30	325°
- well done	3-7 lbs.	35	325°
For rolled and boned roasts, increase cooking time 5 to 12 minutes.			
LAMB			
Shoulder			
- well done	4-10 lbs.	40	325°
- boned and rolled	3-6 lbs.	40	325°
Leg			
- med.	5-10 lbs.	40	325°
- well done	3-6 lbs.	40-50	325°
Crown - well done	3-6 lbs.	40-50	325°
SMOKED PORK			
Shoulder and picnic hams	5 lbs.	30-40	325°
	8 lbs.	30-40	325°
Boneless butt	2 lbs.	40	325°
	4 lbs.	25	325°
Ham	12-20 lbs.	16-18	325°
	Under 10 lbs.	20	325°
	Half hams	25	325°

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MEAT COOKING CHART (CONTINUED)

ROASTING	*WEIGHT*	*MINUTES PER LB.*	*OVEN TEMP.*
VEAL			
Loin	4-6 lbs.	35	325°
Leg	5-10 lbs.	35	325°
Boneless shoulder	4-10 lbs.	45	325°
POULTRY			
Chicken	3-5 lbs.	40	325°
Stuffed	Over 5 lbs.	30	325°
Turkey	8-10 lbs.	20	325°
	18-20 lbs.	14	325°
Duck	5-10 lbs.	30	325°

FRENCH BEEF AU GRATIN

Teri (Kraft) Doksansky, Barstow, CA

1/2 c. butter
4 c. thinly sliced onion
1 lb. beef tenderloin *or* sirloin, cut into 1/2 in. cubes
3 T. flour
1 T. brown sugar, packed
1 tsp. cumin
1 tsp. salt
1/2 tsp. pepper
1 qt. beef broth
2 c. cooked fettucine
1 c. shredded mozzarella cheese
1/4 c. grated Parmesan cheese

Sauté onions in melted butter until caramelized, but not burned, 15 to 20 minutes. Remove onions to a bowl with a slotted spoon. Set aside. Add beef to pan and brown on all sides. Return onions and juices to pan.

In small bowl, mix flour, sugar, cumin, salt and pepper. Add to pan and stir 1 minute, until bubbly. Gradually add broth, stirring to scrape drippings. Simmer 10 minutes. Heat broiler.

Place 1/2 cup fettucine in each of 4 ovenproof bowls (about 16 ounces each). Divide beef mix over pasta. Stir cheeses together and sprinkle over beef. Broil until cheese is melted and lightly browned, about 5 minutes.

SOUTHWESTERN BEEF BRISKET

Betty Curtis

1 fresh beef brisket (3 lbs.
1 1/4 tsp. salt, divided
1/2 tsp. pepper, divided
2 T. cooking oil
1 1/2 c. water
1 can (8 oz.) tomato sauce
1 sm. onion, chopped
2 T. red wine vinegar
1 T. chili powder
1 tsp. dried oregano
3/4 tsp. ground cumin
1/2 tsp. garlic powder
1/8 *to* 1/4 tsp. ground red pepper
3 med. sweet red peppers, cut into strips
1 1/2 c. sliced carrots, 1 in. chunks

Season beef with 1 teaspoon salt and 1/4 teaspoon pepper. In a Dutch oven, heat oil; brown the beef on both sides. Combine water, tomato sauce, onion, vinegar, chili powder, oregano, cumin, garlic powder, red pepper and remaining salt and pepper; pour over meat. Cover and bake at 325° for 2 hours. Add red peppers and carrots. Bake 1 hour longer or until meat is tender. Remove meat. Let stand 15 minutes before cutting. Thicken juices with a little flour or cook over high heat to reduce and thicken. Yield: 10 to 12 servings.

BARBECUED HAMBURGERS

Jeanne Reynolds

1 c. bread crumbs
1/2 c. milk
1 lb. ground beef
1 med. onion, minced
1/4 c. fat
1/2 tsp. salt
1/8 tsp. pepper
4 T. Worcestershire sauce
2 T. vinegar
1/4 c. sugar
1 c. catsup

Combine crumbs, milk, meat and onions into 12 patties. Brown on both sides in fat. Combine other ingredients and pour over meat. Simmer 10 minutes.

BBQ MEATBALLS

Lisa Underberg Hogan

1 lb. ground beef
1 egg
3/4 c. Rice Krispies
Onion
Salt
Pepper

Mix together. Add 1/2 of the following sauce.

(Continued Next Page)

BBQ MEATBALLS (CONTINUED)

3 T. brown sugar
1/2 c. ketchup
1 tsp. dried mustard
1/8 tsp. nutmeg

Roll into balls and put into casserole. Top with rest of sauce and 1/2 cup Rice Krispies. Bake at 350° for 1/2 hour or more.

BBQ MEATBALLS *Sharon Olson*

6 c. ground meat
1 c. milk
2 c. oatmeal
2 eggs
3/4 tsp. chili powder
1 c. chopped onion
1/2 tsp. garlic
2 tsp. salt
1/2 tsp. pepper

SAUCE:

2 c. catsup
1 c. brown sugar
2 tsp. liquid hickory smoke
1/2 c. chopped onion
1/4 tsp. chili powder

Combine ground meat, milk, oatmeal, eggs, onions, garlic, salt, pepper and chili powder. Form into balls and place in 13 x 9 inch cake pan. Mix sauce ingredients together and pour over meatballs. Bake at 350° for 1 hour. Makes approximately 16 meatballs.

BBQ MEATBALLS *Evelyn Jenson*

2 lbs. hamburger
2 T. oleo
1/2 c. onion
1 c. water *plus* 2 T. vinegar
1 c. catsup
2 T. brown sugar
1 tsp. dry mustard
2 T. lemon juice
2 T. Worcestershire sauce

Make the meatballs from the hamburger. Sauté the oleo and onions. Brown the meatballs. Mix the remaining ingredients together and pour over the browned meatballs. Bake at 350° for 1 hour.

"But I am like a green olive in the house of God.
I trust in the mercy of God forever and ever." Psalm 52:8

BEANS AND MORE BEANS

Lois Watnem

1 lb. hamburger
1/4 lb. bacon, cut in sm. pieces
1 sm. onion
1 lg. can pork *and* beans
1 can butter beans
1 can kidney beans
1/2 c. brown sugar
1/2 c. catsup
1/4 c. mustard

Brown first 3 ingredients. Add beans, sugar, catsup and mustard. Bake 40 minutes at 350°.

BURRITOS – EGG AND HAM

Lisa Underberg Hogan

Eggs
Half-and-half *or* milk
Mushrooms
Melted butter
Flour tortillas
Shredded cheese
Picante sauce
Chopped up ham

Mix eggs and milk in bowl. Put mixture in heated skillet with melted butter on bottom of pan. Add mushrooms and ham and cook until ready. Put egg mixture into tortilla shells (proportion amounts). Roll up and put into baking pan. Sprinkle with shredded cheese and picante sauce. Put in oven to heat. Serve with sour cream.

CROCKPOT BEANS

Ardis Larson

1/2 lb. ground beef
3/4 lb. bacon, cut in sm. pieces
1 c. chopped onion
2 cans pork *and* beans *and* juice (1 lb. 15 oz. size)
1 can (1 lb.) lima beans, drained
1 can (1 lb.) kidney beans, drained
1 c. ketchup
1/4 c. brown sugar
1 T. Liquid Smoke
3 T. white vinegar
1 tsp. salt *and* dash of pepper

Brown ground beef in skillet. Drain fat. Put beef in crockpot. Brown bacon and onion; drain. Add bacon, onions and remaining ingredients to crockpot. Stir well together. Cover and cook for 9 hours or more on low. Good for large gatherings.

POOR BOY FILETS *Patty Peterson (Berge)*

5 slices bacon
1 lb. lean ground beef
1/4 c. grated cheese (Parmesan)
1 (2 oz.) can mushroom stems *and* pieces, drained
3 T. finely chopped pimiento stuffed olives
2 T. finely chopped onion
2 T. finely chopped green pepper

Put ground beef on waxed paper or freezer paper. Form into 12 x 7 1/2 x 1/4 inch rectangle. Top with Parmesan cheese. Combine mushrooms, olives, onion and green pepper. Sprinkle evenly over meat. Roll up starting with short end. Slice and wrap with a strip of bacon, securing with toothpicks. Grill 7 minutes on each side. These freeze well individually and are nice to have on hand.

HAMBURGER CHOW MEIN *Lois Watnem*

2 c. onion, cut up
2 c. celery, cut up
2 lbs. hamburger
1 can tomato soup
1 can mushroom soup
1 can bean sprouts
2 cans chow mein noodles
Salt *and* pepper

Fry first 3 ingredients. Add soups, sprouts, noodles, salt and pepper. Mix altogether. Bake 45 minutes at 350°.

MEATBALLS AND SAUCE *Elsie Hankins*

1 egg, beaten
1 1/2 c. cracker crumbs
3/4 c. milk *or* tomato juice
1 3/4 lbs. ground beef (lean)
2 tsp. Lipton onion (just the dry onion part)
1/4 tsp. salt
A little pepper

Mix altogether and form into balls. Flour the meat a little so sauce thickens.

SAUCE:

1/3 c. vinegar
3/4 c. water
3/4 T. (level) sugar
1 T. Worcestershire sauce
3/4 c. catsup (Heinz)

Mix altogether and pour over meatballs. Bake at 350° for 1 1/2 hours. Turn the meatballs about 3 times while baking.

MARINADE FOR STEAKS *Brenda Underberg*

3/4 c. olive oil
1/2 c. soy sauce
2 T. Worcestershire sauce
1 T. dry mustard
1 tsp. salt
1 tsp. coarse pepper
1/4 c. wine vinegar
1 tsp. dried parsley flakes
2 cloves garlic, crushed (optional)
1/4 c. lemon juice

Combine all ingredients and mix well. Store in refrigerator until ready to use. Yields 1 3/4 cups.

MEAT MARINADE – BEEF OR PORK *Sharon Olson*

1/2 c. oil
2 T. vinegar
2 T. paprika
1/2 tsp. garlic salt
1/4 tsp. pepper
2 tsp. meat tenderizer
2 tsp. Worcestershire sauce
1 tsp. salt

Mix all ingredients together and pour over meat in a covered non-metalic pan for 1 hour or overnight. Excellent for grilling or broiling meat.

MEATBALLS *Cari Kraft (Adam's Mom)*

1/2 lb. ground beef
1/2 lb. ground turkey
1 sm. onion, chopped
2 eggs
3 T. Romano cheese
Salt *and* pepper
1/4 tsp. garlic
1 tsp. parsley flakes

Mix ingredients together and form into balls. Brown in pan with 1/4 cup water. Add to spaghetti sauce. Also can be frozen raw for later meals.

MEATBALLS IN SAUCE *Beverly Halsrud*

1 1/2 lbs. ground beef
1/4 c. onion
3/4 c. milk
3/4 c. oatmeal
1 egg
Salt *and* pepper

Put in refrigerator overnight. Make into meatballs in deep dish. Make sauce with 1 cup catsup, 1 cup brown sugar, 1 cup pineapple juice and 1/2 cup water. Pour sauce over. Bake for 1 hour.

OVEN PORCUPINE MEATBALLS

Jeannette Chambers
Ronna Lounsbery

1 lb. ground beef
1/2 c. uncooked rice (Minute)
1/2 c. water
1/3 c. onion, chopped
1 tsp. salt
1/2 tsp. celery salt
1/8 tsp. garlic powder
1/8 tsp. pepper
1 can (15 oz.) tomato sauce
1 c. water
2 tsp. Worcestershire sauce

Heat oven to 350°. Mix meat, rice, 1/2 cup water, onion, salts, garlic powder and pepper. Shape mixture by rounded tablespoonsful into balls. Place meatballs in ungreased baking dish (8 x 8 inch). Stir together remaining 3 ingredients. Pour over meatballs. Cover with aluminum foil. Bake 45 minutes. Uncover; bake 15 minutes longer. 4 to 6 servings.

APPLESAUCE MEAT LOAF

Marguerite Olson

1 1/2 lbs. ground beef
3/4 c. quick uncooked oatmeal
1 egg, slightly beaten
1 1/2 tsp. salt *and* 1/4 tsp. pepper *or* 2 tsp. granulated dry beef bouillon
3/4 *to* 1 c. applesauce (sweetened *or* unsweetened)

Thoroughly combine all ingredients in large bowl. Pack firmly in 8 1/2 x 4 1/2 inch loaf pan. Bake about an hour at 350°. Top with cheese slices or frost with mashed potatoes, sweet potatoes, ketchup glaze or fruit jelly.

I found this recipe in the Des Moines Register when I was a 4-H Club leader. The girls made this when they entertained their parents.

CELEBRATE NEBRASKA BURGERS

Cari Kraft, Blair, NE

1/2 lb. hamburger
1/2 lb. ground turkey
1 sm. onion, minced
1 sm. potato, grated *with* peel
1 tsp. salt
1/2 tsp. med. ground black pepper
1/2 c. bread crumbs
1/4 c. milk
1 egg

Mix and form patties. Spray broiler surface or foil-lined grill (they will stick and crumble if not sprayed) with Pam. Cook on both sides. Top with favorite cheese and toppings.

PRIZE WINNING MEAT LOAF

Shirley Bakken

1 1/2 lbs. ground beef
1 c. tomato juice
3/4 c. oatmeal (quick)
1 egg, beaten
1/4 c. diced onion
1/2 tsp. salt
1/4 tsp. pepper
Catsup (for top)

Heat oven to 350°. Combine all ingredients lightly, but thoroughly. Press into 8 x 4 inch loaf pan. Drizzle catsup over top. Bake 1 hour. Drain off drippings. Let set 5 minutes and serve.

A family favorite. It is the recipe which I got off the oatmeal box.

COMPANY PORK CHOPS

Cari Kraft (Mike's Wife)

4 *to* 6 pork chops
1 can cream of mushroom soup
2 c. apple juice
Salt *and* pepper, to taste

Brown pork chops in Dutch oven or skillet about 10 to 15 minutes. Combine mushroom soup and juice and pour over chops. Reduce heat and simmer for 1 to 1 1/2 hours, turning chops and stirring as necessary. Soup and juice cook into an unbelievable gravy that is great for mashed potatoes.

BAVARIAN POT ROAST

Betty Curtis

1 boneless beef chuck pot roast (about 3 lbs.)
2 T. cooking oil
1 1/4 c. water
3/4 c. beef broth *or* beer
1 can (8 oz.) tomato sauce
1/2 c. chopped onion
2 T. sugar
1 T. vinegar
2 tsp. salt
1 tsp. ground cinnamon
1 bay leaf
1/2 tsp. pepper
1/2 tsp. ground ginger
Cornstarch *and* water (optional)

In a Dutch oven, brown roast in hot oil. Combine water, beer or broth, tomato sauce, onion, sugar, vinegar, salt, cinnamon, bay leaf, pepper and ginger. Pour over meat and bring to a boil. Reduce heat; cover and simmer until meat is tender, about 2 1/2 to 3 hours. Remove meat. Discard bay leaf. If desired, thicken juices with cornstarch and water. Yield: 8 to 10 servings.

PORK CHOP DINNER

Sheryl (Lounsbery) McMahon
Titonka, IA

1 pork chop, raw
1 med. potato, raw, cubed
2 *to* 3 T. cream of mushroom *or* cream of chicken soup
2 T. milk
Salt *and* pepper, to taste
Mrs. Dash *or* other seasonings,

For each serving wanted, wrap all up in tin foil (pork chop on bottom). Bake at 375° for 1 1/2 hours. Very tasty!

FRENCH POT ROAST

Kristine Aure Cunningham

Serves 8

3 lb. boneless chuck *or* rump roast
1 tsp. salt
1 tsp. dried thyme
1 bay leaf
1 lg. clove garlic, cut into 1/4's
6 whole cloves
5 peppercorns
4 c. water
4 med. carrots, cut crosswise in 1/2
2 med. onions, cut in 1/4's
2 med. stalks celery, cut in 1 in. pieces

Place beef roast, salt, thyme, bay leaf, garlic, cloves and peppercorns in 4 quart Dutch oven. Add water. Heat to boiling; reduce heat and simmer 2 1/2 hours. Add remaining ingredients. Cover; simmer for 30 minutes or until done. Strain broth. Serve beef and vegetables with broth on side.

Kristine is a granddaughter of Cleo Gullixson.

HOMEMADE SALAMI

Kathy Harrison

2 *to* 2 1/2 lbs. good ground beef
1/2 tsp. onion powder
1/2 tsp. garlic powder
2 T. curing salt (Tender-Quick)
1 T. mustard seed
1 1/2 tsp. Liquid Smoke
Pinch of crushed red pepper
3/4 c. water

Mix all together. Shape into 3 rolls on foil and wrap. Refrigerate for 24 hours. Open up foil and bake at 300° for 1 hour 15 minutes.

MEMORIAL DAY ROAST

Hanna (Mrs. Magnus) Rongved

5 *to* 7 lb. beef roast (use a good cut of boneless meat)
1 can Campbell's cream of mushroom soup
2 c. water
Pepper
2 c. water
2 T. vinegar (optional)
1 env. Lipton dry onion soup mix

Have meat cut about 2 1/2 inches thick. Put on rack (flat one preferred) in roaster. Spread cream of mushroom soup evenly on top of meat. Sprinkle with black pepper. Sprinkle with onion soup mix. Pour water in roaster, not over meat. If you think meat isn't tender, rub with the vinegar before adding cream of mushroom soup. Put in 325° oven for 5 hours.

I have served this roast for over 40 years at our Memorial Day gathering. People always have liked it. You just prepare it, put in the oven and forget it.

MINUTE STEAK WITH GRAVY

Irene Curry

1/2 c. chopped onion
1 can cream of mushroom soup
1 can water

Salt and pepper the steak and brown. Place the steak in a Dutch oven and add the onion, soup and water. Bake at 325° for 1 hour.

OVEN ROUND STEAK DINNER

Allison Larson

2 lbs. round steak, cut into serving pieces
Flour
3 med. onions, sliced
Fat *or* oil
3 lg. potatoes, halves
1 bay leaf
1 can condensed tomato soup
1 (1 lb.) can (2 c.) French cut green beans, drained

Season meat with 2 teaspoons salt and dash of pepper. Roll in flour. Cook onions in hot fat or oil until tender, but not brown; remove onions and brown meat slowly on both sides. Place meat in 3 quart casserole; add onions, potatoes and bay leaf. Pour soup over.

Cover and bake at 350° for 1 hour 45 minutes or until meat is tender. Add beans and cook 10 to 15 minutes more. Makes 6 to 8 servings.

POOR MAN'S STEAK

Unknown

2 *to* 3 lbs. hamburger
1 c. soda cracker crumbs
Salt
Pepper
1 can cream of mushroom soup
Flour

Mix hamburger, salt, pepper and soda cracker crumbs together. Put in a cake pan and refrigerate overnight or all day. Cut in squares and dip in flour; brown in skillet. Put meat in a baking dish; cover with the soup. Bake at 300° to 350° for 1 hour.

PORK ROAST

Mary Lou Jensen

4 *to* 5 lb. roast
2 med. onions, sliced
2 tsp. mustard seed
1/2 tsp. ground nutmeg *and* cinnamon
1 tsp. salt
1/2 tsp. pepper
2 c. chicken broth
1 T. orange peel
12 sm. red potatoes
12 sm. boiling onions
4 stalks celery, sliced
2 tsp. cornstarch
2 oranges, peeled *and* sliced
1 T. parsley, chopped

Brown roast using bits of rendering fat or cut from roast. When nicely brown on all sides, remove meat and set aside. Put onion, mustard seed, cinnamon and nutmeg in same pan. Cook until onions are soft. Push onions to sides and return meat. Sprinkle on salt and pepper. Pour chicken broth over; top with grated orange peel. Cook on stove or bake in oven 2 hours, until tender. Baste with juices. Add potatoes, celery and onions. Bake in oven until vegetables are done. Remove the roast and vegetables to warm serving platter. Reduce the pan juices to 1 cup over high heat. Skim off fat. Mix cornstarch with a little cold water; add to juices, stirring constantly. Carve roast. Pour juices over the slices. Garnish with orange slices and chopped parsley. Serves 8 to 10.

"Eat it up, wear it out, make it do, or do without."

SWISS STEAK *Phyllis Johnson*

3 *to* 4 lb. round steak
1 can cream of mushroom soup
2 c. tomato juice
1 sm. onion
2 T. chopped green pepper

Brown the steak. Combine other ingredients. Put steak in small roaster and cover with liquids. Bake for 1 1/2 hours at 350°. The gravy is good over rice.

SWISS STEAK *Shirley Bakken*

1 1/2 *to* 2 lbs. round steak, cut up
1/2 c. diced celery
1/2 c. sliced mushrooms
2 T. shortening
1/4 T. garlic powder
1 c. water
1 env. onion soup
1/2 c. catsup
1/4 tsp. Worcestershire sauce
1/4 T. garlic powder

Brown the round steak in the 2 tablespoons shortening. Mix the rest of the ingredients together and pour over the browned steak. Bake in a casserole approximately 1 1/4 hours or until tender.

This recipe came from Lisa (Skow) Thoren of Rolfe to our daughter, Cindy, and then on to me.

SWISS STEAK *Barb Bratland*

2 1/2 lb. round steak
1 c. chopped celery *and* onion
1/2 c. catsup

Flour and season steak (both sides). Put in pan with grease. Brown on both sides. Cover with celery and onion. Add 1/2 cup catsup and almost cover with water. Put in 350° oven for 1 1/2 hours. Makes gravy with the meat juice.

SWEET AND SOUR PORK *Sharon Olson*

1 lb. pork, cut up
2 T. flour
1 T. oil
2 green peppers
1 1/2 c. chunk pineapple
2 T. soy sauce
1/2 tsp. salt
1/2 c. water
1/4 c. vinegar
1 med. tomato
2 T. cornstarch

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SWEET AND SOUR PORK (CONTINUED)

Coat pork with flour and fry in oil until done. Add salt and water; simmer 30 minutes. Add pepper, pineapple, sugar and vinegar. Combine cornstarch and soy sauce; stir into meat mixture. Simmer 10 minutes. Add tomato (optional) and simmer 5 minutes. Serve over rice.

OVEN BARBECUED PORK CHOPS *Blanche Christianson*

6 *to* 8 pork chops
1 T. Worcestershire sauce
2 T. vinegar
2 tsp. brown sugar
1/2 tsp. pepper
3/4 c. catsup
1/3 c. hot water
1/2 tsp. chili powder
1/2 tsp. paprika

Place chops in skillet. Combine remaining ingredients and pour over chops. Bake, uncovered, at 375° 1 hour.

HOMEMADE SUMMER SAUSAGE *Beverly Halsrud*

4 lbs. ground beef
1/2 tsp. pepper
1 T. Liquid Smoke
4 T. Morton's Tender-Quick
1/4 tsp. onion powder
1/2 tsp. garlic powder
1/4 tsp. mustard powder
1 c. water

Mix water and spices, then add meat, mixing well. Make 2 rolls; wrap in aluminum foil. Refrigerate at least 24 hours or more. Cover with water and boil in oven or on top of stove for 1 hour. Remove, open foil to drain and cool. Wrap in new foil and freeze or refrigerate.

BAKED WEINERS *Virginia Hundertmark*

1 onion
2 T. butter *or* oleo
2 T. vinegar
2 T. sugar
4 T. lemon juice
1 c. ketchup
1/2 tsp. ground mustard
1/2 c. water
16 weiners

Brown onion in butter. Add vinegar, sugar, lemon juice, ketchup, mustard and water. Bring to boil. Layer weiners in shallow pan. Pour boiled ingredients over weiners. Bake at 350° for 30 minutes or until weiners are heated through.

CHICKEN

BAKED CHICKEN

Laila Kinseth

1 can tomato soup
1/4 c. water
1 T. brown sugar
2 T. white vinegar
1 T. Worcestershire sauce
1/4 tsp. basil
1/4 tsp. oregano

Place chicken in shallow pan. In small bowl, combine all ingredients. Pour sauce over chicken and cover tightly with foil. Bake at 350° for approximately 45 minutes. Remove foil and baste chicken with sauce. Return to oven, uncovered, for about 15 minutes.

CHICKEN BREASTS

JoAnn (Enger) Harman
By Janet (Enger) Law

Chicken breasts
1 (4 oz.) pkg. dried beef
Bacon slices (same number as breasts)
1 can cream of mushroom soup
1 c. sour cream

Rinse dried beef to remove some of salt. Put in bottom of Pyrex or cake pan. Place chicken breasts over dried beef and add a slice of bacon over each breast. Bake, uncovered, at 350° for 30 to 45 minutes. Combine soup and sour cream in saucepan. Heat slightly and pour about 1/2 of the mixture over the chicken. Bake 45 minutes longer. Use remaining sauce as gravy for potatoes or rice.

CHICKEN-BROCCOLI STIR-FRY

Helen Sorlien Blanchard, Humboldt, IA

1 boneless chicken breast, skinned
1 T. oil
1 tsp. cornstarch
1 tsp. sugar
1 tsp. soy sauce
Dash of garlic salt

STIR TOGETHER (2ND PART):

1 T. cornstarch
2 T. soy sauce
3/4 c. water *and* 1 tsp. instant chicken bouillon

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CHICKEN-BROCCOLI STIR-FRY (CONTINUED)

VEGETABLES:

1/2 c. sliced fresh mushrooms
1/4 c. each sliced onion, red *and* green pepper
1 c. chopped fresh broccoli

Cut up chicken breast in pieces and marinate in oil, cornstarch, sugar, soy sauce and garlic powder (mixed together) for 30 minutes. Stir-fry chicken in oil in large fry pan or wok a few minutes. Push to sides and add vegetables. Cook 5 to 8 minutes. Add the mixture of second part (cornstarch, soy sauce, water and instant bouillon). Cook 1 minute or until thickened. Serve on rice.

CHICKEN CHOW MEIN *Lois Watnem*

1 lb. chicken breast meat
1 garlic clove, chopped
1/4 c. onion, chopped
8 oz. can water chestnuts
8 oz. can bamboo shoots
14 oz. bean sprouts
4 oz. mushrooms

Put some oil and soy sauce in a Teflon pan with chicken (cut up), garlic and onion. Sauté this. Add rest of veggies and cook. Keep adding soy sauce to taste. Don't put a lid on because the veggies will get soft. Serve over rice or chow mein noodles.

CHICKEN CORDON BLEU *Phyllis Johnson*

6 deboned chicken breasts
6 slices boiled ham
6 slices Swiss cheese
Butter
1 (10 oz.) can cream of chicken soup
1/2 c. white wine

Pound chicken breasts until flat. Place a slice of ham and a slice of cheese on each breast and roll up tightly. Fasten with toothpick (not colored). Brown chicken rolls in butter and transfer to casserole. Combine undiluted chicken soup with wine and stir until blended. Pour soup mixture over chicken rolls and bake in preheated 350° oven for 20 minutes or until chicken rolls are hot and sauce is bubbly. Serves 6.

Notice the recipe uses non-colored toothpicks. The color will bleed onto the food as it cooks.

CHICKEN AND DRESSING

Rebecca Wenthrich
Gracie Aure

1 pkg. stuffing mix
1/2 c. margarine
1 c. water

Melt margarine in water and spread in 9 x 13 inch pan.

2 1/2 c. boned *and* diced chicken
1/4 c. onion
1/2 c. green onion
3/4 tsp. salt
1 c. celery, chopped
1/2 c. mayonnaise

Mix all together and pour over stuffing. Beat 2 eggs and 1 1/2 cups milk together and pour over all. Refrigerate overnight. 1 hour before serving, pour 1 can mushroom soup over casserole. Bake at 325° 40 minutes, uncovered. Sprinkle with Parmesan cheese and bake 10 minutes longer.

CHICKEN DUMPLINGS

Mrs. Grant Olson
(Recipe From Dora Olson)

1 egg, beaten
1 c. milk
2 c. flour
1/2 tsp. salt
1 tsp. baking powder

Mix all ingredients and drop by teaspoonsful into boiling chicken soup. Boil 15 minutes.

ESCALLOPED CHICKEN

Etta Saathoff
Ronna Lounsbery

1 fat stewing hen
1 1/2 qts. dry bread cubes
2 T. onion, chopped fine
1 1/4 tsp. sage
3/4 tsp. salt
1/4 tsp. pepper
1/4 c. fat (from top of broth)
3/4 c. broth

Cook until meat falls off bones; cut meat in small pieces. Spread on bottom of pan (9 x 13 inch) and cover with a dressing made from bread cubes, onion, sage, salt, pepper, broth fat and broth. Make gravy of 4 tablespoons fat, 4 tablespoons flour and 1 quart broth. Cook until it thickens and pour over dressing. Bake 35 minutes at 375° or until well-browned. Serves 12.

GRILLED CHICKEN BREAST *Jeanne Pflibson Gibson*

2 T. ginger
1/4 c. soy sauce
3/4 c. cooking sherry

Mix ingredients. Marinate breasts in mix about 1/2 hour. Much longer makes them too soggy. Grill about 5 minutes on each side.

CHICKEN AND NOODLES *Sheryl (Lounsbery) McMahon Titonka, IA*

6 eggs, beaten
1 1/2 tsp. baking powder
Flour
Salt *and* pepper, to taste
1 stick butter *or* margarine
1 whole cooked chicken, boned, save broth
Carrot, celery, onion *and* garlic may be added

Beat eggs and baking powder. Add flour to get consistency of cookie dough. Knead, adding flour until rolling consistency. Roll very thin. Cut in strips. Let dry overnight. Boil chicken, adding vegetables and spices. Debone and cut into small pieces. Bring broth to a boil. Add noodles, a handful at a time. Add margarine; add chicken. Simmer until noodles are tender. May have to add water. Takes about 1 1/2 hours.

VERY EASY OVEN CHICKEN *Ann Harr Conley, Mesa, AZ*

Chicken breasts *or* cut up whole chicken
1 pkg. dry onion soup mix
1 c. sweet vermouth
1 c. water

Place chicken pieces in flat pan, not touching. Sprinkle onion soup mix over chicken. Mix vermouth and water and pour into pan, not over chicken. Cover. Bake at high temperature (450°) about 15 minutes. Then lower temperature and bake, covered, for 1 1/2 hours. Baking time depends on size of chicken and temperature depends on how long you have until serving time. It should be golden brown and look like you spent all day cooking it!

Italian Chicken And Cheese

Kristine Aure Cunningham

4 boned, skinned chicken breasts
1 c. bread crumbs from Italian bread
2 eggs
8 oz. mozzarella cheese, shredded
1/2 can undiluted chicken broth
1 c. sliced mushrooms
Butter *or* margarine (for browning chicken)

Beat eggs. Place in container with chicken. Refrigerate for 1 hour or more. Coat chicken evenly with bread crumbs. Brown chicken in butter or margarine on medium heat. Place chicken in a single layer in 9 x 13 inch dish. Sprinkle mushrooms on top, then cover with cheddar cheese. Pour broth over chicken so the chicken is about half covered. Bake at 350° for 45 minutes or until chicken is done and tender.

Kristine is a granddaughter of Cleo Gullixson.

Baked Chicken With Rice

Marlyce Tompkins Lower, Glencoe, MO

1 1/2 c. reg. rice, uncooked
1 pkg. dry onion soup
1 can golden mushroom soup
2 c. hot water
1 chicken, cut up in pieces

Grease 9 x 13 inch pan. Sprinkle rice on bottom. Pour in hot water. Sprinkle on soup mix. Put chicken pieces on top. Pour mushroom soup over all. Cover with foil. Make a few holes for steam to escape. Bake at 325° 2 hours.

Ranch Style Chicken

Deb Rossing Blanchard

1 whole chicken
1 green pepper
1 sm. onion
1 tsp. chili powder
Garlic
1 can cream of mushroom soup
1 can cream of chicken soup
6 flour tortillas
Shredded cheddar cheese

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RANCH STYLE CHICKEN (CONTINUED)

Cook and debone chicken; set aside. Sauté in butter onion, pepper and garlic; add chili powder and soups. Let simmer for 10 to 15 minutes. Put a little melted butter on the bottom of a 9 x 13 inch glass pan before starting the layers: (1) tortillas, (2) chicken, (3) soup mixture, (4) tortillas, (5) chicken, (6) soup mixture and (7) top with cheddar cheese. Bake at 350° for about 30 to 35 minutes. Quick and easy for a busy, young family.

"RITZY" CHICKEN *Mrs. Grant Olson*
(Recipe From Mrs. Clarine Heathman)

4 *or* more chicken breasts
1 egg
1/3 c. milk *or* half-and-half *or* evaporated milk
1 tsp. salt
1/2 c. crushed Ritz crackers
1/3 c. crushed corn flakes (may be omitted)
1/3 c. Parmesan cheese
1/4 tsp. pepper

Use deboned chicken breasts; trim off fat and pound to tenderize. Beat egg, milk and seasonings. Mix crackers, corn flakes and cheese. Dip chicken in egg mixture and roll in crumb mixture. Brown in margarine in skillet. Place on cookie sheet or cake pan. Bake, uncovered, at 350° about 20 minutes and serve.

CHICKEN AND RICE CASSEROLE *Norma Brodale*

2 c. white rice, cook in water
1/2 c. chopped onion
1/2 c. chopped celery
1/2 c. chopped green pepper
2 c. crushed corn flakes
1 1/2 c. cooked *and* chopped chicken
2 c. chicken broth
Salt *and* pepper, to taste

Cook rice and drain; put in bowl. Add rest of ingredients; mix well. Put into casserole dish; top with corn flakes. Put into 300° oven until brown.

VARIATIONS: Beef can be used and beef broth or no meat just add carrots or peas (any vegetables) and add vegetable broth.

Wild Rice With Mushrooms And Almonds

Vina Rossing, Submitted By Trudy Rossing Neufind

1 c. uncooked wild rice
1/2 c. slivered almonds
2 T. snipped chives *or* chopped green onion
1 (8 oz.) can mushroom stems *and* pieces
1/4 c. margarine *or* butter
3 c. chicken broth

Stir and cook wild rice, almonds, chives and mushrooms in margarine until almonds are brown, approximately 20 minutes. Heat oven to 325°. Pour mixture into ungreased 1 1/2 quart casserole. Heat broth to boiling; stir into rice. Cover and bake until liquid is absorbed and rice is tender and fluffy, about 1 1/2 hours.

Trudy is a granddaughter of Dr. T.M. and Vina Rossing.

Chicken And Rice Casserole

Judy Jacobson

1 can (10 3/4 oz.) each of cream of mushroom soup, cream of celery soup *and* cream of chicken soup
1/3 c. oleo, melted, divided
1 can milk
1 1/4 c. rice
1 chicken, cut up
Slivered almonds (optional)
Salt *and* pepper, to taste
Paprika

In medium bowl, combine soups, 1/4 cup butter, almonds, rice and milk. Pour into 9 x 13 inch baking dish. Place chicken over rice. Brush with remaining butter. Season with salt and pepper. Sprinkle with paprika. Bake at 275° for 2 1/2 hours or until chicken and rice are done.

Chicken And Rice

Marge Wendt

1 c. raw rice
1 can cream of chicken soup
1 can cream of celery soup
3/4 soup can water
1 whole chicken, cut up
Lipton's onion soup mix

Mix soups, rice and water. Put in 9 x 13 inch pan. Put large pieces on outside. Cover with Lipton's onion soup mix. Cook 25 minutes on full power in microwave for 25 minutes or at 325° for 2 1/2 hours in oven.

Chicken And Wild Rice Casserole

Kay Olson

1 c. wild rice, prepare as directed
1 c. cooked French style beans
1 can cream of celery soup
1/2 c. salad dressing
2 T. chopped onion
4 c. cooked chicken breasts
1 c. grated cheddar cheese
1 can sliced water chestnuts (optional)

Mix and top with 1 can French fried onion rings. Place in greased casserole dish. Bake at 350° 30 to 40 minutes.

Scalloped Chicken

Sandy Kraft
(From Garry's Mom)

1 lg. chicken, cooked *and* deboned (about 1 1/2 qts.)

DRESSING:

1 1/2 qts. dry cubed bread
1/2 c. oleo, melted *or* chicken broth
1 tsp. salt
1 tsp. sage
2 T. minced onion
1/4 c. milk
Pepper, to taste
1/2 c. diced celery

BROTH:

1 qt. broth
4 T. oleo
4 T. flour, mix *with* water
Season to taste

Put cut up chicken in sprayed 9 x 13 inch pan. Mix dressing ingredients. Cook broth ingredients and pour over dressing. Mix together. Put over chicken in pan. Do not cover. Bake 35 minutes at 350°.

Chicken Supreme

Tami Helland

4 chicken breasts
1/4 c. flour
1 tsp. salt
Paprika
Pepper

Mix the flour, salt, paprika and pepper and dip the chicken breasts in this and brown in oleo. Add 2 tablespoons water and simmer for 25 minutes. Remove from skillet and put in baking dish. Add 2 tablespoons flour to drippings, 1 teaspoon salt, 1 can cream of mushroom soup and 1 cup milk. Cook until thick and pour over chicken breasts. Bake at 350° for 30 to 40 minutes. Delicious!

CHICKEN AND SHRIMP CASSEROLE *Agnes I. Berge*

2 c. cooked shrimp
2 c. lg. cubed cooked chicken breast
1 c. chopped onion
1 c. chopped celery
1 can sliced water chestnuts
1 c. cooked rice
1 c. mayonnaise *with* 1 tsp. lemon juice
1 c. chicken broth
1 can cream of celery soup
4 tsp. cooking sherry *or* white wine
1 1/2 tsp. Worcestershire sauce
3 *to* 4 dashes Tabasco sauce

Combine first 6 ingredients in a large bowl and set aside. In a separate bowl, mix the remaining 6 ingredients. Add salt and pepper to taste. Pour over chicken and shrimp mixture. Mix well and add more broth, if necessary, to make it soupy. Put in casserole dish and sprinkle with Parmesan cheese. Top with crushed Ritz crackers. Dot with butter. Bake 1 hour in a 350° oven.

STIR-FRY CHICKEN – AMERICAN *Sharon Olson*

2 c. diced chicken
2 egg whites
1 tsp. soy sauce
1 T. oil
1 1/2 c. broccoli
Sm. can water chestnuts, sliced
1 sm. onion
3 carrots
1 c. celery
1 c. raw green beans
1 c. broth
2 T. cornstarch
1 T. soy sauce

Dip chicken in slightly beaten egg whites. Add 1 teaspoon soy sauce and 1 teaspoon oil to wok and fry chicken. Push to sides and add onion, carrots, beans and celery. Last, add broccoli. Don't over cook vegetables. Add 1 cup broth, 2 1/2 tablespoons cornstarch and 1 tablespoon soy sauce. Ready to serve over rice.

TURKEY

TURKEY LOAF CASSEROLE

Emma Bratland

1 green pepper, chopped
1 onion, chopped
1 c. carrots, chopped
1/2 c. celery, chopped
1 c. zucchini, sliced
1 c. turkey loaf, diced
1 c. rice
1 can cream of mushroom soup
1/2 c. milk
1 1/2 c. water
Velveeta cheese (for top)

Oil to sauté onion, carrots and celery. Put all in casserole and bake at 350° for 45 minutes.

TURKEY-RICE CASSEROLE

Eleanor Christianson

1/4 c. margarine *or* butter
1/3 c. all-purpose flour
1 1/2 tsp. salt
1/8 tsp. pepper
1 c. chicken broth
1 1/2 c. milk
1 1/2 c. cooked white *or* wild rice
2 c. cut up cooked turkey *or* chicken
1 jar (4 oz.) sliced mushrooms, drained
1/3 c. chopped green pepper
2 T. chopped pimiento
1/4 c. slivered almonds

Heat margarine in 3 quart saucepan until melted. Stir in flour, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in remaining ingredients. Reduce heat. Simmer, uncovered, until hot, about 5 minutes. Serves 6 to 8.

SMOKED TURKEY

Beverly Halsrud

10 *to* 12 lb. turkey
1/2 c. salt
4 *to* 5 T. Liquid Smoke
1 gal. water
1 c. Tender-Quick

Put in plastic pail; cover with weight 24 to 48 hours. Put in cooking bag and bake by directions on bag.

Turkey Enchiladas

Debbie Betz

1 lb. ground turkey
3 oz. cream cheese
2 c. shredded Colby Jack cheese
1 (8 oz.) container Pace picante sauce
Salt *and* pepper
6 *to* 8 (10 in.) flour tortilla shells

Brown turkey with salt and pepper; drain. Add cream cheese, 1/2 of picante sauce and 1 cup Colby Jack cheese. Stir until cheeses are melted. Place by spoonful into middle of tortilla shell, then wrap shell and place into 13 x 9 inch pan. Fill all of shells and put rest of picante sauce and cheese on top of enchiladas. Bake at 350° for 20 minutes. You can also use left over turkey or even beef or pork.

Stuffings

Stove Top Stuffing Mix (Saucepan Directions)

Eleanore Grefstand

1 pkg. Stove Top stuffing mix
1 2/3 c. water
1/2 stick oleo
1/2 c. celery, cut up
1/2 c. raisins
1 sm. can turkey *or* chicken

Combine contents of vegetable/seasoning packet, oleo, celery, raisins and can of meat. Mix well so meat is separated. Bring to a boil. Reduce heat and simmer about 15 minutes. Stir in stuffing crumbs. Cover, remove from heat and let stand 5 minutes. Fluff with fork and serve.

Dressing For Poultry Or Pork

Unknown

4 c. bread cubes
1/4 c. margarine
1/2 c. water
1/2 c. celery, chopped
1/4 c. onion, chopped
1 T. parsley flakes
3/4 tsp. poultry seasoning
1/2 tsp. thyme
Dash of pepper
2 c. water
2 chicken bouillon cubes
No salt as bouillon takes care of that

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DRESSING FOR POULTRY OR PORK (CONTINUED)

Cook onion, celery and parsley flakes in margarine and 1/2 cup water. Add to bread cubes along with the seasonings. Dissolve the bouillon in the 2 cups water. Mix this into the bread cube mixture. If more moist dressing is desired, use more water. This makes about 1 quart of dressing and can be doubled for larger amounts.

STUFFING BALLS *Babe Enger*

6 T. melted margarine
2 med. onions, chopped fine
4 *to* 6 sprigs parsley (if available)
Salt, pepper *and* sage, to taste
6 c. soft bread cubes, cut sm., remove crusts
2 eggs

Melt margarine. Chop onion and parsley fine. Beat eggs slightly. Cube bread without crusts. Mix all together. Shape into balls about the size of golf balls. This dressing is not baked inside poultry and meat as most stuffings, but rather baked in juices for a shorter time when roast or any meat is nearly done, probably about 45 minutes or 1 hour. Delicious with any meat, especially pork chops.

A favorite of our family, so I usually double the recipe.

TURKEY DRESSING *Amy Liebert*

James Christianson's daughter would like to pay tribute to the best dad and cook in her life. He taught me the way to appreciate a good home cooked meal and what it takes to be a successful cook.

Boil neck, heart and gizzard in 1 quart of water. Add 1/8 pounds margarine and onion to mixture. While mix is boiling, toast 10 slices of bread. Cut toast into bite size squares. In a mixing bowl, add toast, 2 stalks chopped celery, 2 eggs, 1 pound cooked sausage and 1 chopped onion. Mix well. Add enough liquid (approximately 3/4 cup) to semi-dry mix to hold everything together. Stuff the bird in the cavity and neck. Use a toothpick to hold skin over the dressing. You may have more dressing than the bird will hold. Use a casserole 2 inches deep for remaining dressing. Cook at 350° for 1 hour.

SEAFOOD

CRAB CASSEROLE

Kristine Aure Cunningham

1 lb. crabmeat (fresh *or* canned)
1 1/2 c. fresh bread crumbs
1 c. mayonnaise
1/2 c. cream *or* half-and-half
1 tsp. Worcestershire sauce
6 eggs, hard-cooked *and* chopped
1 tsp. onion juice
Dash of Tabasco sauce

Mix all ingredients and place in well-greased 1 1/2 quart baking dish. Bake at 350° for about 20 minutes. Serves 6.

Kristine is the granddaughter of Cleo Gullixson.

CRABMEAT PIE

Babe Enger
(From Kiddie Croker)

12 oz. Philadelphia cream cheese
2 T. Worcestershire sauce
1 T. lemon juice
2 T. mayonnaise
1 sm. onion, chopped fine
Dash of garlic salt *or* powder
12 oz. Heinz chili sauce
1 can crabmeat

Mix first 6 ingredients and pat into 9 inch pie plate. Mix chili sauce and crabmeat and pat on top of cheese mixture. Chill well. Serve with crackers.

TUNA NOODLE CASSEROLE

Trudy Rossing Neufind

2 *to* 4 c. noodles *or* macaroni, partially cooked
2 T. diced onion
1 can tuna, do not drain
1 can chicken broth
1 sm. jar pimiento
1/4 c. diced green pepper
1/4 c. cheddar cheese, sm. cubes
1/4 c. Monterey Jack cheese, sm. cubes
Salt *and* pepper, to taste

Combine all ingredients in large casserole. Mix well. Bake 45 to 50 minutes at 350°, uncovered.

My family enjoys this unbaked. When chilled, it is like a cold salad. Be sure noodles are precooked.

Trudy is the granddaughter of Dr. J.M. and Vina Rossing.

SALMON LOAF *Shirley Bakken*

1 can salmon
1 c. crushed cracker crumbs
1 c. milk
1 egg, beaten
Salt *and* pepper
Onion (if you wish)

Break salmon apart and take out bones and any skin that may have been left on. Add egg, milk, crackers and seasonings. Put in a 9 x 9 x inch pan and bake at 350° 1 hour.

Lilly Benge shared this recipe in the Humboldt paper and was the first time I had seen it printed. Very tasty. Can be made into patties and fried if you like. Good with creamed peas and potatoes.

HOT KIPPERED SALMON *Betty Curtis*

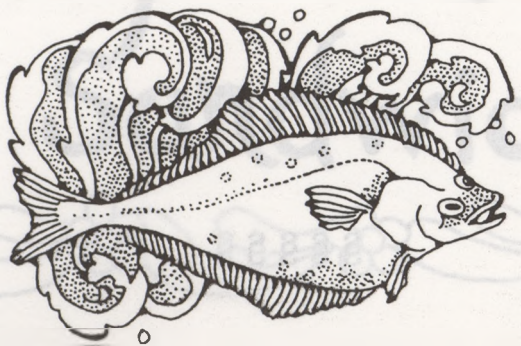
2 salmon fillets (about 2 lbs. each)
4 tsp. salt
Pepper, to taste
2 T. *plus* 2 tsp. brown sugar
2 T. Liquid Smoke

Place fillets, skin side down, side by side in a greased shallow baking pan. Sprinkle with salt, pepper and brown sugar; drizzle with the Liquid Smoke. Cover and refrigerate 4 to 8 hours. Drain off any liquid. Bake at 350° for 30 to 45 minutes or until fish flakes with a fork. Yield: 8 servings.

TUNA SUEY *Lois Watnem*

2 c. water
2 beef bouillon cubes
1 c. celery, cut up
1/4 c. green pepper, cut up
2 sm. cans tuna
1 c. rice, uncooked
1 can mushroom soup
Pepper, to taste

Put in skillet on top of stove, water and bouillon cubes to dissolve cubes. Add celery, green pepper, tuna, rice, soup and pepper. Cook slow until rice is done.



HOT SWISS TUNA

Beverly Halsrud

1 lb. 2 oz. tuna, chicken *or* turkey
3 c. diced celery
1/4 c. sour cream
1 tsp. salt
1 tsp. paprika
1 1/3 c. Swiss cheese
3/4 c. salad dressing
1 T. lemon juice
1/2 tsp. pepper

Mix all ingredients together. Keep hot or put in buns and heat in oven.

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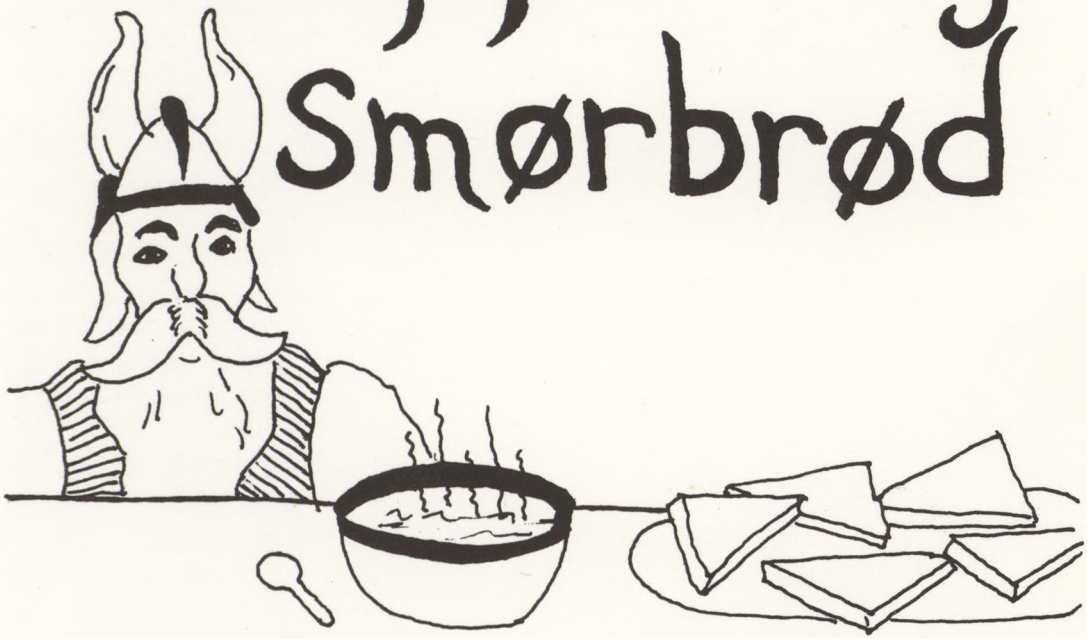
Suppe og Smørbrød



Soup and Sandwiches

SANDWICHES

BARBECUED BEEF SANDWICH

Bernice Rolland
Ronna Lounsbery

1 lg. bottle catsup
1 onion, chopped
Chili powder, to taste
1/2 c. vinegar
2 T. brown sugar
1 T. Liquid Smoke
1 T. Worcestershire sauce

Combine and bring to a boil. Simmer over low heat with meat 20 minutes. May be used with left over beef or 1 pound of browned hamburger.

BASIC EGG SALAD SANDWICH FILLING

Unknown

4 hard-cooked eggs, chopped fine
3 T. chopped sweet pickle
3 T. salad dressing
1/2 tsp. prepared mustard
1/4 tsp. onion salt
Few grains of pepper

BOLOGNA SANDWICH FILLING

Unknown

1 1/2 c. ground bologna
2 hard-boiled eggs, finely chopped
4 T. salad dressing
1/2 tsp. salt
A little bit of pepper

Mix together; spread on bread or buns.

VARIATION: Use sandwich spread in place of salad dressing.

BRAUNSCHWEIGER SANDWICH SPREAD

Unknown

1/2 lb. braunschweiger liver sausage
1/2 c. drained pickle relish
4 *to* 6 T. salad dressing

Mix and spread on bread.

HOT CHICKEN SANDWICHES

Betty Janssen

2 c. cooked chicken, cut up
1/2 c. celery, cut up
Diced onion
1/4 c. mayonnaise
Salt
Pepper
Buns

Spread both sides of buns with Cheez Whiz, then spread on chicken mixture above. Heat at 300° for 45 minutes. Serves about 2 dozen.

HAM AND SWISS CHEESE SANDWICHES *Ronna Lounsbery*

Hamburger buns
Ham, sliced
Swiss cheese slices
Butter
Mustard
Onion flakes

Butter bottom half of bun, then spread on mustard. Sprinkle with approximately 1 teaspoon onion flakes. Cover with slice of ham, then a slice of Swiss cheese and top of bun. Butter top of buns. Wrap in aluminum foil individually and bake at 350° 10 to 15 minutes or until cheese melts.

ITALIAN BEEF (FRENCH DIP) *Mary Brodale Suntken*

3 1/2 *to* 4 1/2 lbs. lean boneless beef roast
1 1/2 tsp. garlic powder
1 1/2 tsp. oregano
1 1/2 tsp. rosemary
1 1/2 tsp. onion salt
1 1/2 tsp. salt
1 tsp. black pepper
1 tsp. caraway seed
1 tsp. marjoram
1 tsp. celery seed
1 tsp. parsley
1 tsp. sweet basil
1/2 tsp. red crushed pepper
3 bay leaves
2 T. flour
Beef broth

Take large oven cooking bag and put all seasonings in bag and mix. Place beef roast in bag and coat the meat with the seasonings and flour. Close the bag with nylon tie that comes with bag. Cut 1/2 inch slits in top of bag. Place bag with meat in roasting pan and bake in 325° oven for 4 to 5 hours. Let cool in bag. Slice meat and place in crockpot/slow cooker. Scrape all seasonings/residue from cooking bag and put into cooker with the meat. Add 1 to 2 cans of beef broth and heat. Serve with French loaves or hard rolls as a French dip.

MAIDRITES *Ronna Lounsbery*
Chandra McMahon, Sharon Christianson

1/2 c. water
1/2 c. catsup
1 tsp. chili powder
1 lb. hamburger
3/4 tsp. salt
3 tsp. mustard

Boil water, catsup and chili powder 5 minutes. Add uncooked hamburger, salt and mustard. Simmer 20 minutes. Recipe serves 6.

DELUXE MAIDRITES *Patty Peterson (Berge)*

3 lbs. ground beef
1 c. chopped onion
1/4 c. green pepper
8 oz. can sliced mushrooms
1/2 lb. Velveeta
1 (6 oz.) can tomato paste
1 can water
2 T. Worcestershire sauce
1 T. brown sugar

Brown and drain hamburger. Add remaining ingredients and simmer on low for 1/2 hour.

PIZZA BURGERS *Pat Brock*
Ronna Lounsbery, Mrs. Grant Olson

1 can Spam
1 can chili *without* beans
1/2 lb. Velveeta cheese
1 sm. onion

Grind all together. Put on halves of hamburger buns and broil. Recipe makes about 2 dozen halves.

ROOKIE REUBENS *Donna Bock*

Party Rye bread slices
Process cheese food slices, cut in 1/4's
Honey loaf luncheon meat slices, cut into 1/4's
Sauerkraut, drained
Oleo

For each sandwich, cover 1 bread slice with cheese slice quarter, meat, sauerkraut, another cheese quarter and second bread slice. Spread outer sides of sandwich with margarine. Broil on each side until lightly browned.

To make ahead, prepare sandwiches as directed; omit broiling. Wrap securely; freeze. When ready to serve, thaw and broil as directed.

SLOPPY JOES *Unknown*

1 can chicken gumbo soup
1 1/2 lbs. ground beef
Dab of mustard
Dab of onion, chopped
Dab of ketchup

Brown ground beef; add other ingredients and simmer 5 to 10 minutes.

HINT: Adding 2 teaspoons of pickle relish for every 1 to 2 pounds of ground beef when making sloppy joes makes for a great taste.

SALMON ROLL-UPS (SANDWICHES) *Betty Janssen*

1 c. flaked salmon
2 (3 oz.) pkgs. cream cheese
2 T. chopped chives (optional)
1 tsp. cayenne (optional)
Salt, to taste
2 tsp. lemon juice
2 tsp. mayonnaise
1/4 c. finely chopped celery

Cut crusts from bread. Beat cream cheese; add chives, celery, cayenne and salt. Stir in salmon, lemon juice and mayonnaise. Spread bread with salmon mixture. Roll up jelly roll fashion and chill. Wrap in foil. Heat through in oven; toast under broiler until slightly browned. Serve hot.

CROCKPOT SLOPPY JOES *Sharon Olson*

3 lbs. ground chuck *or* hamburger
1 *to* 2 onions, finely chopped
1 green pepper, chopped (optional)
2 (8 oz.) cans tomato sauce
3/4 c. ketchup
1 T. Worcestershire sauce
1 tsp. chili powder
1/4 tsp. pepper
1/4 tsp. garlic powder

Brown meat in skillet; pour into colander and rinse well. Put into crockpot and add remaining ingredients. Stir thoroughly. Cover and cook on low 8 to 10 hours or on high 3 to 4 hours.

SPAM SANDWICH *Phyllis Johnson*
Ronna Lounsbery

1 can Spam, ground fine
1/2 lb. Velveeta cheese, shredded
Onion, to taste
Mayonnaise

Mix Spam, cheese and onion. Add enough mayonnaise to moisten. Spread on buns. Heat in oven until cheese melts.

TREET-CHEESE SANDWICH FILLING *Naoma Jackson*

1 (12 oz.) can Treet *or* Spam
1/4 lb. cheddar cheese
2 eggs, hard-cooked
1/4 c. celery, chopped fine
2 T. onion, chopped fine
1/4 c. mayonnaise

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TREET-CHEESE SANDWICH FILLING (CONTINUED)

Grind Treet, cheese and eggs through medium plate on food grinder. Combine all ingredients; mix well. Make sandwiches or store filling in refrigerator for several days until ready to use. This filling may be frozen.

UNUSUAL SANDWICH IDEAS *Charlene Olson*

Cut the top off a hard roll and hollow it out. Fill with tuna, egg, ham salad or whatever you like. Add onion slice, lettuce and tomato. Put the top back on. Easy and delicious. Use the hollowed out bread pieces for meat loaf or feed the birds.

Sliced cucumbers, mushrooms, radishes or carrots are good alternatives to lettuce and tomato.

Cut sandwiches in various shapes using cookie cutters. Seasonal: Christmas trees, Easter bunnies, etc.

Instead of bread, use pita bread, tortillas, bagels, English muffins, pastry shell, biscuits, buns or hard rolls.

For kids' sandwiches, have a "gummy worm" hanging out.

SOUPS

CREAM SOUP SUBSTITUTE *Virginia Hundertmark*
Mrs. Grant Olson
(Recipe From Humboldt Hospital, Mary Carlson)

2 c. instant nonfat dry milk
3/4 c. cornstarch
1/4 c. instant chicken bouillon
2 T. dried onion flakes
1/2 tsp. pepper
1 tsp. basil
1 tsp. thyme

Mix well. Store in airtight container. Makes 3 cups mix equivalent to 9 (10 ounce) cans of soup.

To use, to make equivalent of 1 can soup or 1 1/2 cups sauce, use 1/3 cup dry mix with 1 1/4 cups water in saucepan. Stir over low heat until warm. You may add mushrooms, cooked celery or dried herbs.

CHEESE SOUP

Kaitlyn Phillips

4 chicken bouillon cubes
1 qt. water
1 c. diced onion
1 c. diced celery
2 c. cubed raw potatoes
5 *to* 6 strips crisp bacon, crumbled
1/2 c. diced carrots
1 sm. pkg. frozen cauliflower
1 sm. pkg. frozen broccoli
2 cans cream of chicken soup
1 *to* 2 lbs. Velveeta cheese

Mix bouillon cubes, water, onion, celery and potatoes together. Cover and cook 20 to 30 minutes. Add vegetables and cook until tender. Add cream of chicken soup and 1 cup water. Add Velveeta cheese slowly until all cheese is melted. Sprinkle in bacon crumbs.

CHEESE CHOWDER

Sharon Olson

3 c. water
4 med. potatoes, diced
1 c. sliced celery
1/4 tsp. pepper
2 tsp. salt
1 c. sliced carrots
1/2 c. diced onion
2 c. cubed ham
1 lb. shredded cheddar cheese
1/2 c. flour
1 qt. milk

Cook vegetables and seasonings in 3 cups water until done. Make a paste with flour and milk; add milk gradually. Add all ingredients together and microwave until cheese is melted. Do not boil. Add hot pepper sauce, if desired.

CHEESE VEGETABLE SOUP

Ruth Jacobson

6 c. diced potatoes
1 1/2 c. chopped onions
1 c. sliced cheese
1 c. chopped celery
2 c. water
4 beef bouillon cubes
1/4 c. margarine
2 c. milk
1/2 c. flour
3 c. shredded cheddar cheese

Bring first 7 ingredients to boil in soup kettle. Simmer 30 minutes. Mix 2 cups milk and 1/2 cup flour. Add to soup gradually. Bring to simmer. While stirring, add cheese and stir until melted. Take off heat and serve.

JANET'S CHILI *Ruth Thompson*

2 lbs. hamburger, brown *and* drain fat
1 med. onion, diced
1 can kidney beans, not drained
1 T. *or* less chili powder
1/2 tsp. oregano
1/2 tsp. cumin seed
1 (12 oz.) can tomato paste
1 (15 oz.) can tomato sauce
1 c. water
1 tsp. salt

Combine ingredients and simmer at least 1 hour. (Can be put in crockpot.) If is is too thick, just add more water.

FOOTBALL STEW *Margaret Brodale*

2 lbs. lean stew meat
1 lg. onion, thinly sliced *and* separated
6 carrots, cut into 1/2 in. chunks
2 stalks celery, cut into 1/2 in. slices
3 lg. potatoes, peeled *and* cut in 1/2 in. chunks
2 tsp. sugar
2 tsp. salt
2 tsp. tapioca
2 c. tomato juice

Place meat in bottom of 4 quart casserole dish or 5 quart Dutch oven. Cover meat with vegetables. Mix sugar, salt and tapioca; sprinkle over vegetables. Add tomato juice and cover tightly. Bake at 250° for 5 hours. Do not peek.

GREEN COAL STEW *Dora Tofteberg*

3/4 c. rice
3 c. water
1 lg. can spinach
1 can Spam, cubed

Cook rice in water until tender. Add all other ingredients and cook about 10 minutes more.

My mother made this from greens raised in the garden which seeds itself yearly. She made many a soup and gave to families in need. She also used cooked chicken instead of Spam at times. Very tasty and healthy!

The only time it's not bad manners for one to talk with your mouth full is when you're praising the cook!

ITALIAN VEGETABLE SOUP *Virginia Hundertmark*

1 lb. ground beef *or* turkey
1 c. diced onion
1 c. sliced celery
1 c. sliced carrots
1 tsp. instant minced garlic
1 (16 oz.) can tomatoes
1 (15 oz.) can tomato sauce
1 can kidney beans, undrained
2 c. water
5 tsp. beef bouillon granules
1 T. dried parsley flakes
1/2 tsp. sweet basil
1/2 tsp. oregano
Salt *and* pepper, to taste

ADDITIONAL INGREDIENTS:

2 c. shredded cabbage
1 c. green beans (frozen *or* canned)
1/2 c. elbow macaroni

Brown beef or turkey in large pan; drain. Add first 14 ingredients. Bring to boil; lower heat, cover and simmer 20 minutes. Add cabbage, green beans and elbow macaroni. Bring to boil again; reduce heat and simmer until vegetables are tender. For a thinner soup, add additional water or broth. Can use a can of stewed tomatoes instead of plain tomatoes. Sprinkle with Parmesan cheese before serving.

PEPPERONI PIZZA SOUP *Sandy Kraft*

1 can tomato soup
1 can water
1/3 c. sliced pepperoni, cut each slice into 4 pieces
1/4 tsp. dried Italian seasoning
1/4 c. shredded mozzarella cheese
1/2 c. croutons

Put soup in saucepan. Slowly stir in water. Add pepperoni and Italian seasoning. Heat over medium heat. Put in bowls and top with cheese and croutons. Serve. Sounds weird, but very good!

POTATO CHOWDER *Cari Kraft, Blair, NE*

3 *to* 4 lg. potatoes, cubed
1 c. carrots, cubed
1 c. celery, cubed
3/4 c. onion
1/4 c. oleo
2 T. flour
1/4 of brick Velveeta
4 slices bacon (optional)
Shredded cheese (optional)
1 lg. can evaporated milk

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POTATO CHOWDER (CONTINUED)

Boil together potatoes, carrots and celery until tender; drain. Set aside. In soup pot, heat onions and oleo until onions are transparent. Add flour to onions and oleo and stir until smooth. Add evaporated milk. Rinse out can and add to onions mixture. Add potatoes, carrots and celery. Dice up Velveeta and add to soup. Cook on medium to medium-high heat, stirring often. Fry bacon and set aside to cool. Crumble over soup when serving. Sprinkle with cheese and let melt.

POTATO SOUP *Kay Helland*

6 potatoes, bite size
2 leeks (optional)
2 onions, chopped
1 carrot, chopped
1 stalk celery, chopped
4 chicken bouillon cubes
4 c. water
Salt *and* pepper, to taste
2 T. butter
1 (13 oz.) can evaporated milk
1 T. parsley flakes

Put all ingredients, except milk, in crockpot. Cover and cook on low 10 to 12 hours or high 3 to 4 hours. Stir in evaporated milk last hour. If desired, mash potatoes with masher before serving. Serve topped with chopped chives.
NOTE: May cook on stove top as any soup.

POTATO SOUP *Mary Brodale Suntken*

4 c. raw diced potatoes
1/2 c. margarine *or* butter
1/3 c. onion, chopped fine
1/3 c. celery, chopped fine
1/4 c. grated carrot
3 T. flour
4 c. milk
Salt, pepper *and* garlic powder
Diced ham *or* real bacon bits (optional)

Cook potatoes and season with salt; drain off water. Sauté onion, celery and carrots in margarine or butter until vegetables are done. Add salt, pepper and garlic powder for taste. Add flour to vegetables and stir well. Mash 1 cup of the cooked potatoes and add to sauteed vegetables, stirring well. Then add milk slowly to sauteed vegetables, stirring well. Then add remaining cooked potatoes and heat to serve. May add diced ham or real bacon bits for flavor. Do not let soup boil. Makes 8 cups of soup without the meat added.

POTATO SOUP SUPREME

Tami Helland

4 c. potatoes, cubed
2 med. onions, diced
3/4 c. water
1 tsp. salt
1/2 tsp. garlic salt
1/2 tsp. oregano
1/4 tsp. pepper
3 c. milk
1/4 c. butter

Combine first 7 ingredients in large pan. Cover; bring to a boil and simmer until potatoes are tender, about 20 minutes. Mash potatoes slightly. Add milk and butter. Heat through. Adding chopped ham makes it good!

SAUSAGE LENTIL SOUP

Betty Curtis

1/2 lb. bulk Italian sausage
1 lg. onion, finely chopped
1 sm. green pepper, finely chopped
1 sm. carrot, finely chopped
1 lg. garlic clove, finely minced
1 bay leaf
2 cans (14 1/2 oz. each) chicken broth
1 can (14 1/2 *to* 16 oz.) tomatoes *with* liquid, coarsely chopped
1 c. water
3/4 c. dry lentils
1/4 c. country style *or* reg. Dijon mustard

In a Dutch oven, brown and crumble the sausage. Drain fat. Add the next 9 ingredients; cover and simmer 1 hour or until the lentils and vegetables are tender. Stir in mustard. Remove bay leaf before serving. Yield: 6 servings.

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Grønnsaker

Vegetables

VEGETABLES

BROCCOLI CASSEROLE

Gracie Aure
Ronna Lounsbery

2 pkgs. frozen chopped broccoli
1 1/2 c. Minute Rice
1 sm. onion
1 can cream of chicken soup
8 oz. Cheez Whiz *or* 1 can cheddar cheese soup
1/4 c. milk
Salt *and* pepper

Cook broccoli well and drain. Add other ingredients. Bake at 350° until bubbly.

BROCCOLI CASSEROLE

Jennifer Rolland

2 frozen broccoli
2 cans cream corn
2 eggs, beaten
Pepper *and* salt, to taste
4 T. melted butter
2 T. minced onion
3 slices bacon
Crushed seasoned croutons

Chop, thaw and dry broccoli. Combine with corn, eggs, salt and pepper, butter and onion. Pour in 9 x 13 inch glass casserole. Top with diced bacon and croutons. Bake, uncovered, 1 hour at 350°.

BROCCOLI-CHEDDAR BAKE

Agnes I. Berge

1 (10 oz.) pkg. frozen broccoli, cooked *and* cut up
8 oz. sharp cheddar cheese, cubed
2 c. cubed ham
16 slices bread, crusts removed
6 eggs
1/2 tsp. dry mustard
1/2 tsp. salt
3 c. milk
1 c. crushed corn flakes
1/2 c. melted butter

Butter a 9 x 13 inch baking dish and line with 8 slices of bread. Sprinkle with cheese, ham and broccoli. Put 8 slices of bread on top of that mixture. Beat eggs, mustard, salt and milk together. Pour over bread and cover with foil. Refrigerate overnight. Mix together corn flakes and melted butter. Place on top of bread mixture. Bake at 350° for 1 hour, uncovered.

BROCCOLI CASSEROLE

Mary Bakken

1 pkg. frozen chopped broccoli
1 1/2 c. cooked rice
8 oz. shredded cheddar cheese *or* Cheez Whiz
1 can cream of chicken soup
1 sm. can sliced mushrooms (optional)

Cook the broccoli until tender first in microwave or stove top. Cook rice according to directions, then mix all ingredients together. Bake at 350° for 40 to 60 minutes.

BROCCOLI AND RICE CASSEROLE

Gwen Rolland

1/2 diced onion
2 T. butter
1 sm. jar Cheez Whiz
1 roll garlic cheese
1 can cream of mushroom soup
2 pkgs. frozen chopped broccoli
1 1/2 c. cooked rice
Dash of Tabasco sauce
Salt *and* pepper, to taste
Crumpled bacon (for garnish)

Sauté onion in butter. Melt cheeses and soup. Cook broccoli. Combine all ingredients into a lightly greased 1 1/2 quart casserole, then garnish with bacon. Put in a 350° oven until heated through.

BROCCOLI RICE CASSEROLE

Melody Wagner
Ronna Lounsbery

8 oz. jar Cheez Whiz
Box of frozen broccoli
1 c. water
1 can cream of mushroom soup
1 c. Minute Rice
2 T. butter
1 sm. onion

Let the frozen broccoli thaw approximately 1/2 hour, then mix all ingredients together. Bake at 350° for 20 to 30 minutes.

CALICO BEANS

Irene Curry

BROWN AND DRAIN:
1/2 lb. hamburger
1/2 lb. bacon, cut up
1 c. onion, diced

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CALICO BEANS (CONTINUED)

ADD:

1/2 c. catsup
1/2 *to* 3/4 c. brown sugar
1/2 tsp. salt
1 tsp. dry mustard
1/3 c. white sugar
2 tsp. vinegar

1 can each of the following: lima beans, kidney beans, pork and beans, butter beans and red beans. Bake in casserole 40 minutes at 350°.

CALICO BEAN BAKE *Brenda Underberg*

1 lb. hamburger
1 sm. onion, chopped
5 slices bacon, fried *and* crumbled
1 can pork *and* beans
1 can kidney beans
1 can lima beans
1 c. catsup
1 c. brown sugar
4 T. vinegar
1 tsp. mustard

Brown hamburger; drain off fat. Mix all ingredients together and bake 1 hour at 350°.

CARROTS AU GRATIN *Mary Lou Jensen*

1/2 c. corn flake crumbs
1/3 c. margarine, melted
1/3 c. chopped onion
3 T. flour
1/2 tsp. salt
1/8 tsp. pepper
1 1/2 c. milk
1 c. shredded American cheese
4 c. cooked carrots, drained (1 1/2 lbs.)
1 T. parsley flakes
1/4 *to* 1/2 tsp. thyme

Combine corn flake crumbs and 2 tablespoons margarine. Set aside. Add onion to remaining margarine. Sauté over low heat. Add flour, salt and pepper. Stir in milk. Increase heat to medium; cook until bubbly and thickened, stirring constantly. Add cheese; stir until smooth. Stir into carrots, parsley and thyme. Spread in shallow baking dish (1 1/2 quart). Sprinkle with crumbs. Bake at 350° 20 minutes or until bubbly and crumbs are golden brown. Serves 8.

CHEEZY POTATOES *Ronna Lounsbery*

2 lbs. frozen hash browns
1/2 c. melted oleo
1 tsp. salt
1/2 tsp. pepper
2 T. dried onions
1 can cream of chicken soup
1 pt. sour cream
2 c. American cheese, grated
1/4 c. oleo
2 c. corn flakes, crushed

Thaw potatoes. Mix all ingredients, except last 2. Put in sprayed 9 x 13 inch pan. Top with crumbs and oleo. Bake 45 minutes at 350°.

CLASSIC GREEN BEAN CASSEROLE *Eleanor Christianson*

1 can (26 oz.) condensed cream of mushroom soup
1 c. milk
2 tsp. soy sauce
1 can (6 oz.) French fried onions
1/8 tsp. pepper
2 pkgs. (16 oz.) frozen cut cut green beans, cooked *and* drained

In 13 x 9 inch baking dish, combine soup, milk, soy sauce and pepper. Stir in green beans and half of the onions. Bake at 350° 25 minutes or until hot; stir. Top with remaining onions. Bake 5 minutes more. Makes 8 1/2 cups or 10 servings.

DO AHEAD POTATOES *Eleanor Christianson*

5 lbs. potatoes
1 stick oleo, room temperature
8 oz. pkg. cream cheese, room temperature
8 oz. container sour cream
1 tsp. garlic salt

Peel and boil potatoes. Drain, mash a bit and add the remaining ingredients. These freeze well.

EASY BROWN RICE *Marianne Aure Burkhead*

1 stick butter *or* margarine
1 c. raw rice
2 cans (10 1/2 oz. can) beef consommé
1/4 c. Parmesan cheese

Melt butter or margarine in casserole dish. Add raw rice. Pour 2 cans beef consommé over rice. Sprinkle with generous amount of Parmesan cheese on top. Bake 45 minutes at 350°. Check baking time; may need more moisture if baked longer.

Marianne is a granddaughter of Cleo Gullixson.

GARDEN PILAF

Eleanor Christianson

5 1/2 c. water
3/4 c. sweet cream butter
1 T. instant chicken bouillon
2 1/2 c. long grain rice
1 c. (2 med.) finely chopped carrots
1 c. slivered almonds, toasted
1/2 c. chopped fresh parsley
1/4 c. sliced green onions
1/4 tsp. pepper
1/2 tsp. minced garlic

In 3 quart saucepan, bring water, butter and chicken bouillon to a boil. Add rice and carrots; return to full boil. Reduce heat to low; simmer until rice is tender, 25 to 30 minutes. Stir in remaining ingredients. Yield: 16 (1/2 cup) servings.

HASH BROWN BAKED POTATOES

Della Bakken

Approx. 6 med. potatoes *or* 1 bag frozen potatoes
1/2 c. oleo
1 3/4 c.milk
2 tsp. Worcestershire sauce
Salt *and* pepper, to taste
Onion powder, to taste
Shredded cheese

Shred potatoes for hash browns. Mix oleo and milk in saucepan. Heat. Add Worcestershire sauce, salt, pepper and onion powder to milk. Pour over potatoes. Place in greased baking dish. Bake at 350° 1 hour. Add cheese 10 minutes before done.

HASH BROWN POTATO BAKE

Jennifer Rolland

2 lb. bag frozen hash browns
1/4 c. melted butter
1 can cream of chicken soup
Little onion *and* salt
1/2 can milk
1 1/2 oz. shredded cheddar cheese
12 oz. sour cream

Bake 1 1/2 hours at 350°. Serves 10.

Make your favorite cookbook your Bible and the Bible your cookbook.

MASHED POTATO CASSEROLE *Allison Larson*

8 lg. potatoes
2 T. onion salt
1 pt. sour cream
4 T. butter
1 c. grated cheddar cheese

Peel and cook potatoes until soft. Mash with onion salt and sour cream. Add butter to mixture. Place in 2 quart casserole dish and top with cheese. Refrigerate overnight. Bake at 350° for 1 hour.

PARTY POTATOES *Betty Janssen*

10 potatoes, cooked *and* mashed
8 oz. pkg. cream cheese
1 c. sour cream
2 tsp. onion salt
Pepper, to taste
2 T. butter
Paprika

Beat potatoes, cream cheese and sour cream well. Add salt, pepper and butter. Put in casserole dish; sprinkle with paprika. Bake 1 hour at 350°.

POTATO BAKE *Shirley Bakken*

Enough red potatoes, washed *and* diced to fill 9 x 12 in. pan 3/4 full
1 med. onion, diced
1 stick oleo *or* butter
Salt *and* pepper
Garlic (optional)

Dice the washed red potatoes and put in 9 x 13 inch pan. Sprinkle diced onion over the potatoes. Slice or cube stick margarine or butter evenly over the top. Season well with salt and pepper. May add garlic salt. Bake 1 hour at 350° or until done. Good with burgers!!

Received from a friend, Darlene Severson, from Mesa, Arizona.

CORINNE'S SWEET POTATOES *Evelyn Jenson*

2 cans sweet potatoes,, cut in halves
MIX:
1 tsp. salt
3 T. flour
1 c. brown sugar

Pour over potatoes.

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CORINNE'S SWEET POTATOES (CONTINUED)

Dot with 2 tablespoons butter. Add 8 marshmallows. Add 1/2 cup nuts, if desired. Pour over 1 cup of whipping cream. Bake 45 to 50 minutes.

SCALLOPED CORN *Mrs. Grant Olson*

(Recipe From Grant's Mother, Mrs. Tom Olson)

2 eggs, beaten
1 c. cracker crumbs, crushed
2 c. milk (only 1/2 c. for cream style corn)
Onions (optional)
1 can corn *or* use frozen
Sugar, salt *and* pepper
1 T. butter
Cheese *and* crumbs

Mix all ingredients. (Some finely chopped onions may be added.) A small amount of sugar, salt and pepper is mixed in, along with butter. Some cheese, cracker crumbs and margarine may be mixed together and sprinkled on top. Bake at 325° or 350° about an hour in casserole or 1/2 hour in small cake pan.

SCALLOPED POTATOES *Jean Monson*
Ronna Lounsbery

2 lb. bag frozen hash browns
3/4 c. margarine, melted
1 tsp. salt
1/4 tsp. pepper
1/2 c. onion, chopped
1 can cream of chicken soup, diluted *with* 1 can milk
1 pt. sour cream
2 c. cheese, grated (Velveeta works fine)

Mix above, except save 1/2 cup of margarine for topping. Spoon into 9 x 13 inch pan. Top with 2 cups crushed corn flakes and 1/2 cup margarine. Bake at 350° for 45 minutes to 60 minutes.

ZUCCHINI HOT DISH

Unknown

5 *to* 6 c. zucchini, diced
1/2 c. milk
1 can cheddar cheese soup
1 lb. hamburger
1/2 c. onion
1/8 tsp. pepper
1 tsp. salt
1/8 tsp. oregano
1/2 c. cracker crumbs
1 c. potato chips

Cook zucchini 4 minutes and drain. Brown hamburger, onion, salt, pepper and oregano. Layer zucchini, cracker crumbs and hamburger mixture. Heat milk and soups and pour on top with chips. Bake 25 to 30 minutes in moderate oven.

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Salat

Salads

FRUIT SALADS

AMBROSIA FRUIT SALAD

Mrs. Grant Olson
(Recipe From Mary Margaret Soulé)

1 pt. sour cream
1 pkg. mini marshmallows
2 lg. cans fruit cocktail, drained
Pineapple tidbits
Nuts *and* coconut (if desired)

Mix sour cream and marshmallows together to partially dissolve marshmallows. After several hours, add 2 large cans fruit cocktail (drained), pineapple tidbits and/or whatever other fruits desired. May add nuts and coconut, if desired.

APPLE SALAD

Brenda Underberg

5 Granny Smith apples, peeled
2 reg. Snicker bars, frozen *and* crushed
1 carton Cool Whip
Marshmallows (optional)

Peel and cut up apples. Put Snickers in a plastic bag and crush. Add Cool Whip and marshmallows.

BUTTERMILK SALAD

Irene Hansen

1 (6 oz.) box orange gelatin
1 (16 oz.) can crushed pineapple
2 c. buttermilk
1 carton whipped topping

Mix gelatin and undrained pineapple in pan. Boil gelatin mixture 1 minute, stirring constantly. Cool. Add 2 cups buttermilk and whipped topping. Stir well and place in refrigerator. Peaches and other fruit may be substituted for pineapple. This is a very nice, cool and refreshing salad and it keeps nicely.

The first time I made this salad, I didn't read the directions correctly and I used 3 ounces Jell-O. It was good, except I wondered why it was so thin.

The Bible is a guidebook;
The way to master it is to let it master us.

TART CHERRY SALAD

June Olson
(Recipe From Kay Olson)

1 lb. can tart red cherries
1 (8 oz.) crushed pineapple
1/2 c. sugar
6 oz. cherry Jell-O
1 1/2 c. ginger ale *or* 7-up
3/8 c. coconut (optional)

Drain fruits, reserving juice. Add water to juices to make 1 1/2 cups. Add sugar and bring to boil. Stir in Jell-O; add fruit and 7-up. Chill.

CRUNCHY SALAD

Ella Rossing

1 lb. pkg. frozen peas
2 *or* 3 unpeeled red Delicious apples
1 can water chestnuts
1 sm. onion, grated
Dash of salt
2 T. French dressing
Mayonnaise, to moisten

Heat peas to boiling and drain. Sprinkle on the French dressing while hot. Let cool. Add chopped apples and chopped water chestnuts, onion and salt. Moisten with mayonnaise and refrigerate. Overnight brings out better flavor. (Chopped green onions or onion salt may be used. Also, eliminate mayonnaise if you prefer just French dressing.) Serve on lettuce or arrange in bowl. Garnish with slices of apple.

EASY FRUIT SALAD

Loretta Hildman,
Humboldt, IA

1 (3 oz.) French vanilla pudding *and* pie filling (not instant)
1 c. pineapple *or* orange juice

Put dry mix in a 1 to 1 1/2 quart casserole dish and add juice. Mix well. Microwave, uncovered, 3 to 4 minutes, stirring often. You may also put above in a saucepan and cook on top of stove until mixture thickens and then cool. When pudding is cool, add:

1 can pineapple chunks, drained
1 can mandarin oranges, drained

Refrigerate 1 hour. Just before serving, add 2 sliced bananas and maraschino cherries. The pudding mix is excellent for salads.

Fruit Salad

Babe Enger
Janet (Enger) Law

2 c. buttermilk
2 pkgs. instant vanilla pudding
Lg. container Cool Whip
2 cans drained mandarin oranges
2 cans drained chunk pineapple
1 can drained fruit cocktail

Mix buttermilk and pudding together. Fold in Cool Whip. Add drained fruit and mix all together. Just before serving, add 1/2 package crumbled up fudge striped cookies.

Four-Fruit Compote

Virginia Hundertmark

1 can (20 oz.) pineapple chunks
1 can (11 oz.) mandarin oranges, drained
3 *to* 4 unpeeled apples, chopped
2 *to* 3 bananas, sliced
1/2 c. sugar
1/3 c. orange juice
1 T. lemon juice
2 T. cornstarch

Drain pineapple, reserving 3/4 cup juice. In a saucepan, combine sugar and cornstarch. Add pineapple juice, orange juice and lemon juice. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute longer. Remove from heat; set aside. In a bowl, combine pineapple chunks, oranges, apples and bananas. Pour warm sauce over fruit; stir gently to coat. Cover and refrigerate. 12 servings.

Fudge Stripe Cookie Salad

Helen Kinne

1 sm. pkg. instant vanilla pudding
1 1/2 c. buttermilk

FOLD IN:

1 (9 oz.) carton Cool Whip
1 can drained mandarin oranges
1 can (sm.) drained pineapple tidbits
1 (11 oz.) pkg. fudge stripe cookies, broken in pieces

Mix in order given and refrigerate at least 2 hours before serving.

CREAMY FRUIT SALAD

Mrs. Norman Rolland
Ronna Lounsbery

1 pkg. vanilla tapioca pudding
1/2 c. mixed fruit juices
1 pkg. dessert topping mix *or* 1 sm. Cool Whip
1 med. can fruit cocktail, drained
1 can pineapple chunks, drained
1 (11 oz.) can mandarin oranges, drained
2 bananas, sliced
1 c. mini marshmallows

Prepare pudding mix as directed, using the fruit juices in place of milk. Cool. Blend in Cool Whip or dessert topping. Add fruit. Add bananas just before serving. Other fruits may be added.

VARIATION: Use 1 package instant vanilla pudding and 1 1/2 cups milk in place of tapioca pudding and fruit juices.

QUICK FRUIT SALAD

Ruth Thompson

1 can fruit cocktail
1 can peach pie filling

Drain fruit cocktail and then combine with the peach pie filling. Chill and serve on lettuce leaf or serve in bowl. A cup or so of miniature marshmallows may be added, if desired. Lemon pie filling and the fruit cocktail is another combination to use.

HOLIDAY SALAD AND DRESSING

Ella Rossing

1/2 lb. marshmallows, cut in 1/3's
1/2 lb. lg. gumdrops, cut fine (do not use black ones)
1 (No. 2 *or* 2 1/2) can cubed pineapple
1 lb. white *or* red grapes, cut in 1/2 (can use 1 can seeded grapes)
1/2 c. slivered almonds (optional)
1 bottle maraschino cherries, cut in 1/2's

DRESSING:

1/2 c. sugar
4 T. flour
Juice of 1 lemon
1/2 tsp. salt
3/4 c. pineapple juice
1 pt. whipping cream

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HOLIDAY SALAD AND DRESSING (CONTINUED)

Combine the first 6 ingredients. Make dressing in double boiler or heavy pan. Cook until thick and smooth, stirring constantly. Cool. Whip 1 pint whipping cream and fold into dressing and fruit. Let stand 12 to 24 hours.

We got this recipe during World War II from a family whose name was Holliday. Thus, we make it at holiday time and it is a family tradition.

Prepared topping may be substituted for cream, but does not hold up as well. Small marshmallows tend to melt.

JELL-O SALAD

Elsie Hankins

3 pkgs. lime Jell-O
2 1/2 c. water
1 c. pineapple juice
1 sm. pkg. sm. marshmallows, dissolved in hot water *and* Jell-O mixture
1 med. can crushed pineapple, drained *and* use the 1 c. juice for the third c. of liquid
1 lb. cottage cheese
1 pt. whipping cream, whipped

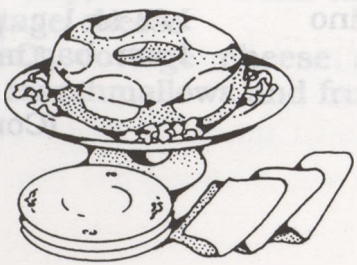
Let the Jell-O mixture get to jelly stage, then add the pineapple, cottage cheese and whipped cream.

LIME JELL-O SALAD

Eleanor Christianson

1 pkg. lime Jell-O
1 1/2 c. boiling water
1/2 c. whipped cream
2 T. salad dressing
Juice from crushed pineapple

Dissolve Jell-O in water and let cool. Add pineapple juice. When partly set, whip and add whipped cream and salad dressing. Add 1 small can crushed pineapple, 1 cup grated cheese, pinch of salt and nutmeats, if desired. A good potluck salad.



LEMON MOUNTAIN DEW SALAD

Loretta Hildman

2 pkgs. lemon Jell-O
2 c. cold Mountain Dew
1 c. mini marshmallows
1 sm. c. boiling water
1 c. crushed pineapple
1 c. lemon pie filling

Dissolve lemon Jell-O in boiling water. Cool. Add drained pineapple, marshmallows, pie filling and Mountain Dew. Pour in 9 x 13 inch pan and let set; refrigerate. Mix remaining pie filling with Cool Whip and spread on top.

LEMON PIE FILLING SALAD

Vina Rossing
Wanda Thilges

2 reg. lemon Jell-O *(or* family)
2 c. boiling water
1 can lemon pie filling
1 lg. can crushed pineapple, drained
1 carton Cool Whip

Dissolve Jell-O in boiling water. Chill to thick syrupy stage. Stir in pie filling and pineapple. Let set. Cover with Cool Whip before serving.

LIME JELL-O DESSERT SALAD

Mrs. Grant Olson
(Recipe From Mrs. Ralph [Donna] Olson)

1 (3 oz.) pkg. lime Jell-O
1 c. boiling water
2 (3 oz.) pkgs. cream cheese
1 can crushed pineapple
2 c. mini marshmallows
1 c. whipped topping
Nuts (optional)

Dissolve Jell-O in boiling water. Add softened cream cheese and beat. Add pineapple and marshmallows. Stir as it thickens. Fold in whipped topping and nuts, if desired. Chill.

MARASCHINO CHERRY SALAD

Loretta Hildman,
Humboldt, IA

1 (8 oz.) cream cheese
3/4 c. sugar
1 med. size jar maraschino cherries
1 lg. tub Cool Whip
1 lg. can drained pineapple chunks
1/2 *to* 1 c. pecans, chopped
1 sm. bag mini marshmallows

(Continued Next Page)

MARASCHINO CHERRY SALAD (CONTINUED)

Cream cheese together with sugar and all the juice from a medium size jar of maraschino cherries. Add 1 large tub of Cool Whip, drained pineapple chunks, maraschino cherries, cut up pecans and marshmallows.

ORANGE FLUFF SALAD *Cari Kraft*

1 1/3 c. cottage cheese
1 pkg. sugar-free orange Jell-O (dry)
1/2 c. crushed pineapple
2 c. Cool Whip

Mix Cool Whip and dry Jell-O. Add pineapple and cottage cheese. Chill.

PARTY DESSERT SALAD *Eleanore Grefstand*

1 (3 oz.) pkg. lemon Jell-O
1 c. hot water
1 (16 oz.) can crushed pineapple, drained
3/4 c. cottage cheese
1/3 c. chopped maraschino cherries
8 oz. whipped topping

Dissolve gelatin in hot water. Chill until partially set. Add pineapple, cottage cheese and cherries. Fold in whipped topping and chill.

PINK COTTAGE CHEESE SALAD *Ruth Thompson*

1 can fruit cocktail, drained
1 (3 oz.) pkg. red Jell-O
1 (24 oz.) sm. curd cottage cheese
1 med. *or* lg. Cool Whip

Add Jell-O to cottage cheese and then add drained fruit cocktail. Then add a medium or large Cool Whip.

QUICK SALAD *Mary Lou Jensen*
Ronna Lounsbery

1 (3 oz.) pkg. Jell-O (dry)
1 sm. container cottage cheese
1 sm. tub Cool Whip

Stir dry Jell-O, cottage cheese and Cool Whip until blended. Add nuts, marshmallows and fruit as desired.

SEVEN LAYER JELL-O

Mrs. Grant Olson
(Recipe From Mrs. Marge Wendt)

1 lg. can evaporated milk (12 oz.)
1 (3 oz.) pkg. raspberry Jell-O
1 (3 oz.) pkg. cherry Jell-O
1 (3 oz.) pkg. lime Jell-O
1 (3 oz.) pkg. lemon Jell-O
1 (3 oz.) pkg. orange Jell-O
1 (3 oz.) pkg. orange-pineapple Jell-O
1 (3 oz.) pkg. strawberry Jell-O

Dissolve raspberry Jell-O in 3/4 cup boiling water; add 3/4 cup ice water. Pour into 9 x 13 inch pan (Pyrex looks nice!) and chill. Dissolve cherry Jell-O in 1/2 cup hot water; add 1/2 cup ice water and add 1/2 cup evaporated milk. Pour over first layer and chill. Dissolve lime Jell-O in 3/4 cup hot water; add 3/4 cup ice water. Add to Jell-O layers and chill. Next, dissolve lemon Jell-O in 1/2 cup hot water; add 1/2 cup ice water and 1/2 cup evaporated milk. Add to Jell-O layers and chill. Dissolve orange Jell-O in 3/4 cup hot water; add 3/4 cup ice water. Add to Jell-O layers and chill. Dissolve orange-pineapple Jell-O in 1/2 cup hot water; add 1/2 cup ice water and 1/2 cup evaporated milk. Add to Jell-O layers and chill. Dissolve strawberry Jell-O in 3/4 cup hot water; add 3/4 cup ice water. Add to Jell-O layers and chill.

To serve, you may top each square with whipped topping or serve plain.

SPAGHETTI SALAD AND DRESSING

Gracie Aure

2 c. elbow spaghetti
2 apples, diced *or* 1 sm. can crushed pineapple, drained *or* both

Cook spaghetti until done. Cool. Add apples and pineapple as desired.

DRESSING:

4 eggs, separated
1/2 c. lemon juice
1 c. sugar
1 c. cream, whipped

Beat eggs until frothy. Add sugar and lemon juice. Beat egg whites and add to mixture. Cook in double boiler until thick. Cool. Add spaghetti mixture. Add whipped cream just before serving.

SNICKER SALAD *Barb Bratland*

1 (8 oz.) tub Cool Whip
2 apples
2 Snicker candy bars
2 bananas (if desired)

Dice apples (leave peeling on) and candy bars in bite size pieces. Add sliced bananas and mix with the Cool Whip.

Children like to help make and eat this salad.

TAPIOCA SALAD *Loretta Hildman, Humboldt, IA*

1 pkg. pearl tapioca (packaged box)
1 1/2 c. crushed pineapple
8 oz. tub Cool Whip
1 sm. jar maraschino cherries, chopped
1 *to* 2 lbs. mini marshmallows

Wash tapioca. Then put in double boiler and cover with boiling water. Cook until clear, then wash again until clear. Put pineapple in right away; mix in cherries, marshmallows and Cool Whip. Let cool. Let stand overnight in refrigerator before serving.

VEGETABLE SALADS

BEAN SALAD *Irene Curry*

1 can yellow beans
1 can green beans
1 can kidney beans
1/2 c. chopped onion
1/2 c. green pepper, chopped
1/2 c. salad oil
2/3 c. vinegar
1 tsp. salt

Mix together and refrigerate 24 hours.

BROCCOLI-CAULIFLOWER SALAD *Sharon Olson*

1 head broccoli
1 head cauliflower
2 sticks celery
1/2 c. raisins
1/2 c. salted sunflower seeds
1 c. thinly sliced carrots
1 bottle Hidden Valley ranch dressing

Cut up vegetables in bite size pieces. Add to remaining ingredients. Cover and refrigerate a few hours before serving.

CABBAGE SALAD AND DRESSING

Ruth Thompson

1 lg. head cabbage
1 med. onion
1 *or* 2 c. celery, chopped
1 pepper
1 1/2 c. grated carrots

DRESSING:

3/4 c. sugar
1/2 c. vinegar
1 tsp. dry mustard
1 tsp. salt
1 c. salad oil

Shred cabbage. Chop celery, pepper and onion. Mix and add the grated carrots.

For dressing, bring sugar, vinegar, dry mustard and salt to a boil. Then gradually beat in oil (dressing will become somewhat thick and milky colored). Pour mixture over cabbage mixture and mix well. Recipe may be doubled, if desired, because this will keep in refrigerator many days.

JAPANESE CABBAGE SLAW

Stephanie Pederson

1/2 head cabbage, sliced thin
2 green onions *with* tops, chopped
1 pkg. Ramen noodles, broken, uncooked
1 chicken breast, cooked *or* turkey ham
2 T. sesame seed
2 T. slivered almonds

DRESSING:

1/2 c. vegetable oil
3 T. vinegar
2 T. sugar
1/2 T. salt
1/2 tsp. pepper
1/2 tsp. Ac'cent

Toast sesame seeds and almonds in oven until light brown at 325° 5 to 10 minutes. (They burn easily.) Mix all ingredients. Mix dressing ingredients together. Pour over cabbage; toss lightly. Let set overnight.

CALICO CAULIFLOWER

Kay Helland

4 c. fresh cauliflower, sliced
1/4 c. chopped green pepper
1/4 c. chopped celery
1/4 c. grated carrots
1 sm. onion
1/2 tsp. sugar
1/8 tsp. pepper
1/2 c. salad oil
2 T. fresh lemon juice

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CALICO CAULIFLOWER (CONTINUED)

Combine vegetables. Mix remaining ingredients together. Toss lightly with vegetables. Chill 2 hours, mixing gently several times.

CARROTS MARINADE *Sue Carruthers*

2 lbs. carrots
1 lg. onion
1 green pepper
1 (10 oz.) can tomato soup
1 c. sugar
1/2 c. oil
3/4 c. vinegar
1 tsp. salt
1/4 tsp. dill weed

Cut carrots into julienne strips. Cook in small amount of water until barely tender; drain and cool. Slice onion thinly and cut green pepper into strips. Combine with carrots. Mix the remaining ingredients and bring to a boil. Pour over carrots, onions and peppers. Chill.

CUCUMBER SALAD *Ronna Lounsbery*

3 cucumbers
1 lg. onion
1 1/2 c. mayonnaise
1/2 c. sugar
1/3 c. vinegar
Dash of salt
Dash of pepper

Slice cucumbers and onion. Mix other ingredients. Pour over cucumbers and onion. Chill 2 to 3 hours before serving.

KATHY'S SALAD *Kathy Goodmanson*
Ronna Lounsbery

1 pt. Hellmann's mayonnaise
3/4 c. vinegar
1 1/2 c. sugar
1 can sweetened condensed milk
2 boxes ring macaroni
2 peppers, chopped fine
3 carrots, grated
Sm. onion

Cook macaroni; drain. Mix other ingredients and add to macaroni. Makes large amount. Keeps a week in refrigerator.

LETTUCE/ORANGE SALAD AND DRESSING

Patty Peterson (Berge)

1 pkg. slivered almonds
1 T. *and* 1 tsp. sugar
1/2 head lettuce
2 stalks celery, cut up
2 T. onion
11 oz. can mandarin oranges, drained

Fry nuts with sugar for about 15 minutes, until crystallized. Combine greens, oranges and nuts, and add dressing at last minute.

DRESSING:

1/4 c. vegetable oil
2 T. sugar
2 T. vinegar
1 T. parsley
1 tsp. salt
Dash of pepper

Shake in tightly covered jar.

LETTUCE SALAD

Mrs. Grant Olson
(Recipe From Mrs. Elmer [Marge] Wendt)

1 head lettuce
1/4 *to* 1/2 c. chopped green pepper
1/4 *to* 1/2 c. chopped celery
1/4 *to* 1/2 c. sliced green onions
1 (10 oz.) pkg. green peas, cooked *and* cooled
1 pt. salad dressing
4 *to* 6 oz. shredded cheddar cheese
8 slices bacon, crumbled

Shred the lettuce into 9 x 13 inch pan. Mix vegetables and spread over the lettuce. Use salad dressing (Miracle Whip) and spread over the top. Sprinkle cheddar cheese and crumbled bacon over the top.

MACARONI SALAD

Irene Hansen

1 lb. macaroni (shell *or* screw)
1 lg. green pepper (optional)
1 onion, chopped
4 carrots, grated
1 can Eagle Brand sweetened condensed milk
1 c. white vinegar
3/4 c. sugar
2 c. mayonnaise
1 tsp. salt
1/4 tsp. pepper
5 *or* 6 radishes
1/4 c. celery (optional)

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MACARONI SALAD (CONTINUED)

Cook macaroni. Drain and cool. Chop all the veggies in the food processor or chop fine by hand. Add veggies and mix well. Combine other ingredients and pour over veggies. Refrigerate.

MACARONI VEGETABLE SALAD *Sharon Olson*

1 (16 oz.) macaroni
1/2 c. shredded carrot
1/2 c. celery, diced
1/2 c. hard cheese, diced
1/4 c. green pepper
1 *to* 2 T. chopped onion
1 c. diced ham
1/2 c. sweetened condensed milk
1/2 c. vinegar
1 c. mayonnaise
2/3 c. sugar

Cook macaroni until tender. Rinse with cool water and drain well. Stir milk, vinegar, mayonnaise and sugar together. Add to macaroni and other ingredients. Will keep well in refrigerator for 3 to 4 days.

OVERNIGHT SALAD *Betty Janssen*

2 cans French style green beans
2 cans peas
1 can diced carrots
Sliced *or* diced onion
2 c. sugar
2 c. oil
3/4 c. vinegar
1 c. diced celery
1 c. diced green *or* red pepper

Heat, stirring until dissolved, sugar, oil and vinegar. Cool. Add green beans, peas, carrots and onion. Marinate overnight. Next morning, drain and add celery and green or red pepper.

IOWA PEA SALAD *Shirley Bakken*

16 oz. fresh *or* frozen peas
2 stalks celery, chopped fine
4 oz. cheese, cubed
1/2 c. sweet pickle relish
2 hard-boiled eggs
1 1/4 c. Miracle Whip salad dressing
1 tsp. salt
Pepper

Do not boil peas. If frozen, soak in warm water to defrost; drain. Combine all and add dressing; mix gently.

PEA SALAD

Mary Lou Jensen
(From Joelyn Jensen Maurin)

10 *to* 16 oz. frozen peas
1 c. chopped cashews
6 slices bacon, fried *and* crumbled
1/2 c. celery, chopped
1/2 tsp. salt
1/4 c. green onions, chopped
1/2 c. sour cream

Mix and serve.

PIZZA SALAD

Unknown

1 lb. spiral macaroni, cooked *and* drained
3 med. tomatoes, seeded *and* diced
1 lb. cheddar cheese, cubed
1 *to* 2 bunches green onions, sliced
3 oz. sliced pepperoni
3/4 c. vegetable oil
2/3 c. grated Parmesan cheese
1/2 c. red wine vinegar
2 tsp. dried oregano
1 tsp. garlic powder
1 tsp. salt
1/4 tsp. pepper
Croutons (optional)

In a large bowl, combine macaroni, tomatoes, cheddar cheese, green onions and pepperoni. In a small bowl, combine oil, Parmesan cheese, vinegar and seasonings; pour over macaroni mixture. Cover and refrigerate for several hours. Top with croutons just before serving, if desired.

BRICK HAUS SAUERKRAUT SALAD

Unknown

1 c. sugar
1/2 c. vegetable oil
1 jar (32 oz.) sauerkraut, rinsed *and* drained
1 c. chopped celery
1 med. green *or* sweet red pepper, chopped
1/2 c. chopped onion

In a large bowl, combine sugar and oil; mix well. Add all remaining ingredients. Chill several hours or overnight. Yield: 6 to 8 servings.

Recipe from Schuerer's Brick Haus Restaurant in Amana on Highway 220 just west of US 151.

VEGETABLE SALAD

Jeanne Reynolds

1 bunch broccoli
1 head cauliflower
1 purple onion
4 oz. shredded cheddar cheese
Bacon bits, to taste

DRESSING:

3/4 c. Miracle Whip
1/4 c. sugar
3 T. wine vinegar

Cut vegetables in small pieces. Slice onion. Add cheese and bacon bits. Mix in dressing.

CHARLOTTE'S VEGETABLE SALAD

Arlene Jacobson

Tomatoes
Celery
Carrots
Cucumber
Cauliflower
Mushrooms
Sliced onions

DRESSING:

1 c. sugar
1/2 c. oil
1/2 c. vinegar
1 tsp. salt
1 tsp. celery seed

Cut veggies in chunks. Boil the dressing ingredients and pour over vegetables. Marinate several hours or overnight.

VEGETABLE MACARONI SALAD

Helen Sorlien

2 lbs. med. shell macaroni, cooked
2 *or* 3 cucumbers, diced
4 carrots, shredded
Sliced radishes
Diced tomato
Cubed ham
Olives
Onion

DRESSING:

1 c. vinegar
1 c. sugar
1 can Eagle Brand sweetened condensed milk
2 c. mayonnaise
1 bottle Thousand Island dressing

Toss together vegetables. Mix dressing ingredients. This makes a large batch, but the dressing freezes well. May halve the amount of macaroni and vegetables. Use half the dressing and freeze the other half.

MEAT SALADS

RUTH'S HOT CHICKEN SALAD

Unknown

3 c. cooked chicken
1 1/2 c. Miracle Whip
1 grated onion
2 c. crushed potato chips
1 pimiento, cut up
1 med. green pepper, chopped
1 1/2 c. slivered almonds
3 c. chopped celery
1 c. cubed American cheese
Salt *and* pepper

Grease a 2 quart casserole. Put 1/2 of the crushed chips in bottom of the dish. Mix all other ingredients, except remaining chips, together in another bowl. Put mixed ingredients over crushed chips and put remainder of chips on top. Bake 1/2 hour at 375°.

SAVORY CHICKEN SALAD (NO EGGS)

Ann Harr Conley

1 1/2 c. cooked, diced chicken
2/3 c. diced celery
1/4 c. diced green pepper
1/3 c. toasted slivered almonds
2/3 c. mayonnaise
1/4 tsp. salt
1/8 tsp. pepper
1 tsp. soy sauce
1/2 tsp. curry powder

Chill at least 1 hour to blend flavors. May be made the day before. Chopped pecans substitute for almonds. The taste of soy sauce or curry powder is not evident, but makes a very tasty flavor. May be served in whole tomatoes or in a ring mold of gelatin nature.

Recipe came from World War II friends in Kansas.

TACO SALAD

Sandy Kraft

2 lbs. ground beef
1 can chili *without* beans
Chili powder, to taste
1 bag Fritos
Shredded cheddar cheese
Chopped onion
Chopped green peppers
Chopped tomatoes
Chopped lettuce

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TACO SALAD (CONTINUED)

Brown meat and drain. Add chili without beans and chili powder. Cook 15 to 20 minutes. Crush up bag of Fritos and put in large 9 x 13 inch pan or bigger. Top with meat mixture. Top with rest of ingredients and serve.

This is from the St. Joe Cookbook and I have taken it to lots of potlucks and everyone asks for the recipe.

HAM PASTA SALAD *Phyllis Johnson*

1 box (7 oz.) shell macaroni, cooked *and* drained
2 c. cooked, cubed ham
DRESSING:
1/2 c. salad dressing
1/4 c. grated Parmesan cheese
2 T. milk
1 c. chopped green pepper
1 c. chopped tomato
1/4 c. chopped onion
1/4 tsp. salt
Additional Parmesan cheese

In large bowl, toss macaroni with ham, green pepper, tomato and onion. In small bowl, combine salad dressing, Parmesan cheese, milk and salt. Pour over pasta mixture and stir to coat. Cover and chill. Sprinkle with additional Parmesan before serving. 4 to 6 servings.

STRAWBERRY-SPINACH SALAD *June Krull*

1 lb. asparagus spears
1/2 c. bottled poppy seed dressing
1 tsp. grated orange peel
1 T. orange juice
1/4 c. pecan halves *or* slivered almonds
2 c. sliced strawberries *or* whole blueberries
3/4 *to* 1 lb. cooked, cubed chicken *or* ham
8 c. spinach *or* assorted greens

Cook asparagus in microwave (or small amount of water on stove) for 2 minutes in 2 cups water. Drain. Rinse. Mix with fruit, meat and greens. Stir together peeling, juice and dressing. Top with nuts.

NOTE: Can get soggy so add dressing and nuts just before serving.

THELMA'S CHICKEN SALAD

Emma Olson

Macaroni
Chicken
Sweet pickles
Celery
Cashew nuts
Pineapple tidbits
Olives
Squirt of mustard
Pinch of curry powder
Dressing (any kind), mix *with* pickle juice

SALAD DRESSINGS

CAJUN BASTÉ FOR MARINATING OR SALAD DRESSING

Mary Lou Jensen

1/2 c. olive oil
1/4 c. vinegar
1/2 tsp. garlic salt
1 tsp. oregano
1 tsp. leaf thyme
1/2 tsp. basil
1/2 tsp. Habanero pepper sauce
1/2 tsp. cayenne pepper
1/4 tsp. black pepper
2 T. brown sugar

Combine in a tight fitting jar and shake. No salt unless desired. Marinate vegetables or meat.

For lettuce salad, pour olive oil over salad first. Toss to coat. Keeps from wilting. Mix the rest of ingredients. Pour over salad just before serving. Sprinkle with bacon bits and Parmesan cheese (a glass bowl to make it appetizing).

For vegetable salad, pasta can be added. Before serving, sour cream and mayonnaise (equal mix) also. Wooden spoon doesn't crush veggies.

COLESLAW DRESSING

Ronna Lounsbery

1 c. mayonnaise
1/2 c. milk
1/2 c. sugar
1 tsp. mustard
1/2 tsp. salt
Sm. onion, chopped fine
2 T. vinegar

Mix all ingredients; mix with shredded cabbage. Let stand in refrigerator overnight.

DRESSING FOR SLAW - CUCS - SALADS *Wanda Thilges*

1 *to* 1 1/2 c. mayonnaise
1/2 c. sugar
1/3 c. vinegar
1 tsp. salt

Mix and pour over a salad.

DRESSING FOR CUCUMBERS *Wanda Thilges*

1 c. Miracle Whip
3 T. vinegar
1/2 c. sugar
Salt
Green pepper (optional)
Onions (optional)

Marinate with cucumbers overnight.

ONION SALAD DRESSING *Betty Janssen*

2 c. salad oil
1 c. vinegar
2 c. sugar
2 tsp. dry mustard
2 tsp. celery seed
2 med. onions
2 tsp. salt

Put all in blender and mix well. This should be enough for 3 pounds of cabbage and 3/4 pound carrots. Can be kept in refrigerator and used as desired.

NO FAIL POTATO SALAD DRESSING *Mrs. Francis Gedstad*
Ronna Lounsbery

1/4 c. vinegar
1/4 c. water
1/4 c. sugar
1 tsp. prepared mustard
Salt *and* pepper, to taste

Combine and heat to boiling. Reduce heat and add 2 well-beaten eggs. (First, add some of the hot mixture to the eggs, then add and mix together.) Cook again 5 minutes or until thickened. Stir in 1 cup salad dressing. Is enough for a large bowl of potato salad.

It is only the fear of God that can deliver us
from the fear of men.

RANCH DRESSING

Unknown

1 c. buttermilk
1/4 c. diet mayonnaise
1/4 c. plain nonfat yogurt
1 T. fresh parsley, chopped
2 *to* 3 tsp. fresh dill, chopped *or* 1/2 tsp. dried
1 1/2 tsp. fresh basil, chopped *or* 1/2 tsp. dried
1/2 tsp. Worcestershire sauce
1/4 tsp. garlic powder
1/4 tsp. onion powder

Beat together all ingredients in a small bowl. Chill at least 12 hours to blend flavors. Keeps up to 2 weeks in the refrigerator. Makes 2 cups.

VEGETABLE/MACARONI SALAD DRESSING

Ronna Lounsbery

1/4 c. vinegar
1/4 c. sugar
1 c. Miracle Whip
1/2 c. sweetened condensed milk

Mix ingredients well.

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Hermetisk Nedlagt Mat

Canning and Pickling

FREEZING

SUGGESTED STORAGE PERIODS FOR FROZEN FOODS

Storage at 0°F.	
FRUITS	
Cherries	12 mos.
Peaches	12 mos.
Raspberries	12 mos.
Strawberries	12 mos.
FRUIT JUICE CONCENTRATE	
Apple	12 mos.
Grape	12 mos.
Orange	12 mos.
VEGETABLES	
Asparagus	8 mos.
Beans	8 mos.
Cauliflower	8 mos.
Corn	8 mos.
Peas	8 mos.
Spinach	8 mos.
BREAD AND YEAST ROLLS	
White Bread	3 mos.
Cinnamon Rolls	2 mos.
Plain Rolls	3 mos.
CAKES	
Angel	2 mos.
Chiffon	2 mos.
Chocolate Layer	4 mos.
Fruit	12 mos.
Pound	6 mos.
Yellow	3 mos.
DANISH PASTRY	
DOUGHNUTS	*3 mos.*
Cake Type	3 mos.
Yeast Raised	3 mos.
PIES (UNBAKED)	
Apple	8 mos.
Boysenberry	8 mos.
Cherry	8 mos.
Peach	8 mos.
BEEF	
Hamburger or Chipped (thin) Steaks	4 mos.
Roasts	12 mos.
Steaks	12 mos.
LAMB	
Patties (ground meat)	4 mos.
Roasts	9 mos.
PORK, CURED	2 mos.
PORK, FRESH	
Chops	4 mos.
Roasts	8 mos.
Sausage	2 mos.
VEAL	
Cutlets, Chops	9 mos.
Roasts	9 mos.
COOKED MEAT	
Meat Dinners	3 mos.
Meat Pie	3 mos.
Swiss Steak	3 mos.
CHICKEN	
Cut up	6 mos.
Whole	12 mos.
COOKED CHICKEN AND TURKEY	
Chicken or Turkey Dinners (sliced meat and gravy)	6 mos.
Chicken or turkey pies	6 mos.
Fried Chicken	4 mos.
Fried Chicken Dinners	4 mos.
DUCK, WHOLE	6 mos.
GOOSE, WHOLE	6 mos.
TURKEY	
Cut up	6 mos.
Whole	12 mos.
FISH	
Fillets: Cod, Flounder Haddock, Halibut, Pollack	6 mos.

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SUGGESTED STORAGE PERIODS FOR FROZEN FOODS

FISH (CONTINUED)	
Mullet, Ocean Perch, Sea Trout, Striped Bass	3 mos.
Pacific Ocean Perch	2 mos.
Striped Bass, dressed	3 mos.
Sea Trout, dressed	3 mos.
Whiting, drawn	4 mos.
SHELLFISH	
Clams, shucked	3 mos.
Crabmeat:	
Dungeness	3 mos.
King	10 mos.
Oysters, shucked	4 mos.
Shrimp	12 mos.
COOKED FISH AND SHELLFISH	
Fish with cheese sauce	3 mos.
Fish with lemon butter sauce	3 mos.
Fried Fish Dinner	3 mos.
Fried Fish Sticks, Scallops or Shrimp	3 mos.
Shrimp Creole	3 mos.
Tuna Pie	3 mos.
FROZEN DESSERTS	
Ice Cream	1 mo.
Sherbet	1 mo.

UNCOOKED FROZEN CORN

Bernice Rolland

21 c. cut up corn
7 c. ice water
1/2 *to* 3/4 c. sugar
1 *to* 2 T. salt

Mix water, salt and sugar together. Pour over corn. Mix, bag and freeze. When preparing corn for a meal, bring to a boil and simmer a few minutes.

SPECTACULAR FROZEN CORN

Sandy Kraft
Ella Rossing

35 lg. ears sweet corn (18 c.)
1/2 *to* 1 lb. butter (I use 1 lb.)
1 pt. half-and-half *or* cream
Plastic bags for storing
Salt (when serving)

Cut corn from cob and put into 2 large roasting pans (should have 18 to 20 cups cut corn). Add butter and half-and-half. Place, uncovered, in 325° oven. Bake 1 hour, stirring every 15 minutes to prevent scorching. Remove from oven and set pans in cold water to chill. (Be careful not to get water into corn.) Package and freeze. When ready to use, heat and eat. Add salt and a dash of sugar if you like. Freezes and keeps well.

CUCUMBER PICKLES – FROZEN *Unknown*

2 qts. peeled, sliced cucumbers
1 lg. onion, sliced
2 T. pickling salt
1 1/2 c. sugar
1/2 c. vinegar

Slice cucumbers and onion thin. Add salt; let stand 24 hours. Drain well. Add sugar and vinegar. Mix and freeze. Makes about 4 pints. When thawing to serve, use right away. Small containers are better as it takes less time to thaw.

FREEZER SLAW *Joanne Brown*

2 head cabbage
2 carrots
2 green peppers
2 tsp. salt
4 c. sugar
2 c. vinegar
1/2 c. water
2 tsp. celery seed

Soak vegetables in ice water and salt before grinding and soak in juice plus ice for 1 hour after grinding. Boil sugar, vinegar, water and celery seed 1 minute and let cool. Pour over slaw after you put slaw in freezer containers. (Drain some of the dressing off and add mayonnaise after thawing and before serving.)

CANNING METHODS

OPEN KETTLE METHOD

Open kettle method is recommended only for jams, jellies, conserves, marmalades, preserves, relishes and some pickles. These food products may be canned satisfactorily by the open kettle method for they contain a large amount of sugar or vinegar, which helps preserve them. All other food products need and must have a processing period to destroy micro-organisms which cause foods to spoil. In the open kettle method, the food is cooked in an uncovered kettle and poured boiling hot into sterilized hot jars. Each jar is quickly sealed before another one is filled.

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WATER BATH METHOD

Water bath method is a way of processing foods at a temperature of 212°. This method is recommended for processing fruits, tomatoes and other acid foods. Enough heat is supplied by the boiling water to destroy the bacteria, enzymes, molds and yeasts which cause spoilage in acid foods. In warm climates, or if storage conditions are poor, butters, conserves, jams and preserves should be processed at simmering for 10 to 20 minutes in a water bath canner.

CANNING STEPS:

1. Check jars for nicks and cracks. Wash and rinse jars. Leave jars in hot water until ready to use.
2. Prepare fruit or tomatoes. Remove skin by dipping fruit in boiling water for 1/2 to 1 minute to loosen skin. Dip in cold water and remove skin.
3. Slice or quarter fruit or tomatoes and place in hot jars.
4. Pour hot syrup for fruit (light syrup - 2 cups sugar to 1 quart water; medium syrup - 3 cups sugar to 1 quart water; heavy syrup - 4 3/4 cups sugar to 1 quart of water) or hot water for tomatoes into jars covering fruit, leaving 1/2 inch head space. For tomatoes, add 1 teaspoon canning salt per quart.
5. Run rubble bottle scraper or similar non-metal utensil between fruit and jar to release air bubbles. Add more syrup or water if needed.
6. Wipe top and threads of jar with clean, damp cloth. Put lid on and screw band tight.
7. As each jar is filled, stand it on rack in canner. Water should be hot, but not boiling. If needed, add more water to cover jars 1 to 2 inches. Put cover on canner.
8. Bring water to boil. Process pints or quarts for time needed at a gentle but steady boil.
9. Remove jars from canner. Let cool for about 12 hours. Remove bands. Test for seal. Store without bands.

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PROCESSING TIMES FOR WATER BATH METHOD

		MINUTES FOR PROCESSING	
FRUITS	*TYPE PACK*	*PINTS*	*QUARTS*
Apples	Hot	20	20
Applesauce	Hot	20	20
Apricots	Raw	25	30
Apricots	Hot	20	25
Berries	Raw	15	20
Berries	Hot	10	15
Cherries	Raw	20	25
Cherries	Hot	10	15
Mixed Fruits	Hot	20	25
Peaches	Raw	25	30
Peaches	Hot	20	25
Pears	Hot	20	25
Plums	Hot	20	25
ACID VEGETABLES			
Rhubarb	Hot	10	10
Sauerkraut	Raw	30	30
Tomatoes	Raw	35	45
Tomatoes	Hot	10	15
Tomato Juice	Hot	10	15

CANNING VEGETABLES

POINTS ON PACKING
RAW PACK:

Pack cold raw vegetables (except corn, lima beans and peas) tightly into container and cover with boiling water.

HOT PACK:

Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

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HOT TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

TIPS TO HELP YOU:

Choosing Mason jars – Jars manufactured especially for home canning generally are called Mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with Mason lids. So, can with standard Mason jars only.

Preparing glass jars – Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures – wide mouth or regular – that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10 to 15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars – Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling. A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button, is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer – Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2 inches of air space on all sides for jars to cool evenly.

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PROCESSING IN A PRESSURE CANNER

Use a stem-pressure canner for processing all vegetables, except tomatoes and pickled vegetables.

DIRECTIONS:

Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any stem-pressure canner.

1. Put 2 to 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
2. Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
3. Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
4. Watch until steam pours steadily from vent. Let it escape escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
5. Let pressure rise to 10 pounds (240°). The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
6. When processing time is up, remove canner from heat immediately.

With glass jars – Let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

Does your faith move mountains,
or do mountains move your faith?

FRUITS AND JAMS

AUNT LIL'S APPLE PIE FILLING

Mary Olson

Hot Water Bath Method

6 lbs. tart apples

SYRUP:

4 1/2 c. sugar
1 1/2 tsp. salt
1 c. cornstarch
10 c. water
3 T. lemon juice
1 T. cinnamon (more to taste if a cheaper brand)
1/2 tsp. nutmeg (optional)

PREPARATION BEFORE STARTING ABOVE RECIPE:

Heat water in 7 quart canner. Needs to be close to boiling before adding jars. Sterilize 7 brand name quart jars.

Peel and slice apples into very large bowl or pan with water and 1 to 2 tablespoons lemon juice to keep from turning brown; drain. Make syrup until thick and bubbly. Pour 1 1/2 cups syrup into sterilized jar. Pack apple slices tightly into jar with syrup. Add more syrup, if needed. Seal jars and process in hot water bath 20 minutes.

CHERRY RHUBARB JAM

Arlene Olson

5 c. rhubarb, finely cut
1 c. water
5 c. sugar
1 can cherry pie filling
2 pkgs. (3 oz. size) cherry gelatin

Cook rhubarb in water until tender. Add sugar and cook a few minutes longer. Add pie filling and cook 6 to 8 minutes. Remove from heat and add gelatin. Stir until completely dissolved. Pour into jars and seal. Store in refrigerator or freezer.

PEACH JAM

Ella Rossing

24 peeled peaches
1 lg. orange
1 lg. bottle maraschino cherries
Sugar (allow 5 lbs.)

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PEACH JAM (CONTINUED)

Grind peaches and orange (use orange peel, juice and all). Use average blade (can use blender on coarse). Measure fruit and use equal amount of sugar. Cook in heavy pan until thick, stirring. (It can scorch easily.) Add cherries, cut in half. Can hot from kettle. Should make 8 pints. Store sealed jars in cool dark place.

RHUBARB JAM *Babe Enger*

5 c. finely cut rhubarb
1 pkg. sugar-free raspberry *or* strawberry Jell-O
3 c. sugar

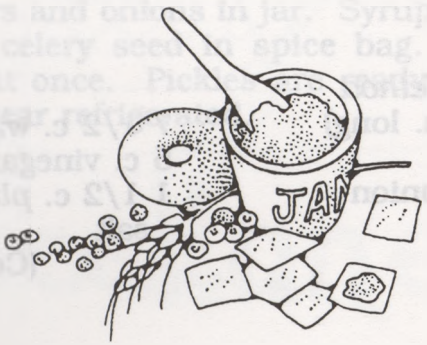
Cut rhubarb fine. Over low heat, melt sugar and rhubarb. When melted, add Jell-O and cook until rhubarb is done. Pour into jars and refrigerate. Yields about 2 pints.

ZUCCHINI MARMALADE *Jennifer Rolland*

6 c. shredded zucchini
1/2 c. lemon juice
6 c. sugar
1 c. crushed pineapple *with* juice
1 (3 oz.) pkg. apricot Jell-O
1 (3 oz.) pkg. peach Jell-O

Peel and remove seeds from zucchini. Shred zucchini. Add lemon juice and cook until clear. Add remaining ingredients. Bring to a full boil and cook for 6 minutes. Pour into containers. When cool, cover and freeze.

I have also substituted 6 ounces of strawberry Jell-O for a different flavor.



PICKLES AND RELISH

BARKER PICKLES – REFRIGERATOR PICKLE *Rose Zeman*

Pickles
Dill
SYRUP:
7 1/2 c. cold water
3 c. vinegar
3/4 garlic bud
1/2 c. salt

Put dill in bottom of jar and garlic, depending on how much you want. Layer the dill, garlic and pickles in a gallon jar. Cover with Saran Wrap and set overnight. Then set in refrigerator for 3 days.

BEET PICKLES *Dora Tofteberg*

2 c. sugar
1 T. whole allspice
1 1/2 tsp. salt
2 sticks cinnamon
3 1/2 c. vinegar
1 1/2 c. water
3 qts. peeled cooked sm. beets

Cook beets until tender; peel and combine all ingredients, except beets. Simmer 15 minutes. Pack beets into hot jars. Pour boiling syrup over beets in jars; leave 1/2 inch head space. Adjust lids. Process pints 30 minutes in hot water bath. Yield: about 6 pints.

SPEEDY BEET PICKLES *Bernice Olson*

1 c. vinegar
1/2 c. sugar
1 can beets

In a pint jar, pour the vinegar. Add the sugar. Stir or shake. Add the drained beets. Cover with jar lid. Place in refrigerator. Enjoy!

DILL PICKLES *Mary Olson*

Hot Water Bath Method
36 *to* 40 (3 1/2 in. long) cucumbers
7 (1/2 in.) slices onion
7 heads dill
7 1/2 c. water
5 c. vinegar
1 1/2 c. *plus* 2 T. pickling salt

(Continued Next Page)

DILL PICKLES (CONTINUED)

PREPARATION BEFORE STARTING ABOVE RECIPE:

Heat water in 7 quart canner. Needs to be close to boiling before adding pickles. Sterilize 7 brand name quart jars.

Slice onions and cucumber (into spears); prepare dill. Bring water, vinegar and canning salt to boil. Pack sterilized jars tightly in this order: slice of onion, part of the head of dill (about 1/2), cucumber and dill (last 1/2 head). Pour boiling brine into jar. Seal and continue until all jars are done. Place into boiling water in canner. Hot water bath for 10 minutes only. Remove jars immediately.

VARIATIONS: For "Hot Dill Pickles", add 1 1/2 tablespoons crushed red pepper. For "Garlic Dill Pickles", add 1 to 1 1/2 tablespoons minced garlic to each jar prepared.

FRESH RELISH

Della Bakken

1 green pepper
1 med. onion
1 qt. cooked tomatoes
1/2 c. vinegar
1/2 c. sugar *or* equiv. of artificial sweetener
Salt *and* pepper, to taste
Can add ripe olives *or* green olives (optional)

Combine all ingredients. Stir well. Put in refrigerator overnight. Eat cold.

REFRIGERATOR PICKLES

Dora Tofteberg

7 c. sliced cucumbers
1/2 c. sliced onions
2 c. sugar
1 c. vinegar
1 T. celery seed
1 T. salt

Wash and slice cucumbers (do not peel) and onions. Put in large glass jar. Mix sugar, vinegar and salt. Stir until dissolved. Pour over cucumbers and onions in jar. Syrup will increase after refrigeration. Put celery seed in spice bag. Push down into juice. Refrigerate at once. Pickles are ready to eat in about 3 days. Will keep 1 year refrigerated.

SPANISH PICKLES *Babe Enger (From Laura Enger)*

1 c. sugar
1/2 c. vinegar
1 *or* 2 drops green food coloring

Use a 1 quart jar of dill or mustard pickles. Slice very thin. Boil vinegar and sugar. Pour over sliced pickles. Return to jar and refrigerate. For color, you could add a few slices of pimiento.

SWEDISH CUCUMBERS *Vera Mae Andersen*

3/4 c. white vinegar
1/3 c. sugar
1/4 c. water
1/4 c. chopped parsley (optional)
3/4 tsp. salt
1/3 tsp. pepper
Med. cucumbers

Mix cold; slice cucumbers into it so they are covered. Refrigerate. Keeps well. May add more cucumbers as they are used.

SWEETENED DILL PICKLES *Agnes I. Berge*

Buy whole kosher dill pickles. Drain juice. Put in ice water for 1 hour. Drain. Cut in spears or chunks. Put in jars.

1 c. water
2 c. sugar

Bring to a boil. Boil for 5 minutes. Pour hot juice over pickles. Seal.

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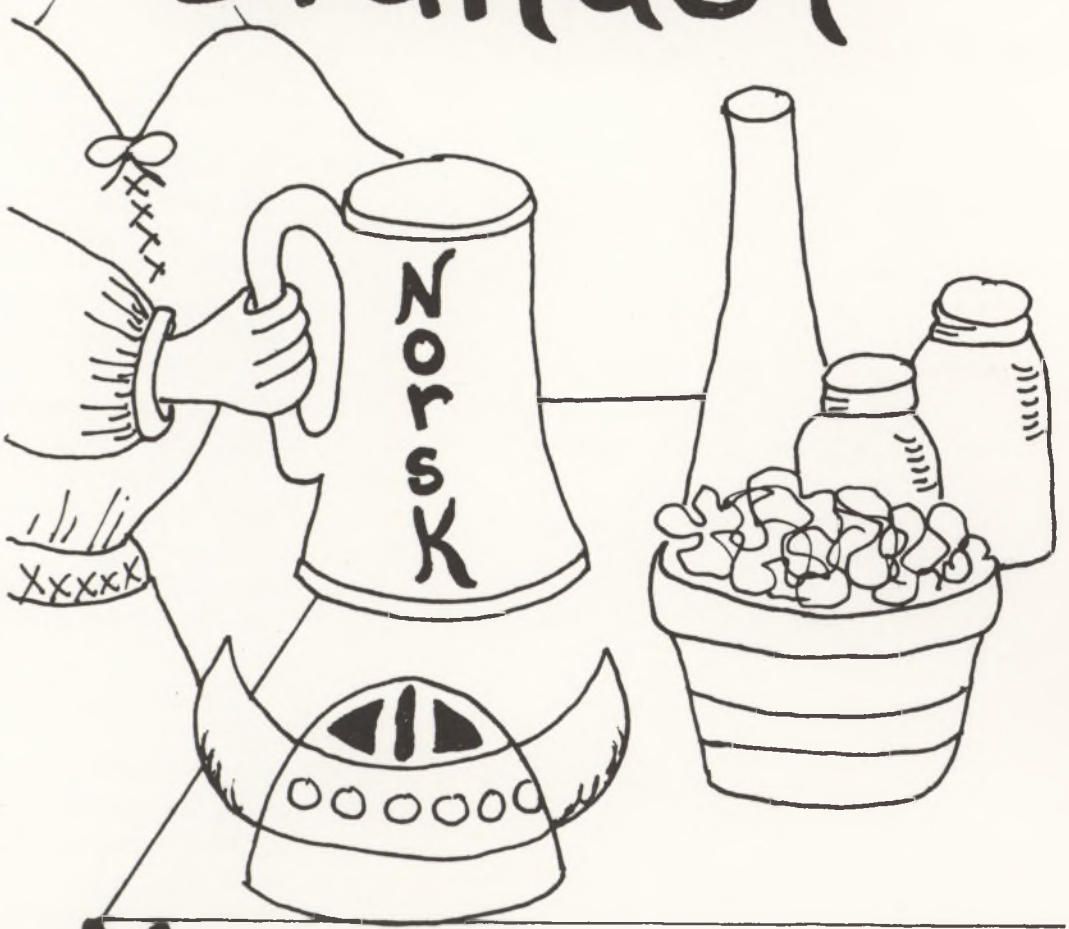
Blandet



Miscellaneous

APPETIZERS AND DIPS

OYSTER SNACK CRACKERS

Emily Rolland

12 *to* 16 oz. plain oyster crackers
1 pkg. Hidden Valley ranch mix
1/4 tsp. lemon pepper
1/4 tsp. garlic powder *or* salt
3/4 c. salad oil

Combine all ingredients, except crackers, in a shaker. Mix well. Pour over crackers. Stir to coat. Place in warm oven for 15 to 20 minutes.

SEASONED SALT

Donna Turner

1 c. salt
2 T. celery salt
2 T. garlic salt
2 T. paprika
2 tsp. dry mustard
2 tsp. onion powder
2 tsp. pepper

Place all ingredients in blender container. Cover and blend on high speed for 20 seconds. Store in tightly covered container.

PUPPY CHOW

Muriel Jacobson

1 box Crispix cereal
1 stick oleo
1 c. peanut butter
1 pkg. chocolate chips
2 c. powdered sugar

Microwave oleo, peanut butter and chocolate chips 1 minute. Pour over cereal. Put powdered sugar in bag. Add cereal mix and shake.

PIZZA SNACKS

Barbara Tompkins Dunlavy
Newton, IA

1 pkg. Party Rye bread
1 pkg. sliced mozzarella cheese
1 sm. can tomato paste
Sausage
Ground oregano

Put rye bread on baking sheet. Spread with tomato paste. Add slice of sausage. Cut cheese to fit bread and put on top. Sprinkle with oregano. Bake at 250° to melt cheese. Serve warm. May be made ahead of time. Cover and refrigerate.

CHEESE BALL *Cindy DeVlaeminck*

3 (8 oz.) pkgs. cream cheese
2 pkgs. dried beef, cut in sm. pieces
1 bunch green onions *with* greens, chopped
2 T. Worcestershire sauce
1 T. Ac'cent
1/2 tsp. garlic powder

Combine ingredients and form into a ball.

HAM BALL *Lisa Underberg Hogan*

2 cans Hormel chunk ham
1 (8 oz.) cream cheese
1 tsp. horseradish
1 tsp. onion flakes

Mix above ingredients together and shape into a ball. Put chopped pecans all over.

MARZI PAN STRAWBERRIES *Jeanette Maig*

1 c. sweetened condensed milk
1 lb. coconut, ground
2 T. sugar
1/4 lb. ground blanched almonds
1 tsp. vanilla
1 1/2 pkgs. strawberry Jell-O (3 oz. size) *plus* 1/2 pkg.

Mix thoroughly. Shape into strawberries. Roll in remaining 1/2 package Jell-O. Decorate with green frosting leaf. Allow to remain on cookie sheet overnight to dry. These freeze well. (Can be made with other flavors; orange is good.)

Pastor and Jeanette Maig served us well for 10 years.

SNACK MIX *Jan Clark*

1 stick margarine
1 c. brown sugar
2 1/2 T. light corn syrup
6 c. Crispix cereal
1 c. pretzel sticks
1 c. peanuts

Melt margarine, sugar and corn syrup to slow boil. Boil 2 to 3 minutes so sugar dissolves. Pour over cereal, pretzels and peanuts in a 9 x 13 inch pan. Bake at 250° for 10 minutes. Stir and bake 10 more minutes. Cool by spreading on waxed paper.

MEXICAN TACO PLATTER

Charlene Olson

1 can refried beans
1 carton guacamole dip
1 sm. bottle taco sauce
1 (8 oz.) sour cream
Green onions, sliced
Tomatoes, diced
Black olives, sliced
Lettuce, shredded
8 *to* 12 oz. shredded cheddar cheese
Tostito chips

I use my round pizza pan, but you can use any shape platter. Spread 1 can refried beans within 1 to 1 1/2 inches of edge of pan. On top of the beans, spread sour cream, then guacamole, then taco sauce. Around the edge of pan, place the shredded lettuce to come up to or somewhat over the mixture. On top of lettuce, sprinkle the green onions, then diced tomatoes, then sliced black olives. Sprinkle the shredded cheddar over the taco sauce, as much as you wish. Looks pretty; tastes good. To eat, use the tostito chips or any you like and scoop it on the chip and enjoy!

VEGETABLE PIZZA

Babe Enger

2 cans Pillsbury crescent dinner rolls
Any fresh chopped vegetables
Sour cream dip (your favorite)

Press out 2 cans of Pillsbury crescent rolls on an ungreased jelly roll pan. Bake until golden brown. Top with favorite sour cream dip. Add any kind of chopped fresh vegetables (suggestions: cauliflower, broccoli, celery, grated carrots and onions). I have even added well-drained mushrooms.

HOMEMADE SALSA

Mary Lou Jensen
By Pat Weydert

2 qts. tomatoes, chopped
2 onions, chopped (1 c.)
1 *or* 2 jalapeno peppers, chopped (use seed for hotter salsa)
1/3 c. vinegar
2 sm. cans tomato sauce
1 1/2 T. garlic powder
1 1/2 tsp. salt

Cook 25 minutes, then can. If jars don't seal, hot water bath for 15 minutes. Can 1 hour for thickness.

HORSERADISH SAUCE FOR VEGETABLES OR BEEF

Marianne Aure Burkhead

1/2 c. mayonnaise *or* Miracle Whip
1/4 c. milk
2 1/2 T. prepared horseradish
2 T. minced onion
1/8 tsp. salt
Dash of pepper

Combine all ingredients. Cook over low heat until hot, stirring constantly. Do not boil. Serve over steamed carrots or broccoli. Also great for roast beef. (May use more horseradish.)

Marianne is a granddaughter of Cleo Gullixson.

SHRIMP SPREAD

Patty Peterson (Berge)

1 can sm. shrimp, drained
1 can tiny shrimp, drained
1 env. unflavored gelatin
1 can tomato soup, undiluted
1 (8 oz.) pkg. cream cheese
3/4 c. celery, chopped
3/4 c. onion, chopped fine
1 c. mayonnaise

Soften gelatin in 1/4 cup cold water. Bring soup to boil; add gelatin mixture. Add cream cheese and stir until melted. Add celery, onion and shrimp; remove from heat. Stir in mayonnaise. Put in mold sprayed with Pam. Refrigerate overnight. To remove from mold, run knife around edge. Tip over a plate and put hot towel on mold for a few seconds. Serve with crackers.

HOT CHEESE DIP

Kathy Kellner

1 lb. Velveeta cheese, melted
1 can Rotel tomatoes (tomatoes *with* green chilies)

Melt cheese and add Rotel tomatoes. You may also add about 1/2 to 1 pound browned hamburger. Goes good with Dorito or tostito chips. Serve warm.

CHEESE AND HAM DIP

Donna Larson
By Babe Enger

1 jar (5 oz.) sharp pasteurized cheese spread
2 T. Miracle Whip
2 tsp. prepared mustard
1 tsp. prepared horseradish
1 pkg. (2.5 oz.) wafer sliced smoked ham, chopped

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CHEESE AND HAM DIP (CONTINUED)

Mix thoroughly. You may have to heat cheese a little to mix well. Delicious with bacon crackers or any crackers.

CREAM CHEESE FRUIT DIP *Muriel VerSteeg*

1 (8 oz.) lite cream cheese
1/3 c. powdered sugar
1/2 c. brown sugar, packed
3 T. milk

Beat with a mixer until smooth. Refrigerate and use as dip for fruit or melon. Keeps well.

CORN CHIP DIP *Ronna Lounsbery*

1 (15 oz.) can chili (no beans)
8 oz. pkg. cream cheese

Mix ingredients together over medium heat until cheese melts and mixture is hot. Serve warm with corn chips.

FRENCH ONION 'N CHIVES MIX *Della Bakken*

1 pkg. (1 oz.) dry French onion mix
3 T. dry powdered buttermilk
2 T. dried chives
8 c. Crispix
2 c. pretzel sticks
3 T. vegetable oil

Combine onion mix, powdered buttermilk and chives; set aside. In 2 gallon storage bag, combine Crispix and pretzels. Pour oil over cereal mixture. Close bag and gently toss cereal mixture until well-coated. Add onion dip mixture and close bag. Toss again until well-coated. Store in airtight container. Yield: 10 cups.

FRUIT DIP *Charlene Olson*

8 oz. cream cheese, room temperature
3/4 c. brown sugar
1 T. vanilla
1 T. half-and-half
1/2 c. powdered sugar
2 T. Amaretto

Mix together. If you use a blender, be careful not to let it get too thin. Must be made 24 hours ahead. Dip fresh fruits (apples, grapes, melon, pineapple, etc.). Very good. Store in refrigerator.

PARTY DIP *Donna Kurtz*

1 can Campbell's cream of shrimp soup
1 (8 oz.) pkg. cream cheese, softened
1/4 c. finely chopped green pepper
2 T. finely chopped onion
Dash of hot pepper sauce

With electric mixer or rotary beater, gradually blend soup into cream cheese. Beat just until smooth. Mix in remaining ingredients. Chill. Serve as a dip with crackers or chips. Makes about 2 1/3 cups dip.

TACO DIP *Tami Helland*

8 oz. sour cream
8 oz. cream cheese, softened
1/2 of 1 1/4 oz. pkg. taco seasoning pkt.
Mild salsa sauce
Shredded cheddar cheese
1 chopped fresh tomato
Black olives, sliced

Mix together first 3 ingredients; spread on a plate. Top with salsa, cheese, tomato and olives. Can add shredded lettuce. Serve with tortilla chips.

LAYERED TACO DIP *Mary Bakken*

1ST LAYER: 1 lg. can refried beans
2ND LAYER: 1 lg. sour cream, mixed *with* taco seasoning
3RD LAYER: Taco sauce
4TH LAYER: Shredded cheese
5TH LAYER: Lettuce *and* onion
6TH LAYER: More shredded cheese

Layer in large round glass platter or large pizza pan. Serve with nacho chips.

SHRIMP DIP *Cindy DeVlaeminck*

1 (8 oz.) pkg. Philadelphia cream cheese
1 sm. can shrimp

Mix in mixer. Shape into a ball and cover with taco sauce. Serve with crackers.

SPINACH DIP *Teri (Kraft) Doksansky, Barstow, CA*

1 (10 oz.) pkg. frozen spinach, thawed *and* patted dry
1 pkg. Knorr's vegetable soup mix
1 1/2 c. sour cream
1 c. mayonnaise
Green onion, chopped
Water chestnuts (optional)

Mix sour cream and mayonnaise. Add soup mix and chopped onion. Add spinach; mix well. Chill at least 2 hours before serving. Can be chilled overnight.

RAW VEGETABLE DIP *Dee Johnson*

1 c. sour cream
3/4 c. mayonnaise
1 T. parsley flakes
1 T. dill weed
1 T. onion flakes
1 T. Beau Monde seasoning

Mix all together and refrigerate.

RAW VEGETABLE DIP *Lucille Torgerson*

1 c. mayonnaise (Hellmann's is best)
1 c. sour cream
1 T. parsley flakes
1 tsp. dill weed
1 1/2 tsp. seasoned salt
1 T. minced onion

Mix all together and chill. Serve with raw vegetables.

BEVERAGES

HOT APPLE CIDER *Jane Tigges*

1 gal. apple cider
3 *to* 4 sticks cinnamon
2 sliced oranges
2 sliced lemons
1/2 c. brown sugar

Mix all together. Heat in crockpot. May keep adding to it all day. Tastes and smells so good!

Life is hard by the yard;
But by the inch, life's a cinch!

INSTANT COCOA

Mrs. Grant Olson

1 box instant dry milk (8 qt.)
1 1/2 c. powdered sugar
1 (6 oz.) Coffee-mate *or* Pream
1 (1 lb.) can instant chocolate mix (Quik *or* Nestle's)

Use 1/4 cup mix; fill with boiling water (for each cup of cocoa).

HOT COCOA MIX

Kathy Kellner

1 (8 qt. size) box nonfat dry milk
1 (6 oz.) jar powdered cream
1 (2 lb.) can Nestle's Quik
1 c. powdered sugar

Sift ingredients together and store in a covered container. Use about 1/3 cup of mixture with 1 cup hot water.

INTERNATIONAL COFFEES

Unknown

SWISS:
1/4 c. Cremora
1/3 c. sugar
1/4 c. instant coffee
2 T. cocoa

CAFE VIENNESE:
1/4 c. Cremora
1/3 c. sugar
1/4 c. instant coffee
1/2 tsp. cinnamon

CAFE CAPPUCCINO:
1/3 c. Cremora
1/3 c. sugar
1/4 c. instant coffee
1 orange candy

CAFE BAVARIAN MINT:
1/4 c. Cremora
1/3 c. sugar
1/4 c. instant coffee
2 T. cocoa
2 peppermint candies

For each coffee, mix ahead and store in airtight jars.

SANGRIA

Chandra (Lounsbery)McMahon
Norfolk, VA

1 can frozen orange juice
1 can frozen lemonade
1/2 c. sugar
48 oz. can Hawaiian punch

Mix orange juice and lemonade according to the directions on the can. Add sugar and punch. Serve in glass half filled with crushed ice. We like this with enchiladas or tacos.

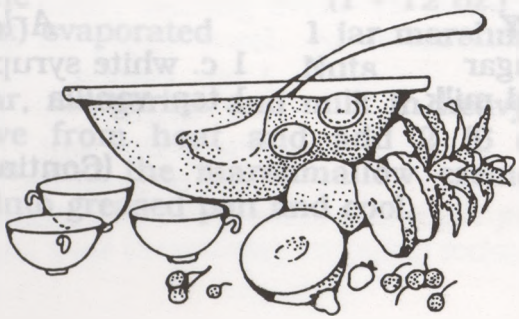
SLUSH PUNCH

Sharon Olson

For 100 (5 ounce) Servings

5 (3 oz.) pkgs. Jell-O
46 oz. can pineapple juice
4 c. grapefruit juice
2 (12 oz.) pkgs. frozen lemonade
4 c. sugar
5 1/2 qts. water
8 qts. ginger ale

Bring water to a boil. Add Jell-O and sugar. Add all the juices. Freeze in 2 (5 quart) ice cream pails. Remove from freezer and let thaw slightly. Add ginger ale. Makes 100 (5 ounce) servings. Flavor of Jell-O determines color.



CANDY

TEMPERATURE TESTS FOR CANDY MAKING

THERMOMETER METHOD:	
Soft Ball	234°-238°
Firm Ball	245°-248°
Hard Ball	265°-270°
Light Crack	275°-280°
Hard Crack	285°-290°
Caramelized	310°-321°

COLD WATER METHOD:

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the *Soft Ball* stage, the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the *Firm Ball* stage, the candy will roll into a firm, but not hard, ball. It will flatten out a few minutes after being removed from the water.

In the *Hard Ball* stage, the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the *Light Crack* stage, the candy will form brittle threads which will soften on removal from the water.

In the *Hard Crack* stage, the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In *Caramelizing*, the sugar first melts, then becomes a golden brown. It will form a hard brittle ball in cold water.

CARAMEL CANDY

Arlene Jacobson

2 1/2 c. brown sugar
1 can Eagle Brand milk
1 c. margarine
1 c. white syrup
1 tsp. vanilla

(Continued Next Page)

CARAMEL CANDY (CONTINUED)

Melt butter in heavy saucepan; add other ingredients. Boil hard, stirring constantly, 10 to 12 minutes or until temperature reaches 254°. Pour into buttered 9 x 13 inch pan. Cool. Cut in strips, then squares and wrap individually in waxed paper. Store in refrigerator.

CARAMEL FONDUE

Ronna Lounsbery

1 c. brown sugar
1/2 c. sugar
1/2 c. Karo syrup
1/4 c. butter
1/2 c. evaporated milk

Stir first 4 ingredients, bringing to a boil. Stir constantly. Add evaporated milk and boil for 1 minute. Use fresh apple slices for dippers.

CHOCOLATE ALMOND BARK CANDY

Evaline Hitzeman (Mother of Ronna Lounsbery)

1 1/2 pkgs. chocolate almond bark
1 c. peanuts
3 c. Rice Krispies
1 c. raisins
1 c. mini marshmallows

Melt almond bark in microwave 2 minutes on high (approximately). Add rest of the ingredients; mix thoroughly. Drop by teaspoon on cookie sheet; cool. Makes approximately 90.

CHOCOLATE CANDY

Mrs. Grant Olson (Recipe From Mrs. J.W. Schar, Wife of School Superintendent)

4 c. sugar
1/2 c. margarine
1 lg. can (12 oz.) evaporated milk
2 pkgs. chocolate chips (1 - 12 oz.)
1 jar marshmallow creme
Nuts

Boil sugar, margarine and milk in heavy pan to soft ball stage. Remove from heat and add 2 (6 ounce) packages chocolate chips and the marshmallow creme. Add nuts, if desired. Pour into greased pan and cool.

COW PIES

Unknown

2 c. (12 oz.) milk chocolate chips
1 T. shortening
1/2 c. raisins
1/2 c. chopped slivered almonds

In a double boiler over simmering water, melt the chocolate chips and shortening, stirring until smooth. Remove from the heat; stir in raisins and almonds. Drop by tablespoonsful onto waxed paper. Chill until ready to serve. Yield: 2 dozen.

DIVINITY

Ronna Lounsbery

2 1/2 c. sugar
1/2 c. white syrup
1/2 c. water
2 egg whites, stiffly beaten
Nuts (as desired)
Flavoring (as desired)

Cook syrup, sugar and water until it will spin a thread, then pour 1/2 slowly into the stiffly beaten egg whites. Cook the remaining half until it will harden in water, then pour into the first part. Beat by hand until thick and creamy. Add flavoring and nuts. Put on waxed paper by teaspoon.

FUDGE

Bonnie Alexander

3 c. sugar
1 env. unflavored gelatin
1 c. milk
1/2 c. light corn syrup
3 sqs. unsweetened chocolate
1 1/4 c. butter
2 tsp. vanilla
Nutmeats (if desired)

Mix the first 6 ingredients and cook over medium heat, stirring frequently, until a soft ball stage. A soft ball is formed in 1/2 cup of cold water. Remove from heat; add the vanilla and beat until it thickens. Pour on a buttered platter and cut when cool. It takes a lot of stirring.

OLD FASHIONED FUDGE

Dee Johnson

2 c. sugar
2 T. cocoa
3/4 c. cream
1 T. Karo syrup
1 tsp. vanilla
1 T. butter
Few grains salt
Nuts *or* peanuts

(Continued Next Page)

OLD FASHIONED FUDGE (CONTINUED)

Combine sugar, syrup, cocoa and cream. Boil to soft ball stage. Add butter and flavoring. Beat until creamy and begins to lose its gloss. Add nuts, if desired. Pour into buttered pan.

PEANUT BUTTER CRUNCHIES *Ginny Tompkins,Hawkins Strawberry Point, IA*

1 c. butterscotch chips
1/4 c. peanut butter
2 c. corn flakes

Melt chips and blend with peanut butter. Stir in cereal. Drop by teaspoonsful on wax paper. Let set. Makes about 24.

MOM'S PEANUT BUTTER FUDGE *Jane Maurer (Betty Olson's Recipe)*

2 c. loosely packed brown sugar
1 c. white sugar
3/4 c. milk
2 T. butter
1/4 c. peanut butter
Pinch of salt
1 tsp. vanilla

Mix first 3 ingredients in saucepan. Boil to soft ball stage. Add butter, peanut butter, salt and 1 teaspoon vanilla.

JACK-O-LANTERN JUMBLE *Kay Olson*

1/4 c. peanut butter
1/4 c. butter
1/2 tsp. salt
1/4 tsp. garlic powder
2 1/4 tsp. Worcestershire sauce
8 c. Crispix cereal
3/4 c. cocktail peanuts
1 c. candy corn
Pretzels

Preheat oven to 250°. Melt peanut butter and butter in large roasting pan. Stir in salt, garlic powder and sauce until mixture is smooth. Add cereal, peanuts and pretzels. Mix until coated. Bake 1 hour, stirring every 15 minutes. Stir in candy corn and spread on paper towel. Store in airtight container.

Some people are making such thorough preparation for rainy days, that they aren't enjoying today's sunshine.

PARTY MINTS

Anne Renquist
Ronna Lounsbery

8 oz. cream cheese
2 lbs. powdered sugar
Few drops coloring
Few drops flavoring (peppermint is good)

Mix all ingredients together thoroughly. Dip mold in granulated sugar; put enough cream cheese mixture in and press to fill mold. Carefully release from mold and set on wax paper to set for about 12 hours. Place in covered container. Can be frozen.

MOUND BALLS

Mrs. Grant Olson
(Recipe From Phyllis DeBoom)

1/4 lb. (1 stick) margarine
1 can condensed milk (Eagle)
1 1/2 lbs. powdered sugar
2 (7 oz.) pkgs. coconut
1 tsp. vanilla
12 oz. pkg. chocolate chips
1/2 in. piece Parawax

Mix first 5 ingredients and chill 1 hour. Roll in balls the size of large marbles and put on cookie sheet and chill 2 hours. Melt chocolate chips and Parawax. Dip balls in melted mixture. Place on waxed paper and chill.

MOUND BALLS

Mrs. Grant Olson
Ronna Lounsbery

1 stick margarine
1 can Eagle Brand condensed milk
1 tsp. vanilla
1 1/2 lbs. powdered sugar
2 (7 oz.) pkgs. coconut

Mix above ingredients and chill 1 hour. Roll in balls the size of a walnut; put on cookie sheet and chill 2 hours. Melt 12 ounces chocolate chips and 1/2 inch paraffin. Dip balls in this and put on waxed paper to harden.

MUDDY BOOTS *Teri (Kraft) Doksansky, Barstow, CA, Chandra (Lounsbery) McMahon, Norfolk, VA*

16 oz. creamy peanut butter
1 lb. powdered sugar
1 c. soft oleo
3 1/2 c. Rice Krispies
12 oz. milk chocolate
3/4 bar paraffin

Mix together and chill. Roll in balls. Chill again. Stick on a toothpick and dip in melted chocolate and wax.

VARIATION: Instead of dipping in chocolate and wax, dip in melted almond bark. We call these Showy Boots.

PEANUT BRITTLE *Ronna Lounsbery*

1 1/2 c. sugar
1/2 c. white Karo syrup
1 *or* 1 1/2 tsp. soda
1/4 tsp. salt
1/4 c. water
2 c. shelled raw peanuts

Combine sugar, Karo and water; bring to a boil. Stir in peanuts gradually so as not to lose the boil. Keep at a rolling boil until peanuts pop and turn brown. Remove from heat; add soda, stirring well. Add salt. Pour on a well-greased platter. Allow room for candy to spread. When cold, break in clumps. (Careful – don't burn.)

PEANUT CLUSTERS *Mrs. Grant Olson (Recipe From Karen Mitsven)*

2 lbs. white almond bark
2 (12 oz.) chocolate chips
3 (6 1/4 oz.) pkgs. salted peanuts

Melt almond bark and chocolate chips over hot water. Stir in the peanuts. Drop by teaspoonsful on waxed paper.

PEANUT CLUSTERS *Mrs. Grant Olson Ronna Lounsbery*

2 lbs. white almond bark
2 (12 oz.) pkgs. semi-sweet chocolate chips
3 (6 1/4 oz.) pkgs. salted peanuts

Melt almond bark and chocolate chips over hot water. Add peanuts. Mix together and drop by teaspoon on plastic wrap.

EASY PEANUT CLUSTERS *Ruth Thompson*

1 lb. almond bark
1 (12 oz.) pkg. semi-sweet chocolate chips

Melt above ingredients in double boiler. Add 2 cups Spanish peanuts and drop by teaspoon on waxed paper. (A can of mixed nuts may be used in place of the peanuts, or just walnuts.)

TAFFY *Unknown*

2 c. sugar
1/2 tumbler water
1 tsp. vinegar
1/4 tsp. cream of tartar
Butter (size of walnut)
Vanilla

Boil until brittle when dropped in cold water. When cool, pull.

PUFFED WHEAT CANDY *Ella Rossing*

1/2 c. dark corn syrup
1 T. molasses
1 tsp. butter
1 T. vinegar
1/4 tsp. soda
4 c. Puffed Wheat cereal

Boil the first 4 ingredients to hard-boiled stage and add 1/4 teaspoon soda (will foam up). Pour over cereal. Put in buttered 8 x 8 inch pan. Cut in squares when cool.

This recipe came from my grandmother, Mrs. M. de L. Parsons, a Kossuth County pioneer. It is a family tradition at Christmas; not sweet, but with distinctive flavor.

SAUCES AND SYRUPS

BARBECUE SAUCE *Unknown*

1 c. catsup
1/4 c. Worcestershire sauce
1/4 c. vinegar
1/2 c. brown sugar
1 c. tomato sauce *or*
1 can tomato soup

Bring all ingredients to a boil and simmer for 10 to 15 minutes.

CINNAMON BUTTER *Mrs. Grant Olson*

1 stick margarine (1/4 lb.)
8 tsp. powdered sugar (heaping)
1 tsp. cinnamon

Beat with mixer until smooth and creamy. Spread on hot toast.

CHOCOLATE SYRUP *Mrs. Grant Olson*
(Recipe From Mrs. Leroy Selvig)

1 can evaporated milk (12 fl. oz.)
2 c. sugar
4 T. cocoa
4 T. butter
2 tsp. vanilla

Stir sugar and cocoa over low heat to warm, about 2 minutes. Then add 4 tablespoons butter and blend in fast, still on low heat. Add the evaporated milk, stirring all the while. Increase heat and bring to a boil. Boil 1 minute, keeping on stirring. Remove from heat and add 2 teaspoons vanilla. Use on ice cream, either hot or cold. May be reheated in the microwave.

SWEETENED CONDENSED MILK *Ronna Lounsbery*

1 c. *plus* 2 T. dry milk
3/4 c. sugar
1/2 c. boiling water

Mix dry milk and boiling water. Add sugar. Equals 1 can.

HOT FUDGE SAUCE *Unknown*

1 stick margarine
2 sqs. unsweetened chocolate
3 c. sugar
1/2 tsp. salt
1 (13 oz.) can evaporated milk

Melt over low heat the margarine and chocolate. Remove from heat and add the sugar and the salt. Beat well with electric mixer. Slowly add the milk. Return to the stove and bring just to full rolling boil. Serve warm over ice cream. Store in refrigerator. Reheat when you want to serve again. Yield: 4 1/2 cups.

MARSHMALLOW FUDGE TOPPING *Della Bakken*

1/4 c. semi-sweet chocolate pieces
2 1/2 T. milk
1/4 c. marshmallow creme

Combine chocolate pieces and milk in top of double boiler, stirring over simmering water until melted. Beat in marshmallow creme until smooth and creamy.

HOT FUDGE TOPPING *Jane Maurer*

3 T. oleo
1/8 c. milk
2 pkgs. cocoa mix

Microwave 30 seconds on high. Stir; microwave 30 seconds on high. Stir again; microwave 20 seconds. Pour over ice cream and serve immediately.

HONEY SYRUP – 2 VARIATIONS *Eleanor Christianson*

1:
1/3 c. brown sugar
2/3 c. honey
3 T. melted margarine *or* butter

2:
1/4 c. white sugar
1/2 c. honey
2 T. margarine *or* butter

Use either version; bring to a boil.

ICE CREAM SAUCE – BUTTERY PRALINE CARAMEL *Arlene Jacobson*

3/4 c. brown sugar
3/4 c. white sugar
1/2 c. white syrup
1/3 c. butter
2/3 c. whipping cream
1 c. toasted pecan halves

In 2 quart saucepan, combine all ingredients, except whipping cream and pecans. Cook over medium heat, stirring occasionally, until mixture comes to a full boil, 5 to 8 minutes. Cool 5 minutes and stir in whipping cream and 1 cup toasted pecan halves.

You are often sorry for saying a harsh word,
But you will never regret saying a kind one.

SERVING A CROWD

BARBECUES FOR 50

Unknown

20 lbs. hamburger
4 lbs. onions, chopped
Salt *and* pepper, to taste
3 (32 oz.) bottles catsup
3 cans tomato soup
8 oz. prepared mustard
4 tsp. chili powder
3/4 bottle barbecue sauce

Brown hamburger and onions slightly. Mix in rest of ingredients and simmer.

COLESLAW FOR 50

Unknown

12 lbs. cabbage
12 med. green peppers
3 c. vinegar
3 c. sugar
3 T. salt
1 1/2 tsp. pepper
1 1/2 tsp. paprika
3 c. mayonnaise *or* salad dressing

Chop or shred cabbage very fine. Place in a large bowl; cover and chill. Cut the green peppers into thin strips. Place in another bowl. Cover and chill. About 20 to 30 minutes before serving, combine vinegar, sugar, salt, pepper and paprika; mix well. Pour over cabbage and let stand 15 minutes; drain well. Add green peppers and mayonnaise; toss lightly.

ESCALLOPED POTATOES FOR 50

Unknown

15 *to* 20 lbs. potatoes, peeled *and* sliced
7 cans cream of mushroom soup
2 cans cheddar cheese soup
1 med. onion, chopped
Some pepper
1 gal. milk

Bake at 350° about 1 1/2 hours. Test for doneness.

POTATO SALAD FOR 100

Unknown

32 lbs. potatoes
4 bunches celery
4 doz. hard-boiled eggs
8 green peppers
Sweet pickles
Salad dressing
Salt, to taste
Pepper, to taste

Boil potatoes. Chill. Add other ingredients and chill.

MACARONI SALAD FOR 100

Unknown

5 *to* 6 lbs. fully cooked ham, cubed
5 *to* 6 lbs. macaroni, cooked *and* drained
3 lbs. shredded cheddar cheese
2 bags (20 oz. each) frozen peas, thawed
2 bunches celery, chopped (about 12 c.)
2 lg. onions, chopped (2 *to* 2 1/2 c.)
2 cans (5 3/4 oz. each) pitted ripe olives, drained *and* sliced

DRESSING:

2 qts. mayonnaise
1 bottle (8 oz.) Western *or* French salad dressing
1/4 c. vinegar
1/4 c. sugar
1 c. light cream
1 1/2 tsp. onion salt
1 1/2 tsp. garlic salt
1 tsp. salt
1 tsp. pepper

Combine first 7 ingredients. Combine all dressing ingredients; pour over ham mixture and toss. Refrigerate.

QUANTITIES TO SERVE 100 PEOPLE

Coffee	3 lbs.
Cream	3 qts.
Whipping cream	4 pts.
Milk	6 gal.
Fruit Cocktail	2 1/2 gal.
Fruit Juice	4 (No. 10) cans
Tomato Juice	4 (No. 10) cans
Soup	5 gal.
Oysters	18 qts.
Weiners	25 lbs.
Meat Loaf	24 lbs.
Ham	40 lbs.
Roast Beef	40 lbs.
Roast Pork	40 lbs.
Hamburger	30-36 lbs.
Chicken for Chicken Pie	40 lbs.
Scalloped Potatoes	5 gal.
Potatoes	35 lbs.
Vegetables	4 (No. 10) cans (26 lbs.)

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QUANTITIES TO SERVE 100 PEOPLE (CONTINUED)S

Baked Beans	5 gal.
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 qts.
Fruit Salad	20 qts.
Vegetable Salad	20 qts.
Lettuce	20 heads
Salad Dressing	3 qts.
Pies	18
Cakes	8
Ice Cream	4 gal.
Cheese	3 lbs.
Olives	1 3/4 lbs.
Pickles	2 qts.
Nuts	3 lbs. sorted

To serve 50 people, divide by 2.
To serve 25 people, divide by 4.

THIS AND THAT

SILVER CLEANER *Irene Hansen*

Boiling water	1/4 tsp. salt
Aluminum foil	1/4 tsp. baking powder

Line an aluminum pan with foil. Put in 1 quart boiling water and add salt and baking powder. Let silverware soak in it and the tarnish should be cleaned off. Rinse the items and rub them with a soft cloth so there will be no water spots.

SILVER POLISH

Eleanor Christianson

1 tsp. salt
1 tsp. baking soda
Boiling water
Aluminum foil

Put 2 or 3 inches of water in shallow pan and add salt and soda. Totally submerge silver and boil 2 to 3 minutes in foil-lined pan. Then simply wipe away tarnish. Do not use this method on antique silver knives.

PLANT FOOD

Agnes I. Berge

1 tsp. baking powder
1 tsp. Epsom salt
1 tsp. saltpeter
1/2 tsp. household ammonia
1 gal. tepid water

Mix together. Do not use more often than every 4 to 6 weeks for watering plants or the leafy ones will crowd you out and the flowering ones may "bloom themselves to death". A cactus is blooming for the first time in 10 years!

PLAY-DOH

Unknown

IN SAUCEPAN MIX:

1 c. flour
1/2 c. salt
2 tsp. cream of tartar
1 c. water
1 T. cooking oil
Food coloring
(to make desired color)

Cook for 3 minutes, stirring constantly. Mixture will pull away from the sides of the pan. Remove from pan and knead immediately. Store in airtight container. Keeps for several weeks or longer if stored in refrigerator.

CHRISTMAS TREE ORNAMENTS

Ronna Lounsbery

1 c. flour
1/2 c. salt
Water (about 1/2 c.)

Mix. Will be stiff mixture. Roll out and cut with cookie cutters. Make holes for string. Bake at 225° for several hours. Turn occasionally. Paint with poster paint mixed with a bit of white glue.

FOOD AND COOKING HINTS

1. Add chopped onion to carrots when cooking them.
2. Wrap your washed lettuce in paper towel when storing it in the refrigerator to prevent "rust".
3. Add 1/2 to 1 teaspoon baking powder to mashed potatoes along with milk for fluffier mashed potatoes.
4. To prevent icing from running off your cake, try dusting the surface lightly with cornstarch before icing.
5. Soak nuts in salt water overnight before cracking. The nutmeats will come out whole instead of in pieces.
6. Coat berries, raisins and nuts with flour before adding to batter to prevent them from sinking to the bottom.
7. If a dish is too sweet, add salt. On a main dish you can add a teaspoon of vinegar.
8. If the food is too sharp, a teaspoon of sugar will soften the taste.
9. If a main dish or vegetable is too sweet, add a teaspoon or two of vinegar.
10. To prevent your salt shaker from clogging up, keep a few grains of rice inside the shaker.
11. To get the corn silk off of corn on the cob, brush downward with a paper towel.
12. To cut a pie into five equal pieces, first cut a Y in the pie and then two large pieces can be cut in half.
13. Cooking hamburgers on a very hot fire – poke a hole in the center of each one while shaping it. That will help the center cook faster and the hole will be gone when the hamburger is cooked.
14. One way to keep hamburgers from falling apart is to add a little flour to the meat when you shape the patties.
15. To soften up brown sugar that has gotten hard as a rock – place a soft slice of bread in the box and seal the box tightly. In just a few hours, the brown sugar will be soft again.

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FOOD AND COOKING HINTS (CONTINUED)

16. Spray sheets of aluminum foil with non-stick cooking spray before wrapping meat for the freezer. Later, when you unwrap it, the foil comes right off without sticking or tearing.
17. Save left over bread "heels" in a plastic freezer bag for the next time you need bread crumbs. Take the bread out of the freezer, break it into pieces and grind them in your blender or food processor. Now you have fresh, inexpensive bread crumbs.
18. To remove burned food from the bottom of a pan, cover the food with water, then sprinkle with baking soda and boil for a few minutes. Let the pan cool and simply dump out the burned food.
19. Why is potato salad so good? Trick is to add about 1 teaspoon of garlic salt to a bowl of salad.
20. When making homemade soups, drop a lettuce leaf into the pot to absorb excess grease. Then simply remove the saturated leaf before serving.
21. When cooking cauliflower, add 1/2 teaspoon of sugar to the water to keep the cauliflower white.
22. Store popcorn in the refrigerator until just before you're ready to put it in the hot oil. Most all the kernels will pop.
23. To easily separate packaged bacon strips – roll the whole package as tightly as you can the long way. You'll be amazed at how easily the strips separate.
24. Use a pizza cutter to smoothly slice holiday fudge.
25. For less greasy meat loaf, put your loaf in a disposable loaf pan with holes punched in the bottom. Set the disposable pan in a regular loaf pan to catch the drippings.
26. When making a graham cracker crust, stir the sugar into the melted butter until dissolved, then add the cracker crumbs. You won't have that gritty feel to your crust.
27. Combine three parts table salt with one part black pepper in a single shaker on the stove. When wanting to season something while cooking, one shaker does it all.
28. Add 1/4 to 1/2 cup of ketchup when making homemade vegetable soup. Gives it an added flavor.

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FOOD AND COOKING HINTS (CONTINUED)

29. To prevent soggy crust on a one-crust pie, brush the unbaked crust lightly with unbeaten egg white and let dry before pouring in your filling.
30. Cheese will not dry out if it is wrapped in a cloth dampened with vinegar.
31. Use a pair of tweezers to help retrieve olives and pickles from narrow jars. Also use them when garnishing a dish for ease in placement.
32. Dry celery leaves and force through a sieve to make your own celery powder.
33. Plastic pill bottles from the drugstore, when empty, make good containers for mustard, mayonnaise, catsup, etc. in picnic baskets and lunch boxes.
34. Rub hands with coffee grounds and rinse to remove garlic odor.
35. When the catsup bottle is nearly empty and will not pour, insert a drinking straw all the way to the bottom, then remove. This additional air will make the catsup flow.
36. To cream butter and sugar faster, rinse bowl with boiling water before creaming.
37. A drop of light corn syrup will hold decorator candies in place on holiday cookies.
38. Remember, every time you open the oven door, the temperature drops by 25°.
39. A thin slice cut from each end of the potato will speed up baking time.
40. You'll shed less tears if you'll cut the root end off of the onion first.
41. No more tears when peeling onions if you place them in the deep freeze for 4 or 5 minutes first.
42. Scalding tomatoes, peaches or pears in boiling water before peeling makes it easier on you and the fruit; skins slip right off.
43. Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

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FOOD AND COOKING HINTS (CONTINUED)

44. To hasten the ripening of garden tomatoes, put them in a brown paper bag, close the bag, and leave at room temperature for a few days.
45. When pan frying, always heat the pan before adding the butter or oil.
46. A little salt sprinkled into the frying pan will prevent spattering.
47. Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.
48. Vinegar brought to a boil in a new frying pan will prevent foods from sticking.
49. Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.
50. No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.
51. Add a cup of water to the bottom portion of the broiling pan before sliding into the oven to absorb smoke and grease.
52. A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day.
53. A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles or spaghetti will prevent boiling over.
54. A few drops of lemon juice added to simmering rice will keep the grains separate.
55. Grating a stick of butter softens it quickly.
56. A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon or cup.
57. If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.
58. Add a pinch of baking powder to powdered sugar icing will help it stay moist and not crack.
59. Your frosting will look more professional if you first frost with a thin layer and let it set. Then apply a second coat of frosting.

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FOOD AND COOKING HINTS (CONTINUED)

60. An easy way to form drop cookies is to drop them onto the cookie sheet and then press them with the bottom of a water glass that has been dipped in sugar.
61. Dipping the cookie cutter in slightly warm salad oil will give you a much cleaner cut.
62. A quick frosting can be made by adding a bit of chocolate syrup to prepared whipped topping.
63. If powdered sugar is sprinkled on top of each layer before filling or frosting, this will keep the filling from soaking through the cake.
64. Spaghetti is great with cake. While waiting for icing to set, a few sticks of dry spaghetti will hold the layers in place. Also, a piece of raw spaghetti works well to light birthday candles.
65. Icings won't become grainy if a pinch of salt is added to the sugar.
66. To cut down on cholesterol, substitute two egg whites stiffly beaten for each whole egg called for.
67. Trace the bottom of the baking pan onto wax paper and cut it out. Now this can be placed in the bottom of the pan and the sides greased and floured like normal. When the cake is done, it can be inverted and the paper taken off while still warm with no sticking.
68. Cookies will stay moist in the jar if a slice of bread is placed in the jar.
69. Two tablespoons of salad oil added to cake mix keeps the mix moist, less crumbly.
70. Adding a pinch of salt to chocolate dishes will enhance the flavor.
71. For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.
72. Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

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FOOD AND COOKING HINTS (CONTINUED)

73. Anything that grows under the ground start off in cold water – potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water – peas, greens, beans, etc.
74. Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.
75. Hard-boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.
76. You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.
77. When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.
78. To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.
79. Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.
80. When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours, then wrap without worrying about them sticking together.

REMOVING STAINS (FROM WASHABLE CLOTHING)

REMOVING STAINS

ALCOHOLIC BEVERAGES

Presoak 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 minutes and rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

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REMOVING STAINS (CONTINUED)

BLOOD

Presoak 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

Presoak 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 and wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stain with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1 to 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.

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REMOVING STAINS (CONTINUED)

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.

EGG

Scrape with dull blade. Presoak 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. Presoak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Presoak in cold water for at least 30 minutes. Rinse. Pretreat 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. Pretreat 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 – 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 fabric finishes.

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REMOVING STAINS (CONTINUED)

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.

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. Presoak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pretreat 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.

MILK, CREAM, ICE CREAM

Presoak in cold water 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. Pretreat 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.

(Continued Next Page)

REMOVING STAINS (CONTINUED)

PERSPIRATION

Sponge fresh stain with ammonia, old stain with vinegar. Presoak 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 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.

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HELPFUL HINTS

A NOTE FROM THE PUBLISHER:

These helpful hints have been gathered from the many books that have passed through our doors over the last 30 years or so. We have supplied these with the understanding that the publisher cannot guarantee the accuracy or usefulness of the individual hints and/or remedies. No claims are intended as to the safety, or endorsing the effectiveness of any of the remedies or hints included in this section.

COOKING & PREPARATION

GETTING ORGANIZED:

Take a few moments up front to read through your recipe. Then, lay out every single thing you'll need while cooking - equipment and ingredients pre-measured and pre-chopped if possible. You'll be amazed at the time you save when you don't have to run back and forth from refrigerator to stove.

Set the water to boiling or the oven to preheating as soon as you step into the kitchen.

Remember that smaller is better when you're pressed for time. Ground chicken cooks faster than strips; strips cook faster than whole pieces; whole pieces cook faster than a complete bird. Similarly, baked whole potatoes take longer to cook than roasted pieces; whole boiled potatoes take longer than cut up pieces.

If you make your own salad dressing, mix it up right in the salad bowl instead of using a bottle. Add the lettuce and toss from the bottom up.

COOKING DURING A POWER OUTAGE:

If you cook with electricity (like the vast majority do), cooking during a power outage is a real test of your culinary abilities. If you have a working fireplace, you are indeed fortunate. Use cast-iron cookware and cook over an open fire in your fireplace. If this isn't to your liking, a charcoal grill or an hibachi can be used safely if you place this equipment in a fireplace with a good updraft so that the carbon monoxide gas can escape.

COOKING DURING A POWER OUTAGE (Continued)

No Fireplace? Your best bet and the most efficient, is a camp stove available in most stores that carry sporting goods. Price ranges vary, so shop wisely and follow the manufacturer's instructions carefully when operating it. Another option would be a chafing dish, but this would be for low-heat cooking only.

MENU PLANNING TIPS:

Map out a couple of weeks' worth of menus, then alternate them bi-monthly.

Keep a running grocery list on the refrigerator door. You'll be ahead of the game when you're ready to go shopping.

Make it a habit to buy large portions or extras of the things you use the most.

Remember that potatoes count as both a starch and a vegetable. If you serve potatoes and another vegetable, you've provided your family with two of the five servings of fruits and vegetables recommended every day.

A well-stocked pantry can be a lifesaver. You'll have a lot more options when serving last minute meals or dressing up leftovers. Keep a supply of the following on hand:
Mustards, Vinegars, Chopped olives, Salsa, Tuna, Canned broth, Instant mashed potatoes, Diced green chilies, Stewed tomatoes, Tomato paste, Herbs and spices, Teriyaki and soy sauces.

Just as you want a supply of pantry items, be sure the refrigerator is supplied with:
Eggs, Milk, Plain lowfat yogurt, Hard grating cheese (such as Parmesan), Bottled salad dressing (which doubles as a marinade for chicken), Frozen vegetables (including French fries and other cuts of potatoes).

Always keep lemons and limes on hand, stored at room temperature. Their fresh-squeezed juice or grated zest makes a refreshing addition to steamed vegetables, salad dressings or marinades.

Plan on double batches whenever you can. Serve the leftovers with a new twist the second time around. Good candidates: boiled, mashed or baked potatoes, meatballs and baked chicken.

CREATIVE NAPKIN FOLDING

BASIC TIPS AND INFORMATION:

1. Linen, cotton or 50/50 cotton, polyester napkins fold the best.
2. A little starch in the napkins helps hold the fold.
3. Most napkin folds can be done ahead and stored.
4. Some simple folds can be done with paper napkins.

TENT FOLD:

1. Fold napkin diagonally.
2. Bring both corners up to peak.
3. Fold diagonally again.
4. Then fold in half.

FAN FOLD:

1. Fold napkin in half.
2. Begin accordion folding in 1 inch sections from one end to the other.
3. When you have 3 to 4 inches left at end, turn napkin over.
4. Fold napkin in half.
5. Turn corner of unfolded section down and tuck into last fold.
6. Position napkin in desired location by holding at the top and keeping folds together. Gently let go; napkin should open into a fan.

BIRDS OF PARADISE:

1. Fold napkin in half.
2. Fold in half again to make a square.
3. Then fold diagonally with all open edges on top pointing down.
4. Fold each side over to the center and up.
5. Fold top ends over fold and fold in half.
6. Holding folded parts between fingers, gently pull up each layer to form peaks.

FRUITS:

Apples & Applesauce:

1. Apples will not turn black if placed in salt water immediately after peeling.

2. Put lemon juice in applesauce to keep it from being flat.

Bananas:

3. Use an egg slicer for cutting bananas for fruit salad.

Fruit Salad:

4. For something different, try mint flavoring in the cream dressing for a fruit salad.

Lemons:

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

6. To get more juice from lemons, drop into hot water for a few minutes before squeezing.

7. Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

8. Grate a little lemon rind in mayonnaise for fruit salads.

Limes:

9. Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Peaches:

10. Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.

Raisins:

11. Raisins may be kept moist and fresh by placing them in a glass fruit jar or cannister with plastic cover.

12. A few drops of lemon juice added to raisins, dates, or figs before running them through the food chopper, will help to prevent clogging the chopper.

Strawberries:

13. Keep in a colander in the refrigerator. Wash just before serving.

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VEGETABLES

16. If vegetables are overdone, put the pot in a pan of cold water. Let stand 15 to 30 minutes without scraping pan.

17. By lining the crisper section of your refrigerator with newspaper and wrapping vegetables with it, moisture will be absorbed and your vegetables will stay fresher longer.

18. If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour or so.

19. Put vegetables in water after the water boils - not before. This preserves all the vegetables' vitamins.

20. Store leftover vegetables in a container in the freezer. Add these to other ingredients when making stew.

21. Place a thin slice or two of Swiss cheese over your cooked vegetable and heat in a 450° oven until the cheese melts. You may also put it under the broiler until the cheese browns lightly. Makes a nice topping.

Asparagus:

22. Open canned asparagus from the bottom to avoid damaging the delicate tips.

23. If fresh asparagus is wilted, sprinkle with cool water, wrap in a towel and refrigerate for 1 1/2 hours.

Beets:

24. If you find that your beets tend to lose color when you boil them, add a little lemon juice.

Beans:

25. When cooking dried beans, add salt after cooking; if salt is added at the start, it will slow the cooking process.

26. A raw potato placed in the baked bean pot will remove some of the gaseous qualities from the beans.

27. A dash of nutmeg to lima beans give them that extra "zip".

Broccoli:

28. A quick topping for cooked broccoli or cauliflower is a can of condensed cheese soup heated with 1/4 cup milk.

Brussel Sprouts:

29. Brussel sprouts will cook quicker if you cut a cross into the stem end.

Cabbage:

30. Two things to do to keep cabbage smell from filling the kitchen; don't over cook (keep it crisp) and put half a lemon in the water when you boil it.

VEGETABLES

Carrots:

31. A pinch of grated nutmeg added to carrots the last few minutes of cooking will improve the flavor of carrots.

32. Remove the tops on carrots, beets, etc. before storing.

33. Adding sugar and horseradish to cooked carrots improves their flavor.

34. To keep the flavor in the vegetables, add a small amount of sugar to the water after cooking carrots, peas, beets and corn.

35. Marinate carrot sticks in dill pickle juice.

Cauliflower:

36. To keep cauliflower from turning brownish in cooking, add a little lemon juice or vinegar to cooking water.

Celery:

37. Peel celery stalk with potato peeler to rid stalk of strings.

38. Store in refrigerator in paper bags instead of plastic.

39. Celery and lettuce will crisp up fast if you place it in a pan of cold water and add a few sliced potatoes.

Corn:

40. To remove corn silk from the ear, rub it with a vegetable brush under running water.

41. Another method of removing corn silk is to dampen a paper (or terry cloth) towel and brush downward on the ear of corn.

Cucumbers:

42. A ball of nylon net cleans and smooths cucumbers when making pickles.

Garlic:

43. Chop garlic in a small amount of salt to prevent pieces from sticking to the knife or chopping board. Then pulverize with the tip of the knife.

44. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.

45. Peel garlic and store in a covered jar of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.

Lettuce:

46. Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

VEGETABLES

47. To prevent lettuce from rusting in the refrigerator, store in a plastic bag with a paper napkin in the bag to take up the moisture.

Mushrooms:

48. Mushrooms will gain flavor and have a better texture if you sauté them in butter before adding them to a stew.

Olives:

49. A little salad oil poured over the remaining olives in a jar will prevent molds and olives will keep a long time.

50. A relish plate will be more attractive if the olives are rubbed with salad oil to make them shine.

Onions:

51. To avoid tears when peeling onions, peel them under cold water or refrigerate before chopping.

52. Wrap onions individually in foil to keep them from becoming soft or sprouting.

53. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

54. An onion will stay perfectly whole in cooking if a hole is made through the center by means of a metal skewer.

55. Onions, broccoli and Brussel sprouts will cook faster is you make an X-shaped cut at the base of the vegetables.

56. If adding onions to a stock that will later be strained and the vegetables discarded, don't bother to peel them. Just wash and cut them into large chunks.

57. A few teaspoons of dried onion-soup mix may be substituted for fresh onions in many recipes.

58. For sandwiches to go in lunchboxes, sprinkle with dried onion. They will have turned into crisp pieces by lunchtime.

59. Peel and quarter onions. Place one layer deep in a pan and freeze. Quickly pack in bags or containers while frozen. Use as needed, chopping onions while frozen, with a sharp knife.

Parsley:

60. Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Potatoes:

61. Keep skins from bursting while boiling by peeling a 1/2" band of skin from around the center of potato.

VEGETABLES

62. To slice potatoes thin, dip blade of knife in boiling water first.

63. To prepare mashed potatoes with excellent flavor, bake Idaho potatoes, peel, and mash with hot milk and butter.

64. Add baking powder to mashed potatoes to make them lighter, and hot, rather than cold milk, to make them fluffier.

65. Save some of the water in which the potatoes were boiled, add to some powdered milk and use when mashing. This restores some of the nutrients that were lost in the cooking process.

66. Use a couple of tablespoons of cream cheese in place of butter for your potatoes; try using sour cream instead of milk when mashing.

67. Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

68. When making potato pancakes, add a little sour cream to keep the potatoes from discoloring.

69. Wrap baking potatoes in foil to quicken baking time.

70. Time for baking potatoes can be shortened if the potatoes are pan boiled for 5 to 10 minutes.

71. To hurry up baked potatoes, boil in salted water for 10 minutes, then place in a very hot oven. Or, cut potatoes in half and place them face down on a baking sheet in the oven to make the baking time shorter.

72. Sweet potatoes will not turn black if placed in salt water immediately after peeling.

Sauerkraut:

73. If sauerkraut is too salty for your taste, add one teaspoon of brown sugar. It is really worth trying.

Spinach:

74. Soak spinach and other leafy vegetables, including asparagus, broccoli and cauliflower, in salted water for a few minutes before washing to open leaves and flowerets to release sand and bugs.

75. When cooking spinach, try adding a pinch of garlic salt and you'll be pleased with the improved flavor.

Squash:

76. Squash that is left over can be improved by adding some maple syrup before reheating.

Vegetables

Tomatoes:

77. Keep tomatoes in storage with stems pointed downward and they will retain their freshness longer.

78. Sunlight doesn't ripen tomatoes. It's the warmth that makes them ripen, so find a warm spot near the stove or dishwasher where they can get a little heat.

79. Save the juice from canned tomatoes in ice cube trays. When frozen, store in plastic bags in freezer for cooking use or for tomato drinks.

80. To improve the flavor of inexpensive tomato juice, pour a 46 ounce can of it into a refrigerator jar and add one chopped green onion and cut up stalk of celery.

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EGGS

92. If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.

93. The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.

94. Need room temperature eggs and yours are refrigerator cold? Put them in a bowl of warm water for 10 minutes.

95. Use a small funnel to separate eggs. The white will run through while the yolk stays in the funnel.

96. Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).

97. Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.

98. To cook a perfect "soft" fried egg, add a little hot water to the pan after the egg has started to cook.

99. For fluffier omelets, add a pinch of cornstarch before beating.

100. Add a little water while beating eggs to make light and fluffy scrambled eggs.

101. Scrambled eggs for groups: Add a pinch of baking powder and 2 teaspoons water per egg to make the eggs go further.

102. Add 1 tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.

103. For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.

104. When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.

105. To make quick-diced eggs, take your potato masher and go to work on a boiled egg.

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PASTA / RICE

107. Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

108. Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.

109. Cook rice in liquid saved from cooking vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.

MEATS

General:

110. To thaw frozen meat, seal the meat in a plastic bag and place in a bowl of very warm water. Or, put in a bag and let cold water run over it for an hour or so.

111. Red wine used in cooking brings out the flavor of the meat, while white wine sweetens it.

112. Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.

113. To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

114. To prevent hot grease from spattering when frying foods in an open skillet, sprinkle a little flour into pan.

115. To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape.

116. Always heat the frying pan before adding oil or butter. This will keep things from sticking to the pan.

117. Boil vinegar in a brand new frying pan to keep things from sticking to it.

118. Marinade to tenderize tough meat: Use glass bowl and mix 1 cup vegetable cooking oil and 1/2 cup dry red wine. Add 1 minced onion, then salt, pepper and thyme, to taste. Roll meat in marinade, then cover and refrigerate overnight.

119. To tenderize boiled meat: Add a tablespoon of vinegar to the cooking water.

120. To tenderize tough meat or game: Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.

MEATS

Bacon:

121. Roll a package of bacon into a tube before opening. This will loosen the slices and keep them from sticking together.

122. Dip bacon into cold water to prevent shrinkage and shriveling when frying.

Beef:

123. To tenderize steak: Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.

124. To keep steaks and chops from curling while cooking; slash the edges of fat at 1" intervals.

125. For stir-fry dishes: Beef, pork and lamb are easier to cut into thin slices if meat is partially frozen.

126. Don't add salt to roast beef until shortly before the meat is done. Salt coaxes the juices out of meats, and you'll want the juices to remain inside.

127. A boned rolled roast requires 10 minutes more cooking time per pound than one with bones.

128. Adding consommé, instead of water, to pot roast will give it a delicious flavor.

129. Cook individual meat loaves in muffin tins. They'll be done in less than half the time of a large loaf.

130. Try using crushed corn flakes or corn bread instead of bread crumbs in a meatball recipe. (May also use onion-flavored potato chips).

131. Poke a hole in the middle of your ground beef patties while shaping them. The burgers will cook faster and the holes will disappear when done.

Chicken:

132. To stew and old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.

133. For golden-brown fried chicken, roll it in powdered milk instead of flour.

134. Flavor will be improved if dry mustard is added to flour when frying chicken.

135. To coat chicken pieces easily, put coating ingredients into plastic bag, drop in chicken pieces one at a time, hold bag closed then shake.

136. To flatten boneless chicken breasts, place between 2 sheets of plastic wrap and pound with bottom of heavy frying pan.

137. To remove fat from chicken broth, refrigerate the broth until fat hardens on the surface. Lift off.

MEATS

138. To get a moister breast: Roast the chicken or turkey breast-side down for the first 40 to 45 minutes. To finish roasting, carefully turn the bird breast-side up and baste with melted butter.

139. New trick to keep flavor in chicken is to roast in aluminum foil. Also, needs no basting, tending, or cleaning of pan.

140. Chicken rubbed with lemon juice adds an improvement to its flavor.

Fish:

141. To scale fish easily, dip fish in boiling water for a few seconds and the scales will come off with easy scraping.

142. To keep fish from sticking to bottom of skillet, sprinkle a little salt over bottom of pan before adding fish.

143. To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.

144. Lemon juice added to the egg batter in which fish is dipped for frying, gives the fish a delicious flavor.

145. When frying fish a little vinegar heated in a pan, will kill the fish odor.

Pork / Ham:

146. Roast pork is juicier when cooked to an internal temperature of 170°.

147. Run hot tap water over canned ham for a few minutes, so that ham will slide right out.

148. Before placing ham in the roasting pan, slit rind lengthwise on the underside. The rind will peel away as the ham cooks, and can be easily removed.

149. Ham labeled "ready to eat" still needs to be cooked 15 to 20 minutes per pound.

150. Wrap ham or bacon in a vinegar soaked cloth, then in waxed paper to preserve freshness.

151. Boil hot dogs in sweet pickle juice and a little water for a different taste.

Lamb:

152. Try basting a lamb roast with 2 cups of strong coffee.

Sausage:

153. Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll them lightly in flour before frying.

Shrimp:

154. When cooking shrimp add a few caraway seeds to the water to kill the odor while cooking the shrimp.

SOUPS / STEWS / GRAVIES / SAUCES

Soups / Stews:

155. Remove fat from stews or soups by refrigerating and eliminating fat as it rises and hardens on the surface. Or, add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.

156. If soup or stew is too salty, add a few slices raw potatoes, boil until they have cooked and absorbed the salt. If necessary, repeat with fresh slices of potato. Or, simply add sugar.

157. If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.

158. By adding celery to chicken broth, or soup stock, it will cut the grease.

159. A few slices of lemon added to a stew will improve its flavor.

Gravy:

160. For pale gravy, color with a few drops of Kitchen Bouquet. To avoid the problem in the first place, brown the flour well before adding the liquid. This also helps prevent lumpy gravy.

161. To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water. Shake, and in a few minutes you will have a smooth paste for gravy.

162. To remedy greasy gravy, add a small amount of baking soda.

163. For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.

White Sauce:

164. Blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

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BREADS

167. If dough doesn't rise: Look for 1 of two things. Outdated yeast or liquid temperature being too warm. Compressed yeast should be dissolved in 85° liquid. Active dry yeast in liquids in not more than 115°.

168. To prevent bread crusts from cracking, make several shallow, diagonal slashes across the top using a single-edge razor blade.

169. To keep dinner rolls hot, wrap a hot ceramic tile in a napkin, and place in the bottom of the serving basket. (Place basket on trivet to protect table).

170. Stale rolls? Revive by sprinkling them with cold water, wrap in aluminum foil and place in a 375° oven for 5 minutes.

171. When baking bread, add 1/4 teaspoon ginger to the yeast mixture and this will make the bread rise twice as fast, and the bread will be lighter.

172. Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325° oven to thaw completely.

173. A rib of celery in your bread bag will keep the bread fresh for a longer time.

Doughnuts:

174. To give doughnuts a new, added flavor, put a stick of cinnamon in the fat while frying.

175. Before frying doughnuts, add 1/2 teaspoon of vinegar to the hot fat to prevent doughnuts soaking up the fat.

Quick Breads:

176. For lighter pancakes and waffles, replace the liquid in the batter with club soda. (Batter won't store so use up all as soon as it's made).

177. Muffins sticking in pan? Use paper baking cups or place the bottom of the hot pan on a wet towel for about 30 seconds.

178. Don't over mix with baking powder biscuits. Stir just enough to dampen the dry ingredients.

179. Need biscuits in a hurry? Roll out the dough and cut it into squares. There will be no scraps left to roll out and cut again.

CAKES / FROSTINGS

180. In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

181. An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

182. Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes the cake lighter.

183. Cakes will rise higher if sides of pan are left ungreased.

184. To cut a fresh cake use a wet knife.

185. Use dental floss to slice evenly and cleanly through a cake or torte. Simply stretch a length of the floss taut and press down through the cake.

186. An ice cream scoop can be used to fill cupcake papers without spilling.

187. When you're near the end of the baking time, turn the oven off and keep the door closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.

Frosting / Topping:

188. A good topping for gingerbread, coffee cake, etc., can easily be made by pressing the syrup from canned fruit and adding 1 tablespoon of butter and 1 tablespoon of lemon juice to 2 cups of syrup. Heat until bubbly, and thicken with 2 tablespoons of flour.

189. A good, quick, frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla.

190. For a nice decoration on white frosting, shave colored gumdrops very thin and stick on top. They will curl like little roses.

Common Causes Of Failure:

191. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.

192. Dry cake may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.

193. A heavy cake means too much sugar has been used or baked too short a period.

194. A sticky crust is caused by too much sugar.

195. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

CAKES

196. Fallen cake may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.

197. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).

198. Cake having an uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

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PIES

208. To keep fruit pies from running over into oven while baking, use macaroni as "smoke stacks" in the top crust to allow for escape of steam.

209. Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!

210. After baking a pumpkin pie, never set it out to cool on a flat surface. Set it on a cake cooler to keep crust dry.

211. A drop of peppermint flavoring in chocolate sauce is yummy, and orange flavoring in gingerbread or in pumpkin pie is delicious.

212. Cream pie or custard will not become watery if milk is scalded before using.

213. Custards will not curdle so readily if a tablespoon of flour mixed with sugar is added.

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DAIRY

223. To eliminate a lot of mess when whipping cream with an electric beater, try this: cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the machine. Simply place paper and beaters over the bowl and whip away.

Cream That Will Not Whip:

224. Chill cream, bowl and beaters well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not separate if you add a touch of unflavored gelatin (1/4 teaspoon per cup of cream).

Ice Cream:

225. Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed, press a piece of waxed paper against the surface and reseal the carton.

226. Buy bulk quantities of ice cream and pack in small margarine containers. These provide individual servings.

Milk:

227. Milk at room temperature may spoil cold milk, so don't pour milk back into the carton

228. To prevent milk from scorching while scalding add a bit of sugar (without stirring).

229. Before scalding, rinse the pan in cold water. It will be easier to clean afterwards.

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ODD AND ENDS

Gelatin:

236. To make seven minute Jell-O, pour the usual cup of hot water over Jell-O. Add 5 or 6 ice cubes in place of cup of cold water and add fruit. Set in refrigerator.

237. To unmold gelatin: Rinse the mold pan in cold water and coat with salad oil. The oil will give the gelatin a nice luster and it will easily fall out of the mold.

Marshmallows:

238. Marshmallows are cut easier if blades of scissors are buttered or dipped in hot water.

239. Marshmallows will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Measuring Sticky Liquids:

240. Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.

241. Greasing the measuring cup before measuring molasses or corn syrup will avoid its sticking.

Nuts:

242. To quickly crack open a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.

243. If nuts are stale, place them in the oven at 250° and leave them there for 5 or 10 minutes. The heat will revive them.

Popcorn:

244. It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".

Salt:

245. To prevent caked salt, tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.

Brown Sugar:

246. If brown sugar is lumpy, steam it in double boiler; or place in a bread box or refrigerator for a few days.

247. To soften rock-hard brown sugar, add a slice of soft bread to the package of brown sugar, close the bag tightly and in a few hours the sugar will be soft again. If you need it in a hurry, Put brown sugar and a cup of water (do not add to the sugar, set alongside of it) in a covered pan. Place in the oven (low heat) for awhile. (Also works in microwave).

ODDS AND ENDS

248. Wrap sugar in a plastic bag and store in refrigerator in a coffee can with a snap-on lid.

Pancake Syrup:

249. To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.

Waffles:

250. Freeze waffles that are left; they can be reheated in the toaster.

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KITCHEN CLEAN-UPS

261. Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Fingerprints:

262. Take away fingerprints and grime with a solution of half water and half ammonia. Store it in a spray bottle.

Floors:

263. When washing kitchen floors, add 1/2 cup of liquid starch to a pail of soapy water and mix well. This leaves floors clean and polished too.

Garbage Disposal:

264. Grind a half lemon or orange rind in the disposal to remove any unpleasant odor.

Grater:

265. For a fast and simple clean-up, rub salad oil on the grater before using.

266. Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.

Meat Grinder:

267. Before washing, run a piece of bread through it.

Oven:

268. Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

269. Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

270. Place all removable parts from oven into the bathtub. Draw enough hot water to cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven the rest will be cleaning itself.

271. An inexpensive oven cleaner: Set oven on warm for 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even baked-on grease will wash off.

Refrigerator:

272. To help eliminate odors, fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator.

273. An open box of baking soda will absorb food odors for at least a month or two.

KITCHEN CLEAN-UPS

274. To prevent mildew from forming, wipe with vinegar. The acid kills the mildew fungus.

275. Wipe sides and shelves with a glycerine-soaked cloth. Future spills wipe up easily.

276. Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks:

277. For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for 1/2 hour or so.

278. Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleanser.

279. Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

280. Spots on stainless steel can also be removed with white vinegar.

281. Club soda will shine up stainless steel sinks in a jiffy.

Sponges:

282. Wash in your dishwasher or soak overnight in salt water or baking soda added to water.

Work Surfaces:

283. Wipe kitchen work surfaces down with full strength white vinegar. This will also prevent mold.

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BATHROOM CLEAN-UPS

Bathroom Fixtures:

290. Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.

Porcelain Sinks/Tubs:

291. Lighter fluid will remove most dark, stubborn stains from sink and bathtub.

292. Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.

Shower Mat:

293. Dip a stiff brush in a kerosene and warm water solution to clean the bath mat.

Rust Stains:

294. Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 to 3 hours.

295. Rust stains on tile can be removed with kerosene.

Shower Doors:

296. Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.

Easy Bathroom Cleaning:

297. Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc. will be much easier to clean because the steam will have loosened the dirt.

Sink:

298. Light stains can often be removed by simply rubbing with a cut lemon.

299. Dark stains and rust can be removed with a paste of borax and lemon juice.

Medicine Cabinet:

300. It's a good idea to go through your medicine cabinet several times a year and throw away any medicines that are old or outdated. They could be dangerous.

Dripping Faucet:

301. If the drip occurs during the night and you can't sleep, simply wrap a cloth around the opening of the faucet.

Sweet-Smelling Bathroom:

302. Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When the light is on, the heat releases the aroma.

Steam-Free Mirror:

303. If your medicine cabinet has two sliding mirrors, slide one side open before taking a bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.

CARPETS

Rug Care:

304. When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

305. If your carpeting is only slightly dirty, you can clean it with corn meal. Use a stiff brush to work the corn meal into the pile of the carpet. Take it all out with the vacuum.

306. For new carpeting wait about three months before attempting to clean your carpet. It needs that amount of time to spring up and keep its normal nap.

307. To raise flattened spots in shag carpeting where heavy furniture has stood, use a steam iron. Hold the iron over (not on) the spot and build up a good steam. Then brush up the carpet.

308. Give your carpet a new lease on life. Sprinkle some salt on it right before you vacuum. The rug will be much brighter when you have finished vacuuming.

Carpet Stains:

309. Ballpoint: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

310. Blood: Rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot too. Rinse it right away with cold water.

311. Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

312. Pet Stains: Blot up excess moisture with paper towels. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

313. Spills: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

314. Wax (Candle): Use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

FLOORS

Wooden:

315. Use cold tea to clean woodwork and varnished floors.

316. Put thick old socks over the legs of heavy furniture when moving across floors.

317. Never use water or water based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Vinyl / Linoleum:

318. Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

319. When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

320. Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

321. Loose Linoleum? Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books over the whole area and keep it weighted down for the amount of time it says on the can of adhesive.

Stains On Vinyl Or Linoleum:

322. Blood: Use silver polish to remove from flooring.

323. Grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

324. Heel Marks: Just take a pencil eraser and wipe them off.

325. Nail Polish: Allow to almost dry, then peel off of waxed floors or tile.

326. Tar: Use paste wax to remove tar from floors. Works on shoes, too.

Garage Floors:

327. In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

328. Sand may be sprinkled on oily spots. Let it absorb the oil then sweep up.

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WOODEN FURNITURE

Polishing Carved Furniture:

330. Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette Burns:

331. For minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

332. Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. Always consider the value of the furniture. It might be better to have a professional make the repair.

Scratches:

333. Make sure you always rub with the grain of the wood when repairing a scratch.

Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number "0" artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in hardware or paint stores) or a crayon that matches the finish of the wood.

WOODEN FURNITURE

Removing Stuck-On Paper:

334. Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Removing Decals:

335. Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

Removing White Water Rings:

336. Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

337. Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

338. Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Removing Candle Wax:

339. Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

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Cuticle Treatment:

347. Apply a mixture of equal parts of castor oil and white iodine to your cuticles every night.

Deodorant:

348. To make your own pump-spray deodorant, just add 4 tablespoons of alum to 1 quart of water. Mix it up and put into a spray bottle. If you want a scent, add your favorite cologne.

349. Deodorants work best when applied before retiring at night. The deodorants are less effective when the body is overheated.

350. Moisten a cloth with vinegar to clean armpits. Do not rinse and it will help eliminate offensive odors for several hours.

Eyes:

351. To refreshen tired eyes, place fresh cold cucumber slices on your eyelids to rid them of redness and puffiness.

Facial:

352. A good and inexpensive facial to try: Mash half an avocado, spread thickly on face, and remove with warm water 20 minutes later.

Hair:

353. Mayonnaise gives dry hair a good conditioning. Apply 1/2 cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Rinse a few times before shampooing thoroughly.

354. For homemade dry shampoo, mix together 1 tablespoon salt and 1/2 cup corn meal for your own homemade dry shampoo. Transfer to a larger holed shaker, sprinkle it on oily hair lightly and brush out dirt and grime.

355. Baby powder or cornstarch can also be used as dry shampoos. Sprinkle on dry hair, wait a few minutes, then brush out.

356. Dandruff sufferers may find that 1/2 cup apple cider vinegar added to two cups of warm water and applied after rinsing your hair thoroughly will help their condition.

357. To eliminate the "frizz" from over-permed hair use a vinegar and water rinse. It will brighten dark hair and adds a sparkle to blonde hair.

358. Removing chewing gum from hair (or practically anything else) is easy. Use the white of an egg.

HEALTH AND BEAUTY

Jewelry:

359. To unsnarl small-linked necklaces and watch chains, drop them into warm grease for a minute and unsnarl with a needle.

360. Rings and fine jewelry may be cleaned in a solution of one part of ammonia to two parts water.

Broken Lipstick:

361. Hold a match under the broken ends until they melt enough to adhere to each other. Cool in the refrigerator.

Manicure:

362. Soak your hands in warm water with lemon juice added. Take them out after 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.

Nail Polish:

363. Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.

364. Before you put on polish put vinegar on your nails. It will clean them completely and help nail polish stick longer.

365. Caps of nail polish and glue will not stick if the screw threads are greased before the bottle is used.

Skin:

366. To relieve itchy skin, pat on apple cider vinegar. If the itch is in a delicate body area (such as the eyes) dilute with 4 parts water to 1 part vinegar. For use in a bath, add 2 to 3 cups of apple cider vinegar to the bath water.

367, Itchy swellings and blemishes may be eased by an application made of a paste from vinegar and cornstarch. Pat it on and the itch will be relieved as it dries.

Sore Throat:

368. Relieve the discomfort of a sore throat caused by a cold. Mix together 1/4 cup honey and 1/4 cup apple cider vinegar. Take 1 tablespoon every 2 to 4 hours.

Sunburn Relief:

369. A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.

370. Dab on some apple cider vinegar. The pinkness and pain will disappear.

371. To cool a sunburn, bathe in a tub of lukewarm water to which a cup of apple cider vinegar has been added.

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