A serene landscape photograph featuring a vast field of golden wheat in the foreground. In the distance, a single, dark silhouette of a tree stands on a low ridge against a vibrant sunset sky. The sun is a bright, glowing orb, partially obscured by a thin layer of clouds, casting a warm, orange-red glow across the entire scene.

“Blessed are those  
who hunger...for  
they will be filled.”

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*st Congregational Church*

# Table of Contents

Appetizers, Beverages & Dips.....	3
Soups & Salads.....	19
Meats & Poultry.....	43
Vegetables.....	59
Hot & Cold Sandwiches.....	73
Deserts.....	119
Cakes & Cookies.....	165
Miscellaneous.....	183

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## *First Congregational Church*

Cooking & Nutritional Tips

Household Hints

Printed in the United States of America

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# Table of Contents

Appetizers, Beverages & Dips.....	1
Soups & Salads.....	19
Breads & Rolls.....	43
Vegetables & Side Dishes.....	59
Main Dishes & Meats.....	73
Desserts.....	119
Cookies & Candies.....	165
Miscellaneous.....	183
Index	
Cooking & Nutritional Tips	
Household Hints	
Kid's Kitchen Crafts	
Nutrition for the Soul	



Table of Contents

**THANK YOU**

Appetizers, Beverages & Dips.....1  
 Soups & Salads.....18  
 Vegetables & Side Dishes.....72  
 Main Dishes & Meats.....73  
 Desserts.....101  
 Cookies & Candies.....102  
 Miscellaneous.....103

The First Congregational Church Women's Fellowship would like to express our sincere thanks to everyone who contributed to this cookbook. It was so much fun to do. We hope all who receive one of these books enjoys it as much as we had compiling it.

May you and whoever you cook for receive God's many blessings. They are abundant !!

Very Sincerely,  
 Your Sisters in Christ





## **First Congregational Church**

Our history began when Congregationalism came to America with the Pilgrims on the ship called The Mayflower. Those who dared to establish free churches included, among others, Robert Browne, Henry Greenwood, William Brewster and John Penry.

The Pilgrims were compelled to leave England in 1620 because they had pledged themselves to live and worship God in freedom according to the dictates of conscience. They left Scrooby, England and sailed to Leyden, Holland and then to the New World to become known as Pilgrim Fathers.

The Mayflower Compact was signed in 1620 by Myles Standish, John Carver, John Allen, William Bradford and others. These men became the first Americans who believed that God created all men equal.

The First Congregational Church of Forest City is a church of the Pilgrims with convictions that emphasize faith, freedom and fellowship. The first Congregational service conducted in Forest City was in 1866 by Reverend Littlefield. In 1869 Reverend A. S. Allen held occasional services in the Court House or school. In 1871 he organized the Congregational Union Church of Forest City. It was the first English speaking church in Winnebago County.

Reverend J. D. Mason came in 1876 and talk began about a church building. In 1877, on the corner of 6th and L streets, the Church was built, costing \$2,575 of which \$1,100 had been borrowed.





At that time, many gifts were given by the people of Forest City Community and from time to time from churches in the eastern part of the United States. The Silver Service was given by the Ladies of Oxford, New York, in 1882. Another gift received was a large pulpit Bible from Henry Wadsworth Longfellow. It is under glass outside the Sanctuary. A group of Bibles in a locked book case, some are dated from the 18th century, are also just outside the Sanctuary. The bell that once hung in our church belfry has been donated to the church in Heritage Park and is being rung for their services.

First Congregational Church has seen many pastors and changes over the years. In 1889, a woman, Reverend Abbie R. Hinckley, served as our Pastor.

We have seen good years and not so good. We've had many members and not so many, but with God's help, we've always been "The Church Determined to Live".

We believe in God, in Jesus Christ, and the Holy Spirit. We believe in prayer, the worth of Worship, the Sacraments, Holy Rites, and the power of God to overcome evil. Congregational Christians stand for an open Bible in our church (meeting house), homes, and schools. We have no hierarchy, we govern ourselves. We pay dues to no one other than God.

If anyone is looking for a church home, the members of First Congregational Church invite you to visit and join us in worshipping the Lord God.

316 North 6th Street  
Forest City, IA 50436  
641-585-4852  
[www.pilgrimspraise.com](http://www.pilgrimspraise.com)





*Notes*

Appetizers,  
Beverages  
& Dips





## *Notes*

At that time, many gifts by the people of Forest City Community and friends came to churches in the eastern part of the United States. The Silver Service was given by the Ladies of Oxford, New York, in 1687. Another gift received was a large purple bible from Henry Jackson, of Longfellow. It is under glass outside the Sanctuary. A group of Bibles in a locked book case, some are dated from the 18th century, are also just outside the Sanctuary. The bell that once hung in our church belfry has been donated to the Church in Heritage Park and is being rung by their songers.

First Congregational Church has seen many pastors and changes over the years. In 1589, a minister, Reverend Alonzo B. Hancock, served as our Pastor.

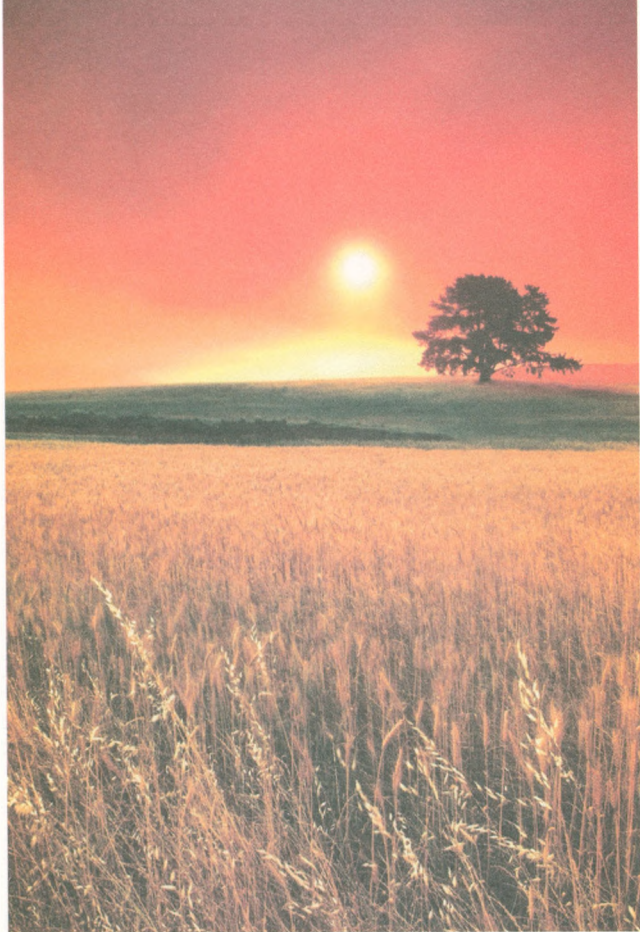
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316 North 6th Street  
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Appetizers,  
Beverages  
& Dips

## **Brunch Punch**

**Diane Thompson**

- |   |  |
|---|--|
| <i>6 bananas</i>                                  | <i>2 C. sugar</i>                          |
| <i>1 (12 oz.) can frozen orange juice, thawed</i> | <i>1 (46 oz.) can pineapple juice</i>      |
| <i>1 (6 oz.) can frozen lemonade, thawed</i>      | <i>3 (2 liter) bottles lemon-line soda</i> |
| <i>3 C. warm water</i>                            | <i>Orange slices (optional)*</i>           |

In a blender, blend bananas, orange juice and lemonade until smooth; divide mixture in half. Add 1 1/2 cups water and 1/2 the banana mixture; blend until smooth. Repeat with other 1/2 of mixture. Add the 2 halves into one container and freeze solid. One hour before serving, take mixture out of freezer. Just before serving add soda and pineapple juice. Makes 3 quarts. Serves 20 people. \* Garnish with oranges slices.

## **Carrot-Apple Shake**

**Marietta Olsen**

- |   |                              |
|---|------------------------------|
| <i>1/2 C. carrot juice</i>              | <i>1 tsp. yogurt</i>         |
| <i>1/2 apple, unpeeled, sliced thin</i> | <i>3 envelopes sweetener</i> |
| <i>1 tsp. rice bran or wheat germ*</i>  |                              |

Place all ingredients into a blender and blend for 2 minutes.

\* Wheat germ is a little tastier than the rice bran in my opinion.

## **Cheese Ball**

**Jenny Kollasch**

- |   |                     |
|---|---------------------|
| 2 (8 oz.) pkgs. cream<br>cheese, softened | 3/4 T. blue cheese  |
| 2 T. grated Parmesan<br>cheese            | 1/4 C. milk         |
|   | 1/2 T. garlic salt  |
|   | 1/2 C. pecan pieces |

Mix all ingredients, except nuts, with an electric mixer until well blended. Shape into a ball. Pat pecan pieces around the cheese ball and chill overnight. Serve with crackers of your choice.

## **Chex Party Mix, Original Recipe**

**Sherry Sandvik**

- |                            |   |
|----------------------------|---|
| 2 T. Worcestershire sauce  | 3 C. Rice Chex cereal                       |
| 6 T. margarine* or butter* | 3 C. Wheat Chex cereal                      |
| 1 1/2 tsp. seasoned salt   | 1 C. mixed nuts                             |
| 3/4 tsp. garlic powder     | 1 C. pretzels                               |
| 1/2 tsp. onion powder      | 1 C. garlic-flavor bite-size<br>bagel chips |
| 3 C. Corn Chex cereal      |   |

Heat oven to 250°. Melt margarine in large roasting pan in oven (\* Do not use spread or tub products.) Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. Yield: 12 cups.

Microwave Instructions: Melt margarine in large microwavable bowl uncovered on High. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

## **Chicken Wings**

**Pat Lohman**

*20-25 chicken wings,  
separated*

*Marinade:*

*1 C. water*

*1 C. soy sauce*

*1 C. sugar*

*1 tsp. garlic powder*

*1-2 tsp. ginger*

Mix all marinade ingredients together. Put chicken in a zip-lock bag and pour marinade over chicken pieces. Put in refrigerator overnight. Line 2 jelly roll pans with foil. Place chicken wings in a single layer. Bake at 350° for approximately 1 hour turning after the first 1/2 hour. Put in crock pot to keep warm.

## **Chocolate Chip Cheese Ball**

**Jill Haugen**

*8 oz. pkg. cream cheese*

*1/2 C. butter, softened*

*3/4 C. powdered sugar*

*2 T. brown sugar*

*1/4 tsp. vanilla*

*3/4 C. regular chocolate*

*chips or 1/2 C. mini*

*chocolate chips*

*crushed pecans (optional)*

Mix cream cheese and butter until smooth. Add powdered sugar, brown sugar and vanilla. Stir in chocolate chips. You may use whatever type of chips you want-milk, semi sweet. Form the mixture into a ball and roll in crushed pecans. Chill for 2 hours. Serve with graham cracker sticks.

## **Chocolate-Peanut Butter Topping**

Mary Lou Kleveland

- |                             |                             |
|-----------------------------|-----------------------------|
| <i>1 C. chocolate chips</i> | <i>1/2 C. sugar</i>         |
| <i>1 C. milk</i>            | <i>1/2 C. peanut butter</i> |

Mix first 3 ingredients together in a pan and bring to a boil; stirring constantly. Let sauce thicken some. Add peanut butter, stir until well blended. Let cool and spoon over ice cream. Left-overs can be refrigerated and reheated.

## **Crab Appetizers**

Lois Turner

- |   |   |
|---|---|
| <i>1/2 lb. processed cheese spread</i>        | <i>1 can mushrooms, chopped</i>                                 |
| <i>3/4 C. butter or margarine</i>             | <i>2 pkgs. English muffins, cut in half and toasted lightly</i> |
| <i>1 lb. crab meat or imitation crab meat</i> |   |

Melt cheese and butter; add crab meat and mushrooms. Spoon on quartered muffins. Place under broiler until slightly browned. 12-14 servings.

## **Dandelion Wine**

Myrth Smith

- |                               |                                     |
|-------------------------------|-------------------------------------|
| <i>1 qt. dandelion blooms</i> | <i>1 lemon (sliced, not peeled)</i> |
| <i>1 gal. water</i>           | <i>2 1/2 lb. sugar</i>              |
| <i>2 T. yeast</i>             |                                     |

Put all ingredients into a kettle and boil for 5 minutes. Pour into a jar. When cold, add yeast. Keep in a warm place 3 days until it ferments. Strain and bottle; cork tightly.

## **Dill Dip**

### **Sherry Sandvik**

- |                              |                                |
|------------------------------|--------------------------------|
| <i>1 C. sour cream</i>       | <i>1 T. dried parsley</i>      |
| <i>1 C. mayonnaise</i>       | <i>1 T. dried onion flakes</i> |
| <i>1 tsp. seasoning salt</i> | <i>1 T. dill weed</i>          |

Mix well. Chill. Serve with fresh vegetables.

## **Dill Pickle Roll-ups**

### **Mary Cross**

- |  |                               |
|--|-------------------------------|
| <i>1 (8 oz.) pkg. cream<br/>cheese, softened</i> | <i>5-6 large dill pickles</i> |
| <i>5-6 slices of deli ham,<br/>thinly sliced</i> |                               |

Spread the softened cream cheese on the ham slices. Lay one pickle on the end of each piece of ham; roll up. Place seam side down on a plate and slice; cover with plastic wrap. Refrigerate at least 2 hours before serving. Variation: Sweet pickles and dried beef.

## **Eagle Brand Milk**

### **Mary Kramer**

- |                      |                           |
|----------------------|---------------------------|
| <i>1/4 C. butter</i> | <i>1/3 C. water</i>       |
| <i>3/4 C. sugar</i>  | <i>1 C. powdered milk</i> |

Put first 3 ingredients in a 1 quart microwave-safe container. Boil at least 2 minutes; stirring every 30 seconds. Put in blender and gradually add powdered milk. Blend very well. Keep refrigerated.

## Easy 3-Layer Chili Dip

Chuck Tindall

8 oz. cream cheese,  
softened

8 oz. grated Monterrey jack  
cheese

15 oz. chili (with or without  
beans)

1 bag tortilla chips

In a 9 inch glass pie plate, layer: (1) cream cheese, (2), chili, (3) sprinkle with cheese. Microwave prior to serving until cheese is melted. Serve hot with tortilla chips.

## Fruit Smoothie

Sherry Sandvik

1 C. ice

1 C. frozen fruit

1 C. vanilla yogurt

Put all ingredients into blender and blend on high. Serve immediately.

## Healthy Apple Shake

Marietta Olsen

1/2 C. rice milk

1/2 tsp. vanilla

1 tsp. oat bran

1/2 apple, unpeeled, sliced  
thin

1 tsp. rice bran

1 tsp. wheat bran

3-4 envelopes sweetener

2 tsp. granulated lecithin

Place all ingredients into a blender and blend for 2 minutes. This shake contains very healthy properties.

## Healthy Breakfast Shake

Marietta Olsen

- |                                     |                       |
|-------------------------------------|-----------------------|
| 1 C. fruit juice, milk, or soy milk | 1/2 tsp. vanilla      |
| 1 banana or other fruit, cut up     | 1/2 C. egg substitute |
|                                     | 1 tsp. wheat germ     |
|                                     | 4 envelopes sweetener |

Blend for 2 minutes.

## Hot Beef Dip

Leslie Grothe

- |                              |  |
|------------------------------|--|
| 2 (8 oz.) pkgs. cream cheese | 1/2 green pepper, chopped                        |
| 3/4 C. sour cream            | 2 pkgs. dried beef, shredded (I use sliced beef) |
| 1/4 C. onion, chopped        |  |

Combine all ingredients in a casserole bowl. Bake at 350° for 20 minutes. Serve warm with chips or crackers. Reheat in microwave as needed

## Instant Cocoa Mix

Sherry Sandvik

- |                             |  |
|-----------------------------|--|
| 1 (8 qt.) box powdered milk | 1 (12 oz.) container powdered coffee creamer |
| 1 (#2 can) Nestles Quick    | 2 C. powdered sugar                          |

Mix well. Store in airtight container. Use 1/4 cup cocoa mix to 1 cup hot water.

## **Jalapeno Peppers**

**Dave Neuroth**

*Jalapeno peppers*                      *Bacon*  
*Cream cheese*

Cut Jalapeno peppers in half, lengthwise; clean out seeds. Fill each pepper half with cream cheese. Wrap each pepper with about a 1/2 slice of bacon. Put in broiler and broil until bacon is brown.

## **Lime Punch**

**Diane Thompson**

<i>1 (46 oz.) can lime-citrus drink</i>	<i>1/4 C. lime juice</i>
<i>2 (12 oz.) cans frozen limeade, thawed</i>	<i>1 (1 qt.) container lime sherbet, softened</i>
<i>1/4 C. sugar</i>	<i>1 (2 liter) bottle lemon-lime soda</i>

Combine citrus drink, limeade, sugar and lime juice until sugar is dissolved. Stir in sherbet. A wire whisk works good for this. Add soda and mix well. Serve immediately. Makes 1 gallon. Serve in a punch bowl. Serves 15-20 people.

God adds to the beauty of His world by creating true friends.

## **Little Smokies Wrapped in Bacon**

**Dave Neuroth**

*1 pkg. Lit'l Smokies*      *1 pkg. bacon*  
*Brown sugar*

Cut bacon into thirds. Wrap each bacon piece around a Lit'l Smokie. Put a toothpick through it. Lay them on a cookie sheet and coat with brown sugar. Let sugar soak in for an hour or two at room temperature. Bake at 300° for about 45 minutes. Watch that the sugar doesn't burn. When done baking put in a crock pot and eat-up. Double the recipe for a full crock pot.

## **Mom's Tomato Juice**

**Diane Thompson**

*7 qts. of tomatoes*      *1 T. onion salt*  
*1 C. sugar*      *1 tsp. salt per quart*  
*1 1/2 T. celery salt*

Cook tomatoes and strain. Add sugar and seasonings to the juice and boil for 5 minutes. Put into scalded jars with lids and rings that have been boiled. Give a hot water bath for half and hour.

God cares for people through people.

## No-Bake Party Mix

Laura Simmons

- |  |  |
|--|--|
| 2 tsp. dill weed                                   | 1 (10 oz.) pkg. oyster<br>crackers             |
| 1 T. lemon pepper<br>(optional)                    | 1 (6 oz.) pkg Goldfish<br>crackers             |
| 1/4 tsp. garlic powder                             | 1 (4.5 oz.) pkg cheese balls                   |
| 1 pkg. Hidden Valley Ranch<br>Dressing, dry        | 4 C. pretzel sticks                            |
| 2 (6 oz.) pkgs. Bugles<br>- original               | 3/4 C. Orville<br>Redenbacher's popcorn<br>oil |
| 1 (9 oz.) pkg. cheese<br>crackers, sticks or twigs |  |

In a small bowl, mix dill weed, lemon pepper, garlic powder and Hidden Valley dressing mix. In a large bowl mix the rest of the ingredients, except oil. Pour Hidden Valley mixture over the crackers mixture and stir thoroughly. Slowly pour popcorn oil over everything and stir carefully, but thoroughly.

## Onion-Beef Cheese Ball

Jenny Kollasch

- |                                 |   |
|---------------------------------|---|
| 2 (8 oz.) pkgs. cream<br>cheese | 2 bunches green onion                                   |
| 1/2 tsp. garlic salt            | 2 (6 oz.) pkgs. chipped<br>dried beef or smoked<br>beef |
| 2 tsp. Worcestershire sauce     |   |

Cream garlic salt and Worcestershire sauce into cream cheese. Chop onion, keeping white and green tops separate. Chop beef. Add white of onion and beef to the cream cheese mixture. Form into balls and roll in green tops. Serve with Wheat Thins or crackers of your choice.

## **Orange Julius**

**Carol Kleveland**

<i>6 ice cubes</i>	<i>1/2 C. water</i>
<i>1/2 C orange juice</i>	<i>2 T. sugar</i>
<i>1/2 C. milk</i>	<i>1 tsp. vanilla</i>

Put all ingredients into a blender and blend on high speed only until ice is crushed and ingredients are blended. Serve immediately.

## **Oyster Cracker Snack**

**Sherry Sandvik**

<i>1/2 C. oil</i>	<i>1 pkg. (12 oz.) oyster crackers</i>
<i>1/2 tsp. dill weed</i>	
<i>1/4 tsp. garlic powder</i>	
<i>1 pkg. (.4 oz.) Hidden Valley Ranch dressing mix, dry</i>	

Mix well. Let stand 1 hour before serving. Store in a zip lock bag or covered bowl.

## **Peanut Butter Apple Dip**

**Lynn Kleveland**

<i>1 pkg. (8 oz.) cream cheese, softened</i>	<i>1 C. brown sugar</i>
<i>1 C. peanut butter</i>	<i>1/4 C. milk</i>
	<i>3-4 apples, cut into wedges</i>

In a mixing bowl combine first 4 ingredients. Mix well. Serve with apples as a dip.

## Ranch Pretzels

Jill Haugen

2 lbs. pretzels	2 tsp. dill
1 bottle Orville Redenbachers popcorn oil	1/2 tsp. onion powder
1 pkg. Hidden Valley Ranch dressing mix, dry	1/2 tsp. garlic powder

Heat all ingredients, but not the pretzels. Mix well and pour over the pretzels. Let sit at least 6 hours, stir every two hours. Tastes better if you make the day before serving. Store in airtight container.

## Reuben Balls

Dave Neuroth

3 oz. cream cheese	1/4 C. bread crumbs
1 tsp onion, minced	Flour
16 oz. sauerkraut	1 egg, beaten
12 oz. corned beef brisket, canned	Bread Crumbs

Mix cream cheese, onion, sauerkraut, corned beef, and 1/4 cup bread crumbs. Shape into 24 or more balls. Dip balls in flour then egg, and finally bread crumbs to coat. Pan fry in oil until brown. May cool then serve warm. I would think you could make these ahead of time and freeze them before cooking and then maybe even deep-fry them.

## **Salsa Dip**

**Mary Lou Kleveland**

- 8 oz. cream cheese,  
softened
- 1 C. shredded cheddar  
cheese
- 1 C. salsa

Mix all ingredients together. Chill and serve with tortilla chips.

## **Sauerkraut Dip**

**Dave Neuroth**

- 16 oz. cream cheese
- 8 oz. sour cream
- 1 can sauerkraut, drained
- 6 oz. pkg. beef or corned  
beef, shredded
- 6 oz. Swiss cheese

Put all ingredients into a crock pot. Ready when cheese is melted.

## **Slush Punch**

**Esther Perkins**

- 2 (6 oz.) pkg. Jell-O, choice  
of flavor
- 4 C. hot water
- 4 C. sugar
- 9 C. cold water
- 1 (16 oz.) bottle Realemon
- 2 (46 oz.) cans pineapple  
juice
- 2 liter bottle 7-Up or  
gingerale

Dissolve Jell-O in hot water. Add remaining ingredients except 7-Up. Mix and freeze. Remove from freezer 4 to 6 hours before serving. Add 7-Up when ready to serve.

## **Spiced Tea**

**Diane Thompson**

<i>8 C. sweetened lemonade mix</i>	<i>1/2 C. unsweetened instant tea</i>
<i>1 C. orange breakfast drink mix</i>	<i>1 tsp. ground nutmeg</i>
<i>3/4 C. sugar</i>	<i>1/2 tsp. ground cinnamon</i>
	<i>1/4 tsp. ground cloves</i>

Mix all ingredients together. Serve hot or over ice.

## **Spicy Tomato Juice**

**Diane Thompson**

<i>5 qts. tomatoes, chopped</i>	<i>1 T. sugar</i>
<i>1/4 C. celery, chopped</i>	<i>4 T. lemon juice</i>
<i>2 T. onion, chopped</i>	<i>1 T. Worcestershire sauce</i>
<i>1/2 bay leaf</i>	<i>Salt to taste</i>
<i>2 parsley sprigs</i>	<i>Tabasco sauce to taste</i>

Cook tomatoes, celery, onion, bay leaf, and parsley sprigs together until soft; strain. Add sugar, lemon juice, Worcestershire, salt and Tabasco and boil for 5 minutes. Place in hot jars and seal with lids and rings that have been boiled. Hot water bath for 1/2 hour.

## **Sweetened Condensed Milk**

**Tammy Christofferson**

<i>1 C. plus 2 T. instant dry milk</i>	<i>1/2 C. warm water</i>
	<i>3/4 C. sugar</i>

In a bowl, add dry milk to warm water and mix well. Set bowl in a pan of hot water. Stir in sugar until dissolved. Store in refrigerator. This equals 1 can sweetened condensed milk.

## **Taco Dip**

**Jacob Haugen**

*2 C. sour cream*      *Tomato, diced*  
*1 pkg. Taco Bell Seasoning*      *Grated cheddar cheese*  
*Shredded lettuce*

Mix sour cream and taco seasoning together until well blended. Spread on a platter. Garnish with lettuce, tomato and cheese.

## **Taco Dip**

**Dave Neuroth**

*1 lb. hamburger*      *8 oz. pkg cream cheese*  
*1 pkg. taco seasoning,*      *Small head lettuce*  
*divided*      *1 tomato*  
*1/2 C. water*      *2 (8 oz.) pkg. mild cheddar*  
*8 oz. carton sour cream*      *cheese*

Brown hamburger; drain. Stir in 1/2 pkg. taco seasoning and water. Let simmer for 10 minutes. In a bowl combine sour cream, cream cheese and the rest of the taco seasoning; mix until creamy. Spread cheese mixture on bottom of a pan or serving plate. Top with hamburger, lettuce, cheddar cheese, and tomato. Serve with tortilla chips.

## **Tartar Sauce**

**Troy Thompson**

- |   |  |
|---|--|
| <i>1 C. mayonnaise</i>                            | <i>Half a squeezed lemon</i>                           |
| <i>1/3 C. sweet pickle relish</i>                 | <i>- juice only</i>                                    |
| <i>1 T. ketchup</i>                               | <i>Half a finely grated/<br/>processed sweet onion</i> |
| <i>1 tsp. prepared mustard</i>                    | <i>Garlic to taste</i>                                 |
| <i>3 T. creamed horseradish</i>                   | <i>Dill to taste</i>                                   |
| <i>Dash of hot sauce</i>                          |  |
| <i>1 T. soy sauce</i>                             |  |
| <i>Couple "Glugs" of<br/>Worcestershire Sauce</i> |  |

Mix all ingredients together and serve.

## **Vegetable Dip**

**Sherry Sandvik**

- |                         |                                   |
|-------------------------|-----------------------------------|
| <i>1 C. mayonnaise</i>  | <i>3/4 tsp. ginger</i>            |
| <i>3 tsp. soy sauce</i> | <i>2 tsp. milk</i>                |
| <i>1 tsp. vinegar</i>   | <i>2 tsp. finely grated onion</i> |

Mix all ingredients well. Chill. Serve with fresh vegetables.

## **Sweetened Condensed Milk**

**Thermy Christensen**

God giveth the shoulder according to the burden.  
German Proverb

## **Vegetable Pizza**

**Dave Neuroth**

- |  |  |
|--|--|
| <i>1 pkg. crescent rolls</i>                   | <i>2 (8 oz.) pkg. cream cheese, softened</i> |
| <i>1 pkg. Hidden Valley Dressing Mix (dry)</i> | <i>Vegetables of your choice</i>             |
| <i>1/2 C. mayonnaise</i>                       | <i>1 C. shredded cheese</i>                  |

Spread rolls on a greased, 12-inch pizza pan so they touch. Bake at 350° for 8 minutes. Cool. Mix dry dressing mix with mayonnaise and cream cheese until creamy. Spread on crust. Add cut up vegetables of your choice, and top with shredded cheese.

## **Warm Tomato Taco Dip**

**Lois Turner**

- |  |                                    |
|--|------------------------------------|
| <i>1/2 lb ground beef</i>                        | <i>1/2 pkg dry taco seasoning</i>  |
| <i>1 can petite-cut, diced tomatoes, drained</i> | <i>1 C shredded cheddar cheese</i> |

Brown meat in skillet; drain. Reserve 2 T. tomatoes for garnish. Add remaining tomatoes and taco seasoning to meat in skillet; cook 5 minutes. Spoon into 1 1/2 quart shallow baking dish. Top with cheese. Bake at 375° for 5 minutes or until cheese is melted. Garnish with reserved tomatoes, sliced onions, avocado, and sour cream if desired. Serve with tortilla chips.

## Wiener Wraps

Laura Simmons/Charlene Elsbecker

*Hot Dogs*

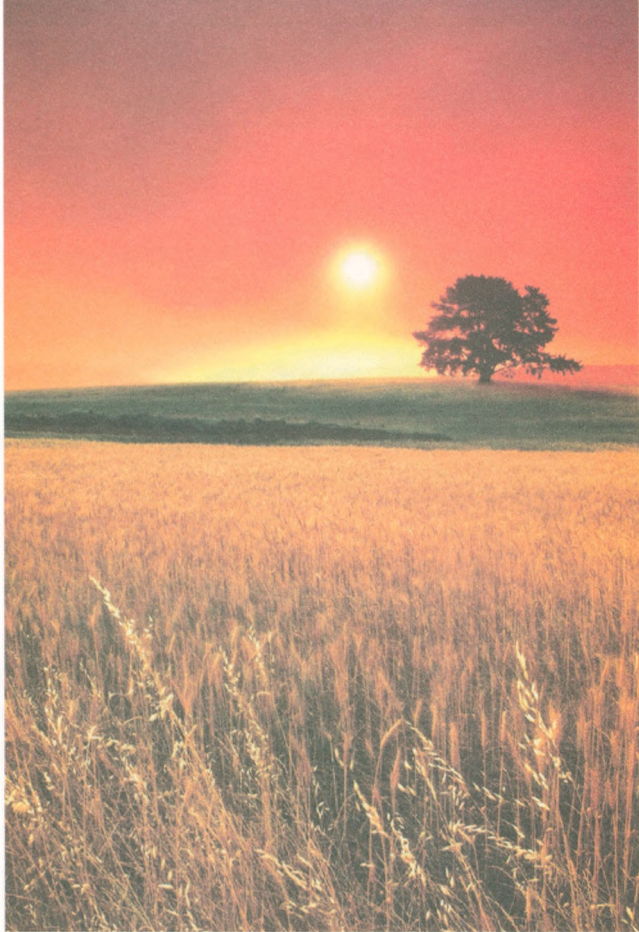
*Brown Sugar*

*Bacon*

*Toothpicks*

Take a package of hot dogs and cut each "dog" into 3 pieces, lengthwise. Take a package of bacon and cut each bacon strip in half. Wrap 1 strip of bacon around each little hot dog - secure with round toothpick. Put into glass dish sprayed with Pam. Sprinkle brown sugar on top of wiener wraps until they are covered. Cover with foil and refrigerate overnight. Bake at 350° for 20 minutes. Turn the toothpicks to go the other way and bake another 20 minutes. Take the wraps and put on paper towels for a few minutes. Transfer to wax paper to cool. When ready to serve, just microwave until warm. They can be frozen.

Thank God for dirty dishes,  
they have a tale to tell.  
While others may go hungry,  
we're eating very well.  
With home and happiness,  
I shouldn't fuss.  
By the stack of evidence,  
God's very good to us.



Soups  
&  
Salads

## 2-4-6 Salad

**Myrth Smith**

- |                               |                                  |
|-------------------------------|----------------------------------|
| <i>2 onions, sliced</i>       | <i>1/2 C. sugar</i>              |
| <i>4 dill pickles, sliced</i> | <i>1 C. vinegar</i>              |
| <i>6 apples, sliced</i>       | <i>Salt and pepper, to taste</i> |

Put onions, pickles and apples into a bowl. Mix sugar, vinegar, salt and pepper together. Pour over apple mixture and stir well. Refrigerate.

## 5 Cup Salad

**Iris Pitkin**

- |   |  |
|---|--|
| <i>1 C. mandarin oranges,<br/>drained</i> | <i>1 C. miniature<br/>marshmallows</i> |
| <i>1 C. pineapple tidits,<br/>drained</i> | <i>1 C. whipped cream</i>              |
|   | <i>1 C. coconut</i>                    |

Mix all ingredients together. Serve.

## 7 Layer Salad

**Etta Mull**

- |   |                            |
|---|----------------------------|
| <i>1 head lettuce, chopped</i>            | <i>Shredded cheese</i>     |
| <i>1/4 C. celery, chopped</i>             | <i>Topping:</i>            |
| <i>1/8 C. onion, chopped</i>              | <i>2 T. sugar</i>          |
| <i>1 pkg. frozen peas, not<br/>cooked</i> | <i>2 C. mayonnaise</i>     |
| <i>Bacon, cooked and<br/>chopped</i>      | <i>Cooked eggs, sliced</i> |

Layer first 4 ingredients. Sprinkle bacon and cheese over the top. For the topping, mix together the sugar and mayonnaise. Spread topping over the bacon and cheese. Lay sliced eggs over the topping. Refrigerate.

## **Avocado Salad**

### **In Memory of Juanita Haberkamp**

*1 large avocado, cut into  
chunks*

*Lemon juice*

*2 tomatoes, cut into  
chunks*

*4 green onions, thinly  
sliced*

*6 slices bacon, crisp &  
crumbled*

*Salt, to taste*

*1 C. sour cream*

Sprinkle lemon juice on avocados. Add the rest of ingredients; mix well. Chill.

## **Blue Cheese Dressing**

### **Sherry Sandvik**

*1 qt. mayonnaise*

*1 med. onion, finely  
chopped*

*1 T. lemon juice*

*Garlic salt, to taste*

*6-8 oz. blue cheese*

*1 pt. sour cream*

Mix mayonnaise, onion, lemon juice, garlic, and blue cheese in a blender for 1 minute. Add sour cream and mix well. Refrigerate.

Peace is seeing a sunset and knowing who to thank.

## **Blueberry Salad**

**Betty Hein**

<i>2 pkg. grape Jell-O</i>	<i>1 (8 oz.) pkg. cream</i>
<i>2 C. boiling water</i>	<i>cheese</i>
<i>1 (20 oz.) can crushed</i>	<i>1/2 C. sugar</i>
<i>pineapple</i>	<i>1 tsp. vanilla</i>
<i>1 can blueberry pie filling</i>	<i>1/2 C. chopped nuts (or to</i>
<i>8 oz. (1 C.) sour cream</i>	<i>taste)</i>

Mix Jell-O and boiling water in a bowl, stir until Jell-O is dissolved. Add pineapple and pie filling; stir until mixed well. Pour into a 9x13 pan and place in refrigerator until Jell-O mixture is set up. Mix sour cream, cream cheese, sugar and vanilla with a mixer until smooth and creamy. Spread over set up Jell-O mixture. Sprinkle nuts on top. Chill until ready to serve. Serve cold.

## **Broccoli Salad**

**Nancy Farndale**

<i>1 bunch broccoli, cut up</i>	<i>1 C. mayonnaise</i>
<i>1 med. onion, diced</i>	<i>2 T. sugar</i>
<i>1/2 C. raisins</i>	<i>2 T. vinegar</i>
<i>6-8 slices bacon, fried and</i>	
<i>crisped</i>	

Mix all ingredients together. Let stand for 24 hours.

## **Broccoli Slaw**

**Betty Hein**

- |                              |                               |
|------------------------------|-------------------------------|
| <i>1 bag broccoli slaw</i>   | <i>2 pkgs. Oriental Ramen</i> |
| <i>2 T. sugar</i>            | <i>Noodles</i>                |
| <i>1/4 C. oil</i>            | <i>Sliced almonds</i>         |
| <i>2 T. balsamic vinegar</i> |                               |

Mix together sugar, oil, vinegar and the 2 Ramen Noodle flavor packets. Pour over broccoli slaw. Add almonds and stir. Crush Ramen noodles and add to top of salad just before serving.

## **Carrot Apple Salad**

**Myrth Smith**

- |                                |                              |
|--------------------------------|------------------------------|
| <i>1 C. carrots, shredded</i>  | <i>1 apple, diced</i>        |
| <i>1 C. celery, chopped</i>    | <i>1/2 tsp. salt</i>         |
| <i>1/2 C. seedless raisins</i> | <i>1/2 C. salad dressing</i> |
| <i>1 orange, diced</i>         | <i>2 T. peanut butter</i>    |

Combine vegetables, fruits and salt. Blend together salad dressing and peanut butter. Thin with a little cream if desired. Toss lightly with salad ingredients. Serves 4 to 6.

CH\_\_CH means nothing unless U R in it.

## **Cheeseburger Soup**

**Lori Aukes**

<i>1/2 lb.-3/4 lb. ground beef</i>	<i>5 T. butter</i>
<i>1 T. butter</i>	<i>1/4 C. flour</i>
<i>3/4 C. onion, chopped</i>	<i>2 C. American cheese,</i>
<i>3/4 C. carrots, shredded</i>	<i>diced</i>
<i>1 tsp. dried basil</i>	<i>1 1/2 C. milk</i>
<i>1 tsp. parsley</i>	<i>3/4 tsp. salt</i>
<i>3 C. chicken broth</i>	<i>1/4 tsp. pepper</i>
<i>4 C. potatoes, diced</i>	<i>1/4 C. sour cream</i>

In a large saucepan, brown ground beef. Drain and set aside. In the same saucepan, sauté 1 T. butter, onion, carrots, basil, and parsley until the vegetables are somewhat tender. Add chicken broth, potatoes and ground beef and bring to a boil. Cover and simmer for 10-12 minutes until potatoes are tender. In a separate skillet melt 5 T. butter. Add flour; cook and stir until bubbly. Add this to the soup and bring to a boil. Cook and stir for 2 minutes; reduce heat to low. Add American cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and stir in sour cream.

Little things done for God become great things!

## **Cranberry Relish Salad**

**Betty Hein**

- |   |   |
|---|---|
| <i>1 (3 oz.) pkg. strawberry gelatin</i>                    | <i>1 med. apple, peeled and chopped</i> |
| <i>1 C. boiling water</i>                                   | <i>1 1/2 C. sugar</i>                   |
| <i>1/2 C. orange juice concentrate</i>                      | <i>1/2 C. chopped pecans</i>            |
| <i>1 (12 oz.) pkg. fresh or frozen cranberries, chopped</i> |   |

In a bowl dissolve gelatin in boiling water; stir in orange juice. Combine cranberries, apples and sugar and add to gelatin mixture. Stir in pecans and pour into a 1 1/2 quart serving dish. Refrigerate 4 hours or overnight.

## **Cranberry Salad**

**Myrth Smith**

- |                                    |  |
|------------------------------------|--|
| <i>1 lb. ground cranberries</i>    | <i>1/2 pkg. miniature marshmallows</i> |
| <i>1 C. sugar</i>                  |  |
| <i>1 sm. can crushed pineapple</i> | <i>2 pkgs. Dream Whip</i>              |

Pour sugar over cranberries and let stand. Prepare Dream Whip according to package directions and mix with all other ingredients. Chill.

## **Cranberry Salsa**

**Jill Haugen**

- |                                      |                              |
|--------------------------------------|------------------------------|
| <i>1 bag fresh cranberries</i>       | <i>1 medium apple, cored</i> |
| <i>1 medium orange,<br/>unpeeled</i> | <i>3/4 C. sugar</i>          |

In a food processor, crush cranberries and orange (peel & all). Add apple and sugar; process. Refrigerate.

## **Curly Macaroni Salad**

**Laura Simmons**

- |                               |                               |
|-------------------------------|-------------------------------|
| <i>2 pkg. curly macaroni</i>  | <i>2 C. mayonnaise</i>        |
| <i>1 sm. onion, chopped</i>   | <i>1 1/2 C. sugar</i>         |
| <i>1 bell pepper, chopped</i> | <i>1 C. vinegar</i>           |
| <i>Dressing:</i>              | <i>1 can Eagle Brand milk</i> |

Cook macaroni; drain and cool. Mix in onion and pepper. In a bowl mix together dressing ingredients. Thoroughly coat macaroni with dressing mixture and chill. The longer it stands, the better it tastes. Noodles will soak up a lot of dressing. I have added other vegetables (shredded or chopped) to add more color to the salad.

## **Deb's Potato Salad**

**Deb Kleveland**

- |  |                               |
|--|-------------------------------|
| <i>5 C. potatoes, cooked and<br/>cubed</i> | <i>Dressing:</i>              |
| <i>1/4 C. onion, chopped</i>               | <i>1 1/2 C. Miracle Whip</i>  |
| <i>4 eggs, hard cooked and<br/>chopped</i> | <i>2 tsp. sugar</i>           |
|  | <i>2 tsp. vinegar</i>         |
|  | <i>1 1/2 tsp. celery seed</i> |

Put potatoes, onion, and eggs into a bowl. Blend together all dressing ingredients. Mix thoroughly with potatoes. Season with salt and pepper to taste.

## **Delicious Ham & Potato Soup**

**Author Unknown**

3 1/2 C. peeled, diced potatoes	1/2 tsp. salt
1/3 C. diced celery	1 tsp. white or black pepper
1/3 C. finely chopped onions	5 T. butter
3/4 C. cooked, diced ham	5 T. flour
3 1/4 C. water	2 C. milk
2 T. chicken bouillon granules	

In a large stock pot over medium heat, combine diced potatoes, diced celery, chopped onions, diced ham and water. Bring to a boil, reduce heat and simmer for about 10 to 15 minutes or until potatoes are tender. Add chicken bouillon granules, salt and pepper and mix well. In a separate saucepan over medium low heat, melt butter. Whisk in flour. Cook for about 1 minute, stirring constantly, until thickened. Slowly stir in milk, making sure no lumps are formed. Continue cooking for 4 to 5 minutes, stirring constantly, until thickened. Add milk mixture to stock pot and cook until soup is heated throughout. Serve immediately. Makes 8 servings.

## **Dressing for Cucumbers and Onions**

**Betty Hein**

1 C. mayonnaise	3 T. vinegar
1/2 C. sugar	

Whisk together all ingredients and pour over cucumbers and onions.

## Frog-Eye Salad (original recipe)

### Sherry Sandvik

- |   |   |
|---|---|
| 1 C. sugar  | 2 cans (20 oz each)<br>pineapple chunks,<br>drained |
| 2 T. flour  |   |
| 2 1/2 tsp. salt                                     |   |
| 1 3/4 C. pineapple juice                            | 1 can (20 oz.) crushed<br>pineapple, drained        |
| 2 eggs, beaten                                      | 1 carton (9 oz.) Cool Whip                          |
| 1 T. lemon juice                                    | 1 C. miniature<br>marshmallows (optional)           |
| 3 qts. water  | 1 C. coconut (optional)                             |
| 1 T. cooking oil                                    |   |
| 1 box Acini Di Pepe or (16<br>oz) Spezziello pasta  |   |
| 3 cans (11 oz each)<br>mandarin oranges,<br>drained |   |

Combine sugar, flour and one-half teaspoon of the salt into a pan. Gradually stir in pineapple juice and eggs. Cook over moderate heat, stirring until thickened. Add lemon juice. Cool mixture to room temperature. Bring water, remaining two teaspoons salt and oil to boil. Add pasta. Cook at rolling boil until done. Drain and rinse with water. Drain again and cool to room temperature. Combine egg mixture and pasta. Mix lightly, but thoroughly. Refrigerate over night in an airtight container. Add remaining ingredients. Mix lightly, but thoroughly. Refrigerate until chilled. Salad may be refrigerated for as long as a week. It may also be frozen, though freezing somewhat alters the texture. Makes approx. 25 servings.

## **Fruit Cocktail Salad**

**Mary Pat Nemmers**

- |  |  |
|--|--|
| <i>1 can fruit cocktail</i>              | <i>1 sm. box instant lemon pudding</i> |
| <i>1 can mandarin oranges, drained</i>   | <i>1 C. miniature marshmallows</i>     |
| <i>1 can pineapple tidbits or chunks</i> |  |

Mix fruit together - drain only the oranges. Pour dry instant pudding over fruit and mix well. Fold in marshmallows. Refrigerate until ready to serve.

## **German Potato Salad**

**Chuck Tindall**

- |                                  |                             |
|----------------------------------|-----------------------------|
| <i>12 slices bacon</i>           | <i>6 T. sugar</i>           |
| <i>1 lg. onion, chopped fine</i> | <i>2/3 C. white vinegar</i> |
| <i>2 T. flour</i>                | <i>1 1/3 C. water</i>       |
| <i>2 tsp. salt</i>               | <i>12 boiled potatoes</i>   |
| <i>1/2 tsp. pepper</i>           |                             |

Cut bacon into small pieces. Fry until bacon is brown. Pour off half of grease. Add onions and stir in flour, salt, pepper, sugar, vinegar and water. Cook until thick. Add to potatoes. Reheat to serve.

## Glazed Grapes

Etta Mull

- |                             |                                 |
|-----------------------------|---------------------------------|
| 5 oz. slivered almonds      | 3 C. each, green and red grapes |
| 3/4 C. brown sugar          | 4 oz. Cool Whip                 |
| 1 C. cream cheese, softened |                                 |

Toast almonds in the oven at 375° for 10 minutes. WATCH CLOSELY. Cool. Mix together the brown sugar and cream cheese. Add grapes then fold in Cool Whip. Stir in almonds. Serve chilled.

## Glorified Rice

Iris Pitkin

- |   |                             |
|---|-----------------------------|
| 1 (13 1/2 oz.) can pineapple tidbits, drained | 1 T. sugar                  |
| 1 C. Minute Rice, cooked and drained          | 1 C. miniature marshmallows |
| 1 C. diced apples, rinsed in vinegar and salt | 1 T. salad dressing         |
|   | 1 C. whipped cream          |
|   | 1/2 tsp. lemon juice        |

Mix all ingredients together. Chill.

## Grandma Hagerman's Salad Dressing

Diane Thompson

- |                |                    |
|----------------|--------------------|
| 1 C. sugar     | 1 tsp. dry mustard |
| 1/2 C. vinegar | 4 eggs, beaten     |

Combine sugar, vinegar and dry mustard. Heat in a saucepan until sugar is dissolved. Stir in beaten eggs with a whisk and continue to cook. Stir until thick. Cool in refrigerator. This goes great over fresh coleslaw mixture.

## **Grape Salad**

**Jill Haugen**

- |   |                         |
|---|-------------------------|
| <i>4 lbs. seedless grapes</i>               | <i>1/2 C. sugar</i>     |
| <i>1 (8 oz.) cream cheese,<br/>softened</i> | <i>2 T. brown sugar</i> |
| <i>1 (8 oz.) sour cream</i>                 | <i>1 tsp. vanilla</i>   |

Clean grapes. Combine cream cheese, sour cream and sugar. Add brown sugar and vanilla. Stir well. Fold in grapes. Refrigerate

## **Greek Salad Dressing**

**Sherry Sandvik**

- |                                    |                             |
|------------------------------------|-----------------------------|
| <i>1 tsp. crushed leaf oregano</i> | <i>1/2 tsp. dry mustard</i> |
| <i>1/2 C. olive oil</i>            | <i>1/2 tsp. salt</i>        |
| <i>2 T. cider vinegar</i>          | <i>1/8 tsp. pepper</i>      |

Mix well. Refrigerate

Comfort one another and build one another up.

# Homemade Chicken Noodle Soup

Ann Walrod

2 whole chicken fryers, remove giblets & neck  
water to cover chickens  
1 tsp. dried, minced onion  
1/2 - 1 tsp. leaf sage  
1/2 - 1 tsp. leaf rosemary  
3-4 stalks of celery; cut to bite size or 6 inch lengths  
1 1/2 lb. carrots, cut to bite size  
Salt & pepper to taste  
Noodles

Place chicken fryers in a deep kettle or large roaster; cover with water, add salt. In a metal tea ball or muslin bag, combine onion, sage and rosemary. Secure lid on teaball and drop into the water. Add celery and carrots. Cook chicken until done. Meat will fall off the bone. You can either cook on top of the range on medium heat or place in an oven at 300° for several hours. Remove from heat. Place chicken in a large bowl. Let cool. Cool broth to skim off fat. If celery is in large pieces, remove from broth and discard. After chicken has cooled to the touch, skin and debone and cut into bite size pieces. After fat is skimmed off the broth, bring broth and chicken to a rolling boil and add noodles. Cook until noodles are done. I like to use 3 to 4 bags of frozen, fully blanched, noodles. This makes a large batch of soup. It should feed at least 12 people. Freeze or refrigerate leftovers.

You can buy education, but wisdom is a gift from God.

## Homemade Chicken Noodle Soup

Diane Thompson

<i>3 to 4 boneless, skinless chicken breasts</i>	<i>1 - 2 C. fresh mushrooms, sliced</i>
<i>3/4 C. flour</i>	<i>Diced fresh parsley or 1 T. dried parsley</i>
<i>3 - 4 T. oil</i>	<i>8 C. hot water</i>
<i>3 - 4 T. butter</i>	<i>8 tsp. dry chicken bouillon</i>
<i>3 - 4 stalks of celery, diced - may use the leaves</i>	<i>Angel hair spaghetti</i>
<i>1/2 onion, diced</i>	<i>Frozen peas</i>

Cube chicken breasts into small pieces. Place flour in a plastic bag; add chicken. Shake chicken pieces until well coated reserving the left over flour. Heat oil in a large frying pan. Stir in chicken. When chicken is cooked, remove from pan and set aside. Melt butter in same hot pan. Stir in left over flour from the bag, vegetables and parsley. Stir until coated and cooked to a soft, slightly crunchy stage. Add bouillon to hot water, then pour into cooking vegetables. Add chicken, uncooked angel hair spaghetti (as much as you want) bring to a boil. Add the frozen peas. Let simmer. Ready when you are! This will fit into a large crock pot and serves up to 8.

O Lord, help my words to be gracious and tender today,  
for tomorrow I may have to eat them.

## **Italian Soup**

**Misty, Katrina, and Joyce Henning**

- |                                |   |
|--------------------------------|---|
| <i>2 oz. bacon</i>             | <i>2 beef bouillon cubes,<br/>dissolved in a little water</i> |
| <i>1/4 lb. ground beef</i>     | <i>1 C. peas, frozen or fresh</i>                             |
| <i>1 qt. water</i>             | <i>1 can kidney beans, rinsed</i>                             |
| <i>2 stalks celery</i>         | <i>1/2 C. uncooked rice</i>                                   |
| <i>1/2 sm. head of cabbage</i> | <i>1 garlic clove, minced</i>                                 |
| <i>1 sm. onion</i>             | <i>Salt and pepper</i>  |
| <i>2 carrots</i>               |   |
| <i>2 tomatoes</i>              |   |

Chop bacon and cook in pan; add ground beef and brown. In a large pot or kettle pour in water; add browned beef and bacon. Chop celery, cabbage, onion, carrots, and tomatoes and add to beef mixture. Stir in the rest of the ingredients. Cover and cook 45 minutes. Season to taste.

## **Jell-O Salad**

**Etta Mull**

- |   |   |
|---|---|
| <i>2 boxes orange Jell-O</i>  | <i>1/2 C. sugar</i>                           |
| <i>1 (15 oz.) can pineapple,<br/>crushed or chunk, drain<br/>- save juice</i> | <i>1 T. corn starch</i>                       |
| <i>1 (8 oz.) can mandarin<br/>oranges, drain - save<br/>juice</i>             | <i>2 bananas, cut to bite size<br/>pieces</i> |
|   | <i>2 C. mini marshmallows</i>                 |
|   | <i>1 container Cool Whip</i>                  |

Mix Jell-O according to package directions. Pour into a 9x13 pan to set. In a sauce pan, mix juice from pineapple and oranges with sugar. Bring to a boil. Add corn starch. Cook until thick. Cool. Mix together the fruit, marshmallows, and Cool Whip with cooled sugar mixture. Spread over set up Jell-O. Refrigerate.

## **Mandarin Orange Salad**

**Betty Hein**

- |                                 |  |
|---------------------------------|--|
| <i>1 lg. pkg. orange Jell-O</i> | <i>1 pt. orange sherbet</i>                |
| <i>1 3/4 C. boiling water</i>   | <i>1 can mandarin oranges,<br/>drained</i> |

Dissolve Jell-O in water. Add sherbet. Stir or whip until smooth. Stir in oranges. Can also add pineapple and/or nuts. Refrigerate.

## **Oil & Vinaigrette Dressing**

**Diane Thompson**

- |                     |                                |
|---------------------|--------------------------------|
| <i>1/2 C. honey</i> | <i>1/2 C. red wine vinegar</i> |
| <i>1/2 C. oil</i>   |                                |

Put all ingredients into a blender and blend until well blended. Drizzle over lettuce salad.

## **Orange Salad**

**Deb Cunningham**

- |  |  |
|--|--|
| <i>2 small boxes tapioca<br/>pudding</i> | <i>1 (12 oz.) tub of Cool Whip</i>               |
| <i>1 large box orange Jell-O</i>         | <i>1 large can mandarin<br/>oranges, drained</i> |
| <i>3 C. boiling water</i>                |  |

Mix pudding and Jell-O with 3 cups boiling water. Heat until thickened; pour into a serving bowl and let cool. Stir in Cool Whip and mandarin oranges. Keep refrigerated.

## **Overnight Lettuce Salad**

**Deb Kleveland**

- |   |   |
|---|---|
| <i>1 head lettuce, torn into bite size pieces</i> | <i>2 C. mayonnaise</i>                            |
| <i>1/2 C. green pepper, sliced thin</i>           | <i>2 T. sugar</i>                                 |
| <i>1/2 C. celery, sliced</i>                      | <i>5-6 slices bacon, fried crisp and crumbled</i> |
| <i>1 medium onion, sliced thin</i>                | <i>4 oz. grated Cheddar cheese</i>                |
| <i>1 (10 oz.) pkg. frozen peas, uncooked</i>      |   |

Layer the first 5 ingredients in a 9x13 pan. Mix mayonnaise and sugar and spread over the top as you would a frosting. Sprinkle crumbled bacon and cheese on top. Cover and refrigerate overnight.

## **Pam's Cole Slaw Dressing**

**Laura Simmons**

- |                           |                            |
|---------------------------|----------------------------|
| <i>1 egg</i>              | <i>1 tsp. dry mustard</i>  |
| <i>3/4 C. sugar</i>       | <i>3 tsp. minced onion</i> |
| <i>2 tsp. salt</i>        | <i>1/2 C. vinegar</i>      |
| <i>2 tsp. celery seed</i> | <i>1 3/4 C. salad oil</i>  |

Mix all ingredients in a blender. It will become thick and creamy. Pour over your favorite cabbage mix.

Among God's best gift to us, are the people  
who love us.

## Poppy Seed Dressing

Etta Mull

- |  |                           |
|--|---------------------------|
| <i>1 1/2 C. sugar</i>                        | <i>2 tsp. dry mustard</i> |
| <i>2 tsp. salt</i>                           | <i>2/3 C. vinegar</i>     |
| <i>1 small red onion, finely<br/>chopped</i> | <i>2 C. vegetable oil</i> |
|  | <i>3 T. poppy seeds</i>   |

Put all ingredients except poppy seeds into a blender and blend for 1 minute. Stir in poppy seeds. Refrigerate. Also good as fruit topping.

## Potato Soup

Violet Tschirki

- |   |   |
|---|---|
| <i>2 lg. carrots, peeled and<br/>shredded</i>                           | <i>3-4 potatoes, peeled and<br/>cut into 1/2 inch cubes</i> |
| <i>2 stalks celery, sliced into<br/>small pieces including<br/>tops</i> | <i>6 C. water</i>   |
| <i>1 med. onion, diced</i>  | <i>Salt and pepper, to taste</i>                            |
|   | <i>1/4 C. butter</i>  |
|   | <i>2 C. milk</i>  |

Place carrots, celery, onion and potatoes in a 4 quart sauce pan. Add water to cover vegetables. Add salt and pepper and butter. Bring to a boil and simmer until vegetables are tender (approximately 1 hour), stirring occasionally. Add milk and heat only, do not boil. Serve with crackers of choice.

## **Russian Dressing**

### **Sherry Sandvik**

<i>2 C. sugar</i>	<i>2 tsp. onion flakes</i>
<i>2 C. oil</i>	<i>1 tsp. garlic salt</i>
<i>2/3 C. vinegar</i>	<i>1 tsp. celery seed</i>
<i>2/3 C. catsup</i>	

A large jar with a cover works great for this. Mix sugar and oil very well. Add rest of ingredients and shake until everything is well blended. Refrigerate.

## **Strawberry Pretzel Salad**

### **Deb Cunningham**

<i>Crust:</i>	<i>1 (8 oz.) tub of Cool Whip</i>
<i>2 T. sugar</i>	<i>Third Layer:</i>
<i>3/4 C. margarine, softened</i>	<i>2 C. boiling water</i>
<i>2 2/3 C. pretzels, crushed</i>	<i>1 (9 oz.) pkg. Jell-O, strawberry or raspberry</i>
<i>Second Layer:</i>	<i>1 1/4 C. cold water</i>
<i>1 C. sugar</i>	<i>1 (6 oz.) pkg. frozen strawberries</i>
<i>1 (8 oz.) pkg. cream cheese</i>	

For the bottom crust cream together 2 tablespoons of sugar and margarine, then stir in pretzels. Press in a 9x13 glass baking dish. Bake at 350° for 10 minutes; cool. Second Layer: cream 1 cup sugar and cream cheese together. Fold in Cool Whip. Spread on the cooled crust; refrigerate. Third Layer: dissolve Jell-O in the boiling water. Stir in cold water and frozen strawberries. Pour over Cool Whip layer and refrigerate for 2 to 3 hours until set. Cut in squares to serve.

## Taco Soup

Jill Haugen

- |                                   |                              |
|-----------------------------------|------------------------------|
| <i>1 lb. hamburger, browned</i>   | <i>1 can green chilies</i>   |
| <i>1 small onion, chopped</i>     | <i>(optional)</i>            |
| <i>1 can corn, undrained</i>      | <i>sour cream</i>            |
| <i>2 cans stewed tomatoes</i>     | <i>grated cheddar cheese</i> |
| <i>1 can pinto beans, drained</i> | <i>taco chips</i>            |
| <i>2 pkg. taco seasoning</i>      |                              |

Mix browned hamburger, onion, corn, tomatoes, pinto beans, taco seasoning and chilies. Cook all together for 45 minutes on the stove. Top with sour cream, cheese and taco chips.

## Taco Soup

Misty, Katrina, and Joyce Henning

- |   |                                   |
|---|-----------------------------------|
| <i>1/2 lb. ground beef</i>                          | <i>1 (8 oz.) can tomato sauce</i> |
| <i>1/4 onion</i>                                    | <i>2 T. taco seasoning</i>        |
| <i>1 1/2 C. water</i>                               | <i>Sour cream</i>                 |
| <i>1 (16 oz.) can stewed tomatoes, do not drain</i> | <i>Corn chips</i>                 |
| <i>1 (16 oz.) can kidney beans, do not drain</i>    | <i>Shredded cheddar cheese</i>    |

In a large sauce pan cook beef and onion; drain excess fat. Add next 5 ingredients. Cover and simmer 15 minutes. Top with sour cream, chips, and cheese

## **Thousand Island Dressing**

**Sherry Sandvik**

- |                        |                          |
|------------------------|--------------------------|
| <i>3/4 C. sugar</i>    | <i>1/2 C. oil</i>        |
| <i>1 1/2 tsp. salt</i> | <i>1 can tomato soup</i> |
| <i>1 tsp. mustard</i>  | <i>2 T. onion</i>        |
| <i>2/3 C. vinegar</i>  | <i>1/4 tsp. paprika</i>  |

Put all ingredients in a blender and blend well. Refrigerate.

## **Turkey-Veggie Pasta Salad**

**Sherry Sandvik**

- |   |  |
|---|--|
| <i>1 lb. corkscrew pasta,<br/>cooked &amp; drained</i>  | <i>1/2 C. Parmesan cheese,<br/>grated</i>              |
| <i>1 C. turkey, cut into strips</i>   | <i>2 C. Hidden Valley Ranch<br/>prepared dressing.</i> |
| <i>4-5 C. assorted veggies<br/>(zucchini, red onions,<br/>broccoli, tomato wedges,<br/>cauliflower)</i> |  |

Toss all ingredients and chill until ready to serve.

## **Veggie Soup**

**June Sandvik**

- |  |   |
|--|---|
| <i>1 lb. hamburger</i>                       | <i>1/4 to 1/2 head cabbage,<br/>chopped</i>       |
| <i>1 med. onion, chopped</i>                 | <i>garlic powder, to taste</i>                    |
| <i>1 can tomatoes, chopped</i>               | <i>cayenne pepper (red<br/>pepper) (optional)</i> |
| <i>1 can whole corn,<br/>undrained</i>       |   |
| <i>1 can red kidney beans,<br/>undrained</i> |   |

Thoroughly cook hamburger; drain. Add onion and tomatoes; simmer until onions are tender. Add the rest of the ingredients and simmer until heated through.

## Vinegar Noodles

Etta Mull

<i>1 C. uncooked noodles</i>	<i>3/4 tsp. prepared mustard</i>
<i>1/2 C. cucumbers, cubed</i>	<i>3/4 tsp. parsley flakes</i>
<i>1/4 C. onion, chopped</i>	<i>1/4 tsp. pepper</i>
<i>6 T. sugar</i>	<i>1/4 tsp. salt</i>
<i>1/4 C. water</i>	<i>1/8 tsp. garlic salt</i>

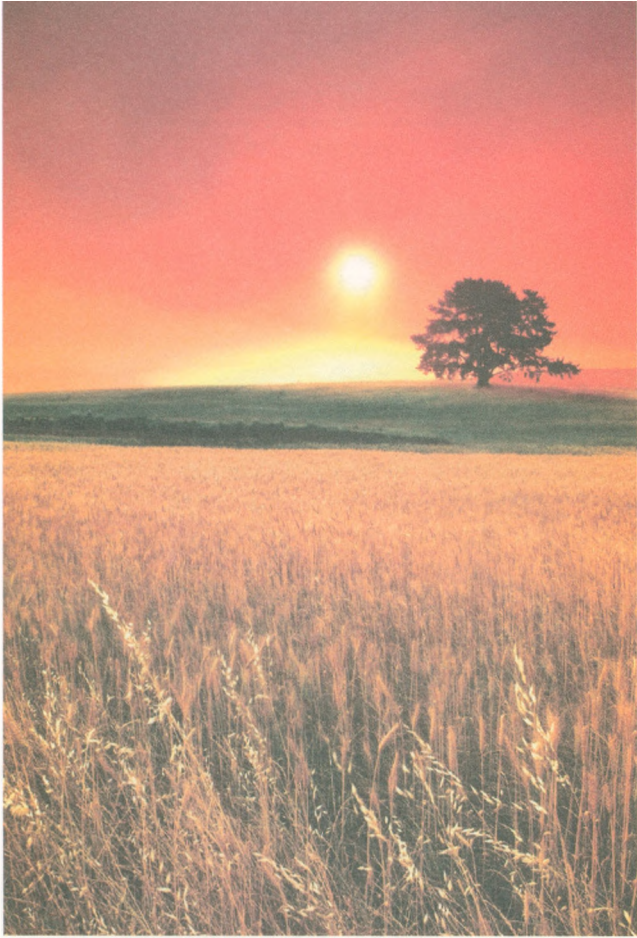
Cook noodles according to directions; drain. Put noodles in a covered container and add rest of ingredients. Shake well. Cover and refrigerate for 1 hour.

## Woodyard Chili Supreme

Lisa Reynolds

<i>2 lbs. hamburger</i>	<i>5 dashes of Worcestershire Sauce</i>
<i>1 C. chopped onion</i>	<i>1 tsp. crushed red pepper</i>
<i>3 (1 lb.) cans chili beans</i>	<i>Chili powder, to taste</i>
<i>4 (10 3/4 oz.) cans tomato soup</i>	<i>Garlic powder, to taste</i>
<i>3 (10 3/4 oz.) cans water</i>	

Brown hamburger and onion together; drain. In a large kettle put cooked hamburger and onion, and rest of ingredients. Simmer until done. If you prefer a milder chili, leave out the Worcestershire Sauce, red pepper, and garlic powder.



Breads  
&  
Rolls

## **Banana Bread**

**Viola Brown**

2 eggs	1 3/4 C. flour
1 1/2 C. sugar	1 tsp salt
1/2 C. oil	1 1/2 tsp. vanilla
1/2 C. buttermilk (approximately)	1 1/2 to 2 C. ripe bananas
1 tsp. baking soda	nuts

Mix all ingredients together. Put in greased baking dish and bake at 325° for 1 to 1 1/2 hours. With a toothpick test the banana bread after about an hour.

## **Banana Bread**

**Betty Sifuentes**

1 C. sugar	2 bananas (mashed)
1/2 C. margarine	1 1/2 C. flour
2 eggs	nuts to taste
1 tsp. baking soda	

Cream sugar and margarine. Add remaining ingredients. Mix well. Place in a well greased loaf pan. If making small loaves, use 2 pans. Bake at 350° for 40-45 minutes.

The gem cannot be polished without friction,  
nor man perfected without trials.

## **Basic Roll Dough**

**Ann Walrod**

<i>1 C. scalded milk</i>	<i>2 eggs, beaten</i>
<i>1/2 C. sugar</i>	<i>2 pkgs. yeast</i>
<i>1 1/2 tsp. salt</i>	<i>1/2 C. warm water</i>
<i>1/4 C. butter</i>	<i>3-3 1/2 C. flour</i>
<i>2 C. flour</i>	

To the scalded milk add sugar, salt and butter. Cool to lukewarm. Add flour and beat vigorously. Stir eggs into mixture. Put yeast in warm water and add to the mixture. Add enough of the 3 - 3 1/2 cups of flour to make a soft dough. Let dough rest for 10 minutes. Knead on a floured board for 5 to 10 minutes. Place in a greased bowl, cover and let dough raise until doubled; about 1 1/2 hours. Punch down, cover and let raise again until doubled; about 1 hour. Shape as desired. For rolls, bake at 350° for 15-20 minutes. For bread, bake at 350° for 45 minutes to 1 hour.

## **Best Ever Rolls**

**Verna Steffenson**

<i>1 pkg. Red Star yeast</i>	<i>1/4 C. sugar</i>
<i>1/2 C. lukewarm water</i>	<i>1/2 tsp. salt</i>
<i>1 C. milk</i>	<i>1 egg, beaten</i>
<i>1/4 C. butter or oleo</i>	<i>3 1/4 C. flour</i>

Dissolve yeast in warm water. Meanwhile, heat milk, butter, sugar and salt until scalded; cool. Add yeast, egg and flour. Mix together well. Let rise until doubled. Shape into buns or rolls. Bake at 375° for 10-12 minutes.

## **Biscuit Supreme**

**Chuck Tindall**

2 C. flour  
1/2 tsp. salt  
4 tsp. baking powder  
1/2 tsp cream of tartar  
2 tsp sugar  
1/2 C. shortening  
2/3 C. milk

Sift together flour, salt, baking powder, cream of tartar and sugar. Cut in shortening. Add milk and stir. Roll or pat to a 1/2 inch thick and cut with biscuit cutter. Place on ungreased cookie sheet. Bake at 450° for 10-12 minutes.

## **Butterflake Rolls**

**Diane Thompson**

1/4 C. sugar  
1 tsp. salt  
1 T. butter  
1 C. hot water  
2 T. hot water  
1 pkg. yeast  
1 large egg, beaten  
4 C. flour

Combine sugar, salt, butter and 1 cup hot water. Cool until lukewarm. Dissolve yeast in 2 tablespoons hot water. Add dissolved yeast and beaten egg to sugar mixture. Add flour. Mix well. Cover tightly and let stand in refrigerator over night. Remove from refrigerator and let stand for 1 hour. Place on floured board and let rise until double. Shape into rolls. Let rise. Bake at 400° for 15 minutes.

## **Caramel Rolls**

**Heidi Thompson**

*1 stick butter*                      *1 3/4 C. brown sugar*  
*1 sm. container whipping*      *Frozen cinnamon rolls*  
*cream*

Put butter, whipping cream and brown sugar in a sauce pan and bring to a boil for no more than 5 minutes. Pour onto the bottom of baking pan. Place frozen cinnamon rolls on top of caramel and let rise. Bake according to package directions for rolls.

## **Cheddar Cheese Biscuits**

**Ronnie Corkill**

*2 C. all purpose flour*              *1/2 C. sour cream*  
*1 T. baking powder*              *1/2 C. milk*  
*1/2 tsp. salt*                          *1/2 C. finely shredded*  
*1/2 C. vegetable shortening*      *Cheddar cheese*

Preheat oven to 450°. Lightly grease a baking sheet. Combine flour, baking powder and salt in a large bowl; mix well. Cut in shortening with a pastry cutter until coarse crumbs form. Stir in sour cream and milk with a fork until a soft, moist dough forms. Stir in cheddar cheese. Knead dough on a lightly floured surface until no longer sticky; 8-10 times. Roll dough to a 1/2 inch thickness. Cut out biscuits with a floured, 3 inch round cutter. Place on prepared baking sheet. Re-roll dough scraps and repeat as needed. Bake until biscuits are golden; 9-12 minutes. Serve warm. Make 10 biscuits.

## Cinnamon Buns

Carol Kleveland

2 pkgs. yeast	2 eggs, beaten slightly
1/2 C. sugar - divided into 2	6 C. flour
1 C. warm water	<b>Filling:</b>
1 C. milk	Butter or margarine, softened
1/2 C. shortening	Sugar and cinnamon to taste
1 T. salt	

Dissolve yeast in water and 1/4 cup sugar. Set aside. In a sauce pan, scald milk until bubbly. Add shortening, 1/4 cup sugar and salt. Stir together. Cool until warm to touch. Add yeast mixture. Add eggs, stir well. Add 3 cups flour and stir until smooth and well blended. Add 3 more cups flour, or as much as needed to make a soft, but easily-handled dough. On a lightly floured board, knead dough until smooth and elastic - about 5 minutes. Place dough in greased bowl, turning to grease the top. Cover with cloth and let rise in a warm, draft-free place until double in size. Punch down dough and let stand 10 minutes. Roll dough into 10x12 rectangle. Spread with softened butter or margarine. For filling, combine sugar and cinnamon and sprinkle evenly over dough. Roll dough up from the long side, jelly-roll fashion. Pinch to seal. Slice into one-inch pieces and place on greased 9x13 pan. Cover and let rise until double in size. Bake in preheated 375° oven for 20-30 minutes. Buns should be lightly browned on top and bottom. Cool and drizzle with glaze.

## **Cranberry Scones**

**Kristin Mikes**

<i>1 3/4 C. flour</i>	<i>1 tsp. grated orange zest</i>
<i>2 1/2 tsp. baking powder</i>	<i>1/2 C. dried cranberries</i>
<i>2 1/2 T. sugar</i>	<i>1 large egg</i>
<i>1/4 tsp. salt</i>	<i>5 T. heavy cream</i>
<i>6 T. butter, chilled &amp; cut into 1/2 inch pieces</i>	

Preheat oven to 425°. In the bowl of a food processor, combine flour, baking powder, sugar and salt. Add butter and pulse 3-6 times until mixture resembles a coarse meal. Transfer mixture to a large bowl. Stir in zest and cranberries. In a small bowl beat together egg and cream. Add to flour mixture. Stir gently with a fork until mixture just comes together. If dough seems too dry, add a splash of cream; mixture should not be too sticky. Transfer dough to a lightly floured work surface. Shape dough into a 6 inch circle; about 1 inch thick. Cut dough into 8 equal wedges. Place scones on a baking sheet. Lightly brush tops with heavy cream and sprinkle with sugar. Bake about 12-14 minutes or until golden brown. Scones are best eaten the day they are made.

It doesn't take a lot of muscle to lift a heart.

## **Crusty Garlic Bread**

### **Sherry Sandvik**

<i>2 cloves garlic, minced</i>	<i>1/2 tsp. paprika</i>
<i>2 tsp. olive oil</i>	<i>2 T. grated Parmesan</i>
<i>2 T. chopped, fresh parsley</i>	<i>cheese (optional)</i>
<i>2 T. chopped, fresh thyme</i>	<i>2 small loaves (4 oz. each)</i>
<i>or 2 tsp. dried thyme</i>	<i>Italian or French Bread</i>
<i>2 tsp. chopped, fresh</i>	
<i>marjoram or 3/4 tsp.</i>	
<i>dried marjoram</i>	

Preheat oven to 350°. In a small bowl, combine the garlic and oil; mix well. In another small bowl, combine parsley, thyme, marjoram, and paprika. Add Parmesan; mix well. Cut each loaf crosswise into diagonal slices, without cutting all the way through. Brush cut sides of slices with garlic oil. Sprinkle herb mixture between slices. Wrap each loaf in foil; place on a baking sheet. Bake until heated through, about 10 to 15 minutes. Unwrap the loaves and place them on a breadboard or in a basket. Serve immediately. Freezer directions: Follow recipe through prior to baking. Before wrapping bread in foil, wrap it in plastic wrap, then wrap it in foil. Freeze for up to 1 month. To heat, preheat oven to 350°. Remove foil and plastic wrap then re-wrap in the foil. Place on a baking sheet and bake until heated through, about 25 to 30 minutes.

They broke bread in their homes  
and ate together with glad and sincere hearts,  
praising God and enjoying the favor of all people.

## **Drop Doughnuts**

**Sharon Hartwell**

<i>3 1/2 C. flour</i>	<i>1/4 tsp. nutmeg</i>
<i>4 tsp. baking powder</i>	<i>2 eggs</i>
<i>1/2 tsp. salt</i>	<i>1 C. milk</i>
<i>1 C. sugar</i>	<i>1 tsp vanilla</i>
<i>2 T. melted oleo</i>	

Mix well the first 6 ingredients. Add eggs, milk and vanilla. Beat until smooth. Drop by the teaspoonful into hot grease (375°). Cook until golden brown.

## **Extra Moist Banana Bread**

**Mary Cross**

<i>1 C. sugar</i>	<i>2 C. flour</i>
<i>1/2 C. butter, softened</i>	<i>1 1/2 tsp. baking powder</i>
<i>2 eggs</i>	<i>3/4 tsp. baking soda</i>
<i>3 ripe bananas, mashed</i>	<i>1/4 C. sour cream</i>
<i>1 tsp. lemon juice</i>	<i>3/4 C. chopped walnuts</i>

Cream sugar and butter together until light and fluffy. Add eggs 1 at a time, mixing well after each one. In a small bowl mash bananas and mix in lemon juice. Add bananas to sugar mixture and mix well. In a separate bowl sift dry ingredients. Alternately add the dry ingredients with the sour cream to the banana mixture. Stir in chopped nuts. Grease 2 loaf pans. Divide batter between pans. Bake at 350° for 1 hour or until a toothpick inserted in center comes out clean. Remove from oven; let stand 5 minutes. Remove loaves from the pans and cool completely on a wire rack. Wrap in plastic wrap. These freeze very well. \*\*Variations: use 1/3 cup vanilla yogurt instead of sour cream.

## **Lemon Bread**

**Lois Turner**

- |  |   |
|--|---|
| <i>1 pkg. (18 1/4 oz.) lemon cake mix, divided</i> | <i>1 pkg. (3.4 oz.) instant pudding mix</i> |
| <i>2 T. brown sugar</i>                            | <i>4 eggs</i>                               |
| <i>1 tsp. cinnamon</i>                             | <i>1 C. sour cream</i>                      |
| <i>1 T. cold butter or margarine</i>               | <i>1/3 C. vegetable or canola oil</i>       |
| <i>1/2 C. chopped pecans</i>                       |   |

In a small bowl, combine 2 T. cake mix, brown sugar and cinnamon; cut in butter or margarine until crumbly. Stir in pecans; set aside. In a mixing bowl, combine pudding mix, eggs, sour cream, oil and remaining cake mix. Beat on medium speed for 2 minutes. Pour into 2 greased and floured 8x4x2 loaf pans. Sprinkle with pecan mixture. Bake at 350° for 45-50 minutes or until a toothpick comes out clean. Cool 10 minutes before removing from pans.

## **Mom's Buttermilk Biscuits**

**Lois Turner**

- |                             |                          |
|-----------------------------|--------------------------|
| <i>2 C. flour</i>           | <i>1/2 tsp. salt</i>     |
| <i>2 tsp. baking powder</i> | <i>1/4 C. shortening</i> |
| <i>1/2 tsp. baking soda</i> | <i>3/4 C. buttermilk</i> |

In a bowl combine flour, baking powder, baking soda and salt. Cut in shortening until the mixture resembles coarse crumbs. Stir in buttermilk; knead dough gently. Roll out to 1/2 inch thickness. Cut with a 2 1/2 inch cutter and place on a lightly greased baking sheet. Bake at 450° for 10-15 minutes, or until browned. Yield: 10 biscuits.

## Monkey Bread

Ann Walrod

4 tubes buttermilk biscuits,    1 stick oleo  
    cut into quarters            1 c. brown sugar  
1 C. sugar                          chopped nutmeats  
1 tsp cinnamon                  (optional)

Coat biscuit balls in sugar/cinnamon mixture. Put in greased bundt or angel food cake pan. Melt oleo and add brown sugar with a pinch of cinnamon. Pour over biscuit balls - using a fork to distribute evenly. If desired, nutmeats may be sprinkled throughout the biscuit balls before adding syrup. Bake at 350° for 40-45 minutes.

When we first bend over the cradle of our own child,  
God throws back the temple door, and reveals to us  
the sacredness and mystery of the father's and mother's  
love to ourselves.

Henry Ward Beecher

## 'Nana Bread Muffins

Keila Buffington

1/2 C. firmly packed brown sugar	3 C. whole-wheat pastry flour*
2 egg whites	2 tsp. baking soda
2 T. vanilla	1/2 tsp. salt
2 C. bananas (about 3)	1/2 C. coarsely chopped walnuts (optional)
1 C. applesauce, unsweetened	

Mix brown sugar, egg whites and vanilla together in a large mixing bowl. Mash bananas; stir into mix. Add applesauce and stir. Place flour, baking soda and salt into a sifter and sift into the mix (or place in a separate bowl and use a fork to equally distribute the salt and soda.) Stir together thoroughly with the wet ingredients. Add walnuts to mix. Spray muffin tins (or cups) with nonstick cooking spray. Fill each 2/3 full. Bake at 350° for 18-20 minutes. Makes about 30 muffins. For bread: Spray loaf pans with nonstick cooking spray. Divide batter evenly into each pan (loafs will not be high). Bake at 350° for 45 minutes, or until a toothpick comes out with no batter sticking to it. \*If you don't have whole-wheat pastry flour, you can substitute with 1 1/2 cups whole-wheat and 1 1/2 cups all-purpose flour. Banana Tip: Once your bananas reach their desired ripeness, place them in the refrigerator to halt the ripening process for a few days. Don't be alarmed when the skins turn black. They will still be perfect on the inside. If the bananas have reached the "banana bread stage", but you don't have time to bake them, simply peel them and put them into a freezer bag and freeze. Just thaw when ready to use.

## **Oatmeal Buns**

**Diane Thompson**

<i>1 C. oatmeal</i>	<i>1/2 tsp. salt</i>
<i>2 1/3 C. hot water</i>	<i>1/3 C. brown sugar</i>
<i>1/2 C. margarine or butter</i>	<i>1 T. sugar</i>
<i>2 T. yeast</i>	<i>5 C. flour</i>

Combine oatmeal, hot water and margarine in a large bowl. Stir and let cool to around 120 degrees. Add yeast, salt, brown sugar, and white sugar; stirring well. Then add flour. Mix well and toward the end you will have to use your hands to finish mixing bread mixture together. Let rise until double (about 45 to 60 minutes). Shape into buns using an ice cream scoop. The size of the buns will depend on how large your scoop is. Finish shaping with your hands. Place buns on oiled (spray with cooking oil) cookie sheet. Let rise about 30 to 40 minutes. Bake at 350° for 16 minutes or until golden brown. After 8 minutes, turn your pans around and change racks for more even baking.

## **Overnight Sticky Buns**

**Laura Simmons**

<i>2 loaves frozen bread dough</i>	<i>1 tsp. vanilla</i>
<i>1 C. butter</i>	<i>1 tsp. cinnamon</i>
<i>1 C. brown sugar</i>	<i>1 sm. box butterscotch pudding (cooking kind)</i>
<i>1/3 C. white syrup</i>	

Thaw bread dough enough to cut into 1 to 2 inch pieces. Place in lightly greased 9x13 cake pan; set aside. In a large saucepan melt butter; add other ingredients and cook until it just comes to a boil. Pour melted mix over bread dough. Cover with plastic wrap and refrigerate overnight. When ready to bake, remove plastic wrap and bake at 350° for 40 minutes. Carefully flip rolls out of pan, upside down like regular caramel rolls.

## Scones

Jill Haugen

1 3/4 C. flour	1/2 C. raisins, craisins or chocolate chips
3 T. sugar	4-6 T. half and half
2 1/2 tsp. baking powder	Milk
1/2 tsp. salt	Sugar
1/3 C. butter, cold & firm	
1 egg, beaten	

Mix flour, sugar, baking powder & salt. Cut in butter until mix looks like fine crumbs. Stir in egg, fruit or chocolate chips and enough half and half so dough leaves the side of the bowl. Place dough on floured board and knead. Roll or pat into an 8 inch circle on ungreased cookie sheet. Cut into 8 wedges but don't separate. Brush with milk and dust with sugar. You can use decorative crystal sugar. Bake at 400° for 14 to 16 minutes or until golden brown.

## Shredded Wheat Bread

Myrth Smith

2 C. shredded wheat	1 1/4 C. warm water
1/4 C. sugar	1 pkg. yeast
3 tsp. salt	1/4 C. warm water
1/4 C. shortening	2 C. whole wheat flour
1 C. milk	2 1/2 C. white flour

Mix shredded wheat, sugar, salt, and shortening together. Heat to boiling the milk and water. Add to first mixture. Dissolve yeast in lukewarm water. Stir into milk mixture when dissolved. Add the whole wheat flour, one cup at a time, mixing well. Then add white flour the same way, using your hands to mix. Knead until elastic. Let rise until double. Punch down and let rise again. Knead a couple of minutes, then divide in 2 parts and place in 2 greased bread pans. When double in size, bake at 350° for 1 hour. Remove from pan and cool.

## **Sour Cream Pumpkin Muffins**

Ronnie Corkill

<i>1 C. canned pumpkin puree</i>	<i>1 tsp. vanilla extract</i>
<i>2 large eggs</i>	<i>1 1/4 C. all purpose flour</i>
<i>1/2 C. sour cream</i>	<i>1 1/4 C. sugar</i>
<i>1/3 C. butter, melted</i>	<i>2 tsp. baking powder</i>
<i>1 T. grated orange rind</i>	

Preheat oven to 400°. Coat 12 muffin cups with cooking spray. Combine pumpkin puree, eggs, sour cream, butter, orange rind and vanilla in a large bowl. Beat with an electric mixer on low speed until well blended. In a medium bowl, combine flour, sugar and baking powder; mix well. Add flour mixture to pumpkin mixture. Stir just until dry ingredients are moistened. Divide batter evenly among prepared muffin cups. Bake muffins until golden and a tooth pick inserted in center comes out clean. Approximately 20-22 minutes. Cool in pan for 1 minute. Remove and cool completely on wire rack.

God hath not promised skies always blue,  
Flower-strewn pathways all our lives through;  
God hath not promised sun without rain,  
Joy without sorrow, peace without pain.

But God hath promised strength for the day,  
Rest from the labor, light for the way,  
Grace for the trials, help from above,  
Unfailing sympathy, undying love.

## **Southern Style Corn Bread**

**Sharon Hartwell**

<i>2 C. yellow corn meal</i>	<i>2/3 C. boiling water</i>
<i>2 tsp. sugar</i>	<i>1 1/2 C. buttermilk</i>
<i>2 tsp. baking powder</i>	<i>2 large eggs</i>
<i>1 tsp. salt</i>	<i>1 T. unsalted butter, melted</i>
<i>1/2 tsp. baking soda</i>	

Preheat oven to 450°. Oil a 9x13 pan and put in oven. In a bowl, combine 1 1/3 cup of cornmeal with sugar, baking powder, salt and baking soda. Put remaining 2/3 cup cornmeal in a medium heat-proof bowl and add boiling water and stir well. Stir in buttermilk and eggs, then add dry ingredients and mix until blended. Pour into the hot baking dish and bake for 20 minutes or until light brown. Turn cornbread out on a rack to cool completely. Can be stored at room temperature up to 2 days or frozen up to 1 month.

## **Toast**

**Jacob and Mike Haugen (13 year old cousins)**

<i>Bread</i>	<i>Jelly</i>
<i>Butter (optional)</i>	<i>Toaster</i>
<i>Peanut Butter</i>	

Put bread in the toaster until it Dings. Butter to liking or put peanut butter or jelly on it.

## Vi's Butter Horn Rolls

Violet Tschirki

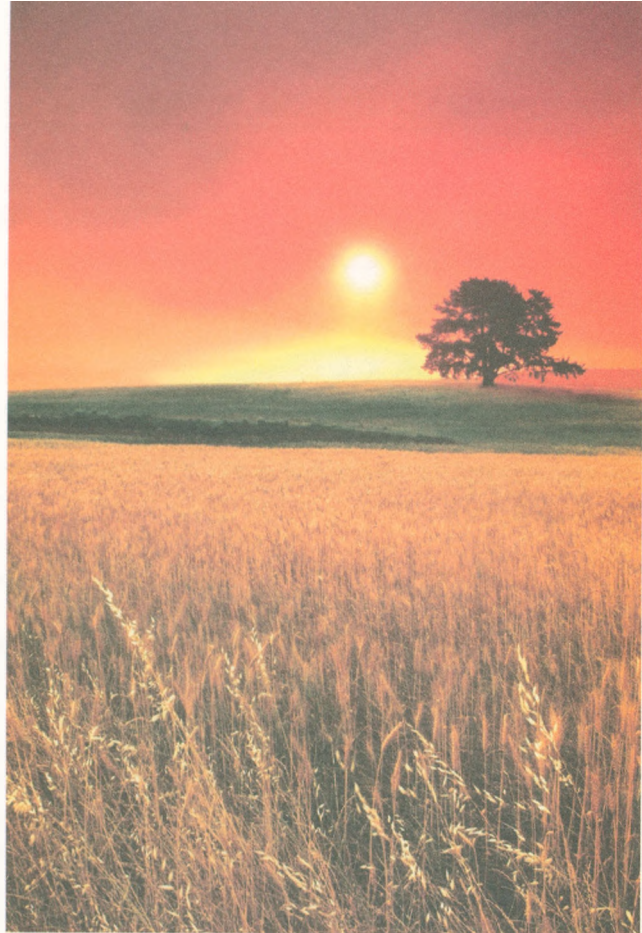
<i>1 cake of bakery yeast</i>	<i>1 1/2 C. milk, scalded</i>
<i>1/2 C. warm water</i>	<i>2 eggs, beaten</i>
<i>Scant 1/2 C. sugar</i>	<i>1/2 C. Crisco, melted</i>
<i>1 1/2 tsp. salt</i>	<i>4 - 4 1/2 C. flour</i>

Soak yeast in 1/2 cup warm water. In the meantime put sugar and salt in mixing bowl and pour hot milk over it. Let cool. Add yeast, eggs, Crisco and flour to milk mixture. Mix well. Shape into butter horns. Bake at 400° for about 12-15 minutes.

### Prayer

O Lord,  
by this meal you bring us  
together in joy and peace.  
Keep us always united in Your love  
through Christ our Lord.

Amen.



Vegetables  
&  
Side Dishes

## Au Gratin Carrot Casserole

Author Unknown

<i>2 lbs. carrots, sliced</i>	<i>1/8 tsp. pepper</i>
<i>1/2 C. chopped onion</i>	<i>1/2 C. milk</i>
<i>1/4 C. butter or margarine, divided</i>	<i>4 oz. Velveeta cheese, cubed</i>
<i>3 T. flour</i>	<i>2 T. fresh chopped parsley</i>
<i>1/2 tsp. salt</i>	<i>2 C. crushed cornflakes</i>

Preheat oven to 350°. In a large pot of lightly salted water, cook carrots until crisp tender, drain and set aside. In a large saucepan over medium heat, sauté chopped onion in 3 tablespoons butter, cooking until tender. Stir in flour, salt and pepper. Gradually add milk and bring mixture to a boil, stirring constantly. Cook for 1 minute or until thickened. Add cubed cheese and stir until cheese is just melted. Add cooked carrots and chopped parsley. Mix well and pour mixture into a greased 8" square baking dish. In a medium microwave-safe bowl, place butter. Heat in microwave until butter has melted. Add cornflakes and toss until coated. Sprinkle cornflakes over ingredients in baking dish. Bake in oven for 20 to 25 minutes or until bubbly. Makes 6 servings.

If any of you lack wisdom,  
let him ask of God and it shall be given him.  
James 1:5

## **Baby Carrots with Horseradish**

**Jill Haugen**

<i>1 pkg. baby carrots</i>	<i>1/4 tsp. freshly ground black pepper</i>
<i>2 C. water</i>	
<i>2 T. grated onion</i>	<i>1/4 C. cracker crumbs</i>
<i>2 T. prepared horseradish</i>	<i>2 tsp. butter, cut into small pieces</i>
<i>1 C. mayonnaise</i>	<i>paprika</i>
<i>1/2 tsp. salt</i>	

Preheat oven to 375°. Cook carrots in water until tender. Drain carrots, reserving 1/4 cup liquid. Combine reserved liquid with onion, horseradish, mayonnaise, salt & pepper. Place carrots in lightly greased casserole dish. Pour sauce over top. Sprinkle with cracker crumbs; dot with butter. Sprinkle with paprika. Bake 15 to 20 minutes or until heated through.

## **Baked Beans**

**Laura Simmons**

<i>2 lb. can pork &amp; beans</i>	<i>1 tsp. dry mustard</i>
<i>3/4 C. brown sugar</i>	<i>6 slices bacon, cut into pieces</i>
<i>1/2 C. catsup</i>	

Mix together all ingredients and put into a baking dish. Bake at 325° for 2 1/2 hours.

## **Baked Onion Rings**

**Author Unknown**

- |                                    |                             |
|------------------------------------|-----------------------------|
| <i>1 1/2 C. crushed cornflakes</i> | <i>1/4 tsp. garlic salt</i> |
| <i>2 tsp. sugar</i>                | <i>2 large sweet onions</i> |
| <i>1 tsp. paprika</i>              | <i>2 eggs</i>               |
| <i>1/4 tsp. seasoning salt</i>     |                             |

Preheat oven to 375°. In a large bowl, combine crushed cornflakes, sugar, paprika, seasoning salt and garlic salt. Mix well and set aside. Cut onions into 1/2" thick slices and separate into rings. In a small mixing bowl, beat eggs until frothy. Dip onion rings into egg and then into crumb mixture, coating well. Place coated onion rings in a single layer on greased baking sheets. Bake in oven for 15 to 20 minutes or until onions are tender and coating is crispy. Makes 4 servings.

## **Broccoli Casserole**

**Carol Kleveland**

- |                                    |                                |
|------------------------------------|--------------------------------|
| <i>1 bag frozen broccoli</i>       | <i>1 8-oz. Cheez Whiz</i>      |
| <i>1 C. cream of mushroom soup</i> | <i>1 C. uncooked rice</i>      |
|                                    | <i>1 stick of oleo, melted</i> |

Mix together all ingredients. Bake at 350° in a buttered, 2 1/2 qt. casserole dish for 30 minutes.

## **Broccoli Onion Deluxe**

**Author Unknown**

<i>1-16 oz. pkg. frozen broccoli</i>	<i>1 C. milk</i>
<i>3 onions, quartered</i>	<i>1/4 C. shredded Cheddar cheese</i>
<i>4 T. shortening, divided</i>	<i>3 oz. cream cheese, softened</i>
<i>2 T. flour</i>	<i>1 C. soft bread crumbs</i>
<i>1/4 tsp. salt</i>	

Preheat oven to 350°. In a large pot of lightly salted water, cook broccoli and onions until tender. In a medium saucepan over medium heat, combine 2 tablespoons shortening, flour, salt and pepper. Add milk and cook, stirring constantly, until bubbly. Reduce heat and add cream cheese, stirring until smooth. Place tender broccoli and onions in a 9x13" baking dish. Pour sauce over mixture and toss gently. Top with shredded Cheddar cheese. Cover and bake in oven for 30 minutes. Melt remaining shortening and mix with bread crumbs. Sprinkle bread crumb mixture over melted cheese. Uncover and bake for an additional 15 minutes. Makes 6 servings.

## **Cheesy Potatoes**

**John Arnold**

<i>2 cans cream of chicken soup</i>	<i>1 lb. pkg. hash browns, shredded or cubed</i>
<i>1 (8 oz.) container of sour cream</i>	<i>2 C. shredded cheese</i>

Mix all ingredients together and put into a 9x13 pan. Bake at 350° for approximately 1 hour.

## **Company's Coming Potatoes**

**Brenda Aukes**

<i>10 potatoes</i>	<i>1 tsp. pepper</i>
<i>1/2 C. milk</i>	<i>1 tsp. garlic salt</i>
<i>1 (8 oz.) pkg. cream cheese</i>	<i>1 tsp. onion salt</i>
<i>1 (8 oz.) container sour cream</i>	<i>1 tsp. parsley flakes (optional)</i>
<i>2 tsp. salt</i>	<i>1/4 C. butter, melted</i>

Cook potatoes; drain. Mash with milk then whip in the rest of ingredients, except 1/4 cup butter. Place in buttered casserole dish. Drizzle top with 1/4 cup melted butter. Cover and refrigerate until ready to bake. Bake at 350° for 30-40 minutes or until heated through. Can be frozen.

## **Creamy Cucumbers**

**Lori Aukes**

<i>1/2 C. sour cream</i>	<i>2 T. sugar</i>
<i>1 T. vinegar</i>	<i>Cucumbers</i>

Cut cucumbers into slices. Cover with water and salt; let stand overnight in the refrigerator. Drain water. Mix together sour cream, vinegar and sugar. Pour over cucumbers. Serve.

## **Crock Pot Corn**

**Betty Hein**

- |  |                                 |
|--|---------------------------------|
| <i>3 (16 oz.) bags frozen corn</i>     | <i>6 slices Velveeta cheese</i> |
| <i>1 (8 oz.) pkg. cream<br/>cheese</i> | <i>3 T. water</i>               |
| <i>1 stick butter</i>                  | <i>3 T. milk</i>                |
|  | <i>3 T. sugar</i>               |

Mix altogether and put in a crock pot. Cook on high for 4 hours. Stir half way through cooking time mixing well.

## **Dumplings**

**Sherry Sandvik**

- |                      |                             |
|----------------------|-----------------------------|
| <i>2 eggs</i>        | <i>2 C. flour</i>           |
| <i>1/2 tsp. salt</i> | <i>2 tsp. baking powder</i> |
| <i>2/3 C. milk</i>   | <i>Chicken broth</i>        |

Beat eggs until thick; add salt and milk. Add flour and baking powder. Drop by teaspoonfuls into boiling chicken broth or your favorite soup.

## **Easy Brown Rice**

**Chuck Tindall**

- |  |   |
|--|---|
| <i>1 can Campbell's French<br/>onion soup</i>  | <i>3 T. butter or margarine</i>         |
| <i>1 can Campbell's beef<br/>consommé soup</i> | <i>1 small jar sliced<br/>mushrooms</i> |
|  | <i>3 C. Minute Rice</i>                 |

Measure soup and make sure you have at least 3 cups of liquid (you may have to add a little water). Bring soup to a boil. Add butter and stir until melted; add mushrooms and Minute Rice. Cover and remove from heat. That's All !!

## **Egg Noodles**

**Sharon Hartwell**

1 T. milk

2 eggs, beaten

1 tsp. salt

2 C. flour

1/3 tsp. baking powder

Mix together all ingredients. Roll out and cut into strips. Dry 1/2 hour. Hint: use a pizza cutter to cut the strips.

## **Frozen Corn**

**Carol Kleveland**

5 qts. corn, cut off cob

1/2 C. water

4 T. sugar

Fill ice cream bucket 3/4 full of corn. Make sure the bucket handle is removed. Add water and sugar. Mix thoroughly in the bucket. Microwave on high for 12-14 minutes; stir every 3-4 minutes. Cool, then freeze in freezer bags. To serve, just heat in the microwave.

A cheerful look brings joy to the heart,  
and good news gives health to the bones.

Proverbs 15:30

## **Greek Rice**

### **Sherry Sandvik**

<i>1/4 lb. (1 stick) butter, melted</i>	<i>2 C. boiling water</i>
<i>1/2 tsp. oregano</i>	<i>2 beef bouillon cubes</i>
<i>Onion and parsley flakes, to taste</i>	<i>2 chicken bouillon cubes</i>
<i>1 C. Uncle Ben's Converted Rice</i>	<i>1 pkg. Au Jus gravy mix</i>
	<i>1/2 C. cold water</i>

In a bowl or pan, mix melted butter, oregano, onion and parsley flakes. Add rice just to coat. In a different dish dissolve all the bouillon cubes in the boiling water. My mom advises to remove the foil from the bouillon cubes first. Mix Au Jus gravy mix with the cold water and add it to the bouillon; mix well. Add this to the rice mixture; mix well. Pour into a 2 quart casserole dish. Bake at 350° covered for 45 minutes; stir occasionally. Add extra liquid if necessary.

## **Home Style Scalloped Potatoes**

### **Lois Turner**

<i>1/3 C. chopped onion</i>	<i>1/2 tsp. pepper</i>
<i>5 T. butter or margarine</i>	<i>5 C. milk</i>
<i>5 T. flour</i>	<i>6 C. thinly sliced potatoes</i>
<i>1 1/4 tsp. salt</i>	

In a large sauce pan, sauté onion and butter until tender. Stir in flour, salt and pepper until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until sauce is thickened. Place half of potatoes in a 3 quart baking dish. Pour half of sauce over potatoes. Repeat layers. Bake uncovered at 350° for 60-70 minutes or until potatoes are tender. Serves 8. Recipe may be half.

## Mississippi Potatoes

Pat Lohman

8 C. cooked, diced potatoes	1 lb. Velveeta Cheese
*	1/2 C. chopped onion
1 C. mayonnaise	4-6 slices cooked bacon, crumbled
1 tsp. salt	1/2 C. green olives, sliced
1/2 tsp. pepper	

\* Can use bagged, shredded potatoes. Mix potatoes, mayonnaise, salt, pepper, cheese and onion together. Spread potato mixture into a greased 9x13 pan. Bake at 325° for 1 hour, uncovered. Sprinkle bacon pieces and olives over top of potatoes the last 15 minutes.

## Mom's Zucchini Skillet

Jill Haugen

2 T. vegetable oil	1 T. bacon bits
3 zucchini, sliced thin	1 tsp. onion flakes
1 pt. corn, drained	1 tsp. parsley flakes
1 tsp. garlic salt	1 pkg. shredded Mozzarella

Cook in a large skillet all ingredients except cheese. When vegetables are tender, add Mozzarella cheese. Heat until cheese is melted.

## **New England Apple Bake**

**Etta Mull**

<i>4 T. butter or margarine</i>	<i>1/2 C. catsup</i>
<i>3 C. tart cooking apples, peeled and cubed</i>	<i>1 tsp. cinnamon</i>
<i>1/2 C. chopped onion</i>	<i>1 tsp. salt, to taste</i>
<i>3/4 C. light brown sugar</i>	<i>1 (48 oz.) jar Randall Great Northern Beans, drained</i>

Preheat oven to 375°. Melt butter in a large skillet. Add apples and onions. Cook for 10 minutes or until apples are tender, stirring occasionally. Add brown sugar. Stir until dissolved. Stir in catsup, cinnamon and salt. Place beans in a 2 quart casserole dish. Pour apple mixture over beans and mix well. Bake for 1 hour. Makes 8 servings.

## **Perfect Fried Eggplant**

**In Memory of Juanita Haberkamp**

<i>2 eggs, beaten</i>	<i>1 (1 lb.) eggplant</i>
<i>1 tsp. salt</i>	<i>Salad oil or shortening</i>
<i>Dash of pepper</i>	<i>Salt</i>
<i>1 C. dry bread crumbs</i>	
<i>2 T. Parmesan cheese, grated</i>	

In a bowl mix eggs, salt and pepper. In another bowl combine crumbs and grated cheese. Cut unpeeled eggplant into 1/8 inch slices. Dip in egg, then crumbs and fry for 3 minutes on each side. Sprinkle with salt.

## Potato Supreme

Mary Lou Kleveland

- |  |                                  |
|--|----------------------------------|
| 1 2-lb. bag frozen hashbrown shredded potatoes, slightly thawed. | 1 can cream of chicken soup      |
| 1 C. sour cream  | 1 1/2 C. shredded cheddar cheese |
| 1/2 tsp salt   | 1 C. crushed corn flakes         |
| 2 T. finely minced onion   | 1/4 C. melted margarine          |

Mix together first 6 ingredients and place in a buttered 13x9x2 pan. Mix together corn flakes and melted margarine. Spread corn flakes on top of the potatoes. Bake uncovered at 350° for 1 hour. Let stand 10 minutes before serving.

## Scalloped Corn

Leslie Grothe

- |                              |  |
|------------------------------|--|
| 1 stick margarine, melted    | 1 egg                                  |
| 1/4 C. onion, diced          | 1 pkg. Jiffy Corn Bread Mix            |
| 2 cans creamed corn          | 1 (8 oz.) carton sour cream            |
| 2 cans whole corn, undrained | 1 (8 oz.) pkg. shredded cheddar cheese |

Combine all ingredients except sour cream and cheese. Pour into a 9x13 pan. Bake at 350° for 35-45 minutes. Remove from oven and top with sour cream. Sprinkle with cheese. Return to oven until cheese is melted.

## **Sour Cream Cabbage**

**Lois Turner**

*1 head of cabbage*                      *1 tsp. dill seed*

*1 C. sour cream*                         *1 tsp. salt*

Shred cabbage and cook in enough water until crisp tender. Drain and add sour cream, dill, and salt. Heat and serve immediately.

## **Spanish Rice**

**Sharon Hartwell**

*1 C. uncooked rice (equals*     *2 C. can tomatoes*  
*3 C. cooked)*

*6 slices bacon, chopped*         *1 tsp. salt*

*1/4 C. onion, chopped*             *1/8 tsp. pepper*

*1/4 C. green pepper,*                 *1/4 C. American cheese,*  
*chopped*                                 *grated (optional)*

Cook rice; set aside. Fry bacon until crisp, remove from pan. Add onion and green pepper to drippings and cook slowly until onion is soft and yellow. Mix all ingredients together (except cheese), stir well. Pour into a greased casserole dish and bake at 350° about 30 minutes. If desired, add grated American cheese sprinkled over the top before baking.

Our future is not found in money  
or things but in God. No matter how much we have it  
will one day be someone else's.

## Stuffing

Bernice Haugen

<i>1 C. chopped onion</i>	<i>1 1/2 tsp. poultry seasoning</i>
<i>3/4 C. chopped celery</i>	<i>1 1/2 tsp. salt</i>
<i>1/2 C. butter or oleo, melted</i>	<i>3/4 tsp. pepper</i>
<i>4 1/2 C. broth (turkey or chicken)</i>	<i>1 1/2 lbs. cubed bread (about 27 cups)</i>
<i>1 T. sage</i>	

Sauté onion and celery in butter until tender. Transfer to a large bowl. Add broth and seasonings. Gently stir in bread cubes until mixed. Spoon into greased 13x9x2 baking dish. Dish will be full. Bake uncovered at 350° for 30-35 minutes until lightly browned and heated through. Yields about 12 cups.

### RECIPE FOR A DAY

Take a little dash of water cold  
And a little leaven of prayer  
and a little bit of morning gold  
Dissolved in the morning air  
Add to your meal some merriment  
And a thought for kith and kin  
And then, as your prime ingredient  
Plenty of work thrown in  
But spice it with the essence of love  
And a little whiff of play  
Let a wise old book and a glance above  
Complete the well-made day.

## Sweet Potato Fries

Kristin Mikes

<i>6 large sweet potatoes</i>	<i>2 tsp. fresh thyme leaves, finely chopped</i>
<i>2 T. salt</i>	<i>1/4 tsp. red pepper flakes</i>
<i>5 T. olive oil</i>	<i>2 T. fresh flat leaf parsley, finely chopped</i>
<i>6 cloves garlic, finely chopped</i>	

Place the potatoes in a large pot of cold water. Add salt and cook until potatoes are tender but still firm; about 15 minutes. Drain and let cook slightly. Heat the grill to high. While the potatoes are cooling, heat 2 tablespoons of olive oil in a small sauté pan on the grates of the grill. Add garlic, thyme & red pepper flakes. Cook until garlic is soft; about 45 seconds. Remove from heat. Set aside. Slice each potato in half, lengthwise, then slice each half into 3-4 wedges. Brush wedges with remaining 3 tablespoons of olive oil and season with salt. Grill until lightly brown and cooked through; about 6 minutes. Remove to a platter. Immediately toss with the garlic mixture and chopped parsley.

## Veggie Rice Casserole

Jill Haugen

<i>1 can cream of mushroom soup</i>	<i>1/3 C. milk</i>
<i>1 (8 oz.) jar Cheez Whiz</i>	<i>1 C. uncooked Minute Rice</i>
<i>2 T. butter</i>	<i>2 pkgs. frozen broccoli &amp; cauliflower mix</i>

Heat together soup, Cheez Whiz, butter and milk. Mix together rice and frozen vegetables; put into a casserole dish. Pour soup mixture over rice and veggies. Bake at 350° for 35 to 40 minutes.



Main Dishes  
&  
Meats

## **Baked Beef and Rice**

**Myrth Smith**

<i>1 lb. ground beef</i>	<i>1/2 tsp. pepper</i>
<i>1 C. rice, uncooked</i>	<i>1 tsp. paprika</i>
<i>1/3 C. celery, chopped</i>	<i>1/4 C. ripe olives, sliced</i>
<i>1 sm. onion, chopped</i>	<i>(optional)</i>
<i>3 T. butter or margarine</i>	<i>1 T. sugar</i>
<i>1 tsp. salt</i>	<i>1 1/2 C. boiling water</i>
	<i>1/2 C. cheese, grated</i>

Cook ground beef, rice, celery and onion in butter until slightly browned. Add all remaining ingredients except cheese; mix well. Place in a 1 1/2 quart covered casserole dish. Bake at 300° for 1 hour. Uncover. Sprinkle with cheese and bake an additional 10 minutes until cheese melts.

## **Baked Oatmeal**

**Author Unknown**

<i>3 C. quick oats</i>	<i>1 tsp. cinnamon</i>
<i>1/2 C. brown sugar</i>	<i>1/4 tsp. nutmeg</i>
<i>2 eggs</i>	<i>1 tsp. baking powder</i>
<i>2 C. milk</i>	<i>1/2 C. raisins</i>
<i>1/4 tsp. salt</i>	<i>1/2 C. nuts</i>
<i>1/2 C. oil</i>	<i>1/2 C. apples</i>
<i>1 tsp. vanilla</i>	

Preheat oven to 350°. In a large bowl, combine quick oats, brown sugar, eggs, milk, salt, oil, vanilla, cinnamon, nutmeg and baking powder. Mix well. Add raisins, nuts and apples and stir until well combined. Pour mixture into a greased 1-quart baking dish. Bake in oven for 45 minutes. Makes 8 to 10 servings.

## Bar-B-Que Brisket

Chuck Tindall

1 (5 lb.) beef brisket, well trimmed of fat	1 C. Worcestershire sauce
3 T. liquid smoke	2 T. brown sugar
3 T. Worcestershire sauce	1/3 C. lemon juice
1 T. garlic powder	1/3 C. chopped onions
Bar-b-que Sauce:	1/3 C. water
2 1/2 C. catsup	1/4 C. reserved beef drippings

Place brisket on large sheet of aluminum foil (large enough to wrap around brisket) in a 9x13 pan. Mix 3 tablespoons Worcestershire sauce and liquid smoke. Brush on brisket. Sprinkle with garlic powder. Seal foil around brisket. Put in refrigerator overnight. Next: leave roast covered and bake at 275° for 5 to 6 hours. Put in refrigerator overnight. Next: Remove meat. Reserve 1/4 cup drippings. Dispose of foil and remaining drippings. Thinly slice beef brisket. Cover with bar-b-que sauce. Reheat at 350° for 30 minutes. Can also put meat and sauce in a skillet and heat until warm. For Bar-b-que sauce: In a saucepan, mix together all the bar-b-que sauce ingredients and simmer until thickened. Hints: serve hot or cold. Make 2 briskets and freeze one.

What you are is God's gift to you.  
What you make of yourself is your gift to God.

## **Beef Stroganoff**

**Jill Haugen**

<i>Noodles, cooked and drained</i>	<i>2 1/2 T. Worcestershire sauce</i>
<i>2 lbs. hamburger</i>	<i>1/4 tsp. dry mustard</i>
<i>4 oz. onion, chopped</i>	<i>2 C. beef broth</i>
<i>3 oz. celery, chopped</i>	<i>Corn starch</i>
<i>1 T. paprika</i>	<i>1 C. sour cream</i>

Cook hamburger, onion and celery until done; drain. Set aside. In a sauce pan, mix paprika, Worcestershire sauce, dry mustard & beef broth. Thicken with corn starch. Mix with cooked meat mixture. Stir in 1 C. sour cream; heat through. Serve over noodles.

## **Breakfast Bake**

**Jean Bechtel**

<i>3 C. hash brown potatoes</i>	<i>1/4 tsp. pepper</i>
<i>12 eggs, beaten</i>	<i>1 to 1 1/2 C. diced ham</i>
<i>1/2 C. milk</i>	<i>1/2 C. chopped green pepper</i>
<i>1 C. grated cheese (any kind)</i>	<i>1 tsp salt</i>
<i>1/4 C. chopped onion</i>	

Grease 9x13 pan. Place hash browns in bottom of pan. Mix other ingredients together and pour over potatoes. Refrigerate overnight and bake next morning at 350° for 40 minutes.

## **Breakfast Pizza**

### **Sherry Sandvik**

<i>1 lb. pork sausage</i>	<i>1/2 tsp. salt</i>
<i>1 pkg. of 8 refrigerator crescent rolls</i>	<i>1/8 tsp. pepper</i>
<i>1 C. frozen hash browns, thawed</i>	<i>1 C. (4 oz.) shredded cheddar cheese</i>
<i>5 eggs</i>	<i>1 C. mozzarella cheese</i>
<i>1/4 C. milk</i>	<i>2 T. Parmesan cheese</i>

Brown sausage; drain. Separate dough into 8 triangles. Place on ungreased, 12 inch pizza pan. Spread out and press together to form a crust over the pan. Pinch up edges of crust to hold egg mixture. Spoon sausage over crust. Sprinkle with hash browns. Beat eggs, milk, salt and pepper together; pour over hash browns. Sprinkle cheeses over the top. Bake at 375° for 25-30 minutes.

## **Breakfast Scrambled Eggs**

### **Carol Kleveland**

<i>2 doz. eggs</i>	<i>3 tsp. salt</i>
<i>2 1/2 C. warm milk</i>	<i>1 tsp. pepper</i>
<i>1/4 C. melted margarine</i>	

Beat together. Pour into greased 9x13 cake pan. Bake at 350° for 30-45 minutes. Stir after 10 minutes.

Recipe can be cut in half for 6 servings. Bake in 8x8 pan at 350° for 30 minutes. Do not stir.

## **Broccoli Noodles**

**Lois Turner**

- |  |                               |
|--|-------------------------------|
| <i>3 C. uncooked noodles</i>           | <i>1/2 C. sour cream</i>      |
| <i>2 C. broccoli florets</i>           | <i>1/3 C. Parmesan cheese</i> |
| <i>1 can cream of chicken<br/>soup</i> | <i>1/8 tsp. pepper</i>        |

Cook noodles, add broccoli during last 5 minutes of cooking. Drain and keep warm. In a pan combine, soup, sour cream, cheese and pepper. Cook and stir until heated through. Add noodles and broccoli; toss to coat. 6 servings.

## **Bruce's Favorite Meatloaf**

**Bruce Hartwell**

- |  |                            |
|--|----------------------------|
| <i>1 1/2 lb. ground beef</i>                   | <i>2 eggs</i>              |
| <i>1 pkg. Knorr Vegetable Dry<br/>Soup Mix</i> | <i>1/2 C oatmeal</i>       |
| <i>1 (4 oz.) can tomato sauce</i>              | <i>chopped bell pepper</i> |
|  | <i>chopped onion</i>       |

Mix all ingredients together. Bake at 350° for 1 hour.

Praise the Lord, Give  
thanks to the Lord, for he  
is good: His love endures  
forever.

## **Bubble Pizza**

**Deb Cunningham**

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| <i>1 lb. hamburger</i>               | <i>2 C. mozzarella cheese</i>    |
| <i>1/2 onion, chopped</i>            | <i>1 C. black olives</i>         |
| <i>2 tubes refrigerator biscuits</i> | <i>1 C. mushrooms (optional)</i> |
| <i>1 (8 oz.) jar pizza sauce</i>     |                                  |

Preheat oven to 350°. Brown hamburger with onion. Set aside. Grease a 9x13 pan. Cut biscuits into quarters, placing them in the pan first. Pour pizza sauce over biscuits. Add hamburger, onion, cheese, olives and mushrooms. Bake uncovered for 30 minutes. Can substitute anything with your favorite pizza toppings.

The bread is warm and fresh,  
the water cool and clear.  
Lord of Life, be with us,  
Lord of life, be near.

Amen.

## Cajun Jambalaya

Chuck Tindall

- |  |  |
|--|--|
| 8 slices bacon                         | 1 (1 lb. 12 oz.) can                     |
| 1 chicken, cut up (about 2<br>1/2 lb.) | tomatoes, do not drain                   |
| 1 1/2 C. boiled ham, cubed             | 2 1/2 C. chicken broth                   |
| 1 med. red pepper, diced               | 2 tsp. salt                              |
| 1 med. green pepper, diced             | Dash to 1/2 tsp. cayenne<br>pepper       |
| 1 lg. onion, chopped (about<br>1 C.)   | 1 lb. raw shrimp, shelled &<br>deveined. |
| 1 clove garlic, minced                 | Chopped parsley                          |
| 2 C. raw long grain rice               |  |

Fry bacon slices in a large kettle, just until they begin to turn crisp. Roll up bacon slices using the tines of 2 forks to make curls; remove and set aside. Brown chicken, part at a time, in pan drippings; turning with tongs to brown on all sides. Remove and set aside; keep warm. Brown ham cubes and diced peppers in same pan; remove with slotted spoon; reserve. Sauté onion and garlic until soft in the pan drippings. Sprinkle in rice and cook, stirring constantly until rice is evenly coated and begins to brown. Add tomatoes, chicken broth, salt and cayenne pepper. Bring to boiling. Spoon into a 12 cup casserole dish. Arrange chicken, ham and diced pepper on rice; cover. Bake at 375° for 50 minutes. Add shrimp; cover. Bake 10 minutes longer until rice and chicken are tender and liquid is absorbed. Top with bacon curls and chopped parsley. Bake at 375° for 1 hour. Makes 8 servings.

## **Cheese Calzones**

**Chuck Tindall**

- |   |   |
|---|---|
| <i>1 (16 oz.) loaf frozen bread dough, thawed</i> | <i>1 (15 oz.) carton part-skim ricotta cheese</i> |
| <i>1/2 C. chopped onion</i>                       | <i>1 C. shredded part-skim mozzarella cheese</i>  |
| <i>1 T. water</i>                                 | <i>1/4 C. grated Parmesan cheese</i>              |
| <i>2 cloves garlic, minced</i>                    | <i>Nonstick spray coating</i>                     |
| <i>1 (10 oz.) pkg. frozen chopped spinach</i>     | <i>1 (8 oz.) can pizza sauce</i>                  |
| <i>1 tsp. Italian seasoning</i>                   |   |
| <i>1 egg, slightly beaten</i>                     |   |

Divide bread dough into 8 equal pieces. Place on a floured surface and cover dough with a towel. Let dough rest while preparing filling. In a skillet mix onion, water and garlic. Cover, cook until onion is tender. Add spinach and Italian seasoning. Cover, cook until spinach is thawed, stirring once or twice to break up spinach. Uncover, cook and stir until liquid has evaporated. Meanwhile, in a medium mixing bowl combine egg, ricotta, mozzarella, and Parmesan cheese. Roll each portion of dough into a 6 inch circle. Spoon about 2 tablespoons of the spinach mixture onto one-half of each circle. Top spinach mixture with 1/4 cup of the cheese mixture. Moisten edges of dough with a little water. Fold each circle in half, pressing edges together to seal. Flute edges, if desired. Prick tops with the tines of a fork. Place on a baking sheet that has been sprayed with nonstick spray coating. Bake at 375° for 15-20 minutes or until golden. Meanwhile, heat pizza sauce. Serve with calzones. Serves 8.

## **Chicken Dinner**

**Carol Kleveland**

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <i>1 C. rice</i>                    | <i>2 C. water</i>                   |
| <i>1 can celery soup</i>            | <i>1 chicken, cut up</i>            |
| <i>1 can cream of mushroom soup</i> | <i>1 envelope Lipton Onion Soup</i> |

Heat rice, soups, and water until mixed together. Pour into greased jelly roll pan. Lay chicken pieces over rice-soup mixture. Sprinkle dry onion soup mix over chicken and rice. Cover with tin foil and bake 2 hours at 325° or 3 hours at 300° HINT: On a Sunday I'll put it on around 8:15 am - 11:30 am and it will be ready for guests to eat.

## **Chicken Dinner in a Pot**

**John Arnold**

- |                                     |   |
|-------------------------------------|---|
| <i>2-4 skinless chicken breasts</i> | <i>1 can cream of mushroom soup *</i>     |
| <i>6-8 medium potatoes</i>          | <i>1 box Stove Top Stuffing, prepared</i> |
| <i>1/2 - 1 onion, sliced</i>        |   |
| <i>1 can cream of chicken soup</i>  |   |

\* You can use a 2nd can of cream of chicken soup in place of the mushroom soup. Boil chicken until done. Slice potatoes 1/8 inch thick, leaving the skin on. Put potatoes in 6 quart covered pan with onion and soup (no water). Add chicken when potatoes are almost done. Cook until done and cover with prepared stuffing mix. Cover and cook until ready to eat.

## **Chicken Gumbo Sloppy Joes**

**Lisa Reynolds**

<i>2 lbs. hamburger</i>	<i>1/2 C. ketchup</i>
<i>1 medium onion, chopped</i>	<i>1/4 C. brown sugar</i>
<i>1 (10 3/4 oz.) can chicken gumbo soup</i>	<i>1 T. vinegar</i>
	<i>2 tsp. mustard</i>

Brown hamburger and onion together. Drain and return to skillet. Add remaining ingredients. Stir and heat thoroughly. Serves 8-10.

## **Chicken or Turkey Casserole**

**Betty Sifuentes**

<i>9 slices of bread</i>	<i>1/2 C. mayonnaise</i>
<i>4 eggs</i>	<i>9 slices Velveeta cheese</i>
<i>2 C. milk</i>	<i>1 can cream of chicken soup</i>
<i>4 C. chicken, diced</i>	<i>1 can cream of celery soup</i>
<i>4 oz. can of mushrooms</i>	<i>Buttered crumbs</i>
<i>1 can water chestnuts, sliced</i>	

Spray bottom of pan with Pam. Place bread to cover bottom. Beat together the eggs and milk and pour over bread. Add in layers: chicken, mushrooms, water chestnuts, mayonnaise, cheese, and soups. Cover with foil and refrigerate 24 hours or overnight. Bake at 325° for 1 1/2 hours. Remove foil and add buttered crumbs. Return to oven and bake an additional 30 minutes.

## **Chicken Piccata Pasta**

**Kristin Mikes**

<i>1 1/3 lbs. chicken breast</i>	<i>1/2 C. white wine</i>
<i>2 T. olive oil</i>	<i>1 lemon, juiced</i>
<i>Salt and pepper to taste</i>	<i>1 C. chicken stock</i>
<i>1 1/2 T. butter</i>	<i>3 T. capers</i>
<i>4 cloves garlic, chopped</i>	<i>1/2 C. flat leaf parsley</i>
<i>2 shallots, chopped</i>	<i>1 lb. penne pasta, cooked</i>
<i>2 T. flour</i>	<i>to al dente</i>

Cut chicken breasts into 1 inch pieces. Heat a deep skillet over medium-high heat. Add 1 tablespoon olive oil and chicken to pan. Season with salt and pepper. Brown until lightly golden; 5-6 minutes. Remove chicken from pan and return pan to the heat. Reduce heat to medium. Add 1 tablespoon olive oil, butter, garlic and shallots; sauté 3 minutes. Add flour and cook 2 minutes. Whisk in wine and reduce 1 minute. Whisk in lemon juice and chicken stock. Stir in capers and parsley. Add chicken back to the pan and heat through. Toss hot pasta with chicken and sauce. Adjust salt and pepper if needed

## **Chicken Rice Casserole**

**Betty Hein**

<i>1 can cream of chicken soup</i>	<i>1 C. uncooked rice</i>
<i>1 can cream of celery soup</i>	<i>1 cut-up chicken</i>
<i>1 soup can milk</i>	<i>1 pkg. dry onion soup mix</i>

Mix together soups, milk, and rice. Put into a 9x13 ungreased pan. Place cut-up chicken on top. Sprinkle dry onion soup mix over chicken. Cover with aluminum foil. Bake at 325° for 2 hours, 15 min.

## Chili

**Diane Thompson**

- |                                   |                                |
|-----------------------------------|--------------------------------|
| <i>1 lb. ground beef</i>          | <i>1 (20 oz.) can V8 juice</i> |
| <i>1 (6 oz.) can tomato paste</i> | <i>Green peppers, chopped</i>  |
| <i>1 med. onion, chopped</i>      | <i>(optional)</i>              |
| <i>1 (15 oz.) can chili beans</i> | <i>Chili powder, to taste</i>  |

Brown beef in skillet or kettle. Add rest of ingredients and bring to a boil. Let simmer. Serves 4 to 6.

## Company Chicken

**Mary Lou (Jody) Kleveland**

- |                                       |   |
|---------------------------------------|---|
| <i>6-7 chicken breasts</i>            | <i>White wine (just a little, if desired)</i> |
| <i>1 pt. of sour cream</i>            |   |
| <i>1 can of cream of chicken soup</i> | <i>Ritz Crackers, crushed</i>                 |
|                                       | <i>1/2 C. butter, melted</i>                  |

Put chicken in greased pan. Mix sour cream, soup and wine together. Pour over chicken. Top with crushed crackers and 1/2 cup of melted butter. Bake at 350° for 1 hour.

Come dear Jesus be our guest,  
See that all our food is blest.

Amen.

## **Corn Beef Casserole**

**Betty Sifuentes**

<i>8 oz. noodles, cooked</i>	<i>1 can Carnations</i>
<i>2 T. onions, chopped</i>	<i>Evaporated Milk</i>
<i>1 can corn beef</i>	<i>1/4 lb. Velveeta Cheese</i>
<i>1 can cream of chicken</i>	<i>2 T. butter, melted</i>
<i>soup</i>	<i>2 C. cornflakes, crushed</i>

Cook noodles according to directions; cool. Mix noodles with onions and corn beef. Put into a baking dish. In a sauce pan, heat cream of chicken soup, milk and cheese until creamy and all cheese is melted. Pour over noodle mixture. Mix cornflakes and butter; pour over top of cheese mixture. Bake at 350° for 30-45 minutes.

## **Cranberry Chicken Breasts**

**Ann Walrod**

<i>6-8 chicken breast halves</i>	<i>1 envelope dry onion soup</i>
<i>1 (16 oz.) can whole berry</i>	<i>mix</i>
<i>cranberry sauce</i>	<i>1 (8 oz.) bottle Western</i>
	<i>dressing</i>

Mix together cranberry sauce, soup mix and Western dressing. In a shallow 9x13 baking dish, arrange chicken breasts in a single layer. Pour cranberry mixture over chicken, covering completely. Bake at 350° for 1 hour or until done.

## **Creamy Chicken Casserole**

**Betty Sifuentes**

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 (7 oz.) pkg. macaroni or      | 1/2 C. milk                        |
| 2 C. uncooked macaroni          | 2 C. cooked chicken or             |
| 2 T. butter or margarine        | turkey, diced                      |
| 1 C. fresh mushrooms,<br>sliced | 1 C. frozen peas, thawed           |
| 1/4 C. onion, minced            | 1 jar chopped pimentos,<br>drained |
| 1 can cheddar cheese soup       | 1/8 tsp pepper                     |
| 1 can cream of chicken<br>soup  | 1/4 C. bread crumbs                |

Mix all ingredients together and pour into a baking dish. Bake at 350° for 45 minutes to 1 hour.

## **Crock Pot Stew**

**Mary Cross**

- |  |   |
|--|---|
| 4-5 large potatoes, peeled<br>(optional) and sliced                              | 1 can (10 3/4 oz.)<br>condensed cream of<br>mushroom soup |
| 4-5 large carrots, peeled<br>and sliced  | 1 C. shredded cheese<br>- your choice                     |
| 1 - 1 1/2 lbs. ground beef   |   |
| 1/2 medium onion,<br>chopped   |   |
| 1 can (10 3/4 oz.)<br>condensed vegetable<br>beef soup with alphabet<br>macaroni |   |

In the bottom of the crock pot, layer the sliced potatoes and carrots. In a skillet, brown the ground beef and onion, drain. Pour over the potatoes and carrots. In a bowl, mix the two soups together and pour over top of meat mixture. Do not add water. Cook 4 to 5 hours on medium. Do not stir. The last 20 minutes add cheese on top. All crock pots are different, so you may have to adjust heat and cooking time.

## **Crockpot Roast**

**Carol Kleveland**

*1 (4-5 lb.) pork or beef  
roast, frozen*

*1/2 C. water*

*Potatoes, peeled*

*Whole carrots*

*Onion, sliced*

Hint: I fix this Saturday night at 10 pm for Sunday dinner. Put roast in crock pot. Add all other ingredients, cover. Set on high and cook overnight. At 8:00 am, or so Sunday morning, turn setting to medium and continue cooking until noon. Remove roast and vegetable to a serving platter. Use broth to make gravy. Enjoy.

## **Easy Bake Dish**

**Chuck Tindall**

*1 lb. hamburger*

*Seasoning to taste for  
hamburger*

*3 C. potatoes, sliced*

*1 C. carrots, sliced*

*Salt and pepper to taste*

*1 C. onions, sliced*

*1 can tomato soup*

*1/2 C. water*

Cook hamburger & seasoning; drain. In a 1 1/2 quart buttered casserole dish, put layers as listed. Using about half of the ingredients, then repeat again in layers, ending with onion slices. Sprinkle salt and pepper over potatoes and carrots. Dilute tomato soup with water and pour over top of layers. Bake at 350° for 1 hour or until potatoes are done.

## Easy Blueberry Pancake Wedges

Chuck Tindall

- |                            |                            |
|----------------------------|----------------------------|
| 1 C. packaged pancake mix  | 1 (16 oz.) can blueberries |
| 1 tsp. shredded lemon peel | 1/3 C. sugar               |
| 2 T. margarine             | 1 T. cornstarch            |

Prepare pancake mix according to package directions. Stir in lemon peel; set aside. In a 10 inch skillet with oven-proof handle, melt butter; remove from heat. Drain blueberries, reserving syrup. Spoon berries in bottom of skillet. Carefully pour batter atop. Bake at 400° for 15-18 minutes. Meanwhile, in a saucepan, combine sugar and cornstarch. Add reserved syrup. Cook and stir until thickened and bubbly. Loosen edge of pancake; invert on serving plate. Cut in wedges; pass the syrup. Makes 4 to 6 wedges.

## Easy Breakfast Strata

Chuck Tindall

- |   |                                     |
|---|-------------------------------------|
| 1 lb. pork sausage                            | 2 T. butter or margarine,<br>melted |
| 8 eggs  | 2 T. flour                          |
| 10 slices bread, cubed *                      | 1 T. dry mustard                    |
| 3 C. milk                                     | 2 tsp. basil                        |
| 2 C. (8 oz.) shredded<br>cheddar cheese       | 1 tsp. salt                         |
| 10 oz. pkg frozen chopped<br>broccoli, thawed |                                     |

In a skillet, brown sausage; drain. In a large bowl, beat eggs. Add remaining ingredients and mix well. (\* can substitute a bag of frozen hash browns in place of bread). Spoon into a greased 9x13 baking pan. Cover and refrigerate 8 hours or overnight. Preheat oven to 350°. Bake 60-70 minutes or until knife inserted near center comes out clean.

## Easy Chicken and Cheese Enchiladas

Sharon Hartwell

- |   |  |
|---|--|
| <i>1 (10 3/4 oz.) can cream of chicken soup</i> | <i>1/2 C. (2 oz.) shredded Monterrey Jack cheese</i> |
| <i>1/2 C. sour cream</i>                        | <i>6 (6 inch) flour tortillas, warmed</i>            |
| <i>1 C. picante sauce</i>                       | <i>1 (about 1/2 C.) small tomato, chopped</i>        |
| <i>2 tsp. chili powder</i>                      | <i>1 (about 2 T.) green onion, sliced</i>            |
| <i>2 C. chopped cooked chicken</i>              |  |

In a medium bowl, mix soup, sour cream, picante sauce and chili powder. Set aside. In a large bowl mix 1 C. of the soup mixture, chicken and cheese. Divide the chicken mixture among the tortillas. Roll up the tortillas and place them seam-side up in an 11x8 inch shallow baking dish. Pour the remaining soup mixture over the filled tortillas. Cover the baking dish. Bake at 350° for 40 minutes or until hot and bubbling. Top with tomato and onion.

## Easy Tator Tot Casserole

Deb Kleveland

- |  |                                 |
|--|---------------------------------|
| <i>1 1/2 lb. hamburger</i>                     | <i>1 pkg. frozen tator tots</i> |
| <i>1 can cream of mushroom soup, undiluted</i> | <i>Chopped onion as desired</i> |
|  | <i>Salt and pepper to taste</i> |

Pat hamburger into a greased casserole dish. Sprinkle onion, salt and pepper on top. Spread soup evenly over meat. Cover with tator tots. Bake at 350° for 45 minutes.

## Egg Casserole

Betty Sifuentes

<i>10 eggs</i>	<i>1 lb. grated jack cheese</i>
<i>1/2 C. flour</i>	<i>1/2 C. butter, melted</i>
<i>1 tsp. baking powder</i>	<i>Diced ham, bacon, onion,</i>
<i>1 tsp. salt</i>	<i>green pepper, etc.</i>
<i>1 pt. small curd cottage cheese</i>	

Beat eggs until light. Add remaining ingredients then add ham, bacon, onion, green pepper or any thing else you may like. Pour into a buttered 9x13 dish and bake at 350° for 35 minutes.

## Elephant Stew

Etta Mull

<i>1 medium elephant</i>	<i>Brown gravy to cover</i>
<i>Salt &amp; pepper to taste</i>	<i>2 rabbits (optional)</i>

Cut the elephant into bite-size pieces. This should take about 2 months. Add the brown gravy and cook over a kerosene fire about 4 weeks at 465° This will serve 3800 people. If more are expected, 2 rabbits may be added, but do this ONLY if necessary, as most people do not like to find hare in their stew !

Make me an answer to someone's prayer.

## **Fake Steak**

**Jill Haugen**

<i>3 lbs. hamburger</i>	<i>1 C. milk</i>
<i>1 C. bread crumbs</i>	<i>Flour</i>
<i>3 tsp. salt</i>	<i>1 can cream of mushroom</i>
<i>Pepper to taste</i>	<i>soup</i>
<i>1 medium onion, chopped</i>	

Mix together first 6 ingredients and spread on cookie sheet. Chill overnight. Cut in squares. Coat in flour and brown in a skillet. Put steaks in a baking dish and pour mushroom soup over the top; cover tightly. Bake at 350° for 1 hour.

## **Goulash**

**Mike Haugen**

<i>2-3 lbs. ground beef</i>	<i>3 cloves garlic, chopped</i>
<i>1 large onion, chopped</i>	<i>2 T. Italian seasoning</i>
<i>3 C. water</i>	<i>3 T. soy sauce</i>
<i>2 (15 oz.) cans tomato sauce</i>	<i>1 T. seasoning salt</i>
<i>2 (15 oz.) cans diced tomatoes</i>	<i>Pepper, to taste</i>
	<i>2 C. elbow macaroni</i>

Brown ground beef & onion. Spoon off grease. Add rest of ingredients except macaroni; bring to a boil. Cover and simmer for 20 minutes. Add macaroni and stir well. Return lid and simmer another 30 minutes. Remove from heat and allow to sit 15 minutes before serving.

## **Ground Beef Casserole**

**Esther Perkins**

- |                                     |                      |
|-------------------------------------|----------------------|
| <i>2 lbs. ground beef</i>           | <i>1 tsp. salt</i>   |
| <i>1 sm. onion, chopped</i>         | <i>1 tsp. pepper</i> |
| <i>2 sm. cans tomato sauce</i>      |                      |
| <i>2 med. cans mixed vegetables</i> |                      |

Brown ground beef and onion in a skillet. In a casserole dish combine remaining ingredients; stir in beef mixture. Bake at 350° for 1 hour.

## **Ham & Scalloped Potatoes in a Crock-Pot**

**Laura Simmons**

- |  |   |
|--|---|
| <i>6-8 slices of ham, diced</i>                    | <i>1 can cheddar cheese soup</i>        |
| <i>6-10 med. potatoes,<br/>peeled, sliced thin</i> | <i>1 can cream of mushroom<br/>soup</i> |
| <i>2 onions, peeled, sliced<br/>thin</i>           | <i>2 C. milk</i>                        |

Layer ham, potatoes and onions in crock-pot. Sprinkle undiluted soups over top and add milk. Cover and cook on low for 8-10 hours or high for 4 hours.

## **Ham Balls**

**Deb Kleveland**

1 1/2 lb. ground ham

1 1/2 lb. ground beef

1 1/2 C. Graham Cracker  
crumbs

2 eggs

3/4 C. milk

*Sauce:*

1 can tomato soup

2 T. vinegar

1 C. brown sugar

1 T. dry mustard

Mix meat ingredients together and shape into balls the size of a large egg. Place in a greased baking dish. Mix together all sauce ingredients, pour over meat balls and bake at 350° for 1 hour.

## **Ham Balls**

**John Arnold**

3-6 lb. ham loaf

*Cookies BBQ Sauce*

Take ham loaf and form into meatball-size balls. Put into a pan and brush with BBQ. Place under broiler. Turn them and repeat the process. When glazed to your liking, place them in a crock pot and cover with more BBQ sauce until done or ready to serve.

God shows no partiality. Acts 10:34

## Ham Casserole

Lori Aukes

2 C. raw macaroni      1/2 C. sour cream  
1 1/2 C. cubed cooked ham      1/2 C. milk  
10 oz. pkg. frozen broccoli      1 C. shredded cheese  
1 can cream of chicken      3 oz. can onion rings  
soup

Cook macaroni. Drain. Combine with ham and broccoli and put into a greased 3 quart casserole dish. Blend together soup, sour cream, and milk and pour over ham mixture. Sprinkle on the cheese. Bake at 350° for 20 minutes. Sprinkle onion rings on top and bake an additional 5 minutes. This can be divided into 2 dishes and frozen.

## Hashbrown Quiche

Carol Kleveland

3/4 pkg. hashbrowns,      1 pkg. ham chunks  
thawed      3 eggs  
1/3 C. oleo, melted      2/3 C. milk  
1 1/4 C. Swiss cheese      1/2 tsp. salt  
1 1/4 C. cheddar cheese      1/2 tsp. pepper

Grease 9x13 pan. Press moisture out of hashbrowns with paper towels. Press into pan. Brush with melted butter. Bake at 350° for 35 minutes. Mix rest of ingredients together. Pour over baked hashbrowns. Bake at 350° for 30 more minutes. Serve hot.

## **Herbed Pork and Potatoes**

**Betty Sifuentes**

<i>3 T. fresh rosemary, minced</i>	<i>2 tsp. salt</i>
<i>2 T. fresh marjoram, minced</i>	<i>2 tsp. pepper</i>
<i>8 garlic cloves, minced</i>	<i>1 (3 lb.) boneless whole pork loin roast</i>
<i>4 tsp. fresh sage, minced</i>	<i>4 lbs. medium red potatoes, quartered</i>
<i>4 tsp olive oil, divided</i>	

In a small bowl, combine the rosemary, marjoram, garlic, sage, 3 teaspoons oil, salt and pepper. Rub roast with 2 tablespoons of herb mixture. In a Dutch oven over medium-high heat, brown roast in remaining oil on all sides. Place in a roasting pan coated with cooking spray. Toss potatoes with remaining herb mixture; arrange around roast. Cover and bake at 350° for 1 1/2 to 2 hours or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. Good with fresh green beans. Yields 9 servings.

The glory of friendship is not the outstretched hand,  
nor the kindly smile, nor the joy of companionship;  
it's the spiritual inspiration that comes to one when  
he discovers that someone else believes in him  
and is willing to trust him with his friendship.

Ralph Waldo Emerson

## **Honey Barbecue Chicken**

**Lisa Reynolds**

- |   |  |
|---|--|
| <i>1 (20 oz.) can pineapple chunks</i>      | <i>1/2 C. chopped onion</i>                              |
| <i>4 boneless, skinless chicken breasts</i> | <i>1/2 C. chopped green pepper</i>                       |
| <i>1 tsp. curry powder</i>                  | <i>1 (18 oz.) bottle of honey BBQ sauce</i>              |
| <i>1 T. vegetable oil</i>                   | <i>Hot, cooked rice. Make according to instructions.</i> |

Drain pineapple and save the juice. Set fruit and juice aside. Sprinkle chicken with curry powder. Put vegetable oil in a large skillet and brown chicken on both sides over medium-high heat. Remove and keep warm. In the same skillet, sauté onion, green pepper and pineapple until vegetables are tender and pineapple is golden brown. Stir in BBQ sauce and reserved pineapple juice. Return chicken to the pan. Cover and simmer 15 minutes or until chicken juices run clear. Serve on rice. Serves 4.

## **Hot Chicken Salad**

**Betty Hein**

- |  |   |
|--|---|
| <i>2 C. cooked chicken breast, cubed</i> | <i>2 T. lemon juice</i>                 |
| <i>1 C. diced celery</i>                 | <i>1 C. mayonnaise</i>                  |
| <i>1/2 C. slivered almonds</i>           | <i>1 C. grated sharp cheddar cheese</i> |
| <i>1/2 tsp. salt</i>                     | <i>2/3 C. crushed potato chips</i>      |
| <i>1/2 tsp. pepper</i>                   |   |

Preheat oven to 350°. Spray a 9x13 pan with vegetable oil cooking spray. In a large mixing bowl, combine all ingredients except potato chips. Place in the prepared pan. Sprinkle crushed potato chips on top. Bake for 20 minutes or until bubbly.

## **Hungarian Pork**

**Lois Turner**

- |  |  |
|--|--|
| <i>1 lb. boneless lean pork,<br/>cut into 1 inch cubes</i> | <i>1/4 tsp. pepper</i>   |
| <i>4 tsp. oil</i>  | <i>2 cans (14 1/2 oz.) stewed<br/>tomatoes or 1 large can<br/>tomato sauce</i> |
| <i>2 T. flour</i>  | <i>1/2 C. sour cream</i>   |
| <i>1 T. paprika</i>  |  |
| <i>1/4 tsp. salt</i>                                       |  |

Toss meat with the flour, paprika, salt and pepper. Brown meat in oil. Stir in the tomatoes or tomato sauce. Cook over medium heat 20 minutes. Blend 1/2 C. meat sauce with the sour cream. Return to frying pan; heat through. Serve over noodles.

## **Jimmy Dean Sausage Casserole**

**Sharon Hartwell**

- |  |  |
|--|--|
| <i>2 (12 oz.) pkgs. Jimmy<br/>Dean Sausage</i> | <i>1 can cream of chicken<br/>soup</i>                 |
| <i>1 medium, chopped onion</i>                 | <i>1 C. sliced mushrooms</i>                           |
| <i>1 C. chopped green pepper</i>               | <i>2 C. water, including liquid<br/>from mushrooms</i> |
| <i>1 C. chopped celery</i>                     | <i>1 1/2 C. shredded cheddar<br/>cheese</i>            |
| <i>1 C. Uncle Bens Long Grain<br/>Rice</i>     | <i>1/2 C. (2 oz.) slivered<br/>almonds</i>             |
| <i>1 can chicken gumbo soup</i>                |  |

Brown sausage, onions, celery, and green pepper. Drain off fat. Add remaining ingredients. Spoon into a 2 quart casserole dish. Bake covered at 350° for 1 1/2 hours. Serves 8.

## **Lazy Day Stew**

**Betty Hein**

<i>2 lb. raw beef cubes</i>	<i>1 (8 oz.) can of tomato sauce</i>
<i>Potatoes</i>	<i>1 tsp. sugar</i>
<i>Carrots</i>	<i>Salt and pepper to taste</i>
<i>Onions</i>	<i>2 tsp. quick cooking tapioca</i>
<i>Celery</i>	

Arrange beef cubes in a large pan. Large enough to hold them in a single layer. Do not brown meat. Cut vegetables into good size chunks. Layer on top of meat. Mix tomato sauce with 1 can of water and the sugar. Add salt and pepper and pour over vegetables. Scatter tapioca on top. Do not stir. Seal tightly with aluminum foil. Bake at 325° for at least 2 hours. 3 hours is better. Don't peek during cooking. Meat is browned with perfect gravy.

## **Ling Cod caught off Seward, Alaska late August, 2008**

**Troy Thompson**

<i>Beer Batter:</i>	<i>1 12-oz. can Miller Lite beer</i>
<i>1 C. all-purpose flour</i>	<i>1 C. milk</i>
<i>1 C. Italian bread crumbs</i>	<i>4 eggs</i>
<i>1 T. kosher salt</i>	<i>4 lbs. cod fillets cut into cubes or sticks</i>
<i>2 tsp baking powder</i>	<i>1 1/2 - 2 qts. Canola Oil</i>
<i>3 tsp Old Bay seasoning</i>	

Mix flour, bread crumbs, salt, baking powder, and seasoning. Add beer, milk, and eggs. Mix well. Allow to set 3 - 5 minutes. Coat cod fillets/sticks in batter and let rest on cookie sheet for 15 minutes. Place battered fillets/sticks in deep fryer with oil at 375° until golden brown. Do not overburden oil - cook in batches to maintain temperature. Remove to paper towel plate and serve.

## Maidrites

Laura Simmons/Elizabeth Boever

6 - 8 lbs. ground beef	1/4 C. sugar
1 sm. can mushroom soup	Onions, diced, to taste
1 sm. can tomato soup	Celery Salt to taste
1 sm. can ketchup	Salt & Pepper to taste
1 T. prepared mustard	
1/8 C. Worcestershire Sauce	

Brown ground beef and drain. Add other ingredients. Recipe figures 1 dozen sandwiches to 1 pound of meat.

## Mazetti

Zora LuLu Hobert (Grandmother of Mary Lou Cross)

2 lbs. ground beef	2 cans condensed tomato soup
2 1/2 C. (about 1/2 bunch) celery with leaves, finely chopped	2 (4 oz.) cans mushrooms and liquid
2 C. onions, chopped	2 tsp. salt
2 cloves garlic, finely chopped	1/2 tsp. pepper
1 T. water	2 C. (1/2 lb.) Sharp Cheddar Cheese, grated
1 (8 oz.) pkg. medium-fine noodles	

Brown meat in skillet. Add celery, onions, garlic and water. Cover and steam until vegetables are tender. Remove from heat. Cook noodles according to package directions; drain. Add noodles to beef mixture; mix in soup, undrained mushrooms, salt and pepper. Spread mixture in a 3 qt. casserole dish. Sprinkle cheese on top. (Dish may be refrigerated up to 24 hours or frozen before cooking.) Place in cold oven; set at 250°. Bake uncovered about 1 hour, until bubbly. Makes 10-12 servings.

## Mexican Casserole

Sharon Hartwell

- |                                    |   |
|------------------------------------|---|
| 1 T. oil                           | 1 (2.5 oz.) can chopped black olives          |
| 1/2 C. chopped onion               | 1 can refried beans                           |
| 2 cloves garlic, minced            | 1/2 lb. shredded mozzarella cheese            |
| 1 1/2 lbs. ground beef             | 1 pt. sour cream                              |
| 1 (28 oz.) can of stewed tomatoes  | 1 (8 oz.) pkg. cheese-flavored tortilla chips |
| 1 pkg. taco seasoning mix          | 1/2 C. shredded cheddar cheese                |
| 1 (4 oz.) can sliced green chilies |   |

Heat oil in a large skillet over medium heat. Add onion and garlic and sauté until translucent. Add ground beef and cook until browned, stirring frequently. Stir in tomatoes, taco seasoning, chilies, and olives. Simmer about 10 minutes. Grease a 9x13 baking dish. Add the meat mixture, then the mozzarella cheese, and sour cream. top with chips. Bake at 350° for 30 minutes or until heated through. Sprinkle with cheddar cheese and continue baking until cheese melts. Let stand about 15 minutes before serving.

God is great, God is good,  
let us thank Him for our food.

## Mildred's Main Dish

**Mildred Perry**

- |                             |                                     |
|-----------------------------|-------------------------------------|
| <i>1 med. onion, minced</i> | <i>2 C. uncooked noodles</i>        |
| <i>2 T. butter</i>          | <i>1 can whole corn</i>             |
| <i>1 lb. ground steak</i>   | <i>1 can ripe olives (optional)</i> |
| <i>1 can tomato soup</i>    | <i>Salt &amp; pepper, to taste</i>  |
| <i>1 C. water</i>           | <i>1 C. grated cheese</i>           |

Sauté onion in butter. Add meat, soup and water; mix well. Add noodles, corn, olives, salt and pepper. Mix in cheese. Transfer to a baking dish. Bake at 350° uncovered for 45 minutes. If need be, leave in for another 15 minutes. It needs to be cooking all over, not just the around the edges. Do not over cook as it will be dry. It should be juicy.

## Mini Chicken Pot Pies

**Ronnie Corkill**

- |   |   |
|---|---|
| <i>1 container (16 oz.)<br/>refrigerated, reduced fat<br/>buttermilk biscuits</i> | <i>1 C. frozen, assorted<br/>vegetables, partially<br/>thawed</i> |
| <i>1 1/2 C. milk</i>  | <i>2 C. shredded Cheddar<br/>cheese</i>                           |
| <i>1 pkg. (1.8 oz.) white<br/>sauce mix</i>                                       | <i>2 C. French's French Fried<br/>Onions</i>                      |
| <i>2 C. cooked chicken, cut up</i>  |   |

Preheat oven to 400°. Separate biscuits. Press into 8 (8 oz.) custard cups, pressing up sides to form crust. Whisk milk and sauce mix in a medium saucepan. Bring to boiling over a medium-high heat. Reduce heat to medium-low, simmer 1 minute whisking constantly until thickened. Stir in chicken and vegetables. Spoon about 1/3 cup chicken mixture into each crust. Place cups on a baking sheet. Bake 15 minutes or until golden brown. Top each with cheese and French Fried Onions. Bake another 3 minutes or until golden. To serve, remove from cups and transfer to serving plates.

## Mom's Macaroni & Cheese

Chuck Tindall

<i>1/2 lb. macaroni</i>	<i>1/8 tsp. pepper</i>
<i>3 T. butter or margarine</i>	<i>1 T. dried minced onion</i>
<i>2 C. milk</i>	<i>1/2 C. flour</i>
<i>1/4 tsp. dry mustard</i>	<i>8 oz. Velveeta cheese</i>
<i>3/4 tsp. salt</i>	

Boil macaroni according to package directions. Melt butter in double boiler. Add milk, dry mustard, salt, pepper and onion. Heat until warm. Add flour and mix until thickened; add Velveeta. Mix until melted. Put cooked macaroni into a casserole dish and mix with melted cheese mixture. Bake at 400° for 20 minutes.

We thank Thee, God, for milk and bread  
And all our daily food;  
These gifts remind us day by day  
Our Father, Thou art good.

Amen.

# Non-Turkey Lover's Turkey

Marietta Olsen

10 lb. non-butter basted turkey	2 T. ginger
1/2 C. (1 oz.) garlic powder	3 T. Lawry's seasoned salt
5 tsp. (1/2 oz.) cayenne red pepper	3 T. mediterranean seasoning
1/3 C. chili powder	3 T. paprika
1 T. sage *	3/4 C. parsley
1 T. thyme *	Several onions
1 T. oregano *	Few stalks celery
2 tsp. basil *	1 C. Riunite Lambrusco red wine

Wash turkey thoroughly, including cavity. Pat dry. Starting with garlic powder, thoroughly coat outside of bird as well as inside the cavity. Continue with the rest of the seasoning. (\* Can use 4 tablespoons of Italian seasoning in place of sage, thyme, oregano and basil.) Place breast side down in roasting pan. Tightly seal with foil leaving a space above the turkey. Bake at 425° for 1 hour. Cool. While cooling, slice onions fairly thickly as well as the celery. Line the cavity with onion slices but don't stuff, then completely cover turkey with onion slices using toothpicks if necessary to hold onion in place. Re-cover with foil and bake at 400° for 1 hour. Add celery to pan including some in the cavity. Pour in red wine (do not substitute white wine). Re-cover and bake at 350° for 45 minutes or until done. Check drumstick for doneness. If skin has peeled back off a significant portion of the bone it should be done. Do not add pepper or additional salt. This turkey will not taste "spicy". It will just have a wholesome, hearty, meaty flavor. If you can't find a non-butter-infused turkey, completely ignore the pop-up button. Just cook according to the above instructions.

## Oven-baked French Toast

Carol Kleveland

*For French Bread:*

*3/4 C. butter*

*1 C. brown sugar*

*1 1/2 tsp Karo Syrup*

*6 oz. pecan pieces*

*1 loaf french bread, cut  
into slices*

*For Egg Mixture:*

*5 eggs*

*1 1/2 C. milk*

*2 tsp. vanilla*

*1/4 tsp nutmeg*

*1/4 tsp. cinnamon*

Spray 9x13 pan liberally. Bring to a boil butter, brown sugar, and Karo Syrup. Pour into pan. Sprinkle on pecan pieces. Lay french bread over pecan pieces. Mix together eggs, milk, vanilla, and spices. Pour over bread. Cover and refrigerate over night. Bake at 325° for 45 minutes. Remove when golden brown. Dump upside down on tin-foil lined cookie sheet. Serve covered with blueberry or strawberry pie filling and whipped cream.

## Oven-Fried Chicken Parmesan

Monica Parkis

*1/2 C. grated Parmesan  
cheese*

*1/4 C. flour*

*1 tsp. paprika*

*1/2 tsp. salt*

*Dash pepper*

*1 egg, slightly beaten*

*1 T. milk*

*2 1/2 to 3 lb. broiler-fryer  
chicken, cut up*

*1/4 C. margarine, melted*

Combine cheese, flour and seasonings. Combine egg and milk. Dip chicken in egg mixture then coat with cheese mixture. Place in baking dish. Pour margarine over chicken and bake at 350° for 1 hour or until tender. Makes 3 to 4 servings

## **Pizza Burgers**

**Laura Simmons**

<i>2 lb. hamburger</i>	<i>2 T. Worcestershire sauce</i>
<i>1 lb. sausage</i>	<i>1/4 tsp. Accent</i>
<i>1 T. dehydrated onion</i>	<i>3/4 C. tomato paste</i>
<i>1/2 T. garlic salt</i>	<i>3/4 C. water</i>
<i>1/2 T. oregano</i>	<i>Mozzarella cheese</i>

Brown hamburger and sausage. Add rest of ingredients; mix well. Put mixture on 1/2 hamburger buns; top with cheese. Bake at 425° for about 15 minutes.

## **Poppy Seed Chicken**

**Ann Walrod**

<i>4 C. chicken, cooked &amp; cubed</i>	<i>1 C. crushed Ritz Crackers</i>
<i>1 C. sour cream</i>	<i>1 T. poppy seed</i>
<i>1 can cream of chicken soup</i>	<i>1/2 stick butter, melted</i>

Mix together all ingredients. Place in greased 9x9 pan. Bake at 350° for 45 minutes to 1 hour.

If you worry, why pray? If you pray, why worry?

## **Pork Patty BBQ Sauce**

**In Memory of Ersel Bernhard**

*Small Batch:*

*2 1/2 C. catsup  
1 C. white sugar  
1 1/2 C. brown sugar  
1/2 C. salad oil  
1/3 C. vinegar  
1 1/2 T. Worcestershire  
sauce*

*Large Batch:*

*1 gal. catsup  
6 C. white sugar  
9 C. brown sugar  
3 C. salad oil  
2 C. vinegar  
10 T. Worcestershire sauce*

Blend together all ingredients until sugars are dissolved. Spread on top of pork patties on the grill just before taking them off. Sauce keeps forever in the refrigerator. Best used on pork. Best when used at room temperature. If making a large batch of sauce, it can be frozen in small containers for use.

## **Quick Chicken Pie**

**Chuck Tindall**

*1 chicken*

*Boiled eggs, sliced*

*1 can cream of chicken  
soup*

*1 C. flour*

*1 C. milk*

*1 stick of butter, softened*

Boil chicken until done. De-bone and reserve 2 cups of broth. Layer chicken in oblong baking dish. Add sliced eggs. In a sauce pan combine cream of chicken soup and broth. Bring to a boil and pour over chicken and eggs. Mix together flour, milk, and butter. Pour evenly over layers. Bake at 350° for 30-45 minutes

## **Raised Meat Balls**

**Laura Simmons**

<i>4 slices of bread</i>	<i>2 tsp. baking powder</i>
<i>1/2 C. milk</i>	<i>1 can condensed cream of mushroom soup</i>
<i>2 eggs, beaten</i>	<i>1 can condensed cream of chicken soup</i>
<i>1 lb. ground beef</i>	<i>1 C. milk</i>
<i>3/4 tsp. salt</i>	
<i>2 T. chopped onion</i>	

Soak bread in 1/2 cup of milk. Add eggs, ground beef, salt, onion and baking powder. Mix lightly, but well. Shape into balls - the size of walnuts. Brown, then place in a greased baking dish. In a bowl mix soups and 1 cup of milk together. Pour over meat balls. Bake at 350° for 1 hour. Serves 5-6 people

## **Roast Beef Sandwiches**

**Ann Walrod**

<i>1 1/2 lbs. deli roast beef</i>	<i>Provolone Cheese slices</i>
<i>2 cans French Onion Soup</i>	<i>6-8 Hot dog/Hoagie buns</i>

Cut roast beef into bite size pieces. Just cut through all roast beef at one time. Heat roast beef and undiluted soup in a sauce pan. Drain beef and place on buns with a cheese slice. You can toast in the oven if you like. You can use the remaining soup for dipping sandwiches.

## Rustic Lasagna

### Sherry Sandvik

- |  |  |
|--|--|
| 9 lasagna noodles  | 1 cub shredded carrots                 |
| 2 cans (8 oz. each) tomato sauce   | 1 (15-16 oz.) container ricotta cheese |
| 1 clove garlic, minced   | 1/4 C. grated Parmesan cheese          |
| 1 tsp. fresh oregano or 1/4 tsp. dried oregano                                 | 1 C. shredded mozzarella cheese        |
| 1 (10 oz.) pkg. frozen, chopped broccoli, thawed and squeezed of excess liquid |  |

Cook lasagna noodles according to package directions, but do not add salt. While noodles are cooking, preheat oven to 350°. Spray a 9x13 baking dish with vegetable cooking spray; set aside. In a small bowl, combine tomato sauce, garlic and oregano. Mix well. In a medium bowl, combine broccoli, carrots, ricotta, and Parmesan. Mix well. Drain noodles in a colander. Spread 1/2 cup of tomato sauce mixture in bottom of prepared dish. Place 3 noodles on top of tomato sauce. Spread half of broccoli mixture over noodles. Spoon 1/2 cup of tomato sauce over broccoli; place 3 noodles on top. Spread with remaining broccoli mixture; top with 1/2 cup of tomato sauce. Top with remaining noodles and tomato sauce; sprinkle mozzarella over top. Bake until bubbling, about 45 minutes. Place on a wire rack and cool for about 15 minutes; cut into squares. Turn this into a meaty lasagna by adding Italian sausage !!

## **Salisbury Steak**

**Keila Buffington**

*2 lbs. lean ground beef*      *1 pkg. Lipton Onion Soup*  
*Season to taste*              *Mix*  
*2 cans beef broth, reserved*      *Corn starch*

Make ground beef into patties, season to taste and bake at 350° until cooked through. Drain grease. In a saucepan put beef broth - reserve 1/4 cup back - and onion soup mix. Bring to a boil. Mix reserved beef broth with enough corn starch to make a rue. Add rue to boiling mixture to make a gravy. Pour over burger and bake another 10-15 minutes.

## **Salmon Loaf**

**Deb Kleveland**

*1 C. salmon*                      *1/2 tsp. salt*  
*1 C. cracker crumbs*          *2 eggs*  
*1/4 tsp. celery salt*            *1 C. milk*  
*1/4 tsp pepper*                 *2 T. butter, melted*

Mix together all ingredients. Shape into a loaf and put in a buttered pan. Bake at 350° for 30 minutes.

Hatred stirs up dissension,  
but love covers over all wrongs.  
Proverbs 10:12

## **Salmon Patties**

**Sharon Hartwell**

- |  |                                       |
|--|---------------------------------------|
| <i>1 (14 3/4 oz.) can red salmon</i>   | <i>2 large eggs</i>                   |
| <i>Seafood seasoning (this can't always be found, so I use garlic salt, salt and pepper)</i> | <i>3/4 C cracker crumbs</i>           |
|  | <i>1/2 medium onion, chopped fine</i> |
|  | <i>1 T. water</i>                     |

Drain and remove bone from salmon. Flake and sprinkle with seasoning, blend to taste. Add cracker crumbs, eggs, onion and water. Mix well and form into patties. Cook 3 minutes on each side on a greased skillet.

## **Saucy Meatballs**

**Chuck Tindall**

- |   |   |
|---|---|
| <i>1 lb. lean ground beef</i>           | <i>1 T. flour</i>   |
| <i>2/3 C. grated Parmesan cheese</i>    | <i>1 (28 oz.) can tomatoes, cut into bite-size pieces</i> |
| <i>1/2 C. seasoned dry bread crumbs</i> | <i>1 C. Heinz 57 sauce</i>                                |
| <i>1/2 C. milk</i>                      | <i>1 T. sugar</i>   |
| <i>1 egg, slightly beaten</i>           | <i>1/2 tsp. salt</i>                                      |
| <i>2 T. shortening</i>                  | <i>Hot buttered noodles</i>                               |

Combine first 5 ingredients. Shape into 20 meatballs using a rounded tablespoon for each. Brown well in shortening. Drain excess fat. Sprinkle flour over meatballs; stir gently to coat. Combine tomatoes, Heinz 57 sauce, sugar and salt; pour over meatballs. Simmer uncovered 25 minutes or until sauce is desired consistency, stirring occasionally. Serve meat balls and sauce over noodles. Makes 5 servings (about 3 cups sauce).

## **Sauerbraten**

**Lou Ann Neuroth**

<i>5 lb. boneless beef</i>	<i>2 T. sugar</i>
<i>1 big onion, sliced</i>	<i>3 bay leaves</i>
<i>1 1/2 C. red wine vinegar</i>	<i>6 whole cloves</i>
<i>1 stalk celery, chopped</i>	<i>1 1/2 C. water</i>
<i>6 peppercorns</i>	<i>4 T. shortening</i>
<i>2 carrots, sliced</i>	<i>1/2 C. crushed gingersnaps</i>
<i>1 T. salt</i>	

Put together all ingredients except gingersnaps. Marinate in a glass dish for 2 to 4 days, turning twice daily. Take meat out of marinade, pat dry, roll in flour and brown in shortening. Brown well, then put in a pan and pour marinade back over meat. Bake at 275°, covered, for 3 1/2 to 4 hours, until tender. Take meat out and remove all leaves and peppercorns from juice. Make a thin gravy out of juices. Add gingersnaps to thicken gravy more.

## **Sausage Potato Casserole**

**Chuck Tindall**

<i>1 lb. bulk sausage</i>	<i>1/2 tsp. pepper</i>
<i>4 C. potatoes, thinly sliced</i>	<i>1/2 tsp. onion salt</i>
<i>1/4 C. flour</i>	<i>1 C. shredded cheese</i>
<i>1/2 tsp. salt</i>	<i>1 1/2 C. milk</i>

Break sausage into small pieces and lightly brown; drain. Place 1/2 of potatoes in a 2 quart casserole dish. Then 1/2 of the flour, 1/2 of the salt, 1/2 of the pepper, 1/2 of the onion salt, 1/2 of the sausage and 1/2 of the cheese. Repeat process. Pour milk over all. Cover. Bake at 350° for 1 hour.



## **Smoked Turkey**

**Oscar Banks**

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| <i>2 gal. water</i>                  | <i>4 T. liquid smoke</i>         |
| <i>1 C Morton's Non-Iodized Salt</i> | <i>4 T. Worcestershire Sauce</i> |
| <i>2 C. Morton's Tender Quick</i>    | <i>10-12 lb. turkey</i>          |

Mix all ingredients in a 5 gallon plastic pail. Add turkey and marinate for 24 hours. It usually takes 12-15 lbs. of charcoal to smoke this size turkey. It can be cooked in a traditional smoker or on a charcoal grill.

## **Spicy Salmon Patties**

**Lois Turner**

- |  |  |
|--|--|
| <i>2 slices whole wheat bread</i>                                | <i>1/2 C. finely chopped onion</i>         |
| <i>12 pretzel twists</i>   | <i>1/3 C. finely chopped green pepper</i>  |
| <i>2 tsp. Italian seasoning</i>                                  | <i>2 garlic cloves, minced</i>             |
| <i>2 tsp. salt-free spicy seasoning blend</i>                    | <i>1 T. finely chopped jalapeno pepper</i> |
| <i>1/2 tsp pepper</i>  | <i>2 T. canola oil</i>                     |
| <i>2 eggs</i>  |  |
| <i>1 can (14 3/4 oz) salmon, drained, skin and bones removed</i> |  |

Place first 5 ingredients in a blender or food processor; cover and process until mixture resembles fine crumbs. In a bowl, combine the eggs, salmon, onion, green pepper, jalapeno, garlic and 1/2 cup crumb mixture. Shape into 8 patties. Coat with remaining crumb mixture. In a large skillet over medium heat, cook patties in oil for 4 - 5 minutes on each side or until lightly browned. Serves 4.

## **Stir-Fry**

**Diane Thompson**

<i>1 to 1 1/2 lb. pork or beef</i>	<i>celery, onion, carrots,</i>
<i>Flour to dredge meat</i>	<i>mushrooms,</i>
<i>1 to 2 T. oil</i>	<i>broccoli, water chestnuts</i>
<i>1 to 1 1/2 T. ground ginger</i>	<i>1 sm. can chicken or</i>
<i>5 C. of combined,</i>	<i>oriental broth</i>
<i>diagonally sliced</i>	<i>2 to 3 T. soy sauce</i>
<i>vegetables:</i>	<i>1/4 C. flour</i>

Cut meat into stir-fry size. Coat meat with flour. Heat oil in a wok or fry pan and cook meat until brown; sprinkle with ginger while cooking. When meat is cooked, add vegetables. In a bowl combine broth, soy sauce and flour. Add to meat and vegetables. Cook until mixture thickens and vegetables are semi-soft. Serve as is or over the top of rice or noodles. Serves 4.

## **Stove Top Chicken Casserole**

**Ann Walrod**

<i>2 boxes Stove Top Stuffing</i>	<i>2 cans cream of chicken</i>
<i>5-6 C. chicken, cooked &amp;</i>	<i>soup</i>
<i>diced</i>	<i>2 cans evaporated milk</i>
<i>1/2 C. butter, melted</i>	
<i>8-10 slices of processed</i>	
<i>Swiss Cheese</i>	

Grease 9x13 pan. Sprinkle 1 box of stuffing mix over bottom of pan. Drizzle half of the butter over stuffing. Mix one can of soup and one can of milk together; pour over stuffing. Next, spread cooked chicken evenly over soup/milk mixture. Unwrap cheese slices and place over chicken. Sprinkle 2/3 of remaining box of stuffing over cheese. Mix the other can of soup and can of milk together and pour over stuffing. Sprinkle remaining stuffing over top. Drizzle remaining butter over all. Bake at 350° for 1 hour.

## **Stuffed Cabbage Casserole**

**Lois Turner**

<i>1 head cabbage</i>	<i>1 qt. tomatoes</i>
<i>1 lb. hamburger</i>	<i>1 can tomato soup with 1</i>
<i>1 onion, chopped</i>	<i>can water (combined)</i>
<i>1 1/2 C. (uncooked) instant rice</i>	<i>Salt, pepper, sugar to taste</i>

Cut cabbage into bite-size pieces. Put 1/2 the cabbage in bottom of the pan. Crumble raw hamburger over the cabbage. Add onion, rice and tomatoes. Cover with remaining cabbage. Pour soup and water mixture over the top. Salt and pepper and a little sugar to taste. Bake covered for 1 1/2 hours at 375°

## **Swiss Steak in Crock-Pot**

**Chuck Tindall**

<i>2 lbs. round steak</i>	<i>1 med. onion, chopped</i>
<i>Flour</i>	<i>2 C. beef bouillon</i>
<i>Oil</i>	

Cut round steak into serving-size pieces. Dredge in flour and brown in oil in a large skillet. Place browned meat in crock-pot. Sauté onion and add to crock-pot. Pour bouillon over meat and cook for 6 to 8 hours on low (4 to 6 hours on high). Serves 6 to 8 people.

## Taco Casserole

Chuck Tindall

- |  |   |
|--|---|
| 1 lb. ground beef                        | 1 (16 oz.) can whole kernel corn, drained |
| 1/2 C. onions, chopped                   | 3 T. green chillies, chopped              |
| 1 (16 oz.) can whole tomatoes            | 1 C. pitted black olives, sliced          |
| 1 (8 oz.) can tomato sauce               | 1 C. shredded Cheddar cheese              |
| 1 env. chili sauce mix                   | 1 pkg. corn tortilla chips, plain         |
| 1 (16 oz.) can red kidney beans, drained |   |

Brown ground beef and onions in a large skillet. Stir in tomatoes, tomato sauce and chili sauce mix; simmer for 5 minutes. Add red kidney beans, corn, chillies and olives. Let simmer for another 5 minutes. Layer in a 2 quart casserole dish and alternate: ground beef mixture; then a layer of crushed plain tortilla chips; then a layer of shredded cheese. Repeat sequence until all mixture is gone ending with a layer of cheese on top. Bake at 400° for 15 minutes until cheese is melted.

I can do everything through him who gives me strength.  
Philippians 4:13

## **Taco Ring**

**Ann Walrod**

<i>3/4 lb. ground beef</i>	<i>1 chopped bell pepper</i>
<i>1 pkg. taco seasoning mix</i>	<i>salsa</i>
<i>1 C. shredded cheddar cheese</i>	<i>shredded lettuce</i>
<i>2 T. water</i>	<i>1 chopped tomato</i>
<i>2 pkg. (8 oz. each) refrigerated crescent rolls</i>	<i>1/4 C. chopped onion</i>
	<i>1/2 C. sliced olives</i>
	<i>sour cream</i>

Preheat oven to 375°. In a skillet, cook ground beef until browned. Remove from heat. Pour off drippings. Stir in seasoning mix, cheese and water; set aside. Unroll crescent dough. Separate into triangles. Arrange triangles in a circle on a greased, 14 inch pizza pan with wide ends overlapping in the center with points toward the outside. There should be a 5 inch diameter opening in center. Scoop meat mixture evenly onto widest end of each triangle. Bring outside points of triangles down over filling and tuck under wide ends of dough at center. Filling will not be completely covered. Bake 20-25 minutes or until golden brown. Serve with remaining ingredients (optional).

Now he who supplies seed  
to the sower and bread for food,  
will supply and multiply your seed for sowing,  
and increase the harvest of your righteousness.

## **Wild Rice**

**Betty Sifuentes**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| <i>1 small onion, chopped</i>     | <i>4 C. cooked chicken</i>       |
| <i>1/3 C. margarine</i>           | <i>4 C. cooked wild rice</i>     |
| <i>1/3 C. flour</i>               | <i>2 jars mushrooms, drained</i> |
| <i>1 1/2 tsp. salt</i>            | <i>1 jar pimentos</i>            |
| <i>1/2 tsp. pepper</i>            | <i>1 T. parsley</i>              |
| <i>1 can chicken broth</i>        | <i>1/3 C. slivered almonds</i>   |
| <i>1 C. half &amp; half cream</i> |                                  |

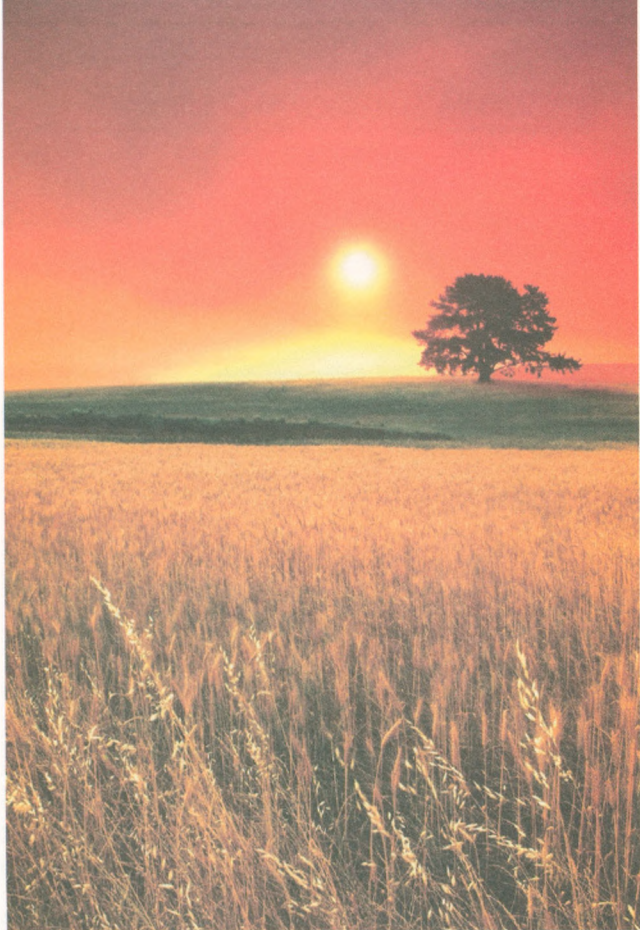
Sauté onion in margarine until tender. Stir in flour, salt and pepper until blended. Stir in broth; bring to a boil. Boil and stir for 2 minutes or until thickened and bubbly. Stir in cream, chicken, rice, mushrooms, pimentos and parsley; heat through. Transfer to greased baking dish. Sprinkle with almonds. Bake at 350° uncovered for 30-35 minutes.

## **Zesty Ham Sandwich**

**Diane Thompson**

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| <i>1/4 lb. butter</i>            | <i>1/4 C. onion, minced</i>          |
| <i>1/4 tsp. horseradish</i>      | <i>6 slices French bread or buns</i> |
| <i>1/4 tsp. prepared mustard</i> | <i>6 slices cooked ham</i>           |
| <i>1/8 tsp. Accent</i>           | <i>6 slices Swiss cheese</i>         |
| <i>1 T. poppy seed</i>           |                                      |

Mix butter with horseradish, mustard, Accent, poppy seed and onion and spread bread slices with it. Top with ham and cheese slice. Wrap in foil. Bake at 350° for 20 minutes.



# Desserts



## Apple Betty

Chuck Tindall

2 C. chopped apples

1/2 C. sugar

1 tsp. cinnamon

3/4 C. oatmeal

3/4 C. flour

3/4 C. brown sugar

1/2 C. butter

Mix apples, sugar and cinnamon and place in a greased casserole dish. Combine oats, flour, brown sugar and butter; crumble over apples. Bake at 350° for 30-45 minutes.

## Apple Cake and Sauce

Bernice Haugen

1 C. sugar

1/4 C. butter

1 egg

1 C. flour

1/2 tsp. salt

1 tsp. soda

1 tsp. cinnamon

1/4 tsp. nutmeg

2 C. chopped apples

1/2 C. nuts

Sauce:

1 T. cornstarch

3/4 C. sugar

1/4 C. butter or oleo

1 C. milk

1 tsp. vanilla

For batter: Cream sugar and butter, then add egg. Sift dry ingredients and add to egg mixture. Stir in apples and nuts. Batter is very stiff. Bake in a 9 inch square pan for 15 minutes at 350°; then 25 minutes more at 325°. Serve with sauce or ice cream.

For sauce: Combine all sauce ingredients and cook, stirring until slightly thickened. Serve hot or cold.

## Apple Pecan Cheesecake

Susan Krein

- |  |   |
|--|---|
| 1 1/2 C. graham cracker crumbs                                   | 1 tsp. vanilla                            |
| 1/4 C. (1/2 stick) butter, melted                                | 1 C. sour cream                           |
| 1 1/2 C., plus 2 T. packed brown sugar, divided 2 T. brown sugar | 4 eggs                                    |
| 4 pkg (8 oz each) cream cheese, softened                         | 4 C. apples, chopped and peeled (about 3) |
|  | 3/4 C. chopped pecans                     |
|  | 1 tsp. ground cinnamon                    |

Heat oven to 325°. Line 9x13 pan with foil. Mix graham cracker crumbs, butter and 2 tablespoons brown sugar; press onto bottom of pan. Bake 10 minutes. Beat cream cheese, 1 cup brown sugar and vanilla with electric mixer until blended. Add sour cream; blend. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust. Mix remaining 1/2 cup of brown sugar, apples, pecans and cinnamon; spoon over batter. Bake 1 hour to 1 hour 5 minutes. Cool. Refrigerate 4 hours. Use foil to lift cheesecake from pan before cutting to serve. Makes 16 servings.

Blessed are the peacemakers;  
For they shall be called the children of God.  
Matthew 5:9

## **Banana Bars**

**Brenda Aukes**

*1/2 C. margarine*

*1 1/2 C. sugar*

*2 eggs*

*3/4 C. buttermilk*

*2 bananas*

*1 tsp. vanilla*

*2 C. flour*

*1/2 tsp. salt*

*1 tsp. baking soda*

*Frosting:*

*1 large carton fat free  
cream*

*4 tsp. butter*

*1 1/2 C. powder sugar*

*1 tsp. vanilla*

Combine all ingredients for bars and mix well. Pour into a greased pan. Bake at 350° for 30 minutes. For frosting: Combine all frosting ingredients and mix well. Spread over cooled bars.

## **Black Forest Torte**

**John Arnold**

*5 C. miniature*

*marshmallows*

*1 pkg. chocolate cake mix*

*1 can cherry pie filling*

*1 container frozen whipped  
topping, thawed*

Sprinkle marshmallows in a greased 9x13 pan. Make cake according to package instructions and pour over marshmallows. Spoon pie filling over batter. Bake at 350° for 1 hour or until toothpick comes out clean. Cool and frost with whipped topping. Store in refrigerator. Makes 12-16 servings.

## **Blueberry Coffee Cake**

Lois Turner

<i>1/4 C. vegetable shortening</i>	<i>2 C. fresh or frozen blueberries</i>
<i>1 C. sugar</i>	<i>Topping:</i>
<i>2 eggs</i>	<i>2/3 C. sugar</i>
<i>1 tsp. vanilla</i>	<i>2/3 C. flour</i>
<i>2 1/4 C. flour</i>	<i>1/4 C. butter or margarine</i>
<i>1 T. baking powder</i>	<i>1/4 tsp. almond or vanilla extract</i>
<i>2/3 C. milk</i>	

Preheat oven to 350°. Grease and flour two, 8 or 9 inch round baking pans. Beat shortening and sugar together until fluffy. Add eggs and vanilla. Beat well. Combine flour and baking powder, add alternately with milk to shortening mixture. When smooth, spoon into baking pans. Sprinkle 1 cup blueberries over batter in each pan. For topping: Combine sugar and flour. Cut in butter until mixture is crumbly. Add extract. Sprinkle topping over blueberries. Bake for 35 minutes or until a toothpick comes out clean. Cool slightly and cut into wedges. Serves 16.

## **Blueberry Dessert**

Deb Cunningham

<i>1/2 C. butter, melted</i>	<i>1 (8 oz.) pkg. cream cheese</i>
<i>1/2 C. white sugar</i>	<i>2 eggs, beaten</i>
<i>1 C. graham cracker crumbs</i>	<i>1 can blueberry pie filling</i>
<i>1/2 C. white sugar</i>	<i>Cool Whip or Whipped Cream</i>

Mix butter, 1/2 cup sugar, and graham cracker crumbs together and pat in a 9x13 pan. Cream 1/2 cup sugar and cream cheese; add eggs. Pour over the crust. Bake at 350° for 20 minutes. When cool, top with pie filling. Spread Cool Whip or Whipped Cream on top.

## **Browned Butter Frosting**

### **Sherry Sandvik**

3 T. butter  
1 1/2 C. confectioners  
sugar

1 tsp. vanilla  
1 T. milk

Heat butter in saucepan over medium heat until a delicate brown. Pour melted butter into a medium bowl and mix in sugar. Stir in vanilla and milk. Beat until frosting is smooth. Frost your Spice Cake.

To God who gives us daily bread  
A thankful song we raise,  
And pray that He who sends us food  
Will fill our hearts with praise.

Amen.

## **Brownie Pizza**

**Ronnie Corkill**

### *Brownie Layer:*

4 squares Baker's  
Unsweetened Chocolate  
3/4 C. (1 1/2 sticks)  
margarine or butter  
2 C. sugar  
4 eggs  
1 tsp. vanilla  
1 C. flour

### *Topping:*

1 (8 oz.) pkg. cream  
cheese, softened  
1/4 C. sugar  
1 egg  
1/2 tsp. vanilla  
Assorted sliced fruit  
2 squares Baker's Semi-  
Sweet Chocolate, melted

Heat oven to 350°. Line a 12x1/2 inch pizza pan with foil (to lift brownie from pan after baking). Grease foil. In a large microwavable bowl, microwave unsweetened chocolate and margarine on high for 2 minutes or until margarine is melted. Stir until chocolate is completely melted. Stir sugar into melted chocolate mixture. Mix in eggs and vanilla until well blended. Stir in flour. Spread on the prepared pizza pan. Bake for 30 minutes. Mix all topping ingredients (except assorted fruit and melted semi-sweet chocolate) in a small bowl until well blended. Pour over baked brownie crust. Bake 10 minutes or until toothpick inserted into the center comes out with fudgy crumbs. Do not over bake. Cool in pan. Lift brownie pizza out of pan and place on serving plate. Peel off foil. Arrange fruit over the top and drizzle with melted semi-sweet chocolate. Makes 12 servings.

## **Brownie Trifle**

**Madeline Buffington**

- |   |   |
|---|---|
| 1 (19.8 oz.) pkg. fudge brownie mix                 | 6 (1.4 oz.) English toffee-flavored candy bars<br>(Heath bars are good) |
| 3 (3.9 oz.) pkgs. chocolate instant pudding         |   |
| 1 (12 oz.) container frozen whipped topping, thawed |   |

Prepare and bake brownie mix according to package directions. Cool, then crumble into small pieces. Prepare the 3 packages of pudding according to package directions using a total of 4 cups of milk instead of 6 cups, and omitting chilling procedure. Place 1/3 of crumbled brownies in a 3 quart trifle bowl; top with 1/3 each of pudding, whipped topping, and crushed candy bars. Repeat layers twice using remaining ingredients, ending with crushed candy bars. Cover and chill trifle at least 8 hours. Yield: 16 servings.

## **Can't Leave 'Em Alone Bars**

**Ann Walrod**

- |                        |                                |
|------------------------|--------------------------------|
| 1 pkg. yellow cake mix | 1 can sweetened condensed milk |
| 1/3 C. oil             |                                |
| 2 eggs                 | 1/4 C. butter, cubed           |
| 1 C. chocolate chips   |                                |

Mix together cake mix, oil and eggs. In a saucepan, melt together the chocolate chips, condensed milk and butter. Spread 2/3 of the cake mixture in a greased 9x13 pan. Pour chocolate mixture on top. Drop remaining cake mixture randomly on top. Bake at 350° for 20-25 minutes.

## Caramel Bars

Leslie Grothe

About 50 (14 oz. pkg.) light caramels  
2/3 C. evaporated milk, divided  
1 pkg. Pillsbury German Chocolate Cake Mix  
3/4 C. butter, melted  
1 C. chopped nuts  
1 C. (6 oz. pkg.) semi-sweet chocolate chips

In a heavy saucepan combine caramels and 1/3 cup evaporated milk. Cook over low heat, stirring constantly, until caramels are melted. Set aside. Grease and flour a 9x13 pan. In a large mixing bowl combine dry cake mix, butter, 1/3 C. evaporated milk, and nuts. By hand, stir until dough holds together. Press half the dough into prepared pan; reserve remaining dough for topping. Bake at 350° for 6 minutes. Sprinkle chocolate chips over baked crust. Spread caramel mixture over chocolate chips. Crumble reserved dough over caramel mixture. Return to oven and bake 15-18 minutes. Cool slightly then refrigerate.

We need love's tender lesson taught  
As only weakness can;  
God hath His small interpreters,  
The child must teach the man.  
John Greenleaf Whittier

## **Carol's Crazy Brownies**

**Carol Kleveland**

<i>Brownies:</i>	<i>3 sticks margarine</i>
<i>3 C. flour</i>	<i>1 1/2 C. water</i>
<i>3 C. sugar</i>	<i>Easy Fudge Frosting:</i>
<i>1 1/2 tsp. baking soda</i>	<i>1 1/3 C. white sugar</i>
<i>3/4 C. milk</i>	<i>6 T. milk</i>
<i>3 eggs</i>	<i>6 T. margarine</i>
<i>3/4 C. cocoa</i>	<i>1 C. chocolate chips</i>

### **Brownies:**

Blend first 5 ingredients together with an electric mixer. Cook together cocoa, margarine, and water. Bring to a boil. Remove from heat and add slowly to the first mixture until well blended. Pour batter into greased and floured jellyroll pan. Bake at 350° for 25-30 minutes until a toothpick placed in the center comes out clean. Frost with Easy Fudge Frosting.

### **Easy Fudge Frosting:**

Cook sugar, margarine and milk over medium heat, stirring continually until it comes to a boil. Boil 30 seconds, then remove from heat. Beat until thickened. Pour over brownies and spread quickly over entire pan.

For every cup and plateful, God,  
make us truly grateful.

Amen.

## **Carrot Cake**

**Kristin Mikes**

<i>4 eggs</i>	<i>3 C. grated carrot</i>
<i>1 1/4 C. vegetable oil</i>	<i>1 C. pecans</i>
<i>2 C. sugar</i>	<i>Frosting:</i>
<i>2 tsp. vanilla</i>	<i>1/2 C. butter, softened</i>
<i>2 C. flour</i>	<i>8 oz. pkg. cream cheese, softened</i>
<i>2 tsp. baking soda</i>	<i>4 C. powdered sugar</i>
<i>2 tsp. baking powder</i>	<i>1 tsp. vanilla</i>
<i>1/2 tsp. salt</i>	
<i>2 tsp. cinnamon</i>	

Preheat oven to 350°. Grease and flour a 9x13 pan. In a large bowl beat together eggs oil, sugar and 2 tsp. vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots. Fold in pecans. Pour into prepared pan. Bake 40-50 minutes. Cool. Frosting: In a medium bowl combine butter, cream cheese, powdered sugar and 1 tsp. vanilla. Beat until mixture is smooth and creamy. Frost the cooled cake and top with pecans.

## **Cherry Bar Squares**

**Carol Kleveland**

<i>2 sticks margarine</i>	<i>3 C. flour</i>
<i>1 tsp. vanilla</i>	<i>1/2 tsp. salt</i>
<i>1 3/4 C. sugar</i>	<i>1 1/2 tsp. baking powder</i>
<i>4 eggs</i>	<i>1 can cherry pie filling</i>

Beat together all ingredients, except cherry pie filling, until blended. Save 1 cup of batter. Spread in greased and floured jellyroll pan. Spread cherry pie filling over batter in pan. Spoon remaining batter in little islands over cherries; spread dabs of batter out slightly. Bake at 350° for 30 minutes. When cool, dribble powdered sugar icing over the top.

## **Cherry Frosting**

**Marcia Korte**

- |  |                                     |
|--|-------------------------------------|
| <i>1/3 C. Crisco, butter, or margarine</i> | <i>1 tsp. vanilla</i>               |
| <i>1/2 tsp. salt</i>                       | <i>3 T. maraschino cherry juice</i> |
| <i>3 1/2 C. powdered sugar</i>             | <i>3 T. milk</i>                    |

Combine Crisco, salt, about 1 1/2 cup sugar, and vanilla. Blend in cherry juice. Add milk and rest of sugar alternately. Mix until smooth and creamy. Add more sugar to thicken or milk to thin, if needed, for good spreading consistency.

## **Chocolate Bars**

**Jean Bechtel**

- |   |                                       |
|---|---------------------------------------|
| <i>1 chocolate cake mix</i>             | <i>Frosting:</i>                      |
| <i>2 eggs</i>                           | <i>2 C. powdered sugar</i>            |
| <i>2 C. milk</i>                        | <i>1/4 stick oleo</i>                 |
| <i>1 pkg. instant chocolate pudding</i> | <i>4 T. milk</i>                      |
|   | <i>1 C. crushed Hershey candy bar</i> |

Mix all ingredients together and bake in a jelly roll pan at 350° for 20-25 minutes. Chill. Frost. \*\*Variation: if you'd prefer a yellow brownie, use yellow cake mix and instant vanilla pudding. You can also top the frosting with crushed peanuts.

## **Chocolate Cherry Crazy Cake**

Laura Simmons

1 pkg. large marshmallows    3 oz. pkg. cherry jell-o  
1 pkg. chocolate cake mix    1 can cherry pie filling

Line a 9x13 greased pan with marshmallows. Prepare cake mix according to package. Reserve enough batter equal to 6 cupcakes; set aside. Pour rest of batter over marshmallows. Mix jell-o and pie filling together and pour over top. Pour the reserved cake batter over the top of the pie filling mixture. Bake at 350° for 50 minutes.

## **Chocolate Chip Cream Cheese Bars**

Deb Cunningham

1 box Devils Food Cake Mix    1 egg  
1/3 C. oil    1 (8 oz.) pkg. cream  
1 egg    cheese  
1/3 C. sugar    1 pkg. chocolate chips.

Combine cake mix, oil and 1 egg until crumbly; set aside 1 cup. Pat the remaining amount in a 9x13 ungreased pan. Bake at 350° for 15 minutes. Combine sugar, 1 egg and cream cheese, then add the chocolate chips. Spread over the cooked layer in the pan. Sprinkle remaining crust mix on top of cream cheese layer. Bake at 350° for an additional 15 minutes. Cool before cutting.

# Chocolate Malted Milk Cheesecake

Dave Neuroth

5 (8 oz.) pkgs. cream cheese, softened	2 tsp. vanilla
1 1/2 C. sugar	1/4 tsp. salt
1 C. malted milk powder	5 eggs
1/2 C. unsweetened cocoa	1 C. whipping cream
1 (8 oz.) container sour cream	1/2 C. chopped malted milk balls

Heat oven to 350°. Line bottom only of 9x13 pan with foil; spray foil with nonstick cooking spray. In a large bowl, beat cream cheese at medium speed until fluffy. In a medium bowl, combine sugar, malted milk powder and cocoa; mix well. Add to cream cheese; beat at low speed until combined. Beat at medium speed until smooth. Add sour cream, vanilla, and salt; beat well. Add eggs, 1 at a time, beating just until combined after each addition. Pour batter into sprayed foil-lined pan. Place pan in larger shallow pan; place in oven. Add hot water to shallow pan until half full. Bake at 350° for 50 - 55 minutes or until set. Remove from oven. Remove cheesecake from water bath; place on wire rack. Cool about 1 hour or until lukewarm. Invert cheesecake onto cookie sheet; refrigerate at least 3 hours or overnight. To serve, in a small bowl beat whipping cream until stiff peaks form. Cut cheesecake into squares; place on individual dessert plates. Top each with whipped cream and chopped malted milk balls.

## **Chocolate Mayonnaise Cake**

**Laura Simmons**

<i>2 C. flour</i>	<i>2 tsp. baking soda</i>
<i>1 C. sugar</i>	<i>4 T. cocoa</i>
<i>1 C. mayonnaise</i>	<i>1 C. water</i>
<i>Dash salt</i>	

Mix all ingredients together. Pour batter in a lightly greased 9x13 pan. Bake at 350° for 30 minutes.

## **Chocolate Mint Bars**

**Deb Cunningham**

<i>Bottom Layer:</i>	<i>1/2 C. butter or margarine</i>
<i>1 C. all purpose flour</i>	<i>1 T. water</i>
<i>1 C. sugar</i>	<i>1/2 tsp. mint extract</i>
<i>1/2 C. butter or margarine, softened</i>	<i>3 drops green food coloring</i>
<i>4 eggs</i>	<i>Chocolate Topping:</i>
<i>1 1/2 C. chocolate syrup</i>	<i>6 T. butter or margarine</i>
<i>Mint Layer:</i>	<i>1 C. semi-sweet chocolate chips</i>
<i>2 C. powdered sugar</i>	

Preheat oven to 350°. Bottom Layer: In a large bowl beat flour, sugar, butter, eggs and chocolate syrup until smooth. Pour into an ungreased 9x13 pan. Bake for 25 to 30 minutes or until top springs back when touched. Top may still appear wet. Cool completely. Mint Layer: In a small bowl combine powdered sugar, butter, water, mint extract and green food coloring. Beat until smooth. Pour over first layer and chill. Chocolate Topping: In a small microwave-proof bowl, melt butter and chocolate chips on high for 1 to 1 1/2 minutes or just until chips are melted and mixture is smooth when stirred. Pour over mint layer and spread lightly. Chill.

## Chuck's Home-made Ice Cream

Chuck Kleveland

*For 6 qt. ice cream  
container*

*6 eggs*

*2 1/2 C. sugar*

*3 qts. half & half*

*2-3 tsp. vanilla (to taste)*

*pinch of salt*

*For 4 qt. ice cream  
container*

*4 eggs*

*1 3/4 C. sugar*

*2 - 2 1/2 qts. half & half*

*2 tsp. vanilla (to taste)*

*pinch of salt*

Mix together. Pour into freezing container. Fill container to 3/4 mark with whole milk. Freeze. (use ice and salt)

## Crescent Roll Dessert

Diane Thompson

*1 tube crescent rolls for the  
bottom*

*1 (8 oz.) pkg. cream  
cheese*

*1 C. sugar*

*1 egg*

*1 tsp. vanilla*

*1 tube crescent rolls for the  
top*

*Melted butter*

*Sugar*

Spread first tube of crescent rolls onto a 9x13 pan. Mix cream cheese, sugar, egg and vanilla. Spread over crescent rolls. Cover with the second tube of crescent rolls. Brush with melted butter. Sprinkle with sugar. Bake at 350° until golden brown.



## **Earthquake Dessert**

**Chuck Tindall**

- |  |   |
|--|---|
| <i>1/4 C. coconut</i>                      | <i>1 stick margarine, softened</i>        |
| <i>1 C. nuts, chopped</i>                  | <i>1 lb. powdered sugar</i>               |
| <i>1 box German Chocolate<br/>cake mix</i> | <i>8 oz. cream cheese, room<br/>temp.</i> |

Grease a 9x13 pan. Cover bottom with coconut, as much as you desire. Cover coconut with chopped nuts. Prepare cake mix as directed on package. Pour batter over coconut mixture. Combine margarine, powdered sugar and cream cheese. Stir until smooth. Spoon over batter. Do not stir after putting on cream cheese over batter. Bake at 350° for 1 hour.

## **Excellent Meringue**

**Myrth Smith**

- |                        |                           |
|------------------------|---------------------------|
| <i>2 egg whites</i>    | <i>4 T. (level) sugar</i> |
| <i>2 T. cold water</i> |                           |

Add water to egg whites; beat until foamy. Add sugar. Beat until egg whites look like 7-Minute Frosting. Top the pie with meringue and bake 16 minutes. A slow oven is best.

## **Frosting**

**Laura Simmons**

- |                   |                            |
|-------------------|----------------------------|
| <i>2 C. sugar</i> | <i>1 pkg. Knox gelatin</i> |
| <i>1 C. water</i> |                            |

In a saucepan, mix sugar and water. Boil until it "spins hair" 11-12 inches long. While still hot, mix in gelatin. Let cool to lukewarm. Then mix with electric mixer until white and fluffy.

## Frozen Pops

Monica Parkis

1 (3 oz.) pkg. Jell-O, any  
flavor

1 env. instant Kool-Aid  
drink mix, any flavor

1 C. sugar

2 C. boiling water

2 c. cold water

Dissolve Jell-O, Kool-Aid, and sugar in boiling water. Add cold water. Pour into ice cube trays, small paper cups or frozen pop molds. Insert wooden sticks in each ice cube section for handles. If desired, pops may be partially frozen before handles are inserted. Freeze until firm; about 2-3 hours. Makes about 20-24 pops.

## Fruit Pizza

Joy Kleveland Koontz

1 1/2 C. flour

3/4 C. butter or margarine

3 T. sugar

12 oz. cream cheese,  
softened

1/3 C. sugar

Fresh berries/fruit

Mix together flour, butter or margarine, and sugar. Pat onto a pizza pan. Bake for 15-20 minutes. Cool. Beat together cream cheese and sugar. Spread over crust. Top with fresh berries and fruit.

## **German Chocolate Bars**

**Deb Cunningham**

- |   |                                       |
|---|---------------------------------------|
| <i>1 pkg. German Chocolate cake mix</i> | <i>1 C. chopped nuts (optional)</i>   |
| <i>1/2 C. butter, melted</i>            | <i>50 Kraft Caramels (14 oz. bag)</i> |
| <i>1/3 C. evaporated milk</i>           | <i>1/3 C. evaporated milk chips</i>   |

Mix together cake mix, melted butter, and 1/3 cup evaporated milk. Spread 1/2 of the mixture in a lightly greased 9x13 pan. Bake at 350° for 6 minutes. Spread the chocolate chips and nuts over the partially baked cake. Melt the caramels with the remaining 1/3 cup of evaporated milk and drizzle over chocolate chips and nuts. Crumble and pat the rest of the cake mixture on top. Bake at 350° for an additional 20 minutes.

## **German Chocolate Caramel Brownies**

**Sharon Hartwell**

- |  |                                |
|--|--------------------------------|
| <i>2 German Chocolate Cake Mix</i>                             | <i>1 tub caramel apple dip</i> |
| <i>1 C. oleo</i>   | <i>1 bag chocolate chips</i>   |
| <i>1 can evaporated milk (regular milk can be substituted)</i> |                                |

Mix 1 cake mix with 1/2 C. oleo and enough milk to make it spreadable. Spread in a 9x12 pan. Bake for 6-10 minutes or until slightly firm. While it is still hot, spread caramel over the cake, then sprinkle chocolate chips over the caramel mix. Next, mix the other cake mix the same as the first one and spread evenly over the chocolate chips. Bake an additional 15-20 minutes until top is done. It will appear jiggly and not done, but it is. This is very rich, but very good !

## **Good, Easy Rhubarb Cake**

**Betty Hein**

*1 box yellow cake mix*                      *1 C. sugar*  
*4 C. rhubarb, cut up*                      *8 oz. whipping cream*

Prepare cake mix according to package directions and put into a 9x13 pan. Put rhubarb on top of batter. Sprinkle sugar on top of rhubarb. Pour whipping cream over all. Bake at 350° for 1 hour.

## **Heath Bar Dessert**

**Dave Neuroth**

*1 frozen pound cake (need*              *1 large container Cool Whip*  
*about 18 slices)*                      *3 Heath Bars, crushed*

Slice pound cake thin and layer in the bottom of a 9x13 pan. Spread a layer of cool whip over cake, then sprinkle a layer of candy over that. Repeat the layering twice more, ending with candy on top.

## **Key Lime Pie**

**Isabel Buffington**

*2 C. cold milk*                      *1 tub (8 oz.) Cool Whip,*  
*2 pkg. (4-serving size) Jell-*              *thawed*  
*O vanilla instant pudding*              *1 graham cracker pie crust*  
*2 tsp. grated lime peel*              *Lime slices (optional)*

Pour milk into a large bowl. Add pudding mixes and lime peel. Beat with wire whisk 2 minutes or until smooth (mixture will be thick). Immediately stir in 1/2 of the whipped topping. Spoon into crust. Refrigerate 4 hours or until set. Garnish with remaining whipped topping and lime slices. Makes 8 servings.

## Lefse

**Bruce Hartwell**

*3 C. mashed potatoes; cool and forced through a potato ricer.*      *1 tsp. salt*  
*5 T. oil*  
*1 C. flour, approximately*

Place the cold, riced potatoes in a bowl and stir in salt and oil. Gradually stir in enough flour to make a soft dough. The less flour, the lighter the Lefse. Form dough into a roll about 12 inches long and wrap in wax paper; chill well. Cut roll into 18 pieces. Roll out 1 piece at a time into a thin, 8 inch circle on a lightly floured pastry cloth, using a stocking-covered rolling pin. With a wide spatula or thin, flat stick, transfer on to a hot, greased griddle and cook a few seconds. Cool. To store, wrap each piece in plastic wrap and refrigerate.

## Lemon Dessert

**Viola Brown**

*2 C. boiling water*      *1 C. miniature marshmallows*  
*2 boxes of Lemon Jello*      *1/2 can lemon pie filling, reserve the other 1/2*  
*1 can Mountain Dew*      *Cool Whip*  
*8 oz. can crushed pineapple, drained*

Put boiling water into a bowl. Dissolve the Lemon Jello. Let cool a few minutes. Mix in Mountain Dew, pineapple, marshmallows and 1/2 can of lemon pie filling. Refrigerate. After it sets up, top with the rest of the lemon pie filling and Cool Whip.

## Lemon Lush

Misty, Katrina, and Joyce Henning

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 C. flour                          | 1 C. confectioners sugar      |
| 1 stick (4 oz.) butter or margarine | 2 pkgs. instant lemon pudding |
| 8 oz. pkg cream cheese              | 3 C. milk                     |
| 1 C. Cool Whip                      | Whipped cream and nuts        |

Work together the flour and butter. Press into a greased 9x13 pan. Bake at 375° for 15 min. Mix together cream cheese, Cool Whip and confectioners sugar. Spread over crust. Mix pudding and milk. Pour over cream cheese mixture. Let it set up in the refrigerator. Top with whipped cream and nuts.

## Lemon Sheet Cake

Lois Turner

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 pkg. (18 1/4 oz.) lemon cake mix   | <i>Frosting:</i>            |
| 4 eggs                               | 1 pkg. (3 oz.) cream cheese |
| 1 can (15 3/4 oz.) lemon pie filling | 1/2 C. butter or oleo       |
|                                      | 2 C powdered sugar          |
|                                      | 1 1/2 tsp. vanilla          |

In a large bowl, beat the cake mix and eggs until well blended. Fold in the pie filling. Spread in a greased and floured 15x10 pan. Bake at 350° for 18-20 minutes or until a toothpick comes out clean. Cool. Frosting: in a small bowl, beat cream cheese, butter and powdered sugar until smooth. Add vanilla. Spread over cake. Store in refrigerator. 30-35 medium servings.

## **Lime Jello**

**Sharon Hartwell**

- |   |  |
|---|--|
| <i>1 box (3 oz.) Lime Jello</i>               | <i>1 small container of half &amp; half</i>      |
| <i>1 small pkg. cream cheese (room temp.)</i> | <i>1 small can of crushed pineapple, drained</i> |

Mix Lime Jello according to instructions EXCEPT - NO COLD WATER. Pour into a blender. Cut cream cheese into small chunks and add to the blender along with half & half. Blend until smooth. Add crushed pineapple to blender. Blend just long enough to mix it in. The whole can of pineapple doesn't have to be used. Pour jello mixture into a bowl or serving dish and chill until it sets up.

## **Mae's Never-Fail Pie Crust**

**Avis Dakin**

- |                        |                       |
|------------------------|-----------------------|
| <i>3 C. flour</i>      | <i>1 egg</i>          |
| <i>1 tsp. salt</i>     | <i>1/3 C. water</i>   |
| <i>1 C. shortening</i> | <i>1 tsp. vinegar</i> |

Cut shortening into flour and salt. Add 1 well beaten egg, water and vinegar. Makes 3 (9 inch) pie shells.

But the fruit of the Spirit is  
love, joy, peace, patience, kindness, goodness,  
faithfulness, gentleness, and self-control . . .

## **Maraschino Cherry Bars**

**Bernice Haugen**

<i>Crust:</i>	<i>1 tsp. vanilla</i>
<i>1 C. flour</i>	<i>3/4 C. chopped nuts</i>
<i>3 T. powdered sugar</i>	<i>4 oz. jar Maraschino Cherries &amp; juice.</i>
<i>1/2 C. oleo</i>	<i>Frosting:</i>
<i>Filling:</i>	<i>1 1/2 C. powdered sugar</i>
<i>2 eggs, beaten</i>	<i>2 T. butter</i>
<i>1 C. sugar</i>	<i>1 tsp. vanilla</i>
<i>1/2 C. flour</i>	<i>1 T. milk</i>
<i>1/8 tsp. salt</i>	<i>few drops of cherry juice</i>
<i>1/2 tsp. baking powder</i>	

Combine crust ingredients and mix. Pat into 9x13 cake pan. Bake at 350° for 15-20 minutes. Cool. Mix filling ingredients in order given. Beat well. Spread over cooled crust. Bake at 350° for 30 minutes. Cool. For frosting, mix together all frosting ingredients and frost bars.

## **Megan's Easy Coffee Cake**

**Megan Haugen**

<i>1 (18 oz.) pkg. yellow cake mix</i>	<i>1 C. sour cream</i>
<i>1 C. vegetable oil</i>	<i>1/2 C. sugar</i>
<i>4 eggs</i>	<i>1 1/2 tsp. ground cinnamon</i>
	<i>1 3/4 C. walnuts</i>

Preheat oven to 350°. Grease a 9x13 baking pan. Combine cake mix, oil, eggs, and sour cream in a large bowl. Beat 2 minutes with a mixer at low speed, scraping sides of bowl frequently. Mix sugar, cinnamon and walnuts in a medium bowl. Spread half the batter in prepared pan. Sprinkle half the walnut mixture over batter. Repeat with remaining batter and walnut mixture. Bake for 40 minutes or until a toothpick inserted in the center comes out clean. Serves 20.

## **Mini Cheesecakes**

**Mikala Mahon**

- |  |  |
|--|--|
| <i>1 box low-fat vanilla wafers, crushed</i> | <i>1/2 C. sugar</i>                    |
| <i>3 oz. cream cheese at room temp.</i>      | <i>1/2 tsp. vanilla</i>                |
| <i>12 oz. 1/3 less fat cream cheese</i>      | <i>2 eggs</i>                          |
|  | <i>cherry or blueberry pie filling</i> |

Preheat oven to 350°. Line muffin tins with cupcake papers. Cover bottom of papers with crushed wafers. Beat both cream cheese until smooth. Add sugar and vanilla. Mix well. Add eggs and beat until smooth. Pour mixture into tins. Bake 20 minutes or until centers are almost set. Refrigerate 2 hours or overnight. Serve with pie filling over top. Serves 12 cakes

## **Miracle Icing**

**Millie Dontje**

- |                                 |                             |
|---------------------------------|-----------------------------|
| <i>1 C. sugar</i>               | <i>1/2 C. boiling water</i> |
| <i>1 egg white (unbeaten)</i>   | <i>1 tsp. vanilla</i>       |
| <i>1/4 tsp. cream of tartar</i> |                             |

Mix sugar, egg white, and cream of tartar together. Add boiling water; beat on high speed until stiff. Add vanilla; mix in well. Spread on cake.

## **Mocha Chocolate Frosting**

**Lydia Korte**

<i>6 T. cocoa</i>	<i>1 tsp. vanilla</i>
<i>6 T. hot coffee</i>	<i>3 C. powdered sugar</i>
<i>6 T. butter</i>	<i>(sifted)</i>

Combine cocoa and coffee. Add butter and vanilla. Beat until smooth. Add sugar gradually until of spreading consistency. Frost cake.

## **Mom's Bread Pudding**

**Sherry Sandvik**

<i>2 C. scalded milk</i>	<i>1/4 tsp. salt</i>
<i>1/4 C. butter</i>	<i>1 tsp. cinnamon</i>
<i>4 C. dried bread crumbs</i>	<i>1 tsp. nutmeg</i>
<i>1/2 C. sugar</i>	<i>1/2 c. raisins (optional)</i>
<i>2 eggs, beaten</i>	<i>1 1/2 C. applesauce</i>
	<i>(optional)</i>

Mix all ingredients together. Butter a baking dish and pour pudding mixture into it. Put baking dish into a pan of hot water. Bake at 350° for 1 hour.

Each day, Lord,  
as I journey through life  
I have the chance to write  
a simple story of love.

## **Mound Bars**

**Dave Neuroth**

<i>20 single graham crackers, finely crumbled</i>	<i>6 oz. coconut flakes</i>
<i>1/2 C. sugar</i>	<i>1 tsp. vanilla</i>
<i>1/3 C. butter</i>	<i>12 oz. pkg. chocolate chips</i>
<i>1 (14 oz.) can sweetened condensed milk</i>	<i>4 T. chunky peanut butter</i>

Mix together graham cracker crumbs, sugar, and butter and press in a 9x13 pan. Bake at 350° for 10 minutes. Mix together milk, coconut and vanilla and spread over partially baked crust. Bake for another 10 minutes. Melt chocolate chips and peanut butter. Spread on top of coconut layer. Cool.

## **Never Fail Chocolate Cake**

**Margie Henschen**

<i>1 1/2 C. white sugar</i>	<i>1 C. cold water</i>
<i>1/2 C. shortening</i>	<i>1 tsp. vanilla</i>
<i>2 eggs</i>	<i>1 tsp. baking soda</i>
<i>1/2 C. cocoa</i>	<i>1/2 tsp. baking powder</i>
<i>1/2 tsp. salt</i>	<i>2 tsp. warm water</i>
<i>2 C. flour</i>	

Mix sugar, shortening, eggs, cocoa and salt. Add flour, cold water and vanilla. Mix baking soda and baking powder in 2 tsp. warm water; add to mixture. Mix for 30 seconds. Bake at 350° for 30 minutes.

## Oatmeal Bars

Mildred Perry

1 C. quick oatmeal	1 tsp. soda
1 1/4 C. boiling water	1/2 tsp. salt
1 C. sugar	Frosting:
1 c. brown sugar, packed	6 T. oleo
1/2 C. oleo	1 C. brown sugar, packed
2 eggs	4 T. cream
1 tsp. vanilla	1/2 C. chopped nuts
1 1/2 C. flour	

Pour boiling water over oatmeal. Let set 20 minutes. Cream together sugars and oleo. Beat in eggs and vanilla. Stir in oatmeal and sifted dry ingredients. Mix until blended. Spread on a jelly roll pan. Bake at 350° for 20-30 minutes. If you don't have a jelly roll pan, you can use a cookie sheet. Jelly roll pans are smaller than cookie sheets, so spread only on about 3/4 of the cookie sheet. Any more than that and the bars will be too thin. Frosting: In a sauce pan, mix oleo, sugar and cream. Bring to a boil and boil for 2 minutes. Stir in nuts, mixing well. Cool before frosting bars.

God, who knows your load limit,  
will limit your load.

## **Orange Mandarin Delight**

**Mary Lou Kleveland**

- |  |  |
|--|--|
| <i>2 (3 oz.) pkgs. orange jello</i>                    | <i>1 small can mandarin oranges, drained</i> |
| <i>2 C. boiling water</i>                              |  |
| <i>1 small (6 oz.) can frozen orange juice</i>         | <i>Topping:</i>                              |
| <i>1 2-lb can crushed undiluted pineapple, drained</i> | <i>1 envelope Dream Whip</i>                 |
|  | <i>1 pkg. Jello Instant Lemon Pudding</i>    |
|  | <i>1 1/2 C. cold milk</i>                    |

Dissolve jello in boiling water, add orange juice, pineapple and oranges. Pour into a 13x9x2 pan. Refrigerate until firm, then frost with topping. For topping: whip together all ingredients until thickened.

## **Oreo Cookie Ice Cream Dessert**

**Carol Kleveland**

- |  |   |
|--|---|
| <i>1 small pkg. Oreo Cookies</i>                 | <i>1/4 - 1/2 C oleo or butter, melted</i> |
| <i>5 Butterfinger candy bars</i>                 |   |
| <i>1/2 gallon of vanilla ice cream, softened</i> |   |

Crush cookies and candy bars (saving 1/2 for topping). Mix with oleo or butter. Line bottom of 9x13 pan with crumbs. Spread with softened vanilla ice cream then top with remainder of crumbs. Freeze until ready to serve. Cut into squares.

## Oreo Mint Dessert

Ann Walrod

- |  |  |
|--|--|
| <i>1 large pkg. Oreo Cookies, crushed, saving some for topping</i> | <i>1 can Hershey Fudge Sauce</i>                             |
| <i>1/2 gal. peppermint ice cream, softened</i>                     | <i>2 envelopes of Dream Whip or 1 container of Cool Whip</i> |

Put crushed cookies in the bottom of a 9x13 (or smaller) pan. Spread the ice cream over the cookies and freeze. Spread Hershey Fudge Sauce evenly over the ice cream and freeze. Spread the Dream Whip or Cool Whip evenly over the fudge sauce and sprinkle with remaining cookies. Freeze.

## Peanut Bars

Jean Bechtel

- |   |                                  |
|---|----------------------------------|
| <i>1 box yellow cake mix</i>                | <i>2 C. powdered sugar</i>       |
| <i>2 eggs</i>                               | <i>1/4 stick oleo</i>            |
| <i>2 C. milk</i>                            | <i>4 T. milk (may need more)</i> |
| <i>1 pkg. instant vanilla pudding (dry)</i> | <i>1 C. chopped peanuts</i>      |

Mix cake mix, eggs, milk and pudding together. Pour into a jelly roll pan and bake at 350° for 20-25 minutes. Cool. Mix together powdered sugar, oleo, and milk until spreadable. Spread on cake. Top with chopped peanuts. May also make as Chocolate Bars using chocolate cake mix, chocolate pudding and chocolate candy bars.

## **Pecan Bars**

**Dave Neuroth**

<i>1/3 C. butter</i>	<i>3/4 C. white Karo Syrup</i>
<i>1/2 C. brown sugar</i>	<i>1/4 C. brown sugar</i>
<i>1 1/3 C. flour</i>	<i>3 T. flour</i>
<i>1/2 tsp. baking powder</i>	<i>1/2 tsp. salt</i>
<i>Topping:</i>	<i>1 tsp. vanilla</i>
<i>2 eggs</i>	<i>1 C. pecans</i>

Cream butter and sugar; add flour and baking powder. Stir until crumbly. Press into a 9x13 pan. Bake at 350° for 10 minutes. Topping: beat eggs; add corn syrup, sugar, flour salt and vanilla. Mix well and pour over baked crust. Sprinkle with pecans. Bake an additional 20-25 minutes. Cut into bars.

## **Poppysseed Coffee Cake**

**Myrth Smith**

<i>1 pkg. yellow cake mix</i>	<i>1 C. water</i>
<i>1 pkg. instant vanilla pudding</i>	<i>1/3 C. poppyseed</i>
<i>4 eggs</i>	<i>1/3 C. sugar</i>
<i>1/2 C. oil</i>	<i>1 T. cocoa</i>
	<i>1 tsp. cinnamon</i>

Mix together cake mix and pudding. Add eggs and oil. Soak poppyseeds in water for 1/2 hour. Then mix with cake mix mixture. Pour 1/2 the mixture in a greased tube pan. In a bowl mix sugar, cocoa and cinnamon. Sprinkle half of this mixture on cake dough. Add rest of cake dough, then sprinkle remainder of sugar mixture on top. Bake at 350° for 45 minutes to 1 hour.

## Pumpkin Bars

Jeanine Cerwinske

1 C. oil	1/4 tsp. nutmeg
2 C. sugar	1/4 tsp. allspice
2 C. pumpkin	2 C. flour
4 eggs	Topping:
2 T. baking powder	4 oz. cream cheese
1 tsp. baking soda	3/4 C. butter
1/2 tsp. salt	1/2 C. milk
1 tsp. cinnamon	1 tsp. vanilla
1/4 tsp. ground cloves	1 bag powdered sugar

Combine oil, sugar, pumpkin and eggs. Mix well. Add the next 7 ingredients. Mix well. Lastly, mix in flour. Pour into a greased jelly roll pan. Bake at 350° for 20-25 min. Cool. For topping: blend with mixer the cream cheese, butter, milk, vanilla and 1/2 bag of powdered sugar. Continue to add powdered sugar until bag is empty. Spread over bars after they are cool.

Miracles happen to those who believe in them.

## **Pumpkin Cheese Coffee Cake**

**Lois Turner**

2 C. sugar	<i>Filling:</i>
2 eggs	1 pkg (8 oz.) cream cheese
1 1/4 C. canned pumpkin	1 egg
1/4 C. vegetable oil	2 T. sugar
1/2 tsp. vanilla	<i>Topping:</i>
2 1/4 C. flour	3/4 C. flaked coconut
2 tsp cinnamon	1/2 C. chopped pecans
1 tsp. baking soda	1/4 C. packed brown sugar
1/2 tsp. salt	1/4 tsp cinnamon

In a large mixing bowl, beat sugar, eggs, oil, pumpkin and vanilla. Combine the flour, cinnamon, soda and salt and add to egg mixture; mix well. Pour into greased 13x9x2 pan. Filling: in a small bowl, beat cream cheese, egg and sugar until smooth. Drop by tablespoons over batter; cut through with a knife to swirl. Combine topping ingredients; sprinkle over batter. Bake at 350° for 35-40 minutes or until a toothpick comes out clean. Cool.

## **Pumpkin Cheesecake Bars**

**Sharon Hartwell**

1 (16 oz.) pkg. pound cake mix	1 (8 oz.) pkg. cream cheese, room temp.
3 eggs	1 (14 oz.) can sweetened condensed milk
2 T. melted oleo	2 C. pumpkin, can or frozen
4 T. pumpkin pie spice	

Combine cake mix, 1 egg, oleo and 2 T. pumpkin pie spice until crumbly. Press into bottom of 9x13 pan. Set aside. Beat cream cheese until fluffy. Add sweetened condensed milk, remaining 2 eggs, pumpkin pie spice, and pumpkin. Pour over crust. Bake at 350° for 20-25 minutes or until brown on top.

## **Pumpkin Marshmallow Pie (Egg-less)**

**Joyce Henning**

<i>32 lg. marshmallows</i>	<i>1 C. heavy cream</i>
<i>1/4 tsp. salt</i>	<i>Sugar</i>
<i>1/2 tsp. cinnamon</i>	<i>Vanilla</i>
<i>1 C. pumpkin</i>	<i>Baked pie shell</i>

Mix first 4 ingredients in a double-boiler or cook in microwave. Cool to room temperature. DO NOT REFRIGERATE. Whip heavy cream with some added sugar and vanilla, to taste. Fold in 1/3 of pumpkin mixture, then add the rest. Pour into a baked pie shell and chill until set.

## **Pumpkin Pie Cake**

**Janine Rayburn**

<i>1 (29 oz.) can pumpkin</i>	<i>1 tsp. ground ginger</i>
<i>4 eggs</i>	<i>1/2 tsp. ground nutmeg</i>
<i>1 (13 oz.) can evaporated milk</i>	<i>1 pkg. yellow cake mix</i>
<i>1 1/2 C. sugar</i>	<i>1 C. chopped nuts</i>
<i>2 tsp. cinnamon</i>	<i>1 C. melted butter</i>

Beat together 1st seven ingredients and pour batter into a 9x13, ungreased pan. Sprinkle dry cake mix and nuts over the batter. Pour melted butter over the top. Bake at 350° for 1 hour (no longer).

## **Pumpkin Pie on Steroids**

**Susan Krein**

- |  |                              |
|--|------------------------------|
| <i>1 large can (29 oz.)<br/>pumpkin</i>                | <i>1 tsp. cinnamon</i>       |
| <i>1 large can evaporated milk<br/>(soup can size)</i> | <i>1 tsp. vanilla</i>        |
| <i>1 C. sugar</i>                                      | <i>1 box yellow cake mix</i> |
| <i>3 eggs</i>  | <i>1 bag crushed pecans</i>  |
|  | <i>3/4 C. butter, melted</i> |

Mix pumpkin, milk, sugar, eggs, cinnamon, and vanilla until blended. Pour into a 9x13 baking dish. Sprinkle dry cake mix evenly over pumpkin mixture. Sprinkle pecans over dry cake mix. Pour butter evenly over pecans. Bake at 350° for 50 minutes.

## **Quick Children's Dessert**

**Myrth Smith**

- |                               |                                |
|-------------------------------|--------------------------------|
| <i>1 box (any red) Jell-o</i> | <i>1 C. crushed pineapple</i>  |
| <i>Graham crackers</i>        | <i>1/2 C. walnuts, chopped</i> |
| <i>2 C. whipped cream</i>     |                                |

Prepare Jell-o according to package directions; until slightly set. Place graham crackers in a glass cake pan. Mix together whipped cream, pineapple, walnuts and pour over crackers. Pour partly set Jell-o over all. Chill. Cut in squares and serve.

## **Raspberry Dessert**

**Lois Turner**

<i>Crust:</i>	<i>1 C. powdered sugar</i>
<i>1 1/2 C. flour</i>	<i>1 C. whipped cream</i>
<i>1/2 C. powdered sugar</i>	<i>2nd Layer:</i>
<i>1 1/2 sticks oleo, melted</i>	<i>2 pkgs. raspberry Jell-O</i>
<i>1st Layer:</i>	<i>2 C. raspberries</i>
<i>8 oz. cream cheese,</i>	<i>Whipped Cream</i>
<i>softened</i>	

Crust: mix together flour, powdered sugar and oleo. Pat on bottom of 9x13 pan. Bake at 350° for 10-12 minutes. When cool, top with 1st Layer. For the 1st Layer: mix together cream cheese and powdered sugar. Fold in whipped cream. Spread over the crust. For the 2nd Layer: in a bowl prepare jell-o as directed. Mix in raspberries. Refrigerate until slightly thickened then pour over 1st Layer. Refrigerate until set then top with whipped cream

## **Rhubarb Crunch**

**Irene Rygmyr**

<i>1 C. flour</i>	<i>1 C. water</i>
<i>1 C. brown sugar</i>	<i>2 T. cornstarch</i>
<i>3/4 C. oatmeal</i>	<i>1 tsp. vanilla</i>
<i>1/2 C. butter, melted</i>	<i>4 C. rhubarb, cut up</i>
<i>1 C. white sugar</i>	

Mix together flour, brown sugar, oatmeal and melted butter until crumbly. Press half the crumbled mixture in 9x13 pan. In a saucepan, cook white sugar, water, cornstarch and vanilla until thick and clear. Mix in chopped rhubarb. Spread rhubarb mixture in baking pan. Sprinkle remaining crumbs on top. Bake at 350° for 1 hour. Cut in squares and serve with whipped cream.

## **Rhubarb Dream Bars**

**Esther Perkins**

2 C. flour	2 C. sugar
3/4 C. powdered sugar	1/2 C. flour
1 C. margarine	1/2 tsp. salt
4 eggs	4 C. rhubarb, chopped

Mix together 2 cups flour, powdered sugar and margarine. Pat into bottom of buttered 10x15 pan. Bake at 350° for 15 minutes. Blend eggs, sugar, 1/2 cup flour and salt. Stir in rhubarb and spread on baked crust. Bake at 350° for another 40-45 minutes, until filling is light brown. Use a 9x13 pan for thicker bars.

## **Rice Pudding**

**Lois Turner**

2 C. uncooked instant rice	1/4 tsp. vanilla
3 eggs	3 C. milk
1 C. sugar	2 T. cinnamon and sugar mixture
1/4 tsp. salt	

Preheat oven to 350°. Cook rice until tender according to package instructions. In a large, oven-proof dish, beat eggs. Whisk in vanilla, salt, sugar, and milk. Add cooked rice. Bake for 30 minutes. Sprinkle cinnamon-sugar mixture over rice. Bake an additional 30 minutes or until a knife comes out clean.

## **Rockie Top Brownies**

**Diane Thompson**

- |  |   |
|--|---|
| <i>1 family size boxed brownie mix</i> | <i>3 large eggs, beaten</i>                                 |
| <i>1/2 C. butter, melted</i>           | <i>1 (13 oz.) pkg. miniature peanut butter cups, cut up</i> |

Mix together first 3 ingredients and pour into a greased pan. Bake at 350° for 23-24 minutes until center is set. Sprinkle peanut butter cups over the top and return to oven for a couple more minutes.

## **Rocky Road Pudding**

**Sherry Sandvik**

- |   |                        |
|---|------------------------|
| <i>1 (18 oz.) can chocolate pudding</i> | <i>Whipped cream</i>   |
| <i>1 1/2 C. miniature marshmallows</i>  | <i>Nuts (optional)</i> |

Mix pudding and marshmallows; pour into individual serving dishes. Top with whipped cream and nuts. Chill

"Behold, I stand at the door and knock.

If anyone hears my voice and opens the door.

I will come in to him and dine with him, and he with Me..."

Revelation 3:20 (KJV)

## **Salted Nut Rolls**

**Dave Neuroth**

- |                                   |  |
|-----------------------------------|--|
| <i>1 yellow cake mix</i>          | <i>1/2 C. butter</i>                     |
| <i>1/2 C. butter, melted</i>      | <i>1 tsp. vanilla</i>                    |
| <i>1 egg</i>                      | <i>2 C. salted, dry roasted, peanuts</i> |
| <i>3 C. small marshmallows</i>    | <i>2 C. Rice Krispies cereal</i>         |
| <i>12 oz. peanut butter chips</i> |  |
| <i>1/2 C. clear corn syrup</i>    |  |

Combine cake mix, melted butter, and egg and press into pan. Bake at 350° for 10-12 minutes. Place marshmallows over top and bake 3 minutes. Melt chips, syrup, butter and vanilla. Pour mixture over peanuts and rice krispies; mix well. Spread over marshmallows. Refrigerate.

## **Seven-Layer Bars**

**Ronnie Corkill**

- |                                       |  |
|---------------------------------------|--|
| <i>1/2 C. (1 stick) butter</i>        | <i>1 C. chopped pecans</i>                     |
| <i>1 1/2 C. graham crackers</i>       | <i>1 can (14 oz.) sweetened condensed milk</i> |
| <i>1 C. butterscotch chips</i>        | <i>1 1/2 C. sweetened flaked coconut</i>       |
| <i>1 C. semisweet chocolate chips</i> |  |

Preheat oven to 350°. Place butter in a 9x13 baking dish; place in oven. Heat until butter is melted; 4-6 minutes. Remove dish from oven. Add graham cracker crumbs to butter, mix well. Press mixture onto bottom of dish. Sprinkle butterscotch chips, chocolate chips, and pecans evenly over crust. Pour condensed milk over chips and pecans. Sprinkle with coconut. Bake bars until set and lightly browned. 25-30 minutes. Cool completely in pan on a wire rack. Cut into bars. Makes 3 doz.

## **Sour Cream Raisin Bars**

**Deb Cunningham**

<i>1 C. butter</i>	<i>3 T. cornstarch</i>
<i>1 3/4 C. oatmeal</i>	<i>2 C. sour cream</i>
<i>1 3/4 C. flour</i>	<i>4 egg yolks</i>
<i>1 C. brown sugar</i>	<i>1 tsp. vanilla</i>
<i>1 tsp. baking soda</i>	<i>2 C. raisins</i>
<i>1 1/2 C. sugar</i>	

Mix butter, oatmeal, flour, brown sugar, and baking soda together. Pat into a 9x13 pan (save 1/3 of crust for topping). Bake at 350° for 15 minutes. In a medium pot, mix sugar and cornstarch together. Add sour cream and mix well. Add egg yolks, vanilla and raisins. Cook on a low boil for 5-10 minutes until thickened. Pour over crust. Crumble remaining topping over mixture. Bake at 350° for 20 minutes.

## **Spice Cake**

**Sherry Sandvik**

<i>1 1/4 C. flour</i>	<i>1/2 tsp. ground nutmeg</i>
<i>1 C. sugar</i>	<i>1/4 tsp. ground cloves</i>
<i>1 1/2 tsp. baking powder</i>	<i>3/4 C. milk</i>
<i>1 tsp. ground cinnamon</i>	<i>1/3 C. shortening</i>
<i>1/2 tsp. salt</i>	<i>1 egg</i>

Preheat oven to 350°. Grease and flour baking pan. Mix all ingredients into a large mixing bowl. Blend 1/2 minute on low speed, scraping bowl constantly until ingredients are well blended. Beat an additional 3 minutes on high speed. Pour into baking pan. Bake 35-40 minutes or until toothpick inserted into center of cake comes out clean. Cool. Frost with Browned Butter Frosting.



## Turtle Pumpkin Pie

Betty Sifuentes

<i>1/4 C. plus 2 T. caramel ice cream topping, divided</i>	<i>1 C. canned pumpkin</i>
<i>1 graham cracker pie crust</i>	<i>1 tsp. ground cinnamon</i>
<i>1/2 C. plus 2 T. pecan pieces, divided</i>	<i>1/2 tsp. ground nutmeg</i>
<i>1 C. cold milk</i>	<i>1 tub (8 oz.) Cool Whip, divided</i>
<i>2 pkg. (3.4 oz. each) Jell-O vanilla instant pudding</i>	

Pour 1/4 cup caramel topping into crust; sprinkle with 1/2 cup pecans. Beat milk, pudding mixes, pumpkin and spices with a whisk until well blended. Stir in 1 1/2 cups Cool Whip. Spread into crust. Refrigerate at least 1 hour. Top with remaining Cool Whip, caramel topping and pecans just before serving. Makes 10 servings.

Dear God,  
I gratefully bow my head  
to thank you for this daily bread;  
and may there be a goodly share  
on every table everywhere.

Amen.

## **Velvet Chocolate Cheesecake**

**Laura Simmons**

30 CHIPS AHOY! Chocolate Chip Cookies, divided	2 eggs
1/4 C. margarine or butter, melted	1 1/2 tsp. vanilla extract, divided
1 1/3 C. sugar, divided	1 C. sour cream
2 (8-oz) pkgs. cream cheese, softened	Whipped topping and maraschino cherries, for garnish
1/3 C. unsweetened cocoa	

Finely crush 20 cookies. Mix cookie crumbs and margarine or butter; press on bottom of 8-inch springform pan. Stand remaining cookies around side of pan; set aside.

Reserve 2 tablespoons sugar. Beat cream cheese in medium bowl with electric mixer at medium speed until creamy; beat in remaining sugar, cocoa, eggs and 1 teaspoon vanilla until fluffy. Pour into prepared crust. Cover tops of cookies with band of aluminum foil before baking to avoid overbrowning.

Bake at 375° for 50 minutes until cheesecake is puffed and toothpick inserted 1/2 inch from edge comes out clean; remove from oven.

Blend reserved sugar, sour cream and remaining vanilla; spread evenly over cheesecake. Return to oven; bake 10 minutes more. Cool completely at room temperature. Refrigerate for 3 hours or overnight. Remove side of pan. Garnish with whipped topping and maraschino cherries if desired. Makes 10 servings.

## **Wacky Cake**

**Carol Kleveland**

<i>3 C. flour</i>	<i>2 C. water</i>
<i>2 C. sugar</i>	<i>2 tsp. vanilla</i>
<i>6 T. cocoa</i>	<i>2 T. vinegar</i>
<i>1 tsp salt</i>	<i>2 tsp. baking soda</i>
<i>3/4 C. oil or 6 T. margarine, melted</i>	

Put dry ingredients in a 9x13 cake pan. Stir together with spoon until blended. Add rest of the ingredients and blend together until completely mixed. Bake at 350° for 30 minutes. Serve with whipped cream or ice cream.

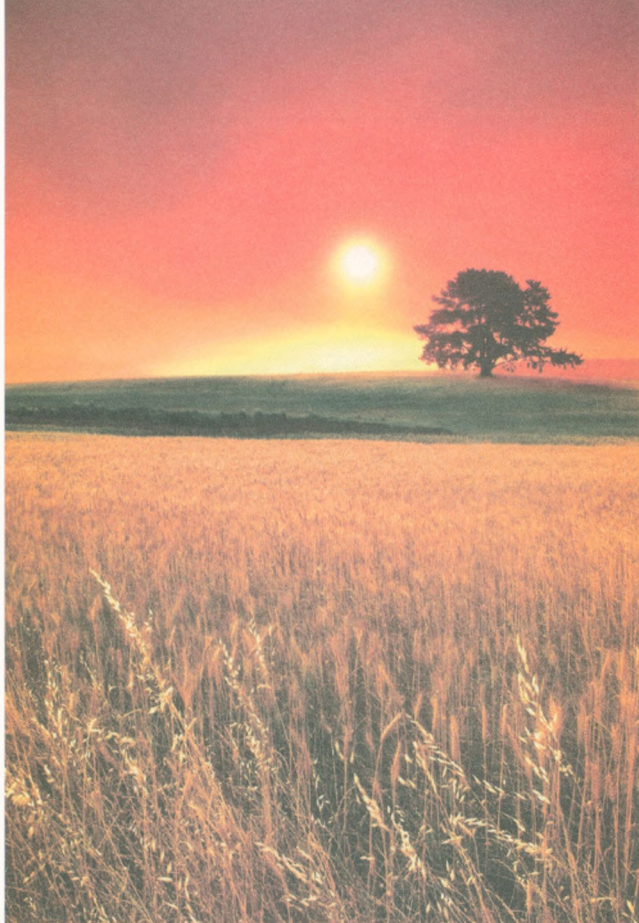
## **Washday Pudding**

**Myrth Smith**

<i>3 C. dried bread cubes</i>	<i>1 tsp. vanilla</i>
<i>4 eggs</i>	<i>Dash of salt</i>
<i>4 C. milk</i>	<i>Raisins, to taste</i>
<i>1 tsp. cinnamon</i>	

Butter a baking dish and spread the bread cubes over the bottom. Beat eggs. Add milk, cinnamon, vanilla and salt and mix well. Pour egg mixture over bread cubes. Spread raisins over mixture and push raisins in bread cubes below the milk. Bake at 300° until firm. Serve hot with sugar and rich milk, or serve cold with whipped cream.





Cookies  
&  
Candies

## **12 Dozen Oatmeal Cookies**

**Virginia Monson**

<i>2 1/2 C. shortening</i>	<i>4 1/2 C. flour</i>
<i>2 C. brown sugar</i>	<i>2 1/2 tsp. baking soda</i>
<i>5 eggs</i>	<i>2 1/2 tsp. salt</i>
<i>2 1/2 tsp. vanilla</i>	<i>5 C. oatmeal</i>
<i>2 1/2 tsp. water</i>	<i>3 C. chocolate chips, raisins or coconut</i>

Cream together shortening and sugar. Add eggs, vanilla and water. Mix well. Add dry ingredients to mixture. Stir well. Mix in chips, raisins or coconut. Drop cookies on ungreased cookie sheets. Bake at 350° for 12 minutes.

## **Amanda's Oreo Truffles**

**Ann Walrod**

<i>1 pkg. regular Oreo cookies</i>	<i>1 lb. vanilla flavored candy wafers or almond bark</i>
<i>1 (8 oz.) pkg. cream cheese, softened</i>	

Crumble the Oreo cookies in a blender or food processor. Mix with cream cheese. Roll cookie mixture into bite-sized balls and chill. Melt vanilla wafers or almond bark and dip cookie balls until completely covered. Keep refrigerated.

Good friends are true reflections of God's love for us.

## **Bing Candy**

**Jill Haugen**

<i>2 C. sugar</i>	<i>10 oz. pkg. cherry chips</i>
<i>2/3 C. evaporated milk</i>	<i>1 tsp. vanilla</i>
<i>Dash salt</i>	<i>12 oz. pkg. chocolate chips</i>
<i>12 large marshmallows</i>	<i>3/4 C. peanut butter</i>
<i>1/2 C. oleo</i>	<i>Large pkg. crushed peanuts</i>

Put sugar, milk, marshmallows and oleo in medium saucepan. Boil for 5 minutes, stirring constantly. Remove from heat and add the cherry chips and vanilla. Stir until melted and smooth. Pour into 9X13 foil lined pan. Set aside. Melt the chocolate chips with the peanut butter. Fold in the crushed peanuts. Pour this over the 1st layer in the pan. Let cool. Pull foil out of pan and flip over. Remove foil. Cut and store in refrigerator.

## **Carmel Corn - Microwave**

**Laura Simmons**

<i>1/2 C. melted butter</i>	<i>1/4 tsp. baking soda</i>
<i>1/4 C. Karo Syrup</i>	<i>1 tsp. vanilla</i>
<i>1/2 C. brown sugar</i>	<i>2 qts. popcorn, popped</i>
<i>1/2 tsp. salt</i>	<i>1 large paper grocery sack</i>

In a microwave-safe bowl, cook butter, Karo Syrup, sugar and salt on full power for 2 minutes. Stir, then cook for 2 more minutes. Remove from microwave and add soda and vanilla. Put about 2 quarts of popcorn in paper sack. Pour syrup mixture over popcorn, stir and shake. Fold top of sack over and microwave on full power for 1 to 1-1/2 minutes; shake sack. Turn sack completely over and put back into microwave for another 1 to 1-1/2 minutes. If popcorn is still sticky, put back in and microwave for another 30 seconds. Pour popcorn out on wax paper to cool.

## **Carmel Corn - Oven**

**Laura Simmons**

<i>Popcorn</i>	<i>1/2 C. white corn syrup</i>
<i>1 C. butter</i>	<i>1 tsp. salt</i>
<i>2 C. brown sugar</i>	<i>1/2 tsp. baking soda</i>

Pop enough popcorn to fill a large blue roaster. Remove unpopped kernels. Melt butter in a large saucepan. Add brown sugar, syrup and salt. Boil 5 minutes, stirring constantly. Remove from heat and stir in baking soda. Pour over popcorn and bake at 250° for 45 minutes to 1 hour. Stir every 15 minutes. Pour onto wax paper to cool.

## **Cheese Cookies**

**Monica Parkis**

<i>1 (8 oz.) pkg. cream cheese, softened</i>	<i>2 C. flour</i>
<i>2 sticks (1 cup) butter</i>	<i>Jam- your favorite kind</i>

Blend cream cheese, butter and flour. Chill mixture for at least 4-5 hours. Roll out and cut into 2 inch squares. Put a teaspoon of jam in the center of each cookie. Fold corners into the center and press all edges together tightly. Bake at 350° for 15-18 minutes.

A good name is more desirable than great riches; to be esteemed is better than silver or gold. —Proverbs 22:1

## **Chewy Caramels**

**Betty Hein**

- |  |                              |
|--|------------------------------|
| <i>1 C. butter or margarine</i>                | <i>1 C. light corn syrup</i> |
| <i>1 lb. (2 1/2 C.) light brown sugar</i>      | <i>1 pinch salt</i>          |
| <i>1 (14 oz.) can sweetened condensed milk</i> | <i>1 1/2 tsp vanilla</i>     |

In a heavy-bottomed saucepan over medium heat, combine first 5 ingredients. Bring to a boil, stirring constantly. Heat to between 234 and 254 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface. Cook for 2 minutes at that temperature. Remove from heat and stir in vanilla. Meanwhile, butter a 9x13 inch baking pan. When caramel is ready, pour into the buttered pan. Allow to cool completely at room temperature. Remove from pan and cut into squares using scissors. Wrap individual pieces in waxed paper or cellophane.

## **Chewy Chocolate Chip Cookies**

**Lisa Reynolds**

- |                           |                               |
|---------------------------|-------------------------------|
| <i>1 C. margarine</i>     | <i>1 tsp. baking soda</i>     |
| <i>1 C. white sugar</i>   | <i>1 tsp. salt</i>            |
| <i>1/2 C. brown sugar</i> | <i>1 pkg. chocolate chips</i> |
| <i>2 eggs</i>             | <i>1 tsp. vanilla</i>         |
| <i>3 C. flour</i>         |                               |

Cream margarine, sugars and eggs together. Add flour, soda and salt; mix well. Add chocolate chips and vanilla; mix well. Drop by spoonful on ungreased cookie sheet. Bake at 350° for 10 minutes or until golden brown.

## **Chocolate (Candy) Pretzel Rings**

**Carol Kleveland**

40 to 50 pretzel rings      1/4 C. M&M's  
1 pkg. milk chocolate kisses

Place pretzels on greased baking sheets. Place a chocolate kiss in the center of each ring. Bake at 275° for 2-3 minutes until chocolate is melted. Remove from oven. Place an M&M on each pretzel, pressing down slightly so chocolate fills the ring. Refrigerate for 5-10 minutes until chocolate is firm. Yield: 4 doz. pretzels.

## **Clara's Kringla**

**Carol Kleveland**

3/4 stick margarine      salt  
1 C. sugar      1 tsp. vanilla  
1 C. buttermilk      3 to 4 C. flour - not stiff  
1/4 C. milk with 1 tsp soda  
in it

Mix together all ingredients. Refrigerate overnight. Grease cookie sheet. Using 1 T. of dough, roll on floured surface into pencil shape; 4 to 5 inches long. Place dough on cookie sheet in a figure eight. Bake at 350° for 7 to 10 minutes or until light brown on bottom, but white on top. Serve with butter on bottom.

## Divinity

Betty Hein

<i>2 2/3 C. sugar</i>	<i>1 tsp. vanilla</i>
<i>2/3 C. light corn syrup</i>	<i>2/3 C. broken pecans or black walnuts</i>
<i>1/2 C. water</i>	
<i>2 egg whites</i>	

Stir sugar, corn syrup and water over low heat until sugar dissolves. Cook without stirring, to 260 degrees on candy thermometer or until small amount of mixture dropped into very cold water forms a hard ball. In mixer bowl, beat egg whites until stiff peaks form. Continue beating while pouring hot syrup in a thin stream into egg whites. Add vanilla. Beat until mixture holds its shape and becomes slightly dull. Mixture may become too stiff for mixer. Fold in nuts. Drop mixture from tip of buttered spoon onto wax paper.

## Double Chocolate Cookies

Lois Turner

<i>1 C. oleo</i>	<i>2/3 C. cocoa</i>
<i>1 1/2 C. sugar</i>	<i>3/4 tsp. soda</i>
<i>2 eggs</i>	<i>1/4 tsp. salt</i>
<i>2 tsp. vanilla</i>	<i>2 C. chocolate chips</i>
<i>2 C. flour</i>	<i>1/2 C. nuts</i>

Beat oleo, sugar, eggs, and vanilla until light and fluffy. Mix together flour, cocoa, soda, and salt. Add to oleo and sugar mixture. Stir in chocolate chips and nuts. Drop by teaspoonful on ungreased cookie sheet. Bake at 350° for 8-10 minutes (yield: approximately 4 doz.)

## Double Chocolate Dream Cookies

Joyce Henning

- |  |   |
|--|---|
| 2 1/4 C. all-purpose flour                       | 1 C. brown sugar, packed                      |
| 1/2 C. baking cocoa                              | 3/4 C. granulated sugar                       |
| 1 tsp. baking soda                               | 1 tsp. vanilla extract                        |
| 1/2 tsp. salt                                    | 2 lg. eggs                                    |
| 1 C. (2 sticks) butter or<br>margarine, softened | 2 C. (12 oz.) semi-sweet<br>chocolate morsels |

Preheat oven to 375°. In a small bowl combine flour, cocoa, baking soda, and salt. In a large mixing bowl beat together butter, sugars and vanilla until creamy. Beat in eggs until fluffy; about 2 minutes. Gradually beat in flour mixture. Stir in chocolate morsels. Drop by tablespoon onto an ungreased baking sheet. Bake for 8-10 minutes. Put on wax paper or wire rack to cool. Makes about 4 1/2 dozen cookies.

## Fudge

Viva Hanna

- |  |                      |
|--|----------------------|
| 2 C. white sugar                               | 1 C. chocolate chips |
| 1 sm. can (5 oz.) Carnation<br>evaporated milk | 2 tsp. vanilla       |
| 1 stick margarine                              | Nuts                 |

Boil sugar and milk for 5 minutes in heavy pan. Add remaining ingredients; mix well until chips melt. Pour into pan to cool. Cut.

## **Ginger Snaps**

**Lois Turner**

<i>1 C. packed brown sugar</i>	<i>2 tsp. baking soda</i>
<i>3/4 C. vegetable shortening</i>	<i>2 tsp. ground ginger</i>
<i>1 egg</i>	<i>1 tsp. cinnamon</i>
<i>1/4 C. molasses</i>	<i>1/4 tsp. salt (optional)</i>
<i>1 1/2 C. all-purpose flour</i>	<i>Additional sugar</i>
<i>1 C. quick or old-fashioned oats</i>	

Combine sugar and shortening; beat until creamy. Stir in egg and molasses. Combine flour, oats, baking soda, ginger, cinnamon and salt. Add to creamed mixture; mix well. Chill 1 hour. Preheat oven to 350°. Grease cookie sheet. Roll dough into 1 inch balls; roll in sugar. Place on prepared cookie sheet, 2 inches apart. Bake 8-10 minutes or until lightly brown. Let stand 5 minutes before removing to racks to cool. Makes 4 dozen.

## **Megan's Soft and Chewy Cookies**

**Megan Haugen**

<i>2 sticks butter</i>	<i>2 tsp. vanilla</i>
<i>3/4 C brown sugar, lightly packed</i>	<i>2 1/4 C. flour</i>
<i>1/2 C. white sugar</i>	<i>1 tsp. baking soda</i>
<i>1/4 C. corn syrup</i>	<i>1/4 tsp. salt</i>
<i>1 egg</i>	<i>1 bag chocolate chips</i>

Preheat oven to 350°. Beat together butter, sugars, corn syrup, egg and vanilla. Beat well. In a separate bowl, stir together flour, baking soda and salt. Add flour mixture with butter mixture; slowly beating until well blended. Fold in chocolate chips. Drop by spoonfuls onto an ungreased cookie sheet. Bake for 8-10 minutes.

## **Molasses Cookies**

**Carol Kleveland**

<i>3/4 C. shortening, melted</i>	<i>2 C. flour</i>
<i>1 C. sugar</i>	<i>1/2 tsp. ground cloves</i>
<i>1/4 C. molasses</i>	<i>1/2 tsp. ground ginger</i>
<i>1 egg</i>	<i>2 tsp. ground cinnamon</i>
<i>2 tsp. baking soda</i>	<i>1/2 tsp. salt</i>

Mix well together all ingredients. Shape into balls. Roll in sugar and place on greased cookie sheet. Bake at 350° for 7-10 minutes. Tops of cookies will crackle as they cool.

## **Mom's Christmas Cut-Out Cookies**

**Carol Kleveland**

<i>2 1/4 C. butter or Crisco</i>	<i>6 3/4 C. flour</i>
<i>1 1/2 C. sugar</i>	<i>1/2 tsp. salt</i>
<i>3 eggs</i>	
<i>1 1/2 tsp. lemon (if you like)</i>	

Cream together all ingredients. Refrigerate 1 to 3 hours. Roll out on floured board. Cut into cookie shapes. Bake at 350° for 6-8 minutes or until lightly browned. Decorate/frost when cool.

Friendship doubles our joy and divides our sorrow.

## **No Bake Cookies**

**Esther Perkins**

<i>2 C. sugar</i>	<i>3 C. oatmeal</i>
<i>1/2 C. oleo</i>	<i>1/2 C. peanut butter</i>
<i>1/3 C. cocoa</i>	<i>1 tsp. vanilla</i>
<i>1/2 C. milk</i>	

Place sugar, oleo, cocoa and milk in a saucepan. Bring to a rolling boil. Remove from heat. Add oatmeal, peanut butter and vanilla and mix well. Drop by tablespoonfuls on waxed paper. Or you can spread in buttered 9x13 pan for squares. Let cool.

## **Oatmeal Raisin Cookies**

**Betty Sifuentes**

<i>3/4 C. margarine</i>	<i>1/4 tsp. ground nutmeg</i>
<i>1 C. brown sugar</i>	<i>1/4 tsp ground cloves</i>
<i>3 eggs</i>	<i>1/4 tsp allspice</i>
<i>1 1/2 C. flour</i>	<i>1 1/2 C. oatmeal</i>
<i>1 tsp. baking soda</i>	<i>1 C. raisins</i>
<i>1 tsp. ground cinnamon</i>	<i>1/2 C. nuts</i>

Cream margarine and sugar. Add eggs and the next 6 ingredients. Mix well. Stir in, by hand, the oatmeal, raisins and nuts. Drop by teaspoonfuls on ungreased cookie sheets. Bake at 375° until nicely browned.

## **Peanut Butter and Chocolate Chip Cookies**

**Laura Simmons**

<i>3/4 C. butter or margarine</i>	<i>2 tsp. vanilla</i>
<i>1 C. granulated sugar</i>	<i>2 1/2 C. flour</i>
<i>1 C. firmly packed brown sugar</i>	<i>1 tsp. baking soda</i>
<i>1/2 C. peanut butter</i>	<i>1/2 tsp. salt</i>
<i>2 eggs</i>	<i>1 pkg (11.5 oz.) milk chocolate chips</i>

Preheat oven to 350°. In a large bowl beat butter, sugars and peanut butter with electric mixer on medium speed until light and fluffy. Blend in eggs and vanilla. Mix in flour, baking soda and salt. Stir in chocolate chips. Drop by round tablespoonfuls onto ungreased cookie sheets. Bake 10-12 minutes or until lightly browned. Cool 2 minutes. Remove from cookie sheets onto wire racks. Makes about 4 doz.

## **Peanut Butter Balls**

**Jenna Haugen**

<i>1/2 C. butter, melted</i>	<i>1/2 lb. chocolate almond bark</i>
<i>1 C. chunky peanut butter</i>	<i>1/2 lb. white almond bark</i>
<i>2 C. powdered sugar</i>	

Mix together melted butter, peanut butter & powdered sugar, form into balls. Melt together chocolate and white almond bark. Dip balls into melted coating mix. Place on wax paper and let harden.

## **Peanut Butter Crisps**

**Bernice Haugen**

<i>1 C. shortening</i>	<i>1 tsp. vanilla</i>
<i>1/2 C. sugar</i>	<i>1/2 tsp. soda</i>
<i>1 egg</i>	<i>1/4 tsp. salt</i>
<i>1/2 C. peanut butter</i>	<i>1 1/3 C. flour</i>
<i>1/2 C. brown sugar</i>	<i>1 C. cornflake crumbs</i>

Blend shortening and peanut butter. Blend in sugars, add egg and vanilla. Beat well. Add flour, soda, and salt. Shape into balls, roll in cornflake crumbs. Bake on greased cookie sheet at 350° 12-15 minutes.

## **Pecan Toffee**

**Jill Haugen**

<i>1 bag pecans (broken into pieces)</i>	<i>3/4 C. brown sugar</i>
<i>1/2 C. butter (not oleo)</i>	<i>1 (12 oz.) pkg. milk chocolate chips</i>

Put pecans in bottom of 9X9 buttered dish. Boil the butter & sugar for 7 minutes, stirring constantly. Pour over pecan pieces. Spread chocolate chips over toffee while hot. Cover until chocolate chips are soft, then spread evenly. When cool, break into pieces.

Goodness is the only investment that never fails.

## Peppermint Meltaways

Betty Sifuentes

1 C. butter, softened	1 1/2 C. confectioners' sugar
1/2 C. confectioners' sugar	2 T. milk
1/2 tsp. peppermint extract	1/4 tsp. peppermint extract
1 1/4 C. all-purpose flour	2-3 drops red food coloring(optional)
1/2 C. cornstarch	1/2 C. crushed peppermint candies

**FROSTING:**  
2 T. butter, softened

In a small mixing bowl, cream butter and confectioners' sugar until light and fluffy. Beat in extract. Combine flour and corn starch; gradually add to creamed mixture and mix well. Shape into 1 inch balls. Place 2 inches apart on ungreased baking sheets. Bake at 350° for 10-12 minutes or until bottoms are lightly browned. Remove to wire racks to cool. **FROSTING:** In a small mixing bowl, beat butter until fluffy. Add the confectioners' sugar, milk, extract and food coloring, if desired; beat until smooth. Spread over cooled cookies; sprinkle with crushed candies. Store in an airtight container. Yields 3 1/2 dozen.

## Quick and Easy Caramel Crispix

Lisa Reynolds

2 1/4 sticks butter or margarine	2/3 C. Karo Syrup
2 1/4 C. brown sugar	1 (17.9 oz.) box Crispix Cereal

In a microwavable bowl, microwave butter, brown sugar and Karo Syrup together until it starts to boil. Then microwave for an additional 1 1/2 minutes. Pour boiled mixture over the Crispix cereal in a large bowl and stir well. Make sure it is well coated. Put coated Crispix in a brown paper bag and microwave for a total of 4 minutes. After each minute take bag out and shake well. Spread Crispix out to dry on a baking sheet for 15-20 minutes. Serve in a bowl.

## Scotcheroos

Ann Walrod

2 C. white corn syrup	1 (12 oz.) pkg. butterscotch chips
2 C. white sugar	
1 (18 oz.) jar peanut butter	1 (12 oz.) pkg. chocolate chips
8-10 C. cereal, Rice Krispies or Special K	

In a large kettle, heat syrup and sugar just to boiling. Remove from heat and stir in peanut butter. Add cereal, stirring to coat all cereal. Put in a buttered, half sheet pan (13x18); pat to the edges. Microwave the packages of chips in a large glass bowl until melted, stirring occasionally. Spread like frosting on top of the cereal mixture. Cut and let cool. For 1/2 the recipe, use a 9x13 pan.

## Sour Cream Cookies

In Memory of Eleanore Johnson

1 1/2 C. white sugar	1 tsp. baking soda
1 C. butter or oleo	1/2 tsp. baking powder
1 C. sour cream	1/2 tsp. salt
2 eggs, beaten	4 C. flour
1 tsp. vanilla	

Cream sugar and butter. Add sour cream and eggs. Add vanilla. Sift dry ingredients and add to creamed mixture. Roll out thin and cut. Sprinkle tops of cookies with sugar. Bake at 350° until lightly golden. Makes 3-4 dozen.

## **Sugar and Spice Pecans**

**Laura Simmons**

<i>3/4 C. Splenda</i>	<i>1/4 tsp. ground clove</i>
<i>1 tsp. ground cinnamon</i>	<i>1 egg white</i>
<i>1/2 tsp. salt</i>	<i>2 1/2 T. water</i>
<i>1/4 tsp. ground nutmeg</i>	<i>8 C. pecan halves</i>
<i>1/4 tsp. ground allspice</i>	

Combine first 8 ingredients in a bowl; stir well. Add nuts and stir until evenly coated. Spread on lightly greased 15x10 jellyroll pan. Bake at 275° for 50-55 minutes, stirring occasionally. Remove from pan and cool on wax paper. Eat as a finger snack or a topping for pie, ice cream, etc.

The light of God surrounds me,  
the love of God enfolds me,  
the power of God protects me,  
the presence of God watches over me.

Wherever I am

God is.

## **Sugar Cookie Tacos**

**Ronnie Corkill**

- |  |  |
|--|--|
| <i>1 (18 oz.) pkg. refrigerated<br/>sugar cookie dough</i> | <i>1/4 C. sugar</i>                        |
| <i>2 T. cinnamon</i>                                       | <i>2 C. mixed, fresh fruit, cut<br/>up</i> |
| <i>1 C. whipping cream</i>                                 |  |

Preheat oven to 350°. Lightly grease 2 baking sheets. Use tin foil to cover "rounded forms", such as rolling pins or the cardboard tubes from paper towels. These will be used later to form the cookie taco shapes. Cut cookie dough into 16, 1/2 inch thick slices. Press each slice on a lightly floured surface into a 3 inch round. Place cookie dough rounds about 2 inches apart on prepared baking sheets. Sprinkle cinnamon on each cookie. Bake 7-9 minutes or until cookie is lightly golden. Gently remove cookies from baking sheets and immediately drape over rounded forms; press to shape. Cool cookies until firm, about 2 minutes. Remove cookies from rounded forms. Set aside. In a large bowl, beat whipping cream and sugar with an electric mixer on high speed until stiff peaks form. Fill each cookie taco with 2 tablespoons of whipped cream and top with 2 tablespoons of fruit. Makes 16 cookie tacos.

## **Truffles (Candy)**

**Lois Turner**

- |   |  |
|---|--|
| <i>3 C. chocolate chips</i>               | <i>1 T. vanilla (or 1/2 tsp. of<br/>rum extract as substitute)</i> |
| <i>1 can sweetened<br/>condensed milk</i> |  |

Melt chocolate chips with milk. Stir in vanilla (or rum extract). Chill until firm. Roll in 3/4 inch balls. Dip in melted chocolate and decorate or roll in sugar.

## **Unbelievable Peanut Butter Cookies**

Carol Kleveland

1 C. peanut butter

1 egg

1 C. white sugar

Blend together. Shape into balls on greased cookie sheet. Flatten with sugared fork. Bake at 325° for 10-15 minutes.

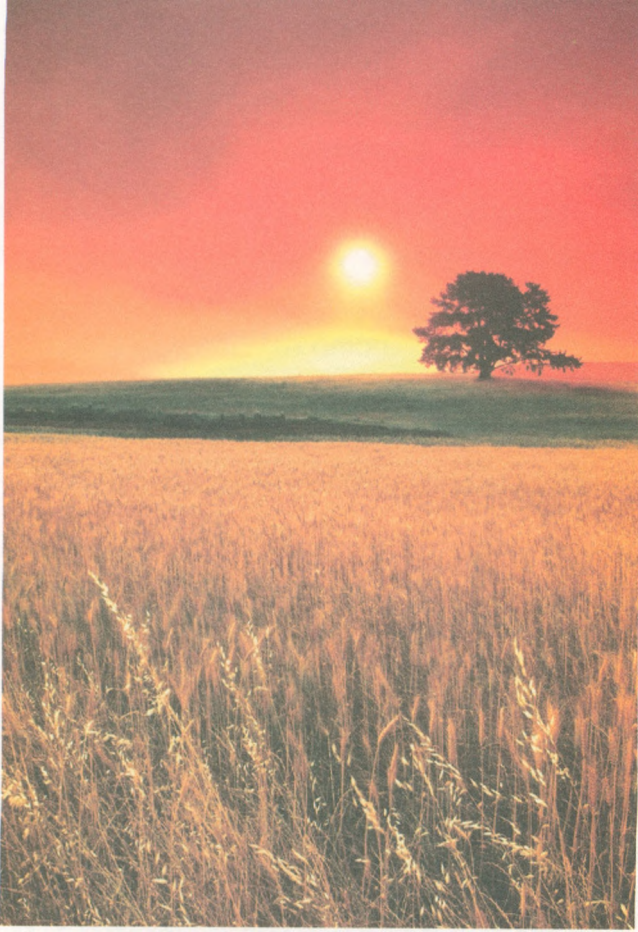
The Lord is my light and my salvation  
whom shall I fear?

The Lord is the stronghold of my life  
of whom shall I be afraid?

Psalm 27:1

Miscellaneous





# Miscellaneous

## Barbecue Sauce

Carol Kleveland

- |              |                           |
|--------------|---------------------------|
| 1 C. ketsup  | 3 T. brown sugar          |
| 2 T. vinegar | 2 T. worcestershire sauce |

Mix all ingredients together until well blended. Use over ribs, roast, etc., topped with onion.

## Barbecue Smoke (BBQ sauce with no sugar)

Sharon Hartwell

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1/4 C. vinegar                 | 1 T. lemon juice                   |
| 1/4 C. Worcestershire<br>Sauce | 1 large bottle (22 oz.)<br>ketchup |
| 2 T. Liquid Smoke              |                                    |

Mix all ingredients and simmer 1 hour or until thick. Horseradish and hot sauce can be added, also.

## Children's Homemade Paste

Etta Mull

- |            |  |
|------------|--|
| 1 C. flour | 4 C. water   |
| 1 C. sugar | 1/2 tsp. oil of cloves or<br>peppermint (optional) |
| 1 T. alum  |  |

Mix together flour, sugar and alum in a sauce pan. Gradually add water and cook, stirring until thick. Add the oil of cloves or peppermint for a nice smell. Pour into small jars and seal. Paste stores well for a long time, especially in refrigerator.

## Children's Play Dough

Carol Kleveland

- |  |                             |
|--|-----------------------------|
| <i>1 C. flour</i>                              | <i>1 C. water</i>           |
| <i>1/4 C. salt</i>                             | <i>2 tsp. food coloring</i> |
| <i>2 T. cream of tartar or 2<br/>tsp. alum</i> | <i>1 T. oil</i>             |

Mix together flour, salt and cream of tartar in a pan. Add water, food coloring and oil. Cook over medium heat and stir 3-5 minutes. It will look like a globby mess and you'll be sure it's not turning out - but it will. When it forms a ball in the center of the pot, turn out and knead on a lightly floured board. When cool, store in a covered, airtight container.

## Chili Sauce

Sharon Hartwell

- |                                 |                               |
|---------------------------------|-------------------------------|
| <i>4 qts. cooked tomatoes</i>   | <i>3 tsp. ground cinnamon</i> |
| <i>8 med. onions</i>            | <i>1 tsp. ground nutmeg</i>   |
| <i>8 green peppers</i>          | <i>1 tsp. ground cloves</i>   |
| <i>2 red hot peppers</i>        | <i>1 tsp. ground ginger</i>   |
| <i>3 1/2 C. sugar</i>           | <i>1/3 tsp. pepper</i>        |
| <i>2 1/2 pts. white vinegar</i> | <i>2 T. salt</i>              |

In a large kettle, cook tomatoes. Grind onions, green peppers and red peppers; add to cooked tomatoes. Add all other ingredients to kettle. Stir well. Cook for 2 1/2 to 3 hours, stirring occasionally. Taste for salt and pepper. Refrigerate or can in jars.

## **Christmas Scent**

### **Sherry Sandvik**

- |                          |                                       |
|--------------------------|---------------------------------------|
| <i>2 sticks cinnamon</i> | <i>1 orange peel, cut into pieces</i> |
| <i>6 whole cloves</i>    |                                       |
| <i>2 C. water</i>        | <i>1 lemon peel, cut into pieces</i>  |

Put all ingredients in a pan and simmer on top of the stove. Add water as it evaporates.

## **Easy Apple Syrup**

### **Chuck Tindall**

- |                          |                             |
|--------------------------|-----------------------------|
| <i>1/4 C. sugar</i>      | <i>1/4 tsp. allspice</i>    |
| <i>4 tsp. cornstarch</i> | <i>1 1/2 C. apple juice</i> |

In a medium saucepan, combine sugar, cornstarch and allspice. Stir in apple juice. Cook over medium heat until slightly thickened; about 10 minutes. Yield: 1 1/2 cups. Microwave Directions: In a medium microwave-safe bowl or 4 cup microwave-safe measuring cup, combine sugar, cornstarch and allspice. Stir in apple juice. Microwave on HIGH for 4 to 5 1/2 minutes or until mixture boils and is slightly thickened; stirring twice during cooking.

## **Fruit Flavor Syrup**

### **Etta Mull**

- |  |                        |
|--|------------------------|
| <i>1 regular size fruit flavor gelatin</i> | <i>2 T. cornstarch</i> |
| <i>1/2 C. sugar</i>                        | <i>1 C. water</i>      |

In a medium sauce pan mix gelatin with sugar and cornstarch. Add water. Bring to a boil; stirring constantly until thickened. Pour into a pitcher and serve while hot. Delicious !

## **Great Beef Jerky**

**Mark Sandvik**

<i>3/4 tsp. salt</i>	<i>1 T. Worcestershire Sauce</i>
<i>1/4 tsp. cracked pepper</i>	<i>Liquid smoke, to taste</i>
<i>1 T. brown sugar</i>	<i>(optional)</i>
<i>1 clove garlic, crushed</i>	<i>1 lb. lean meat, sliced to</i>
<i>2 T. soy sauce</i>	<i>1/8 to 3/16 inch thick</i>

In a small bowl combine all ingredients except meat. Stir until well mixed. In a plastic bag or airtight container, place meat in layers and spoon marinade over each layer. Store in refrigerator for 6-12 hours before beginning to dehydrate. Shake or flip occasionally.

## **Hard Boiled Eggs**

**Sherry Sandvik**

*Eggs*

*Water*

Put cold water in a pan. Add however many eggs you'll be cooking. Heat just until water is boiling. Cover pan and remove from heat. Let set for 20 minutes. Remove eggs from pan and put into ice water to stop the cooking process. This also helps the yolks from turning green. Hints for peeling: tap the egg all over to crack the shell, then roll between your palms or on the table before peeling. Also, older eggs peel easier than fresh ones.

## **Household Hint**

**Marietta Olsen**

Home Economics Answer Line number is 1-800-262-3804. This is available from anywhere in Iowa or Minnesota. The home economists at ISU will attempt to answer most home economic-related issues.

## Maple Flavored Syrup

Tammy Kleveland Christofferson

- |                    |                        |
|--------------------|------------------------|
| 4 C. sugar         | 1 tsp. Maple flavoring |
| 1/2 C. brown sugar | 1 tsp. vanilla         |
| 3 C. water         |                        |

Combine sugars and water; stir until sugar is dissolved. Bring to a boil. Cover and boil gently for 10 minutes. Remove from heat and cool slightly. Add flavoring. Yields 1 quart. Refrigerate.

## Marinade for Deer Steak

Mark Sandvik

- |                                |                       |
|--------------------------------|-----------------------|
| 1/2 C. oil                     | 1 T. prepared mustard |
| 1/3 C. Worcestershire<br>sauce | 1 tsp. salt           |
| 1/3 C. soy sauce               | 1 tsp. pepper         |
|                                | 1 tsp. garlic         |

Mix well. Put the marinade in a ziploc bag and add meat. Refrigerate for a minimum of several hours, turning the bag periodically to coat the meat. Cook meat on a charcoal grill.

God's fingers can touch nothing but to mold it into loveliness.

George MacDonald

## Modeling Dough

Etta Mull

3 C. flour

1 C. salt

1 T. alum

Cold water

Food coloring (optional)

Mix flour, salt and alum in a container. Slowly add small amounts of cold water until mixture holds together. Add food coloring, if desired. This is about like a pie crust and when it's first made it is well to have children use floured hands. It may be formed, left to dry and then painted. Or stored in an air-tight container for reuse.

## Pumpkin Seeds

Laura Simmons

1 C. pumpkin seeds, rinsed    Salt

1 T. butter or margarine

Spread seeds in shallow pan. Dot with butter and sprinkle with salt. Bake at 250° for about 50 minutes or until brown. Stir a couple times while baking. Cool on paper towels.

## Refrigerator Jam

Betty Hein

5 C. cut up rhubarb

4 C. sugar

2 pkg. strawberry Jell-O

1 can blueberry or  
strawberry pie filling

Cook rhubarb until mushy. Add sugar until dissolved. Add Jell-O and stir. Stir in pie filling and put into jars. Keep in refrigerator. Makes 5-6 pints.

## Rhubarb Jam

Mary Richter

6 C. chopped rhubarb      1 sm. pkg. strawberry jello  
2 C. sugar

Cook rhubarb and sugar until smooth. Take off burner and add jell-o and stir. Cool. Keep refrigerated.

## So-Easy Apple Butter

Betty Hein

4 lbs. (about 12 cups)      2 T. cider vinegar  
cooking apples, peeled,      2 tsp. ground cinnamon  
cored and sliced      1/4 tsp. ground cloves  
2 C. sugar      1/8 tsp. ground allspice  
1/3 C. water      1/8 tsp. ground nutmeg

Place apple slices in a 3 1/2 to 4 quart slow cooker. Stir in the rest of the ingredients. Cover. Cook on high-heat setting for 5 to 6 hours. Stir. Cool at least 1 hour or cover and chill overnight. Ladle apple butter into half-pint storage or freezer containers, leaving a 1/2 inch headspace. Seal and label. Store 3 weeks in refrigerator or 1 year in freezer. Makes 4 half-pints.

God does not give us happiness. He supplies the ingredients and leaves us to do the mixing.

## **Spaghetti Sauce**

**Tammy Christofferson**

<i>2 C. chopped onion</i>	<i>4 tsp. sweet basil</i>
<i>1/3 C. oil</i>	<i>2 tsp. oregano</i>
<i>12 large tomatoes, peeled and chopped</i>	<i>4 beef bouillon cubes</i>
<i>1 clove garlic, minced</i>	<i>2 tsp. salt</i>
<i>2 C. water</i>	<i>12 oz. can tomato paste</i>

Sauté onions in oil, stir in tomatoes and add rest of ingredients. Simmer 1 hour until thick. Can blend to make it smooth if you don't like it chunky. Use a hot water bath to seal the quart jars. Yield 3 quarts.

## **Teriyaki Steak Marinade**

**Lisa Reynolds**

<i>1/2 C. soy sauce</i>	<i>2 tsp. ground ginger</i>
<i>1/4 C. vegetable oil</i>	<i>1 tsp. garlic powder</i>
<i>1/4 C. brown sugar</i>	<i>Steak pieces</i>
<i>2 tsp. ground mustard</i>	

Blend all ingredients together. Put steak pieces into a gallon-size ziplock bag and pour marinade over the top of the steak. Seal bag and let steak marinade for at least 8 hours - overnight.

## **Window Cleaner**

**Mary Kramer**

<i>1 pt. rubbing alcohol</i>	<i>1 T. liquid dishwashing detergent</i>
<i>1 T. clear household ammonia</i>	

Mix in a gallon container. Put in a spray bottle to use.

# INDEX

## **Appetizers, Beverages & Dips**

Brunch Punch .....	1	Peanut Butter Apple Dip..	11
Carrot-Apple Shake.....	1	Ranch Pretzels .....	12
Cheese Ball.....	2	Reuben Balls.....	12
Chex Party Mix, Original		Salsa Dip .....	13
Recipe .....	2	Sauerkraut Dip.....	13
Chicken Wings .....	3	Slush Punch.....	13
Chocolate Chip Cheese		Spiced Tea.....	14
Ball.....	3	Spicy Tomato Juice .....	14
Chocolate-Peanut		Sweetened Condensed	
Butter Topping.....	4	Milk .....	14
Crab Appetizers.....	4	Taco Dip .....	15
Dandelion Wine.....	4	Taco Dip .....	15
Dill Dip .....	5	Tartar Sauce .....	16
Dill Pickle Roll-ups .....	5	Vegetable Dip .....	16
Eagle Brand Milk .....	5	Vegetable Pizza .....	17
Easy 3-Layer Chili Dip.....	6	Warm Tomato Taco Dip..	17
Fruit Smoothie .....	6	Wiener Wraps .....	18
Healthy Apple Shake.....	6		
Healthy Breakfast Shake ..	7		
Hot Beef Dip .....	7		
Instant Cocoa Mix .....	7		
Jalapeno Peppers .....	8		
Lime Punch.....	8		
Little Smokies Wrapped			
in Bacon.....	9		
Mom's Tomato Juice .....	9		
No-Bake Party Mix.....	10		
Onion-Beef Cheese Ball .	10		
Orange Julius.....	11		
Oyster Cracker Snack ....	11		

## **Soups & Salads**

2-4-6 Salad .....	19
5 Cup Salad .....	19
7 Layer Salad .....	19
Avocado Salad .....	20
Blue Cheese Dressing ....	20
Blueberry Salad.....	21
Broccoli Salad .....	21
Broccoli Slaw .....	22
Carrot Apple Salad .....	22
Cheeseburger Soup .....	23
Chili .....	24
Clam Chowder .....	24
Coleslaw to Freeze .....	25

Corn Salad.....	25	Poppy Seed Dressing .....	38
Cranberry Relish Salad...	26	Potato Soup.....	38
Cranberry Salad .....	26	Russian Dressing.....	39
Cranberry Salsa.....	27	Strawberry Pretzel	
Curly Macaroni Salad .....	27	Salad .....	39
Deb's Potato Salad .....	27	Taco Soup.....	40
Delicious Ham & Potato		Taco Soup.....	40
Soup.....	28	Thousand Island	
Dressing for Cucumbers		Dressing.....	41
and Onions.....	28	Turkey-Veggie Pasta	
Frog-Eye Salad (original		Salad .....	41
recipe).....	29	Veggie Soup .....	41
Fruit Cocktail Salad.....	30	Vinegar Noodles.....	42
German Potato Salad.....	30	Woodyard Chili	
Glazed Grapes.....	31	Supreme .....	42
Glorified Rice .....	31		
Grandma Hagerman's			
Salad Dressing.....	31		
Grape Salad .....	32		
Greek Salad Dressing.....	32		
Homemade Chicken			
Noodle Soup.....	33		
Homemade Chicken			
Noodle Soup.....	34		
Italian Soup .....	35		
Jell-O Salad .....	35		
Mandarin Orange Salad .	36		
Oil & Vinaigrette			
Dressing.....	36		
Orange Salad .....	36		
Overnight Lettuce			
Salad .....	37		
Pam's Cole Slaw			
Dressing.....	37		

## Breads & Rolls

Banana Bread .....	43
Banana Bread .....	43
Basic Roll Dough .....	44
Best Ever Rolls .....	44
Biscuit Supreme .....	45
Butterflake Rolls .....	45
Caramel Rolls .....	46
Cheddar Cheese	
Biscuits .....	46
Cinnamon Buns.....	47
Cranberry Scones .....	48
Crusty Garlic Bread.....	49
Drop Doughnuts.....	50
Extra Moist Banana	
Bread.....	50
Lemon Bread .....	51

Mom's Buttermilk Biscuits .....	51
Monkey Bread .....	52
'Nana Bread Muffins .....	53
Oatmeal Buns .....	54
Overnight Sticky Buns....	54
Scones .....	55
Shredded Wheat Bread..	55
Sour Cream Pumpkin Muffins.....	56
Southern Style Corn Bread.....	57
Toast.....	57
Vi's Butter Horn Rolls .....	58

## **Vegetables & Side Dishes**

Au Gratin Carrot Casserole .....	59
Baby Carrots with Horseradish .....	60
Baked Beans .....	60
Baked Onion Rings .....	61
Broccoli Casserole .....	61
Broccoli Onion Deluxe....	62
Cheesy Potatoes.....	62
Company's Coming Potatoes.....	63
Creamy Cucumbers .....	63
Crock Pot Corn .....	64
Dumplings .....	64
Easy Brown Rice .....	64
Egg Noodles .....	65

Frozen Corn .....	65
Greek Rice .....	66
Home Style Scalloped Potatoes.....	66
Mississippi Potatoes .....	67
Mom's Zucchini Skillet....	67
New England Apple Bake .....	68
Perfect Fried Eggplant ...	68
Potato Supreme .....	69
Scalloped Corn .....	69
Sour Cream Cabbage....	70
Spanish Rice .....	70
Stuffing .....	71
Sweet Potato Fries .....	72
Veggie Rice Casserole....	72

## **Main Dishes & Meats**

Baked Beef and Rice.....	73
Baked Oatmeal .....	73
Bar-B-Que Brisket.....	74
Beef Stroganoff.....	75
Breakfast Bake .....	75
Breakfast Pizza.....	76
Breakfast Scrambled Eggs .....	76
Broccoli Noodles.....	77
Bruce's Favorite Meatloaf.....	77
Bubble Pizza .....	78
Cajun Jambalaya .....	79
Cheese Calzones .....	80
Chicken Dinner.....	81

Chicken Dinner in a Pot..	81	Ham Casserole.....	94
Chicken Gumbo Sloppy Joes.....	82	Hashbrown Quiche .....	94
Chicken or Turkey Casserole.....	82	Herbed Pork and Potatoes.....	95
Chicken Piccata Pasta ....	83	Honey Barbecue Chicken.....	96
Chicken Rice Casserole ..	83	Hot Chicken Salad .....	96
Chili .....	84	Hungarian Pork .....	97
Company Chicken.....	84	Jimmy Dean Sausage Casserole .....	97
Corn Beef Casserole .....	85	Lazy Day Stew .....	98
Cranberry Chicken Breasts .....	85	Ling Cod caught off Seward, Alaska late August,2008.....	98
Creamy Chicken Casserole .....	86	Maidrites .....	99
Crock Pot Stew.....	86	Mazetti .....	99
Crockpot Roast.....	87	Mexican Casserole.....	100
Easy Bake Dish .....	87	Mildred's Main Dish.....	101
Easy Blueberry Pancake Wedges.....	88	Mini Chicken Pot Pies...	101
Easy Breakfast Strata.....	88	Mom's Macaroni & Cheese.....	102
Easy Chicken and Cheese Enchiladas .....	89	Non-Turkey Lover's Turkey .....	103
Easy Tator Tot Casserole .....	89	Oven-baked French Toast .....	104
Egg Casserole .....	90	Oven-Fried Chicken Parmesan.....	104
Elephant Stew.....	90	Pizza Burgers .....	105
Fake Steak.....	91	Poppy Seed Chicken ....	105
Goulash.....	91	Pork Patty BBQ Sauce..	106
Ground Beef Casserole ..	92	Quick Chicken Pie.....	106
Ham & Scalloped Potatoes in a rock-Pot .....	92	Raised Meat Balls .....	107
Ham Balls .....	93	Roast Beef Sandwiches .....	107
Ham Balls .....	93		

Rustic Lasagna.....	108	Black Forest Torte .....	122
Salisbury Steak .....	109	Blueberry Coffee Cake .	123
Salmon Loaf.....	109	Blueberry Dessert.....	123
Salmon Patties .....	110	Browned Butter	
Saucy Meatballs .....	110	Frosting .....	124
Sauerbraten.....	111	Brownie Pizza.....	125
Sausage Potato		Brownie Trifle.....	126
Casserole .....	111	Can't Leave 'Em Alone	
Scalloped Pheasant .....	112	Bars.....	126
Sloppy Joes .....	112	Caramel Bars .....	127
Smoked Turkey .....	113	Carol's Crazy	
Spicy Salmon Patties....	113	Brownies.....	128
Stir-Fry.....	114	Carrot Cake .....	129
Stove Top Chicken		Cherry Bar Squares .....	129
Casserole .....	114	Cherry Frosting .....	130
Stuffed Cabbage		Chocolate Bars.....	130
Casserole .....	115	Chocolate Cherry Crazy	
Swiss Steak in		Cake .....	131
Crock-Pot .....	115	Chocolate Chip Cream	
Taco Casserole .....	116	Cheese Bars .....	131
Taco Ring .....	117	Chocolate Malted Milk	
Wild Rice .....	118	heesecake.....	132
Zesty Ham Sandwich ...	118	Chocolate Mayonnaise	

## Desserts

1 Minute Chocolate		Chuck's Home-made	
Frosting .....	119	Ice Cream .....	134
Angel Berry Dessert....	119	Crescent Roll Dessert...	134
Apple Betty .....	120	Custard Pie .....	135
Apple Cake and Sauce .	120	Dump Cake.....	135
Apple Pecan		Earthquake Dessert .....	136
Cheesecake .....	121	Excellent Meringue .....	136
Banana Bars .....	122	Frosting.....	136
		Frozen Pops.....	137

Fruit Pizza.....	137	Peanut Bars .....	149
German Chocolate Bars.....	138	Pecan Bars.....	150
German Chocolate Caramel Brownies .....	138	Poppyseed Coffee Cake .....	150
Good, Easy Rhubarb Cake .....	139	Pumpkin Bars.....	151
Heath Bar Dessert.....	139	Pumpkin Cheese Coffee Cake.....	152
Key Lime Pie .....	139	Pumpkin Cheesecake Bars.....	152
Lefse.....	140	Pumpkin Marshmallow Pie (Egg-less) .....	153
Lemon Dessert.....	140	Pumpkin Pie Cake.....	153
Lemon Lush.....	141	Pumpkin Pie on Steroids .....	154
Lemon Sheet Cake .....	141	Quick Children's Dessert .....	154
Lime Jello .....	142	Raspberry Dessert.....	155
Mae's Never-Fail Pie Crust .....	142	Rhubarb Crunch .....	155
Maraschino Cherry Bars.....	143	Rhubarb Dream Bars ...	156
Megan's Easy Coffee Cake .....	143	Rice Pudding.....	156
Mini Cheesecakes .....	144	Rockie Top Brownies....	157
Miracle Icing .....	144	Rocky Road Pudding....	157
Mocha Chocolate Frosting .....	145	Salted Nut Rolls.....	158
Mom's Bread Pudding ..	145	Seven-Layer Bars .....	158
Mound Bars .....	146	Sour Cream Raisin Bars.....	159
Never Fail Chocolate Cake .....	146	Spice Cake.....	159
Oatmeal Bars.....	147	Strawberry-Rhubarb Pie.....	160
Orange Mandarin Delight.....	148	Triple Tier Brownies....	160
Oreo Cookie Ice Cream Dessert.....	148	Turtle Pumpkin Pie .....	161
Oreo Mint Dessert .....	149	Velvet Chocolate Cheesecake .....	162
		Wacky Cake .....	163

Washday Pudding..... 163

## **Cookies & Candies**

12 Dozen Oatmeal

Cookies..... 165

Amanda's Oreo

Truffles ..... 165

Bing Candy ..... 166

Carmel Corn -

Microwave..... 166

Carmel Corn - Oven..... 167

Cheese Cookies..... 167

Chewy Caramels..... 168

Chewy Chocolate Chip

Cookies..... 168

Chocolate (Candy)

Pretzel Rings ..... 169

Clara's Kringla ..... 169

Divinity..... 170

Double Chocolate

Cookies..... 170

Double Chocolate

Dream Cookies ..... 171

Fudge..... 171

Ginger Snaps ..... 172

Megan's Soft and

Chewy Cookies ..... 172

Molasses Cookies ..... 173

Mom's Christmas

Cut-Out Cookies ..... 173

No Bake Cookies ..... 174

Oatmeal Raisin

Cookies..... 174

Peanut Butter and  
Chocolate Chip

Cookies..... 175

Peanut Butter Balls..... 175

Peanut Butter Crisps.... 176

Pecan Toffee..... 176

Peppermint

Meltaways..... 177

Quick and Easy

Caramel Crispix..... 177

Scotcheroos..... 178

Sour Cream Cookies .... 178

Sugar and Spice

Pecans ..... 179

Sugar Cookie Tacos ..... 180

Truffles (Candy) ..... 180

Unbelievable Peanut

Butter Cookies..... 181

## **Miscellaneous**

Barbecue Sauce ..... 183

Barbecue Smoke

(BBQ sauce with no  
sugar)..... 183

Children's Homemade

Paste ..... 183

Children's Play Dough.. 184

Chili Sauce..... 184

Christmas Scent ..... 185

Easy Apple Syrup ..... 185

Fruit Flavor Syrup..... 185

Great Beef Jerky ..... 186

Hard Boiled Eggs..... 186

Household Hint .....	186
Maple Flavored Syrup ..	187
Marinade for Deer	
Steak .....	187
Modeling Dough .....	188
Pumpkin Seeds .....	188
Refrigerator Jam .....	188
Rhubarb Jam .....	189
So-Easy Apple Butter ...	189
Spaghetti Sauce .....	190
Teriyaki Steak	
Marinade.....	190
Window Cleaner.....	190



# COOKING & NUTRITIONAL TIPS

Common Kitchen Pans .....	2
Equivalents for Cooking Ingredients.....	3
Substitutions .....	4
Common Causes of Failure in Baking .....	6
Uses For Spices & Seasonings .....	7
Food Storage .....	8
Metric Volume Measurements .....	10
Simplified Measurements.....	10
USDA Food Guide .....	11
Calorie Requirements Chart .....	12
How Much is One Serving? .....	12
Table of Nutrients.....	13
Sources for Common Nutrients .....	13
Healthy Choices.....	14
Sources of Saturated Fat for Americans .....	14
Physical Activity Recommendations .....	15
Calories Expended in Physical Activities .....	16

# Common Kitchen Pans

## When a recipe calls for...

- 4 cup baking dish:  
 • 9 inch pie plate  
 • 8 x 1 1/4 inch layer cake pan ..... C  
 • 7 3/8 x 3 5/8 x 2 1/4 inch loaf pan ..... A
- 6 cup baking dish:  
 • 8 or 9 x 1 1/2-inch layer-cake pan ..... C  
 • 10 inch pie plate  
 • 8 1/2 x 3 5/8 x 2 5/8 inch loaf pan ..... A
- 8 cup baking dish:  
 • 8 x 8 x 2 inch square pan ..... D  
 • 11 x 7 x 1 1/2 inch baking pan  
 • 9 x 5 x 3 inch loaf pan ..... A
- 10 cup baking dish:  
 • 9 x 9 x 2 inch square pan  
 • 11 3/4 x 7 1/2 x 1 3/4 inch baking pan .... D  
 • 15 x 10 x 1 inch jellyroll pan
- 12 cup baking dish or over:  
 • 12 1/3 x 8 1/2 x 2 inch glass baking pan ..... 12 cups  
 • 13 x 9 x 2 inch metal baking pan ..... 15 cups  
 • 14 x 10 1/2 x 2 1/2 inch roasting ..... 19 cups



## Total Volume of Various Special Baking Pans...

### Tube Pans:

- 7 1/2 x 3 inch "Bundt" tube ..... K .... 6 cups  
 • 9 x 3 1/2 inch fancy tube or  
 "Bundt" pan ..... J or K .. 9 cups  
 • 9 x 3 1/2 inch angel cake pan ..... H ..... 12 cups  
 • 10 x 3 3/4 inch "Bundt" or  
 "Crownburst" pan ..... K ..... 12 cups  
 • 9 x 3 1/2 inch fancy tube ..... J..... 12 cups  
 • 10 x 4 inch fancy tube mold  
 (kugelhupf) ..... J..... 16 cups  
 • 10 x 4 inch angel cake pan ..... H ..... 18 cups



### Spring Form Pans:

- 8 x 3 inch pan ..... B ..... 12 cups  
 • 9 x 3 inch pan ..... B ..... 16 cups

### Ring Mold:

- 8 1/2 x 2 1/4 inch mold ..... E ..... 4 1/2 cups  
 • 9 1/4 x 2 3/4 inch mold ..... E ..... 8 cups

### Charlotte Mold:

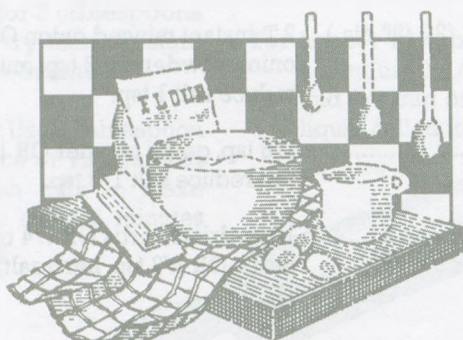
- 6 x 4 1/4-inch mold ..... G .... 7 1/2 cups

### Brioche Pan:

- 9 1/2 x 3 1/4-inch pan ..... F ..... 8 cups

# Equivalents for Cooking Ingredients

1 lb.....	Apples.....	3 or 4 medium
1 lb.....	Bananas.....	3 or 4 medium
1 lb.....	Beans, dried.....	5 to 6 cups cooked
1 quart.....	Berries.....	3 1/2 cups
1 slice.....	Bread.....	1/2 cup crumbs
1/4 lb.....	Cheese, grated.....	1 cup
1 oz.....	Chocolate, 1 square..	1 T. melted
1/2 pint.....	Cream.....	1 cups
1 cup.....	Cream, heavy.....	2 cups whipped
1 lb.....	Flour, all-purpose.....	4 cups sifted
1 envelope.....	Gelatin.....	1 T.
1 tsp.....	Herbs, dried.....	1 T. fresh
2 to 3 T. juice.....	Lemon.....	1 1/2 tsp. grated rind
1 cup dry.....	Macaroni.....	2 1/4 cups cooked
1 lb.....	Meat, diced.....	2 cups
1 lb.....	Mushrooms.....	5 to 6 cups sliced
1/4 lb.....	Nuts, shelled.....	1 cup chopped
1 medium.....	Onion.....	1/2 cup chopped
6 to 8 T. juice.....	Orange.....	1/3 to 1/2 cup pulp
3 medium.....	Potatoes.....	1 3/4 to 2 cups mashed
1 cup uncooked.....	Rice.....	3 cups cooked
1/2 lb.....	Spaghetti.....	3 1/2 to 4 cups cooked
1 lb.....	Sugar, confectioners.....	4 1/2 cups unsifted
1 lb.....	Sugar, granulated.....	2 cups
1 lb.....	Tomatoes.....	3 or 4 medium
1 lb.....	Walnuts in shell.....	1 3/4 cups chopped



# Substitutions

<b>FOR:</b>	<b>YOU CAN USE:</b>
1 T. cornstarch .....	2 T. flour OR 1 1/2 T. quick cooking tapioca
1 C. cake flour .....	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour .....	1 C. plus 2 T. cake flour
1 square chocolate .....	3 T. cocoa and 1 T. shortening
1 C. melted shortening.....	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk.....	1/2 C. evaporated milk and 1/2 C. water
1 C. sour milk or buttermilk .....	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream.....	2/3 C. milk and 1/3 C. butter
1 C. heavy cream, whipped .....	2/3 C. well-chilled evaporated milk, whipped
Sweetened condensed milk .....	No substitution
1 egg.....	2 T. dried whole egg and 2 T. water
1 tsp. baking powder.....	1/4 tsp. baking soda and 1 tsp. cream of tartar OR 1/4 tsp. baking soda and 1/2 C. sour milk, buttermilk or molasses; reduce other liquid 1/2 C.
1 C. sugar .....	1 C. honey; reduce other liquid 1/4 C.; reduce baking temperature 25°
1 C. miniature marshmallows .....	About 10 large marshmallows, cut up
1 medium onion (2 1/2" dia.).....	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove.....	1/8 tsp. garlic powder OR 1/4 tsp. garlic salt reduce salt 1/8 tsp.
1 T. fresh herbs .....	1 tsp. dried herbs OR 1/4 tsp. powdered herbs OR 1/2 tsp. herb salt; reduce salt 1/4 tsp.

# More Substitutions

**For bread crumbs:** Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.

**For butter:** Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.

**For fresh milk:** To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2 1/2 teaspoons butter or margarine.

**For sugar:** Use brown sugar, although it will result in a slight molasses flavor.

**For superfine sugar:** Process regular granulated sugar in your blender.

**For red and green sweet pepper:** Use canned pimientos.

**For vanilla extract:** Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.

**For flour:** Substitute 1 tablespoon cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.

**For buttermilk:** Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.

**For catsup:** Use a cup of tomato sauce added to 1 1/4 cups of brown sugar, 2 tablespoons of vinegar, 1/4 teaspoon of cinnamon and a dash of ground cloves and allspice.

**For unsweetened chocolate:** Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.

**For corn syrup:** Use 1/4 cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.

**For eggs:** Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.

**For cake flour:** Use 7/8 cup of all-purpose flour for each cup of cake flour called for in a recipe.

**For fresh herbs and spices:** For 1/3 the amount of dried herbs or spices. Dried herbs are more concentrated.

**For honey:** To substitute 1 cup of honey, use 1 1/4 cups of sugar and 1/4 cup of water or other liquid called for in the recipe.



# Common Causes of Failure in Baking

## **Biscuits**

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

## **Muffins**

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

## **Cakes**

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. 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.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

## **Pies**

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.

## **Breads (Yeast)**

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by over-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from underkneading and not kneading evenly.
5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high temperature.

# Uses For Spices and Seasonings



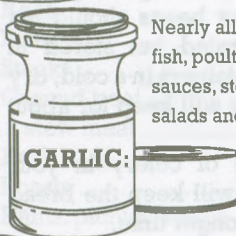
Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables.



Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes.



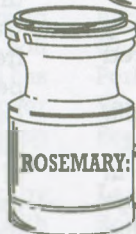
Tomatoes, tomato sauce, barbecue sauce, salads.



Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings.



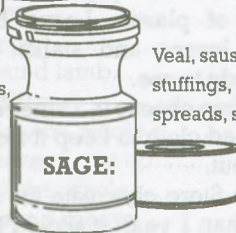
Meat loaf; beef, lamb and vegetable stews; bean salad.



Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower.



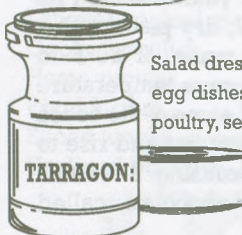
Ham, beets, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings.



Veal, sausage, poultry, stuffings, cheese spreads, soups.



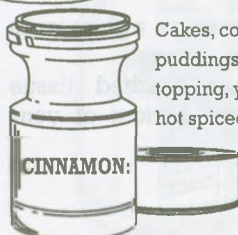
Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf.



Salad dressings, sauces, egg dishes, stews, poultry, seafood.



Chowder, seafood, stuffing, poultry, meat, vegetables.



Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages.

# Food Storage

**Baking Powder:** Store the airtight tins in a cool, dry place and replace every 6 months.

**Baking Soda:** Store in an airtight container in a cool, dry place for about 6 months.

**Beans:** Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cool, dry place. They will keep for about 1 year.

**Bread:** A rib of celery in your bread bag will keep the bread fresh for a longer time.

**Brown Sugar:** Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

**Cakes:** Putting half an apple in the cake box will keep cake moist.

**Celery and lettuce:** Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

**Cheese:** Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

**Chocolate:** Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called "bloom".

**Cocoa:** Store cocoa in a glass jar in a dry and cool place.

**Cookies:** Place crushed tissue paper on the bottom of your cookie jar.

**Cottage Cheese:** Store carton upside-down. It will keep twice as long.

**Dried Fruit:** Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

**Flour:** Store flour in a clean, tightly covered container for up to 1 year at room temperature.

**Garlic:** Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic flavored oil for salad dressing.

**Granulated Sugar:** Store sugar in a tightly covered container for up to 2 years.

**Honey:** Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

**Ice Cream:** 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.

**Lemons:** Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

**Limes:** Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

**Marshmallows:** They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

**Nuts:** For optimum freshness and shelf life, nuts should be stored, preferably unshelled, in a tightly covered container in the refrigerator or freezer and shelled as needed. (The shell and the cool temperature keep the nut from turning rancid.)

**Olive Oil:** You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

**Onions:** Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

**Parsley:** Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

**Popcorn:** It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".

**Potatoes:** Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

**Shredded Coconut:** Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

**Smoked Meats:** Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

**Soda Crackers:** Wrap tightly and store in the refrigerator.

**Strawberries:** Keep in a colander in the refrigerator. Wash just before serving.

**Vegetables with tops:** Remove the tops on carrots, beets, etc. before storing.

**Yeast:** Store in the freezer or refrigerator in a closed plastic bag.

## MEAT

### Beef

Roasts ..... 3 to 5 days

Steaks ..... 3 to 5 days

Ground beef,  
stew meat ..... 2 days

### Pork

Roasts ..... 3 to 5 days

Hams, picnics, whole ..... 7 days

Bacon ..... 7 to 14 days

Chops, spareribs ..... 2 to 3 days

Pork sausage ..... 1 to 2 days

### Veal

Roasts ..... 3 to 5 days

Chops ..... 4 days

### Lamb

Roasts ..... 3 to 5 days

Chops ..... 3 to 5 days

Ground lamb ..... 2 days

### Poultry

Chickens, whole ..... 1 to 2 days

Chickens, cut up ..... 2 days

Turkeys, whole ..... 1 to 2 days

### Cooked meats

Leftover cooked meats ..... 4 days

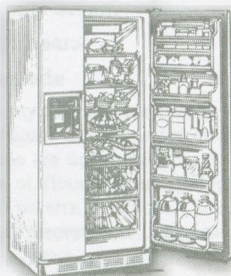
Cooked poultry ..... 2 days

Hams, picnics ..... 7 days

Frankfurters ..... 4 to 5 days

Sliced luncheon meats ..... 3 days

Un sliced bologna ..... 4 to 6 days

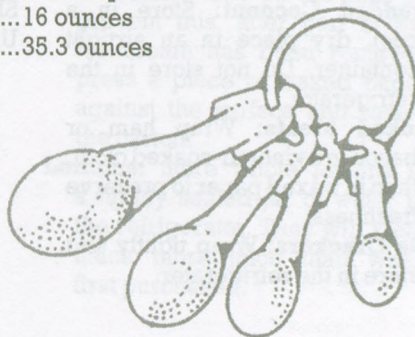


# Metric Volume Measurements

<b>Measure</b>	<b>Equivalent</b>
1 cubic centimeter .....	0.061 cubic inch
1 cubic inch .....	16.39 cubic centimeters
1 cubic decimeter .....	0.0353 cubic foot
1 cubic foot .....	28.317 cubic decimeters
1 cubic yard .....	0.7646 cubic meter
1 cubic meter .....	0.2759 cord
1 cord .....	3.625 steres
1 liter .....	0.908 qt. dry (1.0567 qts. liquid)
1 quart dry .....	1.101 liters
1 quart liquid .....	0.9463 liter
1 dekaliter .....	.26417 gallons (1.135 pecks)
1 gallon .....	0.3785 dekaliter
1 peck .....	0.881 dekaliter
1 hektoliter .....	2.8378 bushels
1 bushel .....	0.3524 hektoliter

# Simplified Measurements

<b>Measure</b>	<b>Equivalent</b>
1 tablespoon .....	3 teaspoons
2 tablespoons .....	1 ounce
1 jigger .....	1 1/2 ounces
1/4 cup .....	4 tablespoons
1/3 cup .....	5 tablespoons plus 1 teaspoon
1/2 cup .....	8 tablespoons
1 cup .....	16 tablespoons
1 pint .....	2 cups
1 quart .....	4 cups
1 gallon .....	4 quarts
1 liter .....	4 cups plus 3 tablespoons
1 ounce (dry) .....	2 tablespoons
1 pound .....	16 ounces
2.21 pounds .....	35.3 ounces



# USDA Food Guide

Amounts in each food group are recommended for most adults at a daily 2,000 calorie level diet.

<b>Food Group</b>	<b>USDA Daily Recommendation</b>	<b>Equivalent Amounts</b>
<b>Fruits</b>	<b>2 cups (4 servings)</b>	<b><i>1/2 cup is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1/2 cup fresh, frozen or canned fruit</li> <li>• 1 medium fruit</li> <li>• 1/4 cup dried fruit</li> <li>• 1/2 cup fruit juice</li> </ul>
<b>Vegetables</b>	<b>2 1/2 cups (5 servings)</b>	<b><i>1/2 cup is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1/2 cup raw or cooked vegetables</li> <li>• 1 cup raw leafy vegetables</li> <li>• 1/2 cup vegetable juice</li> </ul>
<b>Grains</b>	<b>6 ounces</b>	<b><i>1 ounce is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 cup dry cereal</li> <li>• 1/2 cup cooked rice, pasta or cereal</li> </ul>
<b>Meats &amp; Beans</b>	<b>5 1/2 ounces</b>	<b><i>1 ounce is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1 ounce cooked lean meat, poultry or fish</li> <li>• 1 egg</li> <li>• 1/4 cup cooked dry beans or tofu</li> <li>• 1 tablespoon peanut butter</li> </ul>
<b>Milk</b>	<b>3 cups</b>	<b><i>1 cup is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1 cup low-fat or fat-free milk or yogurt</li> <li>• 1 1/2 ounces low-fat or fat-free natural cheese</li> <li>• 2 ounces low-fat or fat-free processed cheese</li> </ul>
<b>Oils</b>	<b>24 grams (6 teaspoons)</b>	<b><i>1 teaspoon is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1 teaspoon soft margarine</li> <li>• 1 tablespoon low-fat mayonnaise</li> <li>• 2 tablespoons light salad dressing</li> <li>• 1 teaspoon vegetable oil</li> </ul>
<b>Discretionary</b>	<b>267 calories (2 2/3 T. sugars)</b>	<b><i>1 tablespoon is equivalent to:</i></b> <ul style="list-style-type: none"> <li>• 1 tablespoon jelly or jam</li> <li>• 1/2 ounce jelly beans</li> <li>• 8 ounces lemonade</li> </ul>

The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age and for some other gender or age groups who are more physically active. The oils listed in this table are not considered to be part of discretionary calories because they are a major source of Vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and trans fats) are listed separately as a source of discretionary calories.

Source: USDA Dietary Guidelines for Americans 2005, Table 1.

# Calorie Requirements Chart

Estimated amounts of calories required to maintain energy balance for certain gender and age groups at three different levels of physical activity. Estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

Gender	Age	Activity Level		
		Sedentary	Moderately Active	Active
Child	2 to 3	1,000	1,000 to 1,400	1,000 to 1,400
Female	4 to 8	1,200	1,400 to 1,600	1,400 to 1,800
	9 to 13	1,600	1,600 to 2,000	1,800 to 2,200
	14 to 18	1,800	2,000	2,400
	19 to 30	2,000	2,000 to 2,200	2,400
	31 to 50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 to 2,200
Male	4 to 8	1,400	1,400 to 1,600	1,600 to 2,000
	9 to 13	1,800	1,800 to 2,200	2,000 to 2,600
	14 to 18	2,200	2,400 to 2,800	2,800 to 3,200
	19 to 30	2,400	2,600 to 2,800	3,000
	31 to 50	2,200	2,400 to 2,600	2,800 to 3,000
	51+	2,000	2,200 to 2,400	2,400 to 2,800

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

## How Much is One Serving?

Milk & Milk Products	<ul style="list-style-type: none"> <li>• 1 C. (8 oz.) milk or yogurt</li> <li>• 2 (3/4 oz.) slices cheese (1/8" thick)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 C. cottage cheese</li> <li>• 1 1/2 C. ice milk, ice cream or frozen yogurt</li> </ul>
Meat & Meat Alternatives	<ul style="list-style-type: none"> <li>• 2 to 3 oz. cooked lean meat, poultry or fish</li> <li>• 2 eggs</li> <li>• 7 oz. tofu</li> </ul>	<ul style="list-style-type: none"> <li>• 1 C. cooked dried beans or peas</li> <li>• 4 T. peanut butter</li> <li>• 1/2 C. nuts or seeds</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• 1/2 C. cooked vegetables</li> <li>• 1/2 C. raw chopped vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• 1 C. raw leafy vegetables</li> <li>• 1/2 to 3/4 C. vegetable juice</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• 1 whole medium fruit (about 1 cup)</li> <li>• 1/4 C. dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 C. canned fruit</li> <li>• 1/2 to 3/4 C. fruit juice</li> </ul>
Bread & Cereal	<ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 medium muffin</li> <li>• 1/2 hot dog bun or hamburger bun</li> <li>• 1/2 bagel or English muffin</li> <li>• 4 small crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tortilla</li> <li>• 1 C. cold cereal</li> <li>• 1/2 C. cooked cereal</li> <li>• 1/2 C. rice</li> <li>• 1/2 C. pasta</li> </ul>

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

# Table of Nutrients

Estimated nutrient intake levels recommended by the USDA at the daily 2,000 calorie level, as well as recommendations by the Institute of Medicine (IOM) for females 19 to 30 years of age.

Nutrient	USDA	IOM for females 19 to 30*
Protein, g	91	RDA: 56
Carbohydrate, g	271	RDA: 130
Total Fat, g	65	--
Saturated Fat, g	17	--
Monounsaturated Fat, g	24	--
Polyunsaturated Fat, g	20	--
Total Dietary Fiber, g	31	AI: 28
Cholesterol, mg	230	ALAP
Potassium, mg	4,044	AI: 4,700
Sodium, mg	1,779	AI: 1,500, UL:<2,300
Calcium, mg	1,316	AI: 1,000
Magnesium, mg	380	RDA: 310
Iron, mg	18	RDA: 18
Phosphorous, mg	1,740	RDA: 700
Zinc, mg	14	RDA: 8
Riboflavin, mg	2.8	RDA: 1.1
Vitamin B6, mg	2.4	RDA: 1.3
Vitamin B12	8.3	RDA: 2.4
Vitamin C	155	RDA: 75
Vitamin E	9.5	RDA: 15
Vitamin A	1,052	RDA: 700

\*RDA= Recommended Daily Allowance, AI= Adequate Intake, AMDR= Acceptable Macronutrient Distribution Range, UL= Upper Limit, ALAP= As Low As Possible while consuming a nutritionally adequate diet.

Source: USDA Dietary Guidelines for Americans 2005, Table 2.

## Sources for Common Nutrients

### Vitamin A

- Bright orange vegetables like carrots, sweet potatoes and pumpkin
- Tomatoes, tomato products and red sweet peppers
- Leafy greens, such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce and romaine
- Orange fruits like mango, cantaloupe, apricots and red or pink grapefruit

### Vitamin C

- Citrus fruits and juices, kiwi fruit, strawberries, guava, papaya and cantaloupe
- Broccoli, peppers, tomatoes, cabbage (especially Chinese cabbage), brussels sprouts and potatoes
- Leafy greens, such as romaine, turnip greens and spinach

### Potassium

- Baked white or sweet potatoes, cooked greens or spinach, orange squash
- Bananas, plantains, many diced fruits, oranges and orange juice, cantaloupe and honeydew melons
- Cooked dry beans
- Soybeans (green and mature)
- Tomato products (sauce, paste or puree)
- Beet greens

Source: USDA Dietary Guidelines for Americans 2005, Table 5.

# Healthy Choices

This table shows the differences in saturated fat and calorie content of commonly consumed foods. Comparisons are made between foods in the same food group.

Food Group	Portion	Saturated Fat (g)	Calories
<b>Cheese</b>			
Regular Cheddar cheese	1 oz.	6.0	114
Low-fat Cheddar cheese	1 oz.	1.2	49
<b>Meats &amp; Poultry</b>			
Regular ground beef	3 oz.	6.1	236
Extra lean ground beef	3 oz.	2.6	148
Fried chicken leg	3 oz.	3.3	212
Roasted chicken breast	3 oz.	0.9	140
Fried fish	3 oz.	2.8	195
Baked fish	3 oz.	1.5	129
<b>Milk</b>			
Whole milk	1 C.	4.6	146
Low-fat milk (1%)	1 C.	1.5	102
<b>Breads</b>			
Croissant	Medium	6.6	231
Oat bran bagel (4")	Medium	0.2	227
<b>Frozen Desserts</b>			
Regular ice cream	1/2 C.	4.9	145
Low-fat frozen yogurt	1/2 C.	2.0	110
<b>Oils</b>			
Butter	1 tsp.	2.4	34
Soft margarine	1 tsp.	0.7	25

Source: USDA Dietary Guidelines for Americans 2005, Table 9.

## Sources of Saturated Fat Intake in the American Diet

This table shows major dietary sources of saturated fats in the U.S. diet, with a mean average daily intake of 25.5 grams. Saturated fats make the body produce more cholesterol, which can raise blood cholesterol levels and lead to cardiovascular disease. Contribution shows percent of total saturated fat consumed.

Food Group	Contribution	Food Group	Contribution
Cheese .....	13.1	Shortening.....	4.4
Beef.....	11.7	Salad Dressing	
Milk.....	7.8	/Mayonnaise.....	3.7
Oils .....	4.9	Poultry.....	3.6
Ice Cream/Sherbet		Margarine .....	3.2
/Frozen Yogurt.....	4.7	Sausage.....	3.1
Cakes/Cookies		Potato Chips/Corn	
/Quick Bread		Chips/Popcorn.....	2.9
/Donuts .....	4.7	Yeast Bread.....	2.6
Butter .....	4.6	Eggs.....	2.3

Source: USDA Dietary Guidelines for Americans 2005, Table 10.

# Physical Activity Recommendations

Engaging in regular physical activity will promote your health, psychological well-being and a healthy body weight. Use the following recommendations for achieving regular physical activity.

- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity. Physical activity should be above usual activity at work or home on most days of the week.
- Greater health benefits can be achieved by most people by engaging in more vigorous physical activity over a longer duration.
- To help manage body weight and to prevent gradual unhealthy weight gain in adulthood, engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

## Physical Activity Recommendations Per Age Group

### **Children & Adolescents**

Engage in at least 1 hour of physical activity on most or all days of the week.

### **Pregnant Women**

In the absence of medical or obstetric complications, engage in 30 minutes or more of moderate-intensity physical activity on most or all days of the week. Avoid activities with a high risk of falling or abdominal trauma.

### **Breastfeeding Women**

Be aware that neither acute nor regular exercise will adversely affect the mother's ability to successfully breastfeed.

### **Older Adults**

Engage in regular physical activity to reduce functional declines associated with aging.

Source: USDA Dietary Guidelines for Americans 2005, Physical Activity, viii.

# Calories Expended in Common Physical Activities

This table shows the average amount of calories expended during common physical activities. Examples are average amounts of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate- or vigorous-intensity physical activity depending on the rate at which they are carried out (for example, walking or biking).

Moderate Physical Activity	Approximate Calories Expended Per Hour
Hiking.....	370
Light gardening/yard work.....	330
Dancing.....	330
Golf (walking while carrying clubs).....	330
Bicycling (<10 mph).....	290
Walking (3.5 mph).....	280
Weight lifting (general light workout).....	220
Stretching.....	180
<b>Vigorous Physical Activity</b>	
Running/jogging (5 mph).....	590
Bicycling (>10 mph).....	590
Swimming (slow freestyle laps).....	510
Aerobics.....	480
Walking (4.5 mph).....	460
Heavy yard work (chopping wood).....	440
Weight lifting (vigorous effort).....	440
Basketball (vigorous).....	440

Source: USDA Dietary Guidelines for Americans 2005, Table 4.



# HOUSEHOLD HINTS

Tips to remedy this or that in the household

## Table of Contents

Clean-up Tips .....	2-3
Keeping Furniture Clean.....	4-5
Laundry Care .....	6
Removing Stains from Washables .....	7
Removing Stains from Carpets & Floors .....	8
Basic Fabric Care .....	9
Food Safety .....	10
Kitchen Safety .....	11
Perfect Party Checklist.....	12
Menu Planning .....	13
Table Settings .....	14
Buffet Arrangement.....	15
Staying Organized .....	16

# Clean-up Tips

**Appliances:** To shine chrome, use vinegar or window cleaner.

If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish.

To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: 1/2 cup bleach, 1/4 cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

Instead of using commercial waxes, shine with rubbing alcohol.

For quick clean-ups, rub with equal parts of water and household ammonia.

Or, try club soda. It cleans and polishes at the same time.

**Blender:** Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

**Burnt and scorched pans:** Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, 1/2 cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

**Cast-iron skillets:** Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and

the accumulated black stains can be removed with vinegar and water.

**Dishwasher:** Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

**Clogged drains:** When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

**Dusting:** Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

**Dish Drainer:** Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

**Glassware:** Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

**Grater:** For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing.

**Thermos bottle:** Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

**Oven:** Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just 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.

An inexpensive oven cleaner: Set oven on warm for about 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 the hard baked-on grease will wash off easily.

### **Plastic cups, dishes and containers:**

Coffee or tea stains can be scoured with baking soda.

Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

**Refrigerator:** 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. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

**Sinks:** 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.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar.

Club soda will shine up stainless steel sinks in a jiffy.

**Teakettle:** To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.

**To unplug sink:** Pour in one cup or more of white vinegar and a cup of baking soda, then add hot water out of the tap at full force. When bubbling stops, drain should be clear. Need no plumber.

### **Fingerprints off the kitchen door and walls:**

Take away fingerprints. Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

# Keeping Furniture Clean

## **To remove polish build-up:**

Mix 1/2 cup vinegar and 1/2 cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

## **Polishing carved furniture:**

Dip an old soft toothbrush into furniture polish and brush lightly. Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

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. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

## **Removing paper that is stuck to a wood surface:**

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.

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.

**Scratches:** 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 all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

**Marble table-top stains:**

Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

**Plastic table tops:** You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

**Glass table tops:** Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

**Chrome cleaning:** For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

**Removing glue:** Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

**Wicker:** Wicker needs moisture, so use a humidifier in the winter.

To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

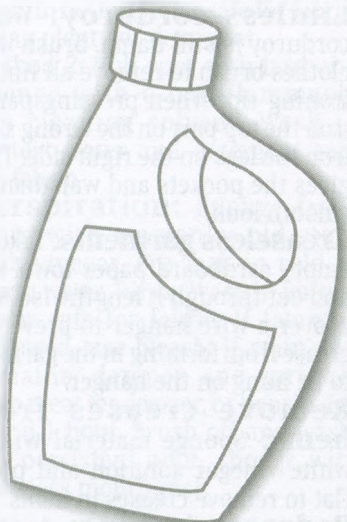
**Metal furniture:** To remove rust, a good scrubbing with turpentine should accomplish this job.

**Vinyl upholstery:** Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

**Soiled upholstery:** Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

**Leather upholstery:** Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

**Grease stains:** Absorb grease on furniture by pouring salt on the spill immediately.



# Laundry Care

**Spot removal:** Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

**Clean machine:** Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

**Too sudsy:** When your washer overflows with too many suds, sprinkle salt in the water - the suds will disappear.

**Hand-washed sweaters:** Add a capful of hair cream rinse to the final rinse water when washing sweaters.

**Whiter fabric:** Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

**Whitest socks:** Boil socks in water to which a lemon slice has been added.

**Freshen feather pillows:** Put feather pillows in the dryer and tumble, then air outside.

**Lintless corduroy:** While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

**Creaseless garments:** Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

**Remove creases from hems:** Sponge material with a white vinegar solution and press flat to remove creases in hems.

**Bedroom ironing:** A good place to iron is in the bedroom.

Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

**Ironing board cover:** When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.

Starch your ironing board cover. This helps the cover stay clean longer.

**Lint remover:** Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.

**Washer advice:** Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

**Soiled collars:** Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

**Faster ironing:** Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

**Ironing embroidery:** Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.



# Removing Stains from Washables

**Alcoholic beverages:** Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. 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; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

**Baby Food:** Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

**Blood:** Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons 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 as possible. Place fabric between 2 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 a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

**Cosmetics:** 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.

**Deodorants:** Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

**Dye:** If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

**Fruit and fruit juices:** Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

**Grass:** Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

**Grease, oil, tar or butter:** Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

**Perspiration:** Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

# Removing Stains from Carpets & Floors

**Candle drippings:** For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

**Dog stains:** Blot up excess moisture with paper towel. 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.

**Rug care:** 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.

**Cleaning rugs:** If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

**Spills on the rug:** When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

**Ballpoint ink marks:** Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

**Glue:** Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

**Repairing braided rugs:** Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

**Repairing a burn:** Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

**Blood on the rug:** When you get blood on your rug, rub off as much as  
*8 - Household Hints*

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.

**Crayon Marks:** Use silver polish to remove from vinyl tile or linoleum.

**Spilled nail polish:** Allow to almost dry, then peel off of waxed floors or tile.

**Tar spots:** Use paste wax to remove tar from floors. Works on shoes, too.

**Dusting floors:** Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

**Varnished floors:** Use cold tea to clean woodwork and varnished floors.

**Spilled grease:** Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

**Quick shine:** Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

**Unmarred floors:** Put thick old socks over the legs of heavy furniture when moving across floors.

**Wood floor care:** Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

**Heel marks:** Just take a pencil eraser and wipe them off.

**Floor polisher:** 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.

**Garage floors:** 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.

**Basement floors:** Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

# Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

<b>Fabric</b>	<b>Washing</b>	<b>Drying &amp; Ironing</b>
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable - check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Corduroy	Always wash inside out. Hand or machine wash -check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable - check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

# Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

## When shopping:

- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

## When storing:

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

## When preparing:

- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria. Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



# Kitchen Safety

## Kitchen Fires:

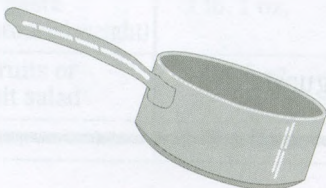
Always keep a domestic fire extinguisher in the kitchen. However, be careful not to position the extinguisher above the stove, as a stovetop or oven fire would make the extinguisher inaccessible. Be



sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help suffocate flames from deep-fat fryers, which are a major cause of household fires. NEVER throw water on grease fires!

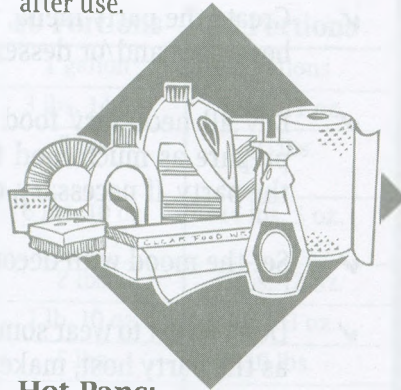
## Child Safety:

Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach. Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.



## Hygiene:

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, reserving the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.



## Hot Pans:

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.

# Perfect Party Checklist

- ✓ Create the party guest list.
- ✓ If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- ✓ As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- ✓ Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- ✓ Gather materials needed for serving food, party games, decorations, music and/or party favors.
- ✓ Create the party menu, including snacks, main meal, beverages and/or dessert.
- ✓ Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- ✓ Set the mood with decorations, lighting and music.
- ✓ Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- ✓ Set out party snacks, beverages, decorations and favors.
- ✓ Relax and welcome your guests!

# Menu Planning

## *When selecting recipes for a party:*

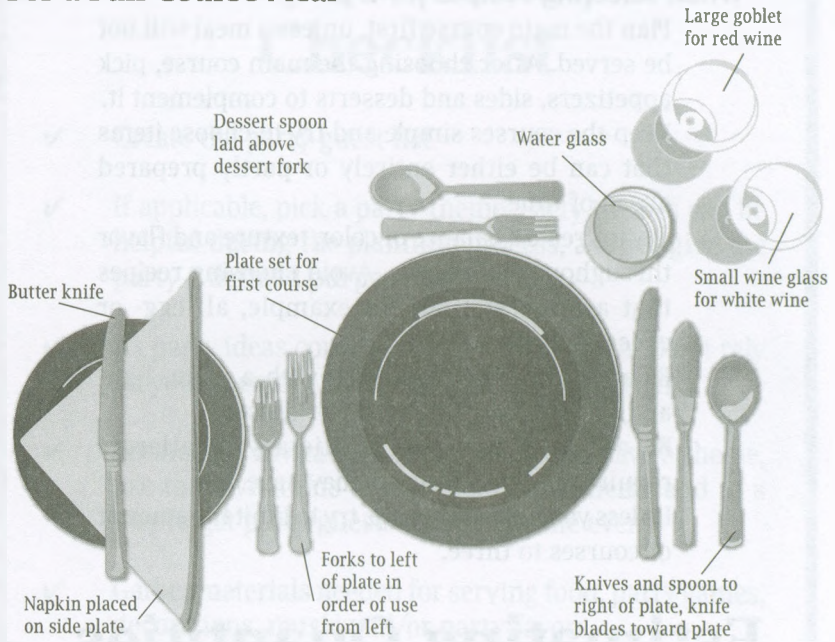
- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

## Estimating Quantities

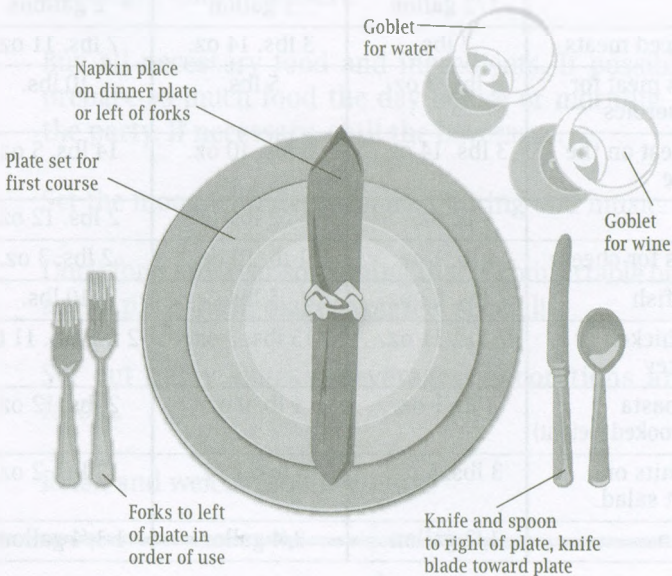
Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Crackers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filleted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 x 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 1 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

# Table Settings

## For a Full-Course Meal



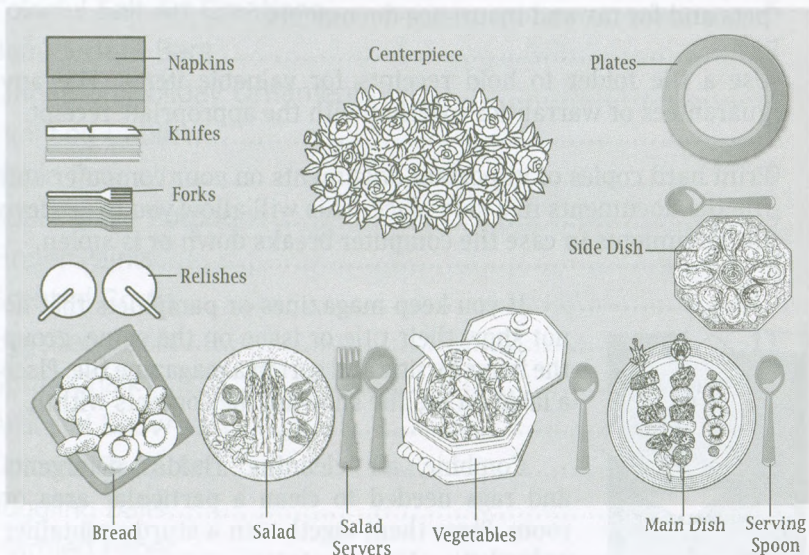
## For a Casual Meal



# Buffet Arrangement

## Arranging the Buffet Table:

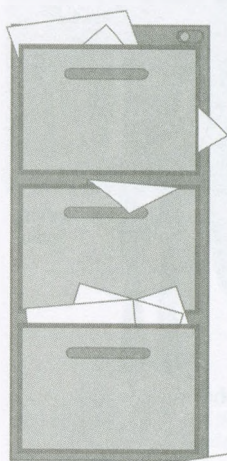
- Decide which direction guests will walk around the table.
- Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
- Set breads, relishes, cutlery and napkins at the end of the table. If there is room, set decorations in the center of the table.
- Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
- To keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
- Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



# Staying Organized

Use the following tips to keep your home organized:

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member. For instance, Donna's color is red and Kathi's color is blue.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food coupons in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any guarantees or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.



- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.

# KID'S KITCHEN CRAFTS

## Table of Contents

Homemade Glitter .....	2
Silly Putty .....	2
Bubble Juice .....	3
Bubble Wands.....	3
Chocolate Scented Playdough.....	3
Bread Dough Basket.....	4
Rock Candy Stir Sticks.....	5
Birdie "Tweet" Treats .....	5
Colored Vases .....	6
Colorful Salt Art Creations.....	6
Beauty Bath Bars .....	7
Cinnamon Holiday Ornaments .....	7
Mini Log Cabin .....	8
Apple Doll.....	9
Apple Spice Potpourri .....	9
Finger Paints.....	10
Scented Rocks .....	10
Eggshell Chalk .....	11
Spray Chalk .....	11
Artificial Snow .....	12
Colored Pasta Art .....	12
Juggling Balls.....	13
Marbled Paper.....	13
Homemade Glue .....	14
Modeling Clay .....	14
Doggie Biscuits .....	15
Invisible Writing .....	16
The Butter Factory .....	16

# Homemade Glitter

Makes 1/2 cup

**1/2 C. salt**

**3 drops food coloring**

Preheat oven to 350°. In a small bowl, place salt. Add drops of any color food coloring. Mix lightly until salt is thoroughly colored. Spread salt mixture in a single layer on a baking sheet. Bake in preheated oven for 10 minutes. Remove baking sheet, being careful not to spill the glitter. Let glitter cool completely on baking sheet before transferring to a storage container.

## Silly Putty

Makes about 1 cup

**1/2 C. Elmer's white glue**

**3 drops food coloring**

**1/2 C. liquid starch**

Place white glue in a medium shallow dish. Slowly add liquid starch to glue, kneading with your fingers. The more you handle the silly putty, the better it will turn out! If desired, add drops of any color food coloring and continue to knead with your hands until color is fully incorporated.



# Chocolate Scented Playdough

Makes about 2 cups

- |                            |                               |
|----------------------------|-------------------------------|
| <b>1 1/4 C. flour</b>      | <b>1/2 T. cream of tartar</b> |
| <b>1/2 C. cocoa powder</b> | <b>1/2 T. vegetable oil</b>   |
| <b>1/2 C. salt</b>         | <b>1 C. boiling water</b>     |

In a medium saucepan over medium heat, combine flour, cocoa powder, salt and cream of tartar. Add vegetable oil and boiling water and mix well. Cook, stirring frequently, until mixture forms a soft dough. Remove from heat and let cool. When mixture has cooled, continue to knead with your hands. Store mixture in an airtight container. Kids will enjoy creating shapes and characters with this sweet-smelling playdough!

# Bubble Juice

Makes about 1 1/2 cups

- |   |                                     |
|---|-------------------------------------|
| <b>1 C. water</b>                                   | <b>4 T. liquid dishwashing soap</b> |
| <b>2 T. light corn syrup or<br/>2 tsp. glycerin</b> |                                     |

In a large shallow dish, combine water, corn syrup and dishwashing soap. Mix thoroughly and use with homemade bubble wands.

# Bubble Wands

Form wire clothes hangers or thin pieces of wire into various shapes. Lightly dip the wands into the bubble juice and wave through the air to make big bubbles!

# Bread Dough Basket

Makes 1 basket

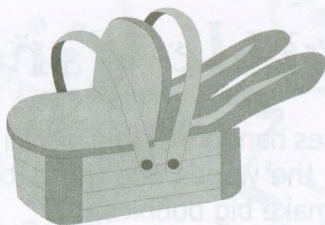
**1 1/2 C. warm water**

**2 lbs. flour**

**1 lb. salt**

**Clear gloss varnish**

Preheat oven to 250°. In a large bowl, combine warm water and salt. Let mixture cool and slowly add flour, mixing constantly, until a firm dough forms. Knead dough with hands until mixture has an elastic feel. Cover mixture with a damp cloth and let sit for 30 minutes. Measure the diameter of an ovenproof baking dish. Roll out dough to desired thickness and cut dough into strips that are about 1" longer than the diameter of the dish. Lay the strips horizontally across the dish from the top of one side, down over the base of the dish and up the opposite side of the dish. Continue laying the strips, leaving a gap of about 1" between each strip. When the baking dish has been covered in one direction, begin weaving strips in the opposite direction, alternating going over one strip and under the next. Continue this weaving method by placing the next strip so it goes under and over the opposite strips. Trim any uneven edges with a knife. Roll remaining dough into thin 5" long strips. Lay the strips end-to-end along the rim of the dish until rim is completely covered. Run your fingers over the dough to create a smooth finish around the rim. To give the rim of the basket a ribbed effect, make small cuts with a knife around the rim. Bake in oven for 1 1/2 to 2 hours, until dough is golden brown and hard to the touch. Remove from oven and let cool completely before removing bread basket from baking dish. Using a medium brush, paint basket with clear gloss varnish. Let varnish dry and apply another coat. When varnish has dried completely, use basket to hold fresh fruits or bread rolls. Do not eat the basket!



# Rock Candy Stir Sticks

Makes 5 to 6 sticks

**2 C. water**

**5 C. sugar**

**Drops of food coloring**

**Plastic container lid**

**Wooden coffee stir sticks,**

**bamboo skewers**

**or popsicle sticks**

In a large saucepan over medium high heat, place water. Bring to a boil and stir in sugar. Continue to boil until mixture reaches 260°. Remove from heat and let mixture cool for 5 minutes. Pour sugar mixture into glass jar and add drops of food coloring. Mix lightly. Punch stir sticks through the plastic container lid. Set lid over glass jar so the sticks hang down into the sugar mixture but do not touch the bottom of the jar. Set the mixture aside for 7 days. After 7 days, carefully lift the lid out of the jar and you will find magical rock candy stir sticks. Give the sticks as gifts for grown-ups to stir in their coffee or tea.

# Birdie "Tweet" Treats

Makes 3 wreaths

**8 T. water, divided**

**1-1/4 oz. pkg.**

**unflavored gelatin**

**2 C. wild birdseed**

**3-4" mini bundt or fluted**

**pan**

**3-12" pieces colorful ribbon**

In a medium saucepan over medium heat, bring 6 tablespoons water to a boil. In a medium bowl, combine unflavored gelatin and remaining 2 tablespoons water. Let mixture sit for 1 minute and then add boiling water. Stir for 2 to 3 minutes, until gelatin is completely dissolved. Stir wild birdseed into gelatin mixture, stirring well. Let mixture sit for a few minutes and stir again. Repeat this process twice, allowing the bird seed to absorb the liquid. Divide the mixture evenly into the miniature bundt pans. Place the filled pans in the refrigerator for 3 hours. Remove the wreaths from the molds by inverting and carefully tapping on the bottom of each pan. Let wreaths dry overnight. Thread one piece of ribbon through each wreath and tie closed. Hang the treats outside for birds to enjoy!

# Colorful Salt Art Creations

Makes about 2 creations

**1 C. table salt**  
**Various pieces of**  
**colored chalk**

**2 empty baby food jars**  
**Toothpicks**

Divide the salt into separate small ziplock bags. Place one piece of colored chalk in each bag with the salt. Close the bags and rub the salt and chalk together by hand until the salt is completely colored. Remove leftover pieces of chalk from the bags. Pour salt in any pattern or order, alternating colors, into the baby food jars. Fill jars completely full so the salt will not shift. If desired, create patterns along the inside of the jar by sticking the toothpick into the layers of colored salt. Put a thin line of hot glue along inside of jars and screw lids tightly onto jars. These salt art creations make great gifts or paperweights!

## Colored Vases

Makes 2 vases

**1/4 C. tacky glue**  
**1 tsp. water**  
**1 paintbrush**

**2 empty bottles, washed**  
**Colored salt (from recipe**  
**above)**

Use the colored salt from the above recipe to make beautiful vases! In a plastic cup, combine tacky glue and water. Mix well. Using a paintbrush, apply a thin coat of the glue mixture to the outside of the clean bottles. Pour your colored salt into a cup, using a separate cup for each color. Using one hand, hold one bottle by the tip over a piece of newspaper. While turning the bottle, sprinkle some of the colored sand over the bottle so the salt will attach to the sticky surface. When the bottle is satisfactorily covered with sand, set the bottle aside for 1 day so the glue can dry. Repeat with remaining bottle. Carefully fill the bottles half way with water and display flowers in your homemade vases!



# Cinnamon Holiday Ornaments

Makes 12 ornaments

**1/2 C. cinnamon**  
**1 C. applesauce**  
**1 T. nutmeg**

**1 T. ground cloves**  
**1 T. white glue**  
**Ribbon**

In a medium bowl, combine cinnamon, applesauce, nutmeg, ground cloves and glue. Mix well, until a stiff dough forms. Roll out dough to 1/4" thickness. Using cookie cutters, cut dough into various shapes. Using the end of a straw, poke a hole into one side of each ornament for the ribbon to go through. Carefully place cut out shapes on a wire rack. Let ornaments air dry for 5 to 7 days, turning occasionally. When ornaments are completely hardened, thread a piece of ribbon through the hole in each ornament and tie a loop so the ornaments can hang. You'll love the smell of these ornaments when placed throughout your home!

# Beauty Bath Bar

Makes 1 bar

**1 bar soap**  
**Acrylic paints**

**Paint brushes**  
**2 oz. canning wax**

Paint a design over one side of the bar of soap, using the acrylic paints and paint brushes. Meanwhile, in a double boiler over medium high heat, place canning wax. When wax is completely melted, use a disposable brush to paint a layer of clear wax over the painted design on the bar of soap. Set the bar of soap aside until the wax dries. The protective layer of wax will allow the soap to be used while the painted design remains on the bar!

# Mini Log Cabin

Makes 1 cabin

**1 empty 1/2 pint milk carton**

**1 C. creamy peanut butter**

**50 pretzel sticks**

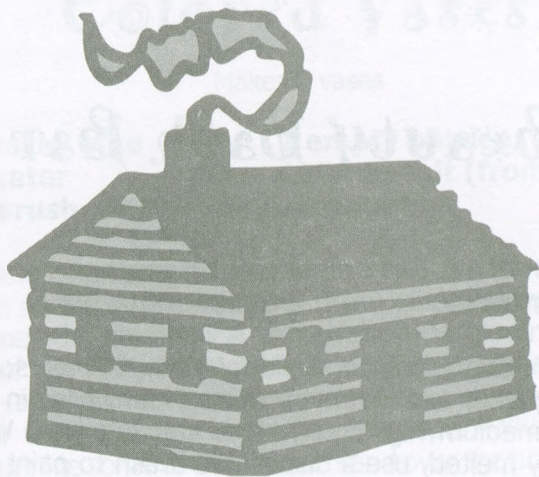
**1 graham cracker half**

**2 square pretzels or cereal squares**

**12 thin wheat crackers**

**1 pretzel nugget for chimney**

Rinse milk carton completely and staple top closed, trimming the top so carton resembles a house shape. Cover sides and top (roof) of carton with creamy peanut butter. Cut pretzel sticks into desired length and cover sides of carton with pretzels, to resemble logs. Use the graham cracker half as a door and the square pretzels or cereal squares for windows. Press the pretzels, cereal and graham crackers into the peanut butter to secure to the carton. Use the thin wheat crackers as overlapping shingles for the roof. Using additional peanut butter, attach the pretzel nugget to the roof as a chimney.



# Apple Spice Potpourri

Makes about 1 1/2 cups

- 1/2 C. chopped dried apple slices**
- 1/2 C. dried whole cranberries**
- 4 cinnamon sticks**
- 1 whole nutmeg, broken into pieces**
- 2 T. whole cloves**
- 2 T. whole allspice**

Place dried apples and cranberries on a baking sheet and set aside to air dry for several days. In a large bowl, combine dried apples, dried cranberries, cinnamon sticks, nutmeg pieces, whole cloves and whole allspice. Mix ingredients together by hand. To simmer the potpourri, in a small saucepan, combine 1/2 cup of the potpourri mixture and 2 cups water. Place the saucepan over low heat and let simmer for several hours. If mixture begins to dry out, add more water as needed. Simmering potpourri will fill your entire house with a pleasing fragrance!

# Apple Doll

Makes 1 doll

- 1 large Red Delicious apple**
- Carving knife and potato peeler**
- Colored markers, optional**
- 1 plastic bottle**
- Hot glue gun and glue**
- Various pieces of fabric**

Peel and core the apple. With the help of an adult, carefully carve a face shape into the apple, hollowing out deep-set eyes and a deep slit for the mouth. If desired, add extra features like ears or a nose. Set the apple aside for several days, until the apple has shrunk to about 2/3 its original size. When the apple face is completely dried out, go over the eyes and other features with markers, if desired. Cut the top part off of the plastic bottle and apply a line of hot glue. Attach the apple head to the bottle and hold in place until hot glue has dried. Decorate the doll by wrapping fabric around the bottle to make clothes. Enjoy playing with your new doll, but remember that this doll is not for eating!



## Colored Pasta Art

Makes 2 cups colored pasta

**1/4 C. rubbing alcohol**      **2 C. dry pasta, any kind\***  
**1 T. food coloring**

In a 1-quart ziplock bag, place rubbing alcohol and food coloring. Securely close bag and shake until well combined. Open bag and add dry pasta. Close bag again and turn in hands to coat pasta with the coloring. Lay bag on a flat surface and let sit for 1 hour. Turn bag over and let sit for an additional 30 minutes. Carefully pour liquid from bag and pour remaining pasta into a large paper bag to dry. Use dried colored pasta to make pictures, sculptures, jewelry or other art projects.

\*Use various pasta shapes, such as: rigatoni, macaroni, wagon wheel, spiral or bow tie.

## Artificial Snow

Makes 1 cup

**1/2 C. sugar**      **1/2 C. white glue**  
**1/2 C. talcum powder**      **1/2 C. water**

In a medium bowl, combine sugar and talcum powder and set aside. In a separate bowl, combine glue and water. Spread glue mixture over surface that you want to decorate with snow. Sprinkle the sugar mixture over the glue and enjoy the look of sparkling white snow!

# Marbled Paper

**10 C. cold water**  
**2 or 3 different**  
**colors of oil paint**

**Turpentine**  
**Brown paper bags**

In a shallow pan, place cold water. Add one color of the oil paint and a little turpentine until mixture reaches the consistency of thick cream. Drop a few drops of a different colored oil paint into the pan. If the paint drops sink, the mixture is too thick and you should add a little more turpentine. If the paint drops spread, the mixture is too thin and you should add a little more oil paint. When the mixture is the correct consistency, drop large spots of oil paint, one at a time, into the mixture. Using a spoon, stick or comb, swirl the paint into desired marbled patterns. Cut the brown paper bags into pieces that are slightly smaller than the shallow pan. Holding opposite corners of the paper, slowly lower the paper into the mixture in pan until one side of the paper has touched the solution. Carefully lift the paper out of the solution and place, marbled side up, on a stack of newspapers or drying rack. If desired, hang the papers on a clothes line to dry. Use this marbled paper for various art crafts or as stationery.

# Juggling Balls

Makes 3 balls

**3 plastic baggies**  
**4 1/2 C. dried beans,**  
**divided**

**6 balloons**

Fill each plastic baggie with 1 1/2 cups dried beans. Secure baggies with twist ties. Cut the top off of each balloon (the part that you blow into). Stretch one balloon over a filled plastic bag, being sure to cover the twist tie. Stretch another balloon over the baggie to conceal the hole, making sure the plastic bag is completely covered.

# Homemade Glue

Makes about 6 cups

**1 qt. skim milk**  
**1 T. white vinegar**

**3/4 T. baking soda**  
**10 oz. water**

In a double boiler over low heat, place milk and vinegar. Cook, stirring occasionally, until curds begin to form. Remove from heat and pour mixture through a strainer, discarding any remaining liquid. Slowly wash curds under running water until the smell of vinegar has disappeared. Place the curds in a clean, medium bowl. In a separate bowl, combine baking soda and water, stirring until baking soda is completely dissolved. Pour mixture over curds in bowl and stir until a white paste forms. Use glue for craft projects and store in airtight containers.

# Modeling Clay

Makes 1 1/2 cups

**1 C. baking soda**  
**1/2 C. cornstarch**

**3/4 C. water**  
**Drops of food coloring**

In a medium saucepan over low heat, combine baking soda and cornstarch. Mix well and add water. Continue to heat for 7 to 10 minutes, stirring frequently, until mixture is the consistency of mashed potatoes. Continue to stir, as mixture will thicken very quickly. Cover a flat surface with additional cornstarch. Spread mixture over cornstarch and knead by hand until mixture turns into a workable clay. Divide clay into several sections. Make a hole in the center of each section and add a few drops of food coloring to the hole in each section. If desired, use a different color for each section. Knead the sections by hand until the color has distributed throughout. Use modeling clay to make fun sculptures and creations. For a permanent sculpture, let the modeled clay air dry overnight. Place leftover clay in a ziplock bag and refrigerate. Use leftover clay within 3 days.

# Doggie Biscuits

Makes about 2 dozen

<b>1/4 C. hot water</b>	<b>1 1/2 C. tomato juice</b>
<b>1 tsp. sugar</b>	<b>2 C. flour, divided</b>
<b>1 pkg. active dry yeast</b>	<b>2 C. wheat germ</b>
<b>8 chicken bouillon cubes</b>	<b>1 1/2 C. whole wheat flour</b>

Preheat oven to 300°. In a large bowl, place hot water. Add sugar and yeast and let stand for about 5 minutes. Crush chicken bouillon cubes with a fork and stir crushed bouillon into yeast mixture. Add tomato juice, 1 cup flour and wheat germ and stir until a smooth batter forms. Add remaining 1 cup flour and whole wheat flour and stir until dough is stiff and very dry. Continue to mix by hand. Turn half of the dough out onto a lightly floured flat surface. Using a rolling pin, roll dough to about 1/4" thickness. If dough is too sticky, add additional flour. Using cookie cutters or a knife, cut biscuits into desired shape. Repeat with remaining dough. Place biscuits on a baking sheet and bake in oven for 1 hour. Turn off oven and let biscuits dry and harden in oven for about 4 hours. Remove cooled biscuits from oven and give them as a treat to your favorite dog!



# invisible Writing

**1 small paint brush**  
**1/2 C. lemon juice**  
**White paper**

**1 medium paint brush**  
**1 C. grape juice**

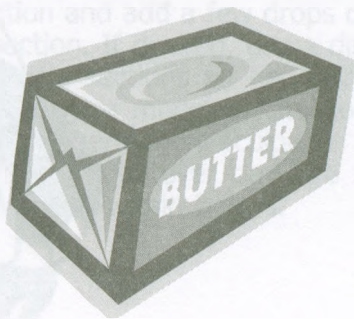
Write a secret message on a piece of paper that only your friends can see! Dip the small paint brush in lemon juice and write your message on the white paper. Your friend can reveal the message by dipping the medium paint brush in grape juice and "painting" over the entire piece of paper. Your secret message will show through!

# The Butter Factory

**1 pint heavy whipping cream**  
**Small plastic container with lid**

**Yellow food coloring, optional**

Pour the heavy whipping cream into the plastic container. Securely fasten the lid to the container. Take turns shaking the container with cream vigorously. Continue shaking for 15 to 30 minutes, until the cream has separated into buttermilk and solid butter. Open the container and discard the buttermilk. If desired, stir in a few drops of yellow food coloring until butter reaches desired shade. Use butter for normal purposes. Store in an airtight container in refrigerator.





# NUTRITION FOR THE SOUL

## INSPIRATIONAL SCRIPTURE

### For Scripture...

On Home .....	2-3
On Children .....	4-5
On Health & Healing .....	6
On Forgiveness .....	7
On Love.....	8-9
On Joy.....	10-11
On Blessings.....	12
On Drink.....	13
On Nourishment.....	14-15
On Food .....	16



# Scripture on Home...

I have been with you wherever you have gone, and I have cut off all your enemies from before you. Now I will make your name great, like the names of the greatest men of the earth. And I will provide a place for my people Israel and will plant them so that they can have a home of their own and no longer be disturbed.

2 SAMUEL 7:9-10

How lovely is your dwelling place, O Lord Almighty!  
My soul yearns, even faints, for the courts of the Lord;  
My heart and my flesh cry out for the living God.

Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young – a place near your altar, O Lord Almighty, my King and my God.

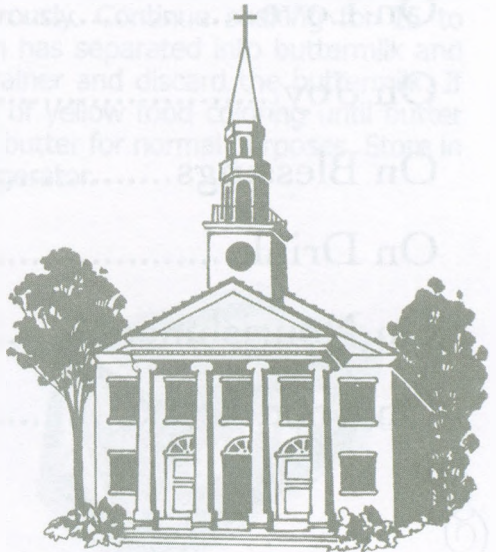
Blessed are those who dwell in your house; they are ever praising you.

PSALM 84:1-4

Jesus said to them,  
“Surely you will  
quote this proverb to  
me: ‘Physician, heal  
yourself! Do here  
in your hometown  
what we have heard  
that you did in  
Capernaum.’”

“I tell you the truth,”  
he continued, “no  
prophet is accepted in  
his hometown.”

LUKE 4:23-24





"I tell you the truth," Jesus replied, "no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age (homes, brothers, sisters, mothers, children and fields – and with them, persecutions) and in the age to come, eternal life. But many who are first will be last, and the last first."

MARK 10:29-31

"My house will be called a house of prayer for all nations."  
ISAIAH 56:7

Jesus knew their thoughts and said to them: "Any kingdom divided against itself will be ruined, and a house divided against itself will fall."

LUKE 11:17

"Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going."

JOHN 14:1-4

# Scripture on Children...

Only be careful, and watch yourselves closely so that you do not forget the things our eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

DEUTERONOMY 4:9

“Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

MATTHEW 7:9-11

He called a little child and had him stand among them. And he said: “I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.”

MATTHEW 18:2-4



“And whoever welcomes a little child like this in my name welcomes me. But if anyone causes one of these little ones who believe in me to sin, it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea.”

MATTHEW 18:5-6

Then little children were brought to Jesus for him to place his hands on them and pray for them. But the disciples rebuked those who brought them. Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

MATTHEW 19:13-14

Children, obey your parents in the Lord, for this is right. “Honor your father and mother” – which is the first commandment with a promise – “that it may go well with you and that you may enjoy long life on the earth.”

EPHESIANS 6:1-3



# Scripture on Health & Healing...

Get wisdom, get understanding; do not forget my words or swerve from them.

Do not forsake wisdom, and she will protect you; love her, and she will watch over you.

Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding.

Esteem her, and she will exalt you; embrace her, and she will honor you.

PROVERBS 4:5-8

“Give thanks to the Lord Almighty, for the Lord is good; his love endures forever.” For I will restore the fortunes of the land as they were before, says the Lord.

JEREMIAH 33:11

On hearing this, Jesus said, “It is not the healthy who need a doctor, but the sick. But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”

MATTHEW 9:12-13

Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them.

MATTHEW 4:23-24

Praise the Lord, O my soul; all my inmost being, praise his holy name.

Praise the Lord, O my soul, and forget not all his benefits –

Who forgives all your sins and heals all your diseases,

Who redeems your life from the pit and crowns you with love and compassion.

PSALM 103:1-4

# Scripture on Forgiveness...

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

COLOSSIANS 3:12-13

O you who hear prayer, to you all men will come.

When we were overwhelmed by sins, you forgave our transgressions.

Blessed are those you choose and bring near to live in your courts!

PSALM 65:2-4

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

MATTHEW 6:14-15

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?"

Jesus answered, "I tell you, not seven times, but seventy-seven times."

MATTHEW 18:21-22

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

MARK 11:24-25

# Scripture on Love...

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength.

DEUTERONOMY 6:4-5

If you pay attention to these laws and are careful to follow them, then the Lord your God will keep his covenant of love with you, as he swore to your forefathers. He will love you and bless you and increase your numbers.

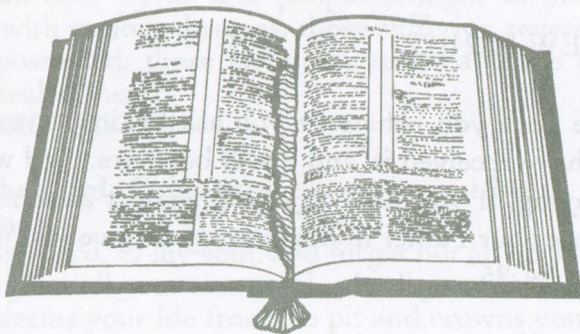
DEUTERONOMY 7:12-13

When all the Israelites saw the fire coming down and the glory of the Lord above the temple, they knelt on the pavement with their faces to the ground, and they worshiped and gave thanks to the Lord saying, "He is good; his love endures forever."

2 CHRONICLES 7:3

For the word of the Lord is right and true; he is faithful in all he does. The Lord loves righteousness and justice; the earth is full of his unfailing love.

PSALM 33:4-5



For great is your love, higher than the heavens; your faithfulness reaches to the skies.

Be exalted, O God, above the heavens, and let your glory be over all the earth.

PSALM 108:4-5

You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven.

MATTHEW 5:43-45

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 CORINTHIANS 13:4-8

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

JOHN 3:16

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

MATTHEW 22:37-40

# Scripture on Joy...

“Oh, that I might have my request, that God would grant what I hope for, that God would be willing to crush me, to let loose his hand and cut me off! Then I would still have this consolation – my joy in unrelenting pain – that I had not denied the words of the Holy One.”

JOB 6:8-10

Clap your hands, all you nations; shout to God with cries of joy. How awesome is the Lord Most High, the great King over all the earth!

PSALM 47:1-2

Shout for joy to the Lord, all the earth, burst into jubilant song with music;

make music to the Lord with the harp, with the harp and the sound of singing,

with trumpets and the blast of the ram's horn – shout for joy before the Lord, the King.

PSALM 98:4-6

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs.

Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

PSALM 100:1-3

A cheerful look brings joy to the heart, and good news gives health to the bones.

PROVERBS 15:30

So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun.

ECCLESIASTES 8:15

So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

JOHN 16:22-24

Our mouths were filled with laughter, our tongues with songs of joy.

Then it was said among the nations, "The Lord has done great things for them."

The Lord has done great things for us, and we are filled with joy.

PSALM 126:2-3

An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord."

LUKE 2:9-11

I tell you the truth, he who believes has everlasting life. I am the bread of life. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever.

JOHN 6:47-51

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

ROMANS 15:13

# Scripture on Blessings...

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

MATTHEW 5:3-10

Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O Lord.

You have filled my heart with greater joy than when their grain and new wine abound.

I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.

PSALM 4:6-8

"Blessed are you who are poor, for yours is the kingdom of God.

Blessed are you who hunger now, for you will be satisfied.

Blessed are you who weep now, for you will laugh.

Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man."

"Rejoice in the day and leap for joy, because great is your reward in heaven."

LUKE 6:20-23

# Scripture on Drink...

You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.

Surely goodness and love will follow me all the days of my life,  
And I will dwell in the house of the Lord forever.

PSALM 23:5-6

If your brother is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy your brother for whom Christ died. Do not allow what you consider good to be spoken of as evil. For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

ROMANS 14:15-17

Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. Then he told them, "Now draw some out and take it to the master of the banquet." They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

JOHN 2:7-10

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."

JOHN 4:13-14





## Scripture on Nourishment...

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

MATTHEW 6:25-27

“Don’t you see that nothing that enters a man from the outside can make him unclean? For it doesn’t go into his heart but into his stomach, and then out of his body.” In saying this, Jesus declared all foods clean.

MARK 7:18-19

But he said to them, “I have food to eat that you know nothing about.” Then his disciples said to each other, “Could someone have brought him food?” “My food,” said Jesus, “is to do the will of him who sent me and to finish his work. Do you not say, ‘Four months more and then the harvest’? I tell you, open your eyes and look at the fields! They are ripe for harvest.”

JOHN 4:32-35





But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

1 TIMOTHY 6:6-8

Then Jesus declared, "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

"Those whom I love I rebuke and discipline. So be earnest, and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him and he with me."

REVELATION 3:19-20

"Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table."

2 SAMUEL 9:7



# Scripture on Food...

He who works his land will have abundant food,  
But he who chases fantasies lacks judgment.

PROVERBS 12:11

A generous man will himself be blessed,  
For he shares his food with the poor.

PROVERBS 22:9

I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground – everything that has the breath of life in it – I give every green plant for food.

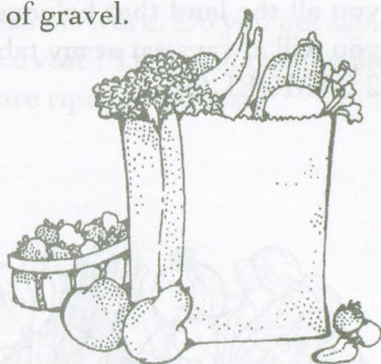
GENESIS 1:29-30

If your enemy is hungry, give him food to eat;  
If he is thirsty, give him water to drink.

PROVERBS 25:21

Food gained by fraud tastes sweet to a man,  
But he ends up with a mouth full of gravel.

PROVERBS 20:17



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