

**ALL
OF OUR
FAVORITES**

COOK BOOK

Old Ones New Ones



**A VERY SELECT GROUP OF
TASTY TREATS FROM
HAWKEYE CHAPTER
PIONEER
PARTNERS**



A BOOK OF

FAVORITE

Recipes

Compiled by

THE PIONEER PARTNERS

OF

HAWKEYE CHAPTER #17

TELEPHONE PIONEERS OF AMERICA



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PIONEERING

Pioneering has had a stabilizing influence on the telephone industry since the organization was founded in 1911 by 250 interested employees in Boston, Massachusetts. It wasn't until July of 1922 that chapters began to form. A chapter known as the George A. McFarland Chapter was established in September of that year, which would later be named Hawkeye Chapter #17. Hawkeye was the seventeenth chapter formed in the Association. There are now 98 chapters. Hawkeye Chapter had 25 charter members and now has almost 5000 of the more than 560,000 members in the organization.

Until 1958 the Pioneers was almost exclusively a social organization. In that year the Pioneers embarked on a course of providing service to those in our communities who needed help. There has been no turning back. The Association of Telephone Pioneers have participated in well over 2000 varied projects every year since. In our chapter we have made a significant contribution to the total effort.

The emblem of the Pioneer organization is the bell within a triangle. The "Motto" FELLOWSHIP, LOYALTY AND SERVICE is represented by the three sides of the triangle. Hawkeye Chapter has four councils, twenty six clubs, eight life member clubs, ten combined clubs and eight regular clubs.

Pioneers in Iowa have a past to be proud of and a future to believe in.

Favorite Family Recipes



THUMB INDEX



Expression of Appreciation

Our first Pioneer Partner Cook Book is the result of much effort by many people.

A great big "THANK YOU" to all who responded with their favorite recipes. Special thanks to Lowell Shannon for the art work and cover design. Thank you to Irene McVenes and Betty Heit-hoff and their editing and compilation committee. The typing of copy ready recipes was done by Helen Zelle.

President Mary Lou Burmeister said it best, "Pioneer Partners are a very special people and deserve a full partnership in Hawkeye Chapter activities."

APPETIZERS,
PICKLES, RELISH

SOUPS, SALADS,
DRESSINGS, SAUCES

MAIN DISHES—
MEAT, SEAFOOD,
POULTRY

MAIN DISHES—
EGG, CHEESE,
SPAGHETTI, CASSEROL

VEGETABLES

BREAD, ROLLS,
PIES, PASTRY

CAKES, COOKIES,
ICINGS

DESSERTS

CANDY, JELLY,
JAM, PRESERVES

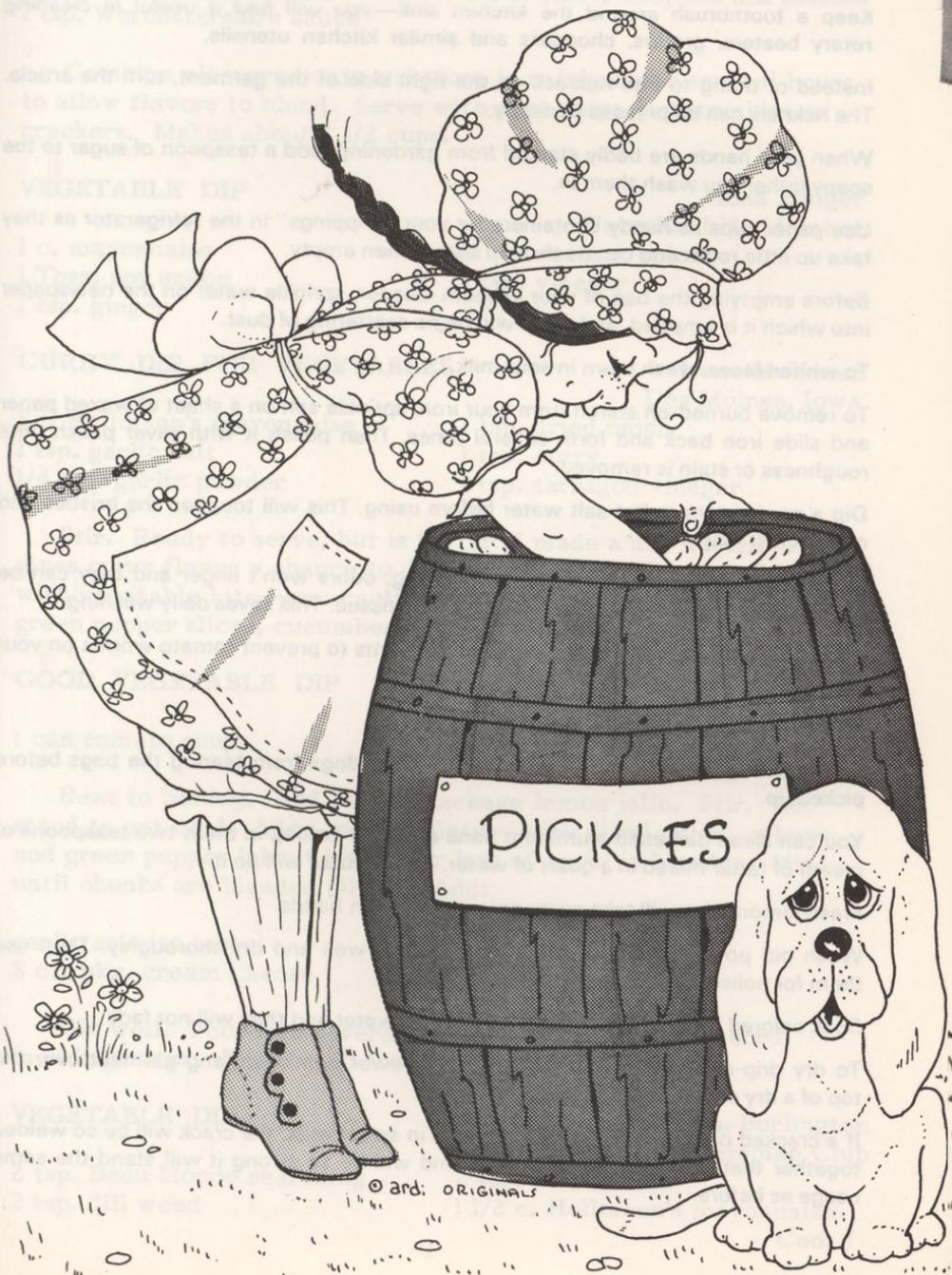
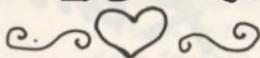
BEVERAGES,
MISCELLANEOUS

**A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS**



**ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE**

APPETIZERS PICKLES • RELISH



Worth Remembering

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

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

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

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

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

To whiten laces, wash them in sour milk.

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

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

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

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

Marigolds will prevent rodents.

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

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

Fresh lemon juice will take away onion scent from hands.

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

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

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

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

APPETIZERS, PICKLES, RELISH

CHIPPED BEEF DIP

Nyla Schmadeke (Mrs. Jim)

Des Moines Reg. Club

2 (3 oz.) pkg. cream cheese,
softened
1 c. sour cream
1/4 lb. dried beef, minced
1 tsp. Worcestershire sauce

1 Tbsp. horseradish
1 Tbsp. lemon juice
dash freshly ground pepper
1/4 c. finely chopped dill pickles

Combine all ingredients and store in refrigerator several hours to allow flavors to blend. Serve with corn chips, potato chips or crackers. Makes about 2 1/2 cups.

VEGETABLE DIP

Mae Bunger

Waterloo Life Member

1 c. mayonnaise
1 Tbsp. soy sauce
1 tsp. ginger

2 tsp. instant onion
1 tsp. vinegar

CURRY DIP FOR VEGETABLES

Irene McVenes

Des Moines, Iowa

1 c. Hellmann's mayonnaise
1 tsp. garlic salt
1/4 tsp. garlic powder

1 tsp. dried onion
1 tsp. curry
1 tsp. tarragon vinegar

Stir. Ready to serve, but is better if made a day ahead. This gives curry flavor a chance to develop. Makes 1 1/2 cups. Serve with vegetable bits--raw cauliflower, carrot sticks, celery sticks, green pepper slices, cucumbers.

GOOD VEGETABLE DIP

Barbara Edmunds

Cedar Rapids Club

1 can tomato soup

1 c. water

Heat to boiling. Add 1 small package lemon jello. Stir. Let stand to get cold. Add 1 cup of mixture with diced onion, celery and green pepper (about 1/4 cup or less of each) in blender. Mix until chunks are blended ONLY. Add:

garlic salt (to taste)
8 oz. pkg. cream cheese

1 c. salad dressing

Mix well. Pour into several containers and store (covered) in refrigerator. Keeps well for several weeks.

VEGETABLE DIP

Carol Davis, Burlington

Tri-Sippian Club

2 tsp. Beau Monde seasoning
2 tsp. dill weed

2 tsp. diced onion
1 1/2 c. Hellmann's mayonnaise

(Cont.)

1 3/4 c. sour cream

Mix together and serve with fresh cauliflower and broccoli
AND

1 (16 oz.) carton sour cream 1 can tuna fish
1 pkg. Lipton onion soup mix 8 strips crisp bacon, crumbled

Mix well and serve with vegetables or crackers.

VEGETABLE DIP

Georgena Davis

Biggersville, Illinois

1 c. mayonnaise 2 Tbsp. vinegar
1 Tbsp. anchovy paste 1 slice onion (chopped)
1/2 tsp. dry mustard 3 hard boiled eggs
1/2 tsp. Tabasco 5 sprigs parsley

Blend and serve.

VEGETABLE DIP

Shirley Wells

1 pt. mayonnaise 4 Tbsp. tarragon vinegar
2 dashes curry powder 2 Tbsp. dried parsley flakes
1 tsp. dry mustard 2 Tbsp. dried onion flakes
1/2 tsp. garlic salt 2 Tbsp. sugar
1 tsp. Tabasco sauce

Mix well. Keep in covered container in refrigerator.

FRESH VEGETABLE DIP

Ellen Pickrel

Nishna Club

1 c. mayonnaise 1 tsp. dill weed
1 c. sour cream 1 tsp. Beau Monde seasoning
1 Tbsp. dry instant minced onion

Mix and let stand a couple of days in refrigerator. Serve with any fresh vegetable of your choice.

VEGETABLE DIP

Wanda Stevens

Iowa City Club

1 pt. mayonnaise 1/4 c. minced onion
1 tsp. curry powder 1 tsp. horseradish
3/4 tsp. paprika 3/4 tsp. Worcestershire sauce
1/2 tsp. dry mustard 8 drops hot red pepper sauce
salt and pepper

Combine and mix well.

MICROWAVE HOT BEEF DIP

Vivian Schlampp, Burlington

Tri-Sippian Club

8 oz. cream cheese 1/4 c. green pepper, chopped
1/2 c. sour cream 3 oz. chipped beef, chopped

2 tsp. onion flakes

dash of garlic powder

Soften the cream cheese and then combine with the sour cream, green pepper, onion, chipped beef and garlic powder. Heat this mixture for 2 minutes on High. Serve with crackers or vegetables.

HOT MEXICAN CHEESE DIP

Gene Earle

Iowa City Club

2 lb. Velveeta, cubed

1 can beanless chili

1/4 c. cream or milk

3 or 4 Jalapenos, chopped

1 onion, chopped

1 or 2 tomatoes, chopped

Melt in double boiler until melted and hot. Serve with Tostadas.

GUACAMOLE DIP

Bonnie Fagan

Council Bluffs Club

4 avocados (peeled and mashed)

1/2 tsp. Worcestershire sauce

1 tsp. salt

1/8 tsp. Tabasco

2 Tbsp. lemon or lime juice

1 tomato, finely chopped

1 small can green chilies

BEEF AND CREAM CHEESE DIP

Jane Bragg

Iowa City Club

8 oz. cream cheese

1/2 - 1/4 c. chopped onion (use 1/4

8 oz. sour cream

if hot onion)

1 pkg. dried beef

1/2 - 1/4 c. green pepper

Serve warm with crackers or chips. (Also good cold.)

BEAN DIP

Charlotte Carlson

Council Bluffs Club

12 oz. bag pinto beans

dash salt

2 Tbsp. Crisco

Slow boil several hours. Mash cooked pinto beans. Then add about 2 cups grated mild cheddar cheese. Add about 4 oz. tomato sauce and chopped Jalapeno peppers (about 2). Cook on low heat and stir constantly until cheese is melted.

EASY CRABMEAT APPETIZER

Irene McVenes

Des Moines, Iowa

1 (8 oz.) cream cheese

1 small bottle chili sauce

1 can drained crabmeat

Spread crabmeat on top of cheese; pour chili sauce over crabmeat. Arrange on serving tray of crackers.

CRAB-TASTING HORS d'OEUVRES

Jody Eggen

Des Moines, Iowa

1 large can artichoke

1 c. grated Parmesan cheese

1 c. Hellmann's mayonnaise

(Cont.)

Mash all together. Bake 325 degrees 25 minutes. Freezeable.

CRABMEAT DIP

Velma Fisher
Iowa City Club

Combine and cream together:

1 (8 oz.) pkg. cream cheese	1/2 tsp. horseradish
1 Tbsp. milk	2 Tbsp. finely chopped onion
1 (7 1/2 oz.) can flaked crabmeat	1/2 tsp. salt
	dash of pepper

Spoon into ovenproof dish. Sprinkle top with 1/3 cup slivered almonds. Bake at 375 degrees for 15 minutes. Serve with crackers or party rye bread.

SHRIMP DIP

Irene McVenes
Des Moines, Iowa

1 small can cocktail shrimp	1 pkg. Knorr Swiss vegetable mix
1 (8 oz.) carton sour cream	

Drain and wash shrimp. Take fork and mash into little bits. Add sour cream and vegetable mix to shrimp. Let set in refrigerator 24 hours. Ready to serve on crackers or with chips.

SHRIMP DIP

Sally Williams

1/2 c. chopped celery	3 oz. pkg. cream cheese
4 oz. shrimp	1/4 c. (scant) grated onion
1/2 c. mayonnaise	1 1/2 Tbsp. lemon juice

Chop shrimp. Mix with other ingredients and chill.

SHRIMP DIP

Harriette Buff
Davenport Club

1 pkg. Philadelphia cream cheese (8 oz.)	1/3 c. Hellmann's mayonnaise
	3 Tbsp. chili sauce

Mix well and add 1 can (4 1/4 oz.) shrimp (drained). Mix well. Make the day before you use it. Can be frozen.

MEXICAN CHEESE DIP

Kris Schloss
Iowa City Club

2 lb. Velveeta, cubed	3 or 4 Jalapenos, chopped
1 can beanless chili	1 onion, chopped
1/4 c. cream or milk	1 or 2 tomatoes, chopped

Melt in double boiler until melted and hot. Serve with Tostadas.

HOT CHEESE DIP**Irene McVenes**

Des Moines, Iowa

1 lb. Velveeta or Old English
cheese
1 (15 oz.) can tomatoes, drained
and chopped coarsely
1 medium onion, chopped finely

1 (4 oz.) can green chili, diced
hot pepper to taste (Picante
sauce)
6 slices crisp bacon, crumbled

Melt cheese, add other ingredients. (Except bacon, add to top of dip when finished.) If too thick, add some juice from drained tomatoes.

HOT CHEESE DIP**Peg Chaney**

1/2 can mushroom soup
1 tsp. Worcestershire sauce
2 rolls garlic flavored cheese

3 Tbsp. cooking sherry
1/8 tsp. Tabasco sauce

Serve with cauliflower or vegetable.

DORITO DIP**Delores Jacque**

1 can "Ro-Tel" tomatoes
1 lb. Velveeta cheese

1 lb. hamburger

Brown hamburger, drain tomatoes, add cheese. Combine all. Keep warm in fondue/Crock Pot. Serve with Doritos.

DIP FOR BROCCOLI AND CAULIFLOWER**Leone Harms**

Waterloo Club

1 c. sour cream
1 c. Hellmann's mayonnaise

1 pkg. Hidden Valley original
Ranch Dressing

Mix well. Store 24 hours in refrigerator before using. Keeps a long time. Excellent.

ONION DIP**Carol Hill**

1/2 pt. sour cream
1 pt. cottage cheese
1/2 c. mayonnaise

1 pkg. dry onion soup mix
(Lipton)
2 Tbsp. chopped parsley

Combine sour cream and cottage cheese. Add mayonnaise and mix well. Add onion soup mix and parsley. Blend, chill. Serve with crackers or crisp vegetables.

CAULIFLOWER DIP**Carol Hill**

1 pt. Hellmann's mayonnaise
1 large onion, chopped fine
6 cloves garlic, chopped fine

salt and pepper to taste
3 or 4 tsp. Lea & Perrine Wor-
cestershire sauce

(Cont.)

Mix and let stand 4 to 6 hours before serving. Enough dip for approximately 3 heads of cauliflower.

HOLIDAY CHEESE BALL

Marcella Lehman
Gene Earle

Soften 2 (8 oz.) packages cream cheese. Stir in gradually:

1 (8 1/4 oz.) can crushed pineapple, drained	2 to 4 Tbsp. chopped green pepper
1 c. chopped pecans	2 Tbsp. minced onion
	1 Tbsp. seasoned salt

Chill well. Form into ball and roll in additional cup finely chopped pecans. Garnish if desired with pineapple chunks, maraschino cherries and fresh parsley. Serve with an assortment of crackers. This can be made in advance, then wrapped and refrigerated until serving time. Whatever is left can be reshaped, rolled again in nuts and served another time.

MOSS CHEESE BALL

Mimi Warner

1 (8 oz.) pkg. cream cheese	1 tsp. Worcestershire sauce
1/4 to 1/2 lb. Bleu cheese, crumbled	1/2 c. chopped pecans finely chopped parsley
1/4 lb. sharp cheddar cheese, grated	1 small onion, minced

Place cheeses in mixer bowl and let stand at room temperature until softened. Beat on medium speed until well mixed. Add onion and Worcestershire sauce and beat well. Stir in pecans. Chill 3 to 4 hours. Roll cheese mixture into large ball, chill and roll in parsley. Put on serving plate and chill 2 hours or until firm.

SMOKEY SALMON CHEESE BALL

Bonnie Fagan
Council Bluffs Club

1 (7 3/4 oz.) can pink salmon	1 Tbsp. parsley flakes
1 (8 oz.) pkg. cream cheese, softened	1 Tbsp. lemon juice
1 1/4 c. (5 oz.) shredded mild cheddar cheese	1 or 2 tsp. liquid smoke
2 Tbsp. minced onion	3/4 tsp. celery salt
	1/2 tsp. garlic powder
	1/3 c. chopped pecans

Drain salmon and remove skin and bones. Flake salmon, stir in remaining ingredients except pecans. Chill until firm. Shape into ball. Roll in pecans. Chill several hours.

BRAUNSCHWEIGER CHEESE BALL

Carol Davis, Burlington
Tri-Sippian Club

1 lb. Braunschweiger	dash of lemon juice (hefty one)
1 pkg. (8 oz.) cream cheese	dash of Worcestershire sauce (hefty one)
onion chips	

Mix together and form into a ball. Roll in parsley flakes.

CHEESE BALL

Marie Briggs, Burlington
Tri-Sippian Club

2 (8 oz.) pkg. Philadelphia cream cheese	1 tsp. Worcestershire sauce
2 (4 oz.) pkg. shredded Kraft cheddar cheese	1 tsp. freshly chopped onion with juice

Have cheese room temperature. Gently beat it until smooth. Shape in plastic container into ball and refrigerate until firm. Roll in either finely chopped nuts or parsley. Makes 2 cheese balls.

CORNED BEEF CHEESE BALL

Mary Jean Howdle
Des Moines Reg. Club

Serves 12.

1 (8 oz.) pkg. cream cheese, softened	1/2 stick oleo, softened
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Cream together with cream cheese.

3/4 pkg. corned beef, cut in pieces (3 oz. pkg.)	10 - 15 chopped stuffed olives
	garlic salt to taste
	1 Tbsp. Worcestershire sauce
	1 small chopped onion

Mix well and shape into ball. Roll in nuts. Keep refrigerated until ready to use.

PINEAPPLE CHEESE BALL

Peg Chaney

Combine:

2 large pkg. cream cheese	1/4 c. green pepper
1 (8 oz.) can crushed pineapple, drained	2 Tbsp. chopped onion
	1 Tbsp. seasoned salt

Mix all ingredients. Form into ball. Coat with parsley or chopped pecans.

PARTY BALL

Gene Earle
Iowa City Club

1 (1 lb.) tube Oscar Meyer Braunsweiger	1/2 c. bar-b-q sauce
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Mix and form into ball and chill.

4 oz. soft cream cheese	garlic to taste
1/8 c. water	fresh meatball

CHEESE SPREAD**Viola Martin**
Waterloo Club

1 lb. Velveeta cheese 4 Tbsp. butter

Melt in double boiler. Mix 2 large or 3 small eggs (slightly beaten). Stir in 1 small can Carnation milk. Add some salt. Add to melted cheese and continue cooking until it thickens some.

HOT CHEESE SPREAD**Kathy Rider**
Davenport Club1 c. shredded Swiss cheese 1 c. Hellmann's mayonnaise
1 onion, chopped

Mix together and bake at 325 degrees for 20 minutes. Serve with Triscuits.

CHEESE SPREAD**Jeanne Graham**
Council Bluffs Reg. Club1 (8 oz.) pkg. cream cheese 1 (8 oz.) sharp cheddar cheese
1 (5 oz.) jar pineapple spread spread (Cracker Barrel)
(Kraft)

Set cheese at room temperature. Blend together and refrigerate.

TACO SPREAD (For Taco Chips)**Joan & Kenneth Brekke**
Cedar Rapids Reg. Club

Layer #1:

1 lb. hamburger, brown and drain 1 pkg. taco seasoning, dry
1 can refried beans, small

Layer #2:

8 oz. cream cheese 1/2 bottle green taco sauce

Layer #3:

grated Longhorn cheese

Warm in microwave or bake in oven until heated and cheese melts.

PIZZA SNACKS**Delores Jacque**1 lb. ground beef garlic salt and oregano
1 lb. sausage 1 loaf pumpernickel or party rye
1 lb. Velveeta cheese, cubed bread

Cook meat. Drain. Add cheese and garlic salt. Simmer until cheese melts. Spread on bread slices, sprinkle with oregano. Freeze on cookie sheets. Store in plastic bags. To serve: Bake 15 minutes at 375 degrees. Serve hot.

MOM'S THRIFTY MEAT BALLS**Barb Edmunds**

Cedar Rapids

1 lb. ground beef	1 1/4 tsp. salt
1/4 c. chopped onions	1/8 tsp. pepper
1/4 c. uncooked rice	1 (10 oz.) can condensed tomato soup
1/4 c. cracker crumbs	3/4 c. hot water
1/3 c. milk	1/4 oz. can mushroom pieces (optional)

Combine beef, rice, cracker crumbs (crushed fine), milk, salt, pepper. Mix with fork until blended. Shape into small balls. In hot skillet add meat balls, brown on all sides, turning as necessary. Add soup, which has been diluted with the water. Cover, reduce temperature and simmer about 1 1/4 hours, stirring, occasionally. Serves 4.

MEAT BALL APPETIZER**Joan Buwalda**

Marshalltown

1 to 3 lb. hamburger	garlic salt (to taste)
2 eggs	

Mix together and roll in 1 inch balls. Put 1/2 onion in pan of boiling water and drop in meat balls. Cook on slow boil for 1 hour. Remove from water and put in Crock Pot with the following sauce:

30 oz. bottle catsup	1/3 c. lemon juice
1/3 c. water	1 c. water

Mix and cook a little before adding to Crock Pot. Cook on High for 1 hour then turn down to Low until serving time. These may be made ahead and frozen with or without sauce.

PIQUANT COCKTAIL MEAT BALLS**Joan O'Hara**

Waterloo Regular Club

2 lb. ground beef	2 Tbsp. soy sauce
1 c. corn flake crumbs	1/4 tsp. pepper
1/3 c. parsley flakes	1/8 tsp. garlic powder
2 eggs	1/3 c. ketchup
2 Tbsp. instant minced onion	

Combine all ingredients. Form into small balls and arrange in 15 1/2 x 10 1/2 inch pan (cookie sheet). Combine:

1 can jellied cranberry sauce (1 lb.)	2 Tbsp. brown sugar
1 (12 oz.) bottle chili sauce	1 Tbsp. lemon juice

Heat and stir until smooth. Pour over meat balls. Bake uncovered 30 minutes at 350 degrees. Makes 110 small meat balls.

COCKTAIL MEATBALLS (Microwave)**Harriet Dabler**

1 lb. ground beef	1 Tbsp. dried parsley
1/2 c. crushed cracker crumbs	1/2 tsp. salt
1/4 c. minced onions	dash of pepper
1/4 c. milk	1/2 - 1 tsp. Worcestershire sauce
1 egg	

Mix all ingredients and form meatballs with 1 teaspoon of mixture. Arrange in shallow glass baking dish. Cook, uncovered, for 5 minutes, turning halfway through cooking period. Pour off fat and juices. Combine a 12 oz. jar chili sauce and a 10 oz. jar grape jelly. Add a teaspoon or two of soy sauce, if desired. Pour over meatballs and cook 10 minutes longer, stirring occasionally. Cook, covered with waxed paper to prevent splattering.

JIMMIE DEAN'S SAUSAGE YUMMIES**Bonnie Fagan**
Council Bluffs Club

10 oz. cheddar cheese

Melt in double boiler. Stir in 1 pound cooked hot flavored sausage. Remove from stove. Add 2 cups Bisquick. Stir well to mix. Roll into balls. Freeze until ready to bake. Bake 425 degrees for 15 minutes.

SWEET AND PUNGENT FRANKS (Appetizers)**Gladys Braun**
Council Bluffs Club

2 cans (15 1/2 oz. each) pineapple chunks in heavy syrup	2 pkg. (5 1/2 oz. each) little wieners
2 Tbsp. pure vegetable oil	1/4 c. cider vinegar
2 large green peppers, seeded and cut into 1 inch square pieces	2 Tbsp. cornstarch
	1 Tbsp. sugar
	1 1/2 tsp. salt

Drain pineapple. Reserve 1 cup syrup and pineapple. Heat oil in large skillet over medium heat. Add green peppers. Saute 2 minutes, stirring occasionally. Remove. Reserve. Add wieners to skillet. Cook until lightly browned. Blend reserved syrup, vinegar, cornstarch, sugar and salt in bowl. Pour into skillet. Bring to boiling, stirring constantly. Add pineapple and green peppers. Heat through. Serve with wooden picks. Makes 12 servings.

MUSHROOM DIP**Louanne Marty**
Des Moines, Iowa

8 oz. cream cheese, softened	2 Tbsp. chopped parsley
3 Tbsp. mayonnaise	2 tsp. grated onion
2 Tbsp. soy sauce	4 oz. can mushrooms, chopped small
1 Tbsp. sugar	

Mix and serve with crackers or vegetables.

CHEESE NIBLETS (Hors d'Oeuvre)

Leone Harms
Waterloo Club

1 c. sharp cheddar cheese dash Tabasco
1 stick butter 1 c. Rice Krispies
dash Worcestershire

Mix altogether, adding Rice Krispies last. Roll in balls. Place on ungreased cookie sheet. Mash with fork. Bake at 325 degrees for 20 - 25 minutes.

These look like cookies and need to be small since an hors d'oeuvre.

BEEF SALAMI

Joan Buwalda
Marshalltown

2 lb. ground beef 1 tsp. mustard seed
1 c. water 2 1/2 Tbsp. Morton's Tender
1 tsp. coarse pepper Quick meat cure
1/2 tsp. minced garlic 2 tsp. liquid smoke

Mix well, shape into 3 rolls, wrap in foil to make a tight seal. Refrigerate for 24 hours to season. Put in pan and cover with water. (Leave foil on.) Boil 1 hour. Cool, prick holes in foil to allow juices to drain out. Chill another 24 hours before eating.

SAUSAGE FROM HAMBURGER

Helen Figgins

1 c. water 1/4 tsp. onion powder
2 Tbsp. Tender Quick salt 1/8 tsp. garlic powder
1 1/2 tsp. liquid smoke 2 lb. lean hamburger meat

Put meat in large bowl and pour water on it. Mix the rest of seasoning into this. Mix well. This will make 3 rolls. Wrap each roll in Saran paper, put in refrigerator for 24 hours. Remove the wrap. Bake in oven slowly, 300 degrees for 1 1/2 hours or 2 hours. Be sure to bake on rack with pan under it, as it drips. This meat does not brown, it has a red look.

HOT OLIVE CANAPES

Lois Boulton
Clinton-Maquoketa Club

1 c. (4 oz.) shredded cheese 1/2 tsp. paprika
1/4 c. margarine 1/4 tsp. salt
1/2 c. flour 24 (small) pimento olives

In small bowl, combine margarine, cheese, paprika and salt with fork. Stir in flour and mix. Blot olives with paper towel. Divide dough into 24 pieces and mold around olives. Arrange on cookie sheet. Freeze until solid, place in plastic bags. Bake at 425 degrees for 15 - 20 minutes. Bake 8 to 10 minutes if not frozen.

FAKE RAMAKE

Peg Chaney

1/2 slice Wonder bread

Spread with chicken soup. Roll. Wrap 1/2 slice bacon around and spear with toothpick. Bake 2 hours at 250 degrees.

PICKLED EGGS

Joan Buwalda

Marshalltown

1 doz. hard boiled eggs, peeled	3/8 tsp. cloves or stick 4 cloves
2 1/2 c. vinegar	in each egg
3/4 c. sugar	3 medium onions, sliced
3 tsp. salt	2 tsp. minced garlic
	1 tsp. mustard seed

Combine all except eggs and bring to boil--simmer 10 minutes. Place eggs in glass jar and pour over liquid. Let stand in refrigerator for 2 weeks before using.

DEVEILED EGGS

Carol Hill

1/4 c. mayonnaise	6 hard boiled eggs
1 tsp. vinegar	1/2 tsp. salt
1 tsp. prepared mustard	dash of pepper

Halve hard-cooked eggs lengthwise; remove yolks and mash with seasonings. Refill egg whites. Sprinkle with paprika for color.

CHRISTMAS RED PICKLES

Marie Poggenpohl

Iowa City Club

These are so pretty.

1 gal. large cucumbers, sliced 1/4 inch thick	1 tsp. red food coloring
1 c. lime with water to cover	1 tsp. alum
	1 c. vinegar

Red Hot Syrup:

2 c. vinegar	1 c. red hots
2 c. water	4 sticks cinnamon
7 c. sugar	

Add lime to sliced cucumbers and add water to cover. Let set 24 hours. Rinse cucumbers and let stand 3 hours in cold water. Mix food coloring, alum and vinegar, plus water to cover cucumbers. Simmer 2 hours, then pour off liquid. While cucumbers simmer, make red hot syrup by mixing vinegar, water, sugar, red hots and cinnamon. Heat until red hots dissolve. Pour over pickles and let stand overnight. The next morning heat and can.

SWEET DILLS

Louise Hupp
Club 71

Drain the liquid from 1 quart dill pickles. Polish dills are the best. Cut in chunks. Add 1/4 cup vinegar and 2 cups sugar. Sugar will need to be added as it dissolves. Shake jar to help dissolve sugar. Good the next day.

EASY CUCUMBER PICKLES

Ann McDonnell
Waterloo Life Club

4 medium cucumbers 4 medium onions

Bring to a good boil:

2 c. sugar 1 Tbsp. parsley flakes
1 c. vinegar

Slice cucumbers and onions thin. Place in layers in container. Sprinkle each layer of cucumbers and onions lightly with salt and place in refrigerator overnight. Drain well. Pour liquid over them while hot. Keep in refrigerator indefinitely.

"Very good and crispy".

VEGETABLE RELISH

Marie Poggenpohl
Iowa City

12 medium onions (4 c. ground) 6 c. sugar
1 medium head cabbage (4 c.
ground) 2 Tbsp. mustard seed
10 green tomatoes (4 c. ground) 1 Tbsp. celery seed
12 green peppers 1 1/2 tsp. turmeric
6 sweet red peppers 4 c. cider vinegar
1/2 c. salt 2 c. water

Grind vegetables using coarse blade. Sprinkle with salt. Let stand overnight. Rinse and drain. Combine remaining ingredients, pour over. Heat to boiling. Simmer 3 minutes. Seal in hot sterilized jars. Makes 8 pints.

CRISP SWEET PICKLES

Rita Swearingen, Carroll
Club 71

2 c. cold white vinegar 1 1/2 Tbsp. pickling spice
1/4 to 1/2 c. cold water (vinegar acidity 2 tablespoons canning salt determines)

Do not heat. Slice dill size cukes into 2 quart jars. Fill. Seal and turn to mix. After 3 weeks put into a bowl or jar with tight cover after thoroughly draining and add 1 1/2 to 2 cups sugar. Refrigerate. Shake or stir a few times. Makes own syrup. Ready to eat in 24 hours. These will keep in brine up to 2 years. They are nice for one can do a quart or two at a time as your vines produce. Make the recipe and divide into two 1-quart jars.

LIME PICKLES

Jackie and Bernie Moore

3 to 4 inch cucumbers - approximately 7 1/2 lb. sliced cucumbers

Soak for 24 hours in 2 gallons of water and 2 cups household lime. Drain and wash thoroughly. Soak 2 hours in 2 gallons of water. Drain. Soak overnight in:

2 qt. vinegar	1 tsp. mixed pickling spices
4 1/2 lb. sugar	whole cloves
1 tsp. celery seed	1 Tbsp. salt

Boil for 35 minutes. Pack in hot jars and seal. A little green food coloring may be added, if desired. Yield: approximately 12 pints. These are sometimes called "back house" pickles.

LIME WATER SWEET PICKLES

Burney and Eleanor Daniel, Spirit Lake
Little Sioux Valley Club

7 to 8 sliced small cucumbers 2 gal. water
2 c. lime (can be bought at the lumber yard)

Soak for 24 hours. Rinse cucumbers and soak in clear water for 3 hours.

Syrup (do not pre-cook):

2 qt. white vinegar	1 tsp. celery seed
4 1/2 lb. sugar	1 tsp. whole cloves
1 Tbsp. salt	1 tsp. pickling spices

Pour cold over pickles and let stand at least overnight. Then cook about 30 minutes and seal in jars. (I put green food coloring in the syrup to make them bright green.)

WATERMELON RIND PICKLES

Burney and Eleanor Daniel, Spirit Lake
Little Sioux Valley Club

Peel and slice watermelon rinds in strips 1 inch wide and 2 inches long (basically rinds from 1 average sized melon). Cover with hot water and boil until a fork will pierce them. DON'T OVERCOOK-- IT IS BETTER TO UNDERCOOK A LITTLE. Drain well.

Syrup:

7 c. sugar	1/2 tsp. oil of cinnamon
2 c. vinegar	1/2 tsp. oil of cloves

Bring syrup to a boil and pour over drained rinds. Let stand for 2 days. Bring to a good boil and seal in hot jars.

DILL PICKLES

Helen Figgins

6 qt. water	1 tsp. powdered alum
1 lb. salt (2 c.) canning salt	1 qt. vinegar
	dill

Select cucumbers of uniform size, about 3 to 4 inches long. Scrub with a brush and place in stone jar. Cover with cold water and let stand overnight. In the morning, wipe each cucumber dry with a cloth and pack in jars with plenty of fresh dill. Combine water, salt and alum and bring to a boil. Remove from heat and add vinegar. Pour immediately over the cucumbers in jar and seal while hot. Let stand 5 to 6 weeks before using.

REFRIGERATOR PICKLES

Lula Belle Lowe
Des Moines Life Club

6 pints.

Solution - Mix well:

4 c. vinegar	1 1/3 tsp. turmeric
4 c. sugar	1 1/3 tsp. celery seed
1/2 c. salt	1 1/3 tsp. mustard seed

In each jar layer thinly sliced onions and cucumbers. Stir syrup well and pour over vegetables in jars. Put on lids and store in refrigerator. Do not use for at least 10 days. Be sure jars are sterilized before using. Remember, all ingredients are fresh, not cooked. So keep refrigerated.

PICKLED BEETS

Lula Belle Lowe
Des Moines Life Club

5 pints.

Bring beets to boil and skin after dipping in cold water.

Solution:

3 c. water	3/4 c. vinegar
1 1/2 c. sugar	2 1/2 tsp. salt

Add sliced beets (if large) to solution and bring to boil. Put in sterile jars and seal.

PICKLED PINEAPPLE

Carol Davis, Burlington
Tri-Sippian Club

1 (#2) can chunk pineapple	1/8 tsp. salt
2/3 c. cider vinegar	8 whole cloves
1 c. sugar	1 stick cinnamon
2/3 c. pineapple juice	

Drain juice from pineapple and measure 2/3 cup. In saucepan,

(Cont.)

combine juice, vinegar, sugar, salt, cloves and cinnamon. Bring to a boil, then simmer for 10 minutes. Add pineapple chunks and reheat just to boiling point. Cool. Cover and chill at least 2 hours before serving.

UNCOOKED LINDY RELISH

Burney and Eleanor Daniel, Spirit Lake
Little Sioux Valley Club

Delicious on hamburgers and hot dogs.

2 heads cabbage	6 c. white vinegar
10 onions	6 c. white sugar
4 green peppers	2 Tbsp. celery seed
4 red peppers	2 Tbsp. mustard seed
12 carrots	

Grind, chop or shred (I use the food processor to shred) vegetables. Put in glass, crock or enamel container and add 1 1/2 cups of salt (not iodized) and mix well. Let stand for at least 2 hours. Squeeze the liquid off. Add the vinegar, sugar and seeds. Mix well and put in jars and seal. DO NOT PROCESS IN ANY HOT WATER BATH OR PRESSURE COOKER. It takes about a week for it to be good.

CARROT-CUKE RELISH

Lula Belle Lowe
Des Moines Life Club

Five half pints. Grind coarsely:

3 1/2 c. unpeeled cucumbers	1 c. onions
1 1/2 c. carrots	

Add 2 tablespoons salt. Mix:

2 c. sugar	1 1/2 tsp. celery seed
1 1/2 c. vinegar	1 1/2 tsp. mustard seed

Combine vegetables and salt. Let stand 3 hours. Drain and rinse. In 8 - 10 quart kettle, mix sugar and spices. Bring to boil. Add vegetables. Bring to boil again and simmer 20 minutes. Ladle boiling mixture into hot sterilized jars and seal.

CARROT RELISH

Marilyn Kelly

3 lb. carrots peeled and cut into chunks

Boil carrots for a few minutes. They should still be crunchy. Drain and cool.

2 medium onions, sliced	1 green pepper, sliced
-------------------------	------------------------

Mix in with carrots. Blend together in the blender:

1 can tomato soup
1 c. vinegar
1/2 c. salad oil

1 c. sugar
1 tsp. Worcestershire sauce
1 tsp. mustard

Pour over carrots, green onions and green pepper. Prepare 24 hours before serving. This keeps well in the refrigerator for at least 2 weeks.

GREEN TOMATO RELISH

Mrs. Gladys Braun
Council Bluffs Club

Grind:

24 green tomatoes
8 medium onions

2 green peppers
1 red pepper

Add:

3 c. sugar
2 Tbsp. mustard seed
2 Tbsp. celery seed

2 Tbsp. salt
2 c. vinegar

Boil 15 minutes and seal in jars.

Originated in Grand Island, Nebraska Home Extension Group cook book. Delicious. A good way to use green tomatoes.

Write an extra recipe here:

Write your extra recipes here:

From your carrots, green onions and green pepper. Prepare as
before before serving. This recipe will be the best for the
best. I would love to see you.

GREEN TOMATO RELISH

Green Tomatoes 2 lbs
Onion 1 medium
Green Pepper 1 medium
Salt 1/2 tsp
Sugar 1/2 cup
Vinegar 1/2 cup
Mustard 1/2 tsp
Cayenne 1/4 tsp
Wash and slice tomatoes. Chop onion and green pepper. Mix
all together in a bowl. Add salt, sugar, vinegar, mustard and
cayenne. Let stand for 2 hours before serving.

Wash and slice tomatoes. Chop onion and green pepper. Mix
all together in a bowl. Add salt, sugar, vinegar, mustard and
cayenne. Let stand for 2 hours before serving.

CARROT RELISH

Carrots 2 lbs
Onion 1 medium
Green Pepper 1 medium
Salt 1/2 tsp
Sugar 1/2 cup
Vinegar 1/2 cup
Mustard 1/2 tsp
Cayenne 1/4 tsp
Wash and slice carrots. Chop onion and green pepper. Mix
all together in a bowl. Add salt, sugar, vinegar, mustard and
cayenne. Let stand for 2 hours before serving.

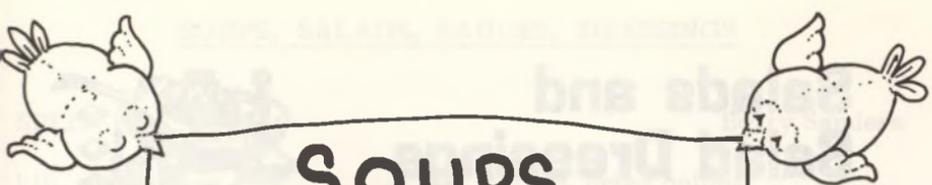
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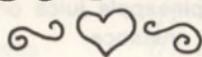
CARROT RELISH

Carrots 2 lbs
Onion 1 medium
Green Pepper 1 medium
Salt 1/2 tsp
Sugar 1/2 cup
Vinegar 1/2 cup
Mustard 1/2 tsp
Cayenne 1/4 tsp
Wash and slice carrots. Chop onion and green pepper. Mix
all together in a bowl. Add salt, sugar, vinegar, mustard and
cayenne. Let stand for 2 hours before serving.

Wash and slice carrots. Chop onion and green pepper. Mix
all together in a bowl. Add salt, sugar, vinegar, mustard and
cayenne. Let stand for 2 hours before serving.



SOUPS
SALADS
SAUCES
DRESSINGS



Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

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

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

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

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

Fruit Combinations

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

Fruit and Vegetable Combinations

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

Vegetable Combinations

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

SOUPS, SALADS, SAUCES, DRESSINGS

SPLIT PEA SOUP

Betty Sanders

- | | |
|-----------------------------|------------------------------|
| 1 lb. split peas | 2 Tbsp. dried onions |
| 5 - 6 slices ham, chunked | 2 Tbsp. dried parsley |
| 1 pkg. raw carrots, chopped | 2 cans chicken broth diluted |
| 1 pkg. raw celery, chopped | with 2 cans water |
| 1/2 tsp. pepper | 1 qt. water |

Simmer for 4 to 5 hours. Serves 8.

SAUSAGE BEAN CHOWDER

Shirley Wharton

Iowa City Club

- | | |
|-------------------------------|---------------------------|
| 1 lb. bulk pork sausage | 1 bay leaf |
| 1/8 tsp. pepper | 1/2 tsp. garlic salt |
| 2 cans (16 oz.) kidney beans | 1/2 tsp. oregano |
| 1 can (1 lb. 13 oz.) tomatoes | 1 c. potatoes, diced |
| 1 qt. water | 1/2 green pepper, chopped |
| 1 large onion, chopped | 1 1/2 tsp. seasoned salt |
| | 1/2 tsp. thyme |

In a skillet, cook pork sausage until brown. Pour off fat.

In a large kettle, combine kidney beans, broken-up tomatoes, water, onion, bay leaf, seasoned salt, oregano, garlic salt, thyme and pepper. Add sausage. Simmer, covered, 1 hour. Add potatoes and green pepper. Cook covered 15 - 20 minutes, until potatoes are tender. Remove bay leaf. Yield: 6 generous portions.

HAMBURGER SOUP

Sharon Norton, Atlantic

Club 71

- 1 lb. good beef, ground

Add:

- | | |
|--|-------------------------------|
| 1 envelope dry Lipton's onion soup mix | 1/4 - 1/2 head cabbage |
| 1 lb. pkg. frozen mixed vegetables | 1 Tbsp. sugar |
| 1 large can whole tomatoes | 1/2 tsp. salt |
| 1 (16 oz.) can tomato sauce | 2 c. water |
| | rice or alphabet soup noodles |

Simmer 1 1/2 - 2 hours.

CHILI

Pat Ford

Des Moines Life Club

- | | |
|-------------------------|--------------------------|
| 2 lb. ground beef | 1 can water |
| 2 c. chopped onions | 1 Tbsp. sugar |
| 2 (1 lb.) cans tomatoes | 1 1/2 Tbsp. chili powder |
| 2 cans tomato soup | salt to taste |

2 cans kidney beans

Cook and stir ground beef and onion in heavy pan until meat is brown and onion tender. Drain off fat. Stir in tomatoes, soup and kidney bean liquid and seasonings. Heat to boiling. Reduce heat and simmer 1 hour. Stir in beans and simmer additional 15 minutes.

FRENCH ONION SOUP

Barbara Edmunds
Cedar Rapids

1/4 c. butter or oleo
4 large onions, sliced
2 cans beef stock
4 cans chicken stock
2 Tbsp. Worcestershire sauce

1 bay leaf
1 1/2 tsp. celery salt
1/2 tsp. pepper
1/2 tsp. Lawrey's seasoning salt

Melt butter in heavy skillet. Brown onions. Add small amount of flour to thicken. Add remaining ingredients. Simmer 40 minutes. Remove bay leaf. Makes 8 - 10 bowls. After cooked, take French bread, angle cut 1 inch slice, float on soup (do not toast). Top with grated Swiss cheese (2 - 3 spoons full). Put under broiler until cheese melts.

CHILI

Cynthia Schlabaugh
Iowa City Club

2 lb. ground beef
1/2 c. chopped onions
1 Tbsp. butter
2/3 c. ketchup
1/2 c. water
1/4 c. chopped celery
2 Tbsp. lemon juice
1 Tbsp. brown sugar

1 1/2 tsp. Worcestershire sauce
green pepper
1 1/2 tsp. salt
1/4 tsp. dry mustard
2 cans kidney beans and liquid
2 or 3 c. tomato sauce
2 - 3 Tbsp. chili powder
1 can whole tomatoes
1 tsp. vinegar

HAMBURGER SOUP

Beryl Kasch

1 lb. hamburger, browned and
drain off grease (if too much)
1 can Veg-All (large or
small)

1 onion, chopped
1 can tomatoes, chopped and
juice
celery (optional)

Add enough water to make desired consistency. Cook until flavors blend. Salt and pepper. 1 bouillon cube for a meatier flavor.

CAULIFLOWER HAM CHOWDER

Harriet Dabler

2 c. sliced cauliflower
1 (13 3/4 oz.) can chicken
broth
1 c. light cream

1 can cream of potato soup
1/4 c. water
2 tsp. cornstarch
1/2 tsp. white pepper

(Cont.)

2 c. diced ham

In large saucepan, cook cauliflower covered with chicken broth until almost tender, about 10 minutes. Do not drain. In bowl, gradually stir cream into potato soup. Blend water, cornstarch and pepper. Stir cornstarch mixture into potato soup mixture. Pour over cauliflower. Cook and stir until thickened and bubbly. Stir in ham. Simmer over low heat for about 10 minutes.

HAM SOUP

Joan Bex

Iowa City Club

3 medium onions, chopped	1 tsp. Worcestershire sauce
3 Tbsp. butter	1/4 tsp. thyme
6 medium potatoes, diced	1/4 tsp. paprika
1 c. boiling water	2 c. cooked peas
2 tsp. salt	4 c. scalded milk
1/4 tsp. pepper	1 c. (or more) cooked ham, sliced

Saute onions in butter, put onions, potatoes and seasonings in boiling water. Cook 15 minutes or until potatoes are done. Add scalded milk, peas and ham. Cook over low heat for 20 minutes.

CLAM CHOWDER

Anita Hagen

Davenport Regular Club

2 cans minced clams (6 1/2 oz.)	3/4 c. flour
1 c. finely chopped onion	1 qt. skim milk
1 c. finely diced celery	1 1/2 tsp. salt
2 c. finely diced potatoes	few grains pepper
3/4 c. butter	2 Tbsp. red wine vinegar (optional)

Drain juice from clams and add to vegetables in a small pan. Add water to barely cover the vegetables. Simmer covered until tender. Melt butter and add flour (whitesauce). Add all milk, then add the vegetables and clams. Add salt and pepper.

I've learned to do my vegetables in a blender--a few seconds and they're chopped small.

QUICK CORN CHOWDER

Gladys Braun

Council Bluffs Club

1 pkg. (1 1/2 to 2 oz.) a la king sauce mix	1 tsp. dried parsley flakes
3 c. milk	1 can whole kernel corn (12 oz.)
	1 Tbsp. instant minced onion

Empty contents of sauce mix package into saucepan. Stir in milk. Add corn, parsley and onion. Heat to boiling over medium heat, stirring constantly. Makes 4 - 5 servings.

CORN CHOWDER

June Mardock

5 slices bacon, cooked and drained, crumbled	1/2 c. water
1 medium onion, sliced (saute) separated into rings	1 (17 oz.) can cream style corn
2 medium potatoes, diced (1 1/2 c.)	2 c. milk
	1 tsp. salt
	pepper
	1 Tbsp. butter

Cook potatoes in water. When done, add rest of ingredients. Heat through. 4 - 5 servings.

CREAM OF MUSHROOM SOUP

Harriet Dabler

6 - 8 servings.

1/4 c. minced onions	salt and pepper to taste
3 Tbsp. butter	the chopped stems from 3/4 to 1 lb.
3 Tbsp. flour	fresh mushrooms
6 c. boiling white stock or chicken stock; or canned chicken broth with 2 parsley sprigs, 1/3 bay leaf and 1/8 tsp. thyme	2 Tbsp. butter
	the thinly sliced caps from 3/4 to 1 lb. fresh mushrooms
	1/4 tsp. salt
	1 tsp. lemon juice

Cook the onions slowly in the butter for 8 - 10 minutes, until they are tender but not browned. Add the flour and stir over moderate heat for 3 minutes without browning. Off heat, beat in the boiling stock or broth and blend it thoroughly with the flour. Season to taste. Stir in the mushroom stems, and simmer partially covered for 20 minutes or more, skimming occasionally. Strain, pressing juices out of mushroom stems. Return the soup to the pan. Melt the 2 tablespoons butter in a separate saucepan. When it is foaming, toss in the mushrooms, salt and lemon juice. Cover and cook slowly for 5 minutes. Pour the mushrooms and their cooking juices into the strained soup base. Simmer for 10 minutes. If not to be served immediately, set aside uncovered, and film the surface with a spoonful of cream or milk. Reheat to simmer just before proceeding to the step below, which will take 2 or 3 minutes:

2 egg yolks	optional: 6 to 8 fluted mushroom caps, cooked in butter and lemon juice; and/or 2 to 3 Tbsp. minced fresh chervil or parsley
1/2 to 3/4 c. whipping cream	
2 to 3 Tbsp. softened butter	

Beat the egg yolks and cream in mixing bowl. Then beat in hot soup by spoonfuls until a cup has been added. Gradually stir in the rest. Correct seasoning. Return the soup to the pan and stir over moderate heat for a minute or two to poach the egg yolk, but do not let the soup near the simmer. Off heat, stir in the butter by table-

spoons. Pour the soup into a tureen or soup cups and decorate with optional mushrooms and herbs.

ONION SOUP

Jan Espinosa

Council Bluffs Club

2 Tbsp. butter or margarine	4 c. hot water
1 tsp. sugar	2 Tbsp. meat extract paste or 6 beef bouillon cubes
1/4 tsp. dry mustard	4 slices buttered French bread
2 c. sliced onion	1/4 c. Parmesan cheese

Melt butter in large saucepan; blend in sugar and mustard. Add onion; cook over low heat, stirring frequently, about 15 minutes or until tender but not brown. Pour in water; bring to boiling. Blend in and dissolve meat extract (for a rich dark soup) or bouillon cubes (for a light, delicately flavored soup). Simmer, uncovered, about 15 minutes. Pour into individual heatproof serving bowls. Top with slices of the buttered French bread. Sprinkle with Parmesan cheese. Broil 3 inches from heat, 2 to 3 minutes or until cheese is golden browned. Makes 4 servings.

TOMATO SOUP

Jeanne Alexander

Waterloo Reg. Club

Delicious and easy (made in a blender). If you are one of those who have been looking for a good recipe, here's one!

2 c. milk	1 tsp. salt
2 1/2 c. tomatoes	pepper to taste
2 Tbsp. flour	dash of garlic salt or powder
1 Tbsp. sugar	2 Tbsp. soft margarine
2 - 3 slices of onion	

Heat milk in pan (hot, but not boiling). Put rest of ingredients into blender and blend on low speed until smooth. Remove small center lid and pour hot milk in slowly, as blender is running. Pour back into pan and heat on low heat, stirring often. Serve immediately. If your blender leaves pieces of seeds, it's best to strain tomatoes first and you will have a really smooth and creamy soup.

APRICOT SAUCE

Ag Gradoville

1 (21 oz.) can apricot or peach pie filling
1 (20 oz.) can pineapple chunks (drained)
1 (11 oz.) can mandarin oranges (drained)
1 pkg. miniature marshmallows
2 bananas (maraschino cherries, 1 small bottle, cut in half, drained)

Mix first 3 ingredients. Chill overnight. Just before serving add bananas, cherries and marshmallows. I serve this with a dinner (like pork tenderloins or roast).

SCALLOPED PINEAPPLE**Janet Stadlander, Burlington
Tri-Sippian Club**2/3 c. butter or margarine
1 1/3 c. sugar
3 eggs3 c. cubed bread
1 large can crushed pineapple
scant 1/4 c. milk

Blend shortening and sugar. Add eggs, beating well. Add remaining ingredients. Bake in buttered casserole dish at 325 degrees for 1 1/2 hours or until browned.

PINEAPPLE SALAD**Eunice Baxa**

#2 1/2 can chunk pineapple

Combine:

1/2 c. sugar
1 Tbsp. flour
juice of pineapple1 Tbsp. vinegar
1 beaten egg
1 Tbsp. butter or margarine

Cook until thickened and pour over pineapple. Sprinkle with nuts and add marshmallows, if desired. Other fruits, such as mandarin oranges may be added. Cool.

PINEAPPLE SALAD**Fern Schenck
Davenport Regular**1 can (#2) crushed pineapple
1/2 c. sugar
2 Tbsp. flour
dash of salt1 c. whip cream
2 or 3 oranges (cut up)
3 bananas (cut up)
1 or 1 1/2 c. miniature marshmallows

Drain juice from pineapple. Bring to boil. Mix sugar, flour, salt and eggs together. Then stir into boiling pineapple juice. Stir until looks like mayonnaise. Cool. Then add oranges, bananas, marshmallows and whipped cream.

FROZEN STRAWBERRY SALAD**JoAnn Stanton
Sioux City Regular Club**8 oz. pkg. cream cheese
3/4 c. sugar
1 medium can crushed pineapple, drained1 pkg. frozen strawberries
2 bananas, diced

Mix all together and add carton of Cool Whip (9 oz.) size. Put in pan and freeze.

STRAWBERRY CREAM SQUARES SALAD**Mary Donohoe
Iowa City Club**2 pkg. strawberry jello
2 c. boiling water
2 pkg. (10 oz.) frozen strawberries1 tall can crushed pineapple
2 large ripe bananas
1 carton sour cream

Dissolve jello in boiling water. Cool. Add thawed berries with juice, undrained pineapple and bananas, which have been finely diced. Pour half mixture into 8 x 12 inch baking dish and chill until set. Keeping remaining jello at room temperature, spread sour cream over top of set jello. Cover with remaining jello. Chill until firm. Serves 12 to 15.

RASPBERRY PRETZEL SALAD

Luwilda Parker
Marshalltown Club

3 Tbsp. sugar
2 c. crushed pretzels, not too fine

3/4 c. oleo, melted

Mix and put in 9 x 13 inch pan. Bake 350°, 15 minutes. Cook (bubbly). Cool. Mix 1 package (8 oz.) cream cheese and 1/2 cup powdered sugar. Add 1 carton Cool Whip. Add 2 cups miniature marshmallows. Put over first layer.

2 1/2 c. boiling water
1 (10 oz.) pkg. frozen red raspberries

1 large box raspberry jello

Dissolve and chill until thickened. Spread over cream mixture. Refrigerate. Serves 16 - 20 people.

RASPBERRY SALAD

Lynn Spear
Davenport Club

1 (3 oz.) pkg. raspberry jello
1 c. very hot water

Dissolve jello and water. Add 1 package (10 oz.) frozen raspberries and let get syrupy. Then add 1 (8 oz.) can crushed pineapple and juice, 1 or 2 bananas, sliced and 1/2 cup chopped nuts (optional). Chill.

Sour Cream Topping:

1 c. thick sour cream
1 1/2 c. miniature marshmallows

1 Tbsp. sugar
3 Tbsp. lemon juice

Beat until mixture is well blended and spread over jello which has set. Refrigerate overnight. Serves 6 - 8.

RED RASPBERRY SALAD

Helen Thompson
Waterloo Life Club

2 (3 oz.) pkg. raspberry jello
2 c. boiling water
1 (10 oz.) pkg. frozen raspberries

1 can whole berry cranberry sauce
2 Tbsp. lemon juice

Dissolve gelatin in boiling water. Add frozen raspberries and cranberry sauce. Beat until well mixed. Add lemon juice and refrigerate. Excellent with ham or fowl. Topping of equal parts--Cool Whip and mayonnaise may be used.

CHEESE AND CHERRY MOLD (Salad)

Alice Beckman, Burlington
Tri-Sippian Club

- | | |
|--|-----------------------------------|
| 1 (3 oz.) pkg. lime jello | 1 c. boiling water |
| 1 (3 oz.) pkg. Philadelphia cream cheese, softened | 1/2 c. cold water |
| | 1 can drained dark sweet cherries |
| | 1 c. Cool Whip |

Mix dry lime gelatin with softened cream cheese until well blended. Stir in boiling water. Add additional 1/2 cup cold water and chill until partially set. Whip with rotary beater about 2 minutes. Fold in cherries and whipped cream. Pour into mold and chill until set.

Note: Makes 8 individual molds. Serves 6 - 8.

CHEESE AND PINEAPPLE SALAD

Sherrill Bain

Des Moines Reg. Club

- | | |
|---------------------------------|-------------------------------------|
| 1 (9 oz.) can crushed pineapple | 1 c. shredded sharp American cheese |
| 1/2 c. sugar | |
| 1 envelope Knox gelatin | 1 c. whipped cream |
| dash salt | 1/2 c. crushed walnuts |

Drain pineapple; reserve syrup. Mix sugar, salt and gelatin. Add hot water to pineapple syrup to make 3/4 cup. Add sugar to mixture and heat until sugar and gelatin dissolve. Chill until partially set. Add pineapple, cheese and nuts. Fold in whipped cream. Chill until firm. Makes 6 to 8 servings.

CHERRY SALAD

Helen Figgins

- | | |
|------------------------------|--------------------------|
| 1 box (3 oz.) cherry gelatin | 1 c. chopped apples |
| 1 c. boiling water | 1 c. diced celery |
| 1 can cherry pie filling | 1/2 to 1 c. chopped nuts |

Dissolve gelatin in hot water and cool. Add other ingredients and mix. Pour into a 3 cup mold and chill until set.

CHERRY SALAD

Lenore Dillavou

Sioux City Life Club

- | | |
|------------------------------|------------------------|
| 13 oz. can crushed pineapple | 2 Tbsp. lemon juice |
| 1 can cherry pie filling | 1/2 pkg. marshmallows |
| 10 oz. carton Cool Whip | 1 can Eagle Brand milk |

Mix well. Pour in dish and freeze. May be frozen in small molds.

APPLESAUCE SALAD

Ruth Sherwood, Ft. Madison

Tri-Sippian Club

Heat 1 bottle (12 oz.) 7-Up; add 1/4 cup red hots. Add 1 box red jello. Mix well. Add to 1 can applesauce. Mix 1 envelope Knox gelatin with 2 tablespoons cold water. Add to ingredients. Cool and set.

RED APPLESAUCE LAYERED SALAD**Elizabeth Shannon**
Davenport Life Club

- | | |
|-------------------------------|--|
| 1 1/3 c. water | 1 (8 oz.) pkg. cream cheese |
| 1/3 c. red cinnamon candies | 1/2 c. salad dressing (Miracle Whip or mayonnaise) |
| 1 (3 oz.) pkg. orange gelatin | 3/4 c. coarsely chopped pecans |
| 1 1/2 c. applesauce | |
| 1/2 c. diced celery | |

Combine water and cinnamon candies. Boil gently, stirring until candies are dissolved. Remove from heat and stir in gelatin until dissolved. Stir gelatin mixture into applesauce. Pour half the mixture into a 8 1/2 x 4 1/2 inch loaf pan that has been slightly oiled. Chill until set. Keep remaining mixture at room temperature. Cream together the cream cheese (softened) and salad dressing until smooth and well blended. Mix in the pecans and celery. Spread over the chilled and set gelatin layer and chill until firm. Place remaining gelatin and applesauce mixture in refrigerator until slightly thickened, then pour over cream cheese layer and chill until firm.

CINNAMON APPLE SALAD**Mrs. Kathleen Clendenen, Ft. Madison**
Tri-Sippian Club

- | | |
|--|-------------------------|
| 1 c. boiling water | 1/2 c. chopped nuts |
| 1 pkg. lemon jello | 2/3 c. cinnamon candies |
| 1 (8 oz.) pkg. Philadelphia cream cheese | 1 1/2 c. applesauce |
| 1/2 c. diced celery | 1/2 c. mayonnaise |

Pour hot water over candy. Heat to dissolve. Add gelatin and applesauce. Pour half in pan. Have cheese at room temperature. Blend with remaining ingredients. Spread over applesauce mixture. Pour other half of jello over cheese. Chill until firm.

ORANGE SALAD**Louise Oeltjenbruns**
Mason City Life Club

- | | |
|----------------------------------|---|
| 1 (6 oz.) pkg. orange jello | 1 (11 oz.) can mandarin oranges (drained) |
| 1 (12 oz.) carton cottage cheese | 2 c. Cool Whip or whip cream |

Stir dry jello into cottage cheese. Add mandarin oranges. Fold in Cool Whip and chill.

ORANGE SALAD**Wanda Stevens**
Iowa City Club

- | | |
|-----------------------|-------------------------------------|
| 2 pkg. orange jello | 1 pt. orange sherbet |
| 1 c. mandarin oranges | 1 c. whipping cream (or Lucky Whip) |

Dissolve jello in 2 1/2 cups hot water (plus orange juice). Whip cream and add to slightly thickened jello. Whip in orange sherbet. Pour in large pan and decorate with oranges.

This is very pretty at Christmas made with lime jello and sherbet and decorated with maraschino cherries.

I have also made it with raspberry jello and sherbet.

FROSTED APRICOT SALAD

Edna May McCoy, Clinton-Maquoketa Club
Virginia Detlefs

2 pkg. orange jello	1 can apricots, diced and well drained
3 1/2 c. boiling water	
16 marshmallows, quartered	1 can crushed pineapple, well drained

Dissolve jello in boiling water. Add marshmallows. Stir until dissolved. Chill until partially thickened. Fold in fruit. Turn into 1 large mold or individual molds and chill until firm.

Frosting for Salad:

1/4 c. sugar	1 egg, well beaten
1 1/2 Tbsp. cornstarch	1 c. cream, whipped
1/2 c. pineapple juice	1/8 to 1/2 tsp. salt
1/2 c. apricot juice	

Mix cornstarch, sugar and salt in heavy pan. Add fruit juice and egg. Cook, stirring constantly until thick. Chill thoroughly. Fold in cream. Frost salad with mixture. Chill. Serves 12.

APRICOT PINEAPPLE SALAD

Carol Davis, Burlington
Tri-Sippian Club

1 (#2 1/2) can apricots (save juice)	1 pkg. lemon jello
1 (#2 1/2) can crushed pineapple (save juice)	2 c. boiling water
1 pkg. orange jello	1 c. apricot and pineapple juice (combined)
	3/4 c. tiny marshmallows

Drain the fruit. SAVE juices. Cut apricots into small pieces. Combine jello and dissolve in boiling water. Add 1 cup combined juices. Chill until partially congealed. Fold in fruit and marshmallows. Pour into a 9 x 13 inch pan and chill until firm. Spread with topping and sprinkle with grated cheese, if desired.

Topping:

1/2 c. sugar	1 c. combined juices
2 Tbsp. flour	2 Tbsp. butter
1 egg, beaten	1 c. Cool Whip

Combine sugar and flour in a saucepan. Blend in egg and stir in the juice. Cook over low heat, stirring constantly until thick. Remove from heat and stir in butter. Cool. Fold in Cool Whip and spread over the jello. Chill.

APRICOT SALAD

Marie Chant, Burlington
Tri-Sippian Club

1 can apricot pie mix
4 bananas
1 c. marshmallows, miniature
1 c. white grapes, cut in pieces

1 c. chunk pineapple, drained
1 orange, cut up
1/4 c. nut meats

Mix together. Refrigerate. This salad keeps for a week and bananas will not turn brown.

CRANBERRY SALAD

Velma McElderry
Council Bluffs Life Club

3 (3 oz.) pkg. cherry or
strawberry jello
2 c. boiling water
2 (16 oz.) cans whole cran-
berry sauce
3 Tbsp. lemon juice
2 c. chopped unpeeled apples

1 c. chopped celery
1 small can crushed pineapple
(drained)
1 (8 oz.) pkg. cream cheese
2 c. Cool Whip
1/2 c. nuts (chopped)

Dissolve jello in boiling water, stir in cranberry sauce (A WHISK HELPS BLEND) and lemon juice. Chill until partially set and fold in apples, celery and pineapple. Turn into molds or oblong pan, 9 x 13 inch. Chill until firm. Blend together the cream cheese and Cool Whip and spread over jello. Sprinkle with nuts. Refrigerate overnight or several hours before serving.

FROZEN PINEAPPLE CRANBERRY SALAD

Kathryn Purcell
Clinton-Maquoketa Club

1 1/2 c. drained Dole crushed
pineapple
1 can whole cranberry sauce

1 c. dairy sour cream
1/4 c. pecans, coarsely chopped

Combine all ingredients and spoon into an 8 inch square pan or use a 1 quart refrigerator ice cube tray. Freeze for several hours or overnight. To serve, cut in squares or slices and arrange on crisp greens. Makes 8 or 9 servings.

CRANBERRY DELIGHT

Luwilda Parker
Marshalltown Club

1 lb. cranberries, ground

Add 2 cups sugar and let stand 3 - 4 hours. Dissolve 1 envelope Knox gelatin in 4 tablespoons cold water. Add same amount of hot water. Mix with cranberries. When this begins to thicken, add 1 cup white grapes, sliced and seeded and 10 marshmallows. Mix. When it starts to set again, fold in 1/2 pint of whipping cream.

CRANBERRY WALDORF SALAD**Mrs. Bernetta M. Koehn**
Clinton-Maquoketa Club

- | | |
|----------------------|-------------------|
| 2 c. diced apples | 1/2 c. mayonnaise |
| 1 c. seedless grapes | lettuce |
| 1 c. diced celery | |

Gently combine all ingredients except lettuce. Chill until serving time. Serve on lettuce.

CRANBERRY SAUCE**Joan Buwalda**
Marshalltown Club

- | | |
|-----------------------------|-----------------------------|
| 1 pkg. cranberries, chopped | 3/4 pkg. small marshmallows |
| 1 c. sugar | 1 carton whipping cream |
| 1 c. nuts, chopped | |

Mix well, then add whipped cream.

CRANBERRY SALAD**Pauline Scanlan**
Des Moines Life Club

- | | |
|-----------------------------------|------------------------------|
| 1 lb. fresh cranberries | 1 bag miniature marshmallows |
| 1 c. sugar | 1 large carton Cool Whip |
| 1 can crushed pineapple (drained) | |

Grind cranberries. Add sugar and let stand for at least 2 hours or overnight. Add marshmallows, pineapple and Cool Whip. Mix. It is better to make the night before you serve.

ORANGE DELIGHT**Edna May McCoy**
Clinton-Maquoketa Club

- | | |
|---|--|
| 1 large pkg. orange jello or 2 small ones | 2 small cans mandarin oranges |
| 2 c. hot water | 1 small can pineapple, drained or 1 c. canned apricots |
| 1 pt. orange sherbet | 2 bananas, sliced |

Put in loaf pan. Serves 12.

ORANGE TAPIOCA DESSERT OR SALAD**Ann Rowe**

- | | |
|---|--|
| 2 pkg. vanilla tapioca pudding mix (cook) | 1 can mandarin oranges (drained) |
| 1 pkg. (3 oz.) orange jello | 1 can (13 1/2 oz.) crushed pineapple (drained) |
| 3 c. boiling water | 1 carton Cool Whip (8 oz. or more) nuts (chopped) if desired |

Pour the boiling water over dry jello and pudding mix. Bring to a rolling boil and then cool. Add oranges, pineapple and nuts, then fold in Cool Whip. Chill overnight. Use a 7 x 11 inch pan. A double batch fills a 9 x 13 inch pan nicely.

DELICIOUS SALAD (Large Recipe)

Florence Dinges, Carroll
Club 71

- 1 pkg. Jell-O tapioca pudding 1 pkg. orange jello
1 pkg. Jell-O vanilla pudding

Put all in a bowl and mix. Put 3 cups of water on stove, bring to boil. Then add the 3 packages of dry mixture. Let boil for about 2 minutes (gets slightly stiff). Cool. Then add 1 can (#2) crushed pineapple. 1/2 pint cream, whipped stiff and add 2 or 3 spoonfuls of Cool Whip. Let set until stiff. Use glass pan or bowl.

TASTY LEMON SALAD

Helen Coulter
Marshalltown Club

Dissolve 1 large package lemon jello in 2 cups of hot water. Drain juice of a can of crushed pineapple and add enough water to make 1 1/2 cups of liquid. Add to jello. Chill until partly firm, then add pineapple and 3 bananas. Cover with 1 1/2 cups small marshmallows. Top with -- Add 1 cup of milk to a 3 oz. package of instant lemon pudding. Mix well. Add 1 cup Cool Whip. Spread over jello. Use 12 x 8 inch dish.

JELLO SALAD

Hazel Swartz

- 1 c. boiling water 1 pkg. lemon jello

Dissolve and cool.

- 1 c. salad dressing 1 c. green pepper
1 c. fine curd cottage cheese 1 small onion, chopped fine
1/4 tsp. salt 1 small jar pimentos, drained
1 c. chopped celery

FROZEN FRUIT SALAD

Mrs. Gladys Braun
Council Bluffs Club

- 2 (3 oz.) pkg. lemon jello 1 pkg. frozen sliced peaches
2 c. boiling water 1 tall can crushed pineapple
juice of 1/2 lemon (juice and all)
1 pkg. frozen red raspberries

Dissolve jello in boiling water and add the rest of the ingredients. Cut up the peaches. It is congealed in no time. Serves 8 or 10. A little different from some jello salads and has a delicious flavor.

LIME JELLO MOLDED SALAD

Ruth Summers
Des Moines Life Club

- 2 pkg. lime jello 1 c. mayonnaise
2 c. very hot water 1 (#2) can crushed pineapple,
1/4 c. lemon juice drained
1 c. evaporated milk 1 pt. cottage cheese
1 c. chopped nuts

(Cont.)

Dissolve jello in hot water. Add lemon juice. Combine mayonnaise and milk. Fold in jello. Add pineapple, cottage cheese and nuts. Add 1 tablespoon horseradish for zesty flavor. Makes 16 servings.

FRUIT SALAD ICE

Keith "Pete" Peters
Council Bluffs Club

- | | |
|--|--|
| 2 (10 oz.) pkg. frozen strawberries (partially thawed) | 1 (#2) can apricots (drain and cut up) |
| 1 (#2) can crushed pineapple (drained) | 3 bananas (diced) |
| | 1 c. sugar |
| | 2 c. water |

Make syrup by dissolving sugar in boiling water. Cool and pour over combined fruits. Divide into foil cups set in muffin tins. Freeze. Makes approximately 30. Remove from muffin tins and store in plastic bags. Before serving, peel off foil cup and place on lettuce leaf. Keeps indefinitely in freezer.

RIBBON SALAD

Velna Miller, Burlington
Tri-Sippian Club

- | | |
|---------------------------|-------------------------|
| 1 pkg. lime gelatin | 1 c. pineapple juice |
| 1 pkg. lemon gelatin | 15 marshmallows |
| 1 pkg. strawberry gelatin | 1 can crushed pineapple |
| 1 c. hot water | 1 c. cream (whipped) |
| | 1 c. mayonnaise |

Make lime gelatin in 9 x 13 inch pan according to directions on the box. Let set. Dissolve lemon gelatin in 1 cup hot water. Heat pineapple juice and marshmallows until dissolved. Add lemon gelatin and crushed pineapple. Let cool. Add mayonnaise and whipped cream. Pour over lime jello. Let set. Make strawberry gelatin or raspberry gelatin. Let cool and pour over top. Let set.

FRUIT BOWL

F. G. Hennings, Ft. Madison
Tri-Sippian Club

- | | |
|---------------------------------|--------------------------------|
| 2 cans mandarin oranges | 1 jar maraschino cherries |
| 1 (20 oz.) can pineapple chunks | 1 pkg. regular vanilla pudding |

Drain juice from 3 fruits listed above to thicken the vanilla pudding. Let cool. Add fruits and 2 or 3 banana chunks.

DELICIOUS FRUIT SALAD

Mary Jones

- | | |
|---------------------------------|--|
| 1 (20 oz.) can chunk pineapple | 1 (3 3/4 oz.) pkg. instant vanilla pudding |
| 1 (16 oz.) can sliced peaches | 1 1/2 c. milk |
| 1 (11 oz.) can mandarin oranges | 1/3 c. frozen orange juice concentrate |
| 3 medium size bananas | 3/4 c. sour cream |
| 2 apples, chopped | |

In large bowl, combine all fruits. In a small bowl, beat pudding

(Cont.)

1 (#2) can (2 1/2 c.) crushed pineapple, drained

Combine cheese and mayonnaise. Blend until smooth. Fold in whipped cream, fruit and marshmallows. Pour into 1 quart refrigerator tray or ring mold. Freeze firm. Serves 8 to 10.

So rich and good, it can be a salad or dessert.

DELICIOUS FRUIT SALAD

Betty Sanders

1 can pineapple chunks, drained 1 c. miniature marshmallows
1 can mandarin oranges, drained 2 sliced bananas
1 can peach pie filling

Mix and chill for 4 hours. Serves 8 - 10.

CURRIED FRUIT

Dee Fortman

Use any fruit (drain) -- pears, peaches, apricots, pineapple, cherries. Arrange in shallow baking dish. Heat:

1/2 tsp. curry powder 2 tsp. lemon juice
1/2 tsp. powdered ginger 1 c. juice from liquid
1/2 c. brown sugar 2 Tbsp. cornstarch to thicken
4 Tbsp. butter

Pour over fruit. Bake 350 degrees about 20 minutes.

5 CUP SALAD

Louise Dinneen

Clinton-Maquoketa Club

1 c. mandarin oranges 1 c. miniature marshmallows
1 c. pineapple chunks 1 c. sour cream or whipping
1 c. coconut cream

HAWAIIAN CREAM SALAD

Helen Figgins

1 c. boiling water 1 can mandarin oranges, drained
2 boxes (3 oz.) orange- (save a few oranges back for
pineapple gelatin garnish)
2 c. crushed pineapple 1 c. cottage cheese
1 c. cream, whipped

Combine water and gelatin and stir until dissolved. Add the next 4 ingredients, stirring after each addition. Then chill until partially set. Add whipped cream, folding into first mixture. Spoon into mold or pyrex loaf pan. Chill. Unmold and garnish with mandarin oranges.

HAWAIIAN SALAD

Mrs. Bernetta M. Koehn

Clinton-Maquoketa Club

1 pkg. miniature marshmallows 1 (#2) can pineapple tidbits
1 pkg. coconut 2 cans mandarin oranges

1 pt. commercial sour cream

maraschino cherries

Drain fruit and save syrup for your favorite punch. Combine all ingredients in large mixing bowl. Add sour cream. Mix lightly until all ingredients are coated. Decorate with cherries, cut in half.

CHAMPAGNE SALAD

Lynn Spear
Davenport Club

1 (8 oz.) pkg. cream cheese
3/4 c. sugar
1 laege can crushed pineapple,
drained
1 (10 oz.) pkg. frozen strawberries, with juice

2 bananas, sliced
1/2 c. chopped pecans
1 large container Cool Whip
(12 oz.)

Soften and blend cream cheese with sugar. In another bowl, mix drained pineapple, strawberries with juice, bananas, nuts and Cool Whip. Combine the two mixtures. Put in 9 x 13 inch pan and freeze solid.

To serve: Thaw slightly and cut into squares or slice. Return unused portion to freezer.

COKE SALAD

Bob & Jo Rice
Des Moines Reg. Club

2 pkg. cherry jello
1 can pitted black cherries and
juice
1 c. sugar
1/2 c. water

1 bottle or can (8 oz.) Coke
1 c. nuts
1 small can crushed pineapple

Empty cherries, juice, sugar and water in saucepan. Bring to a boil. Pour hot mixture over jello and stir in well. When mixture is cool, add well chilled Coke, 1 cup nuts and small can crushed pineapple, well drained. Chill mixture.

7-UP SALAD

Judy Stover

3/4 c. 7-Up
1 pkg. lime jello
15 marshmallows
2 Tbsp. butter
8 oz. cream cheese

1 c. coconut
1 c. crushed pecans
1 pkg. whipped topping
1 (#2) crushed pineapple (save
juice)

Heat 7-Up, dissolve jello. Melt and stir marshmallows. Add butter and juice, let cool. Combine with crushed pineapple, adding little at a time, then let chill until almost firm. Prepare topping, blend in with nuts and coconut. Fills 11 x 13 inch pan.

CALICO BEANS**Jane Bragg**

Iowa City

2 cans of each of the following beans: green beans, drained; butter beans, drained and rinsed; kidney beans, drained and rinsed; pork and beans

1/2 lb. thick-sliced bacon

1 1/2 c. brown sugar

2 medium onions, diced

2 Tbsp. seasoned salt

Lay bacon on cutting board, cut crosswise in 1/2 inch pieces. Fry in skillet or large saucepan until bacon bends but doesn't break. Add onion; saute a few minutes. Add all other ingredients. Heat to boiling. The beans may be served immediately, store in refrigerator or frozen. Makes 24 servings.

EGG SALAD RING**Gene Earle**

Iowa City Club

18 hard boiled eggs

3 Tbsp. chopped parsley

1/2 c. chopped green pepper

1 medium onion, diced

1/4 c. diced pimentos

2 (8 oz.) cream cheese

1/3 c. chopped celery

1/2 c. mayonnaise

Shell eggs and mash. Add other ingredients. Mash cream cheese and stir in mayonnaise. Combine with eggs. Season with salt and pepper. Spoon into ring mold and chill 4 hours. Loosen with spatula. If desired, fill center with cherry tomatoes. Serve with rye bread.

AMES SALAD**Mary Fry, Burlington**

Tri-Sippian Club

1 pkg. lime jello

Reduce water 1/2 cup. Let sort of firm up, then whip.

1 c. chopped celery

1 c. mayonnaise

1 c. cottage cheese

dash of salt

1 bunch green onions

After you have whipped jello, add rest of ingredients and let firm up. Keeps well. Very good with all meats.

FRESH ORANGE AND ONION SALAD**Alice Mort**

Several hours in advance, cut the peel and white membrane from 4 large oranges and slice thinly crosswise. Place in a shallow bowl. Thinly slice 1 large mild red onion crosswise. Separate into rings and tuck in among orange slices. Blend together:

1/2 c. salad oil

3/4 tsp. paprika

1/4 c. white wine vinegar

1/2 tsp. each salt and dry

2 Tbsp. sugar

mustard

Pour dressing over orange and onion slices. Cover and refrigerate

(Cont.)

at least 2 hours. To serve, lift orange and onion slices from dressing and arrange on a lettuce lined salad plate; serve remaining dressing in a separate container. Makes 6 to 8 servings.

CANTELOUPE SALAD

Mrs. Gladys Braun
Council Bluffs Club

2 c. canteloupe cubes
1 c. pineapple tidbits

2 c. fresh Thompson seedless
grapes
3 or 4 bananas, sliced

Mix and chill thoroughly. Add the fruit salad dressing. Serve in banana shells with watercress greens if you wish.

Fruit Salad Dressing:

1/3 to 1/2 c. sugar
2 Tbsp. cornstarch
dash of salt

juice of 1 lemon (1/4 c.)
1 c. pineapple juice
1 egg, beaten until frothy

Cook until clear and thick. This is good with white grapes, marshmallows, cantaloupe, pineapple and bananas.

Originated by Home Economist.

Good served with fruit bread and tea or coffee for a club refreshment.

FROZEN LIME MINT SALAD/DESSERT

Barbara and Frank Edmunds
Cedar Rapids Club

20 oz. can crushed pineapple,
undrained
3 oz. pkg. dry lime jello
3 c. small colored marsh-
mallows

1 c. Kraft butter mints (crushed
fine)
8 oz. Cool Whip (thawed or
softened)

In large 3 quart bowl: mix pineapple with juice, sprinkle lime jello, mix until jello is dissolved, add marshmallows and crushed mints. Mix well. Cover and refrigerate 6 - 8 hours. Then fold in Cool Whip. Blend well, spread in 9 x 13 inch pan. Cover with foil. Freeze 4 - 6 hours or overnight. Makes good dessert, serve with vanilla wafers or serve on lettuce leaf.

CALICO SALAD

Pat Ford
Des Moines Life Club

1 can whole kernal corn
1 can green beans

1 can peas

Drain thoroughly.

1 c. diced celery
1 c. grated carrots

1 green pepper (chopped)
1 small can pimentos
1/2 c. diced onion

Bring following to boil and boil 1 minute. Cool to warm and pour over vegetables.

1 c. sugar	1/2 c. oil
1 tsp. salt	3/4 c. vinegar
1 tsp. pepper	1 Tbsp. water

This keeps for up to 6 weeks in refrigerator.

BEAN SALAD

Louise Hupp, Carroll
Club 71

1 can green beans	1 can yellow beans
1 can red beans	

Drain all liquid from beans. Add 1 green pepper, chopped and 1 small onion, chopped. Mix together:

3/4 c. sugar	1/4 c. oil
1/2 c. vinegar	

Stir until dissolved. Add a dash of pepper and pour over beans. Make a day before serving.

SWEET AND SOUR PEA SALAD

Carol Davis, Burlington
Tri-Sippian Club

1 tsp. salt	1/2 tsp. pepper
1 c. sugar	3/4 c. vinegar
1/2 c. oil	1 Tbsp. green bean juice

Boil above ingredients and cool. Drain:

1 can LeSeuer peas (tiny ones)	1 can French style green beans
1 can white corn	

Add 1 cup each, chopped: green pepper, onion and celery.

Mix and let stand for 24 hours. Will keep in refrigerator a long time. (For large batches, I add a can of diced carrots, too). (I use Del Monte's seasoned green beans for better flavor.)

SALAD

Cynthia Schlabaugh
Iowa City

1 head cauliflower	1 can mushrooms, drained
1 head broccoli	3 or 4 sliced carrots (small)
	Italian dressing

Make day before.

CUCUMBER-CABBAGE SALAD

Barbara Edmunds
Cedar Rapids Club

Dissolve 1 package Knox gelatin in 1/4 cup cold water. Set aside. Heat until dissolved:

1 1/2 c. sugar 1 c. vinegar

Add gelatin to sugar-vinegar mixture. Beat in:

1 c. salad oil 1/2 tsp. pepper
1 tsp. salt

Pour over:

12 c. shredded cabbage 1 green pepper (chopped)
1 small onion 2 medium carrots can also be
1 cucumber (cubed) added

Refrigerate overnight.

COPPER PENNY CARROT SALAD

Helen Figgins

2 lb. carrots (cut up and boil, drain)
1 pepper, cut up 1 onion, cut up

Sauce:

1 can tomato soup 1/2 c. cooking oil
1 c. sugar or sweetener 1 tsp. prepared mustard
1/2 c. vinegar 1 tsp. Worcestershire sauce

Bring to a slow boil and pour over carrots. Refrigerate.
(Salt and pepper to taste.) This will keep in refrigerator for
4 to 5 days.

CARROT AND RAISIN SALAD

Angela Cash

3/4 lb. raisins 1 Tbsp. lemon juice
2 c. water 4 lb. raw carrots, grated
1 Tbsp. sugar 1 c. mayonnaise
1 tsp. salt 1 c. French dressing

Combine first 5 ingredients. Cover and simmer 3 - 4 minutes.
Remove from heat and let stand until raisins are plump. Drain
well and cool. Combine carrots, raisins and blended mayonnaise
and French dressing.

TOMATO SOUP SALAD

Louise Connell
Marshalltown Club

1 can (Campbell's) tomato soup 3 small pkg. cream cheese

Dissolve in double boiler. Dissolve 2 packages of lemon jello
in 2 cups boiling water. Add to tomato soup. (If curdled, beat
with egg beater until smooth.) Let set.

1/2 c. water a pinch of salt

1 1/2 c. celery, chopped fine 1 good sized cucumber (chopped)
1 small pepper, chopped fine 1 c. Kraft mayonnaise

Place in a fish mold. Makes pretty dish on shredded lettuce.

MINCEMEAT-CHERRY JELLO SALAD

Mrs. Kathleen Clendenen, Ft. Madison
Tri-Sippian Club

1/2 pkg. dry mincemeat

Add 1 cup boiling water. Add:

1 pkg. cherry jello

1 c. cold water

Refrigerate. Serve on lettuce. Garnish with cottage cheese.

GLORIFIED RICE

Jacque Ramage

Cook 1/2 cup rice. Dissolve one 3 oz. lemon jello in 1 cup boiling water. Add 1 cup pineapple juice. Let thicken and then whip good. Add 1 cup crushed pineapple. Fold in rice. Then fold in 1 cup whipped cream and 1/2 cup sugar that have been whipped together. Pour into jello mold or bowl and refrigerate.

LAYERED SALAD

Evelyn Hollister, Cedar Rapids
Margaret and Burdell Staab

1 head lettuce, broken or
chopped in pieces

2 c. Hellmann's mayonnaise

1 Spanish onion, sliced thin

2 Tbsp. sugar

1/2 c. celery, chopped

4 oz. grated cheddar cheese

1 pkg. frozen peas (not thawed)

8 slices bacon, fried crisp and
broken in bits

Shred lettuce in 9 x 12 inch pan. Layer rest of ingredients on top of lettuce in order given. Cover pan with foil, refrigerate overnight. I have used Bacos instead of bacon and it worked fine.

COLESLAW AND DRESSING

Hazel Swartz

3 c. shredded cabbage

2 Tbsp. salad oil

3 - 4 Tbsp. sugar

1 tsp. salt

3 Tbsp. vinegar

Stir until sugar dissolves.

CABBAGE SLAW

Jane Slee
West Point

Dressing:

1 Tbsp. Knox gelatin

1/4 c. water

Mix and set aside.

1 c. vinegar	1 tsp. salt
1 1/2 c. sugar	1/4 tsp. pepper
1 1/2 tsp. celery seed	3/4 c. salad oil

Heat sugar and vinegar together until sugar dissolves. Be sure to bring to a good boil. Stir in seasonings and gelatin. Let cool to thickness of cream. Beat in the oil with hand mixer. Pour over cabbage and refrigerate. Will stay fresh several days.

6 - 8 c. shredded cabbage	1 or 2 green peppers, chopped
1/2 c. pimentos, chopped fine	fine

FABULOUS COLE SLAW

Sharon Olney

1 c. plain yogurt	1/2 green pepper, chopped
1 c. sugar	(optional)
1 c. mayonnaise	1 shredded carrot (optional)
1/4 c. onion, chopped fine	1 tsp. celery seasoning
	1/2 tsp. Lowrey seasoning salt
	2 large heads cabbage, shredded

Mix all ingredients for dressing and pour over shredded cabbage. Toss lightly until thoroughly mixed. Put in large Tupperware container and serve or may be kept in refrigerator for up to 6 weeks.

CABBAGE SALAD

Louise Connell
Marshalltown Club

1 head cabbage, shredded	6 stuffed olives, sliced
1 small onion, grated	

Sprinkle 1/2 cup sugar on above mixture. Boil the following for 3 minutes:

1 c. white vinegar	1 tsp. celery seed
1/8 tsp. black pepper	dash of garlic salt
1 tsp. salt	1 tsp. prepared mustard
1/2 c. salad oil	

Pour over cabbage while hot. Cover. Let stand 24 hours.

24 HOUR CABBAGE SLAW

Luwilda Parker
Marshalltown Club

1 c. vinegar	1 1/2 c. sugar
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Heat until dissolved. Add 1 teaspoon Knox gelatin that has been softened in 1/4 cup cold water. Add:

1 tsp. celery seed	1/4 tsp. pepper
1 tsp. salt	

Cool. Add 1 cup salad oil. Blend. Pour over:

6 to 8 c. shredded cabbage	2 - 3 carrots
2 peppers	1 onion

Better if kept overnight and will keep in refrigerator.

NINE DAY COLESLAW

Ruth Summers

Des Moines Life Club

3 lb. cabbage, grated	1 c. vinegar
1 onion, grated	3 tsp. celery seed
1 green pepper, grated	2 Tbsp. sugar
2 c. sugar	2 tsp. salt
1/2 c. salad oil	

Combine and blend in a bowl the grated cabbage, onion, green pepper; pour 2 cups of sugar over mixture and let stand 10 minutes. Combine remaining ingredients in a saucepan. Bring to a boil over medium heat; while still hot, pour over cabbage mixture, blend well and refrigerate until ready to serve. Any left overs will keep 9 days under refrigeration.

COLORFUL VEGETABLE SLAW

Mrs. Gladys Braun

Council Bluffs Club

This crunchy slaw includes chopped apple and walnuts.

1 1/2 c. chopped apples	1/3 c. green onion slices
1 qt. shredded cabbage	1/2 c. chopped walnuts
1 c. chopped cucumbers	1/2 c. cole slaw dressing
1 c. shredded carrots	

Combine ingredients. Toss lightly. Chill 8 to 10 servings.

SAUERKRAUT SALAD

Angela Cash

Mrs. Robert (Reva) Leuck

3 large cans sauerkraut, drained and cut	3 pimentos, chopped
2 1/4 c. sugar	1 1/2 tsp. celery seed or salt
3 green peppers, chopped fine	1 1/2 c. onions, chopped

Combine all ingredients and refrigerate 24 hours.

RAW SPINACH SALAD

Rita Swearingen, Carroll

Club 71

4 Tbsp. sugar	4 Tbsp. vinegar
4 Tbsp. oil	2 tsp. dry mustard
2 Tbsp. garlic salt	dash of Tabasco

Beat and toss with raw spinach and 6 green onions. Garnish with red onion rings. I keep a salad bottle with this dressing to use on lettuce or to use in small amounts on spinach. You'll never cook spinach again.

SPINACH SALAD

Wilma Young

Des Moines Life Club

1 pkg. frozen chopped spinach
thaw, rinse and squeeze out
all water

1 (3 oz.) pkg. cream cheese,
softened

Cream together:

4 Tbsp. mayonnaise (may
be more)
1 tsp. horseradish
1 or 2 hard boiled eggs, chopped

2 slices cooked bacon, crumbled
or Baco Bits
chopped onion
salt and pepper to taste

Mix all together and let set 2 hours or more before serving.

CUCUMBER SALAD

Dorothy Kendall

Clinton-Maquoketa Club

1 (6 oz.) pkg. lime jello
3/4 c. hot water
1 medium sized cucumber
1 medium sized onion

1 c. small curd cottage cheese
1 c. Miracle Whip
1 Tbsp. vinegar

Dissolve jello in hot water. Cool until it starts to thicken. Peel cucumber and chop with onion. Add to cottage cheese, Miracle Whip and vinegar. Add this to jello mixture. Stir until mixed. Place in mold or shallow dish if you wish to cut in squares. Place in refrigerator until set.

ZUCCHINI PICNIC SALAD

Shirley Wharton

Iowa City Club

3 medium zucchini
1/3 c. Heinz apple cider vinegar
1/4 c. Heinz sweet relish or
Heinz Indian relish
2 Tbsp. minced onion

2 Tbsp. chopped pimento
1 tsp. salt
1/8 tsp. pepper
1 clove garlic, split

Slice zucchini into 1/4 rounds. Combine oil and remaining ingredients. Pour over zucchini. Cover. Refrigerate several hours or overnight, tossing occasionally. Makes 6 servings (about 4 cups).

ARTICHOKE HEART SALAD

Gladys Braun

Council Bluffs Club

1 pkg. (9 oz.) frozen artichoke
hearts
1/4 c. cider vinegar
1/4 c. salad or olive oil
2 Tbsp. thinly sliced green
onions
1 1/2 tsp. sugar

1/8 tsp. dry mustard
1/8 tsp. salt
dash of pepper
1 or 2 heads Bibb lettuce,
washed and crisped
8 cherry tomatoes

Cook frozen artichoke hearts in slightly salted water, as package label directs. Drain. Place in pie plate. In jar with tight-fitting lid, combine vinegar, onion, sugar, mustard, salt and pepper. Shake well to combine. Pour dressing over artichokes. Refrigerate covered and stirring once or twice, until well chilled, at least 2 hours. Arrange lettuce in salad bowl. Top with artichokes and tomatoes. Just before serving, drizzle with remaining dressing from artichokes. Makes 2 servings.

LES' CAESAR SALAD

Les Watts

Des Moines Reg. Club

Serves 4.

1. Anchovies - use paste or 1 1/2 anchovies per person, mashed into a paste.
2. Approximately 1/4 teaspoon of garlic mashed and worked into the anchovies. About 3 cloves (no more).
3. Dry mustard - 1/4 teaspoon.
4. One squeeze of fresh lemon per person.
5. 1 tablespoon of wine vinegar for every 2 people.
6. Worcestershire sauce - 2 shakes for every person.
7. Mix all of above together in a bowl, then start adding olive oil until thick (no more than 1 cup for 4 people).
8. Coddle 2 egg yolks and beat into above liquid.
9. Pour dressing on Romaine lettuce, add croutons, and Parmesan cheese. Then salt and pepper to taste.

CROUTONS:

1/2 slice bread per person

Cut off crusts and cube. Then fry in butter and sprinkle on garlic salt.

DIET "POTATO" SALAD

Mary Fry, Burlington

Tri-Sippian Club

May eat unlimited amounts.

- | | |
|------------------------------------|--|
| 2 (10 oz.) pkg. frozen cauliflower | 1/2 tsp. Worcestershire sauce |
| 1/2 green pepper, chopped | 2 tsp. lemon juice |
| 3 Tbsp. prepared mustard | 2 stalks celery, chopped |
| 1 tsp. parsley flakes | 1 to 3 dill pickles, drained and chopped |
| 1 tsp. salt | 1 Tbsp. dried onion flakes |
| | artificial sweetener to equal 2 |
| | tsp. sugar if you desire |

Cook and drain cauliflower. Mash. Add all remaining ingredients. Chill for several hours.

PILGRIM SALAD**Joan & Kenneth Brekke**

Cedar Rapids Regular Club

1/2 head cauliflower
 3 stalks celery, sliced
 1 green pepper, in rings
 1 onion, in rings

5 carrots, sliced
 1/2 bunch fresh broccoli
 1 container (7 oz.) 7 Seas Italian
 dressing

All of the above is added together and marinated overnight.

CAULIFLOWER AND BROCCOLI SALAD**Velma McElderry**

Council Bluffs Life Club

1 head cauliflower
 1 bunch broccoli
 1 (12 oz.) carton small curd
 creamy cottage cheese

1 pkg. Hidden Valley Ranch
 original dressing mix
 1/2 c. sour cream
 1/2 c. mayonnaise

Separate cauliflower into flowerets. Separate broccoli tops from stems. Divide tops into small flowerets (about 4 cups). Blend cottage cheese, sour cream and mayonnaise. Add Hidden Valley Ranch salad dressing mix. Pour over cauliflower and broccoli. Toss slightly until vegetables are coated with dressing. Cover and refrigerate few hours before serving.

VEGETABLE SALAD**Evelyn Hollister**

Cedar Rapids Life Member

1 medium head cauliflower,
 cut up
 3 stalks celery, chopped
 chopped onion to taste

1 pkg. frozen peas (uncooked)
 1/2 lb. fresh mushrooms (optional)
 1 c. Hellmann's mayonnaise
 3/4 tsp. milk
 1 1/2 tsp. Lowry seasoned salt
 dill weed sprinkled over salad

Mix all together and chill.

BROCCOLI SALAD**Lyman and Edna Fish, Muscatine**

Tri-Sippian Club

20 oz. pkg. frozen broccoli
 chopped
 1 c. chopped celery
 2 chopped hard boiled eggs

20 sliced stuffed green olives
 1 c. mayonnaise
 1 tsp. lemon juice
 1/4 c. sugar

Undercook broccoli. Drain. Mix with the above. Cover and refrigerate at least 24 hours. Stir occasionally. May add mushrooms, sliced water chestnuts or uncooked frozen peas.

BROCCOLI SALAD**Sharon Norton, Atlantic**

Club 71

1 head broccoli (cut off heads
 and tender stems)
 1 small can ripe olives

1 can sliced water chestnuts
 1 can mushrooms
 (may add onion and green pepper)

Combine vegetables and marinate overnight in 1 bottle Viva Italian dressing.

EASY SALAD

Mamie Suiter

Waterloo Life Club

broccoli
onions (chopped)
sliced mushrooms
grated carrots

sliced black olives
sliced cauliflower
chopped green pepper

Marinate 6 - 8 hours or overnight in Italian dressing.

RAW CAULIFLOWER SALAD

Phoebe Hull, Burlington

Tri-Sippian Club

1 medium head cauliflower
3 stalks celery, cut fine
1 can peas or frozen peas
(cooked to make 1 c.)

1 onion, grated
salt and pepper
1 c. mayonnaise

Trim and wash cauliflower. Break into small flowerettes. Combine all ingredients. Chill well; overnight is better.

CAULIFLOWER - PEA SALAD

Virginia Muir

Mix:

3 stalks celery (chopped)
1 small onion (grated)
20 oz. peas (frozen and thawed)

1 head raw cauliflower, cut in
small pieces

Combine:

1 c. mayonnaise

1 1/2 tsp. seasoned salt

Add 3/4 tablespoons milk. Mix well and pour over vegetables. Let marinate several hours.

MARINATED CAULIFLOWER SALAD

Betty Sanders

1 head cauliflower, break into
flowerettes and slice thin
1 Bermuda onion, sliced thin

1 lb. Swiss cheese, cubed
1 green pepper, sliced thin

Mix and marinate overnight in refrigerator.

Marinade:

2/3 c. salad oil
1/3 c. vinegar
pinch of oregano

1/2 tsp. garlic powder
pepper to taste

CAULIFLOWER - BROCCOLI SALAD**Dee Bailey**
Davenport Club

2 medium or 1 large red onion	1 c. Miracle Whip
1 head cauliflower, cut in pieces	1/2 c. sugar
about the same amount of broccoli	3/4 c. evaporated milk
	2 Tbsp. vinegar

Prepare night before and let marinate.

CHURCH SUPPER SALAD**Betty Neighbor**

1 small head cauliflower	4 stalks celery (chopped)
2 c. green grapes	1 c. pecans or walnuts

Dressing:

1 c. mayonnaise	2 Tbsp. (yellow) prepared mustard
1/2 c. sugar	

Mix well. Don't put on dressing until ready to serve.

BROCCOLI BROWN RICE SALAD BOWL**June Cornelius**
Des Moines Life Club

2 2/3 c. water	1 c. Julienne strips Swiss cheese
1 c. brown rice	1/2 c. mayonnaise or salad dressing
2 tsp. salt	2 Tbsp. vinegar
1 pkg. (10 oz.) frozen chopped broccoli, thawed and drained	1 Tbsp. Dijon style mustard
8 oz. fresh mushrooms, sliced	1/2 tsp. sugar
1 c. Julienne strips cooked ham	1/4 tsp. black pepper

Bring water to a boil in medium saucepan. Add rice and 1 teaspoon salt. Reduce heat. Cover tightly and cook over low heat until all water is absorbed, about 50 minutes. Spoon rice into large bowl. Add broccoli, mushrooms, ham and cheese. Place remaining ingredients and 1 teaspoon salt in blender container or jar with tight fitting lid; cover and blend. Stir mayonnaise mixture into rice. Cover and refrigerate until chilled, at least 2 hours. Makes 6 to 8 servings.

GERMAN POATO SALAD**Kathryn Purcell**
Clinton-Maquoketa Club

6 - 8 medium potatoes, boiled in jackets, remove jackets and slice	3 - 4 hard boiled eggs
	1 medium onion
	salt and pepper to taste

Sauce:

6 slices bacon, chopped fine. Fry until crisp. Add 2 tablespoons flour to bacon and grease. Add:

scant 1/2 c. sugar
1/2 c. water

1/2 c. vinegar

Boil together until thickened. Pour while hot over sliced potatoes, eggs, and onions.

MACARONI SALAD

Mary Jones

1 pkg. corkscrew macaroni, cooked	1/2 can Eagle Brand milk (sweetened)
1 onion, grated	1 c. real mayonnaise
1 pepper, grated	1 c. sugar
1 carrot, grated	1/2 c. vinegar

Mix all ingredients and refrigerate.

SUPER MAC SALAD

Jackie Smith

1 lb. elbow mac (or shell mac)

Cook per directions on box, drain and cool. Set aside.

1 large green pepper, chopped	1 (or 1/2) c. vinegar (to suit your taste, as tart as you want)
4 carrots, shredded	2 c. mayonnaise or salad dressing
1 medium onion, chopped	1 tsp. salt
1 can sweetened condensed milk	1/4 tsp. pepper
1 c. sugar	

Mix all together thoroughly. Chill for 4 hours or overnight.
Makes large dish of salad.

MACARONI SUPER SALAD

Laura Memler
Iowa City Club

1 (16 oz.) pkg. shell macaroni, cooked and cooled	3 shredded carrots
2 diced green peppers	1 onion, diced fine

Mix the following for dressing. It will be thin.

1 pt. mayonnaise	3/4 c. sugar
1 c. vinegar	1 can Eagle Brand milk

MACARONI AND SHRIMP SALAD

Fern Schenck
Davenport Regular Club

2 c. macaroni (small box)	1 large green pepper
1 pkg. frozen peas (unthawed)	1 can small white onions or 1 1/2 Tbsp. onion flakes
1 can ripe pitted olives (diced)	1 pt. Hellmann's mayonnaise
1 c. or more diced celery	1 pkg. frozen (deveined) shrimp
1 jar diced pimento	

Mix together, refrigerate and let set overnight.

PAULINE'S MACARONI AND CHEESE SALAD

Mrs. Albert Howard
Nishna Club

Cook as directions say on box:

2 boxes (7 1/2 oz.) Kraft macaroni and cheese

Refrigerate until cold. Boil 6 eggs for 5 minutes. Refrigerate until cold (chopped). In large mixing bowl:

1/2 to 3/4 lb. ham (diced)	1/2 c. onions (chopped)
1 (4 oz.) can mushrooms	1 (16 oz.) can LeSueur peas, drained
1/4 tsp. black pepper	2 Tbsp. mustard with horseradish
1/2 tsp. celery seed	1 to 2 c. salad dressing
1/2 tsp. dill weed	

Add egg and macaroni. Mix good. If this is to be my main course, I add 1 cup sharp cheddar cheese (shredded).

MOSTASCIOLI SALAD

Florence Clasen

1 lb. mostascioli noodles, cooked in salted water until tender

Drain and pour cool water over them and drain again (a must). Toss 1 tablespoon oil over:

1 diced cucumber	1 small can pimentos
1 medium onion, chopped	2 Tbsp. parsley

Mix. Pour the following sauce over:

1 c. sugar	1 tsp. seasoned pepper
1 c. white vinegar	2 tsp. prepared mustard
1 tsp. Accent	2 tsp. salt

MOSTACCIOLI SALAD

Sharon Norton, Atlantic
Club 71

In blender prepare:

1/2 c. Italian dressing	1/2 tsp. onion salt
1/2 c. mayonnaise	1/2 tsp. garlic salt
2 tsp. sugar	1/4 tsp. barbecue salt
1/4 tsp. oregano	1/4 tsp. pepper
1/4 tsp. parsley	1/4 tsp. curry
1/4 tsp. celery salt	1/4 tsp. mustard

Pour over 1 box (16 oz.) mostaccoli noodles, cooked and drained. Toss until coated. Refrigerate overnight.

SPAGHETTI SALAD

Jim Rogers
Council Bluffs

- | | |
|---|-----------------------------|
| 1 (7 oz.) pkg. spaghetti (in pieces) (2 c. before cooked) | 4 eggs, beaten |
| 1 large can chunk pineapple (drained) | 1/2 c. lemon juice |
| | 2 c. powdered sugar |
| | 6 apples, peeled and diced |
| | 1 large container Cool Whip |

Cook spaghetti. When boiling, add red food coloring. Blanche spaghetti with cool water. Mix spaghetti and pineapple. In double boiler, mix eggs, lemon juice and powdered sugar until thick. Cool. Add apples, mix with spaghetti and pineapple. Let stand overnight. Mix with Cool Whip. Makes a big batch and is very good.

PARMESAN SALAD

Helen Zelle
Des Moines Life Club

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|--------------------------|--------------------------------------|
| 1 small head lettuce | 1 c. mayonnaise |
| 1 small head cauliflower | 1/3 to 1/2 c. grated Parmesan cheese |
| 1 lb. bacon | 1/4 c. sugar |
| 1 purple onion, sliced | salt and pepper to taste |

Tear lettuce into bite-size pieces. Break cauliflower into small pieces. Fry bacon and snip into pieces. Layer lettuce, cauliflower, bacon and onion in a bowl. Mix mayonnaise, cheese, sugar, salt and pepper. Spread over top of vegetables. Chill overnight. Toss when ready to serve.

TACO SALAD

Rosie Baker

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|--|--|
| 1 head lettuce | 8 oz. cheddar cheese, grated |
| 1 (16 oz.) can kidney beans (drained) | 1 bag flavored taco chips, broken into pieces |
| 3 small tomatoes (cut into small pieces) | 1 lb. pork sausage (browned and drained), cool |
| 1 green pepper (chopped) | 1 (8 oz.) bottle Western dressing |
| 1 medium onion (chopped) (optional) | |

Toss all together.

TOSSED TACO SALAD

Mariedith Winner

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|-------------------------|--|
| 1 lb. ground beef | 1/3 c. green onions, cut up |
| 2 tsp. chili powder | 4 oz. (1 c.) shredded sharp cheddar cheese |
| 3/4 tsp. salt | 1 c. coarsely crushed corn chips or tortilla chips |
| dash of pepper | 1 can kidney beans |
| 1/4 c. water | a few ripe olives |
| 6 c. shredded lettuce | |
| 1 large tomato, chopped | |

Cook ground beef until crumbly and drain. Add chili powder, salt,
(Cont.)

pepper and water. Cool. Then add beans. Then combine lettuce, tomatoes, onion, olives and cheese in large bowl. Just before serving, add the beef mixture. Toss with the following dressing:

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|-------------------------|--------------------------|
| 1/4 c. sour cream | 2 tsp. snipped parsley |
| 1/4 c. Italian dressing | dash of sugar and pepper |

After tossing salad, top with the coarsely crushed chips.

FESTIVE LAYERED SALAD

Jane Slee

West Point, Iowa

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|----------------------------|------------------------------|
| 1 c. elbow macaroni | 2 hard cooked eggs, sliced |
| 4 c. shredded lettuce | 1 1/2 c. mayonnaise |
| 4 c. carrots, grated | 1 1/2 tsp. dill weed |
| 1 pkg. frozen peas | 1/2 tsp. salt |
| 1 small red onion, sliced | 1/2 c. shredded Swiss cheese |
| 1 1/2 c. cubed ham, cooked | |

Cook macaroni as directed on package. Drain and chill. In glass pan, layer lettuce, carrots, macaroni, peas, onion, ham and eggs. Combine mayonnaise, dill weed and salt. Mix well. Spread evenly over top of salad. Sprinkle with cheese. Cover and chill several hours or overnight. Makes 8 servings.

OVERNIGHT LAYERED CHICKEN SALAD

Betty Heithoff, Des Moines, Iowa
Red Rock Council

Serves 10 to 12.

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|---|---------------------------------|
| 6 c. shredded lettuce | 1 (6 oz.) pkg. pea pods, thawed |
| 1/4 lb. bean sprouts | 2 c. mayonnaise |
| 1 (8 oz.) can water chestnuts,
sliced | 1/2 tsp. ginger |
| 1/2 c. thinly sliced green onion | 1/2 c. Spanish peanuts |
| 1 medium cucumber, thinly
sliced, optional | 1 Tbsp. sugar |
| 4 c. cooked chicken, cut in 2 - 3 inch strips | 1 tsp. curry powder |

Layer lettuce in a 4 quart serving dish. Top with bean sprouts, water chestnuts, green onion, cucumber and chicken. Pat pea pods dry and arrange on top. Combine mayonnaise, curry powder, sugar and ginger. Spread mixture evenly over pea pods. Cover and refrigerate overnight. To serve, garnish salad with peanuts and cherry tomato halves. (Excellent for noon luncheons.)

CHICKEN SALAD

Grace Zellers

Boil a fat spring fry (or 4 chicken breasts) with 1 stalk of celery, 1 carrot, 1 whole clove, 2 whole black peppers and salt (1/2 teaspoon per pound of chicken). Simmer until tender. Let chicken cool

in the broth. When cool, remove skin, fat and bones.

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| 3 c. diced chicken | 1/4 c. chopped sweet pickles |
| 2 c. small diced celery | 1 Tbsp. sugar |
| 3 hard boiled eggs, diced | 3 Tbsp. lemon juice |
| 1/2 c. Miracle Whip salad dressing | 1 tsp. seasoned salt |
| | 1/4 tsp. pepper |

Mix all together and chill. Serve on lettuce leaf.

PARTY CHICKEN SALAD

Betty Brown, Burlington
Tri-Sippian Club

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|------------------------------------|---------------------|
| 2 c. coarsely diced cooked chicken | 2 Tbsp. lemon juice |
| | 1/2 tsp. salt |

Sprinkle chicken with lemon juice and salt. Chill several hours.

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|-----------------------------|---|
| 1 c. sliced celery | 1/2 c. mayonnaise |
| 1 c. seedless white grapes | 1/4 c. halved or slivered blanched almonds, toasted |
| 2 hard cooked eggs, chopped | |

Mix all ingredients, adding almonds just before serving.

Delicious served with hot cornbread and sliced tomatoes sprinkled with basil.

CHICKEN SALAD

Angela Cash

Serves 16.

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|--------------------------------|--|
| 7 1/2 c. cut up cooked chicken | 1 c. Hellmann's mayonnaise (don't use salad dressing) |
| 3 3/4 c. cut up celery | 2 tall cans drained pineapple chunks or 2 c. frozen peas, cooked |
| 6 hard cooked eggs, chopped | |
| 2 Tbsp. lemon juice | |

Sprinkle lemon juice on cut up chicken and marinate overnight. Before serving, mix marinated chicken and other ingredients.

ORIENTAL MEATBALL SALAD

Jane Slee

West Point, Iowa

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|--|-----------------------------|
| 2 eggs, beaten | 2 medium carrots, sliced |
| 1/2 c. milk | 2 stalks celery, sliced |
| 3 c. bread crumbs | 1/2 c. packed brown sugar |
| 1 tsp. onion salt | 2 Tbsp. cornstarch |
| 1 lb. ground beef | 1/2 c. dry white wine |
| 2 Tbsp. cooking oil | 1/3 c. vinegar |
| 1 (8 1/4 oz.) can pineapple chunks | 2 Tbsp. soy sauce |
| 2 medium green peppers (cut into 1/2 inch squares) | 2 tomatoes, cut into wedges |
| | shredded lettuce |

In bowl, combine eggs and milk. Stir in bread crumbs, onion, salt and 1/8 teaspoon pepper. Add beef and mix well. Shape mixture into 3/4 inch meatballs. In skillet, cook meatballs in hot cooking oil about 10 minutes or until done, turning frequently. Drain off fat. Drain pineapple, reserving juice. Add water to reserved juice to make 3/4 cup liquid. In bowl, combine pineapple chunks, green pepper, carrot, celery and meatballs. Set aside. In small saucepan, combine brown sugar and cornstarch. Stir in the 3/4 cup pineapple juice, wine, vinegar and soy sauce. Cook and stir until thickened and bubbly. Pour hot mixture over meatball mixture. Cover and chill. To serve, carefully stir tomato wedges into meatball mixture or reserve wedges and arrange along edges of plates. Place lettuce on plates; spoon meatball mixture atop. Serves 4.

SUPER MEAT SALAD

Luwilda Parker

Marshalltown Club

Heat 1 can chicken noodle soup (no water). Add 1 package (8 oz.) cream cheese, mix until dissolved, 1/2 cup mayonnaise (not salad dressing), 2 (3 oz.) lemon jello packages, dissolved in 1 1/2 cups hot water. Cool, but not set. Add:

1 can shrimp (drained) or can omit this	1/4 or 1/2 c. green onions, diced
1/4 or 1/2 c. green pepper, diced	1/4 or 1/2 c. celery, diced
	1/4 or 1/2 c. pimento

Combine and pour over salad mold.

HOT TURKEY SALAD

Gladys Braun

Council Bluffs Club

2 c. cubed cooked turkey	1/2 tsp. salt
2 c. diced celery	2 tsp. grated onion
1/2 c. chopped toasted almonds	2 Tbsp. lemon juice
	1 c. Hellmann's mayonnaise

Combine and toss lightly. Put in 9 x 9 inch casserole. Sprinkle with 1/2 cup grated American cheese and 1 cup crushed potato chips. Bake at 450 degrees for 10 minutes. Serves 6.

HOT TURKEY SALAD

Lola Blocker

Davenport Life Club

2 c. cubed cooked turkey or chicken	2 tsp. grated onion
2 c. sliced celery	2 Tbsp. lemon juice
1/2 c. chopped toasted almonds	1 c. mayonnaise or salad dressing
1/2 tsp. salt	1/2 c. grated American cheese
	1 c. crushed potato chips

Combine ingredients except cheese and potato chips. Toss lightly. Pile lightly into individual bakers or custard cups. Sprinkle with grated cheese and potato chips. Bake in hot oven (450 degrees) for 10 minutes. Can be baked in a casserole dish.

CAULIFLOWER SAUCE**Carol Hill**

2 Tbsp. flour
1 c. tomato juice

1/2 c. cheese (Velveeta)
1 Tbsp. lemon juice

Mix and cook in saucepan until cheese melts and flour has cooked. Pour over cooked cauliflower. Can top with crushed soda crackers that have been browned (stirred lightly) in butter.

GAZPACHO**Harriet Dabler**

In a food processor fitted with the steel blade or in a blender in batches, puree 4 tomatoes and 1 cucumber, all peeled, seeded and chopped; 1 onion and 1 green pepper, both chopped and 1 garlic clove, crushed. Add:

2 c. beef broth
1 1/2 c. tomato juice

1/4 c. each olive oil and red wine
vinegar
salt and cayenne to taste

Spin the machine briefly to combine the mixture, transfer the soup to a bowl and chill it, covered, for at least 4 hours or until it is very cold. Stir the gazpacho to recombine it, ladle it into mugs or bowls and garnish each serving with 1 teaspoon each of peeled, seeded and diced cucumber, lightly salted and drained for 1 hour, minced green pepper, minced onion, peeled, seeded and chopped tomato and small croutons, sauteed in oil. Serves 6.

BARBEQUE SAUCE**Jeanne Graham**

Council Bluffs Reg. Club

12 c. catsup (cheap)
1/2 c. brown sugar
2 Tbsp. mustard

3 Tbsp. Worcestershire sauce
1/4 c. lemon juice
3 - 4 oz. liquid hickory smoke

Simmer 3 - 4 hours. Put in quart jars. Refrigerate.

GRANDMA'S CHILI SAUCE**Betty Sanders**

4 qt. chopped tomatoes
1 pt. chopped cucumbers
1 pt. chopped onions
4 chopped green peppers
1 tsp. paprika
1 tsp. black pepper

1 tsp. cloves
1 tsp. allspice
1 tsp. cinnamon
4 tsp. salt
3 pt. vinegar
4 c. sugar

Mix and bake in 325 degree oven 6 hours. Stir occasionally. Can in pint jars while still hot. Can be used as chili sauce over roast meat or used as a sauce while cooking hamburgers.

KIDS SPAGHETTI SAUCE

Anita Hagen

Davenport Regular Club

2 cans tomato soup
1/2 envelope taco seasoning
salt and pepper
water (if needed to thin)

1 can tomato paste
onions (chopped)
1 lb. ground beef
mushrooms (optional)

Brown ground beef and onions, drain off fat. Add remaining ingredients. If you want thinner sauce, add a little water. Heat thoroughly and serve over spaghetti.

SPAGHETTI SAUCE

Gene Earle

Iowa City, Iowa

2 lb. hamburger
2 onions, chopped
1 large can tomato sauce
2 cans tomato soup
2 cans water
1 large can tomato paste

1 Tbsp. Worcestershire sauce
mustard
1/2 tsp. chili powder
1/2 tsp. cayenne powder or oregano
1/2 tsp. paprika
1/2 tsp. garlic salt
4 Tbsp. tomato ketchup

Simmer 2 hours.

SPAGHETTI SAUCE

Jackie Smith

Serves 20.

2 lb. ground beef (chuck)
2 lb. SWEET Italian sausage
1/4 large green pepper
1 large Bermuda onion
6 large (family size) tomato
sauce
2 large (family size) tomato puree

2 or 3 bay leaves
1 or 2 cloves garlic
1 tsp. oregano
3/4 c. sugar
1 can mushrooms, drained

Brown ground beef with onion and green pepper. Add sauce and puree and rest of ingredients but sausage. Brown sausage and add for the last hour or two. Cover and simmer for about 3 to 4 hours.

FRENCH DRESSING

Roy Mortensen

A favorite at our house.

1 c. sugar
1/8 tsp. garlic salt
1 Tbsp. dry mustard
1 Tbsp. celery seed

1/4 tsp. salt and pepper
1 can tomato soup
1 c. salad oil
1/2 c. vinegar

Combine and stir.

OUR FAVORITE DRESSING**Betty Neighbor**

- | | |
|----------------|------------------------------|
| 1 c. oil | 2 Tbsp. minced dry onion |
| 1 c. sugar | 1 Tbsp. Worcestershire sauce |
| 1/2 c. vinegar | 1 garlic bud or more |
| 1/2 c. catsup | salt and pepper to taste |

Put all in blender and blend well.

DRESSING FOR SPINACH SALAD**Joan Bex**

Iowa City Club

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|---------------|--------------------------|
| 1 large onion | 1 tsp. celery seed |
| 1/4 c. sugar | 3 Tbsp. prepared mustard |
| 1 tsp. salt | 1/3 c. vinegar |
| 1 tsp. pepper | 1 c. salad oil |

Put all in blender or food processor. Pour in jar and refrigerate. Use as needed. Top salad with chopped hard cooked eggs and bacon fried crisp. Makes about 1 pint.

QUICK FRENCH DRESSING**Jo Miguel**

- | | |
|---------------------|-----------------------|
| 1 tsp. paprika | 1/2 c. salad oil |
| 1/4 c. sugar | 1/4 c. vinegar |
| 1/3 c. catsup | 1 tsp. garlic salt |
| 1/2 tsp. onion salt | juice of half a lemon |

Place all ingredients in a pint jar and shake well.

GREAT FRENCH DRESSING**Grace Zellers**

Put 1 onion through food grinder.

- | | |
|--------------------|------------------------------|
| 2 tsp. onion juice | 1 can Campbell's tomato soup |
| 3/4 c. vinegar | 1 tsp. dry mustard |
| 3/4 c. sugar | 1 1/2 c. Mazola salad oil |
| | dash of paprika |

Mix altogether in electric mixer.

FRUIT DRESSING (For Fresh or Canned Fruit)**Irene (Mrs. Allen) Campagna**

Combine ingredients and bring to a boil over low heat:

- | | |
|------------------------|--------------------|
| 2 beaten eggs | 3/4 c. sugar |
| 1/2 c. pineapple juice | 1/2 c. lemon juice |

Keeps well in refrigerator.

LES' SECRET DRESSING**Les Watts**

Des Moines Reg. Club

1 pt. mayonnaise

3 oz. Parmesan cheese

1 pt. Kraft French dressing

1 or 2 tsp. garlic powder (to taste)

Blend all ingredients together and chill at least 2 hours before using.

MAYONNAISE**Gene Earle**

Iowa City Club

Put in blender:

1 egg

1 tsp. cons. lemon juice

2 Tbsp. vinegar

1 tsp. sugar

1 Tbsp. mustard

4 Tbsp. cooking oil

1/2 tsp. salt

Turn blender on low speed. Add 3/4 cup cooking oil very slowly in fine stream.

For 1000 Island Dressing, add 1/4 cup chili sauce.

SALAD DRESSING**Lyman and Edna Fish****Deloris Strong**

1 can tomato soup

1/2 tsp. paprika

1/2 c. salad oil

2 Tbsp. chopped green pepper

2/3 c. vinegar

2 Tbsp. chopped onion

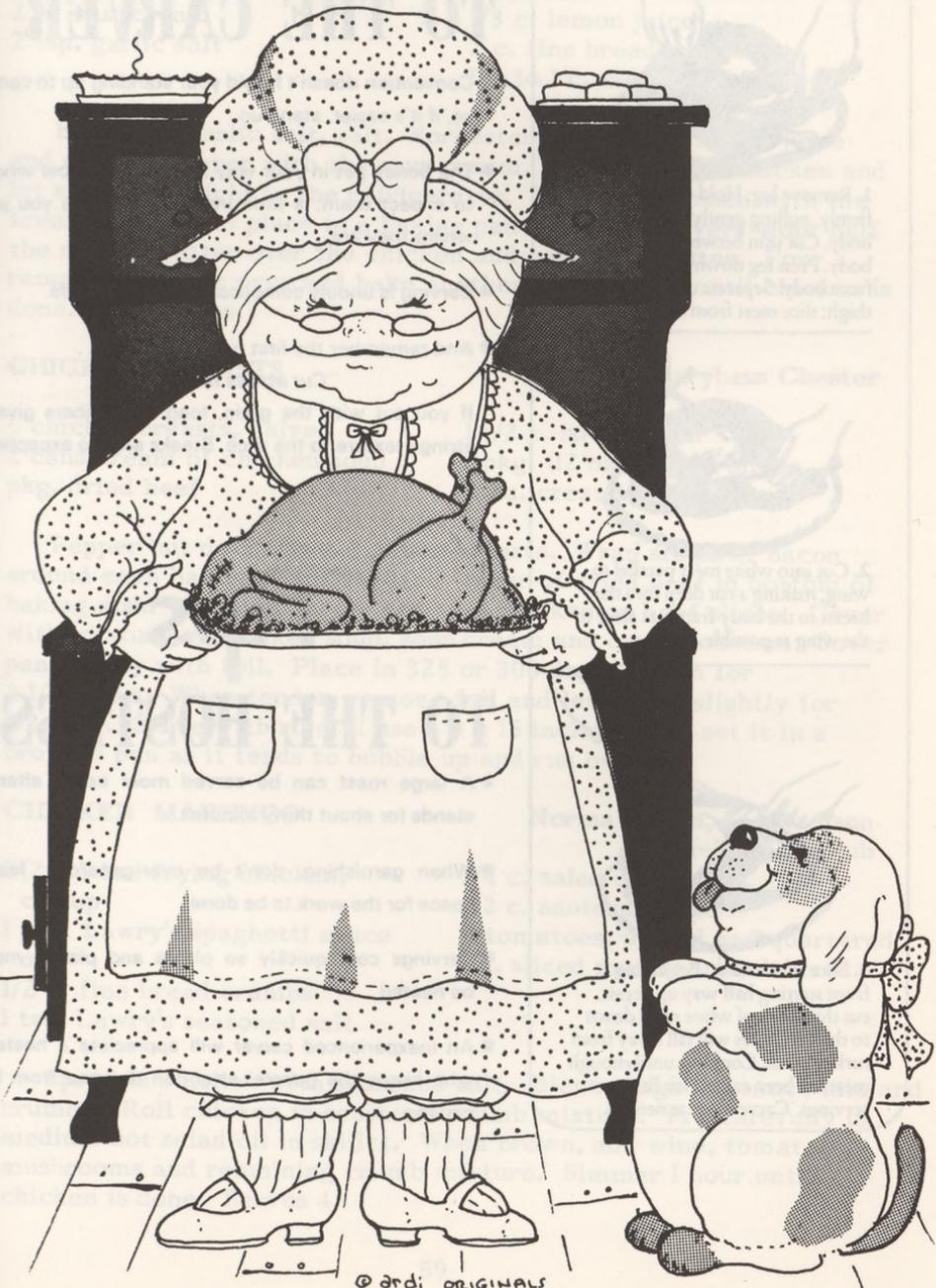
3/4 c. sugar

2 or 3 cloves garlic

Mix in quart jar and keep in refrigerator.

Write an extra recipe here:

MAIN DISHES
MEAT · SEAFOOD
♡ POULTRY ♡



How To Carve Turkey



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



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



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

Tips

TO THE CARVER

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

"Cut across the grain"

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

Tips

TO THE HOSTESS

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

MAIN DISHES--
MEAT, SEAFOOD, POULTRY

SPECIAL CHICKEN BREASTS

Margaret Oppelt, Cedar Rapids Club
Helen Nelson

5 or 6 chicken breasts, cut in half and boned	4 tsp. Worcestershire sauce
2 c. sour cream	1 tsp. salt
2 tsp. garlic salt	1/3 c. lemon juice
	2 c. fine bread crumbs
	1/2 to 1 c. melted butter

Blend the garlic salt, salt, Worcestershire sauce, lemon juice and dash of pepper with the sour cream. Pour over the chicken and let stand overnight in the refrigerator. Coat the chicken with the bread crumbs and place in a baking pan in a single layer. Pour half the melted butter over the chicken and bake 30 minutes. Pour remaining butter over and bake another half hour or until chicken is done. Delicious.

CHICKEN BREASTS

Marybess Chester

6 chicken breasts, halved	1 1/2 c. sour cream
2 cans cream of chicken soup	1 pkg. (12 oz.) bacon slices
pkg. dried beef	3 oz. cream cheese

Pepper but do not salt chicken breasts. Wrap slices of bacon around each halved breast. Place layer of dried beef in bottom of baking dish. Arrange bacon-wrapped chicken on beef slices. Cover with mixture of chicken soup, sour cream and cream cheese. Cover pan tightly with foil. Place in 325 or 300 degree oven for 2 1/2 hours. When tender, remove foil and let brown slightly for 1/2 hour. Serve with rice. I use a 9 x 15 inch pan and set it in a brownie pan as it tends to bubble up and run over.

CHICKEN MARENGO

Norma Brown, Ft. Madison
Tri-Sippian Club

1 (2 - 3 lb.) frying chicken, cut up	1/4 c. salad oil
1 pkg. Lawry's spaghetti sauce mix	1/2 c. sauterne wine
1/2 c. fine bread crumbs	3 tomatoes, peeled and quartered
1 tsp. Lawry's seasoned salt	1 c. sliced mushrooms, drained

Sprinkle chicken with seasoned salt. Blend spaghetti sauce mix and crumbs. Roll chicken in seasoned crumb mixture. Fry carefully in medium hot salad oil in skillet. When brown, add wine, tomatoes, mushrooms and remaining crumb mixture. Simmer 1 hour until chicken is done. Serves 4.

CHICKEN PARISIENNE**Charlotte Carlson**
Council Bluffs Club

8 chicken thighs (or the equivalent)

Brown chicken in skillet and put into baking dish. Mix together and pour over chicken:

1 can cream of mushroom soup	1/4 c. sherry wine
1 can (8 oz.) sour cream	1/8 c. sage
3 oz. can diced mushrooms (juice and all)	

Sprinkle paprika on top. Bake in 325 degree oven for 1 1/2 hours or until done.

MEXICALI CHICKEN**Viola Lausar**

2 1/2 to 3 lb. broiler fryer or 9 boned and skinned chicken breasts	1 can (10 oz.) enchilada sauce
1 tsp. paprika	1 c. shredded cheese - Cracker Barrel mellow
salt to taste	1/2 c. chopped green onions
dash of pepper	1 can (2 1/4 oz.) pitted sliced black olives
1 cube butter	
1 pkg. (6 1/4 oz.) tortilla chips	

Wash chicken, dry with towel. Arrange in single layer in large shallow baking pan. Melt butter, pour over chicken, then sprinkle with salt, paprika and pepper. Bake uncovered 60 minutes. Crumble tortilla chips and sprinkle over chicken, then enchilada sauce, sprinkle cheese evenly, olives and green onions over all. Return to oven for 15 minutes or until cheese is melted. Oven temperature 375 degrees. Serves 6.

CHICKEN CASSEROLE**Marie Poggenpohl**
Iowa City

Boil 1 chicken. Take meat off bones. Use:

1 large twin box Stove Top dressing (chicken flavor)	1/2 c. chopped onions
1 chopped green pepper	2 cans cream of chicken soup
	1 can mushrooms
	2 c. chicken broth

Stir together and be sure its moist. Add some soup over top. Bake 1 hour 350 degrees or until bubbles.

OVERNIGHT CHICKEN CASSEROLE**Marybess Chester**

7 oz. pkg. macaroni, uncooked	2 c. diced cooked chicken
8 oz. pkg. process cheese, cubed	2 c. milk
2 cans cream of chicken soup	4 hard cooked eggs, chopped
	1 small onion, minced

(Cont.)

Mix ingredients in a large bowl; cover and place in refrigerator overnight. Remove from refrigerator about 1 hour before baking. Stir and turn into a buttered casserole. Bake uncovered at 350 degrees for 1 1/2 hours. Serves 6.

CHICKEN SUPREME

Mrs. Mayburn Johnston
Nishna Club

- | | |
|-------------------------------|---|
| 1 (7 oz.) pkg. small macaroni | 1 small onion (diced) |
| 1 c. milk | 1 can mushroom soup |
| 4 hard boiled eggs (diced) | 1/2 lb. Velveeta cheese (diced) |
| 1 c. chicken broth | 2 1/2 c. chicken (cooked and
diced) can use turkey or 4
chicken breasts |

Mix all ingredients. Put in 9 x 13 inch greased pan. Bake at 350 degrees for 1 hour. Can be refrigerated overnight and baked next day.

CHICKEN HOT DISH

Mary K. Wilson
Waterloo Regular Club

- | | |
|------------------------------|-------------------------------|
| 1/4 c. chopped onion | 1/2 c. sliced water chestnuts |
| 1 c. chopped celery | 2 c. diced chicken |
| 1 can cream of mushroom soup | 1 c. chow mein noodles |
| 1/3 c. chicken broth | 1/2 c. cashew nuts |
| 1 Tbsp. soy sauce | salt and pepper to taste |

Fry onion and celery in oleo until tender. Add soup, broth and seasoning and simmer about 1/2 hour. Add water chestnuts and chicken and pour in 9 x 11 inch casserole. Cover and bake 20 minutes at 375 degrees. Uncover and put noodles and cashews over the top and bake uncovered 5 more minutes.

CHICKEN DELUXE

Mrs. Clinton Williams
Nishna Club

- | | |
|---------------------------------|------------------------|
| 9 slices bread (cubed) | 4 eggs (well beaten) |
| 4 c. chicken (cooked and cubed) | 2 c. milk |
| 4 oz. can mushrooms | 1 tsp. salt |
| 1/4 c. oleo | 1 can mushroom soup |
| 8 oz. can water chestnuts | 1 (2 oz.) can pimentos |
| 1/2 c. mayonnaise | 1 can celery soup |
| 8 slices sharp cheese | 1 c. dry bread crumbs |

In 9 x 13 inch pan, place cubed bread. Layer chicken over bread. Cook mushrooms in oleo and add to chicken. Add chestnuts. Dot with mayonnaise, top with sliced cheese. Combine egg, milk and salt, pour over top cheese. Mix soups and pimento. Pour over casserole. Cover and refrigerate 2 hours. Bake 325 degrees for 1 1/2 hours, covered first 75 minutes. Take cover off, sprinkle bread crumbs over top and bake last 15 minutes uncovered. Serves 12 - 15.

EXTRA SPECIAL BAKED CHICKEN**Carol Hill**

- | | |
|---|-----------------------------------|
| 3 (or 4) chicken breasts,
skinned and halved | 1 can mushroom soup |
| 6 slices bacon, cut up | 1 (3 oz.) (small) pkg. dried beef |
| 1 carton sour cream (about 1/2
pt.) | 1 c. rice (raw) |
| | 3 c. water |

Wet dried beef and spread over bottom and slightly up sides of casserole (about 9 x 13 inch). Next spread rice evenly over beef. Lay breasts on and cover with cut up bacon. Add water. Bake for 30 minutes at 350 degrees. Combine soup and sour cream (undiluted) and pour over top of meats. Replace in oven for 45 minutes more. Check mixture occasionally during both cookings to be sure rice has enough water and does not dry out. (May need to add water occasionally.) Serves 6 (or 8 if you use extra chicken breasts)

CHICKEN DELUXE CASSEROLE**Louise Connell**
Marshalltown Club

- | | |
|---------------------|------------------------------------|
| 1 lb. stewing hen | 1/2 2 tsp. curry powder |
| 2 c. water (more) | 1 large onion |
| 1 1/2 c. dry sherry | 2 stalks celery |
| 2 3/4 tsp. salt | |

Stew chicken in above ingredients. When cooked, strain broth and cool. Remove meat from bones and cut into bite size pieces.

- | | |
|---------------------------------|---|
| 1 lb. fresh or canned mushrooms | 2 boxes (Uncle Ben's) long grain
and wild rice |
| 1/4 c. butter or margarine | |
| 1 can mushroom soup | 1 c. dairy sour cream |

Saute mushrooms in butter until golden brown. Measure broth (use as part of liquid for cooking rice. Follow directions on package.) Combine chicken, rice, mushrooms and blend in sour cream. Bake in 9x12 inch pan at 350 degrees for 1 hour.

SCALLOPED CHICKEN**Ruth M. Sherwood, Ft. Madison**
Tri-Sippian Club

Boil chicken 3 - 4 hours and remove from bone.

- | | |
|------------------------|-----------------------|
| 4 eggs, beaten | 1/2 tsp. pepper |
| 1/2 lb. cracker crumbs | 8 c. broth of chicken |
| 1 Tbsp. salt | |

Mix well and bake in 9 x 13 inch baking pan. Bake at 350 degrees for 45 minutes.

CURRY CHICKEN**Dee Fortman**

- | | |
|------------------------------|----------------------|
| 1 medium apple, chopped fine | 1 tsp. (level) curry |
| 1 small onion, chopped fine | 2 Tbsp. butter |

(Cont.)

Saute all ingredients 5 minutes. Mix:

1 can mushroom soup (undiluted) 1 c. sour cream

Salt and paprika chicken. Place in shallow baking dish and pour mixture over chicken. Skin and debone chicken breast. Mixture enough for 6 chicken breasts (halved). Bake uncovered at 350 degrees for 1 1/2 hours.

CHICKEN CASSEROLE

Mrs. Jesse Byers

Marshalltown Club

1 chicken, cooked and cut in pieces (remove bones)	1 can cream of mushroom soup, undiluted
1/2 c. chopped celery	1/2 c. sour cream
1 small onion, chopped	1/2 c. mayonnaise
1 can chopped water chestnuts	1 can mushrooms, drained
	salt and pepper to taste

Mix together and place in 9 x 12 inch baking dish. Place the following mixture on top of casserole. 1 small pkg. Pepperidge Farm dressing. Melt 1/2 stick margarine and pour over the dressing on casserole. Bake at 350 degrees for 30 - 40 minutes.

CHICKEN CASSEROLE

Catherine Potter

2 c. or more cooked chicken	1/4 c. mayonnaise
1 can cream of chicken soup	1 small can chow mein noodles
1/2 c. milk	1/2 c. cut celery
	onion flakes

Mix soup, mayonnaise and milk. Gently add other ingredients. Put in 8 x 10 inch casserole. Sprinkle with noodles and slivered almonds. Bake 30 minutes at 350 degrees covered. Sprinkle with shredded cheddar cheese. Bake 5 - 10 minutes more, uncovered.

CHICKEN CASSEROLE

Kathryn Kennedy

Clinton-Maquoketa

Serves 8 - 10.

Bake in 8x 12 inch pan, 350 degrees, 45 - 60 minutes.

2 1/2 c. boned chicken, chopped	1/2 c. almonds, toasted and chopped
3 hard boiled eggs, chopped	
1 can cream of chicken soup	1 Tbsp. lemon juice
1 c. celery, chopped	3/4 c. mayonnaise
2 Tbsp. onions, chopped	salt and pepper to taste
	1 c. potato chips, crushed, half in mixture and half on top

Mix all together and bake.

SOUPREME SKILLET CHICKEN**Georgena Davis**
Biggsville, Illinois

2 medium zucchini	1 tsp. paprika
2 lb. chicken parts	1/2 tsp. crushed basil
shortening	1 medium clove garlic, minced
1 can cream of celery soup	1/2 c. drained, chopped canned tomatoes

Cut zucchini in half lengthwise, slice diagonally in 1/2 inch pieces. Brown chicken in shortening. Drain off fat and remove from bone. Add soup and seasonings. Cover. Cook over low heat 30 minutes. Stir occasionally. Add zucchini and tomatoes. Cook until tender.

CHICKEN CASSEROLE WITH BROCCOLI**Angela Cash**

2 pkg. frozen broccoli or freshly cooked	2 cans cream of chicken soup mixed with 1 c. mayonnaise
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chicken breasts - 1 breast per 2 servings

Split and bone chicken breasts. Place broccoli in baking pan or in individual baking casseroles. Cover with chicken breasts. Pour soup and mayonnaise over all. Sprinkle on top one 2 oz. shaker of Kraft cheese. Bake 1 1/2 hours at 350 degrees. Cover with foil part or all of the time. Serve with a fruit salad and hot rolls.

CHICKEN CASSEROLE**Carmen Hall, Burlington**
Tri-Sippian Club

Serves 6.

6 c. diced chicken	3/4 c. mayonnaise
2 pkg. (10 oz.) frozen broccoli (thawed)	1/2 c. milk
2 cans cream of chicken soup	2 tsp. lemon juice
	1 (8 oz.) pkg. stuffing mix
	1/2 c. melted butter or oleo

In baking dish put chicken, placing broccoli on top. Mix soup, milk, mayonnaise and lemon juice and spread on top. Sprinkle stuffing mix over top of that. Pour oleo or butter over mixture. Bake 1 hour at 350 degrees.

CHICKEN PIE**Helen Zelle**
Des Moines Life Club

3 c. cooked diced chicken	1 egg, beaten
1/2 c. milk	3/4 c. milk
1/2 c. sour cream	1/2 c. cornmeal, white or yellow
2 (10 1/2 oz.) cans cream of chicken soup, undiluted	1 c. buttermilk pancake mix
	2 c. shredded cheddar cheese

Combine chicken, milk, sour cream and condensed soup in saucepan. Heat through and blend sauce. Combine egg, milk,

cornmeal, pancake mix and cheese. Turn warm chicken mixture into 9 x 12 inch ovenproof baking dish. Spoon cornmeal-cheese mixture over top and bake, uncovered at 375 degrees for 20 - 30 minutes. Makes 8 or 9 servings.

CHICKEN SPAGHETTI

Lenore Dillavou

Sioux City Life Club

1 whole chicken, cooked
1 box spaghetti, cooked
1 can tomato soup
1 can cream of mushroom or chicken soup
1 large jar mushrooms
2 or 3 c. chicken broth
1/4 c. chopped onions

Pour in large baking dish or small roaster. Top with slice cheese. Bake 1 hour at 350 degrees.

CHICKEN HOT DISH

Mary Jean Duzik

Sioux City Life Club

2 1/2 - 3 lb. chicken, cut up
1 (7 oz.) pkg. macaroni or broken spaghetti
1 medium onion, chopped
2 cans cream of mushroom soup
1 c. frozen peas (optional)
1/2 lb. Velveeta cheese, cubed

Cook chicken in just enough water to cover for 45 - 50 minutes. Remove chicken pieces and skim fat from broth. Cook macaroni and onion in the broth until tender. Add soup, peas and cheese. Skin and debone chicken and add chicken pieces to mixture. Turn into large buttered casserole; bake at 350 degrees about 45 minutes or until done. Yield: 6 - 8 servings.

TURKEY CHOW MEIN

Harriet Dabler

1 green pepper
1 c. sliced celery
2 Tbsp. butter or margarine
1 3/4 c. chicken broth
2 Tbsp. cornstarch
1/4 c. cold water
2 Tbsp. soy sauce
1/2 envelope onion soup mix
2 to 3 c. diced cooked turkey or chicken
1 (3 oz.) can sliced mushrooms, drained (1/2 c.)
1 (5 oz.) can water chestnuts, drained and thinly sliced
1 (1 lb.) can bean sprouts, drained
chow mein noodles

Cut pepper in thin strips; cook with sliced celery in butter or margarine for 2 minutes; add chicken broth. Blend cornstarch with cold water and soy sauce; gradually stir into the broth. Add onion soup mix. Cook and stir until mixture thickens and bubbles. Add turkey or chicken, mushrooms, water chestnuts and bean sprouts; heat. Serve with chow mein noodles. Makes 6 servings.

MALDASHA**Georgena Davis**
Biggsville, Ill.

1 chicken	2 - 3 slices bread
1 c. celery	2 small onions
2 eggs	dash of salt and pepper

Boil chicken until tender. Cool and remove from bone. Put through coarse meat grinder. Mix with soft bread crumbs, eggs, chopped celery and onions. Save broth.

Noodles:

3 eggs	flour to make stiff dough
salt to taste	

Roll noodle dough quite thin. Cut into squares and fill each square with the chicken mixture. Fold up like a little pocket book. Moisten edges. Let dry awhile. Cook in chicken broth about 20 minutes.

HAM LOAF WITH MUSTARD SAUCE**Hazel Swartz**

1 1/2 lb. ham, ground	3/4 c. milk
1 lb. veal, ground	1 Tbsp. non-dry mustard
1/2 lb. pork, ground	2 Tbsp. brown sugar
2 eggs	1 c. Ritz cracker crumbs

Form into loaf and bake 1 hour at 400 degrees.

Mustard Sauce:

1 Tbsp. dry mustard	1/4 c. vinegar
2 Tbsp. brown sugar	1 egg, beaten

Cook until creamy. Add 1 tablespoon butter. Beat until cold. Serve over ham loaf.

SWEET SOUR LIVER**Mrs. Kathleen Clendenen, Ft. Madison**
Tri-Sippian Club

1 1/2 lb. liver	1/2 c. vinegar
6 slices bacon, fried and crumbled	3/4 c. brown sugar
1/2 c. onion	salt
1/4 c. green pepper	pepper
	pinch sweet basil

Saute onion and green pepper in bacon grease. Brown liver. Add vinegar and sugar and seasoning. Simmer until juices are thickened.

Brown liver that has been dredged in flour. Remove from pan. Sauté onion. Place liver in casserole. Cover with onions, then canned tomatoes. Bake about half hour, 325 to 350 degrees.

HAM LOAF**Mrs. Robert (Reva) Leuck**

2 lb. ground ham	2 c. graham cracker crumbs
1/2 lb. ground pork	1 1/2 c. milk
1 1/2 lb. hamburger	2 eggs

Mix together and put into a 9 x 13 inch pan so it will be at least 2 inches thick. Pour sauce over this.

Sauce:

1 c. tomato soup	1/2 c. vinegar
1 1/3 c. brown sugar	1 Tbsp. dry mustard

Bake 300 degrees for 2 hours.

HAM CUPS WITH CHERRY SAUCE**Dale Johnson**
Sioux City Reg. Club

Serves 6.

1 lb. ground ham	1/2 tsp. dry mustard
1/2 lb. ground pork	1/2 c. brown sugar
1 1/2 c. soft bread crumbs	1 tsp. prepared mustard
1 well beaten egg	

Combine ham, pork, crumbs, egg and dry mustard. Fill medium size muffin pans. Round top. Combine brown sugar and prepared mustard and spread on each ham cup. Bake 325 degrees for 1 hour. Serve with hot cherry sauce.

Cherry Sauce:

May use prepared cherry pie filling.

2 Tbsp. cornstarch	1 (#2) can cherries (pitted) juice
1/2 c. sugar	and all

Combine cornstarch and sugar, stir into cherries. Cook over low heat until thick and clear. Stir constantly.

SWEET 'N SOUR SHRIMP (Microwave)**Harriet Dabler**

2 Tbsp. sugar	1 tsp. paprika
3 Tbsp. cornstarch	2 Tbsp. soy sauce
1/2 tsp. ground ginger	2 Tbsp. vinegar

- | | |
|---|-------------------------------------|
| 1 1/2 c. undrained pineapple tidbits | 2 stalks celery, sliced |
| 3 c. (12 oz.) frozen uncooked shrimp | 1 green pepper, cut into strips |
| 3 medium green or 1 small onion, sliced | 1 large tomato, cut in small pieces |

In 2 quart casserole, combine sugar, cornstarch, ginger, paprika, soy sauce and vinegar, mixing well. Stir in pineapple, shrimp, onions, celery and green pepper. Cook, covered, 12 minutes. Stir at 6 minutes. Stir in tomato and leave covered a few minutes to heat. If desired, a 10 oz. package of shrimp can be used. Cook 8 minutes or until vegetables are desired doneness. If using cooked shrimp, add the last 2 minutes. Then let stand for 5 minutes.

SHRIMP FRITTERS WITH PINEAPPLE

Joan Bex

PO LO HA

Iowa City Club

- 1 lb. shrimp (whole green in shell or large fresh)
 4 slices pineapple, cut into 1/2 inch width or 1 c. pineapple chunks
 2 c. oil

Batter:

- | | |
|-------------------------|----------------------|
| 1 c. flour | 1/2 tsp. salt |
| 1 Tbsp. sugar | 1/2 c. water |
| 1 egg (slightly beaten) | 1 tsp. baking powder |

Sauce:

- | | |
|--------------------|--------------|
| 1 Tbsp. sugar | 1 tsp. salt |
| 1 Tbsp. cornstarch | 1/2 c. water |
| 3 Tbsp. vinegar | |

Clean shrimp. Prepare batter by mixing dry ingredients together. Beat egg slightly, add water. Pour this over dry ingredients. Mix well. Dip shrimp in batter and fry in hot oil until brown. Drain on paper towel. Make sauce by combining dry ingredients, add vinegar and water and boil. Place pineapple pieces on platter over this. Arrange shrimp fritters. Pour sauce over shrimp. Serve. (6 servings.)

CHOW HARLOCK

Harriett Dabler

- 1 lb. raw shrimp in their shells (about 30)
 1 medium green pepper, cut into chunks
 1 tomato, cut into wedges
 1 small can pineapple chunks, save the juice for sauce

Batter:

- 1 egg mixed with 1/2 c. milk
 1/2 c. flour mixed with 1/2 c. cornmeal

Sauce:

3 Tbsp. plus 1 tsp. sugar
1/2 to 3/4 c. catsup
juice from pineapple

2 Tbsp. vinegar
1/2 tsp. salt
2 tsp. cornstarch mixed with 8
Tbsp. water

Rinse and shell the shrimps, lift out the veins. Wash, rinse and pat dry. Dip the shrimps into egg mixture then the flour mixture. Deep fry shrimps at 375 degrees, one or only a few at a time, until golden brown. Drain oil from shrimps on paper towel. Keep shrimps in warm place or low oven. Mix the first 5 ingredients of the sauce, bring to boil. Stir in cornstarch mixture, stirring constantly until it thickens and becomes translucent. Add green pepper; when it turns dark green, add pineapple chunks, tomato and the shrimp. Mix well and serve at once.

LYNNHAVEN SCALLOPED OYSTERS Leona Eaton, Burlington Tri-Sippian Club

24 oz. oysters, drained	1/2 c. light cream
30 saltine crackers, crushed medium-fine	1 small lemon, juiced
6 Tbsp. butter	1/8 tsp. white pepper salt to taste

Preheat oven to 325 degrees. Butter an 8 x 11 inch glass baking dish. Combine lemon, butter, pepper and salt. Place half of the oysters in the bottom of the dish. Top with half of crumbs and half of the lemon-butter mixture. Repeat layers one time. Pour cream over contents. Bake 40 - 45 minutes. Serves 4 - 6 as a main dish or 6 - 8 as a buffet side dish.

Note: Never make scalloped oysters more than two layers deep. You may use standard or select oysters in this recipe. Do not use more than 1 1/2 teaspoons of lemon juice.

This is easy to prepare for a buffet dinner and goes well with ham or turkey.

ESCALLOPED OYSTERS Marybess Chester

1 qt. small oysters	1/4 tsp. paprika
6 c. cracker crumbs	1/4 tsp. celery salt
2/3 c. butter, melted	4 c. milk
1 1/2 tsp. salt	

Carefully look over oysters and remove all shells. Combine all ingredients except butter and stir until evenly moist. Place in large baking pan and drizzle with melted butter. Bake in 350 degree oven approximately 30 minutes or until golden brown and bubbly.

SALMON PATTIESKen & Joan Brekke
Cedar Rapids Reg. Club

1 lb. can salmon	1/2 tsp. salt
1 1/4 c. minute rice	1/8 tsp. black pepper
2 Tbsp. milk	2 Tbsp. oil
3 eggs	1 can cream of mushroom soup
1/4 c. chopped celery	3/4 c. milk
1/4 c. chopped onion	

Mix all 9 ingredients. Form into patties. Brown in 2 tablespoons oil. Reduce heat, pour soup and milk mixture over patties. Cover and simmer 15 minutes.

SALMON LOAFEmma Thompson
Marshalltown Club

1 1/2 c. milk	2 c. salmon
1 slice bread	2 eggs
4 Tbsp. butter	1/2 tsp. salt

Heat milk, bread and butter in double boiler until creamy. Remove bones from salmon. Beat eggs and mix with salmon, salt, milk, bread and butter, stirring well. Bake in greased pan 350 degrees for 1 hour.

SALMON LOAFAlice Otto, Burlington
Tri-Sippian Club

1 can cream of celery soup	1/4 c. chopped green pepper
1/3 c. mayonnaise or salad dressing	1 Tbsp. lemon juice
1 egg, beaten	1 (1 lb.) can salmon, drained, boned and flaked
1/2 c. chopped onion	1 c. cracker crumbs

Combine all ingredients; mix well. Place in greased 9 x 5 x 3 inch loaf pan. Bake at 350 degrees for 1 hour. Unmold, slice to serve. Yield: 6 - 8 servings.

FISH DINNERL. L. Garden
Charles City, Iowa

1 Tbsp. butter	1 can (10 1/2 oz.) cream of shrimp soup
1 lb. fish fillets	grated Parmesan cheese

Use butter, grease a 6 x 9 inch dish. Arrange fish fillets on bottom. Pour cream of shrimp soup undiluted over fish. Sprinkle cheese on top. Makes 4 serving size servings.

FAVORITE FISH CASSEROLEHelen Houchins
Sioux City Life Club

2 lb. flounder fillets (or other white fish)	2 Tbsp. margarine, melted
1 Tbsp. lemon juice	1 can cream of shrimp soup
	1/2 c. grated cheddar cheese

paprika

chopped parsley

Thaw fish. Arrange in shallow baking dish and sprinkle with lemon juice and margarine. Bake 400 degrees for 15 minutes. Heat soup, pour over fish. Sprinkle with cheese and bake in slow oven, 300 degrees for 15 minutes. Sprinkle with paprika and parsley. Serves 4.

MOULD OF HALIBUT

Gladys Braun

Council Bluffs Club

2 lb. halibut in piece

Boil in water with salt and lemon juice and a little butter in a skillet on top of stove. Pick to pieces and remove bones. Soak 3 slices of white bread in milk. Squeeze out and mix fish with bread. Make a rich cream sauce - about 1 cupful: 1 tablespoon flour, 1 tablespoon butter and milk to thicken. Add salt and pepper. Fold in 3 egg whites at last minute. (Beaten whites). Add a little green pepper. Put in well buttered mold. Place mold in skillet of hot water on top of stove to cook for 15 minutes. Then bake in 350 degree oven about 20 minutes. Serve with cucumber and whipped cream sauce. Serves 6 - 7 people

Sauce:

1/2 c. whipped cream

1 Tbsp. vinegar

salt

1 chopped cucumber

pepper

BAKED HADDOCK NEW ENGLAND

Velma McElderry

Council Bluffs Life

1 haddock fillet

1 Tbsp. lemon juice

Sprinkle lemon juice on fish.

Dressing:

1/2 c. crushed cracker crumbs

2 Tbsp. chopped parsley

1/2 c. chopped mushrooms

1/4 c. melted margarine

1/4 c. chopped onion

Mix ingredients and spoon over fish. Arrange 6 slices of bacon diagonally on top of cracker crumbs. Bake 30 - 35 minutes in a greased small size baking casserole. Baste with pan juices every 10 minutes. 400 degree oven, preheated.

FISH FILLET CREOLE

Mae Bunger

Waterloo Life Club

Serves 6.

1 (6 oz.) can tomato paste

1 (1 1/2 oz.) envelope Sloppy Joe seasoning

1 1/4 c. water

3/4 c. finely chopped celery
1/2 c. diced green pepper

3 Tbsp. salad oil
2 tsp. instant onion

Heat to boiling, stirring constantly. Sprinkle 2 pounds fish fillets with salt and arrange in a greased 2 quart casserole. Spoon sauce over fillets. Cover and bake at 375 degrees for 25 - 30 minutes, or until fish flakes easily with a fork. May be served over rice.

PICKLED FISH

Mrs. Orville Rogers (Ivadene)

Des Moines Club

Fillet fish and cut into small pieces and pack loose in a large jar. To each quart of fish add 5/8 cup of iodized salt, then cover with white vinegar. Let stand in refrigerator for 5 days, stirring or shaking once in awhile. Wash fish in fresh water and let stand 1/2 hour in fresh water. Pack into smaller jars with sliced onions. Make a solution of:

1 part sugar, 2 parts white vinegar and pickling spices
(about 1 small box per 2 quarts vinegar)

Pour over fish. Let stand 2 days before using. Do not seal tight. Do not cook or heat anything. Be sure to use iodized salt and white vinegar.

SWEET AND SOUR CHICKEN

Joan Bex

Iowa City Club

2 whole chicken breasts, skinned,
boned and cut in 1 inch cubes
1/2 tsp. salt
1 egg, beaten
3/4 c. Bisquick
1 c. oil
2/3 c. sugar

2 Tbsp. cornstarch
1 Tbsp. paprika
1 can pineapple chunks
1/4 c. soy sauce
1/4 c. vinegar
1 green pepper in strips
1/2 c. sliced onion
2 medium tomatoes, cut up

Sprinkle chicken with salt. Dip in egg. Then in Bisquick mix. Brown in skillet. Remove and drain on paper towels. Place in warm oven to keep warm. In a skillet combine sugar, cornstarch and paprika. Drain pineapple, reserving juice. Add enough water to juice to make 2 cups. Add pineapple juice, soy sauce and vinegar to cornstarch mixture. Cook, stirring constantly until it boils; boil 1 minute. Add green pepper and onion; cover; cook vegetables until tender but still crisp. Add pineapple chunks and tomato. Heat. Add chicken. Serve over rice. 4 servings.

CHICKEN IN FOIL FOR ONE

Ila Barr

Clear Lake, Iowa

1 or 2 meaty pieces of chicken
1 potato, quartered
1 carrot, sliced in chunks

1 Tbsp. oleo
1 Tbsp. water
salt and pepper

Place in large square of foil, seal. Put in 350 degree oven for about 45 to 60 minutes.

BARBEQUED CHICKEN WITH HONEY MUSTARD GLAZE

Jim Fitzgerald

Sioux City Reg. Club

1 (8 oz.) can tomato sauce	1 tsp. salt
1/2 c. olive or vegetable oil	6 peppercorns - whole
1/2 c. orange juice	1 clove garlic, minced
1/4 c. vinegar	1 whole chicken, cut up
1 1/2 tsp. dried oregano	

Simmer chicken about 20 minutes, drain and cool. Mix sauce together in large screw top jar. Cover, shake to blend. Put chicken in a shallow dish and cover with sauce. Marinate 2 hours at room temperature or overnight in refrigerator, turning occasionally. Drain, reserving marinade. Grill chicken over medium to low coals for 40 - 50 minutes, brushing with marinade and turning frequently. Just before serving, brush with honey-mustard glaze, turning and brushing both sides.

HONEY-MUSTARD GLAZE:

1/4 c. honey	1/2 tsp. dry mustard
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Recipe can be doubled for more chicken.

HONEY DIPPED FRIED CHICKEN

Mimi Warner

1 packet Oven Fry coating for chicken (home style)	2 Tbsp. lemon juice
2 Tbsp. oil	5 - 6 shakes soy sauce
1/3 c. honey	1/2 tsp. Nature's Seasonings
	2 1/2 lb. chicken pieces

Preheat oven to 425 degrees. Empty packet of coating onto a sheet of waxed paper or shallow bowl. Spread oil in a jelly roll pan. Combine honey, lemon juice, soy sauce and Nature's Seasonings in a bowl. Moisten chicken pieces with honey mixture. Shake off excess. Coat each piece with Oven Fry. Place chicken in pan, skin side down. Shake poultry seasoning over all. Bake in oven 25 minutes; turn chicken and bake 20 - 25 minutes longer or until chicken is tender and coating is crisp. Remove from pan immediately. 4 servings.

CRISPY CHICKEN

Mary Jean Duzik

Sioux City Life Club

1 1/2 c. crushed Sunshine potato chips	3/4 c. milk
1/2 tsp. garlic powder (optional)	3 Tbsp. oil
1 egg, slightly beaten	3 lb. frying chicken, cut up, washed and patted dry

Combine crushed potato chips and garlic powder in plastic bag.

(Cont.)

Blend egg and milk. Dip chicken pieces in egg mixture and then shake in a bag of chips. Spread oil on shallow baking pan and arrange chicken pieces on pan. Bake in 350 degree oven about 1 hour or until chicken is tender. Do not cover pan or turn chicken.
Yield: 4 - 6 servings.

TROPICAL FRIED CHICKEN

Luwilda Parker
Marshalltown Club

Here's how the best cooks make fried chicken with no greasy taste. To avoid greasy taste in any kind of fried chicken and for a tangy tropical touch. Sprinkle raw chicken liberally with lemon juice. Sprinkle lightly with poultry seasonings, salt and pepper. Let stand 1/2 hour. Flour chicken thoroughly. Fry over medium heat until crisp and tender.

BAKED CHICKEN WINGS

Sally Williams

16 chicken wings	1/2 c. finely chopped celery
1/2 c. chopped canned tomatoes with liquid	1/2 Tbsp. soy sauce
	1/2 Tbsp. cider vinegar
	1/2 tsp. salt

Wash chicken wings and pat dry. In skillet, saute chicken wings in melted butter until lightly browned. Arrange in oiled ovenproof baking dish. Add tomatoes with liquid and curry. In separate bowl, mix together soy sauce, vinegar and salt. Pour over the chicken. Bake at 375 degrees for about 30 minutes or until tender.

GOURMET CHICKEN BREAST

Dick and Arlene Etzel
Davenport Regular Club

Delicious, fast and easy.

4 - 5 chicken breasts, halved, boned and skinned	1 can (10 1/4 oz.) golden mushroom soup
1 c. sour cream	1/2 c. creme sherry (if you wish) extra mushrooms (if desired)

Place chicken in a 9 x 13 inch pan. Mix together thoroughly sour cream, golden mushroom soup, creme sherry and mushrooms. Pour over chicken breasts and bake at 350 degrees for 1 1/2 hours. Serve with wild rice and green salad for a great meal.

MUSHROOM MEATBALLS

Blend 1 can Campbell's cream of mushroom soup and 1/2 cup water. Measure out 1/4 cup soup mixture. Combine with:

1 lb. ground beef	1 Tbsp. minced parsley
1/2 c. fine dry bread crumbs	1 egg (slightly beaten)
2 Tbsp. minced onion	1/4 tsp. salt

Shape into meatballs about 1 1/2 inches in diameter. Brown in 1 tablespoon shortening in a large skillet. Add remaining soup mixture. Cover. Cook over low heat about 15 minutes. Stir occasionally. 4 servings -- budget beater.

NORWEGIAN MEAT BALLS

F. G. Hennings, Ft. Madison
Tri-Sippian Club

Combine 1 pound ground beef (chuck) and 3/4 pound ground pork (bulk sausage) with:

1 c. cracker crumbs	1/2 tsp. oregano
2 tsp. salt	1/2 c. milk
pinch of pepper	2 eggs
1/4 tsp. thyme	

Brown this in small balls (ice cream scoop gives uniform balls) in a little hot butter. When brown, add 1/2 cup sour cream and simmer slowly for an hour. Remove meat and add another 1/2 cup sour cream and 1 (6 oz.) can mushrooms to sauce. Pour over meat balls. Sauce may be thickened with cornstarch if it seems too thin.

SWEDISH MEATBALLS

Blend 1 can Campbell's cream of celery soup with 1/2 soup can of water. Measure out 1/4 cup soup mixture. Combine with:

1 lb. ground beef	2 Tbsp. minced onion
2/3 c. fine dry bread crumbs	1 Tbsp. chopped parsley
1 egg (slightly beaten)	1 tsp. salt

Shape into balls about 1 inch in diameter. In large skillet, brown meatballs in 1 tablespoon shortening. Pour into baking dish. Add remaining soup mixture and 1 to 2 tablespoons minced dill pickle (if you like). Bake about 45 minutes to 1 hour in 350 degree oven. 4 servings. (Depression dish--economical.)

SWEDISH MEAT BALLS

Gladys Braun
Council Bluffs Club

Servings: 4. Temperature: 350 degrees. Baking time: 25 to 30 minutes.

1 egg, beaten	1/2 lb. ground chuck
2/3 c. milk	3 thinly sliced medium onions
4 sliced day-old bread, crumbled	1/3 c. fat or salad oil
1 tsp. salt	2 Tbsp. flour
1/8 tsp. pepper	1 tsp. salt
1/2 tsp. nutmeg	1/8 tsp. pepper
1 tsp. minced onion	2 c. milk

Heat oven. Combine egg, milk and bread. Let stand 5 minutes.

(Cont.)

With fork, beat until bread is in fine pieces. Stir in next 5 ingredients. In skillet, saute sliced onion in some of fat until golden and tender. Set aside on paper towels. From teaspoon, drop some of meat in rounded balls, into fat in skillet. Brown quickly. Remove to 1 quart casserole. Repeat until all meat is browned, adding fat as needed. Stir flour, salt, pepper into fat left in skillet. Add milk slowly. Stir constantly until thickened. Pour over meat balls. Top with sauteed onion. Bake, covered, until bubbling hot.

HAWAIIAN MEAT BALLS

June Mardock

1 1/2 lb. ground beef	1/2 c. evaporated milk
2/3 c. Ritz cracker crumbs	1 tsp. seasoned salt or 1/2 tsp. salt plus 1/2 tsp. garlic salt
1/2 c. chopped onions	

Mix and roll in balls, then into flour. Brown in 3 tablespoons shortening. Simmer 15 minutes.

Sauce:

1 (13 1/2 oz.) can pineapple chunks (drained)	2 Tbsp. soy sauce
2 Tbsp. cornstarch	2 Tbsp. lemon juice
1/2 c. brown sugar	1 c. chopped green pepper (saute)
	1 c. (or less) pimento (chopped)

Add water to pineapple juice to make 1 cup, stir in cornstarch, soy sauce, lemon juice. Cook until clear, add pineapple, peppers and pimento. Pour over meat balls and heat.

SQUASH AND SAUSAGE BAKE

Jeanne Alexander
Waterloo Reg. Club

8 servings.

4 acorn squash	1/3 c. grated Parmesan cheese
1 lb. bulk sausage	3 Tbsp. dairy sour cream
1 c. chopped celery	2 Tbsp. more of grated Parmesan cheese
1/4 c. chopped onion	
1/4 c. chopped green pepper	

Cut squash in two and remove seeds. Place cut side down in baking pan. (I put mine in a pan lined with foil to keep pan clean.) Bake in a preheated 375 degree oven until skin is fork tender, about 45 minutes. While this is baking, brown sausage well; pour off grease. Add celery, onions and green pepper. Next, add the 1/3 cup of cheese and sour cream and blend together. Remove squash from oven and turn right side up. Fill with the sausage mixture and sprinkle with the 2 tablespoons of cheese. Then return to oven and bake 15 more minutes. Do try this right away, it's great! Even those who do not care for squash, will eat it fixed this way.

SAUSAGE SOUFFLE**Mary Lou Romkey, Burlington
Tri-Sippian Club**6 eggs
2 c. milk
2 slices bread, cubed
1 tsp. salt1 lb. sausage
1 c. cheddar cheese, grated
1 tsp. dry mustard

Brown sausage, drain grease, dry in paper towel. Beat eggs, add milk, salt and mustard. Add cubed bread and sausage. Put in baking dish, 8 x 12 or 9 x 13 inch. Refrigerate overnight. Bake 375 degrees for 45 minutes. Let stand few minutes before serving. Serves 6 - 8.

BARBECUED SMOKEY LINKS**Doris C. Eggleston
Des Moines Life**

Simmer 1 pound Little Smokey Sausage for 15 minutes. Simmer 15 minutes:

1/2 c. Open Pit barbecue sauce
1/2 c. ketchup
1/4 c. chili sauce4 Tbsp. onion flakes
8 Tbsp. brown sugar
dash Worcestershire sauce
dash lemon juice

Combine sauce and sausage and simmer 15 minutes.

SAUSAGE-RICE CASSEROLE**Mac McCormick, Atlantic
Club 71**1 lb. sausage, cooked,
crumbled, drained
1 c. chopped onion
1 c. diced celery1 c. minute rice
1 can cream of mushroom soup
1 can cream of chicken soup

Mix all together. Spray 7 1/2 x 12 inch pan with Pam. Cover with Parmesan cheese or crumbs on top. Bake 350 degrees for 1 hour. Serves 4.

May cut in half, using 1 can either soup and put in 10 x 6 inch pan. Serves 2.

KRAUT PORK PINWHEEL**Barbara & Frank Edmunds
Cedar Rapids Club**1 lb. ground pork
1/2 c. fine dry bread crumbs
1 beaten eggs
1 tsp. salt
dash pepper1/2 tsp. Worcestershire sauce
1 lb. can sauerkraut (drain and
snip)
1/2 c. chopped onions
5 slices bacon

Combine ground pork, crumbs, egg, salt, pepper, Worcestershire sauce. Mix thoroughly. On waxed paper, pat meat to a 10 x 7 inch shape. Combine kraut, onions. Spread evenly over meat. Start with narrow end. Roll up like jelly roll. Place loaf in shallow baking dish. Arrange bacon slices across top. Bake 350 degrees for 40 - 45 minutes. Makes 5 to 6 servings.

LUAU RIBS

Jan Espinosa
Council Bluffs Club

Roast ribs in covered pan approximately 2 1/2 hours at 350 degrees. Drain well. Leave ribs in roasting pan in a single layer, if possible. Mix the following ingredients in mixing bowl:

1/2 c. brown sugar (firmly packed)	1/3 c. catsup
2 tsp. ginger	1/3 c. vinegar
2 (4 1/2 oz.) applesauce and apricots (1 each of baby food)	2 Tbsp. soy sauce
	2 cloves garlic, minced
	1 tsp. salt
	dash pepper

Pour mixture over ribs, roast between 250 - 300 degrees for approximately 1 1/2 to 2 hours. (If you like extra sauce for serving, just double the recipe.)

OVEN RIBS AND KRAUT

Deloris Strong

3 - 4 lb. country style ribs	3 - 4 potatoes, halved or enough for family
1 qt. sauerkraut or enough for family	salt and pepper

Bake ribs in roaster 1 1/2 to 2 hours or until almost done and brown. Drain off drippings, add kraut and water to almost cover. Bake another hour, add potatoes last 1/2 hour of cooking time. Potato may be omitted. Serves 4.

OVEN BARBECUED RIBS

Sharon Olney

Can use microwave.

3 - 4 lb. country style ribs	salt and pepper
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Place in large baking dish covered and bake in oven 375 degrees for 1 hour. Drain grease from meat and turn oven down to 275 degrees.

Sauce:

1 c. catsup	1/2 tsp. sage
1/4 c. vinegar	1/4 tsp. coarse ground pepper
1/4 c. water	1/2 tsp. celery seasoning
1/4 c. brown sugar	1 Tbsp. Worcestershire sauce
1 small onion, chopped	1 Tbsp. white Karo syrup
1/2 green pepper, chopped	1/4 tsp. salt

Mix in pan and simmer for several minutes. Spoon sauce over ribs until completely covered. Cover dish and bake for 2 hours. Baste with sauce in bottom of dish at 1 hour. Serve. This recipe can also be made in the microwave in about half the time. In the last

part of the baking period, adjust microwave to **slow**.

PORK MEAT BALLS

Des Moines Reg. Club

2 lb. 75 - 80% lean ground pork	1/2 tsp. chili powder
2 eggs	1/2 tsp. oregano
1/2 c. milk	1/2 tsp. garlic powder
3 slices bread	1 tsp. Worcestershire sauce
2 tsp. salt	1 can cream of onion soup
1 large onion, chopped	1/2 tsp. pepper

Beat eggs, mix with milk. Soak torn bread in egg mixture for a few minutes. Mix all ingredients except soup together. Shape in balls. Brown in 400 degree oven about 30 minutes. Drain fat. Pour onion soup over meat balls. Bake 30 minutes at 350 degrees.

PORK BALLS IN FOIL

Des Moines Life Club

1 lb. 75 - 80% lean ground pork	3 medium carrots, cut in 3 inch strips
1 medium green pepper, cut in rings	8 cherry tomatoes, halved
1 medium onion, sliced and separated into rings	

Shape meat in 4 balls or patties. Sprinkle with 3/4 teaspoon salt. Tear off four 1 foot lengths of heavy foil. Center meat on each piece of foil. Divide vegetables among packets. Draw up 4 corners of foil to center, twist securely. Bake over slow coals 1 hour or until meat is done through and vegetables are crisp tender. Can be baked in oven.

PORK CHOPS AND SCALLOPED POTATOES

Frieda Westerhof

5 or 6 medium potatoes, peeled	salt and pepper to taste
1 1/2 to 2 c. milk	2 Tbsp. butter
1/4 c. chopped onion	4 plump pork chops

Slice potatoes into greased baking dish. Add milk, almost covering potatoes. Sprinkle the chopped onion, salt and pepper and dabs of butter over potatoes. Arrange pork chops over potatoes. Season with salt and pepper. Pat small amount of butter on chops. Bake in 350 degree oven for 45 minutes. Turn chops over and bake another 30 minutes. Yield: 4 servings.

PORK RITES

June Mardock

2 lb. lean ground pork	1 Tbsp. brown sugar
2 Tbsp. vinegar	1 tsp. dry mustard
1/2 c. water	1 tsp. salt
1 c. catsup	2 Tbsp. chopped onion

Brown pork, drain off fat. Combine remaining ingredients and add to pork. Simmer 20 minutes or more. Serve on a bun.

BAKED IOWA CHOP WITH APRICOT GLAZE Mary Griffiths

Des Moines Life Club

4 - 6 Iowa chops	1 Tbsp. cornstarch
1/3 c. packed brown sugar	2 tsp. cider vinegar
1 1/4 tsp. dry mustard	1 c. apricot nectar

Combine dry ingredients thoroughly; add liquids, cook until thickened. Butter and season chops with seasoned salt. Brown both sides on broiler or in skillet. Lay on sheet pan, butter both sides again. Bake in oven at 350 degrees about 30 minutes, spoon several tablespoons of glaze over chops. Bake 15 minutes more. Heat remaining glaze and serve with chops.

PRUNE PORK CHOPS Mrs. Kathleen Clendenen, Ft. Madison

Tri-Sippian Club

Cut pocket in chop. Place 2 prunes which have been plumped in warm water into pocket. Dust with salt, pepper and small amount of thyme. Brown 4 slices of onion in heavy pan. Brown pork chops slightly. Cook slowly in mixture of 1/4 cup apple juice, 1/4 cup water and 1 teaspoon lemon juice.

STUFFED PORK CHOPS

Jan Espinosa

Council Bluffs Club

For 6.

6 thick pork chops	1/4 tsp. poultry seasoning, sage or thyme
2 c. soft bread crumbs	2 Tbsp. minced onion
1/4 c. melted butter or margarine	dash of pepper
1/4 tsp. salt	1/2 c. water

Make pockets in chops, by cutting a slit from fat side to bone. Combine next 6 ingredients. Fill pockets; fasten with toothpicks. Brown chops over low heat in a skillet. Season with additional salt and pepper. Add water. Cover and simmer 1 hour. Remove toothpicks. Arrange chops on a heated platter with bananas saute (see recipe below). Make gravy, if desired, from pan drippings a little flour and additional water.

BANANA SAUTE:

Heat 1/3 cup butter or margarine in a skillet. Peel 6 firm bananas. Keep whole or cut in halves crosswise. Fry slowly until tender, turning them to brown evenly. Sprinkle lightly with salt. Serves 6.

BAKED PORK CHOPS SOUTHERN STYLE**Arlene Mogle**

6 thick center cut pork chops	1 (#2 1/2) can tomatoes
2 Tbsp. shortening	salt and pepper
1/2 c. uncooked rice	onion slices

Brown pork chops. Put in baking dish and cover with onion slices. Sprinkle rice over chops and season well with salt and pepper. Cover with tomatoes. Bake until tender, about 2 hours, at 300 degrees.

SWEET SOUR PORK CHOPS**Ruth Slezak**

4 center cut pork chops	1 medium green pepper, sliced
2 Tbsp. flour	1 medium onion, sliced
1 tsp. salt	2 Tbsp. dark molasses
1 Tbsp. shortening	2 Tbsp. soy sauce
1 (4 oz.) can mushrooms, stems and pieces	2 Tbsp. vinegar
	1 c. water

Brown chops that have been floured, then salt. Add green pepper and onion. Add last 4 liquid ingredients. Cook over low heat for 1 hour. May have to add extra water. Serve with rice. Pour sour-sweet sauce over rice.

ORANGE PORK CHOPS**Margaret Oppelt
Cedar Rapids Club**

6 pork rib or loin chops, cut 1/2 to 3/4 inch thick	1 tsp. lemon juice
2 Tbsp. oil	1/4 tsp. cinnamon
1 tsp. salt	1/4 tsp. cinnamon
1/8 tsp. pepper	1/4 tsp. ginger
1 orange, sectioned	1 tsp. sugar
2 Tbsp. honey	1/2 c. fresh orange juice flour

Brown chops in oil and then pour off excess oil. Season with salt and pepper. Combine juice, honey, lemon juice, cinnamon, ginger, sugar and orange. Pour over chops. Cover tightly and cook until heated through. Remove chops. Thicken liquid with flour for gravy and spoon over chops. (I do not thicken with flour.)

PORK CHOPS**Gladys Braun
Council Bluffs Club**

Brown the pork chops. Drain grease and add to the chops:

1 can cream of chicken soup	3 Tbsp. catsup
1 medium sliced onion	2 Tbsp. Worcestershire sauce

Mix together and bake for at least 1 hour.

6 pork chops	1 green pepper
1 onion	1 can tomatoes

Brown pork chops and add onion and green pepper during browning and 1 tablespoon of chili sauce. Then add 1 can tomatoes and 1 can water. Simmer for 1 hour.

DINNER CASSEROLE

Norma Brown, Ft. Madison
Tri-Sippian Club

1 lb. ground beef	1 (9 oz.) pkg. frozen French style green beans
1 small onion, chopped	
1 can mushroom soup	1 (16 oz.) pkg. frozen Tater Tots

Brown meat and onion, add mushroom soup. In greased casserole, layer green beans, meat mixture and Tater Tots. Bake at 350 degrees for 35 minutes.

VERY GOOD HAMBURGER CASSEROLE

Gladys Winters
Charles City, Iowa

1 lb. browned ground beef	chopped green pepper
1 can mushroom soup	1 small onion
1 can tomato soup	8 oz. pkg. noodles (add dry)
2 soup cans water	4 to 8 oz. cheese

Brown hamburger, pepper and onions. Add soups and water, dry noodles. Bake 350 degrees for 30 minutes. Remove from oven and sprinkle with desired cheese. I like mixture of cheddar and Mozzarella. Let stand so cheese can melt or return to oven long enough for cheese to melt. I like this because you do not need to cook noodles separately and is very good. Makes large casserole.

EASY HAMBURGER CASSEROLE

Carol Davis, Burlington
Tri-Sippian Club

2 lb. hamburger	1 (10 1/2 oz.) cheddar cheese soup
1 lb. potato balls	(can)
2 (3 1/2 oz.) cans French fried onion rings	1 (10 1/2 oz.) can mushroom soup
	1/2 c. cold water

Spread meat in 9 x 13 inch pan. (I prefer to partially fry my meat to cut down on grease.) Add potatoes, onions and undiluted soups. Stir to mix. Pour water over top of casserole and bake uncovered at 350 degrees for 1 hour or until done.

HAMBURGER HOT DISH

Paula Bettis

1 c. rice	2 cans water
2 c. celery, chopped	2 lb. ground beef
1 small onion, chopped	2 tsp. dry onion soup mix
2 c. chicken noodle soup	salt and pepper to taste

Brown ground beef. Add rest of ingredients. Bake in small roaster (covered) for 1 hour at 350 degrees. Serves 6.

HAMBURGER CASSEROLE

Mrs. M. J. Harrington
Cedar Rapids Club

Serves 6 - 8.

1 lb. hamburger	1 can cream of chicken soup
1/4 c. chopped onions	1/4 c. soy sauce
1/2 c. chopped celery	1/4 c. water
1 can cream of mushroom soup	1 c. instant rice

Brown hamburger and onions. Drain and mix with celery, soups and other ingredients. Place in 1 1/2 quart casserole and bake 350 degrees for 45 minutes. Remove from oven and top with chow mein noodles. Then return to oven and bake for 15 minutes at 400 degrees.

HAMBURGER CASSEROLE

Eunice Baxa

1 1/2 lb. hamburger	1 can cream of chicken soup
1 small onion	1 c. uncooked rice (not minute)
1 1/2 c. celery, chopped	2 c. water
1 can cream of mushroom soup	3 Tbsp. soy sauce
	salt and pepper as desired

Brown meat and onion slightly. Add other ingredients and bake 1 1/2 hours in moderate oven. If it becomes too dry, add more water. Bake in 9 x 13 inch pan.

CORNED BEEF CASSEROLE

Luwilda Parker
Marshalltown Club

1 can corned beef	2 c. chicken soup (no water)
1 pkg. macaroni, cooked	crumbs
1 1/2 c. grated cheese	

Bake 350 degrees for 45 minutes. Serve with pineapple with dip of sherbet.

CORNED BEEF CASSEROLE

Dorothy Barton, Burlington
Tri-Sippian Club

1 can corned beef (12 oz.)	1 c. shredded cheese
1 (5 or 6 oz.) pkg. spiral macaroni (uncooked)	1 small onion or 1 Tbsp. onion flakes
1 c. milk	1 can cream of mushroom soup
	1 can cream of chicken soup

Mix well and pour in greased 8 x 12 inch pyrex and refrigerate overnight. Remove from refrigerator 1 hour before baking. Bake 1 hour at 350 degrees. One (4 oz.) package dried beef cut up may be used instead of corned beef.

CORNED BEEF CASSEROLE**Fran Goff**

Waterloo Life Club

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|--------------------------------|-----------------------------|
| 8 oz. macaroni, boiled | 1 can cream of chicken soup |
| 1 (12 oz.) can corned beef | 1 c. milk |
| 1/4 lb. American cheese, cubed | 2 Tbsp. chopped onion |

Bake 350 degrees for 45 minutes. Buttered crumbs or potato chips may be put on top. Serves 12 generously.

CORNED BEEF CASSEROLE SALAD**Helen Houchins**

Sioux City Life Club

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|---|---------------------------|
| 2 cans corned beef, flaked
(12 oz. cans) | 1/4 c. chopped onion |
| 1/2 c. chopped olives or
pickle relish | 1 Tbsp. prepared mustard |
| 1 c. chopped celery | dash of pepper |
| 2 hard cooked eggs, chopped | 3/4 c. mayonnaise |
| | 1 c. crushed potato chips |

Combine all ingredients, except potato chips. Place in 1 1/2 quart baking dish. Top with chips. Bake at 400 degrees for 20 to 25 minutes.

HOT CORNED BEEF CASSEROLE**Burney and Eleanor Daniel, Spirit Lake**

L. Sx. Valley Club

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|-------------------------------|----------------------|
| 1 (7 oz.) pkg. elbow macaroni | 2 soup cans milk |
| 1 can corned beef | 1/2 lb. sharp cheese |
| 1 can cream of mushroom soup | 3 Tbsp. grated onion |
| 1 can cream of chicken soup | |

Pre-cook macaroni just until tender (if you overcook it will be mushy). Drain. Add the balance of the ingredients and bake 325 degrees 45 - 60 minutes.

DRIED BEEF AND MACARONI CASSEROLE**Marcia Landuyt**

Iowa City Club

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|----------------------------|--------------------------|
| 1 can mushroom soup | 2 tsp. chopped onion |
| 1 c. milk | 1 c. uncooked macaroni |
| 1 c. diced American cheese | 1 pkg. dried beef, diced |
| | 2 boiled eggs |

Stir all together. Refrigerate 3 or 4 hours or overnight. Bake uncovered in 350 degree oven for 1 hour. 6 servings.

DRIED BEEF CASSEROLE**Frances Griffith, Burlington**

Tri-Sippian Club

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|---------------------|--------------------------|
| 1 c. milk | 1 c. uncooked macaroni |
| 1 can mushroom soup | 3 Tbsp. chopped onion |
| 2 hard boiled eggs | 1/2 to 1 c. diced cheese |
| | 1 small pkg. dried beef |

Mix the ingredients in order given. Let stand 3 hours. Bake at 350 degrees.

MACARONI DRIED BEEF CASSEROLE

Evalotte M. Berl, Boone, Iowa
Ames-Boone-Perry Club

Cook 4 tablespoons onions, 4 tablespoons green pepper in 4 tablespoons oleo. Mix in:

6 oz. dried beef	1 (7 oz.) pkg. cooked macaroni
2 cans cream of chicken soup	1 c. grated cheddar cheese
1 c. evaporated milk	

Pur in 9 x 13 inch glass baking dish. Bake at 325 to 350 degrees for 30 minutes. You can make 2 casseroles from it by baking it in two 9 x 9 inch square pans and freeze one for future use.

MICROWAVE QUICK BEEF CHIP CASSEROLE

Vivian Schlampp, Burlington
Tri-Sippian Club

1 lb. lean ground beef	1 (15 oz.) can chili with beans
1 large onion, chopped	1 (8 oz.) can tomato sauce
2 c. corn chips	1/4 c. grated cheddar cheese

Crumble meat into 1 quart mixing bowl. Add onion. Microwave 4 minutes on High or until meat is set. In 2 quart casserole, layer 1/2 corn chips, 1/2 meat, 1/2 chili and 1/2 tomato sauce. Repeat layers. Cover. Microwave 6 minutes on High. Sprinkle grated cheese on top. Microwave 30 seconds on High or until cheese melts.

BARBECUED MEAT BALLS

Betty Heithoff, Des Moines, Iowa
Red Rock Council

2 lb. hamburger	1 lb. sausage
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Add:

1 tsp. salt	1/2 tsp. vinegar
1/2 tsp. sage	1/2 tsp. oregano
1/2 tsp. Italian seasoning	1/2 tsp. garlic powder
1 tsp. chili powder	2 Tbsp. mayonnaise
2 eggs, beaten	2 Tbsp. Parmesan cheese
2/3 c. soft bread crumbs	2 tsp. ground onion
1 tsp. pepper	1/2 tsp. Tabasco
	1 tsp. horseradish

Mix well. Shape into balls and drop in boiling water, 20 - 30 minutes.

Sauce:

1 c. catsup	4 Tbsp. brown sugar
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(Cont.)

2 Tbsp. vinegar
2 Tbsp. soy sauce

1 c. water

Put sauce over meatballs and bake in oven at 275 degrees 3 - 4 hours. Freezes well.

PORCUPINE MEATBALLS

Mix 1/4 cup Campbell's tomato soup with 1 lb. ground beef.

1/4 c. uncooked rice
1 egg (slightly beaten)
1/4 c. minced onion

2 Tbsp. minced parsley
1 tsp. salt

Beat. Shape into balls about 1 1/2 inches in diameter (about 16). Brown in 2 tablespoons shortening with 1 small garlic clove (minced) in a large skillet. Blend in the rest of the can of soup and 1 cup of water. Cover. Simmer about 40 minutes or until rice is tender, stirring now and then. 4 servings -- budget beater.

PORCUPINE MEAT BALLS

Mrs. L. M. Holloway
Council Bluffs Club

2 lb. hamburger
1 c. milk
1/2 c. raw rice
chopped onion (small) may
use onion flakes

salt and pepper
1 can tomato soup
1 c. water
2 Tbsp. sugar

Mix first 5 ingredients and form into balls. Place in a pan and cover with the remaining ingredients. Cover and bake for 3 hours at 300 degrees. Remove cover the last half hour of cooking.

PORCUPINE MEATBALLS

Carol Hill

1 lb. ground beef
3 Tbsp. chopped onion
1/4 tsp. poultry seasoning
1/2 c. rice (raw)

1/4 tsp. pepper
1 tsp. salt
15 oz. can tomato sauce (or 2
small cans Hunts tomato sauce)

Mix first 6 ingredients thoroughly and form into 10 or 12 small balls and brown in 3 tablespoons of fat. Drain off fat and add 2 small cans of Hunts tomato sauce and 1 cup of water. Cover tightly. Simmer for 45 to 50 minutes.

JEWISH MEAT BALLS

Genevieve Whalen

1 1/2 lb. ground chuck

1/2 lb. ground pork

Grind the above together or have butcher do it.

4 1/2 oz. water chestnuts, cut up 2 eggs

1/2 c. half and half cream
onion and garlic to taste

1/2 c. oatmeal

Mix everything together. Add cream last. Beat until fluffy.
Make meat balls.

Sauce for Meat Balls:

1 jar red currant jelly

1 small bottle ketchup

Mix the above (will not be sweet). Pour over meat balls. Put in flat pan and baste several times. Bake about 1 hour at 375 degrees. Dee-licious.

MEAT BALLS

Shirley Wells

2 c. soft bread crumbs
1/2 c. milk
1 Tbsp. soy sauce
1/2 tsp. garlic salt

1/4 tsp. onion salt
1/2 lb. ground beef
1/2 lb. pork sausage

small can water chestnuts,
drained and chopped

Mix. Bake 350 degrees until browned.

RAISED MEAT BALLS

4 slices bread
1/2 c. milk
2 eggs, beaten
1 lb. ground meat
3/4 tsp. salt
1/4 tsp. pepper

2 Tbsp. chopped onion
2 tsp. baking powder
1 can condensed cream of mushroom
soup
1 can condensed cream of
chicken soup
1 c. milk

Soak bread in 1/4 cup milk. Add beaten eggs. Add ground beef, salt, pepper, onion and baking powder. Mix lightly but well. Shape into balls about the size of a walnut. Brown in a small amount of fat and place in greased baking dish. Mix together the soups and milk. Pour over meat balls and bake at 350 degrees for 1 hour. Serves 6 to 8.

MEAT BALLS

Ruth J. Gillham

Marshalltown Club

1 lb. ground beef
1 c. dry bread crumbs
1/3 c. minced onion
1/4 c. milk
1 egg

1 Tbsp. dry parsley (optional)
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. Worcestershire sauce
1/4 c. shortening

Make meat balls and brown in shortening. (This can be done by

Combine all ingredients except pineapple chunks, green pepper, cornstarch and water. Let simmer for 30 minutes. Add pineapple and green pepper. Combine cornstarch and water. Add. Simmer until thick. Add meatballs. Heat 15 minutes and serve. Can be refrigerated overnight and heated in microwave.

STUFFED PEPPERS

Jack Graham

Council Bluffs Reg. Club

1/2 lb. ground beef
 1/2 c. chopped onion
 1 clove garlic or 1/8 tsp.
 garlic powder
 1 tsp. chili powder

1/2 tsp. salt
 1/4 tsp. pepper
 1 can tomato soup
 1/4 lb. grated cheese
 3/4 c. cooked rice
 4 medium peppers

Brown meat, onion and garlic and drain grease. Add seasonings and soup. Simmer 10 minutes. Add cheese. Cook slowly and stir in rice. Cut peppers in half and cook in boiling water 3 minutes. Place peppers in baking sheet and stuff with meat mixture. Bake 350 degrees covered 20 - 30 minutes. Then uncovered for 20 - 30 minutes and pour tomato juice over all.

BEEF WITH BELL PEPPERS AND TOMATOES (Wok Cookery)

Ken and Joan Brekke

Cedar Rapids Regular Club

1/2 lb. round steak cut into 2
 inch pieces lengthwise, cross
 grain (1/8 inch slices)
 2 tsp. soy sauce
 1 tsp. sugar
 1 tsp. sherry
 1 tsp. oyster sauce
 3 Tbsp. cornstarch
 1/2 c. water
 3 Tbsp. oil

1 tsp. salt
 1 bell pepper cut in 1 inch squares
 2 red tomatoes cut into eighths
 1 stalk celery sliced diagonally
 into 1/8 inch slices
 1 large onion, cut into eighths
 6 scallions cut into 1 inch lengths
 and halved
 1 c. sliced mushrooms
 1 can beef bouillon

Marinate beef in soy sauce, sugar, wine, oyster sauce for 20 minutes. Combine cornstarch with 1/2 cup water, in wok heat 2 tablespoons oil, add salt and beef. Stir fry until meat is still pink. Remove meat. Add other tablespoon oil, add and stir peppers and onions 1 minute; add celery. Stir fry 1 minute, add mushrooms, stir fry 1/2 minute. Add 1 can bouillon, cover and simmer 1 minute. Remove lid, add meat and cornstarch mixture. When completely heated and thickened, add tomatoes and scallions, serve at once. Serves 4 to 6 people.

Serve over rice (brown is best). If you like more meat, a whole pound may be used. Then double the marinade.

GREEN PEPPER STEAK

Mrs. Eaton
Waterloo Life Club

4 servings.

1 lb. chuck or round steak	3 stalks celery, sliced
1/4 c. soy sauce	1 Tbsp. cornstarch
2 tsp. ground ginger	1 c. water
1/2 c. salad oil	2 tomatoes, cut
1 c. green onions, sliced	
1 c. red and green peppers, cut	

Cut steak into thin strips. Combine sauce, ginger; add beef. Toss and set aside. Leave an hour or more. Prepare vegetables. Heat oil in frying pan or wok. Add beef; toss over high heat until browned; if not tender, cover and simmer for 30 - 40 minutes over low heat. Turn heat up and add vegetables. Toss until vegetables are tender and crisp, about 10 minutes. Mix cornstarch with water; add to pan. Stir and cook until thickened. Add tomatoes and heat through.

CHINESE PEPPER STEAK

Viola Lausar

1 1/4 lb. sirloin steak	3 medium green peppers
1 Tbsp. cornstarch	3 small tomatoes
1/2 tsp. sugar	2 Tbsp. cooking oil
1/4 c. soy sauce	garlic powder
fresh mushrooms	1/4 c. water

Partially freeze steak to firm and slice, diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger and stir into soy sauce. Pour over meat mixture. Cut green peppers into thin strips, also the mushrooms. Cut tomatoes into wedges. Quickly brown beef strips (1/3 at a time in hot oil) and remove from pan. Reduce heat, add green peppers and mushrooms, garlic and water to pan and cook until green pepper is tender crisp, 5 to 6 minutes. Stir in meat and tomatoes and heat through. Makes 5 servings. Pour over either rice or Rahmen Beef Noodles.

SCANDINAVIAN CASSEROLE

Marie J. Chant, Burlington
Tri-Sippian Club

Serves 8.

1 1/2 lb. beef cubes	1 lb. green beans (or 1 can)
6 potatoes (peeled and sliced)	1 can lima beans
1 white onion (sliced)	1 can stewed tomatoes

Cook beef cubes for 2 hours (in a kettle). Add sliced onions. Add sliced potatoes. Cook 1/2 hour. Add limas, stewed tomatoes. Cook another 45 minutes. Everyone loves this meal. Then I serve rolls, dessert and coffee.

STUFFED BAR-B-QUE BURGERS

Helen Zelle
Des Moines Life Club

2 lb. ground beef, lean
1 can evaporated milk
salt
pepper
onion salt
mustard
Worcestershire sauce

catsup
4 eggs, beaten
1/2 c. chopped onion
1/2 c. green onion, chopped
4 oz. mushrooms, stems and pieces
(B-B-Q sauce to cover patties)

Combine all ingredients except onion, mushrooms and green onion. Form into 12 thin large patties. Combine remaining ingredients. Divide into 6 portions. Place 1 portion on each of 6 patties. Top with remaining patties and seal. Cover with B-B-Q sauce and bake 350 degrees for 45 minutes. Serve with Tator Tots, prepared according to package directions.

SPAGHETTI CASSEROLE

Mimi Warner

1 lb. hamburger

15 oz. jar Ragu sauce

Brown hamburger, drain and mix with Ragu sauce. Mix 1 carton sour cream and 1 package (3 oz.) cream cheese. Cook 1 pound spaghetti, drain and butter. Grease 3 quart baking dish. Put a layer of spaghetti, a layer of cream cheese mixture and a layer of sauce in dish (1/2 of each). Repeat layers using last half of each. Sprinkle a large package of shredded Mozzarella cheese on top. Bake at 350 degrees for 1/2 hour.

HAMBURGER STEAK

Ray Davis
Club 71

3 lb. hamburger
1 c. cracker crumbs

1 c. water
2 tsp. dry onion soup mix

Mix thoroughly. Pat in a flat pan. Leave overnight. Cut in squares. Flour and brown in small amount of shortening. Drain off grease. Put on:

1 can mushroom soup
1 can milk

1 Tbsp. Kitchen Bouquet
4 or 5 slices cheese

Simmer.

SKIDROW STROGANOFF

Mabel Beaumont
Davenport Life Club

8 oz. noodles
1 beef bouillon cube
1 clove garlic
1/3 c. chopped onions
2 Tbsp. oil
1 lb. ground beef

2 Tbsp. flour
2 tsp. salt
1/2 tsp. paprika
2 (3 oz.) cans mushrooms
1 can cream of chicken soup
1 c. sour cream

(Cont.)

Cook noodles in water with bouillon cube and brown meat in oil with garlic and onion. Add flour, salt and paprika. Add mushrooms and simmer 10 minutes. Add soup and simmer 5 minutes. Stir in sour cream and heat through. Serve on hot noodles or mix together. Chopped parsley optional.

MEATZA PIE

Mrs. Robert (Reva) Leuck

Mix together:

1 lb. ground beef	2/3 c. evaporated milk
1/2 c. bread crumbs	1/2 tsp. garlic salt

Place this in the bottom of a deep pie dish or pan. Pat it around edges like crust. Place on top:

1/4 c. catsup	1/4 tsp. oregano
1 can mushrooms chopped onion	2 1/2 Tbsp. Parmesan cheese

Top with shredded Mozzarella cheese. Bake 35 to 40 minutes at 400 degrees.

POTATO MEAT ROLL

Helen Zelle

Des Moines Life Club

2 Tbsp. butter	1/2 tsp. oregano
2 medium white onions, chopped	1 tsp. salt
1 lb. lean ground chuck	1/2 tsp. pepper
1/2 lb. lean ground pork	1/2 c. bread crumbs
2 Tbsp. grated Parmesan cheese	1 large egg, lightly beaten
2 Tbsp. minced white raisins (optional)	2 1/2 c. mashed potatoes, seasoned chopped fresh chives

In saucepan, melt butter and cook onions 5 minutes or until soft. In bowl, combine onions and remaining ingredients except potatoes and chives, mixing well. Spread out a large piece of waxed paper and coat it with oil. Reserve 1/2 cup of meat mixture for patching, then spread remainder on waxed paper to make large rectangle about 1/2 inch thick. Press it into a solid cake.

To mashed potatoes (made with milk, butter, salt and pepper), add chives. Layer potatoes over meat and smooth flat. Lifting up the wax paper and using your hands to shape it, roll up mixture as tightly as possible so potatoes are enclosed. If there are holes in the meat roll, patch with reserved meat; otherwise, add it on the ends. Carefully slide roll off into shallow, lightly buttered baking pan. Bake uncovered at 350 degrees for 1 hour, basting 3 times. If desired, beef broth and a little flour may be added to baking pan to make a brown sauce to serve with slices of the roll. Makes 6 servings.

HAMBURGER AND VEGETABLE DISH Marge Swartfager
Des Moines Life Club

- | | |
|--------------------------|-----------------------------|
| 6 raw potatoes, sliced | 1 layer raw sliced carrots |
| 1/2 c. uncooked rice | 2 c. water |
| 1 lb. hamburger, browned | 1 can cream of chicken soup |
| 1 layer onions, sliced | 1 tsp. salt |

Place in casserole in order given. Bake 1 1/2 hours at 350 degrees.

OVEN CHOW MEIN Norma Brown, Ft. Madison
Tri-Sippian Club

- | | |
|-----------------------|-----------------------|
| 1 1/4 lb. ground beef | 1 can bean sprouts |
| 2 c. celery, diced | 1/2 c. minute rice |
| 1 onion, diced | 1 1/2 soup cans water |
| 1 can mushroom soup | Chinese noodles |

Brown meat, celery and onion in skillet. Mix rest of ingredients, except noodles. Pour over meat mixture and mix well. Salt and pepper and add a little soy sauce. Put in casserole, sprinkle noodles over top and bake at 350 degrees for 1 hour.

HAMBURGER-SAUERKRAUT CASSEROLE Lyman and Edna Fish, Muscatine
Davenport Club

- | | |
|------------------------------|----------------------------|
| 1 lb. hamburger | 1 can cream of celery soup |
| 1 small onion, chopped | 1 small can sauerkraut |
| 1 can cream of mushroom soup | 1 handful dry noodles |

Cook meat and onion and drain. Put half in casserole and add *kraut*, then rest of meat and noodles. Add soups on top. Bake at 325 degrees for 30 minutes. Optional: Cover with cheese and bake 15 minutes more.

SEVEN LAYER DINNER Burney and Eleanor Daniel, Spirit Lake
Little Sioux Valley Club

- | | |
|-------------------|--------------------------|
| 3 peeled potatoes | 1/2 lb. hamburger |
| 5 carrots, peeled | 1 qt. tomato juice |
| 1 onion, chopped | 1/4 c. sugar |
| 1/2 c. rice | salt and pepper to taste |

Brown hamburger slightly and drain off grease. Dice potatoes and carrots in small pieces. Chop onion. Add rest of ingredients; stir to blend. Bake at least 2 hours at 375 degrees. You may add more or less of any ingredient to please the taste of your family.

DOUBLE CHEESE MEAT LOAF Dorothy Kahler
Iowa City Club

- | | |
|---------------------------------------|----------------------|
| 1 1/2 lb. ground beef | 1/2 c. chopped onion |
| 1 egg | 1 tsp. salt |
| 3/4 c. cracker crumbs, finely crushed | |

(Cont.)

1 tsp. oregano
2 c. Mozzarelli or cheddar
cheese, grated

1 can Hunts tomato sauce with
cheese (small)

Combine beef, egg, cracker crumbs, onion and 1/3 cup of the tomato sauce. Mix well and shape into a flat rectangle about 10 x 12 inches on waxed paper. Sprinkle cheese evenly over meat mixture. Roll like jelly roll and press ends to seal. Bake 350 degrees for 1 hour. Drain excess fat. Then pour remaining tomato sauce over and bake another 15 minutes.

TOP OF THE STOVE CASSEROLE

Carol Hill

1 lb. ground beef (brown and
pour off fat)
salt and pepper
1 can cut green beans (don't drain)

10 1/2 oz. can pizza sauce
2 tsp. instant minced onion or
fresh onion

Heat above mixture to a boil. Mix 1 cup Bisquick to 1/3 cup milk. Cut up 10 cubes, 1/2 inch, sharp cheddar cheese. Bisquick mixture should be made in 10 balls with cheese cube inside each one. Space balls evenly on top of meat mixture. Cover and let cook for 12 minutes (simmering). Ready to serve. Delicious!

CASSEROLE

Helen Anderson
Ames-Boone-Perry Club

Serves 8 - 10.

1 1/2 lb. ground beef and onions
(browned)
1 (12 oz.) pkg. wide noodles
(cooked)

1 can cream of chicken soup
1 can cream of celery soup
1 can vegetable soup
1 small jar Cheez Whiz

Mix all above and bake in 3 quart baking dish, for 1 to 1 1/2 hours at 350 degrees. Add Cheez Whiz last.

VIKING HAMBURGER

Kenneth Mook
Sioux City Regular Club

2 beef bouillon cubes
2 c. boiling water
1 lb. ground beef

3/4 c. elbow macaroni
1 pkg. (10 oz.) Birdseye Danish
style vegetables

Dissolve cubes in water. Set aside. Brown beef in large skillet (leaving meat in large pieces). Drain grease. Add bouillon water and macaroni. Bring to boil. Reduce heat. Cover and simmer 15 minutes or until macaroni is done. Add vegetables, bring to boil. Simmer 5 minutes. Salt and pepper to taste. Very quick to make and very tasty.

HAMBURGER DINNERS

Jeanne Graham

Council Bluffs Reg. Club

1 lb. ground beef

1 small onion

Brown and drain. Dice:

2 hard boiled eggs

1 small green pepper

2 c. American cheese

3/4 to 1 c. catsup

3 oz. olives

Mix all together. Place on hamburger buns (8) and wrap in aluminum foil and bake 350 degrees for 20 minutes.

HAMBURGER HOT DISH

Mrs. Bernetta M. Koehn

Clinton-Maquoketa Club

1 1/2 lb. hamburger

1 can chicken with rice soup

1 can cream of mushroom soup

1 can chow mein noodles

Brown hamburger with a little onion. Mix all together. Put some noodles on the bottom and some on top. Bake at 350 degrees for 25 minutes or until done.

HOT HAMBURGER DISH

Shirley Wells

1 lb. hamburger

1/2 c. water

1 envelope onion soup

1 pkg. frozen mixed vegetables

1 can mushroom or chicken soup

frozen hash browns

Brown meat. Add onion soup and mixed vegetables and chicken or mushroom soup and water. Mix well. Bake 350 degrees. Spread hash browns on top. Bake until browned.

HAMBURGER NOODLE CASSEROLE

Mrs. Irene (Mrs. Herbert) Coon

Nishna Club

1 lb. hamburger

salt and pepper to taste

1 can tomato soup

1 medium onion (chopped)

1 can mushroom soup

1/4 c. cheese

2 c. dry noodles

1 beef bouillon cube

Cook noodles in water with bouillon and drain. Brown hamburger and onion, add cooked noodles, soups and seasoning. Add 1/2 cup water. Top with cheese and bake 350 degrees about 40 minutes.

HAMBURGER AND CABBAGE BAKE

Mrs. Albert Howard

Nishna Club

1 lb. hamburger

1/2 c. onion (chopped)

In a skillet, brown and drain. Stir in next 6 ingredients:

2 c. cabbage (shredded)

1 clove garlic (finely chopped)

(Cont.)

1/4 c. water
1/2 tsp. salt

1/4 tsp. black pepper
1/2 tsp. caraway seeds

Pour into baking dish and sprinkle 1/2 to 1 cup sharp cheddar cheese (shredded) on top. Mix:

2 c. Bisquick

1/2 c. water

Mix to soft dough. Drop by teaspoonfuls on top and bake until bread is done.

EASY CASSEROLE

Peg Chaney

Fry 1 pound hamburger. Place in bottom of casserole dish. Layer frozen peas. Combine 1 can cream of celery and 1 can of cream of chicken soup. Pour over top. Place layer of Tater Tots over top. Bake 350 degrees for 45 minutes to 1 hour.

BEEF DISH

Mrs. Mayburn Johnston
Nishna Club

2 lb. beef for stew (or
small roast)
1 1/2 tsp. salt
1/8 tsp. pepper
3 c. water
4 c. tomato juice

2 Tbsp. sugar
1 large clove garlic (crushed)
2 pkg. (10 oz. each) frozen succotash
1/2 (7 oz.) pkg. wide noodles
1 Tbsp. freeze dried chives
(optional)

Sprinkle salt and pepper on beef and add 3 cups water. Cook until beef is tender, keeping covered tightly while cooking. Add tomato juice, sugar and garlic. Bring to boil. Run hot water over succotash and add drained to meat. Add noodles and chives and cook 30 to 35 minutes or until noodles are done. I use a Dutch oven container and cook in oven.

BEEF STROGANOFF

Melinda Alderson

1 1/2 lb. aq. stewing beef
1 can onion soup
1 (3 oz.) can tomato paste
1 1/2 Tbsp. Worcestershire sauce

1 (3 oz.) can mushrooms (don't
drain)
1 carton sour cream
1 pkg. egg noodles

Season meat with salt and pepper and let set in a dish for 1 hour. Shake and coat meat in a bag of flour. Brown meat in butter. Put browned meat in Crock Pot. Mix together soup, tomato paste, Worcestershire sauce and mushrooms. Pour in Crock Pot over meat. Cook on High until meat is tender, 2 1/2 - 3 hours, then let set on Low for rest of day until ready to eat. 15 minutes before eating, add sour cream to meat mixture and cook noodles according to package directions. Spoon mixture of meat over noodles to eat.

WALDORF ASTORIA STEW**Keith "Pete" Peters**
Council Bluffs Club3 lb. beef stew meat, cut in
small pieces and browned
1 c. bite size carrots
1 c. bite size celery
1 c. bite size onion4 potatoes, cut in bite size
1 can tomato soup
1 can water
2 Tbsp. tapioca
2 Tbsp. sugar
salt and pepper to taste

Brown meat. Add all other ingredients. Cook in covered
roasting pan in oven at 250 degrees for 5 hours or until done. Stir
occasionally. Serve over noodles.

MEAT STEW FLUFFY DUMPLINGS**Helen Zelle**
Des Moines Life Club

**1 pkg. dumpling mix

Roll meat pieces in flour, brown slowly in hot fat. Add hot
water, cover and simmer (don't boil) 1 hour. For each pound of meat,
add 1/2 cup each diced carrots, potatoes, onion and celery--also
salt, pepper, 1 bay leaf and 1 teaspoon Worcestershire sauce.
Cook 15 - 20 minutes. Add 8 oz. tomato sauce and 1/2 cup peas
and bring stew to boil.

**Drop properly prepared package dumpling mix from tablespoon
atop bubbling stew. Reduce heat, cover tightly and simmer 12 -
15 minutes more.

SWEET AND SOUR MEAT LOAF**Dorothy Pratt**
Clinton-Maquoketa

Serves 6.

2 lb. ground round
1 medium onion, minced
12 individual saltines, crushed
black pepper (generous)
1/2 tsp. salt
1 (16 oz.) can tomato sauce2 egg whites
2 Tbsp. vinegar
1/4 tsp. dry mustard
2 Tbsp. brown sugar
2/3 c. water

Note: I do not use the water, I seem to have no need.

Heat oven to 350 degrees. In a 9 inch pie plate, mix the beef,
minced onion, crushed crackers, pepper, salt, 1 cup of the tomato
sauce and the egg whites. Form a round loaf. Mix remaining
tomato sauce, vinegar, mustard and brown sugar; pour over meat
loaf. Pour the water around the edge of meat loaf, if needed. (I
find it moist enough.) Bake 1 hour or to desired doneness. Cut
into wedges. Serve with sauce from pan.

MY FAVORITE MEAT LOAF**Carol Davis**, Burlington
Tri-Sippian Club1 1/2 lb. ground beef
1/2 lb. sausage2/3 c. fine bread crumbs
1 c. milk

(Cont.)

2 eggs, slightly beaten 1 tsp. salt
1 medium onion, finely chopped dash of pepper

Mix well together the ground beef, sausage, bread crumbs, milk, eggs, onion, salt and pepper. Make a sauce of the brown sugar, nutmeg, catsup and dry mustard. Place the meat mixture in a loaf pan. Pour the sauce over it and bake 1 hour in a 350 degree oven or 1 1/2 hours at 325 degrees.

Topping:

6 Tbsp. brown sugar 1 1/2 tsp. dry mustard
1/2 tsp. nutmeg 1/2 c. catsup

FAVORITE MEAT LOAF

Shirley Wharton
Iowa City Club

2 lb. ground beef 1 pkg. dry onion soup mix
1 c. oatmeal 2 eggs
1/2 c. water 1/2 c. catsup
1/4 to 1/2 tsp. oregano

Combine beef, onion soup mix, oatmeal, eggs, water, 1/2 cup catsup and oregano. Place in loaf pan and top with mixture of:

1/4 c. catsup 1 tsp. dry mustard
3 Tbsp. brown sugar 1/2 tsp. nutmeg

Bake at 350 degrees for 1 hour and 15 minutes. Let stand at least 5 minutes before slicing.

GRATED VEGETABLE MEAT LOAF

Mrs. Harold E. Rosenkild
Mason City, Iowa

2 lb. ground beef 2 Tbsp. pimento
1 c. grated potatoes 2 tsp. salt
1/2 c. grated carrots 2 eggs, slightly beaten
1/2 c. chopped onion 1/4 c. water
1/4 c. chopped green pepper

Combine all ingredients. Press into loaf pan. Bake at 350 degrees for 1 hour.

HAMBURGER STEAK

Ray Davis
Club 71

3 lb. hamburger 1 c. water
1 c. cracker crumbs 2 tsp. dry onion soup mix

Mix thoroughly and pat in a flat pan. Leave overnight. Cut in squares, flour and brown in small amount of shortening. Drain off grease. Mix:

1 can mushroom soup 1 can milk

1 Tbsp. Kitchen Bouquet

4 or 5 slices cheese

Pour over meat and simmer.

PARTY STROGANOFF

Arlene Mogle

Waterloo Club

1 lb. round steak, cut in
thin strips

1 can golden mushroom soup

1/2 c. sour cream

1/2 c. sliced onions

1/3 c. water

2 Tbsp. butter or margarine

In skillet, brown meat and cook onion in butter until tender. Stir in soup, sour cream and water. Cover. Simmer until tender. Stir now and then. Serve over noodles.

ROUND STEAK ROLL UPS

Arlene Mogle

Waterloo Regular Club

1 1/2 lb. round steak, cut
in 3 inch strips

2 c. bread crumbs

1/2 c. finely chopped celery

4 Tbsp. shortening
salt and pepper

1/2 tsp. salt

1/2 tsp. sage

3 Tbsp. butter

1 c. water

1 small onion

1 can cream mushroom or celery
soup

Melt butter, add onion and let simmer 5 minutes. Add bread crumbs, celery, sage, salt and pepper. (Add small amount of water.) Roll dressing in strips of steak. Fasten with toothpicks. Roll in flour, seasoned with salt and pepper. Brown. Add 1 cup water and soup in skillet. Cover and cook slowly 1 1/2 to 2 hours or bake in oven 2 hours without browning in skillet first.

LONDON BROIL WITH MARINADE AND SAUCE

Jim Fitzgerald

Sioux City Reg. Club

Marinade:

1/4 c. soy sauce

1/4 c. sherry wine

1/2 tsp. garlic salt

4 - 5 shakes of curry

1 Tbsp. dried chopped onion

salt and pepper

Marinate 1 1/2 to 2 inch thick London Broil steak about 1 hour, turning often. Save marinade. Grill steak over charcoal to desired doneness. Before steak is done, prepare sauce. (It should be ready to serve with the steak.)

Sauce: To the marinade, add:

1/2 c. chopped bacon

1 can consomme

Cook down. Add sliced mushrooms, fresh are best. Thicken with

(Cont.)

cornstarch and water. Slice steak in 1/2 inch diagonal slices. Serve sauce with steak. The sauce is very rich. The steak is good without it.

SKILLET STEAK

Alice Mort

1/4 c. flour	1/2 c. chopped celery
1/2 c. salt	1/2 c. chopped onion
1/8 tsp. pepper	1/2 c. thinly sliced carrot
2 lb. round steak, 1/2 inch thick	1/8 tsp. nutmeg
1 Tbsp. vegetable oil or shortening	1 lb. mushrooms, cleaned and sliced
1 beef bouillon cube	3 Tbsp. butter or margarine
1/2 c. water	1 1/2 c. frozen peas
	2 Tbsp. whole unsalted almonds

Combine flour, salt and pepper. Pound into both sides of meat. Cut into 6 servings. Heat oil in large deep skillet. Brown meat. Add bouillon cube, water, celery, onion and carrot. Cover. Simmer for 1 hour. Add additional small amounts of water, if needed. Stir in nutmeg, simmer covered an additional 30 minutes or until meat is tender. Meanwhile, saute mushrooms in butter 5 minutes. Add mushrooms, peas and almonds during last 10 minutes of cooking. *Correct seasoning.*

STUFFED PEPPER POT (Microwave)

Clemmy Bernhardt

Des Moines Reg. Club

Serves 4. (To be prepared on baking sheet.)

4 large green peppers	1 (8 oz.) can tomato sauce
1 lb. lean ground beef	2 Tbsp. chopped celery
1 small chopped onion	1 tsp. salt
2 c. cooked rice	dash of pepper

Cut thin slice from stem end of pepper. Remove seeds with teaspoon and discard. In 1 1/2 quart glass casserole, combine onion and ground beef, place in microwave oven and 2 - 3 minutes on FULL power or until onion becomes transparent and beef slightly brown. Add remaining ingredients except peppers. Mix well. Stuff peppers with mixture and place on baking sheet. Cover with plastic wrap and microwave 12 - 15 minutes on 2/3 power (medium high).

For conventional oven: Combine onion and hamburger in skillet; brown lightly on stove top at medium high heat. Assemble as directed. Bake at 350 degrees for 45 minutes.

BEEF MACARONI PEPPERS

Shirley Wharton

Iowa City Club

1 lb. ground beef	4 large green peppers
2 Tbsp. flour	1/2 tsp. salt
1 tsp. salt	1/2 c. boiling water
1 c. cooked elbow macaroni	2 Tbsp. minced onion

1/2 tsp. chili powder

1 can tomatoes (16 oz.)

Brown meat and onion slowly in heavy skillet. Stir in flour, chili powder and 1 teaspoon salt. Mix well. Add tomatoes and cook slowly, stirring frequently, until thickened. Fold in cooked macaroni. Slice peppers in half lengthwise, remove stems and seeds. Add 1/2 teaspoon salt to boiling water. Add pepper halves, cover and simmer 5 minutes. Drain and arrange in shallow baking pan. Fill each half with 1/3 to 1/2 cup mixture. Bake in 350 degree oven for 25 minutes.

Write your extra recipes here:

Write your extra recipes here:

chill powder and 1 teaspoon salt. Mix well. Add tomatoes and cook
 slowly stirring frequently until thickened. Fold in cooked macaroni.
 Slice peppers in half lengthwise, remove stems and seeds. Add 1/2
 teaspoon salt to boiling water. Add pepper halves, cover and simmer
 5 minutes. Drain and arrange in shallow baking pan. Fill each
 half with 1/2 cup mixture. Bake in 350 degree oven for 25
 minutes.

1/2 c. water
 1 beef bouillon cube
 1 tsp. salt
 1/2 c. water

1/2 c. water
 1/2 c. water
 1/2 c. water
 1/2 c. water

Combine flour, salt and pepper. Pound into both sides of meat.
 Cut into 6 servings. Heat oil in large deep skillet. Brown meat.
 Add onion, celery, water, celery, onion and carrots. Cover.
 Simmer for 1 hour. Add additional small amount of water if
 needed. Stir in yellow, orange and red peppers for 10 minutes or
 until meat is tender. Meanwhile, saute mushrooms in butter 5
 minutes. Add mushrooms, peas and almonds during last 10 minutes of
 cooking. Correct seasoning.

STUPPED PEPPER POT (Microwave) Christy Bernhard
Des Moines Reg. Club

Serves 4. (To be prepared on baking sheet.)

- | | |
|------------------------|---------------------------|
| 4 large green peppers | 1 1/2 c. hot tomato sauce |
| 1 lb. lean ground beef | 2 Tbsp. chopped onion |
| 1 small chopped onion | 1 tsp. salt |
| 2 c. cooked rice | dash of pepper |

Cut thin slice from each end of pepper. Remove seeds with
 teaspoon and discard. In 1 1/2 quart casserole, combine
 ground beef, onion and rice and microwave for 2 - 3 minutes on 700
 power or until beef becomes transparent and rice slightly
 browned. Add remaining ingredients except peppers. Mix well. Stuff peppers
 with mixture and place on baking sheet. Cover with plastic wrap
 and microwave 11 - 15 minutes on 1/2 power (medium) high.

For conventional oven: Combine onion and hamburger in
 skillet brown lightly on stove top at medium high heat. Assemble
 as directed. Bake at 350 degrees for 25 minutes.

BEEF MACARONI PEPPERS Shirley Wharton
Low City Club

- | | |
|----------------------------|-----------------------|
| 1 lb. ground beef | 4 large green peppers |
| 2 Tbsp. flour | 1/2 tsp. salt |
| 1 tsp. salt | 1/2 c. boiling water |
| 1 c. melted white macaroni | 1 Tbsp. minced onion |

• MAIN DISHES.
EGG • CASSEROLE
CHEESE • SPAGHETTI





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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MAIN DISHES--
EGG, CASSEROLE, CHEESE, SPAGHETTI

BREAKFAST BAKE

Edna Lange
Des Moines Club

In a 9 x 13 inch pan put 2 1/2 to 3 c. onion-garlic croutons. Spread 1 1/2 cups sharp grated cheddar cheese over croutons. Brown and drain 1 1/2 pounds sausage and spread over cheese. Mix:

4 eggs, well beaten	1/2 tsp. salt
2 1/2 c. milk	3/4 tsp. dry mustard

Pour this over croutons and cheese. Cover and refrigerate overnight. In morning, dilute 1 can cream of mushroom soup with 1/2 cup milk. Pour over above ingredients. Add frozen loose hash brown potatoes on top of soup. Add another 1/2 cup grated cheddar cheese. Bake 1 1/2 hours at 300 degrees. Let stand 5 - 10 minutes before cutting. Serves about 12.

BRUNCH CASSEROLE

Lois Boquist
Cedar Rapids

2 1/2 c. croutons	2 c. milk which you add to beaten egg mixture
2 c. cubed sharp cheese	
4 eggs beaten with 3/4 tsp. dry mustard	1 1/2 lb. sausage, browned and drained
	mushrooms, optional

Combine all and pour into buttered 9 x 13 inch pan. Refrigerate overnight. In morning, pour mixture of 1 can cream of mushroom soup and 1/4 cup milk over casserole. Bake at 350 degrees for 1 hour.

BREAKFAST PIZZA

Judy Zier

1 lb. pork sausage, cooked and drained	1 c. cheddar cheese
1 pkg. crescent rolls	5 eggs
1 c. hash browned potatoes, thawed	1/4 c. milk
	salt and pepper
	2 Tbsp. Parmesan cheese

Put crescent rolls in ungreased pizza pan to make a crust. Seal seams. Put on sausage, potatoes and top with cheddar cheese. Beat eggs, milk, salt and pepper. Pour in crust. Sprinkle with Parmesan cheese. Bake 375 degrees for 25 - 30 minutes.

NEW BAKED EGGS

Gladys Braun
Council Bluffs Club

Butter shallow pan and cover bottom with fresh bread cubes, cut in inch pieces. Break as many eggs on top of bread as desired. Salt

(Cont.)

and pepper. Pour small amount of milk over to soften bread. Then spread cream of chicken soup on top. Dot with butter and bake in 350 degree oven until eggs are set.

EGG CASSEROLE

Helen Zelle
Des Moines Life Club

1 lb. sausage	1 tsp. prepared mustard
6 slices bread, cubed	1 tsp. salt
2 c. milk	1/4 lb. cheddar cheese,
4 eggs	grated

Brown sausage; drain. Combine all ingredients and pour into 13 x 9 inch baking dish. Refrigerate overnight. Bake in 325 degree oven for 1 hour.

BREAKFAST EGGS (Double Recipe)

Rosie Baker

1 c. chopped onions	3 c. milk
1 Tbsp. butter	2 c. shredded sharp cheddar
4 c. chopped ham, sausage or	cheese
bacon	1 1/3 c. finely crushed soda
6 slightly beaten eggs	crackers

Saute onions in butter until tender. Mix with other ingredients well and pour in 9 x 13 inch pan or glass dish. 1/2 recipe 10 x 6 inch pan. Bake 45 minutes at 300 - 350 degrees. Do not overcook. Knife in center should come out clean. Cut into squares.

SCRAMBLED EGG BREAKFAST CASSEROLE

Mimi Warner

12 - 14 eggs	1 tsp. garlic salt
1 c. milk	1/2 tsp. celery salt
1 tsp. nature's seasoning	2 Tbsp. butter
	pepper

Beat together and pour into Dutch oven over medium heat. Cook 1/2 pound bacon, diced and drain. Toss with 4 medium baked potatoes, diced. Season with Nature's seasoning and add to egg mixture. Cook and stir occasionally until done. Spoon into 9 x 13 inch baking dish. Sprinkle 2 cups grated cheddar cheese on top and bake at 350 degrees until cheese melts.

SAUSAGE AND EGG CASSEROLE

Hazel Swartz

6 eggs, slightly beaten	6 slices bread (cubed)
1 lb. sausage (or links) cut into	1 tsp. dry mustard
bite size pieces, browned	1 tsp. salt
1/2 tsp. pepper	1 c. shredded cheddar cheese
2 c. milk	

Mix all ingredients. Let stand at least 12 hours or overnight. Bake in shallow casserole dish for 1 hour at 350 degrees or until knife comes out clean.

CHEESY SAUSAGE QUICHE

F. G. Hennings, Ft. Madison
Tri-Sippian Club

3/4 lb. turkey sausage
1/2 c. onion, thinly sliced
1/3 c. green pepper, chopped
1 1/2 c. sharp cheddar cheese,
grated
1 Tbsp. flour
1 Pet Ritz deep dish pie crust shell

2 eggs, beaten
1 c. Pet evaporated milk
1 Tbsp. parsley flakes
3/4 tsp. seasoned salt
1/4 tsp. garlic salt
1/4 tsp. pepper

Preheat oven to 375 degrees. In medium skillet fry sausage until cooked. Remove sausage, drain on paper towel. Reserve 2 tablespoons fat. Saute onion and green pepper in reserved fat 2 - 3 minutes. Slice sausage. Combine cheese and flour. Stir in sausage slices, green pepper and onion. Spread in pie crust shell. Mix remaining ingredients and pour into shell. Bake on cookie sheet 35 - 40 minutes or until brown and filling is set. Let stand 5 minutes.

SAUSAGE BRUNCH CASSEROLE

Marybess Chester

4 c. toasted bread crumbs
2 c. cheese (shredded cheddar)
2 lb. bulk pork sausage
2 1/2 c. milk

1 can cream of mushroom soup
1 soup can milk
4 eggs

Grease a 9 x 13 inch pan. Brown and drain sausage. Layer half bread crumbs, 1 cup cheese and half the sausage. Repeat layers. Beat eggs and 2 1/4 cups milk together. Pour over all and refrigerate, covered, overnight. Just before baking, mix the soup and 1 can of milk together. Spoon over top of casserole. Bake 1 1/2 hours at 300 degrees.

FRENCH TOAST

Bud Hagen
Davenport Club

1 loaf good white bread,
unsliced
10 eggs
1/2 pt. half & half

butter
maple syrup
powdered sugar

Cut bread into slices 1 inch thick. Trim off all crust from edges. Beat 10 eggs together with 1/2 pint of half and half. Pour eggs and half and half into 9 x 12 inch cake pan. Place 4 slices of bread in liquid, soak in refrigerator overnight. Cook until golden brown. Sprinkle lightly with powdered sugar. Butter - syrup. Makes 4 slices.

Serves 6.

2 c. chopped broccoli or cauliflower or green beans or spinach	1 1/2 c. milk
1/2 c. chopped onion	1 tsp. salt
1/2 c. chopped green pepper	1 tsp. pepper
1 c. shredded cheddar cheese (4 oz.)	3/4 c. Bisquick
	3 eggs

Heat oven to 400 degrees, grease 10 x 1/2 inch pie plate. Cook vegetables for 5 minutes until almost done. Put vegetables and cheese in pie plate. Beat remaining ingredients until smooth. Pour in plate. Bake until golden brown and knife inserted comes out clean, 35 to 40 minutes. Let stand 5 minutes before cutting.

CRAB QUICHEAnita Hagen
Davenport Regular

1 (9 inch) pie shell	1 can (7 1/2 oz.) crabmeat,
4 eggs	drained and cartilage removed
2 c. light cream	1/2 c. shredded Mozzarella and
1/3 c. minced onion	1/2 c. Swiss cheese
1 tsp. salt	snipped parsley
1/8 tsp. cayenne	

Heat oven to 425 degrees. Prepare pastry for 9 inch one crust pie. Beat eggs until blended and stir in cream, onion, salt and cayenne. Pat crabmeat dry with a paper towel. Sprinkle crabmeat and cheese in pastry shell. Pour egg mixture over crabmeat and cheese. Sprinkle with parsley. Bake 15 minutes at 425 degrees. Reduce oven temperature to 300 degrees. Bake 30 minutes longer or until knife inserted 1 inch from the crust comes out clean. Let quiche stand for 10 minutes before cutting.

ITALIAN QUICHE

Sally Williams

3 eggs, beaten	2 oz. pepperoni or Genoa salami,
1 1/2 c. (6 oz.) shredded Mozzarella cheese	diced (about 1/2 c.)
1 c. Ricotta or cottage cheese	1/2 c. milk
1/2 c. (2 oz.) grated Parmesan cheese	2 Tbsp. chopped onion
4 oz. boiled or smoked ham, diced (about 1 c.)	2 Tbsp. snipped parsley
	1 (9 inch) deep dish pastry shell

In a large bowl, combine eggs, cheeses, ham, pepperoni or salami, milk, onion and parsley. Blend thoroughly. Pour mixture into unbaked pastry shell. Bake in a preheated oven at 325 degrees for 65 - 70 minutes or until a knife inserted near the center comes out clean. Let stand 10 - 15 minutes before serving. Serves 6.

BLENDER EASY CHEESE QUICHE**Jody Eggen**
Des Moines, Iowa

3 eggs	1/4 tsp. salt
1 1/2 c. milk	dash of pepper
1/2 c. Bisquick	1/2 c. ham or bacon
1/2 c. melted margarine or butter	1/2 c. grated cheese (Swiss)
2 Tbsp. chopped onion	

Put everything but the cheese and bacon or ham, in the blender and mix. Pour into a 9 or 10 inch pie pan. Sprinkle bacon or ham and cheese on top. Bake at 350 degrees for 45 minutes. Serves 6 - 8 people.

QUICHE LORRAINE**Margaret Oppelt**
Cedar Rapids Club

6 slices bacon, diced	1/2 c. grated cheddar cheese
1 medium onion or 1 Tbsp. minced onion	4 eggs, lightly beaten
1/2 c. grated Swiss cheese	1/2 c. half and half
	salt and pepper
	pie shell, frozen

Saute bacon and onion for 5 minutes. Mix with eggs, cheese and half and half. Bake at 375 degrees for 35 minutes. Serves 4. I like to use green onions and do not saute. Occasionally green pepper can be added for a different flavor.

CRAZY CRUST MEXICAN DINNER**Mrs. Claude Webb, Jr.**
Nishna Club

Lightly grease and flour bottom and sides of 9 inch pan. In medium bowl:

1/2 c. flour	1/4 c. Crisco
1/2 tsp. salt	1/2 c. dairy sour cream
1/2 tsp. baking powder	1 egg

Lightly spoon flour into measuring cup. Combine all ingredients. Stir until blended, about 60 to 70 strokes (batter will be slightly lumpy). Spread batter thinly on bottom and thickly up sides to within 1/4 inch of pan rim.

1 lb. ground beef (lightly browned and drained)	1/2 c. chopped onion or 2 Tbsp. instant onion
1 tsp. salt	16 oz. can kidney beans (undrained)
2 tsp. chili powder	6 oz. can tomato paste
1/4 to 1/2 tsp. Tabasco pepper sauce	1/2 to 1 c. Monterey Jack cheese (cheddar or American cheese can be used)

Combine all above ingredients except cheese. Mix together and heat through. Spoon into crust. Bake 425 degrees for 20 - 30 minutes, until crust is deep golden brown. Sprinkle with cheese as soon as

removed from oven. Serve with finely chopped lettuce and tomatoes and taco sauce.

ENCHILADAS

Yonnie Streeper

2 lb. hamburger	dash pepper
1 pkg. (dozen) corn tortillas (frozen dept.), thawed	1/4 tsp. oregano
2 cans "El Paso" enchilada sauce	1/4 tsp. sweet basil
dash salt	grated cheese (Longhorn, Colby, etc.)
	onion (I use 1 Tbsp. minced), could use whole
	Crisco

Soften corn tortillas in hot Crisco (mid-medium heat) a few seconds, do one at a time. Place on paper plate temporarily. In separate pan, brown hamburger, add onions, sweet basil, oregano, pepper and salt. Place hamburger mixture on corn tortilla, sprinkle with grated cheese, roll and place in 13 x 9 inch baking dish. Then add both cans sauce over filled tortilla, sprinkle with any leftover meat mixture and grated cheese. Bake 20 - 30 minutes at 350 degrees

ENCHILADA

Joan Bex

Iowa City

1 lb. hamburger	1 c. grated cheddar cheese
2 small cans mild enchilada sauce	1 doz. tortilla (patis)
1 medium onion	

1. Brown meat. Add 2 cans sauce.
2. Grate cheese. Chop onion and mix.
3. Fry tortilla in hot oil 2 - 3 seconds on each side. Drain on paper towel.
4. Dip tortilla in sauce. Put 1 - 2 tablespoons meat sauce in center tortilla. Top with finger full of onions and cheese.
5. Roll up and place side by side in 9 x 13 inch pan.
6. Top with rest of sauce and cheese. Bake 375 degrees 15 - 20 minutes or until bubbles.

ENCHILADA CASSEROLE

Harriet Dabler

1 1/2 lb. ground beef	1 c. water
1 c. chopped onions	2 c. (4 - 4 oz. cans) taco sauce
1 1/2 tsp. ground cumin	12 corn tortillas (fresh, frozen or canned)
2 garlic cloves, crushed	1 lb. Monterey Jack cheese, shredded
1 1/2 tsp. salt	1 c. sour cream
1/2 tsp. pepper	

Preheat oven to 375 degrees. Grease 13 x 9 inch baking dish; set aside. In 12 inch skillet, cook ground beef and onions over medium-high heat until meat is brown, stirring occasionally. Discard

drippings. Add next 6 ingredients. Simmer 10 minutes, uncovered, stirring occasionally or until most of liquid has evaporated. Meanwhile, pour 1/2 cup taco sauce into prepared casserole. Arrange half the tortillas (if using frozen, thaw according to package directions) to cover bottom of casserole. Pour 1/2 cup additional taco sauce evenly over tortillas. Spoon in beef mixture, top with sour cream and sprinkle on half the cheese. Arrange remaining tortillas overlapping slightly on cheese. Spread remaining taco sauce over tortillas. Top with remaining cheese. (May be prepared in advance to this point. Cover with foil and refrigerate up to 24 hours.) Cover with foil and bake 40 minutes. Remove foil and continue baking 5 more minutes. Makes 8 to 10 servings.

ENCHILADA TORTE (Microwave Cooking) Ken and Joan Brekke
Cedar Rapids Reg. Club

1 lb. ground beef	1/2 tsp. pepper
1 Tbsp. instant minced onion	2/3 c. water
1/8 tsp. garlic powder	2 cans (8 oz.) tomato sauce
2 tsp. chili powder	2 c. shredded cheese
	6 flour tortillas

Crumble ground beef in 2 quart glass dish. Microwave on High for 5 minutes. Stir occasionally. Drain fat. Stir into meat mixture the onion, garlic powder, chili powder, pepper, water and tomato sauce. Microwave on High for 5 minutes. Stir once. In a 2 quart round casserole, alternate layers of 1 tortilla, 1/6 of meat mixture and 1/6 cheese, making a torte-like casserole. The last layer should be cheese. Cover and microwave on 70% power until torte is bubbly and cheese melted. Let stand 5 minutes before serving. For a variety include 1/2 cup sour cream, 1/2 cup sliced ripe olives, 1 can refried beans. Use any or all and use in 1/6 portions also. Serves 4 to 6.

ENCHILADAS

Joan and Bernie Moore

1 lb. ground beef	2 Tbsp. snipped parsley
1 medium onion, finely chopped	1 tsp. salt
1/2 c. sour cream	1/4 tsp. pepper
1 c. shredded cheddar cheese	12 corn or flour tortillas

Crumble meat into medium glass mixing bowl; add onion. Microwave on High for 4 minutes or until meat is set. Stir to break meat into pieces, drain. Stir in sour cream, cheese, parsley, salt and pepper. Layer 4 tortillas, paper towel, 4 tortillas, paper towel and 4 tortillas, and paper towel on a paper plate. Microwave on High power 1 1/2 minutes until softened. Place about 1/4 cup meat filling down center of each tortilla; roll up and place seam side down in a 13 x 9 inch glass baking dish.

Enchilada Sauce:

1 (15 oz.) can tomato sauce	1/3 c. chopped green peppers
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EGG ROLL**Harriet Dabler**

1 lb. pork tenderloin, cut
in thin strip
1/2 lb. bean sprouts (green
bean sprouts)

2 green onions
salt and pepper
egg roll skin

Mix pork with 1 tablespoon cornstarch, 3 tablespoons soy sauce, set aside for a few minutes. Heat 2 tablespoons oil in pan, first put onions in then add in bean sprouts. Stir fry until done (about 5 minutes). Add salt and pepper to taste, put on plate. Heat another 3 tablespoons oil in pan, stir fry the meat until done, then add bean sprouts, stir a few more times. Add a little Accent. Put on plate, let cool. When cool, use fork or chopsticks pick some meat and sprouts onto the egg roll skin, roll and seal with beaten egg yolk. Then deep fry until it turns golden brown.

PORK TACOS**Des Moines Life Club**

1 lb. 75 - 80% lean ground pork
1/2 c. chopped onion
1 clove garlic, minced
1/2 tsp. chili powder
1/2 tsp. salt

12 taco shells
2 tomatoes, chopped and drained
3 c. shredded lettuce
8 oz. cheddar cheese, shredded
taco sauce

Brown ground pork, onion and garlic and drain. Add salt and chili powder. Spoon about 1/4 cup meat mixture into each shell. Top with tomato, lettuce and cheese. Serve with taco sauce.

TACO PIE**Marcia Finn****Cedar Rapids Club**

1 to 1 1/2 lb. hamburger
8 oz. sour cream
8 oz. cheddar cheese

1 tube biscuits
1 pkg. taco sauce mix
Fritos

Brown burger then mix in taco mix. Simmer for about 10 minutes. Let cool for 5 minutes. Spread biscuits in slightly greased pan. Put browned burger evenly in biscuits shell. Spread sour cream followed by cheddar cheese, then top with Frito crumbs. Bake 350 degrees for 20 minutes (until crust is brown). Garnish with tomato, lettuce, cheese and taco sauce.

PARTY PIZZA**Des Moines Regular Club**

2 - 3 Tbsp. butter, melted
4 English muffins, split in half
1 lb. 75 - 80% lean ground pork

2 c. diced cheese, American or
Mozzarella
1 c. pizza sauce
oregano

Spread melted butter on muffin halves. Brown pork, drain. Add cheese, (reserving small amount for topping), pizza sauce and

oregano to taste. Spread on muffin halves. Broil or microwave until cheese begins to melt, sprinkle remaining cheese over sandwiches and heat again until cheese melts. Makes 8 sandwiches.

PIZZA DOUGH

Charlotte Carlson
Council Bluffs Club

1 pkg. active dry yeast	4 c. flour
1 1/4 c. warm water	1 tsp. salt
2 Tbsp. cooking oil	1 Tbsp. sugar

Dissolve yeast in water. Stir in oil, sifted flour and salt together. Stir into oil and water mixture. Knead vigorously. Let rise for awhile. Makes enough for 4 pizzas.

FLOUR TORTILLAS

Yonnie Streeper

Makes approximately 2 dozen.

4 - 5 c. flour	approximately 3 Tbsp. shortening
1 Tbsp. salt	water (hot)
1 Tbsp. baking powder	

Mix flour, salt and baking powder in large bowl. After thoroughly mixing these ingredients add shortening. Blend well with fingers. This is not to feel like it's moist, just powdery. Then add hot water, a little at a time, in the middle of mixture, blending towards center so that all flour mixture gets soft. Is not supposed to feel greasy or sticky, just soft. When all ingredients are blended well, knead dough until soft. Then form into a ball about 2 1/2 inches and about a half an inch thick. Let it set for about 20 minutes or so. Meanwhile you can be making the burrito filling. After that is done, roll out dough on a flat surface with a rolling pin. Should be round. Then bake on top of stove on a flat grill. Do not grease grill. Tortilla will not stick.

BURRITO FILLING (For Flour Tortillas)

Yonnie Streeper

2 lb. ground beef	diced onion (1/2)
1/4 tsp. salt	diced tomato (1)
1/4 tsp. oregano	cheese (American)
dash pepper	1 1/2 cans El Paso green chilies
1/4 tsp. parsley flakes and basil leaves	with tomatoes

Cook ground beef. Drain fat. Add salt, oregano, pepper, flakes and leaves, onions and tomatoes. When blended well, add cans of tomato and chili mixture. (Do not drain cans.) Then place some filling in the center of tortilla, sprinkle grated cheese. Roll up and eat.

ONE DISH TUNA CASSEROLE

Mrs. Bernetta M. Koehn

Clinton-Maquoketa Club

1 can condensed cream of mushroom soup
1 can (1 lb.) peas
1 can (4 oz.) pimento, diced
1 small onion, chopped

1 Tbsp. Worcestershire sauce
2 cans tuna, drained
1 c. (4 oz.) grated American cheese
1/2 can (3 1/2 oz.) French fried onion rings

Combine undiluted soup, peas with liquid, pimento, onion and Worcestershire sauce in 1 1/2 quart casserole. Fold tuna and cheese into mixture in casserole. Arrange French fried onion rings around edge. Bake in a moderate oven (375 degrees) for 25 minutes. Makes 6 servings.

TUNA NOODLE MICROWAVE HOT DISH

Vivian Schlamp, Burlington

Tri-Sippian Club

6 1/2 oz. can tuna, drained
3 1/2 c. hot water
1 pkg. tuna helper

10 oz. pkg. frozen green peas, rinsed and drained
1 c. potato chips, crushed

Mix tuna, water, noodles, sauce mix and peas in ungreased 3 quart microwave proof casserole. Cover tightly and microwave on High (full power) 8 minutes. Stir. Cover and microwave until noodles are tender, 8 - 9 minutes longer. Let stand 5 minutes. Stir. Sprinkle with potato chips. About 5 servings.

TUNA CASSEROLE

Ken & Joan Brekke

Cedar Rapids Reg. Club

2 cans tuna
1 can cream of chicken soup
1 can cream of celery soup
1 small onion, chopped
1 stalk celery, chopped

1 small can mushrooms, chopped and drained
1 can French style green beans, drained
8 oz. cooked noodles
1 can French fried onion rings

Mix all ingredients except onion rings. Bake 350 degrees for 25 minutes. Add onion rings. Bake 5 minutes more. Serves 8 to 10.

TUNA CASSEROLE

Luwilda Parker

Marshalltown Club

2 cans tuna with oil
6 slices bread, cubed
3 large eggs, beaten

2 small jar pimentos (sliced)
2 cans chicken rice soup

Mix well. (Do not oil the pan.) Bake 350 degrees for 40 - 45 minutes. Serve with sliced cranberry jelly and creamed or buttered small peas.

1 or 2 cans tuna, broken up	3/4 bag noodles
1 c. mushroom soup	1/4 c. margarine
1/2 can peas and carrots and juice	1 1/2 soup cans water (approximately salt and pepper

Mix ingredients in large casserole and dot with margarine. Put in microwave on full power for 16 minutes. Stir once when about half way done. Remove and stir. Then let stand for 5 minutes. Serves 5.

TUNA-CELERY BAKE**Sherrill Bain**

Des Moines Reg. Club

1 can tuna	1/2 c. milk
1 (6 oz.) pkg. egg noodles	1/2 c. bread crumbs
1 (11 oz.) can condensed celery soup	1/2 c. grated American cheese

Cook noodles until tender; drain. Combine soup and milk. Alternate layers of noodles and tuna in greased 1 1/2 quart casserole. Pour soup mixture over the layers. Top with bread crumbs and grated cheese. Bake 350 degrees for 20 minutes. Garnish with stuffed olive slices. Serves 6.

TUNA NOODLE CASSEROLE**Eleanor Stangl, Carroll**

Club 71

2 c. flat noodles (boiled in salted water)	1 onion sauteed in butter salt and pepper to taste
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Mix well and put in buttered baking dish. Over this put 1 can of flaked tuna. Add 1 can mushroom soup and 1 can of water, heated together. Bake in slow oven 1 hour. Serves 6 to 8.

COMPANY POTATOES**Betty Heithoff, Des Moines, Iowa**

Red Rock Council

6 medium potatoes, boiled with skins and cooled, shred potatoes	
1/4 c. butter	1/2 c. chopped onion
1 can cream of chicken soup	2 c. grated cheddar cheese
1 pt. sour cream	

Topping:

1 c. crushed corn flakes	2 Tbsp. butter or oleo
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Melt oleo, add all ingredients except potatoes, mix well. Add potatoes, salt and pepper, toss lightly. Put in 9 x 13 inch pan. Add topping - Melt 2 tablespoons oleo. Add crushed flakes, sprinkle over potatoes. Bake at 350 degrees 45 minutes.

POTATO CASSEROLE**Maxine Busche, Carroll**

Club 71

1 (32 oz.) pkg. frozen hash
browns
1/2 c. chopped onion, fine
2 c. grated cheddar cheese

1 can cream of chicken soup
1/2 c. margarine, melted
1 pt. sour cream, 2 c.
5 c. corn flakes, crushed

Mix first 6 ingredients using 1/2 of the margarine. Put mixture in 9 x 13 inch baking pan. Mix remaining margarine with corn flake crumbs and top potato mixture. Bake 1 hour at 350 degrees.

HASH BROWN CASSEROLE**Lois Boquist**

Cedar Rapids Club

2 (24 oz.) pkg. hash brown
potatoes, thawed
3/4 lb. Velveeta cheese

1 pt. half and half or canned milk
1/2 lb. butter
2 Tbsp. chives
salt and pepper and garlic salt
to taste

Break apart hash browns. Place in 9 x 13 inch baking dish. Cube cheese and butter. Place over potatoes. Pour on half and half. Add seasonings. Bake 350 degrees for 1 hour. Can make ahead overnight. Just cover baking dish and refrigerate.

CHEESE POTATOES**Mrs. Harold Peters**

Muscatine, Iowa

2 lb. bag hash brown potatoes
(frozen)
1/2 c. chopped onion
1/2 c. margarine

1 can cream of mushroom soup
1 carton sour cream
1 (8 oz.) jar Cheez Whiz
2 c. crushed corn flakes

Spread frozen hash browns in 9 x 13 inch pan. Pour over 1/4 cup melted margarine. Sprinkle chopped onion, salt and pepper to taste. Heat soup, sour cream, cheese and pour over potatoes. Mix 2 cups crushed corn flakes with 1/4 cup melted margarine and sprinkle on top. Bake 350 degrees for 1 hour (metal pan) or 325 degrees for 1 hour (glass pan).

POTATO CASSEROLE**Florence Smythe**

Serves 8 - 10.

2 (1 lb.) bags frozen hash browns

Break up and add 1/2 cup melted oleo. Add:

1 can cream of chicken or
celery soup
1 c. chopped onions
8 oz. shredded cheddar cheese

1 pt. sour cream
1 tsp. salt
garlic salt to taste

Mix well and put in large 9 x 13 inch greased dish. Top with 1/4 cup melted oleo added to cups of corn flakes (crush after measuring). Bake 1 - 1 1/4 hours at 350 degrees.

PARMESAN POTATO STICKS

Doris Tharp
Nishna Club

2 lb. potatoes	1/2 tsp. salt
1/2 c. butter or oleo (melted)	1/8 tsp. garlic (powder)
1/2 c. fine dry bread crumbs	1/8 tsp. pepper
1/2 c. grated Parmesan cheese	

Peel potatoes cut lengthwise into quarters. Cut each quarter into 3 strips. Roll in melted butter, then in mixture of crumbs, cheese, salt, garlic powder and pepper. Place in a single layer in shallow baking dish. Pour any remaining butter over potatoes. Bake at 400 degrees for 30 - 35 minutes. Makes 6 servings.

POTATO CASSEROLE

Doris C. Eggleston
Des Moines Life

2 lb. frozen hash brown potatoes	2 cans cream of celery soup
1/2 c. melted margarine	1 pt. sour cream
1 tsp. salt	1/2 c. finely chopped onion
1/2 tsp. pepper	10 oz. cheddar cheese

Thaw potatoes and combine all ingredients in a large mixing bowl. Put in a large casserole. Sprinkle topping on. Bake 1 hour at 350 degrees.

Topping:

2 c. seasoned bread crumbs (Pepperidge Farm)	1/2 c. melted margarine
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If mixed ahead and refrigerated, allow a little more baking time.

TATER TOT HOT DISH

Louise Oeltjenbruns
Mason City Life Club

1 1/2 lb. ground beef	1 box frozen green beans
1 medium onion, chopped	1 can cream of mushroom soup
1/2 c. chopped celery	1 can cream of celery soup
1 pkg. Tater Tots	1 1/2 c. milk

Brown ground beef, onion, celery. Place in 9 x 13 inch dish. Alternate other ingredients. Place tater tots on top. Bake 350 degrees for 1 hour.

EASY POTATOES

Liz Fleming
Waterloo Regular Club

8 oz. Philadelphia cream cheese	2 cans cream of celery soup
	3/4 c. milk

chopped onion

Cook over low heat until a smooth texture and pour over.

2 lb. frozen hash browns

Microwave (roast) 25 minutes. Bake at 200 degrees for 1 hour. Just before cooking time is done, cover with shredded cheddar cheese. Will fit nicely in a 9 x 13 inch pan.

HASH BROWN QUICHE

Alice Hunsinger
Marshalltown Club

1 pkg. (24 oz.) shredded hash
browns thawed and pressed
into pie plate

1/3 c. butter, melted and put on
hash browns

Bake the crust 25 minutes at 425 degrees.

1 c. ham

2 eggs

1 c. hot pepper cheese

1/2 c. milk

1 c. Swiss cheese

Beat eggs and milk together. Put ham and cheese in the shell and pour egg mixture over. Bake for 35 to 40 minutes at 350 degrees. Let set 5 minutes so it will be easier to cut.

SWEET POTATO PUFFS

Georgena Davis
Biggsville, Illinois

2 c. mashed sweet potatoes

8 marshmallows

1/2 c. corn flakes (crushed)

1 egg, beaten

1/2 tsp. salt

Add beaten egg to potatoes. If dry, moisten with milk. Form into balls with marshmallows in center. Roll in corn flakes and brown in fat.

PIZZA POTATOES

Norma Brown, Ft. Madison
Tri-Sippian Club

1 pkg. scalloped potatoes

1 (4 oz.) pkg. shredded

1 (16 oz.) can tomatoes

Mozzarella cheese

1 1/2 c. water

1 (4 oz.) pkg. sliced pepperoni

1/4 tsp. oregano leaves

Empty potato slices and packet of seasoned sauce. Mix into ungreased casserole, 2 quart size. Heat tomatoes, water and oregano to boiling. Stir into potatoes. Arrange pepperoni on top and sprinkle with cheese. Bake at 400 degrees for 30 - 35 minutes, uncovered.

HAMBURGER PIZZA POTATOES:

Substitute 1/2 pound ground beef, browned and drained, for the
(Cont.)

pepperoni. Stir into potato mixture.

DUTCH POTATO FILLING

Dorothy Barton, Burlington
Tri-Sippian Club

4 c. well seasoned mashed potatoes	2 Tbsp. finely chopped onion or
2 eggs, slightly beaten	1 Tbsp. dry minced onion
3 chicken bouillon cubes dissolved in 3/4 c. hot water	1/3 c. chopped parsley

Combine all ingredients and turn into a 1 1/2 quart casserole. Bake in moderate oven, 350 degrees for 1 hour or until browned on top. Mixture may be combined and refrigerated overnight.

SCALLOPED POTATO BAKE

Barbara and Frank Edmunds
Cedar Rapids

2 lb. frozen hash browns (large)	1 can cream of chicken soup
1 c. sour cream	1 tsp. salt
2 c. grated American cheese	1/2 tsp. pepper
2 Tbsp. grated onion	1 stick oleo (melted)
	optional - chopped green pepper

Mix altogether. Top with 1 cup crushed corn flakes and 1/4 cup melted oleo (mix together). Add parsley (for color). Bake 350 degree for 45 minutes to 1 hour.

ELEGANT HASH

Roger and Velda Heller

1/2 lb. hamburger	1 1/2 c. milk
1 c. ground raw carrots	3/4 c. bread crumbs
3 c. ground raw potatoes	salt and pepper
1 onion, chopped	

Mix together hamburger, carrots, potatoes and onion. Add milk, salt and pepper. Put into buttered casserole. Cover with crumbs and dot top with butter. Bake at 375 degrees for 2 hours or until done.

BRUNCH OR LUNCHEON CASSEROLE

Luwilda Parker
Marshalltown Club

2 c. uncooked macaroni	2 c. milk
2 c. chicken, tuna fish or ham	1 onion
1 can chicken soup	1 1/2 lb. Velveeta cheese
1 can cream of mushroom soup	salt to taste
	dash of pepper

Mix altogether and let set all night. Bake the next day in 9 x 13 inch pan for 1 hour to 1 hour and 15 minutes at 350 degrees.

IMPOSSIBLE REUBEN PIE**Helen Zelle**
Des Moines Life Club

8 oz. jar sauerkraut, drained and pressed	1 c. milk
1/2 lb. cooked corned beef, diced (or canned corned beef)	3/4 c. packaged biscuit mix
4 oz. shredded Swiss cheese	1/3 c. mayonnaise
	2 Tbsp. chili sauce
	3 large eggs

Sprinkle sauerkraut, corned beef and cheese on bottom of 9 inch greased pie plate. Combine remaining ingredients and pour over mixture. Bake 400 degrees for 30 minutes.

HAM-BROCCOLI CASSEROLE**Alice Beckman**, Burlington
Tri-Sippian Club

Serves 12.

12 slices white bread	2 c. chopped cooked ham
1 pkg. (10 oz.) frozen broccoli (cooked)	6 eggs
3/4 lb. cubed cheese	3 1/2 c. milk
	1/2 tsp. salt
	1/4 tsp. dry mustard

Cut a circle out of each of the 12 slices of bread and set aside. Break the remainder bread into bits and place in bottom of greased 9 x 13 inch casserole. Then add layers of cheese, cooked broccoli and cooked ham. Place the 12 bread circles on top of casserole. Mix together well beaten eggs, milk, salt and dry mustard. Pour over the casserole. Place in refrigerator overnight. Bake casserole in 350 degree preheated oven for 65 minutes.

CHEESY BROCCOLI BAKE**Helene Nelson**

1 (10 oz.) pkg. frozen broccoli (chopped)	1 c. cooked rice
1 (10 3/4 oz.) cheddar cheese soup	1/2 c. sour cream
1 can tender chunk ham, turkey or chicken, flaked with fork	1/2 c. buttered bread crumbs

Preheat oven to 350 degrees. Cook broccoli until barely tender. Drain well. Stir soup and sour cream together, add remaining ingredients to soup and sour cream mixture. Spoon into 1 1/2 quart casserole. Sprinkle with bread crumbs. Bake 30 to 35 minutes in moderate oven. Serves 4 to 6.

THREE BEAN CASSEROLE**Grace G. Zellers**

1 can red kidney beans (undrained)	1 lb. lean ground beef
1 can pork and beans (undrained)	1/2 lb. bacon, cut up
1 can lima beans (undrained)	3/4 c. brown sugar
1 whole onion, chopped	1/2 c. catsup
	1 tsp. prepared mustard

1 tsp. salt

Fry ground beef, bacon, salt and onion together. Drain excess grease. Mix with the other ingredients. Bake in a covered dish for 1 hour at 350 degrees.

STUFFED CHILI PEPPERS

LeRoy Muir

8 sweet green peppers	1 (8 oz.) can tomato paste
1/2 lb. hamburger	1 (10 3/4 oz.) can tomato soup
1/2 lb. ground pork	1 tsp. sweet basil
1 c. chopped onions	1 Tbsp. chili powder
2 c. minute rice	

Saute the ground meat and chopped onion together until browned. Drain off excess fat. Stir in all the other ingredients and simmer for 30 minutes. Salt may be added but not needed. In the meantime, cut the tops off the peppers and scoop out the seeds and cores. Fill the peppers with the above mixture. Wrap each filled pepper with foil and bake for 30 minutes at 350 degrees or more. These stuffed peppers freeze and keep well if sealed in plastic bags to prevent dehydration. Place the frozen peppers in 350 degree oven for 90 minutes or more, if frozen.

Note: Stuffed peppers will remain upright while freezing and baking if placed in cupcake tins.

STUFFED ACORN SQUASH

May Crump

2 acorn squash, cut in half, seeded	4 slices day old bread
1/3 c. bulk sausage	1/4 tsp. salt
1 medium onion, sliced	2/3 c. water

Break up sausage meat and fry in medium skillet until nearly done. Drain and discard excess fat. Break up bread, add onion, salt and water. Add to meat. Mix well and fill squash cavities. Place in baking pan and cover with lid or foil. Bake in preheated oven at 350 degrees until squash pierces easily (about 1 hour). Uncover and bake 15 minutes or until brown.

ZUCCHINI BEEF CASSEROLE

Vera & George Peters

Bake 325 degrees for 30 - 40 minutes. Brown 1 pound ground beef and 1 medium onion. Drain well. Add:

1/2 tsp. oregano	1/2 tsp. salt
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Note: Salt and pepper beef as it browned to taste.

Place in 2 quart baking dish 2 cups unpeeled zucchini and 2 cups dry minute rice. Pour beef mixture over it. Then spread 2 cups cottage cheese over beef mixture and rice. Then 1 can undiluted

cream of mushroom soup. Top with 1 cup grated cheddar or American cheese. (I use finely chopped Velveeta and spread evenly.)

LASAGNA

Linda Hagen

Davenport Club

9 - 12 lasagna noodles	1/2 - 1 lb. Mozzarella cheese
1 lb. ground beef	1/2 - 1 lb. cheddar cheese
1 lb. Italian sausage	1 carton cottage cheese
1 medium onion (chopped)	1 large jar Ragu spaghetti sauce
1 medium green pepper (chopped)	optional: 1 bottle of your favorite wine for cooking
1 can mushrooms	cominos (cumin) spice, add to taste

Brown sausage, slow at low temperature beef, onion and green pepper. When meat is done, drain grease. Add mushrooms, Ragu sauce, and cominos spice to taste. Simmer. Now boil noodles, add oil to water to keep noodles from sticking. Don't over-cook! Drain off water when done.

How to Layer: (9 x 12 inch cake pan). Put in 3 noodles side by side, add sauce, cheese, spoon on cottage cheese. Top with 3 noodles, add sauce, etc. Continue until pan is full.

Final Topping: Sauce and cheeses.

Bake at 350 degrees for 1/2 hour. Let set 5 minutes before serving.

LASAGNA PINWHEELS

Judy Stoner

Serves 4.

1 lb. hamburger, cook and drain

Stir in:

1 Tbsp. onion	1/8 tsp. garlic powder
1/2 tsp. salt	8 oz. tomato sauce
1/2 tsp. oregano	1/2 c. water

Simmer for 5 minutes. In small bowl combine:

1 Tbsp. parsley flakes	1 c. cottage cheese
1/2 c. Mozzarella cheese (shredded)	

Separate crescent into 4 rectangles, firmly press until firm. Spread 1/4 of cheese mixture over each rectangle. Start at short side, roll rectangle into roll. Cut into 3 pieces to make 12. Arrange on meat, sprinkle with Parmesan cheese. Bake 30 - 40 minutes until golden brown at 350 degrees.

LASAGNE

Mac McCormick, Atlantic
Club 71

1 pkg. Schilling or Lowrey
spaghetti sauce mix
1 lb. hamburger
12 oz. can tomato sauce

6 lasagne noodles
small container cottage cheese
3 slices Mozzarella cheese
3 oz. Parmesan cheese

Brown and crumble hamburger. Drain. Add 1 tablespoon oil, sauce mix, tomato sauce and 1/2 can water. Simmer 20 minutes. Meanwhile, cook lasagne noodles, add 1 tablespoon oil to water so they won't stick. Drain. Spray 7 1/2 x 12 inch glass dish with Pam. Layer 3 noodles, half meat sauce, Mozzarella slices, Parmesan cheese. Bake 350 degrees for 1 hour. May cover part of time. Let stand 10 minutes to set up. Can double recipe and make in 9 x 13 inch dish plus 1 small dish.

DEEP DISH BISCUIT PIZZA

Wanda Stevens
Iowa City Club

1 1/2 lb. ground beef
1/2 c. chopped onion
6 oz. can tomato paste
2 oz. can mushroom stems
(drained)

1 1/2 tsp. oregano
1 1/4 tsp. salt
1/2 tsp. pepper
2 pkg. biscuits

Brown ground beef and onions. Drain. Stir in tomato paste, mushroom stems and pieces. Add rest of seasonings and simmer. Press biscuits into greased 9 inch pie pan to form crust. Spoon meat mixture into crust. Slice 1 tomato and arrange on top of pie. Sprinkle with 1 cup cheese. Bake 350 degrees for 20 - 25 minutes.

PORK CASSEROLE

Dorothy Kendall
Clinton-Maquoketa Club

2 lb. lean pork, cubed
2 medium onions
2 c. diced celery
1 green pepper, diced
salt and pepper to taste
1 (2 oz.) can pimento

1 (8 oz.) pkg. shell macaroni
1 (4 oz.) can mushrooms,
undrained
1 can cream of mushroom soup
1 can cream of chicken soup
1/3 c. soy sauce

Brown pork thoroughly. Add other ingredients. Mix well. Pour into a large greased casserole or two smaller oven. Bake 2 hours at 350 degrees. Top with chow mein noodles last 20 minutes of baking time.

LAYERED CASSEROLE

Mildred Peterson
Waterloo Life Club

Season as you go! Prepare a 2 quart casserole by greasing or spraying with Pam. Brown and season 1 pound ground beef. Set aside. Fill casserole 1/3 full with sliced raw onion. Next, a layer of green beans or carrots, or vegetable of your choice. Cover with ground beef. Top with undiluted tomato soup, being sure to seal

around edge. Bake in 350 degree oven for 1 1/2 hours or in a microwave on High for 18 minutes.

RICE CASSEROLE

Louanne Marty
Des Moines, Iowa

1 can beef consomme soup	1/4 lb. butter
1 can French onion soup	1 1/2 c. white rice (uncooked)
1/3 c. Parmesan cheese	sliced water chestnuts, optional
1 (8 oz.) can mushrooms and juice	

Mix all together and put in 3 quart casserole. Bake 1 hour at 350 degrees uncovered. Stir every 20 minutes.

CORN NOODLE CASSEROLE

Mrs. Don Roth

3 c. cooked krinkly noodles	1 beaten egg
1 large can cream-style corn	1/4 c. butter
1 c. shredded cheese (Velveeta)	salt and pepper to taste

Cook and rinse noodles. Combine all ingredients and bake in 8 x8 inch pan for 35 - 40 minutes. Buttered bread crumbs can be used on top or crushed potato chips.

PICKLED NOODLES

Rita Swearingen, Carroll
Club 71

1 lb. Ritonti noodles	1 Tbsp. salt
1/4 c. oil	2 tsp. prepared mustard
2 c. sugar	1 onion, chopped
2 1/2 c. white vinegar	2 garlic cloves, minced
1 tsp. pepper	1 unpeeled cucumber, chopped
1 tsp. salt	

Heat sugar, vinegar, seasoning, stirring until sugar is dissolved. Cool. Cook noodles in salted water and the 1/4 cup of oil. Leave water boiling. Add noodles and bring to hard boil. Cover. Let stand 20 minutes with burner turned off. Drain. Rinse. Add vegetables and syrup. Refrigerate at least 48 hours. Keeps until all is eaten. Hold salt for those who can't eat normal amounts. Do not use flat noodles.

NOODLE CASSEROLE

Mrs. Bernetta M. Koehn
Clinton-Maquoketa Club

1 pkg noodles	1/2 tsp. pepper
1 1/2 qt. water	1 c. diced onion
1 Tbsp. salt	3/4 c. diced green pepper
3 Tbsp. butter	1 1/2 lb. hamburger
1 c. diced celery	2 c. tomato sauce or soup

Bake 20 minutes in moderately hot oven at 375 degrees.

DUMPLINGS FOR SAUERKRAUT

Judy Zier

1 egg
1/2 tsp. salt
1 tsp. baking powder (level)

1 c. flour
1/4 c. milk
1 Tbsp. melted butter

Mix all together and drop by spoon into water or on top of your sauerkraut. Boil slowly 8 minutes. Keep covered. Never lift lid for the 8 minutes.

NEVER FAIL DUMPLINGS

Rita Swearingen, Carroll
Club 71

2 c. flour
1/2 tsp. salt
4 tsp. baking powder

1 egg
milk

Sift dry ingredients. Break egg into cup, beat lightly and fill this cup with milk. Add to flour and mix until moistened. Let stand a few minutes (5 to 10 minutes). Then drop into broth, simmer 20 minutes in covered kettle. Do not remove cover. Good warmed the next day.

HOMEMADE NOODLES

1 whole egg
4 egg yolks
1/2 tsp. salt

2 tsp. oil
2 tsp. cold water
1 c. flour

Whip eggs, salt, water, oil. Add enough flour to make stiff dough. Roll very thin on floured surface, let stand 20 minutes. Roll up and slice 1/8 inch thick. Spread out and dry 2 hours. Drop into boiling soup. Cook 10 minutes.

NOODLES

Joan Buwalda
Marshalltown Club

2 egg yolks (beaten)
1 tsp. lard, melted
2 Tbsp. cream
1 c. flour

1/4 tsp. salt
1/4 tsp. baking powder
1 Tbsp. vinegar

Mix dry ingredients and add to the egg yolks, melted lard and cream which have been mixed together. Stir quickly and shape into ball. Roll out on floured table. Fold and roll up, cut with serrated bread knife. This separates them. Noodles do not need to dry, are ready to drop into boiling broth. Cook about 20 minutes.

RICE AND CELERY CASSEROLE

Brown 1 pound hamburger and 1/2 onion, chopped in large skillet. Stir with fork. In mixing bowl, mix well. Add:

1 can cream of mushroom soup	1/4 c. soy sauce
2 cans water	3/4 c. raw rice (Uncle Ben's converted)
1 1/2 c. celery (cut fine)	

Pour hamburger into the above mixture, stir well. Put in large buttered casserole. Bake 1 1/2 to 2 hours at 350 degrees. Add more boiling water when about half done if needed. Watch to keep moist. Put lid or foil on top if it gets too crisp. Can be frozen.

APPLE-RAISIN DRESSING

Dewaine B. Stichler

1 qt. broken bread (small) (set out the day before)	1/2 c. sugar
1 qt. peeled apples (chopped) (large or 3 or 4 apples)	1/2 tsp. cinnamon
1 c. seedless raisins	1/8 tsp. nutmeg
	1/2 tsp. salt
	2 Tbsp. butter (melted)
	1/4 c. hot water
	turkey or chicken

Mix together. Especially good with goose or duck. Can also be baked separately. Add a little gravy when done for moistness.

DRESSING FOR TURKEY, CHICKEN, PORK CHOPS

Barbara Edmunds
Cedar Rapids Club

14 c. stale bread (cubed)	1/2 tsp. pepper
1 tsp. dried sage (crumbled)	2 eggs, well beaten
2 tsp. salt	1 1/2 c. chicken broth
3 stalks celery, diced	2 medium onions

Cook celery and onions in oleo or butter until slightly tender. Add to bread with remaining ingredients. Stir until well blended. Do not overstuff chicken or turkey. Leave room for dressing to expand.

WILD RICE DRESSING

Betty Brown, Burlington
Tri-Sippian Club

Saute in 1/2 c. butter for 3 minutes:

1/2 c. chopped celery	2 Tbsp. chopped green pepper
3 Tbsp. chopped onion	

Drain 1 can wild rice and combine with 2 cups stale bread crumbs or cubes. Mix with celery mixture. Season to taste with salt, pepper and poultry seasoning. Bake covered at 350 degrees about 30 minutes.

RICE PILAF

Marilyn Kelly

1 c. rice	1/2 tsp. salt
2 1/2 c. water	

(Cont.)

Boil for 10 minutes, do not drain.

1/2 onion, chopped

1 (8 oz.) can mushrooms, drained

Saute onion and mushrooms in butter. Put rice, water and vegetables in a 2 quart casserole. Add 1 can beef consomme and 1 can cream of mushroom soup. Bake 1 1/4 hours at 350 degrees, uncovered. If you want to substitute half wild rice, parboil it for 30 minutes before adding white rice for the other 10 minutes of boiling.

GREEN RICE

Marge Swartfager

Des Moines Life Club

1 c. uncooked rice (cook before mixing)

2 pkg. chopped broccoli

Cook rice and add cooked broccoli (drained). In a heavy skillet, melt 1 stick oleo, 1 cup chopped onion and 1 cup chopped celery. Cook slowly until tender but not brown. Add rice and broccoli. To this, add: 1 glass Cheez Whiz (or 1 cup cut up Velveeta) and 2 cans mushroom soup. Mix all and sprinkle cheddar cheese on top. Bake 30 minutes or until cheese is bubbly in 350 degree oven.

GREEN RICE

Marybess Chester

1 large onion

1 c. parsley

1 bell pepper

Chop and saute until limp. Add to:

2 c. cooked rice

1 1/2 c. cheese (cubed)

Toss well. Put in casserole and add 1 cup of milk. Bake 350 degrees for 45 minutes.

MILANESE RICE

Mel Jennings

Des Moines Reg. Club

Serves 4.

1 large onion (1 c.), chopped

1 c. minute rice

1 stick butter (1/4 lb.)

1 can consomme (beef)

In 8 inch gourmet pan or medium frying pan, saute onion in melted butter until soft. Onions will become translucent but not brown. Add rice and continue to fry rice until it is a golden brown. Add consomme and cover pan. Reduce heat to simmer and cook for 1/2 hour or until liquid is absorbed.

VERMICELLI SOUFFLE

Harriett Dabler

1/4 lb. vermicelli, broken into small pieces, lightly browned in butter, boiled and drained

(Cont.)

3 large eggs, the yolks separated from the whites
 2 c. sour cream
 1 c. freshly grated Parmesan cheese
 1 Tbsp. finely chopped fresh parsley

2 Tbsp. finely chopped onion
 salt and freshly ground pepper
 butter

Preheat the oven to 350 degrees. Combine the egg yolks and sour cream, and blend well. Add the cheese, parsley, onion, salt and pepper to taste, and the vermicelli. Beat the egg whites until stiff but not dry and gently fold them into the vermicelli mixture. Butter a 6-cup souffle dish and fill it with the vermicelli mixture. Set the souffle dish in a pan of hot water and bake in the preheated oven for 45 minutes, until puffed and browned. Serves 4 to 6.

SWISS BAKED MUSHROOMS

Jake (Mrs. Jerry) Laughlin
 Des Moines Regional Club

Melt 6 tablespoons butter in 12 inch frying pan. Add 2 medium onions, chopped and 1 1/2 pounds sliced fresh mushrooms. Cook until soft and liquid evaporates. Stir in 1/4 cup sherry and 1/4 teaspoon ground nutmeg and pepper. Cook and stir 1 minute. Turn into shallow 1 1/2 quart baking dish. Cool slightly. Sprinkle 2 cups (8 oz.) shredded Swiss cheese over mushrooms, then sprinkle with paprika. Bake uncovered in 425 degree oven for 8 - 10 minutes (15 minutes, if cold and made ahead) or until hot and bubbly.

HOMINY GRITS

Ethel May Petersen

6 c. hot water
 1 1/2 c. grits

Boil about 5 minutes, no salt. Add:

1 lb. sharp grated cheese
 3 beaten eggs
 1 stick margarine

2 1/2 tsp. salt
 6 drops Tabasco sauce

Put in 9 x 13 inch pan. Bake 350 degrees for 1 1/2 hours. Even if you don't like hominy, you'll like this. It's just as good warmed over, too.

MAIZE PUDDING

Mrs. Ed Sears
 Cedar Rapids Life Club

2 c. frozen corn, partially thawed
 1 c. milk
 1 1/2 Tbsp. flour
 1 tsp. salt

1/4 tsp. pepper
 2 eggs
 1 Tbsp. sugar
 1/4 c. melted oleo

In blender, blend corn and milk. Add flour, salt and pepper. Beat 2 eggs and add to above with sugar and oleo. Bake 350 degrees in 2 quart greased casserole, for 30 - 40 minutes.

CORN PUDDING

Elizabeth Miller
Waterloo Life Club

Mix:

- 1 pt. cream style corn
- 1/2 c. milk
- 1/4 c. melted butter

- 2 beaten eggs
- dash of salt

Combine:

1 Tbsp. flour

1 Tbsp. sugar

Fold into corn mixture. Pour into a greased 1 quart casserole and bake in 300 degree oven for 45 minutes or until mixture is browned on top.

Write your extra recipes here:

♡ VEGETABLES ♡



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

ESCALLOPED CELERY

Jackie Smith

4 c. coarsely chopped celery	3 Tbsp. flour
1/4 c. slivered almonds	1/2 c. half and half
6 oz. water chestnuts, sliced	1 c. chicken broth
1/2 c. canned mushroom pieces	1/2 c. dry bread crumbs
5 Tbsp. butter	1/2 c. Parmesan cheese

Boil celery no longer than 5 minutes. Drain. Then mix with almonds, chestnuts and mushrooms. In a saucepan melt butter and add flour and cook, until it bubbles. Add cream and chicken broth and cook until thick. Blend celery mixture into sauce. Pour it into ovenproof casserole and top with bread crumbs. Sprinkle with Parmesan cheese. Heat in 375 degree oven until hot and bubbly.

MIXED VEGETABLE CASSEROLE

Helen Anderson

Ames-Boone-Perry Club

Serves 6 - 8. Cook 20 - 24 oz. packaged mixed frozen vegetables and 1 box green beans as directed on label. Drain. Turn into buttered 6 cup casserole and mix with 1 can cream of mushroom soup. Top with 1/2 pound diced Velveeta cheese and croutons. Pour over 1/2 cup melted oleo or butter and bake 30 minutes in 350 degree oven.

HARVEST CASSEROLE

Marybess Chester

1 cauliflower	1/2 tsp. salt
6 carrots, cut in pieces	1 c. evaporated milk
1 can green beans or frozen beans	1 c. vegetable stock
2 Tbsp. flour	1 (8 oz.) jar Cheez Whiz
2 Tbsp. butter	crushed potato chips or cracker crumbs

Break cauliflower in pieces, soak in salt water 10 minutes. Drain. Cook until nearly tender. Partially cook carrots (and beans if you use frozen instead of canned). Melt butter and stir in flour and salt. Add milk and vegetable stock. Gradually cook, stirring constantly until thickened. Add Cheez Whiz. Place vegetables and sauce in casserole. Top with crumbs. Bake at 350 degrees for 30 minutes. Serves 6 - 8.

VEGETABLE CASSEROLE

Irene Campagna

2 c. tomatoes	3/4 c. chopped green peppers
1/2 c. onions	1 c. chopped celery
1 c. diced water chestnuts	1 pkg. frozen pea pods
1 1/2 c. thin sliced carrots	1 pkg. frozen green beans

(Cont.)

4 Tbsp. melted butter	1/2 tsp. pepper
3 Tbsp. tapioca	3 Tbsp. sugar
2 1/2 tsp. salt	

Blend butter, tapioca, sugar, salt and pepper. Toss with mixed vegetables. Cover and bake 1 1/2 hours at 350 degrees. Serves 12.

VEGETABLE CASSEROLE

Dorothy Pratt

Clinton-Maquoketa Club

Clean and cook 1 package of carrots. To the boiling water in which you cook the carrots, put 1 package frozen broccoli cuts (I like the cuts better than the spears, but either will do) and one package frozen cauliflower. Cut up about 1/4 pound or so of Velveeta cheese. Let it melt into the vegetables. Add a little onion salt. If the cheese does not thicken it enough, I add some flour and mix it. It can be served right from the top of the stove pan, but sometimes, I put it in an oven dish, sprinkle crushed cereal on top and bake it a few minutes.

3 VEGETABLE CASSEROLE

Marie Poggenpohl

Iowa City Club

1 pkg. broccoli	1 pkg. Brussel Sprouts
1 pkg. cauliflower	

Boil, drain and add together. Add 1 jar (small) Cheez Whiz and 1 can mushroom soup, mixed. Cracker crumbs on top. Bake 350 degrees for 25 minutes.

VEGETABLE CASSEROLE

Evelyn Hollister

Cedar Rapids Life Club

Serves 8. Partially thaw 1 box each of: cauliflower, Brussel sprouts, broccoli spears. Put in buttered dish. Heat 1 can of each: cream of mushroom soup and cream of celery soup. Pour over vegetables. Bake 1 hour at 350 degrees. Sprinkle with grated cheese before serving.

EASY BAKED BEANS

Joan Buwalda

Marshalltown Club

2 (1 lb.) cans pork and beans	1/2 c. Open Pit barbecue sauce
4 slices bacon, cut up	1/3 c. firmly packed brown sugar
2/3 c. chopped onion	1 Tbsp. prepared mustard

Mix together and bake at 350 degrees for 1 hour or more. Also can be cooked in Crock Pot. Put ingredients in pot and cook for 4 hours on "High". After cooking can be frozen for later use.

CALICO BEANS

Rita Swearingen, Carroll

Club 71

1 lb. hamburger	1/2 c. catsup
1/4 c. bacon, cut up	4 tsp. vinegar
1 onion, chopped	1/2 c. brown sugar

3 tsp. prepared mustard salt to taste

Saute beef, bacon, onion until well browned, drain off fat. Add rest of ingredients. In a large bowl:

1 can kidney beans	1 can yellow beans
1 can dried lima beans	1 (15 oz.) can pork and beans
1 can green beans	

Mix thoroughly, pour off some of liquid. Bake uncovered, for 1 1/2 to 2 hours at 300 degrees. Makes about 4 quart casserole. (10 servings.)

THREE BEAN BAKE

Eleanor Hensel

Waterloo Life Club

1 can (15 1/2 oz.) kidney beans	1/4 c. instant onions
1 can (15 oz.) butter beans	1/4 c. soy sauce or Worcestershire
1 can (28 oz.) pork and beans	2 tsp. dry mustard
1 c. brown sugar, firmly packed	2 tsp. seasoning salt
1/2 c. chopped celery	1/4 tsp. pepper
1/3 c. catsup	2 to 4 slices bacon
	1/4 c. beer

Drain kidney beans and butter beans well. Thoroughly mix beans with remaining ingredients, except bacon. Top with bacon. Bake 325 degrees around 2 hours.

CALICO BEANS

Marilyn Kelly

1/2 lb. bacon, cut in bits, brown, drain and set aside
1 lb. hamburger 1/2 onion, chopped

Brown meat, onion; drain. Add bacon to this. Add 1 can each of lima beans, Great Northern beans, kidney beans, baked pork and beans. Add:

1/2 c. brown sugar	1 Tbsp. mustard
2 Tbsp. molasses	

Bake at 350 degrees for 1 to 1 1/2 hours, uncovered.

SWEET SOUR BAKED BEANS

Flora Lambertson

Clinton-Maquoketa Club

8 bacon slices, fried crisp	1/2 c. vinegar
4 large onions, peeled and cut in rings	2 (15 oz.) cans dried lima beans (drained)
1/2 to 1 c. brown sugar	1 (1b.) can green lima beans (drained)
1 tsp. dry mustard	1 (1b.) can dark red kidney beans (drained)
1/2 tsp. garlic powder (optional)	1 (1b.) New England style baked beans (not drained)
1 tsp. salt	

Place onions in skillet, add sugar, mustard, garlic powder, salt and vinegar. Cook 20 minutes covered. Then add to beans. Add crumbled bacon. Pour into casserole (3 quart). Bake in moderate oven (350 degrees) for 1 hour. Makes 12 servings.

BROCCOLI CASSEROLE

Nyla Schmadeke

Des Moines Reg. Club

1 stick margarine	1 (8 oz.) jar Cheez Whiz or
1 small chopped onion	Velveeta cheese
2 boxes frozen chopped broccoli	1 can cream of mushroom soup
1 c. dry rice, cooked	

Melt margarine, saute onion, add broccoli and other ingredients. Put in casserole and bake 20 minutes at 350 degrees. (I added a little ham. Chicken would be good, too.)

BROCCOLI -CAULIFLOWER

Deloris Strong

1 head cauliflower, cut up	1/2 c. green pepper, diced
1 bunch broccoli, cut up	1/2 c. onion, diced
1/2 c. diced celery	

Mix 2 cups Miracle Whip with 1/3 cup grated cheese and 1/3 cup sugar. Mix with above mixture. Put bacon bits on top.

BROCCOLI CASSEROLE

Mrs. Vincent (Mary) Lord

Clinton-Maquoketa Club

1 pkg. broccoli spears	1 can celery soup
7 1/2 oz. can crabmeat	1 1/2 c. bread stuffing mix

Put thawed broccoli on bottom of casserole going one way. Then a layer of crabmeat, a layer of 1/2 can celery soup, a layer of bread stuffing mix and the rest of the celery soup with a little water added. Sprinkle grated cheese over top. Bake at 350 degrees for 1 hour.

BROCCOLI AND RICE

Norma Brown, Ft. Madison

Tri-Sippian Club

1 c. cooked rice	1 tsp. parsley, chopped
1/2 c. celery, chopped	1 can cream of mushroom soup
1/2 small onion, chopped	1 pkg. frozen, chopped broccoli

Cook and drain broccoli. Cook rice. Combine rice, broccoli, celery, onion and soup. Put in casserole and bake at 325 degrees for 25 - 30 minutes.

BROCCOLI CASSEROLE

Melinda Alderson

2 pkg. chopped broccoli	1 can cream of mushroom soup
1 egg, slightly beaten	1 c. grated cheddar cheese
1/2 c. mayonnaise	1/4 c. melted butter
1 small onion, chopped	1/2 pkg. herb stuffing mix

Cook broccoli slightly less than package directions. Mix broccoli, eggs, mayonnaise, onion, soup and cheese in a greased 2 quart casserole dish. Mix stuffing with melted butter and sprinkle on top. Bake at 350 degrees for 30 minutes.

BROCCOLI CASSEROLE

Wilma Young
Des Moines Life Club

2 pkg. frozen chopped broccoli

Cook and cool. Mix with broccoli:

1 can mushrooms (optional)

2 eggs

1/2 c. mayonnaise

1 onion, chopped

1 can golden mushroom soup

salt and pepper to taste

1 c. shredded cheddar cheese

1/2 pkg. Pepperidge stuffing mix

1 stick margarine

Put in greased casserole. Top with cheese. Melt butter and mix with stuffing and lay over cheese. Bake 45 minutes at 350 degrees.

CORN AND BROCCOLI CASSEROLE

Evelyn Hollister
Cedar Rapids Life Club

Serves 6 - 8.

2 cans cream style corn

1 pkg. frozen chopped broccoli,
thawed

1 egg, beaten

3/4 c. cracker crumbs

1 onion, chopped (small)

3 Tbsp. melted butter

1/2 tsp. salt

dash pepper

Mix all except cracker crumbs and butter. Add this mixture on top. Bake uncovered in buttered casserole at 350 degrees for 1 to 1 1/2 hours.

CHILI CORN CASSEROLE (Microwave)

Mrs. Gladys Braun
Council Bluffs, Iowa

6 oz. can cocktail vegetable
juice

4 c. cooked whole kernel corn
or 2 (17 oz.) cans, drained

1 c. sliced carrots

1 c. coarsely chopped celery

1 c. diced green pepper

1/2 c. chopped onion

1/4 c. vinegar

2 tsp. chili powder

2 tsp. mustard seed

1/4 tsp. salt

In 3 quart round glass casserole, combine all ingredients. Cover with glass lid. Microwave on High power for 7 to 9 minutes or until tender, stirring once. Chill 6 hours or more. Makes 5 cups.

ESCALLOPED CORN**Mimi Warner**

2 eggs
 16 oz. can cream style corn
 1 c. sour cream

1/2 c. melted butter
 1 small pkg. corn muffin mix
 salt and pepper to taste
 1 c. shredded Swiss cheese

Beat eggs slightly; stir in corn, sour cream and butter. Fold in muffin mix. Season with salt and pepper. Place in buttered baking dish. Sprinkle with cheese. Bake in 350 degree oven 35 minutes or until golden brown on top.

CAULIFLOWER AU GRATIN**Evelyn Hollister**

Cedar Rapids Life Club

1 small head cauliflower,
 separated into florets
 2 Tbsp. quick cooking
 tapioca

1 tsp. salt
 1/2 tsp. paprika
 2 c. milk
 1 c. grated American cheese
 1/2 c. buttered bread crumbs

Cook cauliflower in boiling salted water 12 minutes or until tender. Drain and place in buttered baking dish. Combine salt, paprika, milk and tapioca in saucepan. Place over medium heat and cook until mixture comes to a boil, stirring constantly. Remove from heat, add cheese and stir until cheese is melted. Pour over cauliflower, sprinkle with buttered crumbs and bake 350 degrees for 20 minutes or until crumbs are brown.

GREEN BEANS ALA NICOISE**Carol Davis, Burlington**

Tri-Sippian Club

1 medium onion, chopped
 1 clove garlic, minced
 3 Tbsp. oil
 2 pkg. (9 oz.) frozen green
 beans

1 can Italian tomatoes, drained
 1 tsp. leaf oregano
 1 tsp. salt
 1/4 tsp. pepper

(For hurry up - use 2 cans Del Monte seasoned green beans and 1 can Del Monte stewed tomatoes, drained and omit the garlic. I also use a pinch of Italian seasoning in place of the oregano.) Stir and simmer for half an hour.

FRENCH CUT GREEN BEANS CASSEROLE**Naomi A. Durr**

Naples, Florida

2 cans French cut green beans
 1 can (29 oz.) shoestring potatoes

1 can mushroom soup
 1 can small fried onions

Grease casserole.

1 layer of shoestring potatoes
 1 layer green beans

half can mushroom soup

2nd layer the same way, ending up with mushroom soup on top. Top with the fried onions. Bake in 350 degree for 1/2 hour.

GREEN BEAN CASSEROLE

Louise Dinneen

Clinton-Maquoketa Club

1 can (16 oz.) green beans
1 can French fried onions

1 can condensed cream of
mushroom soup
1/2 c. grated sharp cheddar
cheese

Alternate layers of drained beans (reserving 1/4 cup of bean liquid) and onions in a baking dish. Mix soup and bean liquid and pour over beans. Sprinkle with cheese. Bake in moderate oven, 350 degrees about 30 minutes, until heated through. 6 servings.

GREEN BEAN CASSEROLE

Louise Oeltjenbruns

Mason City Life Club

2 cans French style beans,
drained
1 can bean sprouts, drained

1 can water chestnuts, sliced
2 cans cream of mushroom soup

Bake 350 degrees for 1 hour. Last 15 minutes, top with dry onion rings.

BAKED BEETS

Betty Brown, Burlington

Tri-Sippian Club

Peel and slice raw beets. Halve the slices. Layer in casserole with some chopped onion. Salt and pepper to taste. Dot with butter. Bake covered 350 degrees for 30 - 45 minutes until tender but slightly crisp. (You'll never boil beets again!)

Recipe from "The Victory Garden".

GREEN TOMATO CRISP

Dorothy Kahler

Iowa City Club

4 c. peeled chopped green
tomatoes
1 c. granulated sugar
1/4 c. flour

1/4 tsp. salt
4 tsp. cinnamon
1 1/2 Tbsp. vinegar
1/4 c. water

Combine cinnamon, sugar and flour. Stir into the tomatoes. Add vinegar, salt and water and put into buttered dish.

Topping:

1 c. sifted flour
1/2 c. light brown sugar

1/2 c. rolled oats
1/2 c. melted butter

Combine oats and flour and sugar. Stir in melted butter with fork. Spread over tomato mix. Bake 30 to 40 minutes at 375 degrees.

ESCALLOPED CARROTS SUPREME**Roberta Beye**
Marshalltown Club

3 c. cooked mashed carrots	1 c. rich milk
2 Tbsp. finely chopped onion	1 small jar smoked or cheddar
16 crushed soda crackers	(softened) cream cheese

Mix all together thoroughly and pour in greased casserole. Dot with butter and bake 35 - 40 minutes at 350 degrees.

CARROT HOT DISH**Jackie & Bernie Moore**

4 c. cooked sliced, cooked carrots

Saute 1/2 medium onion in 1/2 cup butter.

2 slices bread crumbs	1/2 lb. Velveeta cheese
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Layer carrots, then cheese. Put bread crumbs on top. Pour butter mixture over top. Put in 1 1/2 quart casserole. Bake 30 minutes at 325 degrees. For large cake pan, make recipe 2 1/2 times larger.

CARROT CASSEROLE**Jeanne Graham**
Council Bluffs Reg. Club

2 lb. carrots, cleaned, sliced, parboiled and drained	1 small box (8 oz.) Velveeta cheese
1 stick oleo	1 Tbsp. onion flakes or minced

Mix together and bake 350 degrees for 15 minutes, covered and 15 minutes uncovered. Sprinkle crushed chips on top!

ZUCCHINI CASSEROLE**Lyman and Edna Fish**, Muscatine
Davenport Life Club

2 or 3 zucchini	3/4 tsp. salt
3 c. soft bread crumbs	1/8 tsp. pepper
1 medium onion, minced	2 Tbsp. butter

Cut up cheese (Parmesan) on top. Cut zucchini in cubes and cook until tender in salt water. Drain and add other ingredients. Place in buttered casserole. Sprinkle Parmesan cheese on top. Bake uncovered, at 450 degrees for 35 - 40 minutes until brown on top.

ZUCCHINI CASSEROLE**Vera Kimble**, Burlington
Tri-Sippian Club

1 1/2 lb. grated zucchini (do not peel)	1 c. soda cracker crumbs
1 1/2 Tbsp. chopped onion (more if desired)	1 egg, slightly beaten
	1/2 tsp. salt
	2 Tbsp. butter, melted

Combine all ingredients and put into a 1 1/2 quart buttered

casserole. Top with 1/2 cup soda cracker crumbs. Bake 1 hour at 325 degrees.

SUMMER SQUASH OR ZUCCHINI BAKE

Mimi Warner

2 lb. squash, sliced (6 c.)	1 c. shredded carrots
1/4 c. chopped onion	1 (8 oz.) pkg. herb seasoned stuffing mix
1 can cream of chicken soup	1/2 c. melted butter
1 c. sour cream	garlic salt to taste

Cook squash and onion in salted water until tender, drain. Combine soup and sour cream. Stir in shredded carrot, fold in cooked squash and onion. Combine stuffing mix and melted butter. Spread half of this mixture in a 12 x 7 x 2 inch baking dish. Spoon squash mixture on top. Sprinkle remaining stuffing mixture on top. Bake, uncovered, for 25 - 30 minutes at 350 degrees. Serves 6.

LAYERED ZUCCHINI CASSEROLE

Ann Delffs
Nishna Club

3/4 c. soft bread crumbs	1/2 tsp. salt
2 medium zucchini (sliced)	1/4 tsp. pepper
1 large onion (thinly sliced)	1/4 tsp. oregano leaves
2 medium tomatoes (peeled and sliced)	2 Tbsp. butter (melted)

Place 1/2 cup of crumbs in bottom of greased 1 1/2 quart casserole. Arrange zucchini, onion and tomato into layers, using half for each layer. Sprinkle each layer with salt and pepper and oregano. Top with remaining crumbs tossed with the butter. Bake uncovered at 350 degrees for 1 hour or until vegetables are tender.

RUTABAGA-SPINACH MEDLEY

Liz Fleming
Waterloo Regular Club

1 (12 oz.) pkg. frozen spinach souffle	1/4 tsp. salt
1 medium rutabaga (about 1 1/2 lb.)	1/8 tsp. nutmeg
	1/8 tsp. pepper
	1/3 c. butter

Thaw spinach souffle. Peel and cube rutabaga. Cook rutabaga, covered, in boiling salted water about 25 minutes or until tender. Drain well. In large mixer bowl, beat the rutabaga on medium speed of electric mixer until smooth. Beat in butter or margarine, salt, nutmeg and pepper. Fold in the thawed spinach souffle. Turn mixture into 1 1/2 quart casserole. Bake, uncovered, in a 375 degree oven for 35 to 40 minutes or until heated through. Makes 6 to 8 servings.

COPENHAGEN CABBAGE**Harriet S. O'Keefe**

4 c. cabbage	1 tsp. salt
1 lb. ground beef	1/8 tsp. cinnamon
1 (8 oz.) can tomato sauce	1/8 tsp. nutmeg
1/4 c. onion	

Brown meat and onion. Add spices to tomato sauce. Then add to meat and onion. Put layer of cabbage in greased casserole. Then layer of meat, etc. Bake 350 degrees 45 minutes to 1 hour.

BAKED CABBAGE**Joan Buwalda**

Marshalltown Club

1 small head cabbage	salt and pepper
1/4 c. butter or oleo	1/2 tsp. celery salt
1/4 c. flour	1 (8 oz.) jar process cheese spread
2 c. milk	4 strips bacon
	1 c. cubed bread

Cut cabbage into desired pieces. Simmer, covered, in small amount of water for 10 minutes. Melt butter over low heat. Add flour and blend. Add milk, salt, pepper and celery salt to the sauce. Bring to a boil, stirring constantly. Stir in cheese. Place cabbage in a greased 2 quart casserole. Pour sauce over top. Cook bacon, until crispy. Add bread cubes to bacon and drippings until coated well. Top casserole with bread and bacon. Bake at 350 degrees for 45 - 60 minutes.

SAUERKRAUT BAKE**Jane Slee**

West Point, Iowa

8 to 12 slices bacon	1 c. brown sugar
1 large onion	1 (#2 1/2) can whole tomatoes
1 (#2 1/2) can sauerkraut	

Fry bacon crisp. Drain and break in pieces. Chop onion and cook in bacon grease until transparent. Drain. Drain sauerkraut. Break up tomatoes. Mix all ingredients. Refrigerate overnight. Bake 400 degrees for 45 minutes. (Use fresh tomatoes in season.) It would also be good in a Crock Pot. Especially for fall.

SAUERKRAUT CASSEROLE**Lois Boulton**

Clinton-Maq. Club

1 (#303) can kraut, drained	1/2 c. chopped onion
1 (#303) can tomatoes, drained	1/2 c. brown sugar
1 c. diced bacon	

Cook bacon until crisp. Saute onion and drain thoroughly. Combine with other ingredients in casserole. Bake at 350 degrees for 1 hour. Baste with drained liquids if necessary.

SCALLOPED EGGPLANT**June Cornelius**
Des Moines Life Club

Serves 6.

1 large eggplant, peeled,
cubed (1/2 inch)

boiling salted water

Cook 15 minutes (about).

1 can (10 1/2 oz.) condensed
cream of mushroom soup1 1/4 c. dry prepared seasoned
herb stuffing

1/3 c. milk

1/3 c. melted butter

1 egg, slightly beaten

1/2 c. grated cheddar cheese

1/3 c. onion (minced)

Oven temperature: 375 degrees. Bake 30 minutes. Cook cubed eggplant in enough boiling salted water to cover until tender. Drain. Add combined soup and milk. Mix well. Stir in slightly beaten egg, onion and 1 cup of the prepared seasoned herb stuffing. Blend thoroughly. Pour mixture into a buttered baking dish or casserole. Top with the remaining 1/4 cup of herb stuffing which has been combined with the melted butter. Sprinkle top with grated cheese. Bake in a moderately hot oven until bubbly and cheese is melted.

FRENCH FRIED EGGPLANT**Mrs. Harold E. Rosenkild**
Mason City, Iowa

1 medium size eggplant

1 egg

1 c. milk

salt and pepper

Peel and slice eggplant. Soak in lightly salted water for 1 hour. Drain as dry as possible. Combine egg and milk. Dip eggplant, first in flour, then in egg-milk mixture, then in bread crumbs. Fry in deep fat.

ONION CASSEROLE**Bob and Jo Rice**
Des Moines Reg. Club

1 can mushroom soup

3 large onions

1 can cheddar cheese soup

3/4 or 1/2 bag potato chips

Spray 2 quart casserole. Chop onions. Add both cans of soup. Mix crushed chips and add to mixture. Bake 350 degrees for 45 minutes until golden brown. May also be made in Crock Pot.

SPICED BAKED ONIONS

3 large onions

1 tsp. salt

6 whole cloves

1/4 tsp. nutmeg

3 Tbsp. butter or margarine

dash cayenne

1 Tbsp. brown sugar

1/4 c. slivered almonds, toasted

Peel onions and cut crosswise in halves. Place in large saucepan with 2 inches boiling salted water. Bring to boil, cover and simmer 20 minutes or until onions are almost tender. Drain and insert a clove into each half. Place in baking dish. Melt butter. Add brown sugar, salt, nutmeg and cayenne. Drizzle over onions. Cover and bake at 325 degrees 45 minutes or until tender. Baste occasionally with glaze from bottom of dish. Sprinkle with almonds just before serving.

Write your extra recipes here:

BREAD
ROLLS
PIES
PASTRY.





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

BREAD, ROLLS, PIES, PASTRY

BANANA BREAD

3/4 c. ^{SUGAR}bananas
1/4 c. shortening
2 eggs
1 c. mashed bananas

Ruth M. Sherwood, Ft. Madison
Tri-Sippian Club

2 c. sifted flour
1/2 tsp. salt
1/4 tsp. soda
1 c. chopped walnuts

Mix sugar, shortening and eggs. Beat hard until light. Add mashed bananas. Stir in dry ingredients, sifted together and beat until nearly smooth. Add nuts and bake 350 degrees in greased pan (9 x 5 x 3 inch loaf pan) for 60 to 70 minutes. Cool on rack. Can be sliced warm.

BANANA NUT LUNCHEON BREAD

Jane Brisben

2 c. flour
1 tsp. baking powder

1/2 tsp. soda
1 tsp. salt

Cream half cup shortening and add 1 cup sugar, 2 eggs, beat well. Add one at a time. 1 cup mashed bananas. Mix well. Add dry ingredients. Fold in 1/2 cup chopped nuts. Put in 2 loaf pans. Let stand 20 minutes before baking in 350 degree oven for 60 minutes.

BANANA BREAD

Mrs. M. J. Harrington
Cedar Rapids Club

2 eggs
1 c. sugar
1/2 tsp. salt
3 bananas, mashed (or 4)
2 c. flour

1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
1/2 c. nuts

Cream shortening and add eggs. Blend in dry ingredients and then vanilla and bananas. Bake 1 hour at 350 degrees in glass pan. Makes 2 loaves.

AUNT ALMA'S BANANA BREAD

Dick Etzel (& Arlene)
Davenport Regular Club

1/2 c. shortening
1 1/2 c. sugar
1 c. mashed bananas
1 c. milk (fresh or sour)

1/2 Tbsp. baking soda
2 c. flour
1/2 c. chopped nuts (if desired)

2 EGGS

Mix shortening and sugar until smooth, add bananas and milk with baking soda. Mix in flour (then add nuts that have been dusted with flour). Bake 1 hour at 350 degrees. This makes a large bread. I use a long loaf pan or 2 small.

GUMDROP QUICK BREADBarbara Edmunds
Cedar Rapids Club

3 c. sifted flour	1 tsp. salt
3 1/2 tsp. baking powder	3/4 c. sugar

Sift.

1/2 c. chopped nuts	1 egg
1/2 c. raisins	2 Tbsp. shortening
1 c. cut up gum drops or orange slices	1 1/2 c. milk

Bake in oiled loaf pan. 350 degrees for 1 hour.

PUMPKIN BREADBernetta Koehn
Clinton-Maquoketa Club

3 c. sugar	1 tsp. nutmeg
1 c. cooking oil	1/2 tsp. baking powder
4 eggs	2 tsp. soda
1 (#303) pumpkin can	2 tsp. salt
2/3 c. water	1 c. raisins
2 tsp. cinnamon	1/2 c. nuts
3 1/2 c. flour	

Blend sugar, oil, eggs, pumpkin and water. Mix well. Stir in dry ingredients. Mix well. Bake in 2 or 3 (9 1/2 x 5 1/2 inch) pans at 350 degrees for 45 to 50 minutes until toothpick tests clean.

POPPY SEED BREADJoan Buwalda
Marshalltown

3 c. flour	1 1/3 c. oil
1 1/2 tsp. salt	1 1/2 Tbsp. poppy seed
1 1/2 tsp. baking powder	3 eggs
2 1/2 c. sugar	1 1/2 tsp. vanilla
1 1/2 c. milk	1 1/2 tsp. almond extract

Beat all ingredients together for 2 minutes. Pour into 3 small loaf pans and bake at 350 degrees for 55 minutes or until done when tested with toothpick. Freezes well.

LEMON POPPY SEED BREADIrene McVenes
Des Moines, Iowa

1 pkg. lemon cake mix Pillsbury plus 3 oz. pkg. instant lemon pie filling	1/2 c. oil
1 c. water	1/4 c. poppy seed
	4 eggs

Mix all together. Bake in 2 loaves, 8 x 4 inch pans, 350 degrees 45 minutes approximately.

MONKEY BREAD

Helen Figgins

4 cans rolls (Pillsbury)
3/4 c. white sugar

1 1/2 Tbsp. cinnamon

Mix together in a bowl the sugar and cinnamon. Cut each roll into fourths and roll into a ball, then roll the ball in the bowl of sugar and cinnamon. On bottom of cake pan (angel food or bundt pan) grease lightly. You can use pecan nuts or raisins if you wish. Put rolled balls on top.

Syrup:

1 c. margarine
1 c. white sugar

1/4 c. brown sugar
1/4 c. milk

Mix together, boil for a few minutes. Pour over rolls. Bake in 350 degree oven for 1/2 hour or until done. Cool before removing from pan.

REFRIGERATOR DOUGH

Ann Rowe

2 pkg. dry yeast
1/2 c. sugar
2 sticks margarine
2 unbeaten eggs

1 c. lukewarm water
1 tsp. salt
1 c. cold water
6 c. flour

Dissolve yeast, warm water and sugar in large bowl. Mix. Add salt, melted margarine and cold water. Add unbeaten eggs. After all ingredients are mixed together, add flour, one cup at a time and mix well after each addition. Place dough covered in refrigerator for at least 2 hours, preferably overnight. Form in desired shape as soon as dough is taken from the refrigerator. Use a little flour on hands. Grease and let rise for 1 - 1 1/2 hours or until double in size. Bake at 425 degrees for 10 - 15 minutes. I use this dough for cinnamon and pecan rolls.

BEER BREAD

3 c. self-rising flour
3 Tbsp. sugar

1 (12 oz.) can beer

Stir flour and sugar together. Add beer and mix. Do not over-mix. Bake in 375 degree oven. Makes one 9 1/2 x 5 1/2 inch loaf of bread or three 3 1/4 x 6 inch loaves. Large loaf bakes for approximately 1 hour. Small loaves from 35 - 40 minutes. Remove from pans and cool.

Makes one loaf.

2 1/4 to 2 3/4 c. unsifted white flour	1 Tbsp. margarine
1 1/4 c. whole wheat flour	2 pkg. dry yeast
3/4 c. beer	1/2 c. warm water (105 - 115 degrees)
4 Tbsp. honey	2 tsp. salt
	1/2 tsp. garlic powder

Mix 1 1/2 cups white flour and whole wheat flour. Heat beer, honey and margarine until warm (105 - 115 degrees). Dissolve yeast in warm water in large warm bowl. Add warm beer mixture, salt, garlic powder and 1 1/2 cups flour mixture. Beat until smooth. Stir in remaining flour mixture and enough additional white flour to make a soft dough. On floured board, knead until smooth, about 4 minutes. Shape into a ball. Place in a greased 8 inch round pan, turning to grease top. Flatten to fit pan. Cover. Let rise in warm, draft-free place 45 minutes. Bake at 375 degrees for 25 - 30 minutes or until done. Remove from pan. Brush with additional margarine if desired. Cool on rack.

CINNAMON ROLLS

John Roarty

1 can milk and enough water to make 3 c.	
1 c. shortening	2 pkg. dry yeast
1 c. sugar	melted oleo
3 tsp. salt	brown sugar
8 or 9 c. flour	cinnamon
4 eggs	raisins

Pour hot milk over sugar, shortening and salt. When lukewarm, add 4 cups flour and eggs. Beat well. Dissolve yeast in 1/4 cup warm water and 1 teaspoon sugar. Add. Add more flour until beaters won't go. Knead and let raise 2 times. Roll out and brush oleo, brown sugar, cinnamon and raisins. Roll and cut. Place in greased pans. Let raise. Bake and frost. 350 degrees for 30 minutes is baking time.

CINNAMON ROLLS

Ag Gradoville

Large recipe--can be frozen.

15 c. unbleached flour	2 or 3 eggs
1/4 lb. lard (or margarine)	3 Tbsp. dry yeast
1 c. sugar	3 c. warm milk
1 Tbsp. salt	1 c. lukewarm water (I use potato water)

Dissolve yeast in warm water. Mix together lard, sugar, salt and

warm milk, add dissolved yeast, eggs. Gradually beat in flour. Knead if you can or beat vigorously. Put in large greased container to rise until doubled in bulk. Cover. Remove dough which can be rolled into a piece about 8 x 20 inches. Brush with melted margarine and sprinkle with combination of cinnamon and sugar. (Melt 1/4 pound margarine at a time. Also, I combine a bowl of sugar and cinnamon, portioned to your taste.) Fold over to be 8 x 10 inch. Cut off strips on the 8 inch side about 1/2 inch and twist in fingers to form a "rosette" type of roll. Put on large greased pan or cookie sheet to rise. Bake until they look done, around 375 degrees or 400 degrees.

POCKET BOOK ROLLS

Edna May McCoy

Clinton-Maquoketa Club

1 yeast dissolved in 1/2 c. warm water and 1/2 tsp. sugar

Let stand 15 minutes. Scald 1 1/2 cups milk. Cool. Add:

4 Tbsp. sugar	1 beaten egg
4 Tbsp. butter, melted	4 c. flour
1 tsp. salt	

Knead into soft dough. Let rise double in bulk. Knead down and let rise again. Can be made in Parker House rolls by rolling out on board. Cut with 3 inch cutter, crease and fold over butter top. Let rise double. Use more flour for handling.

JUMER-LIKE ROLLS

Alice Beckman, Burlington

Tri-Sippian Club

1 pkg. dry yeast	1 stick melted margarine
3 c. Bisquick	1 c. granulated sugar
1/4 c. warm water	1 tsp. cinnamon
1/2 c. cold water	

Dissolve yeast in warm water and let stand 10 minutes. Add cold water and pour over Bisquick. Mix well. Divide dough in four parts and roll each part into 4 x 12 inch rectangle. Mix together the cinnamon and sugar. Spread melted margarine and then sugar and cinnamon and roll up like jelly roll and cut each into 12 pieces. Lay rolls flat in greased 9 x 13 inch pan. Put remaining melted margarine over top of rolls and sprinkle with remaining sugar-cinnamon mixture. Bake 350 degrees for 20 minutes. Recipe makes 48 little rolls.

KOLACHES

Marlene Spicher

1 pkg. active dry yeast	1/4 c. sugar
1 1/3 c. warm milk	2 egg yolks
1 1/3 c. melted shortening	3/4 tsp. salt
	3 1/2 c. flour

Dissolve yeast in 1/3 cup milk. Beat remaining milk, shortening, sugar, egg yolks, salt together and add to yeast mixture. Blend well.

(Cont.)

Add flour and knead in bowl for 8 minutes. Grease top of dough and let raise until double. Punch down. Shape into balls size of walnuts. Place on greased cookie sheet and let double. Indent and fill. Let double again. Bake at 400 degrees until brown (about 10 minutes).

SWEET ROLLS BASIC RECIPE

Barbara Edmunds
Cedar Rapids

2 c. milk	6 c. flour
1/2 c. sugar	2 pkg. dry yeast
1/2 c. butter	2 whole eggs + 2 egg yolks
1 1/2 tsp. salt	

1. Measure in pan: 2 cups milk, 1/2 cup sugar, 1/2 cup butter, 1 1/2 teaspoons salt. Warm at low heat to 120 to 130 degrees.

2. Measure 3 cups of flour into mixing bowl.

3. Add 2 packages dry yeast. Blend.

4. Pour warmed pan contents into mixing bowl. Blend with mixer.

5. Add eggs. Beat at high speed 3 minutes.

6. Add any fruits and nuts here, if recipe calls for them.

7. Add remaining 3 cups flour, gradually; switching to wooden spoon as batter becomes too thick. Mix well.

8. Let rise in warm place; double in bulk, covering bowl. (Large Tupperware bowl with seal is excellent. Will rise in 1/2 hour and lid will pop off when ready.)

9. Dough ready to use. Do not knead. Form in desired shape on floured board. Can be refrigerated overnight to use later. Let formed rolls, bread, etc. rise again before baking.

To make Cinnamon Sugar Knots:

Pinch off small amounts of dough, roll out on floured board, about cigar size. Dip in melted butter (all over) and then in cinnamon, sugar, coconut mixture. Easily tie in knot. Place on foil lined cookie sheet. Let rise double. Bake 350 - 375 degrees until nicely browned. Frost when hot.

SWEET ROLLS IN A RING

Grace Zellers

Use a ring jello pan. Melt 1/2 cup oleo. Mix 2 tablespoons melted oleo, 2 tablespoons milk, 2/3 cup brown sugar and 1/4 cup pecans in the bottom of the ring mold. Mix 1 cup white sugar and 1 tablespoon cinnamon.

2 cans Pillsbury buttermilk biscuits

Dip each biscuit in melted butter, then in sugar-cinnamon mix. Stand each biscuit on edge in the ring. Sprinkle any sugar-cinnamon left on the top. Bake at 350 degrees until done.

SWEET ROLLS

Verona Fee
Vinton

1 pkg. Jell-O vanilla pudding and 2 c. milk
pie mix (not instant)

Cook according to pudding directions on box. Add 1 stick butter or margarine. Cool. Beat:

2 eggs
1/4 c. sugar

1 tsp. salt

Add to cooled pudding mixture. Dissolve 2 packages or 2 tablespoons yeast in 1/4 cup warm water. Add to first mixture. Add 3 1/2 to 4 cups flour to make soft dough. Keep adding flour until you can knead it. Knead about 8 minutes. (Takes about 8 cups of Gold Medal flour). Keep adding a little flour as you knead it. Place in a greased bowl, turn to grease all sides. Let rise in warm place, about 1 hour or until double in bulk. Shape rolls as you wish and place on greased baking pans. Let rise 45 minutes. Bake at 350 degrees for 15 - 20 minutes. Brush tops with melted butter.

ONION SOUP BREAD

Charlotte Carlson
Council Bluffs Club

2 pkg. dry yeast
2 c. warm water
1 envelope Lipton's dry onion
soup
1/2 c. white sugar

2 Tbsp. dark molasses
1 tsp. salt
1 egg
1/3 c. soft shortening
6 to 6 1/2 c. flour

Dissolve yeast in warm water. Add onion soup, sugar, molasses. Add flour. Knead until satiny. Turn into greased bowl. Cover with cloth and let rise in warm place until double. Punch down and let rise again 30 minutes. Shape into loaves. Let rise double in bulk. Bake 30 minutes in 375 degree oven. Grease top with shortening and cool on wire racks.

ONION BATTER BREAD

Joan and Kenneth Brekke
Cedar Rapids Reg. Club

1 c. milk
1/4 c. sugar
2 tsp. salt
1/4 c. butter

1/2 c. very warm, but not hot water
2 cakes active dry yeast
1 egg
4 1/2 c. flour
1 c. French fried onions

Scald milk, remove from heat and add sugar, salt and butter. Cool to lukewarm. Dissolve yeast in the warm water. Stir until dissolved. Stir in lukewarm milk, egg and 3 cups flour. Beat until very smooth, this can be done with most electric mixers. Stir remaining flour with wooden spoon. Cover and let rise in warm place until double in bulk, about 1 hour. Dough should be bubbly and light. Crumble French-fried onions and mix into the batter, then turn it into

(Cont.)

2 greased 1 1/2 quart casseroles. Bake immediately, uncovered, at 350 degrees for 40 - 45 minutes, in preheated oven.

ONION-DILL RING

Maxine Busche, Carroll
Club 71

1 lb. loaf frozen bread dough 1 to 2 Tbsp. minced onion
3 Tbsp. melted butter 2 tsp. dill weed

Thaw bread at room temperature. Cut loaf into 24 equal pieces. In greased ring mold, place 12 pieces of dough in one layer. Brush with half the butter. Sprinkle with half the onion and dill weed. Place remaining pieces in second layer. Brush with butter and sprinkle with remaining dill and onion. Let rise until double. Bake at 350 degrees for 20 - 25 minutes until golden brown.

DILLY BREAD

Barbara Edmunds
Cedar Rapids Reg. Club

1 pkg. yeast 1 Tbsp. butter or margarine
1/4 c. warm water 2 tsp. dill weed
1 c. creamed cottage cheese 1 tsp. salt
(heated to lukewarm) 1/4 tsp. soda
2 Tbsp. sugar 1 egg (unbeaten)
1 Tbsp. instant minced onion 2 1/4 - 2 1/2 c. flour

Soften yeast in water. Combine in mixing bowl cottage cheese, sugar, onion, butter, dill weed, salt, soda, egg and softened yeast. Add flour to form a stiff dough. Cover. Let rise in warm place until light and doubled in size 50 - 60 minutes. Stir down dough. Divide into 2 portions. Turn into well greased loaf pans. Let rise in warm place until light 30 to 40 minutes. Bake at 350 degrees for 40 - 50 minutes until golden brown. Brush with soft butter and sprinkle with salt.

BREAKFAST ROLLS

Peg Chaney

2 pkg. frozen bread rolls (24) 1 c. brown sugar
1 stick oleo

Melt oleo and brown sugar together.

1 pkg. butterscotch instant pudding

Grease bundt pan. Sprinkle pecans on bottom. Put in 1/2 of the rolls (12). Drizzle 1/2 of brown sugar and oleo mixture. Repeat above. Sprinkle pudding over. Cover with Saran Wrap and leave out overnight. Bake at 350 degrees for 30 minutes next morning. Excellent for overnight company.

BUTTER ROLLS

Mrs. Reece Schmitz
Hamilton, Ill.

5 c. flour 2 pkg. yeast
1 tsp. salt 1 c. lukewarm water

Melt shortening in boiling water. Cool to lukewarm, add canned milk. Add eggs, nutmeg, sugar and salt. Mix in yeast which has been dissolved in 1/2 cup warm water. Add flour slowly. Knead 5 minutes. Let rest 10 minutes. Roll to 1/4 inch, cut into 1 x 6 inch strips. Let rise until double; cook in 400 degree fat until golden brown. Frost.

WHITE BREAD

Evalotte M. Berl, Boone
Ames-Boone-Perry Club

Takes 3 hours.

1 pkg. dry yeast	3/4 c. whole milk
3 Tbsp. sugar	1 1/2 tsp. salt
1/2 c. lukewarm water	1 large egg, beaten
1/2 stick sweet butter	4 c. unbleached all purpose flour

Dissolve the yeast and 1 tablespoon of sugar in the water which should be 85 degrees F. Let the mixture set for about 10 minutes (bubbles will indicate active yeast). Heat the milk and butter in a small saucepan until the butter is melted. Set aside. Measure the remaining 2 tablespoons of sugar and the salt into a large bowl. Pour in the milk-butter mixture; blend well with a wooden spoon. Add the beaten egg and 1/2 cup of flour. The temperature of the mixture should be about 105 degrees. Beat vigorously for 3 minutes or 300 times with the wooden spoon. (The beating can be done with the dough hook attachment of a mixer.) Add the rest of the flour to make a soft dough. Lift the dough from the bowl and knead on a floured board until blisters appear on the dough's surface and the dough is elastic. Shape the dough into a ball; return it to the bowl and butter the surface. Cover with wax paper. Let rise for 1 hour in a warm place (100 - 110 degrees) until double in size. Punch dough down and knead lightly. Divide the dough into two and shape to fit 2 well-greased and floured loaf pans. Again, grease surface of dough with butter; cover lightly with wax paper. Let rise for 1 hour. Meanwhile, preheat oven to 400 degrees. Bake 30 to 35 minutes. Loaf should be golden brown and sound hollow when tapped on the bottom.

ZUCCHINI BREAD

Deloris Strong

3 eggs	3 c. sifted flour
1 c. oil	1 Tbsp. cinnamon
2 1/4 c. sugar	1 tsp. soda
2 c. peeled, grated zucchini	1 tsp. salt
1 Tbsp. vanilla	1 1/4 tsp. baking powder
1/4 tsp. black walnut flavoring	1 c. nuts (optional)

Beat eggs, continue beating and add oil, sugar, zucchini and flavorings. Sift dry ingredients together. Add to first mixture. Fold in nuts, if desired. Spoon into 3 greased and floured bread pans. Bake 350 degrees for 1 hour or golden brown on top. Cool on rack. Delicious with just butter. Fine with cheese spread. Freezes very well.

PINEAPPLE ZUCCHINI BREAD

Helen Houchins
Sioux City Life Club

3 eggs	3 c. flour
2 c. sugar	1 tsp. salt
2 tsp. vanilla	1 tsp. soda
1 c. oil	2 c. zucchini, peeled, grated and drained
1 c. crushed pineapple, drained	

Beat eggs, sugar, vanilla and oil until fluffy. Add zucchini and dry ingredients. Stir in pineapple. Mix well. Bake in 2 greased and floured loaf pans, 325 degrees for 1 hour.

ZUCCHINI BREAD

Luff E. Payne
Council Bluffs Club

2 loaves.

3 eggs	1 c. nuts, chopped
1 c. oil	1 tsp. salt*
2 c. sugar	2 tsp. soda*
2 c. zucchini, grated, not peeled	1 1/2 tsp. cinnamon*
2 tsp. vanilla	3/4 tsp. nutmeg*
1 small (8 1/2 oz.) (crushed) can pineapple (well drained)	1/2 tsp. baking powder*
1 c. raisins	3 c. flour*

Mix eggs and oil. Add sugar, zucchini and vanilla. Mix together lightly and until foamy. Add pineapple and raisins and nuts. Mix together dry ingredients with flour and blend*. Pour into regular loaf pans and bake 325 degrees for 1 hour. Grease and flour pans. I prefer to put flour and dry ingredients in a plastic sack and knead to mix*. Ovens are not all the same. I use about 1 hour and 10 - 15 minutes.

ALMOND COFFEE CAKE

Catherine Potter

Crust:

1 c. flour	2 Tbsp. water
1 stick oleo	pinch of salt

Mix like pie crust, divide in half, pat each in strip 3 x 12 inch on cookie sheet.

2nd Layer:

Bring to a boil 1 cup water and 1 stick oleo. Add 1 cup flour all at once. Beat hard like cream puff dough. Add 1 teaspoon almond flavoring, then add 3 eggs, one at a time. Beat well and fast after each. Spread evenly on both strips. Bake 350 degrees for 45 minutes.

(Cont.)

Frost:

1 c. powdered sugar
1 Tbsp. oleo

1/2 tsp. almond flavoring
enough cream to spread

Sprinkle with slivered almonds.

DATE ORANGE BREAD

Clara Adamson, Burlington
Tri-Sippian Club

1 medium sized orange
1 c. dates
boiling water
1 tsp. baking soda
1 c. sugar
2 Tbsp. shortening

1 tsp. vanilla
1 egg, well beaten
2 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. chopped nuts

Squeeze juice from orange. Add enough boiling water to make 1 cup. Grate 1/2 teaspoon orange rind. Add this and cut up dates to the juice. Stir in combined soda and sugar. Add shortening and vanilla. Add egg, then sifted flour with baking powder and salt. Beat well and stir in nut meats. Place in greased tins and bake in moderate oven (350 degrees) for 50 minutes.

APPLE BREAD

Jake Laughlin
Des Moines Reg. Club

2 c. sugar
1 c. oil
3 eggs
3 c. flour
1 tsp. salt

1 tsp. cinnamon
1 tsp. soda
2 tsp. vanilla
1 c. nuts
3 c. chopped apples

Beat first 3 ingredients together. Sift flour, salt, cinnamon and soda. Add to first ingredients. Add vanilla, apples and nuts. Put in 2 greased loaf pans. Sprinkle tops with white sugar. Bake 1 hour at 325 degrees or until done.

CHERRY NUT BREAD

Helene Beyers

1/2 c. shortening
1 c. sugar

2 eggs

Add alternately with juice:

2 c. flour
1 tsp. baking powder

1/2 tsp. salt

1/2 c. cherry juice
1/2 c. nuts

1 (8 oz.) jar maraschino chopped
cherries
1 tsp. vanilla

Bake 350 degrees for 1 hour.

STRAWBERRY BREAD

Sharon Norton

Club 71

2 c. sugar	1 tsp. soda
4 eggs	1 tsp. salt
1 1/2 c. Crisco oil	1 tsp. cinnamon
3 c. flour	

Mix above ingredients together and add 2 (10 oz.) boxes frozen strawberries, thawed. Do not drain. Makes 3 medium size loaves. Bake 350 degrees about 1 hour or until tests done.

ZUCCHINI BREAD

Frank Edmunds

Cedar Rapids Reg. Club

Bake at 350 degrees for 1 hour.

3 eggs, beaten	1 tsp. salt
2 c. sugar	1/2 tsp. baking powder
1 c. cooking oil	2 tsp. soda
2 c. grated zucchini (do not peel)	2 1/2 c. flour
3 tsp. vanilla	2 tsp. cinnamon
	1 c. nuts

Beat eggs and sugar, add oil slowly. Add zucchini, vanilla. Mix with spoon, stir in dry ingredients until blended only. 2 pans. I decrease flour 1/2 cup and add oatmeal for crunchiness and added food value in most of my bread recipes.

MANDARIN ORANGE BREAD

Frank Edmunds

Cedar Rapids Club

1 c. sugar	1/2 c. shortening (corn oil)
1 tsp. soda	2 eggs
2 c. flour	1/2 c. undiluted frozen orange juice
1/2 tsp. salt	1/2 c. buttermilk
1 can mandarin oranges, drained	

Sift dry ingredients. Make a well, add other ingredients. Grease and flour 3 or 4 small pans (depending on size). Bake 325 degrees 1 hour. Cool 5 minutes. Spoon glaze on top and sides while still hot.

Glaze:

1/4 c. frozen orange juice	3/4 c. powdered sugar
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DELICIOUS COFFEE CAKE

Mariedith Winner

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

(Cont.)

Sift flour, baking powder and salt. Add remaining ingredients and mix well. Spread half of mixture in bottom of greased and floured 9 x 13 inch pan. Spread can of pie filling over this (your choice). Then spread rest of batter over this with teaspoon. Mix 1 teaspoon cinnamon with 1 1/2 teaspoons of sugar and sprinkle on top of batter. Bake at 350 degrees for 30 minutes.

BLUEBERRY COFFEE CAKE

Marie Poggenpohl
Iowa City Club

Cream together:

3/4 c. sugar
1/4 c. soft oleo

1 egg

Stir in:

1/2 c. milk
2 c. flour

2 tsp. baking powder
1/2 tsp. salt

Add 2 cups blueberries. Combine and sprinkle on top:

1/3 c. flour
1/2 c. sugar

1/4 c. butter
1/2 tsp. cinnamon

Bake 375 degrees for 25 - 30 minutes in greased 9 inch pan or 7 inch pan.

OVERNIGHT COFFEE CAKE

Harriet Dabler

3 oz. pkg. instant butterscotch pudding
1 1/2 pkg. frozen bread biscuits (18)

1/2 c. butter
1/2 c. brown sugar
chopped pecans

Generously butter round or bundt pan. Put frozen biscuits in single layer in bottom of pan. Sprinkle dry pudding mix over top of frozen biscuits. Bring to boil butter and brown sugar. Drizzle while hot over top of pudding and biscuits. Cover with waxed paper and leave on table overnight to raise. Bake 350 degrees for 25 - 30 minutes. Do not overbake. Invert immediately.

CHERRY PIE COFFEE CAKE

Helen Anderson
Ames-Boone-Perry Club

1 c. oleo, room temperature

1 3/4 c. white sugar

Whip together. Add:

4 eggs, one at a time

1 1/2 tsp. vanilla

Mix together (will be thick) and add to above mixture.

1 1/2 tsp. soda
3 c. flour

1/2 tsp. salt

Grease and flour jelly pan. Spread a thin layer of dough. Then spread pie filling. Top with rest of mixture. Bake 350 degrees for 20 - 25 minutes. Test the center of the coffee cake for doneness so it isn't doughy. Cool. Frost with a thin powdered sugar frosting (without oleo). Drizzle over top. Can be frozen.

SOUR CREAM COFFEE CAKE

Carol Hill

1 box yellow cake mix	1 carton sour cream
1 box vanilla instant pudding	4 eggs
1/2 c. cooking oil	

Mix first 5 ingredients for 5 minutes with electric mixer. Put half of mixture in an angel food cake pan. Spread filling evenly around and then put remaining mixture on. Bake for 1 hour at 350 degrees. Let cake cool 15 minutes before removing from pan. Sprinkle powdered sugar on bottom of cake after dumping cake out.

Filling:

1/2 c. white sugar	1 Tbsp. butter
1 Tbsp. flour	1 tsp. vanilla
1 tsp. cinnamon	

GERMAN COFFEE CAKE

Alice Otto, Burlington
Tri-Sippian Club

2/3 c. butter	2 c. sifted cake flour
1 1/3 c. crystalline Fructose	1 1/2 tsp. baking powder
3 eggs, separated	pinch of salt
1/2 tsp. vanilla	2/3 c. milk
1/2 tsp. almond extract	almonds to garnish

Cream butter and crystalline Fructose until light and fluffy. Add egg yolks separately, beating well after each addition. Mix in extract and vanilla. Mix together flour, baking powder and salt. Add flour mixture and milk alternately to creamed mixture. Fold in stiffly beaten egg whites. After greasing and flouring bundt pan, imbed an almond in each crease of the pan. Pour batter into pan and bake at 350 degrees for 45 minutes.

Note: If using fructose corn syrup, substitute 8 oz. fructose corn syrup for 1 1/3 cups crystalline fructose and substitute 2 2/3 tablespoons non-fat dry milk and 5 1/3 tablespoons water for 2/3 cup milk. Proceed as above. Bake at 300 degrees if using colored acrylic enameled bundt pan.

PEANUT BUTTER PIE

Carol Hill

1 large Cool Whip	1 c. powdered sugar
6 oz. cream cheese	2 graham cracker crusts
3/4 c. creamy peanut butter	

(Cont.)

Whip together as written in order. Pour into shells and refrigerate. Serve each piece with chocolate syrup. Enjoy it!

BANANA CREAM PIE

Willa Sommerfeld, Burlington
Tri-Sippian Club

3/4 c. sugar	2 egg yolks
2 Tbsp. flour	2 c. milk
2 Tbsp. cornstarch	1 tsp. vanilla
1/4 tsp. salt	1 small tsp. butter

Slice bananas to cover bottom of baked crust. Combine sugar, flour, cornstarch and salt and blend well. Blend in about 1/2 cup of the cold milk to flour mixture and then blend in beaten egg yolks. When well blended, add to other milk which had been brought to a scalding point in top of double boiler. Cook over medium flame until thick. Remove from stove and add vanilla and butter. Cool. Put a little of filling in baked crust first and then sliced bananas. Pour rest of cream filling. Cover and top lightly with meringue.

Meringue:

2 egg whites	1/2 tsp. vanilla
2 Tbsp. powdered sugar	

Beat egg whites until stiff and add sugar, a little at one time. Add vanilla. Place in moderate oven until meringue is browned.

PEANUT BUTTER - CREAM CHEESE PIE Louise Oeltjenbruns Mason City Life Club Pres.

1 large pkg. cream cheese (8 oz.)	3/4 c. peanut butter
1 c. powdered sugar	2 - 3 Tbsp. milk
1 (9 oz.) pkg. Cool Whip	1 (9 inch) graham cracker pie shell

Beat cream cheese and sugar, add peanut butter and milk. Beat until smooth. Fold Cool Whip into peanut butter mixture. Turn into prepared crust. Chill 5 - 6 hours, or overnight. Sprinkle with chopped peanuts. Very different, and rich.

GRASSHOPPER PIE

Rosie Baker

16 Oreo cookies, crushed

Melt 3 tablespoons oleo. Mix together and press in pie pan. Melt 16 large marshmallows in 1/3 cup of milk. Cool. Whip 1 cup whipped cream or 1 package Dream Whip and fold into marshmallows with 1 jigger of cream de Cacao. Put all in pie tin and sprinkle a few Oreo crumbs on top. Chill 4 to 6 hours.

PECAN PIE**Burney and Eleanor Daniel, Spirit Lake
L. Sx. Valley Club**

1 c. white sugar	3 eggs
1 c. white Karo syrup	3/4 c. pecans, halved
2 Tbsp. flour	

Mix sugar, flour, syrup and eggs. Add pecans and pour in an unbaked 9 inch pie shell. Pecans will come to the top so if you want to add a few more you can add, just stir them in then. Bake in oven 375 degrees until knife comes out clean - 45 - 60 minutes.

PLUM GOOD PIE**Rita Swearingen, Carroll
Club 71**

3 c. sliced Italian prunes (about 24)	2 Tbsp. butter
1 c. sugar	1/2 tsp. nutmeg
1/2 tsp. cinnamon	2 Tbsp. lemon juice
salt	3 Tbsp. cornstarch

Pastry for double crust or lattice top (9 inch crust). Bake 425 degrees for 15 minutes, reduce to 350 degrees until brown and fruit tender. Brown sugar instead of white or half of each is good.

JAPANESE FRUIT PIE**Betty Nickel**

1 c. sugar	1/2 stick margarine
2 eggs	

Beat until mixed well. Add:

1 Tbsp. vinegar	1/2 c. raisins
1/2 c. coconut	1/2 c. chopped pecans

Mix well, pour into unbaked 8 inch pie crust. Bake 30 minutes at 350 degrees.

CARAMEL PIE**Marcia Zimmerman**

1 c. sugar, burned (with a little water)	1/2 c. sugar
2 eggs, beaten	3 c. milk, poured into burned sugar
2 Tbsp. flour	

When smooth, add other ingredients. When thick, add 1/2 teaspoon vanilla. Pour into crust and cover with whipped cream when cool.

OUT OF THIS WORLD PIE**Roberta Beye
Marshalltown Club**

1 can cherry pie filling	3/4 c. sugar
1 large can crushed pineapple and juice	

(Cont.)

1 Tbsp. cornstarch
1 tsp. red food coloring
1 box (3 oz.) raspberry jello

6 bananas
1 c. chopped pecans
2 baked pie shells

In a saucepan, combine pie filling, sugar, pineapple and juice, cornstarch and food coloring. Cook until thick. Remove from heat, add jello and cool. Add bananas and pecans. Pour in baked pie shells. Top with Cool Whip and chill.

RAINWATER PIE

Kay Ohrt

Iowa City Club

1 1/4 c. white sugar
2 heaping Tbsp. cornstarch

pinch of salt
2 c. hot water
1 tsp. vanilla

Sift dry ingredients and add water. Boil mixture until clear (10 - 15 minutes) and add vanilla. Beat 3 egg whites and pour cooked mixture into beaten whites. Cool and pour into baked pie shell. Cover with sweetened whipped cream.

CHESS PIE

Inez Rohenkohl

Marshalltown Club

1 c. sugar
2 eggs
1 c. raisins

10 walnut halves
6 Tbsp. milk
2 Tbsp. butter or margarine

Beat eggs and sugar; add rest of ingredients and put in unbaked shell. Bake at 375 degrees until stiff.

SODA CRACKER PIE

Mrs. Larry Johnson

Sioux City Reg. Club

3 egg whites, beaten stiff

Gradually add 1 cup sugar. Stir in 14 soda crackers, crushed into egg whites. Add 1/2 teaspoon baking powder and 1/2 cup nuts. Bake for 30 minutes at 325 degrees. Place sliced peaches in pie shell, top with Cool Whip. Refrigerate for 2 hours before serving. Other fresh, frozen, or canned fruit may be used--strawberries, etc.--the choice is yours.

IMPOSSIBLE PIE

Jan Espinosa

Council Bluffs Club

1 c. coconut
3 eggs
1/4 c. butter
1/2 c. flour
1/2 tsp. baking powder

1 c. sugar
1/4 tsp. salt
1 tsp. vanilla
1/4 tsp. grated lime peel
2 c. milk
3 Tbsp. coconut flavored rum
(optional)

Put all ingredients in blender and blend 30 to 45 seconds.

Pour in a well buttered 10 inch pyrex dish and bake at 350 degrees for 1 hour. Do not open oven door while baking.

Note: If desired, serve with whipping cream mixed with grated lime and 3 tablespoons powdered sugar for topping.

IMPOSSIBLE COCONUT PIE

Helen Zelle

Des Moines Life Club

2 c. milk	4 eggs
3/4 c. sugar	1 1/2 tsp. vanilla
1/2 c. Bisquick baking mix	1 c. flaked or shredded coconut
1/4 c. margarine or butter	

Heat oven to 350 degrees. Lightly grease pie plate. Place all ingredients in blender container. Cover and blend on high speed for 15 seconds. Pour into pie plate. Bake until golden and knife inserted in center comes out clean, 50 - 55 minutes. Refrigerate any remaining pie.

Variations:

Impossible chocolate pie: Add 2 tablespoons cocoa.

Impossible fruit pie: Use 10 inch pie plate. Cool pie. Spread 1 can (21 oz.) fruit pie filling over top. Refrigerate at least 2 hours.

Impossible lemon pie: Use 10 inch pie plate. Add 1/4 cup lemon juice.

Impossible macaroon pie: Do not blend coconut; sprinkle over top of pie before baking.

DELICIOUS SOUTHERN COCONUT PIE

Willa Sommerfeld, Burlington

Tri-Sippian Club

1 unbaked (8 inch) pie crust	3 Tbsp. melted butter
1 can Angel Flake coconut (1 1/2 c.)	1/2 c. sugar
3 eggs, slightly beaten	1 c. dark Karo syrup

Blend and stir in eggs, butter and 1 teaspoon vanilla. Then add coconut and pour into crust. Bake 350 degrees for 50 minutes.

CREAM PIE

Marcia Zimmerman

3/4 c. sugar	1/2 tsp. vanilla
2 Tbsp. flour	1 pt. sweet cream
2 egg whites	nutmeg on top

Don't bake crust first. Mix the flour, sugar first, then add the cream. Beat the egg whites until they come to a peak, then add them and the vanilla. Pour it in the pie pan and put nutmeg on top. Bake 10 minutes (450 degrees) and then 25 minutes at 325 degrees.

CRUSTLESS CUSTARD PIE**Inez Rohenkohl**
Marshalltown Club

1/2 c. sugar	2 c. milk
4 Tbsp. flour	1 tsp. vanilla
4 eggs	pinch of salt

Mix sugar, flour and eggs with beater; add milk, vanilla and salt. Grease 9 inch pie pan well; pour mixture into pan. Sprinkle with nutmeg. Bake at 350 degrees about 45 minutes or until knife comes out clean. It will make its own crust.

ELDERBERRY APPLE PIE**Marie Poggenpohl**
Iowa City Club

2 c. elderberries	3 Tbsp. quick cooking tapioca
1 1/2 c. chopped tart apples	1 unbaked 9 inch pie shell
1 1/2 c. sugar	

Combine all ingredients and top with crust. Bake 400 degrees for 10 minutes, reduce heat to 350 degrees and bake 20 minutes longer.

APPLE PIE (Calico Kitchen)**Ruby Mitchell**

1 1/2 c. flour	1 tsp. salt
1 1/2 tsp. sugar	1/2 c. oil
2 Tbsp. cold milk	

Mix dry ingredients. Combine oil and milk and add. Mix and press in pie tin (don't flute). Add apples. Mix:

1 1/2 c. sugar	1 tsp. cinnamon (can add nutmeg)
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Put on top of apples. Mix:

1/2 c. sugar	3/4 c. flour
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Cut in 1/3 cup oleo and sprinkle on top of apples. Press down. Store in refrigerator overnight. Bake at 425 degrees 10 minutes, then 350 degrees for 40 minutes.

FRESH APPLE PIE**Ag Gradoville**

Read through first.

1 qt. apples, sliced	2 Tbsp. flour
1 pie shell and top crust, 9 inch unbaked	1 c. sugar
juice of 1 orange or 1/2 c. orange juice	1 tsp. nutmeg or coriander
1 tsp. grated lemon rind	1 tsp. cinnamon
	2 Tbsp. butter or margarine

Place apples in unbaked shell. Add orange juice and lemon rind. Combine flour, sugar and spices. Sprinkle over apples. Dot butter in center of pie. Cover with top crust. Bake in oven at 450 degrees for 20 minutes. Reduce heat to 400 degrees and bake 15 minutes. Then lower heat to 350 degrees and bake 10 minutes longer. Brush top crust with mixture of tablespoon sugar and 1/4 cup milk.

SOUR CREAM APPLE PIE

Ruth Sargent

Waterloo Life Club

5 large tart apples (Jonathan)

1 pastry lined 9 inch pie shell

1 Tbsp. lemon juice

1 tsp. cinnamon

3/4 c. sugar

1/4 tsp. nutmeg

1/3 c. flour

1/4 c. butter or margarine

1/4 tsp. salt

1/2 c. sour cream

Peel and cut apples into thick slices. Arrange slices in overlapping rows in pastry lined pie pan. Sprinkle with lemon juice. Mix sugar, flour, salt, cinnamon and nutmeg. Cut in butter until crumbly. Spoon over apples. Spread sour cream over top. Bake at 400 degrees for 25 minutes, reduce heat to 350 degrees and bake until apples are tender (about 20 to 25 minutes).

SWEDISH APPLE PIE

Mimi Warner

Makes its own crust.

4 c. sliced peeled apples

pinch salt

2 Tbsp. brown sugar

1 c. sugar

4 Tbsp. honey

1/2 c. white flour

1 tsp. cinnamon

1/2 c. whole wheat pastry flour

allspice (1/2 to 1 tsp.)

1 egg

1/2 c. butter

1/2 c. chopped nuts

Fill a 8 inch pie pan with apples. Sprinkle with brown sugar, cinnamon and allspice. Mix butter, salt, sugar, flour, egg and nuts together; sprinkle on top of apples. Bake at 350 degrees for 1 hour. Serve with whipped cream or vanilla ice cream.

STRAWBERRY ICE CREAM JELLO PIE

Marie Briggs, Ft. Madison

Tri-Sippian Club

Dissolve 1 package (3 oz.) strawberry jello in 1 1/4 cups boiling water. Stir in 1 pint vanilla ice cream, until melted. Chill until very thick. Fold in 1 cup drained sweetened sliced fresh strawberries. Pour into 8 inch crumb crust. Chill until firm. Garnish with whipping cream and more berries.

FRESH STRAWBERRY PIE**Eunice Baxa**

1 baked 9 inch shell
 1 qt. strawberries, washed
 and drained

2 c. berries, lay in pie shell, whole
 or halves

Glaze:

2 c. mashed strawberries
 1 Tbsp. lemon juice

Blend:

1 c. sugar
 3 Tbsp. cornstarch

1/4 c. water

Bring to boil until thick and clear. Cool slightly and pour over berries in pie shell. Chill. Serve with whipped cream.

FRESH STRAWBERRY PIE**Carol Hill**

6 oz. 7-Up
 1 c. sugar

3 Tbsp. cornstarch
 red food coloring

Cook mixture until thick and pour over fresh strawberries which have been placed in a baked pie shell. May top with whipped cream.

FRESH STRAWBERRY PIE**Roy Mortensen**

1 baked 9 inch pie crust
 1 c. water

1 c. sugar
 2 Tbsp. cornstarch

Cook last 3 ingredients until clear. Add 3 tablespoons strawberry jello. Cool. (Can add drops of red food coloring, too.) Cut up fresh strawberries. Put in pie crust and pour sauce over and refrigerate. Serve as is or with whipped topping.

STRAWBERRY PIE**Shirley Wells**

1 qt. fresh strawberries
 1 c. water
 3/4 c. sugar
 3 Tbsp. cornstarch

red food coloring
 pastry for 9 inch pie, baked
 Cool Whip or whipped cream

Wash and hull berries. Crush 1 cup and cook with water about 2 minutes. Blend sugar and cornstarch. Stir in berry juice. Cook and stir over medium heat until glaze is thickened and clear. Stir in about 5 drops food coloring. Spread small amount of glaze on bottom and sides of baked pie shell. Arrange the whole berries in pastry shell. Spoon remainder of glaze over berries. Chill 3 - 4 hours. Top with Cool Whip or cream.

Easy Pastry: Mix --

1 1/2 c. flour
2 Tbsp. powdered sugar

1/2 c. oil
2 Tbsp. milk

Press in pie pan. Bake 325 degrees 20 - 30 minutes. Can be baked in microwave.

FUDGE PIE

June Mardock

1/2 c. butter
2 sq. unsweetened chocolate
3 eggs, beaten

1/4 c. flour
1 c. sugar
1 tsp. vanilla

Melt butter and chocolate. Beat eggs, add sugar, chocolate mixture, vanilla and flour. Pour into greased 10 inch pie pan. Bake 350 degrees for 25 minutes. Serve with ice cream or Cool Whip.

CHOCOLATE PUDDING FOR PIE

Mrs. Robert (Reva) Leuck

1 1/2 c. sugar
1/2 c. flour
3 medium Tbsp. cocoa
1/4 tsp. salt

2 2/3 c. milk (you can use water
or 1/2 milk and 1/2 water)
3 eggs (separated)
1 Tbsp. oleo
1 tsp. vanilla

Cook until thick. Remove. Add butter and vanilla. Pour into baked pie shell. Top with meringue. Makes a large pie. Bake 300 degrees until meringue is light brown.

TERRIFIC CHOCOLATE PIE

Mary Fry, Burlington
Tri-Sippian Club

Can be frozen.

1 envelope gelatin
1/4 c. cold water
1/2 c. boiling water
6 level Tbsp. cocoa or 2 squares
chocolate

4 eggs
1 c. sugar
1/4 tsp. salt
1 tsp. vanilla

Pour cold water into bowl and sprinkle gelatin on top. Mix boiling water and cocoa or chocolate until smooth. Add softened gelatin to hot chocolate mixture, stir until dissolved. Add slightly beaten egg yolks, 1/2 cup sugar, salt and vanilla. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites and the other half cup sugar. Fill baked pie shell and chill. Can be frozen at this point. Just before serving, spread thin layer of whipped cream.

EASY DATE PIE**Lenore Dillavou**
Sioux City Life Club1 c. chopped dates
3 eggs
1 tsp. baking powder1 c. chopped walnuts
1/2 c. sugar
1 tsp. vanilla

Beat eggs well and blend with sugar that has been mixed with baking powder. Add vanilla. Fold in dates and nuts. Put in well greased 8 inch pie plate and bake 30 minutes at 350 degrees. Serve with whipped cream or topping.

DATE CREAM PIE**Delores Jacque**

3 Tbsp. butter (melted)

3 Tbsp. flour

Mix together and add:

2 c. milk
1/2 c. sugar

1/2 lb. dates (chopped)

Cook in double boiler for about 30 minutes or over low heat, stirring constantly. After cooked, add 1 egg yolk and 2 teaspoons vanilla. Pour in unbaked pie shell and bake 375 degrees until browned (about 30 - 40 minutes). Serve warm with "real" whipped cream.

PUMPKIN PECAN PIE**Mrs. Gladys Braun**
Council Bluffs Club4 slightly beaten eggs
2 c. canned or mashed cooked
pumpkin
1 c. sugar
1/2 c. dark corn syrup1 tsp. vanilla
1/2 tsp. cinnamon
1/4 tsp. salt
unbaked 9 inch pie shell
1 c. chopped pecans

Combine ingredients except pecans. Pour into pie shell. Top with pecans. Bake at 350 degrees for 40 minutes or until set.

PUMPKIN-LEMON CREAM PIE**W. Eaton**
Waterloo Life Club

One 9 inch pie.

2 eggs, slightly beaten
1 can pumpkin
2/3 c. sugar
1 1/3 c. half and half1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. ginger**Sour Cream Layer:**1 c. sour cream
2 Tbsp. brown sugar
1 Tbsp. lemon juicegrated peel of 1 lemon
1/2 c. chopped pecans

Mix first 7 ingredients together. Pour into pie shell. Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees; continue baking about 45 minutes or until inserted knife comes out clean. Cool 20 minutes. Blend together sour cream, brown sugar and lemon juice.

PUMPKIN PIE

Jane Brisben

2 eggs, beat well	1 Tbsp. flour
1 scant c. sugar	1/2 tsp. salt
1 tsp. cinnamon	1 tsp. vanilla
1/8 tsp. ginger	1 heaping c. pumpkin
1/8 tsp. allspice	1 c. milk

Mix all dry ingredients together. Then pumpkin and milk. Bake 45 minutes at 350 degrees.

EASY PUMPKIN PIE

Deloris Strong

Mix:

1 pkg. regular vanilla pudding and pie filling	1 can (13 oz.) canned evaporated milk
3 Tbsp. sugar	1 egg
1 tsp. pumpkin pie spice	1 c. canned pumpkin

Cook and stir over medium heat until it comes to full boil. Cool 5 minutes, stirring twice. Pour into baked crust 9 inch shell. Chill 4 hours.

RAISIN CREAM PIE

Mrs. Robert (Reva) Leuck

3 eggs (beaten)	2 1/2 tsp. lemon juice
1 c. sugar	2 Tbsp. melted butter or oleo
1/2 tsp. cinnamon	1 1/4 c. raisins
1/4 tsp. salt	3/4 c. walnuts
1/2 tsp. nutmeg	unbaked shell

Mix and add to pie shell. Bake 375 degrees for 30 to 35 minutes.

SOUR CREAM RAISIN PIE

Mrs. Robert Leuck (Reva)

1 c. sour cream	1 Tbsp. flour
2 egg yolks	1 tsp. vanilla
salt	1 c. raisins (cooked)
3/4 c. sugar	1 (9 inch) pie shell, baked

Cook raisins in enough water to cover. Beat together the cream, egg yolks, sugar and flour. Add to the raisins and cook until thick. Stir in vanilla. Pour in baked pie crust. Frost with egg whites, beaten. Bake until light brown at 325 degrees.

2 c. rhubarb (diced)	2 Tbsp. flour
1 c. sugar	1/4 tsp. salt
1 c. milk	6 Tbsp. sugar (for meringue)
2 eggs	

Stew rhubarb on 3/4 cup sugar (no water). Cool and add milk, egg yolks, 1/4 cup sugar, flour and salt. Pour into pie pan lined with pastry. Bake in moderate oven until set like custard. Cover with meringue made with 2 egg whites and 6 tablespoons sugar and return to oven to brown.

RHUBARB CREAM PIE

Claretta Turner
Marshalltown Club

1 1/2 c. sugar	4 c. sliced rhubarb (1 lb.)
1/4 c. enriched flour	2 Tbsp. butter or margarine
3/4 tsp. nutmeg	pastry for 9 inch lattice top pie
3 slightly beaten eggs	

Blend sugar, flour and nutmeg. Beat into eggs. Add rhubarb. Line 9 inch pie plate with pastry. Fill. Dot with butter. Top with lattice crust. Bake at 400 degrees 50 - 60 minutes. Cool.

Pastry:

1 1/3 c. flour	1/3 tsp. salt
1/3 c. shortening	1/4 tsp. baking powder
1/4 c. cold milk	

RHUBARB CRUMB PIE

F. G. Hennings, Ft. Madison
Tri-Sippian Club

2/3 c. brown sugar	1/2 c. white sugar
1/2 c. flour	1 1/2 Tbsp. flour
1 1/2 c. rolled oats	3 c. rhubarb
1/2 c. melted butter	

Combine brown sugar, flour, oats and butter. Pat mixture in 9 inch pie plate, reserving enough for topping. Combine white sugar, flour and rhubarb (which has been cut in 1 inch pieces). Place mixture in crumb crust and sprinkle remaining crumbs on top. Bake 45 minutes at 350 degrees.

PEACH PIE

Joan Buwalda
Marshalltown Club

4 c. sliced peaches	3 Tbsp. cornstarch
1/2 c. water	1 Tbsp. oleo
1 c. sugar	1 baked 9 inch pie shell

Crush enough peaches to make 1 cup. Combine with water, sugar and cornstarch. Bring to boil, cook over low heat until clear

(2 or 3 minutes). Stir occasionally. Add oleo and cool slightly. Arrange sliced peaches in pie shell and cover with crushed mixture. Chill 2 or 3 hours. Serve with cream or whipped cream.

PEACH OR APRICOT FRESH PIE

Ken & Joan Brekke

Cedar Rapids Reg. Club

4 c. fresh peaches or apricots, sliced (peaches should be peeled, apricots do not need to be peeled)

2 tsp. lemon juice

1/2 tsp. cinnamon

2/3 c. sugar

1/2 tsp. lemon peel

1/4 tsp. nutmeg

1 Tbsp. butter

1/8 tsp. salt

1 - 2 Tbsp. flour

Mix all ingredients. Place in pie crust and bake 425 degrees for 40 - 50 minutes.

GRAPE PIE

June Mardock

4 1/2 c. grapes (Concord)

1 Tbsp. lemon juice

2/3 c. sugar

1 1/2 Tbsp. butter

1/4 c. flour

9 inch unbaked pie shell

1/4 tsp. salt

Skin grapes, set skins aside. Boil pulp, press through sieve, to the pulp add skins. Combine sugar, flour, salt, add lemon juice, butter and grape pulp. Pour into unbaked shell. Top with crumb crust.

Crumb Crust:

1/2 c. brown sugar

1 c. flour

1/2 c. shortening

Mix. Bake 400 degrees for 40 - 50 minutes.

GRAPE PIE

Linda McKnight

3 c. grapes (purple)

1/8 tsp. salt

1 c. sugar (cut down if grapes are sweet)

1/2 tsp. grated lemon rind

3 Tbsp. flour

2 Tbsp. butter

pastry for 1 complete pie

Slip skins from grapes. Bring pulp to boil. Press through sieve to remove seeds. Add skins and sugar mixed with flour, salt and lemon rind. Pour into bottom pie crust. Pat butter on top. Place top crust. Bake at 450 degrees for 10 minutes. Then reduce heat to 350 degrees for 30 minutes. Makes a 9 inch pie.

PERFECT MERINGUE

Rita Swearingen, Carroll

Club 71

3 egg whites

1 Tbsp. cornstarch

6 Tbsp. sugar

2 Tbsp. water

(Cont.)

1/2 c. boiling water
dash of salt

1/4 tsp. vanilla

Dissolve cornstarch in the 2 tablespoons water. Add to boiling water and cook clear. Cool. Beat whites, adding sugar gradually until very stiff. Carefully fold in the cool cooked mixture. Bake 400 degrees.

PIE CRUST (Never Fails)

Lorraine Blair

3 c. flour
1/2 tsp. salt

1 c. lard

Blend together. Mix:

5 Tbsp. cold water
1 egg

1 tsp. vinegar

Add to flour mixture and mix. Roll out on well floured board. Makes 2 double pie crusts.

PIE CRUST

Mabel Brooks

Marshalltown Club

3 c. flour
1 1/4 c. lard
2 Tbsp. salt

5 1/2 Tbsp. water

1 egg

1 Tbsp. vinegar

Mix with fork. Can freeze part of this. This recipe makes 4 crusts.

NEVER FAIL PIE CRUST

May Crump

3 c. flour
1 1/2 c. Crisco

dash of salt

In cup, put the following ingredients:

cold water (enough to make
2/3 c.)

1 egg

1 tsp. vinegar

Beat with fork. Pour over flour mixture and mix. Makes 2 crusts.

PIE CRUST

Gene Earle

Iowa City Club

4 c. sifted flour
1 Tbsp. sugar
1 3/4 c. shortening

1 tsp. baking powder

1 tsp. salt

1 egg, beaten
1 tsp. lemon juice

1/2 c. cold water

Mix and add to dry ingredients and shortening which have been blended.

SOFT DOUGH PIE CRUST (Really Good)

Ann Rowe

1 1/2 c. flour	1/2 c. oil
2 tsp. sugar	2 Tbsp. milk
1 tsp. salt	

Combine ingredients in order listed to form a soft ball. Pat (not roll) in 9 inch pie pan. Bake at 400 degrees until golden brown. Use as any crust for pumpkin, apple, etc. I use a streusel topping.

BARB'S PIE CRUSTS (Flaky, Tender and Foolproof)

Barbara Edmunds
Cedar Rapids Club

2 c. flour	1/4 c. cooled coffee
1 tsp. salt	3/4 c. shortening

Mix salt and flour in bowl. Take out 1/3 cup of this flour and mix with 1/4 cup coffee to form a paste. Cut in shortening into remaining flour until pieces are the size of small peas. Add flour paste to blended shortening and flour mixture. Mix with fork until dough comes together and can be shaped into a ball. Divide in half, roll about 1/8 inch thick.

QUICKIE PIE CRUST

Jackie Smith

Neat for 1 crust pie! Mix:

1/2 c. oil	2 Tbsp. milk, using pie plate for mixing bowl
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Add:

1 1/2 c. flour	2 tsp. sugar
1 tsp. salt	

Mix well with fork. Pat around sides and bottom of pie plate. Flute edges. Bake at 400 degrees for 10 minutes or fill with uncooked filling and bake as directed.

MARGARINE PIE CRUST

Rita Swearingen, Carroll
Club 71

1 c. flour	2 Tbsp. water or 3 Tbsp. water
1 stick margarine	
1 Tbsp. lemon juice	

Mix. Refrigerate awhile, then roll into 2 crusts.

DOUGHNUTS**Vera Kimble, Burlington**
Tri-Sippian Club

3 eggs	3 tsp. baking powder
1 c. sugar	1/8 tsp. salt
3 Tbsp. melted shortening	1 tsp. nutmeg
1 c. milk	1 tsp. vanilla
4 1/2 or 5 c. flour	

Beat eggs. Add sugar and melted shortening. Add milk. Sift dry ingredients and add to make a soft dough. Roll out 1/2 inch thick on floured board. Fry in deep fat.

DOUGHNUTS**No Name**
Waterloo Life Club

1 c. sugar	1 tsp. soda
2 eggs	3 c. flour
2 Tbsp. melted butter or oleo	2 tsp. baking powder
1 c. buttermilk	vanilla
	nutmeg

Mix in order ingredients given and use doughnut maker to drop doughnuts into 375 degree hot fat. Turn doughnuts as soon as they come to top of hot fat and turn several times until brown and done.

ENGLISH MUFFINS**Marie Poggenpohl**
Iowa City Club

5 1/2 c. flour	1/4 tsp. soda
2 pkg. yeast	2 c. milk
1 Tbsp. sugar	1/2 c. water
2 tsp. salt	

Combine 3 cups flour, yeast, sugar, salt and soda. Heat liquid lukewarm. Add to dry mix and beat well. Stir in 2 1/2 cups flour. Spoon into greased pans which have been sprinkled with cornmeal. Cover. Let rise in a warm place 45 minutes. Bake at 400 degrees for 25 minutes. Wait 5 minutes. Remove from pans. Toast lightly to serve. Very good with jams and jelly on. Use two 8 1/2 x 4 1/2 inch loaf pans or four 1 pound coffee cans for a round effect.

GOLDEN CRANBERRY GEMS**Leona Eaton, Burlington**
Tri-Sippian Club

1 1/2 c. self rising flour	1/2 tsp. cinnamon
3/4 c. self rising cornmeal	1/4 c. oil
1 egg	1/2 c. chopped nuts
3/4 c. milk	1 c. chopped fresh cranberries
1/2 c. sugar	

Stir together flour, cornmeal, sugar and cinnamon. Blend egg, milk and oil. Add liquid all at once to flour mixture. Blend just until flour is thoroughly moistened. Stir in cranberries and nuts.

Spoon batter into 15 greased muffin cups. Bake at 400 degrees for 20 - 25 minutes.

BRAN MUFFINS

Cynthia Schlabaugh

Iowa City

Pour 2 cups boiling water over 2 cups Nabisco 100% bran and 1 1/2 cups Sun-Maid golden raisins and set aside. Cream 1 heaping cup Crisco and 2 cups sugar. Add 4 beaten eggs, 1 quart butter-milk and first mixture above. Sift: (together)

5 c. flour
5 tsp. soda

1 tsp. salt

Add all at once with 4 cups Kellogg's all bran. Mix only until all dry ingredients are moistened. Bake in well greased muffin tin, 2/3 full at 400 degrees for 20 minutes. This batter keeps in refrigerator for 3 weeks. Makes 1 gallon of batter.

Note: Original recipe called for 3 cups sugar.

BRAN MUFFIN MIXTURE

Frances Griffith, Burlington

Tri-Sippian Club

1 c. Nabisco 100% bran

1 c. boiling water

Pour water over bran and let stand. Cream together:

1 c. oleo

1 1/2 c. sugar

Add 2 eggs, one at a time to the mixture and 2 cups buttermilk, alternately with these dry ingredients:

2 1/2 c. flour
2 1/2 tsp. soda

1/2 tsp. salt

Beat until smooth. Fold in 2 cups Kellogg's all bran Krumbles. Put in container with tight cover and store in refrigerator. This will keep 4 to 6 weeks. Bake at 400 degrees for 20 - 25 minutes. Bake a few at a time, as desired. Fills approximately 2 quart jars. Very good.

ENGLISH MUFFINS

Ruth Roskam

Iowa City

5 1/2 - 6 c. flour
1 Tbsp. sugar
1/4 tsp. soda
1/2 c. water

2 pkg. yeast
2 tsp. salt
2 c. milk

Combine 3 cups flour, yeast, sugar, salt and soda. Heat liquids to 120 - 130 degrees. Add to dry mix, beat well. Stir in enough flour to make a stiff batter. Spoon into greased pans which have been sprinkled with cornmeal. Cover; let rise in a warm place 45 minutes. Bake at 400 degrees 25 minutes. Wait 5 minutes. Remove

(Cont.)

from pan. Toast lightly to serve. Use two 8 1/2 x 4 1/2 inch loaf pans or four 1 pound coffee cans.

MUFFIN MIX

Helen Anderson

Ames-Boone-Perry Club

4 shredded wheat biscuits 2 c. boiling water
2 c. raisins or chopped dates or half of each

Pour over above and let soak. Cool. Mix:

2 c. sugar 1 tsp. salt
4 beaten eggs 3/4 c. oleo

Dissolve level teaspoon soda in 1 quart buttermilk.

4 c. bran flakes (40%) 5 c. flour

Mix altogether very well and put in refrigerator. Will keep 10 days or longer. Use as wanted. Bake in muffin tins in moderate oven. This is a large recipe.

REFRIGERATOR BRAN MUFFINS (Rosalie Pyles)

Submitted by Ray Farrell

1 1/2 c. white sugar 2 1/2 tsp. soda
1/2 c. shortening 1/2 tsp. salt
1 c. boiling water 2 c. Kellogg's all bran
1 c. Nabisco 100% bran 2 c. buttermilk
2 1/2 c. flour 2 eggs, beaten

Pour hot water over Nabisco 100%. Set aside. Cream shortening and sugar, add eggs, buttermilk and Nabisco 100%. Sift flour, soda and salt. Then add all at once with Kellogg's All Bran. Fold only until all dry ingredients are moistened. Bake in greased muffin tins or use liners. Bake only as many as needed...15 to 20 minutes at 400 degrees.

This batter can be stored in the refrigerator for 6 or 7 weeks.... so you can use only as needed.

APPLE MUFFINS

Leona Eaton, Burlington

Tri-Sippian Club

1 c. flour, sifted 1 c. old fashioned oatmeal
3 tsp. baking powder 1 c. pared chopped apples
1/4 tsp. salt 1 egg
1/2 c. sugar 1/2 c. milk
1/4 c. brown sugar 1 tsp. cinnamon

Topping:

1/4 tsp. cinnamon 1 Tbsp. sugar

Preheat oven to 425 degrees. Sift flour, baking powder and salt together. Add remaining ingredients, except topping. Spoon into greased muffin tins. Prepare topping and sprinkle on muffins before baking. Bake for 15 - 20 minutes. Yields 12 muffins. Raisins and nuts can be added. Optional.

APPLE MUFFINS

Barbara Edmunds

Cedar Rapids Club

2 c. flour
1/2 c. sugar
3 tsp. baking powder
salt (scant)
1/2 c. margarine
1 or 2 apples, diced (skins
can be left on)

2 tsp. lemon rind or juice
1 egg
2/3 c. milk
nut meats (for topping)
2 Tbsp. sugar (for topping)
1/2 tsp. cinnamon (for topping)

Mix flour, sugar, baking powder, salt. Cut in margarine. Measure out 1/2 cup for topping. Stir in apple and lemon juice. Beat egg well, stir in milk. Add to apple mixture. Spoon into muffin pans, 1/2 full. Blend 1/2 cup crumb mixture with 2 tablespoons sugar, nuts, cinnamon. Sprinkle over batter. Bake 400 degrees for 20 minutes or until golden brown.

BISQUICK MIX

Louise Hupp, Carroll

Club 71

9 c. sifted flour
1/3 c. baking powder
1 tsp. salt

2 tsp. cream of tartar
1/4 c. sugar
2 c. shortening

Mix all together well and store in covered container. Use as you would Bisquick. Keeps well. Need not refrigerate.

AEBLESKIVERS (Danish Pancakes)

R. Mortensen (Carolyn)

1/2 stick butter or oleo (melt)
1/2 c. sugar (granulated
white)

1/4 tsp. salt
2 eggs
1 tsp. vanilla

Mix these ingredients. Add:

1 c. flour
1 heaping tsp. baking powder

1/2 c. milk

Blend together. Chopped walnuts or applesauce may be added. Use Danish iron. Add to each hole a little Crisco and fill half full. Will puff up and become bubbly on top when ready to turn.

GERMAN PANCAKES

Dick and Arlene Etzel
Davenport Regular Club

1/4 c. butter
1/2 c. flour

1/2 c. milk
2 eggs

Preheat oven to 425 degrees. Put butter in 10 inch fry pan and set in oven. While heating, mix remaining ingredients to smooth batter with a fork. Add to melted butter in pan and bake in oven for 20 minutes. Serve cut in wedges with any topping of your choice. (Will resemble a large bowl in shape when done.) May be served with strawberries and whipped cream as a dessert, or meat fillings as a main dish. Use your imagination.

BUTTERMILK PANCAKES

Keith "Pete" Peters
Council Bluffs Club

1 1/4 c. flour
1/2 tsp. soda
2 tsp. baking powder
1 Tbsp. sugar

1/2 tsp. salt
1 egg
1 c. buttermilk
2 Tbsp. oil

Combine all ingredients and bake on hot griddle. Makes about eight 4 inch pancakes.

ARKANSAS PANCAKES

Ag Gradoville

1 c. milk
2 Tbsp. oil
1 egg, beaten
1 c. sifted flour

1/2 tsp. salt
2 Tbsp. sugar
2 Tbsp. baking powder

Mix oil, egg and milk. Sift dry ingredients and add 2 tablespoons more milk. Fry on hot griddle.

Write your extra recipes here:

CAKES · ICINGS COOKIES



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

CAKES, COOKIES, ICINGS

PINEAPPLE CAKE

Fred and Dottie Krause

2 c. flour	1 (20 oz.) can crushed pineapple
2 c. sugar	2 eggs
2 tsp. soda	1 tsp. vanilla (or 2 tsp. if not pure vanilla)
1 c. chopped nuts	

Mix by hand. Bake 350 degrees for 45 minutes.

FROSTING:

8 oz. cream cheese	1 stick or 1/2 c. oleo
1 1/3 c. powdered sugar	2 tsp. vanilla

NUT SUNSHINE CAKE

Frank and Rosemary Lawrence

Separate 6 egg whites from yolks. Beat egg whites in bowl until very stiff. Boil 1 1/4 cups sugar and 5 tablespoons water until clear. Pour hot syrup into egg white mixture, beating continuously for 10 minutes. Beat 6 yolks lightly. Pour into white mixture. Add 1 cup sifted flour and 1/2 cup chopped walnuts. Bake in angel food pan for 1 hour at 350 degrees. Invert pan. Remove when cooled. Cover with favorite frosting.

SWEDISH SUGAR CAKE

**Mary Fry, Burlington
Tri-Sippian Club**

This is good plain, but very good with chopped nuts and/or coconut on top.

4 large eggs

Beat 5 minutes. Add slowly:

1 1/2 c. sugar	1 1/2 c. flour
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Mix together. Add 1 teaspoon vanilla and 1 teaspoon lemon or almond flavoring. Mix. Melt 1 1/2 sticks oleo in a regular bread pan. Cool slightly. Fold into above batter. (Don't let it burn.) Heavily coat sides and bottom of bread pan with sugar. Pour in batter and bake at 350 degrees for 40 - 45 minutes.

This is a very old recipe but simple and good, hot or cold. Don't use butter, it's much too rich.

BANANA NUT CAKE

Jacque Ramage

2/3 c. shortening	1 1/4 tsp. baking powder
2 1/4 c. sifted flour	1 tsp. soda
1 2/3 c. sugar	1 tsp. salt

1 1/4 c. (about 3) mashed bananas 1/2 c. (2 large) eggs
 2/3 c. buttermilk 2/3 c. chopped nuts

Stir shortening, just to soften. Sift in dry ingredients. Add bananas and half of the buttermilk. Mix until all flour is dampened. Then beat vigorously 2 minutes. Add remaining buttermilk, eggs; beat 2 minutes longer. Fold in nuts. Bake in 9 x 13 inch cake pan at 350 degrees for 35 to 40 minutes. Frost with powdered sugar frosting and sprinkle with nuts.

CHOPPED APPLE CAKE

Flora Lambertson

Clinton-Maquoketa Club

2 c. sugar 1 1/2 tsp. salt
 1 c. oleo 2 eggs

Beat above until fluffy. Dissolve 2 teaspoons soda in 1 cup cold coffee. Add:

3 c. flour 3 c. chopped apples
 2 tsp. cinnamon

Bake at 325 degrees for 50 - 60 minutes.

Topping:

1/4 c. sugar cinnamon to taste

Sprinkle on top before baking.

SOUR CREAM APPLESAUCE CAKE

Mae Bunger

Waterloo Life Club

Serves 12 - 15.

1 1/2 c. sugar 1 1/2 tsp. nutmeg
 1/2 c. shortening 2 1/4 c. flour
 6 Tbsp. sour cream 2 c. applesauce
 2 eggs 1 c. raisins
 1 1/2 tsp. soda 1/2 c. nuts
 1 1/2 tsp. cinnamon

Cream sugar and shortening and sour cream. Add rest of ingredients except raisins and nuts. Stir in raisins and nuts. Bake in 9 x 13 inch greased and floured pan for 45 minutes at 325 degrees.

NUT POUND CAKE

Alma Kueser, Burlington

Tri-Sippian Club

1 pkg. Duncan Hines deluxe II 1/2 c. Crisco oil or Puritan oil
 white cake mix 1 c. water
 1 pkg. vanilla INSTANT pudding 3 whole eggs
 mix (4 serving size) 1 tsp. vanilla
 1/2 c. finely chopped nuts

Preheat oven to 350 degrees. Generously grease and then flour pan (I use tube pan). Blend all ingredients in large bowl. Beat at medium speed for 2 minutes. Bake at 350 degrees. Cake is done when toothpick inserted comes out clean. (Do not test layers for doneness by touching with finger.) Crust will be darker than regular layer cake. Cool tube cake in pan 25 minutes; then invert into serving plate. Can ice or use a glaze. (I sprinkle top with powdered sugar rubbed through a strainer.) I bake cake from 54 to 64 minutes.

CREME DE MENTHE CAKE

Joan Buwalda

Marshalltown Club

1 box white cake mix

4 tsp. cream de menthe

Mix cake according to package directions and add cream de menthe. Bake as shown on cake mix box. When cool, frost with thin chocolate frosting. Cover that with 1 small carton of Cool Whip to which 3 teaspoons of creme de menthe has been added. Add a few chocolate curls, if desired.

PISTACHIO CAKE

Janet Stadlander, Burlington

Tri-Sippian Club

1 white cake mix

1/2 c. oil

5 eggs

1/2 c. milk

2 pkg. pistachio pudding mix
(instant)

1/2 c. water

Mix cake mix and pudding mix together. Mix in oil and then add milk and water. Blend in eggs. Beat with electric mixer 4 minutes or until well blended. Bake in tube or bundt pan 1 hour at 350 degrees. Cool about 2 hours.

ICING:

1 pt. (2 c.) Cool Whip (the small carton is not enough)

1 pkg. pistachio pudding

Mix until well blended and then fold in 1/2 pint heavy whipped cream. Spread on cake. Keep in refrigerator.

JELLO CREAM CAKE

F. G. Hennings, Ft. Madison

Tri-Sippian Club

Crust:

1 1/2 blocks of butter

1 1/2 c. flour

1/2 c. brown sugar

1 c. chopped nuts

Cream butter and sugar. Add flour and chopped nuts. Press dough into buttered 9 x 13 inch pan. Bake 10 minutes at 375 degrees or until brown.

(Cont.)

Filling:

1 small box lemon jello 1 c. hot water

Dissolve and cool. Cream and add:

3/4 c. sugar 1 pkg. (8 oz.) cream cheese

Add 1 large Cool Whip. Mix and add cooled jello. Pour on top of cooled crust. Chill until firm overnight.

Topping:

2 small boxes or 1 large jello 3 c. hot water

Dissolve and let cool. Pour on top of cheese mixture and chill until firm.

MAGIC LEMON CAKE

**Marie Chant, Burlington
Tri-Sippian Club**

1 pkg. yellow cake mix	1/2 c. salad oil
1 (3 oz.) pkg. lemon jello	1 1/2 c. confectioners sugar
4 eggs	juice of 1 lemon
3/4 c. water	2 Tbsp. soft butter

Blend cake mix, jello, eggs, oil and water. Beat at medium speed 5 - 8 minutes. Turn in greased, floured pan 9 x 13 inch. Bake at 350 degrees for 45 minutes.

Icing:

Blend confectioners sugar, butter and lemon juice until smooth. Cool cake about 5 minutes. Stick the top with fork (here and there) and spread icing on cake. By doing this, it soaks in more. You will find the icing runny but that is the way it is supposed to be.

STRAWBERRY REFRIGERATOR CAKE

Genevieve Whalen

1 (15 oz.) can sweetened condensed milk	2 c. strawberries, sliced
1/4 c. lemon juice	2 egg whites, stiffly beaten
	36 vanilla wafers

Combine milk and lemon juice. Stir until thick. Stir in berries. Fold in egg whites. Line shallow baking pan with waxed paper. Cover bottom with wafers. Add a layer of berry mixture. Repeat layers, ending with wafers. Refrigerate 4 to 6 hours. Makes 6 to 8 servings.

PISTACHIO CAKE**Rosemary E. Baker**

- | | |
|----------------------------|----------|
| 1 yellow or white cake mix | 3 eggs |
| 1 pkg. pistachio pudding | 1 c. oil |
| 1 c. club soda | |

Mix well. Bake at 350 degrees for 50 minutes. Use a bundt cake pan.

Topping - Filling:

- | | |
|--------------------------|---------------|
| 1 pkg. Dream Whip | 1 1/4 c. milk |
| 1 pkg. pistachio pudding | |

Whip 5 minutes until stiff. When cake has cooled, put on topping.

PUMPKIN CHOCOLATE CHIP CAKE**Melba Werning**

- | | |
|----------------------|---------------------------------|
| 2 c. flour | 1/2 tsp. cinnamon |
| 2 c. sugar | 1/2 tsp. salt |
| 2 c. pumpkin | 1 c. oil |
| 2 tsp. soda | 4 eggs (beaten) |
| 2 tsp. baking powder | 1 c. small size chocolate chips |

Mix all ingredients together. Put in 9 x 13 inch greased and floured pan. (May use spray Pam instead of grease and flour.) Bake 350 degrees 45 minutes. (Is a moist cake--use unfrosted, frosting or Cool Whip on top, as desired.)

DREAM CAKE**Rosie Baker**

- | | |
|----------------------|----------------------------------|
| 2 boxes jello | 1 carton Cool Whip (medium size) |
| 1 box white cake mix | 2 small pkg. frozen strawberries |

First, make cake as recipe on box calls for. Then, let cake cool. Use fork to punch holes all throughout cake. After cake cools, use 2 cups of boiling water and add to the 2 boxes of jello, stirring well. Then pour over the cake. Then top with frozen strawberries that have been thawed. Lastly, top with Cool Whip.

APPLE CAKE**Jackie & Bernie Moore**

- | | |
|-------------|-----------------------------------|
| 1/2 c. oil | 2 tsp. cinnamon |
| 2 c. sugar | pinch of salt |
| 2 eggs | 4 c. raw apples, peeled and diced |
| 2 c. flour | |
| 2 tsp. soda | 1 c. walnut pieces |

Mix together the oil, sugar and eggs. Add the flour, soda, cinnamon and salt. Mix well. Batter will be thick. Add the apples

and walnut pieces. Bake 350 degrees for 45 minutes.

Frosting:

Cream together an 8 oz. package of cream cheese and 3 table-
spoons butter. Add approximately 3 cups powdered sugar (to spreading
consistency.)

SOUR CREAM CHOCOLATE CAKE Velna Miller, Burlington Tri-Sippian Club

2 c. flour	1 1/4 tsp. soda
2 c. sugar	1 tsp. salt
1 c. water	1 tsp. vanilla
3/4 c. sour cream	2 eggs
1/4 c. shortening	4 oz. melted chocolate (cool)
	1/2 tsp. baking powder

Heat oven to 350 degrees. Grease and flour oblong pan, 13 x 9 x 2
inches or two 9 inch round layer pans. Measure all ingredients into
larger mixer bowl. Mix 1/2 minute on low speed, scraping constantly.
Beat 3 minutes at high speed, scraping occasionally. Bake in oblong
pan 40 to 45 minutes. Layers require 30 - 35 minutes. Cup cakes
should be baked 20 - 25 minutes, half full. Makes 3 dozen.

SOUR CREAM CHOCOLATE FROSTING:

1/3 c. butter or margarine, softened	3 c. confectioners sugar
3 oz. melted unsweetened chocolate (cooled)	1/2 c. dairy sour cream
	2 tsp. vanilla

Mix butter and cooled chocolate thoroughly. Blend in sugar.
Stir in sour cream and vanilla. Beat until smooth.

PUMPKIN CAKE ROLL

May Crump

Beat 3 eggs on High speed of mixer for 5 minutes. Gradually
beat in 1 cup sugar. Stir in 2/3 cup pumpkin and 1 teaspoon lemon
juice. Stir together:

3/4 c. flour	1 tsp. ginger
1 tsp. baking powder	1/2 tsp. nutmeg
2 tsp. cinnamon	1/2 tsp. salt

Fold dry ingredients into pumpkin mixture. Spread in greased
and floured 15 x 10 x 1 inch (jelly roll) pan. If desired, top with 1 cup
finely chopped walnuts. Bake 375 degrees for 15 minutes. Turn out
on towel and sprinkle with powdered sugar. Starting at narrow end,
roll towel and cake together. Cool and unroll. For filling, combine:

1 c. powdered sugar	6 oz. cream cheese
---------------------	--------------------

4 Tbsp. butter

1/2 tsp. vanilla

Beat until smooth. Spread over cake; roll. Chill.

ANGEL FOOD CAKE MIX

Gladys Braun

Council Bluffs Club

For 1 package cake mix, fill and frost with Orange Whipped Cream Frosting. Decorate with orange slices. Chill several hours.

CHOCOLATE FEATHER CAKE:

Sift 2 tablespoons cocoa with 1/4 of dry ingredients. Fold into beaten egg-white mixture.

CHERRY NUT ANGEL CAKE:

Fold in 1/2 cup chopped, drained maraschino cherries and 1/2 cup chopped walnuts.

ANGEL SPICE CAKE:

Add 1 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/2 teaspoon allspice to dry ingredients.

PINK PEPPERMINT ANGEL:

Add 1 teaspoon mint extract to liquid and tint batter a delicate pink with red food coloring.

SILHOUETTE ANGEL FOOD CAKE:

Fold in 1 cup finely ground semi-sweet chocolate pieces

CHERUB'S COCONUT SNOW:

Slice top about 1 inch down from tube cake. Set aside. Cut center of cake to within 1 inch of outer cake surface on sides and bottom. Remove cut portion. Double white frosting recipe: Add 1 cup shredded coconut. Fill cavity with frosting, replace top of cake, then cover top and sides.

GINGERCAKE MIX OR GINGERBREAD

Gladys Braun

Council Bluffs Club

For 1 package cake mix, fold in the following ingredients just before turning batter into pans.

STEAMED GINGER PUDDING:

Fold in 1 package chopped dates and 1/2 cup chopped walnuts. Pour batter into greased 1 quart mold. Cover and steam 1 hour and 10 minutes.

TROPICAL GINGERBREAD:

Add 1 cup chopped shredded coconut.

HAPPY APPLESAUCE GINGERBREAD:

Add 1 teaspoon cinnamon and 1 teaspoon nutmeg to mix. Substitute 1 cup canned applesauce for 3/4 cup liquid.

CAFE SURPRISE GINGERBREAD:

Add 1 1/2 tablespoons powdered instant coffee to mix. Fold in 1/2 cup finely ground semi-sweet chocolate pieces.

TUTTI FRUITI GINGERBREAD:

Fold in 1 cup ground fresh cranberries and 1/2 cup chopped raisins.

SUGAR 'N SPICE GINGERCAKE:

Pour batter into prepared pan. Before baking, sprinkle lightly with this topping (mix together 1/2 cup brown sugar, firmly packed; 2 tablespoons all purpose flour, 2 teaspoons cinnamon. Blend in 2 tablespoons melted butter or margarine. Stir in 1/2 cup chopped walnuts.)

SNOW-TOPPED GINGERBREAD:

Add 1/4 cup light cream to 1 (2 oz.) package cream cheese. Beat until fluffy, adding additional cream, if necessary. Spread over gingerbread after it has been removed from pan.

SHARON'S CARROT CAKE

Sharon & Bill Dunbar

2 c. sugar	2 tsp. cinnamon
1 1/2 c. oil	1 tsp. salt
4 eggs	1 c. pineapple, crushed (drained)
2 1/4 c. flour	3 c. grated carrots
2 tsp. soda	1 c. chopped nuts

Cream sugar and oil, beat in eggs. Add dry ingredients. Fold in pineapple, carrots and nuts. Pour into greased and floured three 8 inch layer pans or 9 x 13 inch pan (tall side). Bake at 350 degrees for about 30 minutes.

FROSTING:

1 lb. powdered sugar	2 tsp. vanilla
1 (8 oz.) cream cheese	1/2 to 1 1/2 c. chopped nuts
1 1/2 sticks butter	1 c. crushed pineapple (drained)

Combine all ingredients, and spread over cooled cake. Keep cake in refrigerator. Tastes better if you make it a day ahead. Don't be in a hurry to frost this cake. The frosting needs to be cool and the cake cool or it will run.

ONE BOWL CHOCOLATE CAKE

Mrs. R. Leuck (Reva)

1 2/3 c. flour	1/2 c. cocoa
1 1/2 c. sugar	1/2 c. oleo
1 1/4 tsp. soda	1 c. milk
1 tsp. salt	1 tsp. vanilla
	3 eggs

Mix. Bake 30 - 40 minutes at 350 degrees.

ONE BOWL WHITE CAKE

Mrs. Robert (Reva) Leuck

2 1/4 c. flour	1/2 c. oleo
1 1/2 c. sugar	2/3 c. milk
3 1/2 tsp. baking powder	1 Tbsp. vanilla or almond extract
1 tsp. salt	1/3 c. milk
	4 egg whites

Mix. Bake 350 degrees for 30 - 35 minutes.

RHUBARB CAKE

Mrs. Mabel Brooks
Marshalltown Club

1 1/2 c. rhubarb	1 tsp. vanilla
1 1/2 c. brown sugar	1/2 tsp. salt
1/2 c. shortening	1 tsp. soda
1 egg	1/2 tsp. baking powder
2 c. flour (sifted)	1 c. buttermilk

Cream well: shortening, sugar and egg. Sift together dry ingredients. Add alternately with buttermilk to creamed mixture. Pour into 9 x 13 inch pan and sprinkle with 1/3 cup white sugar and 3/4 teaspoon cinnamon. Bake at 350 degrees for 30 - 50 minutes.

RHUBARB CRUMB CAKE

Carol Davis, Burlington
Tri-Sippian Club

1/2 c. oleo	1 c. sour cream
1 1/2 c. brown sugar, firmly packed	2 c. sifted flour
2 eggs	1 tsp. vanilla
1 tsp. soda	1 1/2 c. rhubarb, cut in 1/4 inch cubes
	1/2 c. chopped nuts

Cream shortening, brown sugar; stir in eggs and blend well. Combine soda and sour cream. Add alternately with flour. Stir in rhubarb and vanilla; nuts. Turn batter into greased pan 9 x 13 inch. Sprinkle with topping and bake 350 degrees for 40 minutes.

TOPPING:

1/2 c. sugar
 1 tsp. cinnamon
 2 Tbsp. butter

Combine and sprinkle over cake and bake.

GERMAN POUND CAKE

Mrs. Albert Howard
 Nishna Club

A:

1 c. butter

B:

1 c. sugar
 1 c. powdered sugar

C:

4 egg yolks
 1 tsp. vanilla
 1 tsp. almond

D:

3 c. cake flour
 2 tsp. baking powder
 1/4 tsp. salt

E:

1 c. milk

F:

4 egg whites (beaten just stiff)

Cream A with B. Add C. Mix well. Add D and E alternately. Mix well. Fold in F. Bake 1 1/2 hours in buttered tube pan at 300 degrees.

CARROT CAKE

Velna Miller, Burlington
 Tri-Sippian Club

3 c. grated carrots
 2 c. flour
 2 c. sugar
 1 1/2 c. cooking oil
 2 tsp. vanilla
 3 tsp. soda
 3 tsp. cinnamon
 1 tsp. salt
 4 eggs

Beat eggs; add sugar, oil and beat well. Mix salt, soda, spices, flour and add to egg mixture. Add vanilla. Beat well, add carrots. You can add 1/2 cup coconut or nuts, or raisins if you like. Pour into greased 13 x 9 x 2 inch pan. Bake 350 degrees for 55 minutes.

FROSTING:

1 (3 oz.) pkg. cream cheese
 1/4 c. butter

1 3/4 c. confectioners sugar 1 tsp. vanilla

Combine ingredients and mix until smooth.

14 CARAT CAKE

2 c. sifted flour
2 tsp. baking powder
1 1/2 tsp. soda
1 tsp. salt
2 tsp. cinnamon
2 c. sugar

Mrs. Harold (Dorothy) Skeers
Des Moines Life Club

1 1/2 c. salad oil
4 eggs
2 c. finely grated carrots
1 (8 1/2 oz.) can crushed pineapple, drained
1/2 c. chopped nuts
1 (3 1/2 oz.) can flaked coconut (optional)
cream cheese frosting

Sift flour, baking powder, soda, salt and cinnamon. Add sugar, oil and eggs and mix well. Add carrots, pineapple, nuts and coconut and blend thoroughly. Pour into three 9 inch round layer cake pans that have been greased and floured. Bake at 350 degrees for 35 - 40 minutes, then turn out on wire racks and cool thoroughly. Fill and frost with cream cheese frosting.

CREAM CHEESE FROSTING:

1/4 lb. butter
8 oz. cream cheese

1 tsp. vanilla
1 lb. confectioners sugar

Combine butter, cream cheese and vanilla. Cream well. Add sugar gradually, beating well. If mixture is too thick to spread, add a small amount of milk. This cake will keep 2 to 3 weeks in refrigerator, if covered.

CARROT CAKE

2 c. flour
2 tsp. baking powder
1 1/2 tsp. soda
2 tsp. cinnamon
1 tsp. salt

Mrs. L. M. Holloway
Council Bluffs Club

2 c. sugar
1 1/2 c. oil
4 eggs
2 c. grated carrots
1 small can unsweetened crushed pineapple
1/2 c. chopped nuts

Cream sugar and oil, add eggs. Beat well. Add the dry ingredients, carrots and pineapple. Bake for 35 to 40 minutes in a 350 degree oven. Test for doneness.

CHOCOLATE DATE CAKE

1 c. chopped dates
1 tsp. baking soda

Marie Chant, Burlington
Tri-Sippian Club

1 c. hot water
1 c. butter or other shortening

1 c. sugar
1 3/4 c. sifted flour
2 eggs

1 tsp. vanilla
6 sq. semi-sweet chocolate,
coarsely chopped (1 c.)

Combine dates and soda. Stir in hot water. Cream butter thoroughly with sugar. Add date mixture. Stir in flour, eggs, vanilla and 1/2 cup of the chocolate. Mix well. Pour into greased 9 inch square baking pan. Sprinkle top with remaining chocolate. Bake at 350 degrees about 40 minutes or until cake tests done. Cool in pan 10 minutes; then cut cake into squares or bars. Serve warm or cool; top with whipped cream or ice cream, if desired.

CHOCOLATE CHIP CAKE

Velna Miller, Burlington
Tri-Sippian Club

1 pkg. Duncan Hines deluxe II
devil's food cake mix
1/4 c. oil
2 eggs

1 1/4 c. water
1 pkg. chocolate instant pudding
(4 serving size)
1 c. chocolate chips (6 oz. pkg.)

Preheat oven to 350 degrees. Pour oil into 13 x 9 x 2 inch pan. Tilt pan until bottom is covered with oil. Put remaining ingredients into pan; stir with fork or spoon until blended. (About 2 minutes). Scrape sides of pan and spread batter evenly. Bake 35 - 45 minutes. Cooled cake may be sprinkled with powdered sugar. Use a knife to loosen cake from sides of pan.

CHERRY CHOCOLATE CAKE

Roberta Beye
Marshalltown Club

Cake:

1 pkg. chocolate cake mix
3 eggs

1 can (21 oz.) Wilderness cherry
fruit filling

Icing:

1 c. sugar
5 Tbsp. butter

1/3 c. milk
1 pkg. (6 oz.) semi-sweet chocolate
pieces

Combine cake mix, 3 eggs and cherry fruit filling. Mix until well blended. Pour into greased and floured 9 x 13 inch pan. Bake at 350 degrees for 35 - 40 minutes or until done.

Icing: Frost when cool with the following: In a small saucepan combine sugar, butter and milk. Bring to a boil, stirring constantly and cook 1 minute. Remove from heat. Stir in chocolate pieces until melted and smooth. Spread over cake.

TURTLE CAKE

Harriet S. O'Keele

Melt in double boiler:

14 oz. caramels

1/4 c. margarine

1/2 c. evaporated milk

Mix together:

1 box German chocolate
cake mix

3/4 c. margarine

1/2 c. evaporated milk

Batter will be very thick. Grease 9 x 13 inch pan. Spread half cake mixture in pan. Bake 7 minutes at 350 degrees. Remove from oven and spread caramel mixture over cake. Sprinkle with 1 cup chopped pecans and 1 cup chocolate morsels. Spread remaining cake mixture on top. Bake 15 minutes. This cake will not test or look done. Let cake set 8 to 12 hours before serving. Serves 16. (45 minutes preparation.) Rich, but good!

DATE CAKE WITH CHOCOLATE CHIP TOPPING

Lois Boulton

Clinton-Maquoketa Club

1 c. pitted dates (cut small)

2 c. sifted all purpose flour

1 1/4 c. boiling water

1/4 tsp. salt

3/4 c. shortening

1 Tbsp. cocoa

1 c. white sugar

1 tsp. baking soda

2 eggs

Pour boiling water over cut up dates and let stand until cool. Cream shortening and sugar, add eggs, one at a time, beating well after each addition. Sift together flour, salt, cocoa and baking soda. Add alternately with date mixture. Start and end with flour mixture. Pour into greased loaf pan 13 x 9 x 2 inch.

Topping:

1/4 c. sugar

1/2 c. chopped nuts

1 (6 oz.) pkg. chocolate chips

Sprinkle over batter sugar, chocolate chips and finally the nuts. Bake at 350 degrees for 30 minutes or until done.

DUMP CAKE

Doris C. Eggleston

Des Moines Life

1 box yellow cake mix

1 can cherry pie filling

1 large can crushed pineapple,
undrained

1/2 lb. (2 sticks) margarine,
melted

1/2 c. chopped nuts

Butter pan. Spread the crushed pineapple, then the cherry pie

(Cont.)

filling, then the cake mix, then the melted margarine. Sprinkle with chopped nuts. Bake at 350 degrees for 55 minutes. Top with whipped topping to serve.

BUNDT NUT CAKE

Angela Cash

1/2 c. shortening	1 tsp. baking soda
3/4 c. sugar	1/2 pt. sour cream (1 c. of 8 oz.)
1 tsp. vanilla	6 Tbsp. soft butter
3 eggs	1 c. firm packed brown sugar
2 c. flour	2 tsp. cinnamon
1 tsp. baking powder	1 c. chopped nuts

Cream shortening, sugar and vanilla. Add eggs, one at a time. Add flour mixture alternately with sour cream. Spread less than half of batter in greased bundt pan. Add about half of nut mixture. Add remaining batter and swirl in the rest of nut mixture. Bake 350 degrees for 50 minutes. Cook 10 minutes. Remove from pan.

FRUIT CAKE SUPREME

Mrs. Ivan Graham

2 lb. pitted dates	1 lb. English walnuts
1/2 lb. green candied cherries	1 lb. Brazil nuts
1/2 lb. red candied cherries	1 lb. pecan nut meats
1 lb. candied pineapple	

Leave nuts and fruits as whole as possible. Sift:

3/4 c. white sugar	1 tsp. baking powder
1 1/2 c. flour	1/2 tsp. salt over the fruit

Mix with hand. Beat 5 eggs and add 2 teaspoons vanilla. Line 2 bread pans with wax paper and butter. Bake 200 degrees for 1 hour and 45 minutes.

Note: Can be made in smaller pans as gifts. They are delicious

MILKY WAY CAKE

Patricia Edens

Des Moines Regular Club

6 Milky Way bars	2 1/2 c. sifted flour
2 sticks butter	1/2 tsp. soda
2 c. sugar	1 1/4 c. buttermilk (or 3 3/4 tsp.
4 eggs	vinegar and fill to 1 1/4 with
1 tsp. vanilla	milk)
	1 c. chopped nuts

Melt bars and 1 stick butter over very low heat. Beat 1 stick of butter and sugar in bowl, until fluffy. Add eggs, one at a time, beating well. Add soda and flour alternately with milk. Stir until smooth. Add melted candy mixture, mixing well. Stir in vanilla and nuts. Pour into greased and floured angel food or bundt pan. Bake 1 hour and 20 minutes at 350 degrees (until top springs back).

Cool in pan on wire rack for 10 minutes. Remove from pan and cool completely.

CREAM CHEESE FROSTING:

8 oz. pkg. cream cheese 1 stick butter
1 box (4 c.) powdered sugar 1 tsp. vanilla

Soften cheese and butter. Mix all ingredients and spread over cake.

CHOCOLATE FROSTING:

1 stick butter 6 Tbsp. milk
2 Tbsp. cocoa

Bring above to a boil and pour over 1 box (4 cups) powdered sugar. Add 1 teaspoon vanilla and 1 cup chopped nuts. Spread over cake.

EASY DEVIL'S FOOD CAKE

Grace Zellers

1 c. oleo 3 Tbsp. cocoa

Cream together. Add 1 cup boiling water. Sift together:

2 c. all purpose flour 1 tsp. soda
1 1/2 c. granulated sugar pinch of salt

Beat into liquid mixture. Add 2 eggs, one at a time. Beat well after each egg. Add 1 teaspoon vanilla and a few drops of red coloring. Bake in well greased and floured 9 x 13 inch pan at 350 degrees for 30 or 35 minutes, or until toothpick comes out clean.

CHOCOLATE CAKE

Georgena Davis
Biggsville, Illinois

Mix together:

1/2 c. cocoa 2 c. flour
1/2 c. shortening 2 eggs
1/2 c. strong coffee 2 c. sugar

Add 1 cup boiling water with 1 teaspoon soda added. Batter will be thin. Bake 350 degrees for 30 - 40 minutes. Any chocolate frosting with 1/2 teaspoon black walnut flavoring or ground up black walnuts added.

LUNCH BOX CAKE

Roy Mortensen

1 c. Crisco 1/2 c. white sugar
1 c. brown sugar 1 c. orange juice

(Cont.)

1 Tbsp. grated orange rind 3 eggs

Beat 3 minutes. Add:

2 c. flour	1/2 tsp. salt
1 c. graham crackers	1/2 tsp. cinnamon
1 tsp. baking powder	nuts are optional

Mix well and bake in tube pan at 350 degrees. Very moist. Can drizzle with icing or sprinkle with powdered sugar when cooled.

SOCK IT TO ME CAKE

Carol Hill

1 box butter yellow cake mix (Duncan Hines)	2 tsp. vanilla
3/4 c. oil	4 eggs
1/2 c. sugar	3 Tbsp. brown sugar
8 oz. sour cream	2 tsp. cinnamon and nuts

Mix first 5 ingredients well. Add eggs, one at a time. Pour half of batter in bundt pan and sprinkle on mixture of brown sugar, cinnamon and nuts. Pour on remainder of batter and bake at 325 degrees for 1 hour. Take out of pan immediately and frost.

FROSTING:

1 c. powdered sugar	3 tsp. milk or orange juice or lemon juice
3 Tbsp. melted butter	

SALAD DRESSING CAKE

Kay Ohrt
Iowa City Club

Mix together:

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

Mix:

1 c. salad dressing	2 tsp. vanilla
1 c. hot water	

Make well in dry ingredients and pour in the second mixture. Bake in moderate oven for 1/2 hour.

BABY FOOD CAKE

Helene Nelson

Beat 3 eggs and add:

1 1/4 c. oil	2 c. flour
2 c. sugar	1 tsp. salt

2 tsp. soda
1/2 tsp. baking powder

2 tsp. cinnamon

Sift sugar, flour, salt, soda, baking powder and cinnamon together. Add flour alternately with:

1 jar strained apricots]
1 jar applesauce] Baby Food
1 jar carrots]

Add 1 cup chopped nuts. Grease and flour 12 x 17 1/2 inch pan. Bake 30 minutes at 350 degrees.

FROSTING:

1/2 stick margarine
1 (8 oz.) pkg. Philadelphia cream cheese
1 tsp. vanilla
powdered sugar (3 c. or more)

MIRACLE WHIP CAKE

Jean Beers

Sift together:

1 3/4 c. flour
1 c. sugar
3 heaping Tbsp. cocoa
1 1/2 tsp. soda

Add:

3/4 c. hot water
1 c. Miracle Whip

Beat until smooth. Bake 30 - 35 minutes at 350 degrees.

FROSTING:

Sift 2 cups powdered sugar, 3 tablespoons cocoa and dash of salt. Add:

3 Tbsp. butter
1 egg yolk
4 Tbsp. cream
1 Tbsp. vanilla

PINEAPPLE DELIGHT CAKE

Linda Brumley

Cake:

yellow cake mix
4 eggs
1/2 c. oil
small can mandarin oranges and juice

Mix together. do NOT follow cake mix directions. Bake at 350 degrees for 30 minutes.

TOPPING:

8 oz. Cool Whip
20 oz. can pineapple and juice

small pkg. instant vanilla pudding or pineapple pudding

Mix together. Do NOT follow pudding directions.

CRAZY CAKE

Alice Hunsinger

Marshalltown Club

3 c. flour	2 Tbsp. vinegar
2 c. sugar	2 tsp. vanilla
2 tsp. baking soda	3/4 c. oil
1 tsp. salt	2 c. water
6 Tbsp. cocoa	

Combine dry ingredients. Add liquids. Place in greased pan. Bake 350 degrees for 35 minutes.

WATERGATE CAKE

Mrs. L. M. Holloway

Council Bluffs Club

1 pkg. white cake mix	3 eggs
1 c. 7-Up	1 pkg. pistachio pudding
1 c. oil	1/2 c. chopped nuts

Mix well and beat for 2 minutes at a medium speed. Bake for 30 to 35 minutes in a 350 degree oven. Test for doneness.

FRUIT CAKE SUPREME

Mrs. Ivan Graham

2 lb. pitted dates	1 lb. English walnuts
1/2 lb. green candied cherries	1 lb. Brazil nuts
1/2 lb. red candied cherries	1 lb. pecan nut meats
1 lb. candied pineapple	

Leave nuts and fruits as whole as possible for a different look. Sift:

3/4 c. white sugar	1 tsp. baking powder
1 1/2 c. flour	1/2 tsp. salt

Sift over the fruit and mix with hands. Beat 5 eggs and add 2 teaspoons vanilla. Line 2 bread pans with wax paper and butter. Bake 200 degrees for 1 hour and 45 minutes.

Note: You can make these in smaller pans as gifts. They are delicious.

MEXICAN FRUIT CAKE

Mrs. Don Roth

2 c. flour	1 (20 oz.) can chopped crushed pineapple
2 c. sugar	1/2 c. chopped nuts
2 eggs, beaten	
2 tsp. soda	

Bake at 350 degrees for 30 - 35 minutes.

FROSTING:

- | | |
|-----------------------------|-----------------------------|
| 1 (8 oz.) pkg. cream cheese | 2 heaping c. powdered sugar |
| 1 stick oleo | 1 tsp. vanilla |

RAW APPLE CAKE

Jacquie Ramage

- | | |
|------------|----------------------------|
| 2 c. sugar | 1/2 c. butter or margarine |
|------------|----------------------------|

Cream together and add:

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|--------|----------------|
| 2 eggs | 2 tsp. vanilla |
|--------|----------------|

Sift the following and add alternately with 4 cups of chopped apples:

- | | |
|-----------------|-----------------|
| 2 c. flour | 2 tsp. cinnamon |
| 1 tsp. salt | 1/2 tsp. nutmeg |
| 1 1/4 tsp. soda | |

Bake in a 9 x 13 inch cake pan and bake 350 degrees for 45 to 50 minutes. Frost with:

- | | |
|-----------------------------|--------------------------|
| 1 (3 oz.) pkg. cream cheese | 2 to 3 c. powdered sugar |
| 1/3 c. butter | |

Mix together well. Sprinkle with chopped nuts.

RAW APPLE CAKE

Mary Jones

- | | |
|-------------------|------------------|
| 4 c. diced apples | 1 tsp. vanilla |
| 2 c. sugar | 1 c. cooking oil |
| 1 c. nuts | 2 eggs, beaten |

Combine and let stand 30 minutes. Mix:

- | | |
|-------------|-----------------|
| 2 c. flour | 2 tsp. cinnamon |
| 1 tsp. soda | 1 tsp. salt |

Add to liquid ingredients. Pour into 9 x 13 inch pan and bake 1 hour and 15 minutes at 350 degrees.

TOPPING:

- | | |
|----------------------|-------------------|
| 1 c. caramel topping | 1/2 c. sour cream |
|----------------------|-------------------|

Heat 5 to 10 minutes. Pour over cake. Serve hot.

APPLE CAKE

Mae Bunger

Mary Wendling, Waterloo Life Club

2 eggs	2 c. flour
2 c. sugar	1 tsp. vanilla
2 tsp. soda	4 c. diced apples
pinch of salt	1/2 c. oil
2 tsp. cinnamon	1 c. broken nut meats

Cream eggs and sugar and add all seasonings. Stir in flour. Add apples and oil, then stir in nut meats. Pour into a greased 9 x 13 inch pan. Bake in a 350 degree oven for 45 minutes. Frost with Cream Cheese Frosting.

ROSALYNN CARTER'S JAPANESE FRUIT CAKE

Gladys Braun

Council Bluffs Club

16 - 20 servings.

Cake:

1 c. butter	1 tsp. vanilla
2 c. sugar	1 tsp. cinnamon
1 c. milk	1 tsp. allspice
4 beaten eggs	1/4 tsp. allspice
3 1/4 c. flour	4 lb. raisins
1 tsp. baking powder	

Fruit Filling - Topping:

2 whole lemons, seeded and ground in food processor or grinder	1 c. boiling water
1 grated coconut or 1 (3 1/2 oz. can) flaked coconut	2 Tbsp. cornstarch
	1 (8 1/4 oz.) can drained crushed pineapple
	2 c. sugar

Preheat oven to 350 degrees. Line bottoms of four 8 inch round cake pans with waxed paper. Using electric mixer, cream butter and sugar until light and fluffy. Combine milk and eggs. Sift flour and baking powder together. Add alternately with milk and egg to butter and sugar mixture, blending well after each addition. Add vanilla. Spoon half of batter into two of the pans. To remaining batter, add spices and raisins; blend thoroughly. Mixture will seem solid with raisins. Spoon into remaining pans. Bake all four layers for 35 minutes, until done. Cool cake on racks, removing layers from pans when still slightly warm. Remove papers.

To prepare filling-topping: Combine all ingredients in medium saucepan. Cook over medium heat, stirring frequently until mixture boils. Lower heat and simmer until thick, about 15 to 20 minutes. Cool. Spread between layers and on top of cake, alternating light and dark layers.

FRUIT CAKE

Elizabeth Miller
Waterloo Life Club

2 lb. pitted dates
1 lb. walnut meats

1 lb. Brazil nuts

Leave dates and nuts whole.

1 pkg. candied cherries
2 slices candied pineapple
(cut up)
1 tsp. baking powder

1 1/2 c. sugar
pinch of salt
2 c. flour
4 large eggs

Mix all ingredients together with hands in order given. Add well beaten eggs last. Bake about 1 1/2 hours at 300 degrees. Test after 1 1/4 hours. Test as any other cake--no imprint left when touched.

DOLLY'S RAISIN CAKE

Elva Gibbs

Cream 2 cups brown sugar and 1 cup shortening. Add 3 eggs. Sift:

3 c. flour
1 tsp. salt
1 tsp. cinnamon

1/2 tsp. cloves
1/2 tsp. nutmeg

Mix 1 to 2 cups raisins in part of flour. Add 1 teaspoon soda to 1 cup sour milk. Mix alternately with flour. Mix well. 1 cup black walnuts (optional). Pour in 9 x 13 inch greased and floured pan. Bake 400 degrees for 30 minutes. Makes a large cake.

FRUIT COCKTAIL CAKE

Wanda Stevens
Iowa City Club

1 c. flour
1 c. sugar

1/2 tsp. soda
1/2 tsp. salt

Sift together dry ingredients, add 1 can (1 1/2 cups) fruit cocktail, 1 egg. Mix together well. Pour batter into 9 x 9 x 2 inch greased pan. Mix together:

1 c. brown sugar

1/2 c. chopped nuts

Sprinkle over batter. Bake 1 hour at 300 degrees. Serve with ice cream or whipped topping. Delicious.

POUND CAKE

Judy Zier

1/4 lb. butter
1/4 c. Crisco

1 1/2 c. sugar

Cream together. Must use Crisco and butter.

3 eggs, add one at a time

1/2 c. milk

1 1/2 c. flour

Alternate milk and flour.

1/2 tsp. baking powder (add
to flour)

1 tsp. vanilla

Pour into greased and floured loaf pan and bake at 300 - 325 - 350 degrees, depending on how hot oven is for 45 minutes to 1 hour and 30 minutes. Test with toothpick and cake will usually have crack in center.

FRUIT COCKTAIL CAKE

Mrs. M. J. Harrington
Cedar Rapids Club

1 1/4 c. flour

1/2 tsp. salt (scant)

1 1/4 c. sugar

1 egg

1 tsp. soda

1 (#2) can fruit cocktail, juice
and all

Blend egg and fruit cocktail together. Add dry ingredients. Beat by hand and use 9 x 13 inch pan.

TOPPING:

1/2 c. brown sugar

1/2 c. pecans or nuts

Mix together. Spread on top of batter. Bake at 350 degrees for 35 minutes. Top with whipped cream or Cool Whip.

RHUBARB CAKE

Keith "Pete" Peters
Council Bluffs Club

1/2 c. shortening

1/2 tsp. salt

1 1/2 c. sugar

1 egg

Cream.

1 tsp. soda

2 c. flour

1 c. buttermilk

Add. Fold in 2 cups rhubarb, finely chopped. Pour into 9 x 13 inch greased and floured cake pan. Mix:

1/3 c. sugar

1 tsp. cinnamon

1/3 c. chopped nuts

Sprinkle on top of cake before baking. Bake 45 minutes at 350 degrees.

DATE CAKE**Flora Lambertson**

Clinton-Maq. Club

Dissolve a rounded teaspoon of soda in 1 cup boiling water. Pour over cut up dates (a 1 pound package). Stir:

1/2 c. butter
3/4 c. sugar

1 egg, unbeaten

Add dates to this. Then add:

1 3/4 c. flour

1/2 c. nut meats

Stir well. Bake at 325 degrees about an hour. I use a sauce for topping to serve or whipped cream.

PEAR CAKE**Mimi Warner**

Cake:

1 1/4 c. all purpose flour	1 1/2 c. chopped ripe pears (2 medium pears) or substitute
1/4 c. graham flour	
1 c. packed brown sugar	1 (16 oz.) can pears, drained and chopped
1 c. Buck Wheats or 100% natural cereal	1 c. vegetable oil
1 Tbsp. baking powder	4 eggs
3/4 tsp. cinnamon	2 tsp. vanilla
1/2 tsp. salt	1/2 c. coconut
1/4 tsp. ginger	

CREAM CHEESE ICING:

3 oz. pkg. cream cheese	1 c. confectioners sugar
1/4 c. butter, softened	

For cake: Heat oven to 350 degrees. Grease 9 x 13 inch baking pan. In large bowl, combine flour, brown sugar, cereal, baking powder, cinnamon, salt and ginger. Mix well. Add remaining ingredients, mixing just until dry ingredients are moistened. Spread batter evenly into prepared pan. Bake 25 to 30 minutes or until wooden pick inserted in center comes out clean. Cool completely on wire rack.

For cream cheese icing: In small bowl, beat together cream cheese and butter. Gradually add sugar, beating at high speed on electric mixer until smooth. Spread icing over cooled cake. Store in refrigerator. (I think it tastes better at room temperature.)

LEMON CAKE**Burney and Eleanor Daniel, Spirit Lake**

Little Sioux Valley Club

1 box yellow cake mix	1/3 c. oil
2 small or 1 large instant lemon pudding mix packages	2 c. milk
	4 eggs

Mix and bake in 9 x 13 inch greased floured cake pan at 350 degrees until done (use toothpick test). Make frosting of 2 cups powdered sugar and 1/2 cup Real Lemon. While cake is hot, put holes all over top of cake with fork and spread the frosting.

LEMON-FLAKE CAKE

Ken & Joan Brekke
Cedar Rapids Reg. Club

1 pkg. lemon flake cake mix 3/4 c. water
4 eggs

Mix all together 3 minutes. Add 3/4 cup salad oil. Mix. Flour and grease pan. Bake 350 degrees about 35 - 40 minutes. Poke holes with fork, squeeze juice of 2 lemons (or use Real Lemon juice) and mix with 2 cups powdered sugar. Pour over cake.

7-UP CAKE

Judy Zier

3 sticks oleo 3 c. sugar

Cream together for 20 minutes. Add:

5 eggs, one at a time 2 Tbsp. lemon extract
3 c. flour

Fold in 3/4 cup of 7-Up. Pour in well greased 12 cup bundt pan. Bake at 325 degrees for 1 hour to 1 hour and 15 minutes.

DUMP CAKE

Ruth Sherwood, Ft. Madison
Tri-Sippian Club

1 (15 oz.) can pineapple 1 yellow cake mix
(crushed) 1 stick margarine
1 can cherry pie filling

Heat oven 350 degrees. Bake in 9 x 11 inch ungreased pan. Spread pineapple in bottom of pan. Spread pie filling over pineapple. Spread cake mix on top (dry). Cut 2 sticks oleomargarine and spread over the cake mix. Bake 40 - 45 minutes.

DUMP CAKE

Alice Beckman, Burlington
Tri-Sippian Club

1 pkg. regular chocolate pudding 1 (12 oz.) pkg. butterscotch chips
1 pkg. sour cream cake mix (white) 1 c. nuts (chopped)

Bring pudding mix to boil with 2 cups milk. Add 1 stick margarine. Add box of sour cream cake mix. Beat and pour into 9 x 13 inch greased pan. Top with butterscotch chips and nuts. Bake 30 to 40 minutes in 350 degree oven.

CREME DE MENTHE CAKE**Gerry Robertson**

Add 3 tablespoons creme de menthe to batter of 1 box Pillsbury Plus white cake mix. Bake according to directions on the box. When cake has cooled spread 1 can Hershey fudge topping (yellow can) to top of cake. Mix 1 tablespoon creme de menthe to one large container of Cool Whip. Spread the Cool Whip on top of the fudge topping and sprinkle with nuts. Refrigerate.

Variation: Can substitute creme de almond for the creme de menthe to both the cake batter and the Cool Whip and then cut maraschino cherries up to add to the Cool Whip mixture.

CREME DE MENTHE CAKE**Mrs. Harold Peters**

Muscatine, Iowa

1 pkg. white cake mix
1 container (9 oz.) Cool Whip

1 can Hershey's chocolate fudge
topping
creme de menthe (4 Tbsp. and
4 tsp.)

Prepare cake according to directions on package, adding the 4 tablespoons of creme de menthe. Bake in a 9 x 13 inch pan. Cool. When cool, spread the fudge topping over the cake. Add the 4 teaspoons creme de menthe to the Cool Whip and spread over the fudge covered cake. Keep refrigerated.

TEXAS CAKE**Angela Cash**

2 c. flour
2 c. sugar

1/2 tsp. salt
1/2 tsp. soda

Mix in bowl. Bring to boil 2 sticks oleo, 3 tablespoons cocoa and 1 cup water. Add to flour mixture with 2 eggs, 2 teaspoons vanilla, 1/2 cup canned milk (with a little vinegar in it). You can use buttermilk instead. Bake at 350 degrees for 20 minutes. While cake is baking, prepare frosting.

FROSTING:

Bring to a boil and cook 2 minutes:

1 stick oleo
3 Tbsp. cocoa

3 Tbsp. milk

Add 1 package or 4 cups powdered sugar. Beat and add vanilla and chopped nuts. Frost immediately.

GOOD CHOCOLATE CAKE**Evalotte M. Berl**, Boone, Iowa
Ames-Boone-Perry Club

Made in jelly roll pan. Bring to boil:

1 stick oleo

1/2 c. oil

1 c. water

Pour over and mix into:

2 c. flour
2 c. sugar

1/4 c. cocoa

Add:

2 beaten eggs
1 1/2 tsp. soda in 1/2 c. buttermilk

Pour into jelly roll pan. Bake 350 degrees for 25 minutes.

FROSTING:

1 stick oleo

Add 1/3 cup buttermilk. Pour over and beat into 1/4 cup cocoa, 3 cups powdered sugar. Mix well. Add 1 cup nuts and 1 teaspoon vanilla. Frost as soon as it comes out of oven.

CARROT CAKE

Eunice Nelson

Clinton-Maquoketa Club

2 c. flour
2 tsp. soda
2 c. sugar
1 1/2 c. Wesson oil

3 c. grated carrots

2 tsp. cinnamon

1/2 tsp. salt

4 eggs

Grate carrots medium fine. Mix all ingredients and bake in loaf pan at 350 degrees for 45 minutes.

FROSTING:

8 oz. pkg. Philadelphia
cream cheese
1 stick butter

1 pkg. confectioners sugar
1 tsp. vanilla
1 c. chopped nuts

OATMEAL BANANA CUPCAKES

Gladys Braun

Council Bluffs Club

These light, nutritious cupcakes are so good they don't need a frosting.

1/2 c. sugar
1/2 c. butter or margarine
2 eggs
3 medium bananas (mashed, 1 c.)
3/4 c. honey

1 1/2 c. all purpose flour
1 tsp. baking powder
1 tsp. baking soda
3/4 tsp. salt
1 c. quick-cooking oats (oatmeal)

In mixer bowl, cream together sugar and butter or margarine. Beat in eggs, banana and honey. Stir together flour, baking powder, soda and salt. Add to creamed mixture, beating just until blended.

Stir in oats. Fill 24 muffin pans lined with paper bake cups 2/3 full with batter. Bake oven, 375 degrees for 18 - 20 minutes. Remove from pans and cool on wire rack. Makes 24 cupcakes.

ITALIAN COCONUT CREAM CAKE

Jackie Smith

2 c. sugar	1 tsp. baking soda
1/2 c. oil	1 c. buttermilk
1 stick softened butter	1 tsp. vanilla
5 egg yolks (save egg whites in bowl)	1/2 c. nuts
2 c. flour	1 c. coconut cream cheese frosting (recipe follows)

Cream together sugar, oil, butter and egg yolks. Add flour, baking soda, buttermilk, vanilla, nuts and coconut. Beat egg whites until they form stiff peaks and fold into above batter. Pour into 3 prepared layer pans or one 15 x 10 x 1 inch pan. Bake at 350 degrees for 35 minutes.

CREAM CHEESE FROSTING:

8 oz. pkg. cream cheese, softened	1/2 stick butter
1 tsp. vanilla	1 lb. box powdered sugar

Let cream cheese and butter come to room temperature and cream them with vanilla and powdered sugar. Frost cake, decorate sides and top of cake with toasted coconut.

TUTTI FRUTTI CAKE

Leona Eaton, Burlington
Tri-Sippian Club

3 c. cake flour	2 c. sugar
3/4 c. butter	1 c. milk
4 egg whites	2 tsp. baking powder
1 small bottle red cherries, cut fine	1 tsp. vanilla
	1/2 c. chopped walnuts

Cream butter and sugar until light, then add cherries. Sift baking powder and flour together and mix with the nuts. Add to the creamed butter and sugar alternately with the milk. Add flavoring. Fold in the stiffly beaten egg whites. Bake in layers in moderate oven, 350 degrees to 375 degrees for 35 minutes. If you can't find cake flour, sift a good bread flour 3 times and use. Also, this can be baked in a 13 inch x 9 inch dish.

BROWN SUGAR ANGEL FOOD

Mildred Rogers
Council Bluffs Club

1 1/2 c. egg whites	1 1/2 tsp. cream of tartar
2 tsp. vanilla	1 tsp. salt

2 c. brown sugar

1 1/4 c. sifted cake flour

Beat egg whites with vanilla, cream of tartar and salt until soft peaks form. Gradually sift 1 cup brown sugar over egg whites and beat until stiff peaks form. Sift remaining cup of sugar with cake flour. Fold into egg whites. Pour into ungreased 10 inch tube cake pan. Bake 350 degrees for 45 to 50 minutes. Cool upside down for at least an hour.

FROSTING:

Blend in saucepan:

1/2 c. butter

1/4 tsp. salt

2 1/2 Tbsp. flour

Cook 1 minute. Do not let brown. Add 1/2 cup milk and cook until thick, stirring constantly. Remove from heat and add 1/2 cup brown sugar. Beat well. Add 2 cups powdered sugar (sifted). Beat until thick. Add 1 teaspoon vanilla, 1 cup chopped black walnuts. Mix well. Spread on cake. Very good. Quite a problem sifting brown sugar.

HARVEST MOON CAKE

Mary Wendling

Waterloo Life Club

Cream together 1/2 cup butter and 1 1/2 cups sugar. Add 2 well beaten eggs. Sift together:

2 c. flour

3/4 tsp. soda

1/2 tsp. baking powder

1/2 tsp. salt

Combine 1/4 cup sour milk and 1 cup mashed bananas. Add alternately with dry ingredients to creamed mixture. Add 1 teaspoon vanilla. Pour into greased layer tins and bake 30 minutes in moderate oven. Frost with orange flavored 7-minute icing.

EASY MIX CAKE

Carol Hill

2 c. flour

1 (20 oz.) can crushed pineapple

2 c. sugar

2 eggs

2 tsp. soda

1 tsp. vanilla (or 2 tsp. if not

1 c. chopped nuts

pure vanilla)

Mix cake ingredients by hand. Bake 350 degrees for 45 minutes (9 x 13 inch pan). When cake has cooled, mix frosting and spread.

FROSTING:

8 oz. cream cheese

2 tsp. vanilla

1 1/3 c. powdered sugar

1/2 c. oleo

Mix well.

TOP ME TWICE CAKE**F. G. Hennings, Ft. Madison
Tri-Sippian Club**

- | | |
|-------------|---|
| 2 c. flour | 1 tsp. vanilla |
| 2 c. sugar | 2 eggs |
| 1 tsp. soda | 1 (13 1/2 oz.) can crushed
pineapple (undrained) |
| 1 tsp. salt | |

Mix and pour in pan (grease bottom only). Add topping:

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|--------------------|-----------------------|
| 1/2 c. brown sugar | 1/2 c. nuts (chopped) |
| | 1/2 c. flaked coconut |

Bake 350 degrees for 50 minutes.

Sauce:

- | | |
|--------------------|------------------|
| 1/2 c. oleo | 1/2 c. sugar |
| 1/2 c. light cream | 1/2 tsp. vanilla |

Pour over warm cake. Then cool.

BROWNIES**Lorraine Blair**

- | | |
|------------------------|------------------|
| 1/2 c. oleo, melted | 2 eggs |
| 3 Tbsp. cocoa | 1 c. sugar |
| 3/4 c. flour | 1 tsp. vanilla |
| 1/2 tsp. baking powder | 1/2 c. nut meats |
| 1/2 tsp. salt | |

Mix altogether in one pan and pour in greased 8 x 8 x 2 inch pan. Bake 20 - 25 minutes in 350 degree oven.

BUSTER BARS**Melinda Alderson****Margaret and Burdell Staab**

- | | |
|---------------------------------------|----------------------------|
| 1 small pkg. Oreo cookies,
crushed | 12 oz. jar hot fudge sauce |
| 1 stick margarine, melted | 11 oz. salted peanuts |
| 1/2 gal. vanilla ice cream, softened | 9 oz. container Cool Whip |

Mix together crushed cookies and margarine. Reserve 1 cup for topping. Press remaining cookie mixture into bottom of 9 x 13 inch pan. Spread ice cream over crust and freeze until firm. Spread hot fudge sauce over ice cream. Sprinkle peanuts over sauce. Spread on Cool Whip. Sprinkle reserved crumbs over top of dessert. Freeze. Remove from freezer 10 minutes before serving.

QUICK AND EASY BROWNIES**Alice Koenig**

- | | |
|-------------------------|----------------|
| 1 c. margarine (melted) | 1 tsp. vanilla |
| 2 c. white sugar | 4 eggs |
| 1/2 c. cocoa | 1 1/2 c. flour |

(Cont.)

1/2 tsp. baking powder

1/4 tsp. salt

Mix sugar and cocoa, add melted margarine. Add remaining ingredients and mix with electric mixer. Spread in greased and floured 9 x 13 inch baking pan. Bake 20 - 25 minutes at 375 degrees.

BROWNIES

Dorotha (Mrs. Harold) Skeers

Des Moines Life Club

2/3 c. vegetable shortening

1/2 tsp. baking powder

1 c. sugar

1/4 tsp. salt

2 eggs, beaten

1/3 c. cocoa

1 tsp. vanilla

1/2 c. chopped walnuts

1 c. sifted all purpose flour

Melt shortening in a 2 quart saucepan. Stir in sugar. Cool. Add beaten eggs and vanilla. Measure flour, baking powder, salt and cocoa into sifter. Sift into mixture in pan. Mix thoroughly. Add walnuts. Bake in 8 x 8 x 2 inch baking pan at 350 degrees, for 30 minutes or until center springs back when lightly touched. Cool on wire rack. Makes 16 brownies. Frost if desired.

BROWNIES

Mary Donohoe

Iowa City Club

2 c. sugar

1/2 c. salad oil

2 c. flour

1/2 c. buttermilk

4 Tbsp. cocoa

1 tsp. soda

3/4 c. cold water

2 eggs

1 stick oleo

1 tsp. vanilla

Mix together sugar, flour and cocoa. Melt oleo, water and salad oil. Bring to boil and pour over dry ingredients. Add buttermilk, soda and eggs with vanilla. Beat with mixer until well blended. Pour into greased jelly pan and bake for 18 minutes in 400 degree oven.

ICING:

1 stick oleo

1 tsp. vanilla

1/4 c. cocoa

1 c. nuts

6 Tbsp. milk

Bring to boil, oleo, cocoa and milk. Remove from heat and add 1 box powdered sugar, nuts and vanilla. Pour over the hot brownies.

BROWNIES

Ila Barr

Clear Lake, Iowa

1 c. sugar

1/2 c. nuts

1 cube oleo

1 c. flour

4 eggs

1/2 tsp. baking powder

1 can chocolate syrup

vanilla

Bake at 350 degrees for 20 to 30 minutes.

ICING:

1 1/2 c. sugar
6 Tbsp. milk

6 Tbsp. oleo

Bring to boil on low heat. Boil for 30 seconds. Remove from heat and add 1/2 cup chocolate chips. Beat until ready to spread.

SUPER BROWNIES

Leone Harms

Waterloo Club

1 stick oleo (or butter)

4 eggs

1 c. sugar

1 c. flour

1 lb. can Hershey's chocolate
syrup

1/4 tsp. salt

nuts (I use 1/2 to 3/4 c. pecans)

Bake 350 degrees. Let cool.

FROSTING:

1 stick oleo

1/3 c. Carnation canned milk

1 1/2 c. sugar

Boil 1 minute. Add 1/2 small pkg. chocolate chips. Beat hard until spreadable. Makes large recipe. I use 9 x 13 inch pan and another small cake pan. Cut in smaller pieces as this is rich.

BULGARIAN BROWNIES

Gene Earle

Iowa City Club

1 German chocolate cake mix

2 c. semi-sweet chocolate chips

3/4 c. melted butter or oleo

1 bag Kraft light caramels

2 small cans evaporated milk (1/3 c. each)

Melt caramels in 1 can evaporated milk until smooth and creamy. Mix cake mix, 1/3 cup evaporated milk and 3/4 cup melted butter. Place 1/2 of cake mixture in bottom of 9 x 13 inch pan which has been greased and floured. Bake 5 minutes in 350 degree oven. Remove and spread with chocolate chips and nuts. Spread caramel over all. Roll out remaining cake mixture between 2 sheets of wax paper and place over top making sure all is covered. Bake 15 minutes. Let cool completely before cutting.

BROWNIES

Joan Buwalda

Marshalltown Club

1 stick oleo

1 c. Hershey's syrup

1 c. sugar

1 c. flour

4 eggs

1/2 c. nuts

Blend well and pour into greased and floured cake pan (10 x 13 1/2 inch). Pan does not need to be floured if sprayed with Pam.

(Cont.)

Frost with:

CHOCOLATE "PHILLY" FROSTING:

1 (3 oz.) pkg. cream cheese	1 sq. unsweetened chocolate,
1 Tbsp. milk	melted
2 1/2 c. sifted sugar	1 tsp. vanilla
	dash of salt

Blend cream cheese and milk. Add sugar gradually, blending it in well. Add melted chocolate, vanilla and salt, blend well. Spread over cooled brownies.

BROWNIES (Very Good)

F. G. Hennings, Fort Madison
Tri-Sippian Club

1/2 c. butter (oleo)	1 tsp. vanilla
1 c. sugar	1 can chocolate syrup
4 eggs	

Cream together. Add:

1 c. plus 1 Tbsp. flour	1/2 c. chopped nuts
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Bake at 350 degrees in 12 x 18 inch pan, about 40 - 50 minutes.

ICING:

6 Tbsp. oleo	1 1/2 c. sugar
6 Tbsp. milk	

Boil 2 minutes, rolling boil. Remove from heat, add 1/2 cup chocolate chips. Stir until melted. Pour over warmed brownies.

BROWNIES

Lula Belle Lowe
Des Moines Life Club

2 sq. unsweetened chocolate	1/2 c. margarine
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Melt into saucepan. Cool. Beat 2 eggs until thick and pale. Add 1 cup sugar. Add chocolate mixture to egg mix. Stir in 1/2 cup sifted flour and 1/2 teaspoon salt and 1 cup walnut meats. Bake 350 degrees for 25 minutes.

BROWNIES

Marybess Chester

3 eggs, separated	1 c. chopped nuts, tossed on
1 c. sugar	waxed paper with 1/2 c. sifted
1/8 tsp. salt	cake flour
2 (1 oz.) squares unsweetened chocolate melted with 1/2 c. butter	

Beat egg yolks until thick and lemon colored. Add sugar and salt. Beat until fluffy and well blended. Add melted butter and chocolate

mixture. Beat thoroughly. Beat in flour and nuts. Gently fold in 3 stiffly beaten egg whites. Pour into 8 inch square pan. Bake in 375 degree oven for 20 minutes or until done. Batter is very heavy.

BROWNIES SUPREME

Deloris Strong

1 c. plus 1 Tbsp. flour	1 c. sugar
1/2 tsp. baking powder	1 tsp. vanilla
1 stick margarine	1 large can chocolate syrup
4 eggs	1/2 c. chopped nuts (optional)

Sift together flour and baking powder. Set aside. Cream together margarine and sugar, add eggs and beat. Add vanilla and chocolate syrup. Mix well. Combine with dry ingredients and add nuts. Pour into greased jelly roll pan, 11 x 13 inch. Bake 350 degrees for 30 minutes.

CHOCOLATE FROSTING FOR BROWNIES:

6 Tbsp. butter or margarine	1 1/4 c. sugar
6 Tbsp. milk or 1/3 c.	

Boil 3 minutes. Add 1 cup chocolate chips. Beat until thick. Pour over brownies.

CHOCOLATE BROWNIES

Doris & Milt Jones

3/4 c. flour	2 eggs
1 c. sugar	1 tsp. vanilla
7 Tbsp. cocoa	1 Tbsp. syrup
1/2 tsp. salt	1/2 pkg. miniature marshmallows
3/4 c. margarine	1/2 c. nuts (optional)

Combine flour, sugar, cocoa, salt, margarine, eggs, vanilla, syrup and nuts in mixing bowl. Beat 2 minutes at medium speed. Spread into greased 13 x 9 1/2 x 2 inch pan. Bake 30 to 35 minutes at 350 degrees. Immediately upon removing from oven, place marshmallows on top and allow to melt, spread evenly with a knife. Let cool.

FROSTING:

Mix together:

1/2 lb. powdered sugar	1 tsp. vanilla
1/4 c. melted margarine	2 Tbsp. cocoa

Add milk to make a creamy consistency.

PUMPKIN BARS

Shirley Larson
Marie Briggs, Ft. Madison
Tri-Sippian Club

- | | |
|----------------------|----------------------|
| 1 c. oil | 1 tsp. soda |
| 2 c. sugar | 2 tsp. baking powder |
| 4 eggs | 2 c. flour |
| 1 can (2 c.) pumpkin | 1/2 tsp. salt |
| 2 tsp. cinnamon | 1 c. nuts or raisins |

Mix until smooth oil, sugar and eggs. Combine with remaining ingredients and mix. Bake 350 degrees on sheet cake pan, 20 to 25 minutes.

ICING:

- | | |
|--------------------|---------------------|
| 3 oz. cream cheese | 1 tsp. vanilla |
| 2 tsp. milk | 2 c. powdered sugar |
| 6 Tbsp. oleo | |

Combine and spread on bars.

PUMPKIN BARS

Jan Burkybile
Council Bluffs Reg. Club

- | | |
|----------------------|--------------------|
| 2 c. flour | 2 Tbsp. cinnamon |
| 2 c. sugar | 4 eggs, beaten |
| 2 tsp. baking powder | 1 small c. pumpkin |
| 1 tsp. soda | 1 c. salad oil |
| 1/2 tsp. salt | |

Mix all ingredients. Bake 25 minutes at 350 degrees in jelly roll pan.

FROSTING:

- | | |
|-------------------|-------------------------|
| 3 oz. cream sugar | 1 tsp. vanilla |
| 1/4 stick oleo | 1 1/4 c. powdered sugar |
| 1 Tbsp. milk | |

Mix and spread on bars.

PUMPKIN PIE SQUARES

Betty Heithoff, Des Moines, Iowa
Red Rock Council

Crust:

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

Mix and press into 9 x 13 inch pan. Bake 350 degrees for 15 minutes.

Filling:

- | | |
|-------------------|--------------------------------|
| 1 (1 lb.) pumpkin | 1 (13 oz.) can evaporated milk |
|-------------------|--------------------------------|

2 eggs	1/2 tsp. ginger
3/4 c. sugar	1/4 tsp. cloves
1/2 tsp. salt	1 tsp. vanilla
1 - 2 tsp. cinnamon	

Beat and pour over crust. Bake 350 degrees for 20 minutes. Then bring it out of oven and put on topping.

TOPPING:

1/2 c. pecans (chopped)	2 tsp. butter
1/2 c. brown sugar	

Mix and sprinkle topping over pumpkin mixture. Bake 350 degrees for 15 - 20 minutes.

PUMPKIN BARS

Helen Anderson

Ames-Boone-Perry Club

Use 9 x 13 inch pans or 11 x 17 inch jelly roll pan.

4 eggs	2 tsp. soda
2 c. sugar	2 tsp. baking powder
1 can (#303) pumpkin	1 tsp. salt
1 1/4 c. oil	2 tsp. cinnamon
2 c. flour	

Mix together and fold in 1 cup nut meats and 1 cup coconut. Bake at 350 degrees for cake, 40 minutes; for bars 30 minutes. Cool.

FROSTING:

1 stick oleo	1 pkg. (6 oz.) cream cheese
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Mix slowly and add 1 pound powdered sugar. (I use more powdered sugar if not thick enough.) These can be frozen.

PUMPKIN BARS

Luwilda Parker

Marshalltown Club

4 eggs	2 c. sugar
1 c. salad oil	1 can (15 oz.) pumpkin
2 c. flour	2 tsp. cinnamon
2 tsp. baking powder	1/2 tsp. ginger, nutmeg and cloves
1 tsp. soda	
1/2 tsp. salt	

Mix in Mixmaster. Pour in greased cookie sheet. Bake 350 degrees for 25 minutes.

FROSTING:

1 (6 oz.) pkg. cream cheese	3/4 stick oleo
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(Cont.)

Tbsp. Carnation milk
(or milk)

1 tsp. vanilla
4 c. powdered sugar

This freezes well, make early if you wish.

BINGO BARS

Clara Adamson, Burlington
Tri-Sippian Club

4 eggs, beaten
1 1/2 c. salad oil (Crisco)
2 c. sugar
2 c. sifted flour
2 tsp. baking soda

2 tsp. cinnamon
1 c. chopped pecans
1 jar each of the following
baby food: strained apricots,
applesauce, carrots (the 4 oz.
jar)

Beat eggs, add oil, sugar and mix well. Then add the jars of baby food. In another bowl sift flour, soda and cinnamon and add to the first mixture. Blend well. Use a jelly roll pan 15 1/2 x 10 1/2 x 1 inch or use a 9 x 13 inch pan plus an 8 x 8 inch. Makes a large amount. Grease and flour pan and bake in a 350 degree oven for 35 - 40 minutes. Frost with a powdered sugar frosting and sprinkle top with nuts, if desired.

BINGO BARS

Mrs. Gladys Braun
Council Bluffs Club

Makes 4 dozen. 350 degree oven. Jelly roll pan.

3 eggs
2 c. sugar
1 1/4 c. salad oil

4 oz. jar baby food applesauce
4 oz. jar baby food carrots
4 oz. jar baby food apricots

Sift together:

2 c. flour
2 tsp. cinnamon

2 tsp. soda
1 c. chopped nuts

Mix together eggs, sugar, salad oil, baby foods. Sift together flour, cinnamon and baking soda. Add to mixture. Stir in nuts. Bake 25 to 30 minutes. Ice with powdered sugar icing.

SALTED NUT ROLL BARS

Lois Boquist
Cedar Rapids Club

Mix:

1 yellow cake mix
1 egg

2/4 c. butter (softened)

Bake in 10 x 15 inch pan at 325 degrees for 10 minutes. Put on top: 3 cups miniature marshmallows. Put in oven for 5 - 7 minutes. Cool. Mix:

2/3 c. corn syrup

2 tsp. vanilla

1/4 c. butter

12 oz. peanut butter chips

Heat until melted. Add 2 1/2 cups salted peanuts. Spoon over marshmallows. Cut when cool.

PEANUT CRUNCH BARS

Shirley Wells

1 c. sugar

1 1/2 c. crunchy peanut butter

1 c. white corn syrup

5 c. Special K cereal

Combine sugar and syrup. Bring to a boil but do not cook. Add peanut butter and cereal. Put in 8 x 4 inch pan. Cool. Frost with melted sweetened chocolate chips.

SCOTCHY PEANUT BARS

Willa Sommerfeld, Burlington
Tri-Sippian Club

2/3 c. butter

1 (6 oz.) pkg. butterscotch
chips

1/2 c. firmly packed brown sugar

1 1/3 c. flour

1 1/4 c. peanut butter (small
Skippy jar)

1 c. sugar

1 c. corn syrup

3 c. corn flakes

Cream butter, add brown sugar, cream well. Blend in the flour. May be crumbly. Press into bottom of ungreased 13 x 9 inch pan. Bake at 350 degrees for 15 or 20 minutes. Combine sugar and syrup in kettle, bring to a boil, remove from heat, add butterscotch morsels and peanut butter. Stir until melted. Stir in corn flakes and spread over base. Cool and frost with chocolate frosting.

FROSTING:

Combine 1 tablespoon melted butter, 1 cup confectioners sugar, 1 envelope of chocolate bake, 1 teaspoon vanilla and 1 or 2 tablespoons cream. Cut into small squares.

CARAMEL LAYER CHOCOLATE SQUARES

Mary Jean Duzik
Sioux City Life Club

1 (14 oz.) pkg. light caramels

3/4 c. oleo, melted

1/2 c. evaporated milk

1 c. chocolate chips

1 German chocolate cake mix

1 c. nuts, chopped

1/3 c. evaporated milk

In heavy pan, cook caramels and 1/2 cup evaporated milk, stirring constantly until melted. Set aside. Grease and flour 9 x 13 inch pan. In large bowl, combine cake mix and melted oleo and 1/3 cup evaporated milk. Stir by hand dough until it holds together (kind of forms a ball but is loose). Press 1/2 dough in pan and bake 6 minutes at 350 degrees. Sprinkle chips over baked dough, spread caramel mixture over chips, crumble rest of dough over mixture. Sprinkle chopped nuts over top and return to oven 15 to 18 minutes. Cool slightly and refrigerate 30 minutes to set caramels.

CHOCO CARAMEL CRUNCH BARS

Marie Poggenpohl
Iowa City Club

Base:

1 pkg. Pillsbury Plus German
chocolate cake mix

1/3 c. oleo or butter, softened
1 egg

Topping:

6 oz. pkg. (1 c.) semi-sweet
chocolate bits
1/2 c. chopped nuts

3/4 c. caramel ice cream topping
3 Tbsp. flour

Heat oven to 350 degrees. Grease and flour 13 x 9 inch pan. In large bowl, combine cake mix, oleo and egg at low speed until crumbly. Reserve 1 cup crumbs for topping. Press remaining crumb mixture in prepared pan. Bake at 350 degrees for 8 to 10 minutes or until base is slightly puffy. Sprinkle with chocolate chips and nuts.

Combine caramel topping and flour, pour over nuts. Sprinkle with reserved crumbs. Bake at 350 degrees for 10 to 20 minutes or until chocolate chips are melted and caramel topping begins to bubble. Cool completely. Cut into bars (36 bars).

GERMAN SWEET CHOCOLATE SQUARES

Marilyn Kelly

50 light caramels (14 oz. pkg.)
2/3 c. evaporated milk, divided
into 1/3 c.

3/4 c. melted margarine
1 c. chopped nuts
1 c. chocolate chips

1 pkg. German sweet chocolate cake mix

Combine and heat caramels and 1/3 cup of evaporated milk, stirring frequently. The microwave is great for this. Set it aside. Combine cake mix, remaining 1/3 cup of evaporated milk, melted margarine and nuts. Spread half of this in a greased and floured 9 x 13 inch baking pan. Bake 6 - 8 minutes at 350 degrees. Refrigerate other half. Sprinkle chocolate chips over half-baked crust, then dribble the caramel over chips. Pinch off pieces of the other half of the dough and drop them on the caramel. Return to oven for another 15 - 18 minutes. Cool and cut.

CREAMY APPLE SQUARES

Linda McKnight

Serves 12 - 15.

1 pkg. yellow cake mix
1/2 c. soft margarine or butter
1/4 c. firmly packed brown sugar
1/2 tsp. cinnamon

2 - 5 apples, thinly sliced
1 c. sour cream
1 egg

Preheat oven to 350 degrees. Combine first 2 ingredients. Mix well until crumbly. Reserve 3/4 cup for topping. To topping add

brown sugar and cinnamon. Mix well and set aside. Press remaining mixture onto bottom of ungreased 13 x 9 inch pan. Arrange apple slices over pressed mixture. If apples are tart, make a cinnamon and sugar mixture (like for cinnamon toast) and sprinkle over apples. Otherwise, omit this step. Blend sour cream and egg. Spread evenly over apples. Sprinkle reserved topping over all. Bake for 25 - 30 minutes or until topping is golden brown and bubbly. Serve warm. Refrigerate leftovers.

APPLE BARS

Harriette Buff
Davenport Club

2 1/2 c. flour	1 c. sugar
1 tsp. salt	1 tsp. cinnamon
1 c. shortening	1 egg white, beaten stiff
1 egg yolk, plus enough milk to make 2/3 cup	1 c. powdered sugar
1/2 c. crushed corn flakes	1 Tbsp. water
5 cooking apples, peeled and sliced	1 tsp. vanilla

Cut shortening into flour and salt. Stir in egg yolk and milk. Roll out half of dough to fill a 15 1/2 x 10 1/2 inch baking pan. Sprinkle bottom crust with crushed corn flakes. Arrange apple slices on crust; then sprinkle sugar and cinnamon over apples. Roll out other half of dough and place on top. Brush beaten egg white over crust. Bake at 375 degrees for 1 hour. While warm, glaze with powdered sugar mixture.

APPLE BARS

John Roarty

2 1/2 c. flour	1 1/2 Tbsp. sugar
1 c. Crisco	1 egg and enough milk to make 1/2 c.
1 tsp. salt	

Filling:

8 apples, sliced	1 tsp. cinnamon
1 c. sugar	

Mix dry ingredients together. Add egg mixture and roll half of dough out and place on large cookie sheet. Spread on apples and top with sugar and cinnamon. Roll out rest of dough and cover apples. Make slits in top crust and bake. When cool, frost with powdered sugar frosting and cut into bars.

APPLE BARS

Burney and Eleanor Daniel, Spirit Lake
Little Sioux Valley Club

2 1/2 c. flour	10 medium apples, peeled and sliced
pinch of salt	1/2 c. sugar
1 c. shortening	1 tsp. cinnamon
1 egg, separated	2/3 c. milk

Mix flour, salt and shortening. Add milk and slightly beaten egg yolk. Press half dough in bottom of 10 x 15 x 1/2 inch pan. Place apples on dough. (I added a few extra apples.) Sprinkle with sugar and cinnamon. Roll out other dough. Put on top of apples, pinch ends closed. Brush with stiffly beaten egg white. Bake 1 hour at 375 degrees. Frost while warm with powdered sugar frosting made with milk and almond flavoring. Delicious with a dip of ice cream on it.

ALMOND CRUNCH BARS

Doris Tharp
Nishna Club

1 pkg. coconut almond or coconut pecan frosting mix	1 c. flour 1/2 c. butter or oleo (melted) 1/2 tsp. almond extract
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Glaze:

1 c. powdered sugar 1/2 tsp. almond extract	2 to 3 Tbsp. milk
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Preheat oven to 400 degrees. Combine first 4 ingredients, blend well. Press into ungreased 13 x 9 inch pan. Bake 10 to 12 minutes until golden brown. In small bowl, combine glaze ingredients. Blend until smooth. Drizzle bars. Cut into bars while warm.

CARMELICKS

Mary K. Wilson
Waterloo Regular Club

1 pkg. yellow cake mix 1 c. chopped nuts 1/2 c. Crisco, softened (not oil) (you may use oleo)	2 eggs 2 Tbsp. hot water 1 c. caramel ice cream topping
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Mix together until blended. Spread in ungreased jelly roll pan 12 x 18 inch. Bake at 325 degrees 30 - 40 minutes until top springs back. Cool and spread with frosting and let stand 1 hour before cutting.

Frosting:

2 c. powdered sugar 1/3 c. softened oleo	3 Tbsp. caramel topping (I use what is left in jar) 2 Tbsp. milk
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Mix together and spread over carmelicks

TOFFEE CRUNCH BARS

Dorothy Barton, Burlington
Tri-Sippian Club

Cream together 1 cup shortening and 1 cup brown sugar, packed. Beat in 1 egg, well beaten and 1 teaspoon vanilla. Stir in 2 cups sifted flour and 1/2 teaspoon salt. Spread dough in two 8 x

8 inch pans or one long pan. Bake 350 degrees about 15 minutes or until lightly brown. Remove and spread immediately with 1 package (7 oz.) semi-sweet chocolate melted over hot water. Sprinkle with chopped nut meats. Cool and cut in bars.

PEANUT BUTTER CUP BARS

Rosie Baker

1/4 c. brown sugar
1 c. peanut butter

1 1/2 c. powdered sugar
1 stick butter

Mix all together. Top with 1 cup chocolate chips mixed with a little milk and a teaspoon of butter. Spoon on top.

BABY DOLL BARS

Esther Ann Hite

3 eggs
2 c. sugar
1 1/4 c. salad oil
baby food (1 each) 4 oz. strained applesauce, 4 oz. strained apricots with tapioca and 4 oz. strained carrots

2 c. flour
2 tsp. soda
2 tsp. cinnamon

Optional: 1 cup pecans or 1 cup raisins.

Beat eggs, add sugar gradually and mix well. Add salad oil and blend. Sift dry ingredients together. Combine 3 baby foods together in a bowl, alternately add dry ingredients and baby food to the egg, sugar and oil mixture. Mix well and bake in greased and floured jelly roll pan, 10 x 15 inch. Bake 350 degrees for 25 - 30 minutes. Can glaze with powdered sugar icing. Cool and cut in bars.

CONGO SQUARES

Lula Belle Lowe

Des Moines Life Club

2 3/4 c. sifted flour
2 1/2 tsp. baking powder
1/2 tsp. salt
2/3 c. shortening
2 1/4 c. brown sugar (1 lb. pkg.)

3 eggs
1 c. nut meats
1 pkg. Nestle's semi-sweet chocolate chips (12 oz.)

Mix and sift flour, baking powder and salt. Melt shortening and add brown sugar. Stir until well mixed. Allow to cool slightly. Add eggs, one at a time, beating well. After each addition, add dry ingredients then nut meats and chocolate. Pour into greased pan 10 1/2 x 15 1/2 x 3/4 inch. Bake 350 degrees 25 - 30 minutes or until done when tested with toothpick. When almost cool, cut into squares.

ADOBE BARS

Lynn Spear

Davenport Club

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

1 egg and 2 yolks

Cream and add to flour mixture.

1 1/2 c. flour
1 tsp. baking powder

1/4 tsp. salt

Spread in 9 x 13 inch pan. Sprinkle 1 cup nuts and 1/2 cup chocolate chips (can also use butterscotch), and 1 cup miniature marshmallows over top. Then beat 2 egg whites with 1 cup brown sugar and spread over all. Bake at 350 degrees for about 35 minutes.

ROCKY ROAD BARS

Mrs. Don Roth

1 (12 oz.) bag chocolate chips

1 can Eagle Brand milk

Melt in double boiler.

2 Tbsp. butter

1 (10 1/2 oz.) pkg. marshmallows (small)

2 c. dry roasted peanuts

Mix above with chocolate mixture. Put in 9 x 13 inch pan lined in wax paper. Refrigerate 2 hours and cut into bars.

ROCKY ROAD BARS

Gene Earle

Iowa City Club

1/4 c. flour

1/4 tsp. baking powder

1/8 tsp. salt

1/3 c. brown sugar

1 egg

1 Tbsp. oleo

1/2 tsp. vanilla

1/2 c. chopped nuts

Sift flour with baking powder and salt. Add remaining ingredients except walnuts and beat until smooth. Stir in nuts. Turn into greased 8 inch square pan. Bake at 350 degrees for 15 minutes, just until top is lightly browned and springs back when touched. Remove from oven and immediately cover with:

1 c. miniature marshmallows

1/2 c. coarsely ground nuts

1 (6 oz.) pkg. chocolate chips

Return to oven for 2 minutes or until chocolate is softened. Remove from oven and swirl chocolate over marshmallows and nuts. Cool until chocolate is set before cutting into bars.

CHOCOLATE FROSTED BARS

Lula Belle Lowe

Des Moines Life Club

Bring to a boil and remove from heat: 1 cup sugar and 1 cup white syrup. Add:

1 1/2 c. peanut butter

1 c. salted peanuts

4 c. Special K cereal

1 c. coconut

Spread in greased cookie sheet. In double boiler, melt :

2 (6 oz.) pkg. butterscotch chips

1 1/2 (6 oz.) pkg. chocolate chips (semi-sweet)

Frost cookies. When cool, cut into 1 inch strips, 4 strips lengthwise or larger, if desired. Very rich! I use chunky peanut butter and forget the peanuts.

CHOCOLATE MARSHMALLOW BARS (Rich and Delicious)

Fern Schenck

Davenport Regular

1 c. brown sugar

3/4 c. margarine

1/2 c. granulated sugar

Cream the above ingredients. Mix in:

2 eggs

1 tsp. vanilla

2 c. flour

1 c. chocolate chips

1 tsp. soda

1/2 c. nuts (chopped)

Put mixture in a 9 x 13 inch pan. Bake for 20 minutes at 325 degrees. Take out of oven and cover with miniature marshmallows and bake 15 minutes at 300 degrees. When done, put frosting on, all over to cover the marshmallows. It is best to pour it over the marshmallows.

FROSTING:

1/4 c. cocoa

1/4 c. milk

1/2 c. margarine

Combine and bring to boil and add 2 - 2 1/2 cups powdered sugar.

SNICKERS BARS

JoAnn Stanton

Sioux City Reg. Club

1st Layer:

1 c. chocolate chips

1/4 c. butterscotch chips

Melt and spread in buttered 9 x 13 inch pan. Cool.

2nd Layer - Boil 5 minutes or to soft ball stage:

1 c. sugar

1/4 c. oleo

1/4 c. milk

Add:

1 c. marshmallow creme

1 tsp. vanilla

1/4 c. creamy peanut butter

Pour over 1st layer and sprinkle over 1 cup dry roasted peanuts.

3rd Layer:

20 caramels

2 tsp. hot water

Melt and drizzle over peanuts.

4th Layer: repeat of 1st layer.

Cool.

DATE AND CANDY ORANGE SLICE BAR

Margaret Oppelt

1/2 lb. dates, cut fine

1 Tbsp. butter

1/2 c. sugar

1 c. water

2 Tbsp. flour

Cook until thick. Remove from heat, add 12 orange slices, cut fine. Mix:

1 c. brown sugar

1 tsp. soda dissolved in 3 Tbsp.
hot milk

1/2 c. butter

2 eggs

1/4 tsp. salt

1 tsp. vanilla

nuts

1 1/3 c. flour

Place 1/2 batter in 10 x 15 inch greased and floured pan. Put filling on and then spread remaining batter. Bake at 350 degrees for 30 to 35 minutes. Frost with powdered sugar, if desired.

COCONUT DREAM BARS

Dorothy Kendall

Clinton-Maq. Club

Mix 1/2 cup butter with 1/2 cup brown sugar and 1 cup flour to a crumbly mixture. Pat into a greased shallow pan. Bake in a moderate oven 20 minutes. Set aside. Mix 1 cup brown sugar and 2 beaten eggs. Add 1 teaspoon vanilla and 1/4 teaspoon salt. Mix 2 teaspoons flour with 1/2 teaspoon baking powder. Sift over 1 1/2 cups shredded coconut and 1 cup broken nuts. Add to sugar-egg mixture. Pour over previously baked crust and bake 20 minutes longer in a moderate oven. Cool slightly before cutting.

FROSTED CREAMS

Mrs. Robert (Reva) Leuck

1 c. shortening

1 c. warm water in which raisins
cooked

1 1/2 c. sugar

1 tsp. soda

2 eggs

2 1/2 c. flour

1 tsp. vanilla

1 tsp. salt

1 c. raisins, cooked in water

1 tsp. cinnamon

Cream shortening, sugar and beat in eggs and vanilla. Bring raisins to boil in cupful of water. Drain raisins, saving liquid.

APRICOT BARS

Bev Nelson
Davenport Club

1 c. dried apricots (cut up) 1 c. water

Cook in saucepan (apricots and water) for 10 minutes. Drain, cool and set aside.

1/2 c. soft butter 1/2 c. sugar
1 c. flour

Blend these with pastry blender. Press this into ungreased 9 x 12 inch pan. Bake at 350 degrees for about 25 minutes, until light brown.

Filling:

2 eggs, beaten 1 c. (firmly packed) brown
1 tsp. vanilla sugar

Blend in:

1/3 c. flour 1/4 tsp. salt
1/2 tsp. baking powder

Add apricots and 1/2 cup finely chopped nuts. When crust layer is ready, spread this on top and return to oven for 30 minutes longer. Cool completely before cutting.

APRICOT BARS

Lois Mager
Davenport Club

2/3 c. dried apricots 1 c. brown sugar
1/2 c. soft butter 1/2 tsp. baking powder
1/4 c. sugar 2 eggs, well beaten
1 1/3 c. flour 1/2 tsp. vanilla
1/4 tsp. salt 1/2 c. nuts

Rinse apricots. Cover with water. Boil 10 minutes. Drain, cool and chop. Mix butter, white sugar and 1 cup flour until crumbly. Pack into an 8 x 8 inch pan. Bake at 350 degrees for 25 minutes. Sift remaining 1/3 cup flour, 1/2 teaspoon baking powder and 1/4 teaspoon salt. Gradually beat brown sugar into eggs. Mix with flour mixture. Add vanilla, nuts and apricots. Spread over baked layer. Bake for 30 minutes or until done. Cool in pan and cut into bars. Roll in powdered sugar.

MOM'S DATE BARS

Betty Brown, Burlington
Tri-Sippian Club

1/4 c. melted shortening,
cooled 1/2 tsp. salt
1/2 c. sifted flour 1 c. sugar
1/4 tsp. baking powder 2 c. chopped dates
1 c. walnuts

2 eggs, beaten

Combine dry ingredients. Add dates and nuts. Stir in eggs and shortening. Bake in 9 x 9 inch pan 30 minutes at 350 degrees. Cool slightly and cut in bars and roll in powdered sugar.

BANANA OATMEAL BARS

Gladys Winters
Charles City, Iowa

1 1/2 c. hot water

1 c. quick oats

Soak in water 20 minutes to soften oats.

1/2 c. shortening

1/2 tsp. nutmeg

1 1/2 c. sugar

1 tsp. cinnamon

2 eggs

2 or 3 well ripened mashed

1 1/2 c. flour

bananas

1 1/4 tsp. soda

1 tsp. vanilla

1/2 tsp. salt

Mix shortening, sugar and eggs. Add flour, soda, salt and spices. Blend well. Add bananas, vanilla and oats. Mix well. Pour into greased 10 x 15 inch jelly roll pan. Bake 350 degrees for 30 minutes. If wish to make cake, put in 9 x 13 inch pan and bake 45 or 50 minutes.

FROSTING:

6 Tbsp. oleo

1 1/3 c. sugar

6 Tbsp. milk or half and half

Mix together and boil 30 seconds. Add 1/2 cup peanut butter chips. Remove from heat and stir to dissolve and smooth. Spread while thin. Add 1/2 cup chocolate chips to make chocolate frosting.

BANANA BARS

Burney and Eleanor Daniel, Spirit Lake
Little Sioux Valley Club

1/2 c. oleo

4 ripe bananas, mashed

1 1/2 c. sugar

1 tsp. vanilla

2 eggs

2 c. flour

3/4 c. buttermilk

1 tsp. soda

Beat well. Spread on greased and floured cookie pan. Bake at 350 degrees for 30 minutes. Frost while warm with a powdered sugar frosting.

RHUBARB BARS

Sharon Norton
Club 71

Mix:

1 c. flour

1/2 c. oleo

5 Tbsp. powdered sugar

Pat in bottom of 9 x 13 inch pan. Bake 15 minutes at 350 degrees.

Filling:

2 eggs, beaten	3/4 tsp. salt
1 1/2 c. sugar	2 c. finely chopped rhubarb
1/4 c. flour	1/2 tsp. vanilla

Mix together and pour over crust. Bake 45 minutes at 350 degrees.

ZUCCHINI BARS

Sharon Norton
Club 71

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

Beat eggs and sugar and add other ingredients in order given. Put in 10 x 15 inch pan. Bake 350 degrees for 30 minutes.

FROSTING:

1 stick oleo	1 tsp. vanilla
1 (3 oz.) pkg. cream cheese	2 c. powdered sugar

Beat and spread on cooled bars.

ORANGE SLICE-BLACK WALNUT BARS

Grace Zellers

18 gumdrop orange slices (cut in small pieces)
1 c. black walnuts

Mix together and flour completely. Use electric mixer. Cream:

1/2 butter	pinch of salt
1/2 c. brown sugar	

Add eggs and beat well. Sift 2 cups all purpose flour and 1/2 teaspoon baking powder. Mix well, add flour mixture. Fold in floured candy and nuts. Bake in a large flat pan or cookie sheet, greased and floured. Bake at 350 degrees until toothpick comes out clean. While still warm, dust with powdered sugar. Cut in bars when cool.

POTATO COOKIE CRUNCH

Dorothy Barton, Burlington
Tri-Sippian Club

Potato chips crushed are the secret for the special crunch.

1 c. margarine	1/2 c. sugar
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(Cont.)

2 c. flour
1 tsp. vanilla

1/2 c. crushed potato chips
1/2 c. pecans or other nuts
(optional)

Cream margarine, sugar and vanilla. Add potato chips and nuts. Stir in flour. Form into balls and place on ungreased pan. Press flat with bottom of glass dipped in sugar. Bake 350 degrees for 16 - 18 minutes until lightly browned.

BUTTER COOKIES

Dee Bailey
Davenport Club

1 1/2 c. sugar
1 c. butter or margarine
3 egg yolks
1/2 c. chopped black walnuts

2 c. flour
1 tsp. cream of tartar
1 tsp. baking soda
1 tsp. vanilla

Make in balls, a teaspoon at a time and flatten down.
Bake at 350 degrees about 10 minutes.

SWEDISH COCONUT COOKIES

Shirley Wells

1 c. oleo
1 c. shortening
2 c. sugar
3 c. flour

1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
1 c. toasted coconut

Cream shortening, oleo and sugar. Add dry ingredients, vanilla and coconut (which has been toasted in oven). Drop on ungreased cookie sheet. Flatten with glass dipped in sugar. Bake 350 degrees until golden brown around the edge. Do not bake until entire cookie is golden brown.

MARSHMALLOW CHOCOLATE COOKIES (No Bake)

Evalotte M. Berl, Boone, Iowa
Ames-Boone-Perry Club

1 (6 oz.) pkg. chocolate chips
2 Tbsp. butter
1 egg, well beaten
1 c. powdered sugar

1/4 tsp. butter flavoring
1/2 tsp. burnt sugar flavoring
1 c. nuts, chopped
4 c. miniature marshmallows (all colors)

Melt chocolate chips and butter over warm water. Remove from heat. Add egg, sugar and flavoring, nuts and marshmallows. Divide into 2 rolls. Roll in coconut or graham cracker crumbs. Chill and slice. These cookies look real pretty on a tray.

CHOCOLATE MERINGUES

Judy Stoner

2 egg whites
1/8 tsp. salt
1/8 tsp. cream of tartar

1 tsp. vanilla
3/4 c. sugar
1 (6 oz.) pkg. chocolate chips

1/4 c. chopped nuts

Beat egg whites, salt and cream of tartar until soft peaks. Add sugar gradually, beating until peaks are stiff. Fold in nuts and chocolate chips. Drop on brown paper (Hy-Vee sack) by rounded teaspoon. Cool slightly before removing from paper. Bake 300 degrees for 22 - 25 minutes.

CHOCOLATE COOKIES

Jean Beers

3 sq. baking chocolate (melted)	1/2 c. raisins
1 c. light brown sugar	1/2 tsp. salt
1/2 c. milk	1/2 c. melted shortening
1 egg	1/2 tsp. soda, sifted with flour
1 1/2 c. flour	1/2 c. nut meats

Add melted shortening last. Frost with chocolate frosting. Bake at 375 degrees for 10 to 12 minutes.

NESTLE TOLL HOUSE PAN COOKIE

Margaret and Burdell Staab

2 1/4 c. unsifted flour	3/4 c. brown sugar, firmly packed
1 tsp. baking soda	1 tsp. vanilla
1 tsp. salt	2 eggs
1 c. butter or margarine, softened	1 (12 oz.) pkg. (2 c.) semi-sweet chocolate chips
3/4 c. sugar	1 c. chopped nuts

Preheat oven to 375 degrees. In a small bowl combine flour, soda and salt. Set aside. In a large bowl, combine butter, sugar, brown sugar and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture. Mix well. Stir in chocolate chips and nuts. Spread into greased 15 x 10 x 1 inch baking pan. Bake 375 degrees for 20 minutes. Cool. Cut into 2 inch squares. Makes 35 squares.

Note: To use 6 oz. package of chocolate chips, recipe may be divided in half.

Use a 9 x 13 x 2 inch pan. Bake 12 - 15 minutes. Makes 24 squares.

COWBOY COOKIES

Eleanor Hensel

Waterloo Life Club

1 c. shortening	1 tsp. baking powder
1 c. brown sugar	1 tsp. soda
1 c. white sugar	1 c. oatmeal
2 eggs, beaten	1 c. Rice Krispies
3 1/2 c. flour	1/2 c. coconut
1/2 tsp. salt	1 c. chocolate chips
1 tsp. vanilla	

(Cont.)

Preheat oven 350 degrees. Cream shortening and sugar. Add eggs and vanilla. Sift together flour, salt, baking powder, soda. Add to sugar mixture. Stir in oatmeal, coconut, Rice Krispies, chocolate chips. Form small balls. Place 2 inches apart on cookie sheet. Bake at 350 degrees for 10 minutes. Makes 80 cookies.

MEMPHIS MERINGUES

Marie Chant, Burlington
Tri-Sippian Club

Pre-heat oven to 300 degrees. (Important).

3 egg whites, beaten stiff	1/2 - 1 c. ground nuts
1 c. sugar (add very gradually with a pinch of salt)	1 (6 oz.) pkg. chocolate chips

Add nuts and chocolate chips carefully. Drop by teaspoonfuls on foil lined pan. Put in oven. Turn off oven, which has reached 300 degrees. Leave in oven overnight. Remove next morning. Store in plastic container. (Given to me by V. Anderson, AT&T.)

CHOCOLATE OATMEAL COOKIES (No Bake)

Mrs. Robert (Reva) Leuck

2 c. sugar	1/2 c. oleo
1/2 c. milk	

Bring to boil 1 1/2 minutes or 2 minutes. Remove from heat. Add 5 tablespoons cocoa, 1 teaspoon vanilla. Stir. Add 3 cups quick cooking oatmeal and 1 cup walnuts. Drop by tablespoonfuls on waxed paper. Ready to eat in 10 minutes.

CHOCOLATE CRACKLES

Claire Posusta

1 c. chocolate chips	1 c. all purpose flour
1 c. brown sugar	1 tsp. baking powder
1/3 c. salad oil	1/4 tsp. salt
2 eggs	1/2 c. chopped walnuts
1 tsp. vanilla	C & H powdered sugar (about 1/2 c.)

Melt chocolate. Combine sugar and oil. Add eggs, one at a time, beat well. Add vanilla. Combine flour, salt, baking powder, add to chocolate mixture. Stir in nuts. Chill dough. Drop teaspoonfuls of dough in powdered sugar. Roll to coat. Place on greased cookie sheet. Bake at 350 degrees 10 - 12 minutes. Cool on rack. Makes 4 dozen.

DOUBLE CRUNCH COOKIES

Carol Davis, Burlington
Tri-Sippian Club

1/2 c. white sugar	1 tsp. vanilla
1/2 c. brown sugar	1/2 tsp. baking soda
1 egg	1 c. corn flakes (crushed)
1/2 c. oleo	1/2 c. coconut

1 c. oatmeal

1/4 tsp. salt

1 c. flour

Mix sugars, oleo, egg and vanilla. Add corn flakes, coconut, oatmeal, flour, soda and salt. Shape into small balls and dip in sugar. Place on greased cookie sheets and flatten with a glass dipped in sugar. Bake at 350 degrees for 8 - 10 minutes. Put together with this filling.

Filling:

1 c. chocolate chips, melted

1/2 c. powdered sugar

1 Tbsp. water

1 (3 oz.) pkg. cream cheese
(softened)

Melt chips with water. Add sugar and cheese and beat until creamy.

CHOCOLATE FILBERT THIN COOKIES

Wilma Eaton

Waterloo Life Club

3/4 c. powdered sugar
(unsifted)

1 egg, slightly beaten

1/2 c. flour

2 Tbsp. whipping cream

1/2 c. butter or margarine,
melted and cooled

1/2 tsp. vanilla

1/2 c. chopped filberts

Stir together flour and sugar. Add butter, egg, cream, vanilla and chocolate. Mix just until smooth and well mixed. Spread batter, thinly in a greased 15 x 10 inch baking pan. Sprinkle with filberts. Bake at 400 degrees until nuts are golden. While warm, cut into 2 1/2 inch squares. Cool in pan.

CHOCOLATE COOKIES

Mrs. Larry Johnson

Sioux City Reg. Club

1 c. brown sugar

2 sq. chocolate, melted (or

1/2 c. butter

6 Tbsp. cocoa, unsweetened)

1 egg

1 1/4 c. flour

1/2 c. sour milk

1/2 c. black walnuts

1/2 tsp. soda

pinch of salt

1 tsp. vanilla

Cream butter, add sugar gradually. Cream together, then add egg and beat well. Melt chocolate in double boiler or use the cocoa powder and combine with mixture. Add vanilla. Alternate milk and soda with flour to which salt has been added. Stir in nuts. Beat well. Drop from spoon on greased cookie sheet. Bake at 325 degrees for 10 - 15 minutes.

SUGAR COOKIES**Mrs. Mayburn Johnston**

Nishna Club

1 c. powdered sugar	2 tsp. vanilla
1 c. sugar	4 1/2 to 5 c. flour
1 c. oleo	1/4 tsp. salt
1 c. oil	1 tsp. soda
2 eggs (beaten)	1 tsp. cream of tartar

Cream sugars and oleo and add oil. Mix and add remainder of ingredients. Cool in refrigerator. Then make into small balls. Place on cookie sheet and press down with a glass dipped in sugar. Can sprinkle sugar over top. You can add a drop of red food coloring to last half of dough for an added variety.

SUGAR COOKIES**Florence Smythe**

1 c. oleo	1 c. sugar
1 egg, beaten	2 c. flour

Add:

1/2 tsp. soda	1 tsp. vanilla
1/2 tsp. cream of tartar	

Roll small amount in ball, size of walnut. Press with tines of fork dipped in sugar. Sprinkle with a little sugar on top. Bake at 350 degrees for 10 minutes or until light brown.

SUGAR COOKIES**Mrs. Don Roth**

Cream:

1 c. butter or oleo	1 c. powdered sugar
1 c. Crisco oil	2 eggs
1 c. white sugar	2 1/2 tsp. vanilla

Sift together:

4 1/2 c. flour	1 tsp. cream of tartar
1 tsp. soda	1 tsp. salt (mix)

Roll in balls. Dip bottom of glass in sugar. Press balls. Bake 375 degrees about 12 minutes. Be sure and check baking time as all ovens vary.

SUGAR COOKIES**Marie Poggenpohl**

Iowa City Club

1 c. white sugar (granulated)	2 tsp. vanilla
1 c. oleo	1 tsp. baking soda
1 c. powdered sugar	1 tsp. cream of tartar
2 eggs, beaten lightly	4 c. sifted flour

1/2 tsp. salt

Mix all together. Chill dough. Make into 1 inch balls. Roll in granulated sugar. Press down with fork on ungreased cookie sheet. Bake 350 degrees for 10 - 15 minutes.

SUGAR COOKIES

Lil Garden
Charles City, Iowa

1 c. butter or margarine	1/2 Tbsp. salt
1 c. shortening	4 c. flour
2 eggs, beaten	1 tsp. baking soda
1 c. white sugar	1 tsp. cream of tartar
1 c. powdered sugar	1 tsp. vanilla

Cream butter and shortening with the sugars. Add eggs and beat. Mix in vanilla and dry ingredients. Form dough in small balls and press flat on baking sheet with bottom of glass dipped in sugar. (Don't eat while warm.)

SUGAR COOKIES

Richard Walburn
Sioux City Life Club

1 c. oleo	2 1/4 c. flour
1 c. sugar	1/2 tsp. cream of tartar
1 egg, beaten	1/2 tsp. baking soda
1 tsp. vanilla	1/4 tsp. salt

Cream oleo and sugar. Add beaten egg and vanilla, sift together dry ingredients. Add to sugar mix. Chill 30 minutes. Make in small balls, roll in sugar. Press dough down lightly with fork. Grease cookie sheet. Bake 350 degrees for 12 - 15 minutes.

SOUR CREAM SUGAR COOKIES

Pauline Scanlan
Des Moines Life Club

1 c. butter or margarine	2 tsp. baking powder
2 c. sugar	1 tsp. soda
2 eggs	1/2 tsp. salt
1 c. sour cream	1 tsp. vanilla
3 1/2 c. sifted flour	1 tsp. nutmeg

Cream batter and sugar. Add eggs, one at a time, beating well after each egg. Add vanilla. Sift dry ingredients together and add alternately with sour cream to the creamed mixture. Chill dough. Roll out on lightly floured surface and cut into desired shapes. Bake on greased cookie sheets in moderate oven, 350 degrees for 10 minutes. Makes 6 dozen cookies.

FAVORITE SUGAR COOKIES

Ann Dikkut
Marshalltown Club

2 c. sifted flour	1/4 tsp. salt
3/4 tsp. soda	1 c. powdered sugar
1 tsp. cream of tartar	1 c. butter

1 tsp. vanilla
1 egg

granulated sugar

Sift together into bowl the flour, soda, cream of tartar, salt and powdered sugar. Cut in butter with pastry blender; beat vanilla and egg together. Add. Dough will be fairly soft. Form into balls and dip into granulated sugar. Place on cookie sheet 2 inches apart. Bake at 350 degrees about 10 minutes or until lightly browned.

OLD FASHIONED SUGAR COOKIES

Elva Gibbs

Cream:

1 c. white sugar

1 c. butter or oleo

1 c. powdered sugar

Add 1 cup cooking oil and 2 eggs. Mix well. Add:

2 tsp. vanilla

1/4 tsp. salt

1 tsp. soda

4 1/2 to 5 c. flour

Add raisins or nuts, if desired. Roll into balls and place on greased cookie sheet. Dip bottom of glass in sugar each time and press on cookie to flatten. Bake 350 degrees 10 - 12 minutes. At Christmas time, decorate with red and green candied cherries or sprinkle with colored sugar.

MELT AWAY SUGAR COOKIES

Mary Lou Romkey, Burlington
Tri-Sippian Club

1 c. butter or oleo

2 eggs

1 c. sugar

4 c. flour

1 c. powdered sugar

2 tsp. baking powder

1 c. Wesson oil

1/2 tsp. salt

1 1/2 tsp. vanilla

Blend and cream butter, sugar and powdered sugar. Add remaining ingredients and mix well. Chill overnight or several hours. Roll into small balls and press with small glass, dipped in sugar. Bake on ungreased sheet at 350 degrees for 8 - 10 minutes, or until edges are light brown.

SUGAR COOKIES

Minnie Miller
Marshalltown Club

1 c. oleo

2 eggs

1 c. Crisco

2 tsp. vanilla

1 c. sugar

4 c. flour

1 c. powdered sugar

1 tsp. soda

1 tsp. cream of tartar

Roll out in balls; flatten. Bake at 350 degrees for 12 minutes.

OLD FASHIONED SUGAR COOKIES**Mabal Ballard**

- | | |
|-----------------------------|--|
| 1 stick oleo | 2 1/2 c. flour (lightly packed in cup) |
| 1/2 c. cooking oil (Mazola) | 1 tsp. soda |
| 1 c. sugar | 1 tsp. cream of tartar |
| 1 egg | 1 tsp. salt |
| 1 tsp. vanilla | |

Combine oleo, oil, sugar, egg and vanilla. Beat well. In 1 cup of flour, add soda, cream of tartar and salt. Fold in rest of flour. Make into balls size of walnuts and roll in dry white sugar. Bake 350 degrees for 10 - 12 minutes.

FAVORITE BUTTERSCOTCH COOKIES**Mrs. Ed Sears**

Cedar Rapids Life Club

- | | |
|-------------------------------|-------------------------------|
| 1 c. white sugar | 3 c. flour |
| 1 c. brown sugar | 1/4 tsp. salt |
| 1 c. oleo | 1 tsp. soda |
| 1 c. salad oil | 1 c. oatmeal - regular |
| 1 egg | 1 c. corn flakes (crushed) |
| 1 tsp. burnt sugar flavoring | 1/2 c. nuts |
| 1 tsp. vanilla flavoring | 1/2 c. coconut |
| 1 tsp. black walnut flavoring | 6 oz. pkg. butterscotch chips |

Combine first 8 items well. Sift flour, salt and soda. Add to above. Add remaining ingredients. Drop by teaspoonfuls on greased cookie sheet. Bake 350 degrees about 10 minutes.

SNICKERDOODLES**Wanda Stevens**

Iowa City

- | | |
|----------------------|----------------------|
| 1/2 c. sweet butter | 1 egg |
| 3/4 c. sugar | 1 2/3 c. flour |
| 1/2 tsp. baking soda | 1/2 c. walnut pieces |
| 1/2 c. raisins | |

Cream butter and sugar. Beat in whole egg and egg yolk. Sift flour and soda with 1/2 teaspoon nutmeg. Mix into batter. Fold in nuts and raisins. Drop from a teaspoon 2 inches apart onto a buttered cookie sheet. Sprinkle with sugar and cinnamon. Bake at 375 degrees 10 - 12 minutes. Makes 5 dozen.

OVER THE TOP COOKIES**Carol Davis, Burlington**

Tri-Sippian Club

Cream:

- | | |
|-------------------|----------------------------|
| 1 c. sugar | 1 whole egg and 1 egg yolk |
| 1/2 c. shortening | |

Add:

- | | |
|-----------------------|--------------------------|
| 1 1/2 c. sifted flour | 1 1/2 tsp. baking powder |
|-----------------------|--------------------------|

1 tsp. vanilla

Spread this thick batter on the bottom of a greased 9 x 12 inch pan. (Spread mixture to cover the bottom of the pan.) Cover with the following mixture of:

1 egg white, beaten stiff
1 c. brown sugar

1 tsp. vanilla
1/2 c. chopped nuts, folded in

The second mixture barely covers also, but when hot it will spread. Bake in 375 degree oven for 45 minutes. Cool and cut like date bars.

BROWN CHRISTMAS COOKIES

Dee Bailey
Davenport Club

2 c. butter or other
shortening
2 c. sugar
1/2 c. molasses or dark Karo
syrup
1 orange rind and juice

4 c. flour
3 level tsp. baking soda
1/2 tsp. cloves
1 tsp. cinnamon
1/2 tsp. cardamom

Mix and form into cookies. Bake at 375 degrees until set.

LACE COOKIES

Flossie Johnson
Des Moines Life

1/2 c. butter or margarine
1/2 c. sugar
1/3 c. sifted all purpose flour

1/4 tsp. salt
1 c. quick rolled oats, uncooked
2 Tbsp. milk

Melt butter in saucepan. Stir in remaining ingredients, mixing well. Drop by half-teaspoonfuls, about 3 inches apart onto greased and floured cookie sheets. Spread thin with spatula. Bake in oven preheated to 375 degrees for 5 to 7 minutes, or until edges are brown. Remove from oven and let stand 1 minute, then remove carefully with wide spatula. Cookies will be very thin and lacy. Cool thoroughly. Makes 3 1/2 dozen. Watch like a hawk when baking.

SUGAR AND SPICE COOKIES

Florence Clasen

3/4 c. shortening
1 c. sugar
1 egg
1/4 c. molasses (dark)
2 c. flour

1/4 tsp. salt
1 tsp. cinnamon
2 tsp. soda
3/4 tsp. cloves
3/4 tsp. ginger

Mix well. Form into balls, size of a walnut. Place 2 inches apart on greased baking sheet. Bake 10 - 12 minutes at 375 degrees.

AUNT JANIE'S OATMEAL COOKIES Barbara & Frank Edmunds
Cedar Rapids

Cream:

1/2 c. butter or oleo 1 c. sugar

Add 2 eggs. Mix together 4 tablespoon milk and 1 teaspoon soda.
Combine:

2 c. flour 1 tsp. nutmeg
1 tsp. cinnamon pinch of salt

Add milk and flour alternately. Stir in:

1 1/2 c. oatmeal 1/2 c. nuts
1 c. raisins or chocolate chips

Bake 20 minutes at 350 degrees. DO NOT OVERBAKE.
Best results if you double recipe, so everyone has plenty!

DAD'S OATMEAL COOKIES Carol Hill

1 c. white sugar 1 tsp. soda
1 c. brown sugar 1 tsp. salt
1 c. oleo 3 c. oatmeal
2 eggs 1 tsp. vanilla
1 1/2 c. flour

Mix ingredients in order listed. Drop and press cookies on a
cookie sheet. Bake at 375 degrees for 8 to 10 minutes.

MINCEMEAT OATMEAL DROP COOKIES Virginia Muir

3/4 c. (1 1/2 sticks) oleo 1 tsp. soda
1 1/2 c. sugar 1 tsp. salt
2 eggs 1 tsp. cinnamon
1 tsp. vanilla 1/2 tsp. cloves
1/2 c. water 2 c. oatmeal (quick)
2 1/2 c. sifted flour 1 pkg. (9 oz.) condensed mince-
1/2 tsp. baking powder meat
nuts (optional)

Cream oleo until light and fluffy. Beat sugar, eggs and vanilla
until well blended. Stir in water. Sift dry ingredients. Add to
creamed mixture. Stir in oats, break mincemeat into small pieces
with fork. Add to oat mixture. Add nuts. Drop by teaspoonfuls
on ungreased cookie sheet. Bake 8 to 10 minutes at 400 degrees -
375 degrees.

OATMEAL ICEBOX COOKIES**Jean Beers**

1 c. shortening	2 1/4 c. sifted flour
2 c. brown sugar	2 tsp. soda
2 eggs	1 tsp. salt
1 tsp. vanilla	2 c. rolled oats
1 c. ground raisins	1/2 c. nuts

Cream sugar and shortening. Add eggs and dry ingredients, then vanilla, raisins and nuts. Shape in long roll and wrap in waxed paper. Refrigerate or freeze until ready to bake. Bake 15 - 20 minutes at 350 degrees.

OATMEAL ICE BOX COOKIES**Lois Mager**
Davenport Club

1 c. margarine	1 tsp. salt
1 c. sugar	1 tsp. baking powder
1 c. dark brown sugar	1 tsp. soda
2 eggs	1 tsp. vanilla
1 1/2 c. flour	3 c. oatmeal
	1/2 c. finely chopped walnuts (English)

Cream sugar, oleo and add eggs. Sift flour, salt, soda and baking powder together and add to first mixture. Then add oatmeal and vanilla. Make into 3 rolls on waxed paper and put in refrigerator to harden. Let stand a couple of days. Slice 1/4 inch thick and bake at 375 degrees for 8 - 10 minutes or until they start to brown a little (ungreased cookie sheets).

SWEET HEARTS**Mamie Suiter**
Waterloo Life Club

3/4 c. butter or margarine	1 tsp. vanilla
1/2 c. granulated sugar	1 2/3 c. flour
1/2 c. brown sugar	1/2 tsp. soda
1 egg	dash of salt
	1 1/3 c. oatmeal

Beat butter, gradually adding sugars. Beat in egg and vanilla. Add flour, soda and salt, mixing well. Add oats. Chill several hours or overnight. Roll out for 1/8 inch thickness. Cut into heart shapes. Bake on ungreased cookie sheets in 350 degree oven 5 - 8 minutes. Frost and decorate with cinnamon candies, red sugar crystals, coconut, silver dragees or gumdrops. Makes 5 dozen

DELICIOUS COOKIES**Jan Espinosa**
Council Bluffs Club

2 sticks margarine or butter	1 egg
1 c. salad oil	1 c. oatmeal
1 c. brown sugar (packed)	3 1/2 c. flour
1 c. white sugar	1 c. Rice Krispies

2 tsp. vanilla
1 tsp. salt
1 tsp. baking soda

1 tsp. cream of tartar
1 (6 oz.) pkg. chocolate chips
1 c. nuts (if desired)

Blend margarine or butter and salad oil. Cream in brown and white sugar. Add egg and vanilla. Beat well. Sift flour, soda, salt and tartar. Mix into creamed mixture. Mix in chips and nuts. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake 12 minutes or until lightly browned at 350 degrees.

PEANUT BUTTER COOKIES

Beulah Eggleston

Des Moines Life Club

1 c. sugar
1 c. crunchy peanut butter

1 egg
1 tsp. vanilla

Mix all ingredients and stir until well mixed. Drop from teaspoon on cookie sheet. Press down with fork. Bake at 325 degrees for 12 minutes or until edges brown slightly. Cool before removing from the pan. Yield about 30. No, I did not forget the flour!

UNBELIEVABLE COOKIES

Frances Griffith, Burlington

Tri-Sippian Club

1 c. peanut butter
1 c. sugar

1 egg

Mix well. Make into small balls and mark with fork. Place on ungreased cookie sheet. Bake at 375 degrees for 10 minutes.

PRIDE OF IOWA COOKIES

Jim Schmadeke

Des Moines Reg. Club

1 c. brown sugar
1 c. shortening
2 c. flour
1 tsp. soda
1 tsp. vanilla
3 c. quick rolled oats
(2 1/2 can be used)

1 c. white sugar
2 eggs
1/2 tsp. salt
1 tsp. baking powder
1 c. coconut
1 c. chopped nuts
1 c. chocolate chips

Blend together sugars, shortening. Add beaten eggs. Sift dry ingredients together and add to first mixture. Stir in vanilla and oats and coconut, chocolate chips and nuts, if desired. Mix well and drop by teaspoonfuls on greased cookie sheet. Bake in 350 degree oven until light brown, about 8 minutes. Makes 5 dozen.

NO BAKE OATMEAL COOKIES

Lula Belle Lowe

Des Moines Life Club

4 c. sugar
1 c. milk

2 sq. chocolate or 4 Tbsp. cocoa
1/2 lb. margarine

Boil 1 minute. Remove and add:

1 c. chunk peanut butter

6 c. minute oatmeal

Spoon onto wax paper.

BANANA OATMEAL COOKIES

Florence Songer

Mason City Club

1 1/2 c. sifted flour

1 c. sugar

1/2 tsp. baking powder

1 egg

1 tsp. salt

1 c. mashed bananas

1/4 tsp. nutmeg

1 3/4 c. oatmeal

3/4 c. shortening

1/2 c. nut meats

Sift flour, soda, salt and spices. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add egg, beat well. Add banana, oatmeal and nut meat. Mix thoroughly. Add flour mixture and blend. Drop by teaspoon on ungreased cookie sheet. Bake in 400 degree oven about 15 minutes or until cookies are done. Makes about 3 1/2 dozen.

OMA'S OATIES

LaVonne Rains

Club 71

1 c. shortening

1 tsp. salt

1 c. brown sugar

1 tsp. soda

1 c. white sugar

3 c. quick oats

2 eggs

1/2 c. walnuts

1 tsp. vanilla

1 c. raisins

1 1/2 c. sifted flour

Refrigerate dough overnight. Mix and form into balls the size of a walnut. Dip in water, then sugar. Bake 350 degrees for 12 - 15 minutes.

OATMEAL CRISPIES

John Roarty

1 c. oleo

1 c. sugar

1 c. brown sugar

Cream. Add 2 eggs and 1 teaspoon vanilla. Sift and add:

1 1/2 c. sifted flour

1 tsp. soda

1 tsp. salt

Stir in 3 cups oatmeal and 1/2 cup walnuts, optional. Drop on greased sheet and bake 350 degrees for 10 minutes.

STARLIGHT SUGAR CRISPS

Mrs. Fred C. (LaVera) Bollman

Council Bluffs

This dough may be kept in refrigerator for 4 days.

1 pkg. dry yeast

1/4 c. very warm water

Combine and set aside.

3 1/2 c. flour

1/2 c. margarine

1 1/2 tsp. salt

1/2 c. shortening

2 tsp. baking powder

Cut together like pie crust until size of small peas.

2 eggs, beaten

1 tsp. vanilla

1/2 c. sour cream

Mix above together and with yeast and add to dry ingredients. Mix well. Cover and chill for at least 2 hours. On pastry cloth or board sprinkle with flavored sugar (made by mixing 1 cup sugar with 2 teaspoons vanilla). Roll out half dough at a time, using no flour, only flavored sugar on cloth or rolling pin. Roll to 16 x 8 inch then fold in thirds. Sprinkle with flavored sugar between layers and on top. Roll again to 16 x 18 inch. Cut into 32 (4 x 1 inch) strips. Twist 2 or 3 times and lay on ungreased cookie sheets. Bake 375 degrees for 15 - 20 minutes or until light brown.

NORWEGIAN KRINGLA

Luwilda Parker

Marshalltown Club

1 c. sour cream

1/2 tsp. anise flavor

3/4 c. buttermilk, add 1 tsp.

1 1/2 tsp. salt

soda

3 1/2 c. flour

1 c. sugar

2 1/2 tsp. baking powder

1 egg, beaten

Mix until smooth. Cool. Roll on pastry cloth, cut off dough to 1 tablespoon size with hands. Use very little flour. Dough should be the size of a pencil. Take both ends to a center to form a figure 8. Bake in hot oven at 475 degrees on bottom rack for 2 minutes. Put on middle rack for 3 minutes or until slightly browned. Cool. Store in tight container. Freezes well.

WHOOPIE COOKIES

Shirley Wells

1/2 c. oleo

1 tsp. soda

1 c. sugar

1 tsp. salt

2 egg yolks, beat until creamy

1 tsp. baking powder

2 c. flour

1/3 c. cocoa

Mix. Combine 1 cup milk and 1 teaspoon vanilla. Alternate with dry mixture. Nuts are optional. Bake 400 degrees for 9 minutes. Put together with frosting:

1 c. Crisco

2 c. powdered sugar

2 egg whites

salt

1 tsp. vanilla

Beat until fluffy.

ICE BOX COOKIES

Mrs. Larry Johnson
Sioux City Reg. Club

1/2 lb. butter

1 c. brown sugar

1/2 lb. lard or Crisco

3 eggs, beaten

1 1/2 c. sugar

5 c. flour

Add:

1/2 tsp. baking soda

1 c. nuts (walnuts or pecans)

1 tsp. vanilla

Note: I used black walnuts.

Mix well together and shape into long narrow roll. Put in refrigerator 3 or 4 days or longer. Slice and bake 350 degrees for 10 - 12 minutes. It makes 2 rolls about 12 to 14 inches long and an inch high.

BLACK WALNUT ICE BOX COOKIES

Lynn Spear
Davenport Club

1 c. margarine

1 tsp. soda

2 c. brown sugar

3 c. flour

2 well beaten eggs

1 c. broken black walnuts

1/2 tsp. salt

Mix. Make into 3 rolls and refrigerate. Slice when cold and place on greased pans. Bake at 375 degrees for 8 - 10 minutes.

ICEBOX COOKIES

Bernetta Koehn
Clinton-Maquoketa Club

1 lb. butter

1 tsp. soda

1 c. brown sugar

1 tsp. cinnamon

1 c. white sugar

1 tsp. nutmeg

3 eggs

6 1/2 c. sifted flour

1 tsp. salt

1 c. chopped walnuts

Cream butter and sugar. Cream this mixture well. Beat in eggs, one at a time. Fold in dry ingredients and walnuts. Knead until blended. Press into 2 rolls or 2 loaf pans. Store covered in refrigerator and use as needed. Slice 1/8 inch thick. Bake on a cookie sheet in a moderate oven, 350 degrees for about 10 minutes.

ICE BOX COOKIES

Lula Belle Lowe

1 c. margarine, softened

2 eggs, well beaten

1 c. brown sugar

1 tsp. baking powder

1 tsp. soda

4 c. flour

1 c. white sugar

1 tsp. vanilla

1/4 tsp. salt

1 c. nut meats

Cream margarine. Add sugars, soda, baking powder and salt. Add well beaten eggs, vanilla and nut meats. Add flour. I pack in 2 lined metal ice cube trays (line with wax paper) and refrigerate. Slice and bake as needed in 350 degree oven for 12 minutes.

ICE BOX COOKIES

Burney and Eleanor Daniel, Spirit Lake
L. Sioux Valley Club

1 c. margarine
2 c. brown sugar
2 eggs
3 1/2 c. flour
1 tsp. soda

1 tsp. cream of tartar
1 c. chopped nut meats
1 tsp. vanilla
1 c. or more of candied fruit

Cream butter and sugar. Add eggs and vanilla. Sift flour, soda and cream of tartar. Add nuts and candied fruit. Make into rolls (2 or 3). Wrap in waxed paper and leave in refrigerator overnight. Slice and bake.

WHITE HOUSE COOKIES

Maxine Busche
Carroll

1 c. margarine, softened
1 c. granulated sugar
1 c. brown sugar (packed)
1 c. oil
1 egg
1 tsp. vanilla

3 1/2 c. flour
1 tsp. soda
1 tsp. cream of tartar
1 c. crisp Rice Cereal bits
1 c. oatmeal
1 c. coconut

Beat together margarine, sugars and oil. Add egg and vanilla. Beat until fluffy. Sift together flour, soda and cream of tartar and add to mixture. Stir in cereal, oats and coconut. Drop by teaspoon on ungreased cookie sheet and bake at 350 degrees 10 - 12 minutes. Makes about 6 dozen.

MOLASSES SUGAR COOKIES

Mrs. Irene Coon, Nishna Club
Leona Eaton, Burlington
Tri-Sippian Club

3/4 c. shortening
1 c. sugar
1/4 c. sorghum
1 egg
2 tsp. soda

2 c. flour
1/2 tsp. cloves
1/2 tsp. ginger
pinch of salt
1 tsp. cinnamon
1 tsp. vanilla

Cream shortening and sugar. Add sorghum, egg and vanilla. Beat well. Add dry ingredients and mix well. Chill about 3 hours. Form in 1 inch balls, roll in sugar and space on greased cookie sheet 2 inches apart. Bake at 350 degrees for 8 - 10 minutes.
(Irene uses molasses instead of sorghum.)

1 c. sugar	1 tsp. cinnamon
1 c. molasses	1/2 tsp. each of cloves, ginger and allspice
1 c. Crisco or oleo	enough flour to mix
2 eggs, beaten	
1 scant tsp. soda dissolved in a little hot water	

Drop by teaspoonfuls on cookie sheet and bake in 375 degree oven for 10 - 12 minutes.

MOM'S DATE ROLL

**Willa Sommerfeld, Burlington
Tri-Sippian Club**

1/2 lb. graham crackers (save out 1/2 c.)	1/2 lb. English walnuts
1/2 lb. cut up marshmallows	1/2 lb. cut up dates
	1/2 c. cream

Mix and shape into a roll. Roll in 1/2 cup cracker crumbs which have been saved. Put in refrigerator a day or so before slicing. I usually double the recipe and put it in about 3 rolls. Then wrap it in wax paper to set.

DATE FINGERS

**Willa Sommerfeld, Burlington
Tri-Sippian Club**

1 stick oleo	1 c. chopped dates
1 c. sugar	1 egg, beaten
1/2 c. chopped nuts	1 tsp. vanilla - scant

Cook 10 minutes over low heat, stirring constantly to keep from sticking. Remove from heat and cool slightly. Pour over 2 1/2 cups Rice Krispies. Shape and roll well in chopped nuts (additional cup of nuts needed for this). Coconut may be used instead of nuts, if desired.

RANGER COOKIES

**Florence Dinges, Carroll
Club 71**

1 c. shortening	1/2 tsp. salt
1 c. white sugar	1 tsp. soda
1 c. brown sugar	1/2 tsp. baking powder
2 eggs	2 c. flour
1 tsp. vanilla	2 c. Rice Krispies
	1 c. coconut

Add 1 tablespoon or 2 of oil if batter seems stiff. Mix. Drop by spoon on cookie sheet. Bake 350 degrees for 10 - 12 minutes.

GRANNY'S COOKIES

**Mrs. L. M. Holloway
Council Bluffs Club**

1 c. brown sugar	1 tsp. soda
1 c. white sugar	1 stick butter
1 stick oleo	2 eggs

- | | |
|------------------------------------|---------------|
| 2 c. flour plus 2 heaping
Tbsp. | 1 c. coconut |
| 1 tsp. baking powder | 2 c. oatmeal |
| 1/2 tsp. salt | 1 1/2 c. nuts |

Mix well, bake at 350 degrees for approximately 10 minutes.

SOUR CREAM DROP COOKIES

Jane Bragg

Iowa City Club

- | | |
|---|------------------------------|
| 2 c. sugar | 1 c. sour cream (commercial) |
| 1 c. shortening (part butter for
flavor) | 3 1/2 c. sifted flour |
| 1 egg, unbeaten | 1 tsp. salt |
| 1 tsp. vanilla | 1/2 tsp. soda |
| | 1 tsp. vanilla |

Cream together sugar and shortening until fluffy. Add egg and vanilla. Mix in sour cream. Sift together flour, salt, soda and baking powder. Add to first mixture and mix well. Drop by rounded teaspoons on ungreased baking sheets. Flatten slightly with bottom of glass dipped in granulated sugar. Press in a pecan or walnut half or a few raisins, if desired. Bake 375 degrees for 12 - 15 minutes. Makes about 7 dozen.

AMISH COOKIES

Barb Edmunds

Cedar Rapids

- | | |
|---------------------------|--------------------------|
| 2 eggs, beaten, set aside | 4 1/2 c. flour |
| 1 c. margarine, creamed | 1/2 tsp. cream of tartar |
| 1 c. powdered sugar | 1 tsp. baking soda |
| 1 c. white sugar | 1 tsp. vanilla |
| 1 c. Wesson oil, add eggs | 1 c. nuts (fine) |

Chill overnight. Roll in balls, dip in sugar, press down with fork. Bake at 375 degrees for 10 minutes or until light brown. Makes 8 to 10 dozen. These are very crisp and rich.

SNICKERDOODLES

Mrs. Robert (Reva) Leuck

- | | |
|---------------------|--------|
| 1 c. butter or oleo | 2 eggs |
| 1 1/2 c. sugar | |

Sift:

- | | |
|------------------------|---------------|
| 2 3/4 c. flour | 1 tsp. soda |
| 2 tsp. cream of tartar | 1/4 tsp. salt |

Mix together. Roll into balls and then roll in sugar and nutmeg. Bake at 400 degrees for 8 - 10 minutes.

MONSTER COOKIES

Peg Chaney

12 eggs
2 lb. brown sugar
4 c. white sugar
1 lb. butter
1 Tbsp. vanilla

1 Tbsp. white syrup
8 tsp. baking soda
3 lb. peanut butter
18 c. oatmeal
1 lb. chocolate chips
1 lb. M & M's

Mix. Bake at 350 degrees for 10 - 12 minutes.

EASY MACAROONS

Carol Davis, Burlington
Tri-Sippian Club

2 (8 oz.) pkg. shredded coconut
1 (15 oz.) can (1 1/3 c.) sweetened condensed milk
2 tsp. vanilla

Mix ingredients. Drop by teaspoonfuls onto well greased cookie sheet. Bake 350 degrees for 10 - 12 minutes. Cool slightly. Yield: 4 dozen.

ROSETTES

Emma Thompson
Marshalltown Club

1 egg, unbeaten
3 tsp. sugar

1/2 tsp. salt

Beat very slightly with a fork.

1 c. milk
1 c. sifted flour

1 tsp. vanilla or almond
extract

Heat fat to 365 degrees. Heat rosette iron in fat before dipping into batter. When delicately brown, remove from iron with a sharp knife and drain on absorbent paper. Dip in sifted confectioners sugar.

NORWAY COOKIES

Ruth M. Sherwood, Ft. Madison
Tri-Sippian Club

1 c. white sugar
1/2 c. brown sugar
1 c. vegetable oil
1 egg

1/4 tsp. salt
1 tsp. vanilla
2 c. sifted flour
2 tsp. soda
2 tsp. cream of tartar

Cream sugars with shortening. Add salt, egg and vanilla. Beat real good. Add the flour mixture. Roll in small balls size of a hickory nut. Dot top in white sugar to please on greased cookie sheet, 1 to 1 1/2 inches apart. Bake 350 degrees for 6 minutes on bottom rack of oven, then 6 minutes on top rack. Remove immediately. Makes 5 to 6 dozen.

ALMOND ROKA COOKIESGladys Gimre
Marshalltown Club1/2 c. white sugar
1/2 c. brown sugar

1 c. butter

Cream together and add:

1 c. flour

1/2 tsp. salt

Spread out in 11 x 15 inch pan. Bake 25 minutes in 325 degree oven. Let stand a few minutes to crisp. Melt 1 (4 oz.) bar semi-sweet chocolate and spread over cookies. Sprinkle with nuts. Cut in squares while warm.

"HELLO, DOLLY" COOKIES

Helen Figgins

1 stick oleo
1 c. graham cracker crumbs
1 c. coconut (optional)1 c. walnut meats
1 pkg. chocolate chips or
butterscotch
1 can sweetened condensed milk

Melt oleo in 9 x 10 inch pan. Pour crumbs evenly over oleo. Pour coconut over crumbs. Pour nuts evenly over other ingredients. Pour chocolate chips evenly and then pour condensed milk over other ingredients. Bake 30 minutes in 300 degree oven. Let cool completely.

SALTED PEANUT COOKIES

Gail Wissler

1 c. brown sugar
1 c. white sugar
1 c. shortening
2 eggs
1 tsp. vanilla2 c. sifted flour
1 tsp. baking powder
1 tsp. soda
1 c. salted peanuts
1 c. crushed corn flakes

Cream sugar, shortening, eggs and vanilla. Sift flour, brown powdered sugar and soda together. Combine mixtures and stir in corn flakes and salted peanuts. Roll into balls the size of walnut. Bake on greased cookie sheet 10 - 12 minutes at 375 degrees. We like little Spanish peanuts with red skins.

ORANGE SLICE COOKIES

Elva Gibbs

Cream:

1 c. shortening
1 c. brown sugar

1 c. white sugar

Add 2 eggs and beat well, 1 teaspoon vanilla. Add:

2 c. oatmeal

1 c. flaked coconut

1/2 tsp. salt

1 tsp. soda

Add 1 cup chopped candy orange slices to 1 cup flour. (Dip scissors in flour as you cut them up, to help prevent sticking) and stir in above mixture. Shape in balls and press to flatten. Bake 350 degrees for 15 minutes.

CHERRY SLICES

Barb Edmunds

Cedar Rapids Club

Cream 1 cup butter thoroughly. Add 1 3/4 cups sugar and beat well. Add 4 eggs (one at a time). Add 1 teaspoon vanilla. Sift 3 cups flour with 1 1/2 teaspoons baking powder and 1/2 teaspoon salt. Add sifted dry ingredients gradually, beating well. Spread in a large 11 x 17 inch grease pan, saving a little more than a cup of the batter. Spread 2 small cans of cherry pie filling to within a half inch from edges of pan. Place remaining dough by spoonfuls over the cherry filling. (Blueberry is good, also.) Bake at 350 degrees about 45 minutes. When cool, sprinkle with powdered sugar. Makes about 35 slices, depending on size.

GINGER COOKIES

Gladys Braun

Council Bluffs Club

1 pkg. (13 1/2 oz.) gingerbread mix

1/3 c. lukewarm water

Add water to gingerbread mix and mix until smooth. Chill 2 hours. Roll out dough to 1/8 inch thickness and cut with cookie cutter. Keep unused dough refrigerated as you work. Place cookies on a greased cookie sheet. Bake 8 - 10 minutes at 375 degrees. Makes 36 cookies.

GINGERSNAPS

La Vonne Rains

1 stick margarine
1 c. sugar

1 egg

Combine. Sift together:

2 c. flour
2 level tsp. soda
1 tsp. cinnamon

1/4 tsp. cloves
1 tsp. ginger

Mix and roll in balls. Dip top in sugar. Bake 375 degrees for 15 minutes.

DATE DROP COOKIES

Florence Smythe

1 1/2 c. brown sugar
1 c. oleo
3 eggs
1 tsp. vanilla

1 tsp. cinnamon
1 tsp. soda dissolved in 1 Tbsp. vinegar
1 c. nuts

1 lb. dates, cut fine 2 1/2 c. flour

Mix. Bake in 350 degree oven.

APPLESAUCE COOKIES

Gladys Braun
Council Bluffs Club

1 pkg. spice cake mix (2 layers)
1/2 c. oil
1/2 c. applesauce

1 egg
1 1/2 c. raisins
1 can lemon ready-to-eat frosting

Combine all ingredients except frosting, and mix well. Drop from a teaspoon onto an ungreased sheet. Bake 12 - 15 minutes at 350 degrees. Frost when cool. Makes 60 cookies.

CARROT COOKIES

Mildred Peterson
Waterloo Life Club

1 c. softened butter or
margarine
3/4 c. sugar
2 eggs
1 c. mashed cooked carrots

2 c. all purpose flour
3/4 c. shredded coconut
2 tsp. baking powder
1/2 tsp. salt

Heat oven to 400 degrees. Mix shortening, sugar, eggs and carrots. Blend in flour, baking powder and salt. Stir in coconut. Drop dough by teaspoonfuls about 2 inches apart onto lightly greased baking sheet. Bake 8 - 10 minutes or until no imprint remains when touched lightly. Immediately remove from baking sheet, cool and frost. Use orange butter icing.

ORANGE BUTTER ICING:

3 Tbsp. soft butter or
margarine
1 1/2 c. confectioners sugar

2 tsp. grated orange peel
about 1 tsp. orange juice

Blend butter and sugar. Stir in orange peel and juice. Beat until smooth and spreading consistency. Makes 4 dozen.

PECAN CRISPS

Alice Otto, Burlington
Tri-Sippian Club

1 c. butter
2 1/2 c. (firmly packed) brown
sugar
2 eggs, well beaten

2 1/2 c. flour
1/2 tsp. soda
1/4 tsp. salt
1 c. chopped pecans

Cream butter and brown sugar. Add eggs; mix well. Sift flour, soda and salt together. Add to creamed mixture. Add pecans. Drop from teaspoon onto greased cookie sheet. Bake in 350 degree oven for 15 minutes.

GROUND PORK PEANUT BUTTER COOKIES Stuart, Iowa
Des Moines Reg. Club

1/2 lb. ground pork	2 tsp. soda
1 c. lard	1/2 tsp. cinnamon
1 c. white sugar	1/2 c. peanut butter
1 c. brown sugar	1/2 c. nuts
2 eggs (well beaten)	1/2 c. shredded orange rind
3 c. flour	

Brown ground pork. Drain. Cream lard, white sugar, brown sugar and eggs. Add flour, soda, cinnamon. Blend in peanut butter, nuts and shredded orange rind. Stir in ground pork. Shape into small balls on greased cookie sheet. Press down with a fork dipped in sugar. Bake 350 degrees for 10 minutes. Makes 5 dozen cookies. Keep refrigerated.

ANGEL DELIGHTS (Cookies) **Frieda Westerhof**
Davenport Club

1/4 c. butter	1 tsp. vanilla
1 c. sugar	2 c. Rice Krispies
1 (8 oz.) pkg. dates, chopped	1 c. coconut, flaked
dash of salt	confectioners sugar

Mix butter, sugar, dates in a heavy saucepan. Cook, stirring constantly, over low heat until blended. Add salt, vanilla, Rice Krispies and coconut; mix well. Form into balls about an inch in diameter. Roll each ball in confectioners sugar. Cool on waxed paper. Yield: About 5 dozen cookies.

RICE KRISPIE COOKIES **Luwilda Parker**
Marshalltown Club

Combine:

1 c. white sugar	2 or 1 c. oatmeal
1 c. brown sugar	1 c. Rice Krispies
1 c. oleo and oil	1 c. coconut (use flake, if possible)
	1 c. nuts

Add 1 egg and 1 teaspoon vanilla. Add:

3 1/2 c. flour	1 tsp. soda
1 tsp. salt	1 tsp. cream of tartar

Mix. Drop by teaspoon on ungreased cookie sheet. Flatten with fork dipped in milk. Bake for 12 - 15 minutes at 350 degrees until only lightly brown.

WHIPPERSNAPPERS **Carol Davis, Burlington**
Tri-Sippian Club

1 box lemon cake mix	2 c. Cool Whip
----------------------	----------------

3 eggs

powdered sugar

Mix cake mix (dry), Cool Whip and eggs well. Drop by teaspoonfuls into bowl of sifted powdered sugar. Roll in powdered sugar and place on greased cookie sheet. Bake at 350 degrees for 10 minutes.

SOUTHERN TEA CAKES

Gladys Braun

Council Bluffs Club

1 pkg. pound cake mix (17 oz.)

4 oz. preserved fruit, finely
diced

Prepare pound cake as directed, but reduce milk to 1/2 cup (or 2/3 of required amount of liquid). Fold in preserved fruit. Drop by very small spoonfuls on a greased cookie sheet, allowing room for spreading. Bake 10 minutes at 350 degrees. Makes 12 dozen cookies.

NELL'S COOKIES

Lyman and Edna Fish

2 c. brown sugar

1 tsp. soda

1 c. shortening

1 tsp. baking powder

2 eggs

4 c. flour

1 c. sour milk

1 tsp. nutmeg or vanilla

pinch of salt

1 c. raisins (nuts or coconut)

Mix and bake at 350 degrees. Makes a large batch. These freeze well.

CHEESECAKE COOKIES

Harriet Dabler

1 c. all purpose flour

2 Tbsp. milk

1/3 c. packed brown sugar

1/4 tsp. finely shredded lemon
peel

6 Tbsp. butter or margarine,
softened

2 Tbsp. lemon juice

1 (8 oz.) pkg. cream cheese,
softened

1/2 tsp. vanilla

1/4 c. granulated sugar

2 Tbsp. chopped walnuts

1 egg

In large mixing bowl, combine flour and brown sugar. Cut in butter or margarine until mixture forms fine crumbs. Reserve 1 cup crumb mixture for topping. Press remainder over bottom of ungreased 8 x 8 x 2 inch baking pan. Bake in 350 degree oven for 12 - 15 minutes or until lightly browned. In mixer bowl, thoroughly cream together cream cheese and granulated sugar. Add egg, milk, lemon peel, lemon juice and vanilla. Beat well. Spread batter over partially baked crust. Combine walnuts with reserved crumb mixture. Sprinkle over all. Bake in 350 degree oven for 20 - 25 minutes. Cool and cut into squares. Makes 16 cookies.

DECORATOR'S ICING**Carol Davis, Burlington
Tri-Sippian Club**1 lb. powdered sugar
1 c. Crisco
2/3 c. milk1 tsp. vanilla
1/2 tsp. coconut flavoring
1/2 tsp. butter flavoring

Beat with mixer until smooth. Keeps in refrigerator for 2 weeks.

MOTHER'S OLD CAKE FROSTING**Luwilda Parker
Marshalltown Club**1 c. sweet cream
1 c. sugar6 egg yolks beaten with 1 Tbsp.
of flour

Thin with milk. Bring to boil over low heat. Stir--don't scorch. Add 1 cup crushed English walnuts, 1 tablespoon butter and 1 teaspoon vanilla. Cook until thick. Cool.

FRENCH PASTRY ICING**Mrs. Larry Johnson
Sioux City Reg. Club**

Cream 1/2 cup butter. Add powdered sugar and cocoa to individual choice as to sweetness and darkness of chocolate and thickness.

FROSTING (Just Like Whipped Cream)**Bonnie Fagan
Council Bluffs Club**

3 Tbsp. flour

1 c. milk

Cook until thick, stirring constantly. Let cool until cold. Add to flour mixture. Beat until consistency to spread. Mixture will look curdled until thoroughly beaten. Completed frosting should look like whipped cream.

COOKIE OR CUPCAKE CHOCOLATE FROSTING**Luwilda Parker
Marshalltown Club**1/4 c. cocoa
1 c. sugar1/4 c. milk
1/4 c. oleo

Bring to boil and boil 1 full minute. Add 1 teaspoon vanilla. Beat like fudge.

FROSTING THAT KEEPS**Ellen Pickrel
Nishna Club**1 1/2 c. white sugar
6 Tbsp. oleo

6 Tbsp. milk

Boil for 30 seconds and add 1/2 cup chocolate chips. Beat until stiff. Refrigerate until needed, also leftovers.

NEVER FAIL FROSTING**Grace Zellers**

3 Tbsp. flour in 1 c. milk

Cook until thickened (stirring constantly). Cool. Cream:

1 c. sugar
1 c. butter

1 tsp. vanilla

Cream in electric mixer. When light and fluffy, add the cooled cooked mixture. Beat until thickened to spreading consistency.

CASHEW ICING**Grace Zellers**1/2 lb. butter
1 lb. Philadelphia cream cheese2 lb. powdered sugar
1 tsp. vanilla
1/2 lb. salted cashews

Blend first four ingredients until very smooth. Add chopped nuts. Spread. This is enough for a 3 layer cake of two 9 x 13 inch loaf pans. This icing also keeps well.

BROILED TOPPING**Dorothy Kahler**
Iowa City Club1/4 c. butter
1/2 c. brown sugar
3 Tbsp. half and half1/3 c. nut meats
3/4 c. coconut

Melt butter. Add remaining ingredients. Spread over cake and broil until it becomes bubbly.

WHIPPED TOPPING**Dorothy Kahler**
Iowa City Club5 Tbsp. flour
1 c. milk
1 c. butter1 c. granulated sugar
1 tsp. vanilla
1 small canned pineapple
(drained)

Combine flour and milk in saucepan. Cook until thick. Let cool. Cream butter, sugar and vanilla until light and fluffy. When flour mix is completely cooled, add to sugar mixture and beat at high speed until light. Mix in crushed pineapple. Good on most cakes.

HOT FUDGE SAUCE**Bob Cale**1 c. sugar
1/2 c. cocoa1/4 c. water
dab of butter (I use 2 Tbsp.)

Boil for 5 minutes. Then add:

1 can evaporated milk

Stir constantly so boiling doesn't stop.

For thick sauce, boil 4 - 5 minutes. Add 1 teaspoon vanilla.

This recipe was used in the old cafeteria in Sioux City by Mrs. Davenport.

Write your extra recipes here:

1 c. sugar
1 c. butter

1 c. evaporated milk
1/2 c. cocoa

1 c. granulated sugar
1 tsp. vanilla
1 small canned pineapple (drained)

1/2 c. butter
1/2 c. cocoa
1 c. granulated sugar
1 tsp. vanilla
1 small canned pineapple (drained)

1/2 c. butter
1/2 c. cocoa
1 c. granulated sugar
1 tsp. vanilla
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1 c. granulated sugar
1 tsp. vanilla
1 small canned pineapple (drained)

♡

DESSERTS

♡



To days Special:
CONE 5¢
DOUBLE DIP. 7¢
HAND CRANKED DAILY
FRESH CREAM USED



A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

BROKEN GLASS JEWEL DESSERT

Barbara Edmunds

Cedar Rapids Club

1 pkg. lime jello
1 pkg. orange jello
1 pkg. cherry jello

3 c. hot water
1 1/2 c. cold water

Prepare 3 packages of jello separately, using 1 cup hot water and 1/2 cup cold for each. Pour into separate 8 x 8 inch pans. Chill until firm (overnight). Cut in 1/2 inch cubes.

1 c. pineapple juice
1/4 c. sugar

1 pkg. strawberry jello
1/2 c. cold water

Heat pineapple juice with sugar until sugar dissolves. Remove from heat and dissolve strawberry jello in hot liquid. Add remaining 1/2 cup cold water. Chill just until syrupy. Meanwhile, prepare 9 x 13 inch pan with graham cracker crust. Set aside.

2 pkg. Dream Whip
1 c. milk

1 tsp. vanilla

Prepare Dream Whip with milk and vanilla as directed on package. Fold into the syrupy strawberry jello. Fold in jello cubes. Pour over crust. Chill 8 hours or overnight in refrigerator. Serves 14 to 16.

QUICK AND EASY DESSERT

Shirley Wells

Combine:

1/4 c. flour
1/2 c. brown sugar

1/4 c. softened oleo
1 c. quick rolled oats

Mix until crumbly. Spoon 1 can of fruit pie filling into an 8 inch pan. Top with crunchy mixture. Bake in 350 degree oven for 20 - 25 minutes. Serve warm with ice cream.

FROSTY MANDARIN DESSERT

Mrs. Bernetta M. Koehn

Clin.-Maq. Club

2 pkg. (3 oz. each) or 1 pkg.
(6 oz.) Jell-O orange gelatin

2 c. boiling water
1 can (11 oz.) mandarin oranges
1 pt. orange sherbet (softened)

Dissolve Jell-O gelatin in boiling water. Drain oranges, measuring syrup. Add water to make 1 cup. Add to gelatin. Chill until slightly thickened. Blend in sherbet and mandarin oranges. Pour into a 1 quart mold. Chill until firm. Unmold. Makes about 4 1/2 cups or 8 servings.

PINEAPPLE LEMON DESSERT**Carol Davis**, Burlington
Tri-Sippian Club

Prepare yellow cake mix as directed. Cool. Sprinkle instant lemon pudding over large Cool Whip. Add crushed pineapple and juice. Spread on cooled cake. Refrigerate. (I add a little coconut for added flavor.)

PISTACHIO DESSERT**Paula Bettis**

Crust:

40 Ritz crackers (crushed)	1/2 c. melted butter or
1/3 c. sugar	margarine

Mix the above ingredients and put in 9 x 13 inch pan.

2 pkg. instant pistachio pudding	3 crushed Heath bars
1 1/2 c. milk	1 qt. vanilla ice cream,
1 (9 oz.) carton whipped topping	softened

Prepare pudding and milk with electric mixer. Add vanilla ice cream to the pudding. Pour over crust, set in refrigerator for 1 hour. Spread whipped topping on top and sprinkle with the crushed Heath bars. Refrigerate. DO NOT FREEZE.

BUTTERSCOTCH TORTE**Velma McElderry**

Council Bluffs Life Club

6 eggs, separated	2 c. graham cracker crumbs
1 1/2 c. sugar	1 c. chopped nuts
1 tsp. baking powder	1 pt. whipping cream, whipped
2 tsp. vanilla	3 Tbsp. powdered sugar
1 tsp. almond extract (optional)	

Beat egg yolks well, add sugar, baking powder and flavorings. Beat egg whites until stiff, fold into yolk mixture, add crumbs and nuts. Bake 325 degrees for 30 - 35 minutes in 9 x 13 inch pan.

BLUEBERRY TORTE**Naomi Durr**

Naples, Florida

1 1/4 c. graham cracker crumbs	1/4 c. margarine or butter,
1/4 c. sugar	melted

Blend and press crumbs into a square 9 x 9 inch tin.

2 eggs, beaten	1 large Philadelphia cream
	cheese, softened

Beat cheese into the eggs. Pour over the crumb mixture. Bake at 350 degrees about 10 minutes and cool. Top with large can of Thank You brand blueberries. Cool Whip. Refrigerate. Cut into squares and serve.

STRAWBERRY DESSERT**Luwilda Parker**
Marshalltown Club2 egg whites
1 box fresh strawberries
1 Tbsp. lemon juice

Beat 15 minutes. Put in graham cracker crust or very good served on angel food cake.

STRAWBERRY DESSERT**Helen Figgins**1 pkg. strawberry jello
1 c. water
16 large marshmallows, cut small or approximately 1 c. miniatures
1 loaf angel food cake, cut in pieces
2 c. cream, whipped or 1 large Cool Whip
1 pkg. frozen strawberries, thawed

Combine jello and water. Whip when partly set. Fold in whipped cream, add cake pieces, marshmallows and strawberries. Spread in 9 x 13 inch pan. Will cut 15 pieces.

CHERRY SLICES**Maxine Busche, Carroll**
Club 711 c. butter or oleo
1 3/4 c. sugar
4 eggs
1 tsp. vanilla

Beat together about 2 minutes until light and fluffy. Gradually add:

2 1/2 c. flour
1 1/2 tsp. baking powder
pinch of salt

Beat well. Spread into 11 x 17 inch greased pan, saving 1 1/2 cups batter for top. Spread 1 can cherry pie filling over dough. Drop rest of dough by spoonfuls over filling and spread a little. Bake at 350 degrees for 40 minutes. Sprinkle with powdered sugar or thin icing, just here and there.

TEXAS DESSERT**Marie Poggenpohl**
Iowa City Club

First Layer:

1 stick oleo, melted
1 c. flour
1/4 c. chopped nuts

Press in 9 x 13 inch glass dish. Bake 15 minutes at 350 degrees. Cool good.

Second Layer:

1 large pkg. cream cheese (beat)
1 c. powdered sugar

Add 1 cup Cool Whip. Beat together and put on crust.

Third Layer:

1 large pkg. instant Jell-O 3 c. milk
pudding

Fourth Layer:

Spread Cool Whip on top and sprinkle with nuts.

FOUR LAYER DESSERT

Velna Miller, Burlington
Tri-Sippian Club

1st:

1 c. flour 1/2 c. chopped pecans
1/2 c. margarine

Combine. Mix and spread in 9 x 13 inch pan. Bake 15 minutes at 350 degrees. Cool.

2nd:

1 (8 oz.) pkg. Philadelphia 1 c. powdered sugar
cream cheese

Cream into cheese and fold in 1 cup of the large carton Cool Whip. Mix well. Spread on top of first layer and chill.

3rd:

2 pkg. chocolate instant 3 c. milk
pudding 1 tsp. vanilla

Beat until thick, pour over layers and chill.

4th:

Spread rest of Cool Whip on top and sprinkle with pecans.

PINEAPPLE SPONGE

Alita Stichler

1 (#2) can crushed pineapple 2 envelopes Knox gelatin
1 c. sugar 1/4 c. cold water
1/4 c. water

Bring pineapple, sugar and 1/4 cup water to boil. Cook about 9 minutes. Mix the 2 packages of gelatin with the 1/4 cup cold water, then mix with the hot mixture. Let stand until jelled, then whip until foamy. Whip 1 pint of cream and mix together. Let stand 1 hour. Cool Whip can be substituted.

FAVORITE APPLE CRISP**Luwilda Parker**

Marshalltown Club

5 c. tart apples (sliced, pared)
 1 c. brown sugar
 3/4 c. flour

3/4 c. quick-cooking rolled oats
 1 tsp. cinnamon
 1/2 c. butter

Arrange apples in buttered 9 inch square pan. Combine brown sugar, flour, oats and cinnamon; cut in butter until crumbly. Press mixture over apples. Bake in oven, 350 degrees for 45 minutes (or until top is browned). Serve warm with ice cream.

APPLE CRISP**Wanda Stevens**

Iowa City

1 c. sifted flour
 1 c. sugar
 1 tsp. baking powder
 3/4 tsp. salt
 1 tsp. cinnamon
 1/2 -1 tsp. nutmeg

1 egg
 1/3 c. melted shortening
 1/2 c. chopped pecans
 (optional)
 4 c. sliced peeled apples

Line buttered 8 x 8 x 2 inch baking dish with apple slices. Sift dry ingredients together and work in egg with pastry blender until consistency of coarse meal. Sprinkle over apple slices. Drizzle melted butter over the top. Sprinkle with chopped nuts. Bake 375 degrees for 45 minutes or until brown.

APPLE CRISP**Lorene F. Voss****Dee Bailey**, Davenport Club

Cover greased baking dish generously with apples. Mix:

1 c. sugar
 1 Tbsp. flour

1 tsp. cinnamon
 pinch of salt

Sprinkle over apples. Then combine:

3/4 c. sugar
 3/4 c. oatmeal
 3/4 c. flour

1/4 tsp. baking powder
 1/4 tsp. baking soda

Cut in half stick margarine. Mix well and pat on apple mixture. Bake 45 minutes to 1 hour in 350 degree oven.

APPLE GOODY**Marcia Landuyt**

Iowa City

3 c. sliced apples
 3/4 c. sugar
 1 Tbsp. flour

1/8 tsp. salt
 1/2 tsp. cinnamon

Blend sugar, flour, salt and cinnamon together and mix with the apples. Place in a greased casserole 8 or 9 inch square pan.

Topping:

1/2 c. oatmeal
1/2 c. brown sugar
1/2 c. flour

1/8 tsp. soda
1/8 tsp. baking powder
1/4 c. butter

Mix oatmeal, brown sugar, flour, soda, baking powder and butter until crumbly. Spread over top of apples, patting it down lightly. Bake at 350 degrees until apples are tender.

APPLE KNOBBY DESSERT

Irene Campagna

3 Tbsp. margarine
1 c. sugar
1 egg, beaten
1 tsp. vanilla
1/2 tsp. cinnamon
1/2 tsp. nutmeg

1/2 tsp. salt
1 c. flour
1 tsp. soda
3 c. pared chopped apples
1/2 c. chopped black walnuts

Cream margarine and sugar together, add egg and mix well. Blend in vanilla. Sift dry ingredients together. Add to creamed mixture. Fold in apples and nuts. Pour into greased 8 x 8 x 2 inch pan. Bake at 350 degrees for 45 minutes. Serve with whipped cream or ice cream. Yield: 6 - 8 servings.

FLAKY APPLE FOLDOVERS

Mary Fry, Burlington
Tri-Sippian Club

1 (10 oz.) can Hungry Jack Ref.
flaky biscuits
2/3 c. sugar
3/4 tsp. cinnamon

1/4 tsp. nutmeg
1 1/4 c. peeled, chopped apples
1/4 c. melted oleo

Heat oven to 375 degrees. Separate dough. Press or roll each biscuit to a 4 inch circle. In a small bowl combine sugar and spices. Spoon about 2 tablespoons apple into center of each biscuit. Spoon 1 teaspoon sugar mixture over apples. Fold dough in half over filling. Press edges with fork to seal. Dip both sides of each folded biscuit into oleo, then into remaining sugar. Place on ungreased cookie sheet or 13 x 9 inch pan. Bake 15 - 20 minutes until golden brown.

BARB'S APPLE DUMPLINGS (Very, very good!) Frank Edmunds

Cedar Rapids Club

Syrup:

2 c. water
2 c. sugar
1/4 tsp. cinnamon

1/4 tsp. nutmeg
1/4 c. butter or oleo

Pastry:

2 c. flour

1 tsp. salt

(Cont.)

2 tsp. baking powder
3/4 c. shortening

1/2 c. milk

5 - 6 apples

Make syrup of water, sugar, cinnamon, nutmeg, butter. Heat until butter is melted. Mix flour, salt, baking powder; cut in shortening. Add milk all at once; stir until moistened. Roll 1/4 inch thick, cut into 3 - 4 inch squares. (I roll only a portion of the pastry at one time.) Place 1/4 of the apple on each square, sprinkle with additional sugar and cinnamon. Dot with butter, if desired. Fold corners to center, overlapping, pinch edges (new corners) together. Place 1 inch apart in a greased baking dish. Pour syrup around apples. Bake 350 degrees for 35 minutes or until lightly brown. Serve warm with whipped cream, ice cream or just plain. Good cold also.

**APRICOT, CHERRY, BLUEBERRY, PINEAPPLE OR STRAW-
BERRY TORTE**

Dorothy Pratt
Clinton-Maquoketa Club

40 Ritz crackers, crushed fine

Mix with 1/2 stick oleo. Press into a 9 x 13 inch pan. Beat 4 egg whites until stiff; add 1 cup of sugar. Spread on cracker mix; and bake at 350 degrees until light brown (about 15 - 20 minutes). Cool. Spread with 1 can pie filling in the flavor you prefer. (I like the cherries, a friend says THANK YOU brand apricots are best.) Whip 1 package Dream Whip or use Cool Whip. Spread this over the apricot or cherry mixture. Refrigerate for 24 hours or overnight. Delicious!

APPLE DUMPLINGS

Flora Lambertson
Clinton-Maq. Club

pie crust (enough for 2 pies) 1 big c. shortening
3 c. flour 10 Tbsp. water
pinch of salt

Roll out and cut in pieces. Wrap quartered apples with 1/2 teaspoon butter, little cinnamon and a little sugar. Pinch tops shut and place in large baking dish. Pour following mixture over this.

1 stick butter or margarine 1 c. sugar
2 c. water sprinkle of cinnamon

Bake at 350 or 400 degrees 1 hour or until brown.

APPLE DUMPLINGS

Melinda Alderson

Sauce:

1 1/2 . sugar 1 1/2 c. water

1/4 tsp. cinnamon
1/4 tsp. nutmeg

6 - 10 drops red food coloring
3 Tbsp. butter

Combine sugar, water, cinnamon, nutmeg and food coloring, bring to a boil, add butter.

Dumplings:

2 c. flour (sifted)
2 tsp. baking powder
1 tsp. salt

2/3 c. shortening
1/2 c. milk
6 medium whole apples, pared and cored

Sift together flour, baking powder and salt. Cut in shortening. Add milk all at once and stir just until flour is moistened. On lightly floured surface, roll 1/8 inch thick into 18 x 12 inch rectangle. Cut with knife or pastry wheel into 6 inch squares. Place 1 whole apple in each square. Sprinkle each apple generously with sugar, cinnamon and nutmeg. Dot with butter. Moisten edges of squares. Fold corners to center and pinch edges together. Place 1 inch apart in ungreased 11 1/2 x 7 1/2 x 1 1/2 inch baking pan. Serve warm. (6 servings.) Pour syrup over dumplings. Sprinkle with sugar. Bake in moderate oven, 375 degrees, 35 minutes or until apples are done.

APPLE COBBLER

Maxine Busche (Carroll)
Club 71

(Rhubarb and peach also.)

4 c. apples, cut fine
3/4 c. sugar
3 Tbsp. oleo
1/2 c. milk

1/4 tsp. vanilla
1 c. flour
1 tsp. baking powder
1/4 tsp. salt

Cut apples in 8 x 8 inch pan. Cream sugar and oleo and mix milk and vanilla. Add to cream mixture. Add dry ingredients to cream mixture. Pour over apples.

Topping:

1 c. sugar
1/4 tsp. salt

1 Tbsp. cornstarch

Mix together, sprinkle over batter. Pour 1 cup boiling water over all. Bake 1 hour at 375 degrees. Serve with ice cream or Cool Whip.

NON FAT APPLE CRUNCH

Mary Donohoe
Iowa City Club

No. 1:

1 c. flour

1 c. sugar

1/2 tsp. salt
1 tsp. baking powder

1 egg (beaten)

Mix to consistency of cornmeal. Set aside.

No. 2:

3 c. apples, peeled and thinly sliced

Place in 8 x 8 x 2 inch pan or baking dish.

1 c. sugar

1 tsp. cinnamon

Put sugar and cinnamon on top of apples. Sprinkle No. 1 mixture next. Bake at 350 degrees about 40 minutes or until top is brown and apples are done. Test with fork. This keeps well. Is very good served hot or cold with ice cream or whipped cream.

APPLE CRISP (Microwave)

Harriet Dabler

5 - 6 c. peeled, sliced cooking apples (Jonathans)
1/2 c. flour
3/4 c. oatmeal
3/4 c. brown sugar

1/2 c. margarine
1 tsp. cinnamon

In 2 quart baking dish, arrange apples. Combine remaining ingredients and sprinkle on top of apples. Cook 10 - 14 minutes or until apples are tender. Cooking time will depend on type and freshness of apples. If apples are tart, sprinkle with sugar and cinnamon.

APPLE TART

Mary Jean Duzik
Sioux City Life Club

Serves 8. Butter crust recipe at bottom.

4 medium (about 1 1/4 lb.) Golden Delicious apples
3 large egg yolks
3/4 c. sugar

1/3 c. sour cream
1/4 c. all purpose flour

Prepare butter crust. Peel, halve and core the apples. Cut each half in 8 equal slices. Beat together the egg yolks, sour cream, sugar and flour until smooth. Arrange the apples in concentric circles, overlapping if necessary in the butter crust. Pour egg yolk mixture over them. Bake in 350 degree oven until apples are tender and meringue that shows is golden, for 1 hour. Cool on wire rack. Loosen edges and remove pan's sidewall. Serve warm or at room temperature. Store any leftover uncovered in the refrigerator. The crust will not get soggy.

Butter Crust:

1 1/4 c. all purpose flour

1/2 c. (1/4 lb. stick) butter

2 Tbsp. sour cream

In medium bowl with pastry blender, cut the butter into the flour until particles are fine. With a fork, stir in sour cream until the dough forms a ball. Place dough in center of an ungreased round 9 x 1 1/2 inch cake pan with removable bottom. Press dough over bottom and side of pan to cover evenly and completely. Bake in pre-heated 375 degree oven until set looking, but not brown about 10 minutes. Crust may be puffed. Set crust aside at room temperature to cool. Reduce oven temperature to 350 degrees so oven will be ready to bake the filled crust.

FRUIT CRISP

Carol Riensche

Waterloo Reg. Club

4 c. sliced, fresh or canned
fruit (drained)
1 c. brown sugar
3/4 c. all purpose flour

3/4 c. quick-cooking rolled oats
3/4 tsp. cinnamon
1/2 c. butter or margarine

Place sliced fruit in bottom of 8 inch round dish. Combine next 4 ingredients in separate bowl. Cut in butter or margarine until mixture is crumbly. Sprinkle topping over fruit. Microwave 10 minutes or until fruit is tender and mixture bubbly.

FRUIT COBBLER

Des Moines Life Club

1/4 c. soft butter
1/2 c. sugar
1 c. sifted all purpose flour
2 tsp. baking powder
1/4 tsp. salt
1/4 c. milk

1 (#2) can drained cherries,
boysenberries, blueberries or
sliced peaches
1/4 to 1/2 c. sugar (judge by
sweetness of fruit's syrup)
1 c. fruit juices (reserved from
fruit)

Preheat oven to 375 degrees. Cream together butter and sugar until fluffy. Stir sifted dry ingredients in alternately with milk. Beat until smooth. Pour into loaf pan, 10 x 5 x 3 inch, or a 2-quart casserole. Spoon fruit over batter, sprinkle with sugar. Pour fruit juice over top. Bake at 375 degrees for 45 - 50 minutes.

During baking, the fruit and juice go to the bottom, and a cake-like layer forms on the top. Serve warm with cream or whipped cream, if desired. Serves 6.

RAW APPLE PUDDING

Sharon Olney

1/2 c. shortening, soft
2 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking powder

1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. salt
4 c. apples, unpeeled, finely
diced

Cream shortening and sugar together, add eggs one at a time. Beat until fluffy. Sift together dry ingredients and fold into wet ingredients, add vanilla and fold in apples. Spread into greased 9 x 13 inch pan.

Topping:

1/2 c. chopped nuts--
walnuts or pecans

1 c. brown sugar
2 Tbsp. soft margarine

Cut through with a fork until mixture is crumbly. Spread evenly on batter. Bake 350 degrees for 59 minutes. Serve warm with ice cream or whipped topping.

APRICOT DESSERT

Marie Briggs, Ft. Madison
Tri-Sippian Club

In 13 x 9 inch pan, pour 1 large can apricot halves with juice. Over this, sprinkle 1 package Betty Crocker butter brickle cake mix. Pour 1 stick melted oleo over the cake mix. Sprinkle with 1/4 cup finely cut nuts and 1/2 cup coconut over the top. Bake 325 degrees for 1 hour. Serve warm with whipping cream.

CHERRY DELIGHT

Joan & Ken Brekke
Cedar Rapids Regular Club

Prepare 22 graham crackers, crushed. Add:

1/4 c. margarine

1/4 c. sugar

Bake in buttered 9 x 13 inch pan, 350 degrees for 5 minutes. Cool. Mix 2 packages Dream Whip. Add softened 8 oz. package cream cheese with 3/4 cup powdered sugar to the Dream Whip and place on cooled crust. Top with 2 cans cherry pie filling and chill until firm.

CHERRY DESSERT

Harriette Buff
Davenport Club

Use a 9 x 13 inch pan.

1 pkg. vanilla wafers (crush)

Mix with 1 stick oleo. Place in bottom of pan. Mix:

2 sticks oleo
2 eggs

2 c. powdered sugar

Spread mixture over crumb mixture. Cover with 2 cans instant cherry* pie filling. Top with Cool Whip. Sprinkle with crumbs. Refrigerate for 12 hours.

*Can also use apricot, peach or blueberry pie filling.

STRAWBERRY-RHUBARB DESSERT

Lil Garden
Garden City, Iowa

(8 x 8 inch pan.)

Base:

3/4 c. flour	2 Tbsp. powdered sugar
1/2 c. cornmeal	1/3 c. butter or margarine

Combine first 4 ingredients and cut in butter to resemble coarse crumbs. Bake at 350 degrees for 12 - 14 minutes.

Filling:

1 1/2 c. fresh or frozen rhubarb, chopped	1/2 c. evaporated milk
1 c. fresh or frozen strawberries (sliced)	1/2 c. sugar
3 egg yolks, slightly beaten	2 Tbsp. flour
	1/8 tsp. salt

Combine all ingredients. Cook over medium heat about 5 minutes until thickened. Remove from heat. Pour over crust. Bake 350 degrees for 30 - 35 minutes or until toothpick comes out clean. Remove from oven.

Meringue:

3 egg whites	1/3 c. sugar
1/4 tsp. cream of tartar	

Beat egg whites and cream of tartar at medium speed until foamy. Then at high speed, gradually add sugar until stands in peaks. Spoon on top of hot filling, spreading to sides to cover. Bake at 425 degrees for 3 minutes or until golden brown. Cool. Store in refrigerator. Makes 9 squares.

RHUBARB BUTTER CRUNCH

Dorothy Kahler
Iowa City Club

Combine:

3 c. diced rhubarb	3 Tbsp. flour
1 c. sugar	

Put into greased baking dish (6 x 10 inch). Combine:

1 c. brown sugar	1 1/2 c. flour
1 c. oatmeal, uncooked	

Cut in 1/2 cup butter and 1/2 cup other shortening. Sprinkle over rhubarb. Bake 40 minutes at 375 degrees.

RHUBARB DESSERT**Louise Hupp, Carroll
Club 71****Crust:**1/2 c. soft oleo
1 c. flour

2 Tbsp. powdered sugar

Combine and press in bottom of 9 x 9 inch glass dish. Bake 20 minutes at 325 degrees. Cool.

Filling:2 1/2 c. cut rhubarb
1 1/2 c. sugar
1 (8 oz.) can crushed pineapple
do not drain1/3 c. half and half
4 Tbsp. flour
1/2 tsp. vanilla
4 egg yolks
pinch of salt
1 Tbsp. butter

Combine sugar, salt, flour, cream and egg yolks. Mix until smooth. Add rhubarb and pineapple, cook until thick. Beat egg whites (4) with 6 tablespoons sugar until stiff. Put on top. Brown at 350 degrees.

PUMPKIN DESSERT**Thelma Pullin
Waterloo Reg. Club****Crust:**1 c. flour
1 c. flaked coconut1/4 c. sugar
1/2 c. margarine**Custard:**1 large can pumpkin
4 beaten eggs
1 (13 oz.) can evaporated milk1 1/2 c. sugar
1/2 tsp. salt
1/2 tsp. vanilla
2 tsp. pumpkin pie spice

Preheat oven 350 degrees.

Crust: Mix ingredients together. Press into 9 x 13 inch pan. Bake 350 degrees for 10 minutes.

Custard: Mix pumpkin, beaten eggs, evaporated milk, sugar, salt, vanilla and spice. Pour on baked crust and bake 40 - 45 minutes or until set at 325 degrees.

PUMPKIN DESSERT**Dorothy & Hardy John**1 c. flour
1/2 c. margarine

1/2 c. pecans

Mix together and press in 9 x 13 inch pan. Bake 15 minutes at 350

degrees.

1 (8 oz.) cream cheese
1 c. powdered sugar

1 c. Cool Whip
1 tsp. vanilla

Mix and spread on cooled crust.

2 (3 oz.) pkg. instant vanilla
pudding
1 1/2 c. milk

1 box Cool Whip
1 tsp. pumpkin pie spice
1 (16 oz.) can pumpkin

Mix and put on 2nd layer. Let set and top with Cool Whip.

CUSTARD

Hazel Swarts

4 eggs

4 Tbsp. sugar

Beat together and add 1 pint milk. Pour into greased custard cups, sprinkle with nutmeg. Place in shallow pan of water. Bake at 350 degrees about 50 minutes or until knife comes out clean. This also makes 1 pie.

For Bread Pudding:

Bake in oblong or round pan: break up 1 to 1 1/2 slices stale bread and a handful of raisins stirred in with nutmeg. Bake in pan of water until knife comes out clean, about 1 hour.

For Rice Pudding:

Use leftover rice instead of bread.

BLUEBERRY CRUST DESSERT

Gladys Braun
Council Bluffs Club

Crust:

14 ground Ritz crackers
1/2 stick margarine, melted

1/4 c. sugar

Filling:

8 oz. cream cheese
1/2 c. sugar

2 eggs

Blend crust ingredients and press into 8 x 8 inch pyrex dish. Cream sugar and cream cheese. Add both eggs at once. Beat and spread over crumbs. Bake 25 minutes at 350 degrees. Cool.

Topping:

1 c. canned blueberry pie filling

desired amount of whipped cream

After spreading the pie filling on top of cheese mixture, chill overnight. Cut into squares and top with whipped cream. Serves 8.

FAVORITE CRANBERRY-PUMPKIN-DATE TORTE

Mrs. Jerry (Jake) Laughlin

Des Moines Regular Club

1 c. cranberries, cut in half
1/2 c. chopped nuts

1/2 c. chopped dates
2 Tbsp. flour

1 c. brown sugar
1/4 c. butter or margarine
2/3 c. pumpkin
1 tsp. vanilla
2 eggs

1/2 c. sifted flour
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. ginger
1/4 tsp. baking soda

Mix dates, nuts and 2 tablespoons flour. Set aside. Melt butter over low heat, blend in brown sugar. Remove from heat, stir in pumpkin and vanilla. Beat in eggs, one at a time. Sift together dry ingredients. Add to pumpkin mixture. Mix thoroughly. Stir in floured dates, cranberries and nuts. Turn into greased 9 inch round pan. Or, use mini bundt pans (like muffin tins). Bake 350 degrees for 20 - 25 minutes. Serve warm with Butter Sauce:

1/2 c. butter

1 c. sugar

Put in saucepan. Slowly bring to boil and boil over low heat 1 minute. Add 3/4 cup cream. Mix well. Don't boil.

COCONUT CREAM DESSERT

Anita Lange

Serves 12.

1 c. margarine, melted
2 c. flour
2/3 c. nuts, chopped
1 (8 oz.) pkg. cream cheese
1 c. powdered sugar

2 (3 oz.) pkg. instant coconut
cream pudding mix
2 1/2 c. milk
1 (9 oz.) carton whipped
topping

Mix margarine, flour and nuts. Put in 13 x 9 inch pan and bake in 350 degree oven for 15 - 20 minutes. Blend softened cream cheese and powdered sugar. Add 1 cup whipped topping. Spread over cooled crust. Combine instant pudding mix with milk and spread over cheese mixture. Top this with remaining whipped topping. Sprinkle with toasted coconut. Refrigerate a few hours or overnight before serving.

PENNY'S CHEESECAKE CRINKLES

Nyla Schmadeke (Mrs. Jim)

Des Moines Regular

3 (8 oz.) pkg. Philadelphia
cream cheese, softened

5 eggs
1 c. sugar

1 tsp. vanilla
30 - 36 vanilla wafers

cherry, strawberry or blueberry
pie filling

With mixer, beat together first 4 ingredients until smooth. Place cupcake liners in cupcake pans and put 1 vanilla wafer in the bottom of each cup. Fill cups 3/4 full. Bake at 350 degrees for about 20 minutes (or until done). Cool. Spoon pie filling over top. Chill if desired. Makes about 30 to 36 mini cakes.

CHOCOLATE CHIP CUP CAKES

Helen Anderson

Ames-Boone-Perry Club

Cream Cheese Mixture - Combine in mixing bowl:

1 (8 oz.) pkg. cream cheese with
1 unbeaten egg

add 1/3 c. white sugar and 1/8
tsp. salt

Beat well with mixer. Stir in 1 package chocolate chips. Set aside and make cake batter.

Batter:

1 1/2 c. flour
1 c. white sugar
1/4 c. cocoa

1 tsp. soda
1/2 tsp. salt

Mix together. Add:

1 c. water
1/3 c. Mazola oil

1 tsp. vanilla
1 Tbsp. vinegar

Beat until well combined. Fill petite muffin pans 1/3 full with chocolate batter. Top each with a heaping teaspoonful of cream cheese mixture. Bake 350 degrees for 30 minutes. Makes about 42 petite cup cakes. Use foil liners in pans. Usually found in Woolworth stores. These will freeze.

CHOCOLATE ECLAIR DESSERT

Carol Hill

1 (9 oz.) carton Cool Whip
2 small pkg. instant French
vanilla pudding
3 c. milk
1 box graham crackers

2 oz. Baker's liquid chocolate
2 Tbsp. white Karo syrup
3 Tbsp. soft butter
3 Tbsp. milk
1 1/2 c. powdered sugar
1 tsp. vanilla

Prepare pudding, using only 3 cups milk instead of 4 required on the package. Add Cool Whip to pudding and stir. In 9 x 13 inch pan, cover bottom with 1 layer of graham crackers. Spread 1/2 of pudding mixture on top. Place a second layer of graham crackers and cover with remaining pudding mixture. Cover with a third layer of

crackers. Prepare topping with remaining ingredients and spread. (Topping will spread better if you refrigerate pudding and allow to set.) Refrigerate dessert 24 to 48 hours. Cut into squares and serve.

SODA CRACKER DESSERT

Jeanette Fisher
Davenport Club

Place soda crackers on large cookie sheet. Boil 1 cup margarine and 1 cup brown sugar 3 minutes. Pour over crackers. Top with 6 plain Hershey bars. Bake at 450 degrees for 5 minutes and top with chopped nuts.

CREAM PUFFS

Sally Williams

Serves 12.

1 c. water
1/2 c. butter or margarine

1 c. flour
4 eggs

Heat oven to 400 degrees. Heat water and butter to rolling boil. Stir in flour. Stir vigorously over low heat about 1 minute or until mixture forms a ball. Remove from heat. Beat in eggs, all at one time; continue beating until smooth. Drop dough by scant 1/4 cupfuls 3 inches apart, onto ungreased baking sheet. Bake 35 to 40 minutes or until puffed and golden. Cool away from draft. Cut off tops. Pull out any filaments of soft dough. Carefully fill puffs with vanilla cream pudding.

Vanilla Cream Pudding:

1/3 c. sugar
2 Tbsp. cornstarch
1/8 tsp. salt
2 c. milk

2 egg yolks, slightly beaten
2 Tbsp. butter
2 tsp. vanilla

Blend sugar, cornstarch and salt in a 2 quart saucepan. Combine milk and egg yolks; gradually stir into sugar mixture. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Remove from heat; stir in butter and vanilla. Cool slightly and chill.

INDIVIDUAL CHEESE CAKES

Kathy Rider
Davenport Club

Makes 24.

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

4 eggs
1 tsp. vanilla

Cream cheese and sugar. Add eggs and vanilla. Put 1 vanilla wafer in bottom of cupcake liner and fill 3/4 full with cheese mixture. Bake 25 to 30 minutes at 325 degrees. Cool and fill with chilled cherry or blueberry pie filling.

SELF FILLED CUPCAKES

JoAnn Stanton (Mrs. Glen)
Sioux City Reg. Club

1 pkg. (2 layer size) chocolate cake mix

Filling:

1 pkg. (8 oz.) cream cheese
dash of salt
1/3 c. sugar

1 egg
1 pkg. (6 oz.) chocolate chips

Mix cake according to package directions. Fill baking cups 2/3 full. Soften cream cheese. Beat in egg, sugar and salt. Stir in chocolate chips. Drop spoonful of cheese mixture into each cupcake. Bake according to directions on package.

APPLE PUDDING

Jan Espinosa
Council Bluffs Club

1/2 c. soft margarine
1 c. (packed) brown sugar
1 tsp. soda
1/4 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. cloves

1/2 tsp. cinnamon
2 c. chopped apples
1 tsp. vanilla
3/4 c. chopped pecans
1 egg, beaten
1 c. flour

Cream the margarine and brown sugar in a bowl. Add the egg and mix well. Sift dry ingredients together. Add to creamed mixture and blend well. Add the apples and vanilla and nuts and mix. Pour into a greased baking dish and bake at 350 degrees for 30 - 40 minutes.

INSTANT PUDDING DESSERT

Helen Coulter
Marshalltown Club

Mix:

1 c. flour
1 stick soft oleo

1/2 c. nuts

Press into a 9 x 13 inch pan. Bake 375 degrees for 20 minutes. In a small bowl mix:

1 pkg. (8 oz.) softened
cream cheese

1 c. powdered sugar
1 c. Cool Whip

When crust has cooled, spread the cheese mixture over it and refrigerate overnight or until it has set. Mix 3 small packages instant pudding (any flavor) with 4 cups of milk. Spread over the cream cheese mixture. Spread with Cool Whip. Refrigerate.

OLD FASHIONED ENGLISH PLUM PUDDING Elizabeth Shannon
Davenport Life Club

1 qt. raisins	1 pt. sugar
1 pt. currants	1 pt. milk
1 qt. chopped apples	1/2 pt. citron
1 qt. chopped suet or 1/2 lb. butter	8 eggs, beaten separately
1 grated nutmeg or 1 tsp.	1 tsp. salt
1 qt. stale bread crumbs	1 qt. flour

Flour the fruit from the quart of flour mix as follows: Put beaten egg yolks, sugar, nutmeg and milk in a large pan. Stir in fruit, bread crumbs, suet; one after the other, adding flour enough to make fruit stick together. Fold in beaten egg whites, mix, form into loaf. Let stand overnight. Steam 7 hours. Let cool. Wrap in cheese cloth and soak down with rum or brandy, then wrap in foil and let stand in cool place or refrigerator for at least 2 weeks. Should be served with a hard sauce which may or may not be flavored with rum or brandy.

(Recipe that has been passed down for many generations of the English side, the Huberts.)

HEAVENLY PUDDING Willa Sommerfeld, Burlington
Tri-Sippian Club

1 (#2) can pineapple (grated or crushed)	1 c. chopped nuts
1 lb. marshmallows	1 pt. whipping cream

Cut up marshmallows and pour over them the pineapple and let stand overnight. When ready to serve, add chopped nuts and fold in the whipped cream. Serve with vanilla wafers. May be topped with maraschino cherry.

DANISH RHUBARB PUDDING Jim & Mildred Rogers

2 c. juice	1/2 c. sugar
1/4 c. cornstarch	red food coloring
2 Tbsp. tapioca	

Soak rhubarb until tender, then strain through a colander. Sift dry ingredients into juice. Bring to a boil, stirring constantly or until thickened. Eat with cream and sugar or milk and sugar.

CHOCOLATE MOUSSE Carol Davis, Burlington
Tri-Sippian Club

1 large pkg. instant chocolate pudding

Mix as directed. Let set a few minutes. Fold in 8 oz. carton Cool Whip and 1 cup miniature marshmallows, 1/2 cup tiny chocolate chips.

GOOSEBERRY PUDDING

Waterloo Life Member

1/4 c. margarine
1/3 c. sugar
3/4 c. flour

1 tsp. baking powder
1/2 c. milk

Pour in 8 inch pan. Add 1 1/2 cups gooseberries. Mix:

1 c. sugar
1 Tbsp. margarine

1 c. boiling water

Pour over gooseberries and top mixer. Bake 375 degrees for 30 - 40 minutes.

SUET PUDDING

Marcia Zimmerman

3 c. bread crumbs, dry and fine
1 c. granulated sugar
1 c. suet, ground
2 c. seedless raisins
1/2 tsp. cloves
1/2 tsp. salt

1/4 tsp. nutmeg
1 tsp. cinnamon
1 c. sour milk or cream
2 eggs, well beaten
1 tsp. vanilla
1 level tsp. soda dissolved in a little hot water

Blend bread crumbs, suet, raisins, sugar together. Add cinnamon, eggs, cream, then soda and vanilla. Mix thoroughly, pour into well-greased mold. Use waxed paper and tight cover, steam 3 to 4 hours. Serve hot. Will make 2 quart mold. Plump raisins in hot water, drain, dry, cut.

Suet Pudding Sauce:

1/4 c. sugar
2 Tbsp. flour
2 c. boiling water

2 Tbsp. butter
1 tsp. vanilla

CHERRY NUT ROLL

Delores Jacque

1/2 gal. carton vanilla ice cream

Cut in half, then in 1/3's the long way. Crush 18 double graham crackers. Add 1 small bottle drained maraschino cherries (red) finely cut. Add 3 tablespoons crunchy peanut butter. Add 1 cup chopped nuts. Mix well. Sprinkle mixture between layers of ice cream and around all sides. Wrap in waxed paper and freeze. (Makes two 3-layer loaves.) Slice to serve.

CHOCOLATE CREAM KRUNCH

Fran Goff

Waterloo Life Club

1/2 c. butter
2 c. powdered sugar

3 egg yolks
4 egg whites, beaten

2 Tbsp. cocoa
1 tsp. vanilla

1/2 c. nut meats
1 box vanilla wafers (or 80 cookies)

Cream butter and powdered sugar. Beat in egg yolks, cocoa and vanilla. Fold in beaten egg whites and nuts. Crush 1 box (11 oz.) vanilla wafers and place about 3/4 of the crumbs in bottom of 9 x 13 inch pan. Spread 1/2 gallon vanilla ice cream on top of crumbs, then the above filling on top of ice cream. Sprinkle remaining crumbs on top. Place in freezer.

ICE BOX DESSERT

Helen Coulter
Marshalltown Club

2 c. powdered sugar
2 sq. chocolate
1/2 c. butter

1/2 c. nuts
3 egg yolks, beaten
3 egg whites, beaten very stiff

Cream sugar and butter, add 1 teaspoon vanilla and nuts. Add egg yolks and fold in egg whites. Roll 2 cups of vanilla wafers or graham crackers to crumbs. Mix with 1/4 cup of oleo. Line bottom of 9 x 13 inch pan with crumbs, saving some for top. Pour chocolate mixture over crumb crust. Spread softened 1/2 gallon of vanilla ice cream on top of chocolate mixture. Sprinkle remaining crumbs on top. Store in freezer.

FROZEN DESSERT

Alta Gimre
Marshalltown Club

1/2 c. chopped nuts
1 c. flour

1/4 c. brown sugar
1/2 c. oleo

Mix and brown in slow oven, stirring often. Pour 1/2 of mixture in large cake pan.

2 egg whites
1 tsp. vanilla
1 pkg. frozen raspberries or strawberries

1 Tbsp. lemon juice
1 c. sugar

Mix together and beat 20 minutes. Add 1 cup whipped cream. Put between crumb layers and freeze. Top with a little whipped cream.

STRAWBERRY ICE CREAM

Jeanne Graham
Council Bluffs Reg. Club

2 (3 oz.) pkg. strawberry jello
2 c. water (boiling)
3 c. sugar
4 eggs (well beaten)

4 c. whole milk
2 c. cream or canned milk
2 Tbsp. vanilla
2 (16 oz.) pkg. frozen strawberries, thawed

Mix jello in boiling water, add strawberries. Add sugar to beaten eggs and mix in milk, cream, vanilla and strawberry mixture. Pour into 1 gallon ice cream freezer container and freeze.

FROZEN MINT DESSERTS

Jacquie Ramage

- | | |
|---|---|
| 1 c. real butter | 2 tsp. vanilla extract |
| 2 c. sifted powdered sugar | 1 tsp. peppermint extract |
| 4 oz. unsweetened chocolate,
melted and cooled | 1 Tbsp. graham cracker crumbs
(optional) |
| 4 eggs | whipped cream (optional) |

In a large mixer bowl at high speed, beat butter and powdered sugar until light and fluffy. Beat in chocolate, eggs, vanilla and peppermint extract until light and fluffy. Using a pastry bag with tube, pipe or just spoon into 18 paper-lined muffin cups. Sprinkle with optional graham cracker crumbs. Freeze at least 5 hours or up to 2 weeks. To serve, remove from freezer, top with whipped cream if desired. Serve immediately.

EFFORTLESS DESSERT

Frances Griffith, Burlington
Tri-Sippian Club

- | | |
|-----------------------------|----------------------------|
| 1 qt. softened ice cream | 2 c. vanilla cookie crumbs |
| 1 can (#303) fruit cocktail | (rolled) |

Mix all together and freeze. Lemon flavored cookies are good in this, too.

COUSIN'S DESSERT

Carol Davis, Burlington
Tri-Sippian Club

- | | |
|----------------------------|--------------|
| 20 crushed graham crackers | 1/3 c. sugar |
| 1 stick oleo, melted | |

Mix and freeze in a 9 x 13 inch ungreased pan. Later mix:

- | | |
|--|---------------|
| 2 pkg. instant butter pecan
pudding | 1 1/2 c. milk |
|--|---------------|

Mix and spread on first layer and freeze. Later mix together:

- | | |
|--|----------------------------|
| 1 qt. softened butter pecan ice
cream | 1/2 large carton Cool Whip |
|--|----------------------------|

Spread on second layer and freeze. When set, spread with rest of Cool Whip and sprinkle with chopped pecans.

HOT APPLE SUNDAE

Margaret Oppelt
Cedar Rapids Club

- | | |
|---------------------|-------------------|
| 1/2 c. sugar | 1/4 tsp. cinnamon |
| 1/2 c. orange juice | 3 tart apples |
| 1/4 c. lemon juice | |

In pan, mix sugar, orange juice, lemon juice and cinnamon. Stir over low heat until sugar dissolves. Bring to boil, simmer 5 minutes. Add apple slices. Cover and simmer 15 minutes longer. Serve warm over ice cream. (May be thickened with cornstarch mixed with cold water.)

APPLE PANDOWDY

Roger & Velda Heller

6 servings.

5 c. peeled, cored and sliced tart apples
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/2 c. firmly packed light brown sugar

Batter:

1 1/4 c. sifted all purpose flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/8 tsp. ground nutmeg
2/3 c. butter
1/3 c. sugar
1 egg
1/2 c. milk

Place the sliced apples in a well buttered 2 quart baking dish. Mix brown sugar with cinnamon and nutmeg and sprinkle on top of the apples. Toss lightly. Bake uncovered in a 350 degree oven for 30 minutes, until apples are soft, stirring twice. For the batter, sift the flour with the baking powder, salt and nutmeg. Cream the butter and sugar until fluffy, then beat in the egg. Add the flour mix alternately with the milk. Spread the batter evenly on top of hot apples. Return to oven and bake uncovered 35 minutes until the cake topping is browned and pulls from sides of dish. Serve with ice cream.

PAULINE'S BANANA ICE CREAM

Mrs. Albert Howard
Nishna Club

In large mixing bowl, beat 6 egg whites stiff. In small mixing bowl, beat stiff:

6 egg yolks
1 1/2 c. sugar

Add 5 mashed ripe bananas. In large mixing bowl with egg whites, beat in banana mixture and add:

1 qt. half and half
1 pt. Coffee Rich

Pour into 5 quart freezer and freeze according to freezer directions.

CHRISTMAS CHEER DESSERT

Mary K. Wilson
Waterloo Regular Club

1/4 c. creme de menthe
1 pt. lime sherbet, softened
1 qt. vanilla ice cream, softened
1 pkg. Dream Whip, prepared per package directions

Beat all together with electric mixer. Put into container and refreeze.

ICE CREAM PIE**Dorothy Kendall**
Clinton-Maq. Club

- | | |
|----------------------------|----------------------|
| 1 c. butter | 2 c. chopped nuts |
| 5 c. Rice Krispies | 1 1/2 c. brown sugar |
| 2 cans Angel Flake coconut | |

Melt butter. Add Rice Krispies, coconut and nuts. Mix well. Toast in a moderate oven 30 minutes, stirring often. Remove from oven. Add brown sugar. Mix well. Spread half of mixture in a greased pan. Cover with 1 gallon of vanilla ice cream which has been softened. Top with remainder of crumb mixture. Freeze several hours. Serves 24. I make only half the recipe for our family.

HOMEMADE ICE CREAM**Dewaine B. Stichler**

- | | |
|--------------|-----------------------|
| 6 eggs | 4 c. milk |
| 2 c. sugar | 1 pt. and 1 qt. cream |
| dash of salt | 3 Tbsp. vanilla |

Beat all ingredients well until fluffy. Pour into freezer and freeze until hard.

PUMPKIN ICE CREAM DESSERT**Kathryn Purcell**
Clinton-Maquoketa Club

- | | |
|---------------------|-------------------------|
| 1 c. canned pumpkin | 1/2 tsp. ginger |
| 1/2 c. sugar | 1/2 tsp. cinnamon |
| 2 Tbsp. molasses | 1 qt. vanilla ice cream |
| 1/2 tsp. salt | 1/2 c. chopped pecans |

Combine pumpkin, sugar, molasses, salt, spices. Soften ice cream and fold mixture. Mix well. Pour over graham cracker crust.

PUMPKIN SCRUMPTIOUS**Helen Kryzak**
Sioux City Life Club

- | | |
|-------------------------|-------------------|
| 1 c. canned pumpkin | 1/2 tsp. cinnamon |
| 1 qt. vanilla ice cream | 1/2 tsp. ginger |
| 1/2 c. brown sugar | 1/2 tsp. nutmeg |
| 1/2 tsp. salt | |

Soften ice cream, mix well with other ingredients.

1 graham cracker pie crust (8 or 9 inch)

Fill with above ingredients. Freeze. Yummy!

BUSTER BAR**Alice McCracken, Marshalltown Club**
Velma McElderry, Co. Bluffs Life Club

- 1 lb. Oreo cookies (freeze cookies and they crush better, don't use blender)
1/2 c. melted margarine

Mix and pat in pan, refrigerate 1 hour. Slice 1/2 gallon vanilla ice cream and place on Oreos pressing to cover. Sprinkle with 1 1/2 cups Spanish peanuts or pecans, chopped slightly not too fine. Freeze. Cook:

1 1/2 c. evaporated milk
(13 oz. can) 1/2 c. margarine
2/3 c. semi-sweet chocolate chips 2 c. powdered sugar

Mix and bring to boil for 12 minutes. Add 1 teaspoon vanilla. Cool completely. Pour over layered mixture and freeze.

ICE CREAM SUNDAE DESSERT

Kathy Rider
Davenport Club

24 Oreo cookies

Crush and put in bottom of 9 x 13 inch pan.

1 stick oleo

Melt and pour over cookies.

1/2 gal. vanilla ice cream

Soften and spread over cookies. Freeze.

1 large jar Smucker chocolate fudge, spread over top of frozen ice cream.

1 small carton Cool Whip, spread over fudge layer.

Freeze. Chopped nuts may be sprinkled over Cool Whip-- or a maraschino cherry may be used to top each serving, if desired.

LEMON DESSERT

Helen Anderson, Ames-Boone-Perry Club
Dorotha (Mrs. Harold) Skeers, Des Moines Life Club

Serves 15.

Crust:

1 c. flour 1/2 c. pecans
1/2 c. butter

Press together in 9 x 13 inch pan and bake 15 minutes at 350 degrees. Cool. Mix:

8 oz. cream cheese 1/2 container Cool Whip
1 c. powdered sugar

Spread over cooled crust. Mix 2 packages instant lemon pudding mix and 3 cups milk. Spread over first layer of Cool Whip mixture. Use remaining Cool Whip on top. Chill between each layer. (May be made the day before.)

EASTER LEMON FRUIT FREEZE

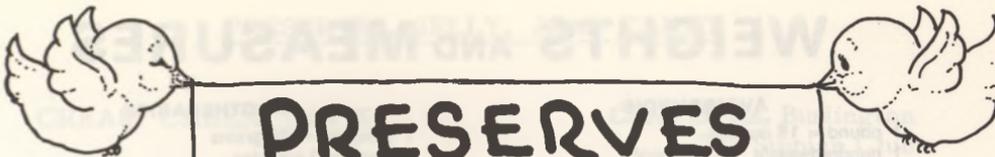
Alice Otto, Burlington
Tri-Sippian Club

2/3 c. butter
1/3 c. sugar
3 c. crushed Rice or Corn Chex
1 (14 oz.) can sweetened
condensed milk

1/2 c. lemon juice
1 (21 oz.) can lemon pie filling
1 (17 oz.) can fruit cocktail,
well drained
2 c. whipped topping

Melt butter in medium saucepan, stir in sugar, then crumbs. Reserve 1/3 cup crumb mixture for garnish. Pat remaining crumb mixture firmly on bottom of 13 x 9 inch baking pan. Bake at 300 degrees for 12 minutes. Cool. Combine milk and lemon juice in large bowl; stir in pie filling and fruit cocktail. Pour over crust. Top with whipped topping and reserved crumbs. Freeze for 4 hours. Remove from freezer 20 minutes before cutting.

Write your extra recipes here:



PRESERVES
JELLY • JAM
CANDY



WEIGHTS AND MEASURES

AVOIRDUPOIS

- 1 pound = 16 ounces
- 1 hundredweight = 100 pounds
- 1 ton = 20 hundredweight = 2000 pounds
- 1 long ton = 2240 pounds

EQUIVALENT VALUES

- 1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
- 1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36 =	3 =	1			
198 =	16.5 =	5.5 =	1		
7,920 =	660 =	220 =	40 =	1	
63,360 =	5280 =	1760 =	320 =	8 =	1

APOTHECARIES

- 1 scruple = 20 grains
- 1 dram = 3 scruples
- 1 ounce = 8 drams
- 1 pound = 12 ounces

METRIC

- 1 centigram = 10 milligrams
- 1 decigram = 10 centigrams
- 1 gram = 10 decigrams
- 1 dekagram = 10 grams
- 1 hektogram = 10 dekagrams
- 1 kilogram = 10 hektograms
- 1 metric ton = 1000 kilograms
- 1 kilogram = 2.20 pounds
- 1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = 5 1/2 yards = 16 1/2 feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = 1/8 mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

SQUARE MEASURE

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = 30 1/4 sq. yards = 272 1/4 sq. inches
- 1 acre = 160 sq. rods = 43560 sq. feet
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

CUBIC MEASURE

- 1 cubic foot = 1728 cubic inches
- 1 cubic yard = 27 cubic feet
- 1 register ton (shipping measure) = 100 cu. feet
- 1 U.S. shipping ton = 40 cubic feet
- 1 cord = 128 cubic feet
- 1 perch = 24 3/4 cubic feet
- 1 cubic yard = 27 cu. feet = 46656 cu. inches
- 1 U.S. liquid gallon = 4 quarts = 231 cu. inches
- 1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
- 1 board foot = 144 cubic inches

DRY MEASURE

- 2 pints = 1 quart
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 1 bushel = 4 pecks
- 32 quarts = 64 pints
- U.S. bushel = 2,150.42 cubic inches
- British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

- 1 centimeter = 10 millimeters
- 1 decimeter = 10 centimeters
- 1 meter = 10 decimeters
- 1 dekameter = 10 meters
- 1 hektometer = 10 dekameters
- 1 kilometer = 10 hektometers
- 1 inch = 2.54 centimeters
- 1 meter = 39.37 inches
- 1 yard = 0.914 meter
- 1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

- 1 square centimeter = 100 square millimeters
- 1 square decimeter = 100 square centimeters
- 1 sq. meter = 100 sq. decimeters = 1 centar
- 1 ar = 100 centars
- 1 hektar = 100 ars
- 1 square kilometer = 100 hektars
- 1 square centimeter = 0.15 square inch
- 1 square meter = 1.20 square yards
- 1 square kilometer = 0.39 square mile
- 1 hektar = 2.47 acres
- 1 square inch = 6.45 square centimeters
- 1 square yard = 0.84 square millimeter
- 1 square mile = 2.59 square kilometers
- 1 acre = 0.40 hektar

CUBIC MEASURE

- 1 cubic centimeter = 1000 cubic millimeters
- 1 cubic decimeter = 1000 cubic centimeters
- 1 cubic meter = 100 cubic decimeters
- 1 cubic yard = 0.76 cubic meter
- 1 cubic meter = 1.31 cubic yards
- 1 liter = 1.06 U.S. liquid quarts
- 1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
- 1 U.S. liquid quart = 0.94 liter
- 1 U.S. liquid gallon = 3.76 liters

PRESERVES, JELLY, JAM, CANDY

CREAM CHEESE MINTS

Carol Davis, Burlington
Tri-Sippian Club

1/4 tsp. flavoring (any flavor)
1 2/3 c. powdered sugar

2 oz. cream cheese
food coloring (any color)

Have cream cheese at room temperature. Mash with fork. Add coloring and flavoring. Mix together. Add powdered sugar, a little at a time. Pinch off in marble size balls and roll in sugar and mold or put into purchased molds. Take out promptly. Let stand until desired firmness is reached. Yield 40 - 50.

THREE LAYER CANDY BARS

Mrs. Ivan Graham

First Layer - Melt:

1/2 c. butter or margarine

Add:

4 Tbsp. cocoa
1/2 c. powdered sugar
1 egg, slightly beaten

2 c. graham cracker crumbs
1 c. coconut
1/4 c. chopped nuts

Mix well and press into a 9 x 13 inch baking dish. Let cool and set up.

Second Layer:

1/4 c. butter or margarine
3 Tbsp. cream

2 Tbsp. instant vanilla pudding
(dry)

Cook for 1 minute. Add vanilla and 2 cups powdered sugar. Whip until smooth and spread on cooled first layer.

Third Layer:

Melt 1 large Hershey bar and spread on second layer and chopped nuts.

GOOD DIVINITY

Mrs. Mayburn Johnston
Nishna Club

1 c. sugar

1/2 c. water

Boil together until thread spins.

2 c. sugar

1 c. white syrup

Boil until it cracks hard in water.

(Cont.)

2 egg whites

1 tsp. vanilla

Beat stiff. Beat first syrup into egg whites. Then beat in second syrup and beat until it holds peaks. Dip out by spoonful on wax paper.

DIVINITY

Dorothy Pratt

Clinton-Maquoketa Club

2 c. sugar

3/4 c. light Karo syrup

Fill the cup with 1/4 cup cold water. Pour this onto the sugar. Mix. Boil until a thread forms and flies away from the pan. Have 2 egg whites beaten until stiff. Pour the hot syrup into the bowl where the beaten eggs are; keep rotating the bowl. Keep beating this until the mixture does not go back into the main body of the divinity when you lift the beaters. If you add nuts, wait until you are ready to make the individual pieces. Drop from a teaspoon on a waxed sheet of paper.

NEVER FAIL DIVINITY

Luwilda Parker

Marshalltown Club

3 c. sugar

2 egg whites

3/4 c. white syrup

1 tsp. vanilla

1/2 c. water

Place sugar, corn syrup and water in saucepan over low heat. Stir until dissolved. Cover and cook slowly with crystals dissolved. Boil 248 degrees. Set off stove. Beat egg whites. Pour hot syrup over beaten egg whites. Beat until mixture holds shape. Add vanilla.

CHOCOLATE COVERED CHERRIES

Betty Neighbor

1st Mixture:

1 lb. box XXX powdered sugar

1/3 c. oleo

1/3 c. Karo (white) syrup

Mix above ingredients.

2nd Mixture:

1 jar semi drained maraschino cherries

12 oz. bag chocolate chips, melted

1/3 cake melted paraffin

Mix first mixture and spread evenly around cherry (about 1 teaspoon). Chill 15 minutes, then dip into second mixture and let set.

CARAMELS

1 c. butter
1 lb. box brown sugar
dash of salt

Joan Buwalda
Marshalltown Club

1 c. Karo white corn syrup
1 can Eagle Brand milk
1 tsp. vanilla

Melt butter and add brown sugar. Then add salt, syrup and milk. Cook 1 hour to firm ball stage. Remove from fire and add vanilla. Blend well. Pour into buttered 8 x 8 inch cake pan and cool about 2 hours before cutting. Don't wait too long or will be hard to cut after they set up. Wrap individually in Saran Wrap.

NUT CHEWIES (Candy)

2 c. chocolate chips
1/2 c. peanut butter

Bev Nelson
Davenport Club

2 c. dry roasted peanuts,
chopped coarsely

Melt chips and peanut butter in double boiler. Add nuts. Spoon onto cookie sheets or in tiny paper candy cups. Refrigerate.

PEANUT BRITTLE

1 c. white syrup

Minnie Miller
Marshalltown Club

1 1/2 c. white sugar

Heat until syrupy. Add:

1/4 tsp. salt

1 lb. raw peanuts

Boil until it turns light amber or until crunchy when dropped in water. Remove from heat. Add:

2 Tbsp. butter

1/2 tsp. soda

Stir the soda down. Pour out on a cookie sheet.

PEANUT BRITTLE

Burney and Eleanor Daniel, Spirit Lake
L. Sx. Valley Club

4 c. raw peanuts
2 c. white sugar
1 c. white Karo

pinch of salt
2 (1 inch) squares paraffin

(I use a copper bottom pan). Melt the paraffin and be careful not to burn it. Add the rest of the ingredients. Cook until peanuts are done, they smell good and will turn a tannish color when done. Add 2 teaspoons soda. Turn off the fire and stir well. It will be bubbly. Pour on a well buttered large cookie pan (also butter the scraper that you clean the pan with as it will also stick to that). Cool and break in pieces.

PEANUT CLUSTER CANDY**Louise Oeltjenbruns**

Mason City Life Club

1 lb. almond bark
 1 (12 oz.) pkg. milk chocolate chips

1 lb. Spanish peanuts

Melt almond bark and chocolate chips (stir after half time, about 1 minute in Microwave). Remove. Add peanuts. Drop on wax paper by teaspoonfuls.

PEANUT CLUSTERS**Sherrill Bain**

Des Moines Reg. Club

1 (12 oz.) pkg. chocolate chips
 1 (12 oz.) pkg. butterscotch chips

1/2 lb. red Spanish peanuts
 (cooked)

Melt chips in top of double boiler. Add peanuts. Stir well to mix. Drop onto waxed paper. Allow 2 to 3 hours to set up.

PEANUT CLUSTERS**Alice Otto, Burlington**

Tri-Sippian Club

Melt in a double boiler 1 pound white chocolate (almond bark). Do not have the water boiling or heat chocolate too long. Add 1 (12 oz.) package chocolate chips and melt. Stir and mix. Remove from heat and add 1 pound of Spanish peanuts. Mix well and drop onto waxed paper. These are good and easy to make. They freeze well, too.

PEANUT BARS**June Mardock**

5 c. Rice Krispies

1 c. Spanish peanuts

Put in bowl and set aside.

1 c. sugar

1/2 c. peanut butter bits

1 c. light Karo

1 tsp. vanilla

1 c. peanut butter

Bring sugar and Karo to boil. Remove from heat and add peanut butter, peanut butter bits and vanilla. Stir until smooth. Pour over Rice Krispies and peanuts. Press into jelly roll pan and cool. Cut in squares.

PEANUT BUTTER CUPS**Bonnie Fagan**

Council Bluffs Club

1 1/2 oz. milk chocolate chips
 2 Tbsp. vegetable shortening
 24 paper gem size candy
 liners

3/4 c. peanut butter
 3/4 c. powdered sugar
 1 Tbsp. melted butter

Over hot (not boiling) water, combine chocolate chips and shortening. Stir until smooth. Coat inside of each paper liner. Keep remaining chocolate over low heat to remain melted. Place

candy liner in palm of hand and rotate, using rubber spatula to push chocolate up the sides. Chill in refrigerator for 30 minutes. Combine peanut butter, powdered sugar and melted butter, mixing until blended. Shape into small balls to place one in each chocolate cup. Press lightly into place and cover with chocolate mixture. Chill.

EISENHOWER'S MILLION DOLLAR FUDGE (From the White House)

Flossie Z. Johnson
Des Moines Life

4 1/2 c. sugar	2 Tbsp. butter
pinch of salt	1 tall can evaporated milk

Boil 6 minutes. Meanwhile, put in large bowl:

12 oz. semi-sweet chocolate bits	1 pt. marshmallow creme (2 jars)
12 oz. German sweet chocolate	2 c. nut meats

Pour boiling syrup over ingredients in bowl. Beat until chocolate is all melted and pour in pan. Let stand a few hours before cutting. Store in tix box.

LIGHT AND DARK FUDGE

Marlene Spicher

2 1/2 c. sugar	3/4 c. chopped nuts
1 c. evaporated milk	1 tsp. vanilla
1/4 c. butter	6 oz. semi-sweet chocolate chips
1/4 tsp. salt	5 3/4 oz. pkg. milk chocolate chips
1 1/2 c. miniature marshmallows	

In large pan combine sugar, evaporated milk, butter and salt. Heat over moderate heat, stirring constantly until mixture comes to full rolling boil, boil 6 minutes, stirring occasionally. Remove from heat. Add marshmallows, nuts and vanilla. Stir until marshmallows melt and mixture is smooth. To 2 cups mixture add semi-sweet chips, stir until smooth. Pour evenly into greased 8 inch square pan. To remaining mixture add milk chocolate chips, stir until melted. Spread evenly over layer in pan. Chill until firm.

FUDGE

Ellen Pickrel
Nishna Club

4 c. white sugar	1/4 c. butter
1 tall can milk (not sweetened)	

Boil gently, stirring slowly and constantly to soft ball stage. Pour over:

2 pkg. chocolate chips	1 tsp. vanilla
1/2 lb. marshmallows	

Stir and fold until dissolved, but do not beat. Spoon teaspoonfuls onto buttered aluminum foil, testing to be sure it doesn't lose shape.

NEVER FAIL FUDGE

Bev Nelson

Davenport Club

2 c. sugar
1 small can Pet milk (2/3 c.)

10 quartered marshmallows (or 100 tiny ones)

Put these ingredients in heavy pan. Bring to boil and cook over medium heat for 7 minutes, stirring constantly. In large bowl, put:

1 regular size pkg. chocolate chips
1 stick butter or margarine

1 tsp. vanilla
1 c. chopped nuts

Pour hot mixture over ingredients in bowl. Stir until chips and butter are melted and everything is blended. Pour into greased 8 x 8 inch pan. When cool, cut into squares.

GOOD "NEVER FAIL" FUDGE

Barb Edmunds

Cedar Rapids Reg. Club

This makes a large batch, about 100 pieces.

4 c. granulated sugar
1 large can evaporated milk unsweetened
1/4 lb. butter

2 pkg. chocolate chips or 1 large
1 pt. jar marshmallow cream
1 tsp. vanilla
nut meats (optional)

Mix the sugar, milk and butter in a good sized deep kettle and cook to the soft ball stage, stirring almost constantly. This takes a long time, but it must form into a ball when you pick it up with your fingers. Then, take from fire and stir in chocolate chips and marshmallow cream. Add the vanilla and nut meats. Pour into pans or a pan about 15 x 9 x 2 inches, buttered. This fudge requires no beating and stays moist and creamy.

APRICOT CONFECTION

Helen Kryzak

Sioux City Life

Grind together:

1 (1 lb.) pkg. dried apricots
2 c. white sugar

1 orange (rind, too)

Cook until it thickens. Cool. Form into walnut sized balls. Roll in coconut bits or fine nut meats.

CARAMEL CORN**Barbara & Frank Edmunds**

Cedar Rapids

Crisp! Crunchy! And Not Sticky!

2 c. brown sugar	1/2 tsp. soda
1 1/2 sticks margarine	dash salt
1/2 c. light corn syrup	pinch cream of tartar

Bring sugar, margarine and syrup to boil and cook 5 minutes. Remove from heat and add soda, salt and cream of tartar. Pour over 8 quarts of popped corn, stirring until all is coated. Pour out on 2 large pans and bake 1 hour in 200 degree oven. Stir every 15 minutes.

TREASURE POPCORN BALLS**Barb Edmunds**

Cedar Rapids

1/4 c. butter or margarine	3/4 c. light corn syrup
8 large marshmallows, cut up	2 Tbsp. water
1 lb. confectioners sugar	5 qt. popped corn

Combine butter, marshmallows, corn syrup, confectioners sugar and water in heavy 3 quart saucepan. Cook over medium heat, stirring occasionally, until mixture reaches full boil. Remove from heat. Pour over popped corn in large container. Toss until well coated. Let mixture cool until easy to handle. Moisten hands and lightly pack popcorn into balls.

POPCORN BALLS**Jan Burkybile**

Co. Bluffs Reg. Club

Pop 1 1/2 cups corn and place in a large roaster.

3/4 c. white syrup	1/4 c. margarine
1 lb. powdered sugar	2 Tbsp. water
1 c. miniature marshmallows (cut up)	

In a 3 quart pan mix syrup, water, margarine, powdered sugar and marshmallows. Bring to a boil over low heat. Remove from fire and pour slowly over popcorn, toss to coat. Moisten hands and form into balls. Rubber gloves can be worn.

Note: A small package of jello may be added for flavor and color.

CARAMEL CORN**Dorothy Kendall**

Clinton-Maq. Club

2 c. brown sugar	pinch of cream of tartar
2 sticks butter or oleo	1 scant tsp. baking soda
1/2 c. white syrup	

Boil brown sugar, butter, syrup and cream of tartar together in a heavy 3 quart saucepan to 245 degrees by candy thermometer or to hard boil stage. Remove from heat. Add soda and stir until

foamy. Pour over 7 quarts of popped corn. Place in large shallow pan in 225 degree oven for 45 minutes. Stir every 15 minutes while in oven.

CARAMEL CORN

Helen Figgins

2 c. brown sugar	1 tsp. salt
1/2 c. light corn syrup	1/2 tsp. burnt sugar flavoring
2 sticks oleo	

Stir well and boil 5 minutes. Then remove from heat. Add 1/2 teaspoon soda. Beat up and pour over 8 quarts popped corn. Put in oven 1 hour at 250 degrees. Stir every 15 minutes or it may scorch. (I use a turkey roaster.)

CARAMEL CORN

Mrs. Robert (Reva) Leuck

1 c. molasses	pinch salt
1/4 c. sorghum	2 c. sugar
1 c. white syrup	

Cook until it forms a soft ball in cold water. Stir in a pinch of soda and a tablespoon butter. Stir into corn and you can make popcorn balls.

CARAMEL CORN

Alice Partridge
Marshalltown Club

9 c. popped corn

Melt 1 cup margarine, add:

2 c. brown sugar	1/2 c. white syrup
1 tsp. salt	

Boil 5 minutes, stirring frequently. Remove from heat. Add:

1 tsp. vanilla	1/2 tsp. soda
----------------	---------------

Mix well. Pour over corn (you can also add 1 can blanched peanuts.) Mix until corn is coated. Place on 2 large cookie sheets. Bake 200 degrees for 1 hour. Stir once or twice while baking. Store in tightly closed container.

JOHN GERMANN'S FAMOUS POPCORN BALLS

Sioux City Life Club

16 qt. popped corn	1 tsp. cream of tartar
1 c. sugar	

Mix.

1/3 c. white syrup

1/3 c. water

Mix. Bring all four ingredients to hard boil. Boil until it forms semi-hard ball in cold water. Remove from heat and add 2 tablespoons butter or oleo and 1 teaspoon vanilla. Use any desired food coloring and add. Mix. Add 2 teaspoons baking soda and stir. It will foam. Pour over popcorn and mix with buttered spoon. Form into balls.

SUGARED POPCORN

Sally Williams

1 c. sugar

2 Tbsp. butter or oleo

3 Tbsp. water

Combine 3 ingredients in heavy saucepan and cook over medium heat. After this has reached boiling point, allow boil for 3 minutes (not more) and add food coloring at this point. Quickly pour over 3 quarts of unsalted popcorn (popped with oil). Stir in colored syrup (this has to be done in a large kettle).

To make chocolate, add 1 tablespoon cocoa to mixture before cooking.

FRESH RHUBARB JAM

Maxine Busche, Carroll
Club 71

4 c. cut up rhubarb

1 small box gelatin (strawberry,
cherry or raspberry)

2 1/2 c. sugar

1/4 c. water

Cook rhubarb, sugar and water in large saucepan about 15 minutes, stir quite often. Remove from burner and add gelatin, stir until dissolved. Put in 2 or 3 small jars. Let cool and store in refrigerator.

WINTER JAM

Carol Davis, Burlington
Tri-Sippian Club

7 c. cranberries

3 c. crushed pineapple (I
prefer less)

4 c. diced apples, peeled

4 Tbsp. lemon juice

3 1/2 c. water

7 1/2 c. sugar

Cook the cranberries and apples in the water until they are clear and tender. Press fruit through sieve to remove skins. Measure--there should be 3 cups of pulp. Add pineapple without draining, lemon juice and sugar. Mix well and boil rapidly until thick and clear (about 8 minutes.) Pour into sterilized glasses and seal while hot.

ZUCCHINI JAM

Mildred Rogers (Mrs. Jim)

6 c. zucchini, peeled and grated

1/2 c. water

Boil above gently for 6 minutes. Drain well and add:

6 c. sugar
2 Tbsp. lemon juice

1 large can crushed pineapple

Bring to boil and cook 6 minutes. Add 2 boxes (3 oz.) apricot jello (any flavor can be used) and 1 package Sure-Jell. Mix well and boil 2 minutes (rolling boil). Seal. When open, keep refrigerated. Some batches, I added a jar of maraschino cherries, cut up.

ZUCCHINI JAM

Marie Poggenpohl
Iowa City Club

This jam is good on vanilla ice cream, too.

6 c. grated zucchini, peeled
6 c. sugar
2 Tbsp. lemon juice

1 can (20 oz.) crushed pineapple,
well drained
2 pkg. (3 oz.) apricot gelatin

Add 1 cup water to zucchini, bring to a boil and cook 6 minutes. Add sugar, lemon juice and pineapple and cook 6 more minutes. Add apricot gelatin and cook 6 minutes more. Seal in jelly glasses or pint jars.

BEEF JELLY

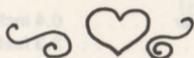
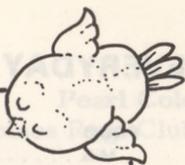
6 to 7 medium large beets,
skinned and cubed
2 1/2 c. water

2 Tbsp. lemon juice, strained
3 1/2 c. sugar
1 envelope fruit pectin

Place cubed beets and water in saucepan and boil until about 2 cups liquid (beet juice) remain. Strain juice through cloth and put 1 3/4 cups in large kettle (4 to 6 quart). Add lemon juice and sugar. Place kettle over high heat and stir with metal spoon until mixture comes to full boil. Add fruit pectin. Bring to full rolling boil, stirring constantly, and boil hard 1 minute. Remove from heat and skim off foam. Pour quickly into sterile jelly glasses and seal at once with paraffin or sterile lids. Makes 3 to 4 (8 ounce) glasses jelly.

Write an extra recipe here:

BEVERAGES
MISCELLANEOUS



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD

Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints

DISTANCE

1 centimeter	0.4 inches
1 meter	3.3 feet
1 meter	1.1 yards
1 kilometer	0.6 mile

AREA

1 sq. centimeter	0.16 sq. inch
1 sq. meter	1.2 sq. yards
1 sq. kilometer	0.4 sq. mile
1 hectare	2.5 acres

TEMPERATURE

0 degree Celsius	32 degrees Fahrenheit
37 degrees Celsius	98.6 degrees Fahrenheit
100 degrees Celsius	212 degrees Fahrenheit

CLOTHING

	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 1/2
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 quart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

BEVERAGES, MISCELLANEOUS

HOT SPICED PERCOLATOR PUNCH

Pearl Cole
Des Moines Reg. Club

Serves 8.

2 1/4 c. pineapple juice	3 sticks cinnamon, broken
2 c. cranberry juice	1/4 tsp. salt
1 3/4 c. water	1/2 c. lightly packed brown sugar
1 Tbsp. whole cloves	(tea bags are optional)
1/2 Tbsp. whole allspice	

Pour liquids in the bottom of an 8 cup percolator, all remaining ingredients put in top of the basket of the percolator. Percolate for 10 minutes.

GINGER ALE PUNCH

Carol Hill

1 frozen can lemonade (small)	2 c. ginger ale
1 frozen can orange juice (small)	1 c. sugar (dissolve in 2 c.
2 tea bags to 1 c. boiling water	boiling water)
(set for 3 minutes)	3 c. water

Let hot mixtures cool and combine all ingredients. 16 servings.

PINEAPPLE BANANA SLUSH (Frozen)

Joan & Kenneth Brekke
Cedar Rapids Reg. Club

3 diced bananas	2 1/2 c. crushed pineapple
2 (6 oz.) cans frozen orange juice	1/4 c. lemon juice
	12 oz. bottle lemon-lime pop

Combine all ingredients and freeze. Remove from freezer 1/2 hour before serving. Serves 15.

SPICED TEA

Mrs. Vincent (Mary) Lord
Clinton-Maquoketa Club

Mix and store:

2 (7 oz.) jars Tang	1 pkg. lemonade mix
1/2 tsp. cloves	1/2 c. instant tea
1 c. sugar	

Mix 2 teaspoons per cup of water for a delicious drink.

FRUIT SLUSH

Rita Swearingen, Carroll
Club 71

Heat but don't boil.

3 c. water	2 c. sugar
------------	------------

(Cont.)

Cool. Dice fine:

3 lemons
3 oranges
3 bananas
1 large (3 1/2) can crushed
pineapple

Freeze. Serve slushy. Place half strawberry or cherry on top for color.

EASY PUNCH

Shirley Wells

1/2 gal. sherbet (any flavor)
2 to 4 large bottles of Squirt,
7-Up or Wink

Mix in a punch bowl. Keep adding sherbet and pop for a large crowd.

GRAPE WINE

Rita Swearingen, Carroll
Club 71

4 (6 oz.) cans frozen Welch's grape
juice
1/4 tsp. yeast in a little water
to soften
4 1/2 c. sugar

Dissolve sugar in the juice, add yeast and pour into a small neck gallon glass jug. Leave space for it to work. Tie a 10 cent balloon to the neck very securely and let stand 21 days in a warm place. When the balloon goes and not before, pour into bottles. If bottled before, it will blow up. Good.

RUBY WINE PUNCH

Carol Hill

3/4 c. water
3/4 c. sugar
6 inches stick cinnamon
1 tsp. whole cloves
dash of salt
2 c. Burgundy wine
1 qt. bottle cranapple
1 lemon, thinly sliced

In a saucepan, combine water, sugar, cinnamon, cloves and salt. Bring to a boil. Reduce heat and simmer 10 minutes. Strain and chill syrup. Combine chilled syrup, wine and cranapple. Pour over ice in a punch bowl. Float lemon slices. Make the ice cubes with frozen cranapple. Makes 7 cups.

WHITE SANGRIA

Harriet Dabler

1/2 gal. dry white wine
1/2 c. peach brandy
peel from 2 large oranges (use a
vegetable peeler to get zest only)
1 qt. chilled club soda
3 large ripe peaches, peeled
and cut into eighths
ice

In a large pitcher, mix wine, brandy and orange peel. Cover and chill. Before serving, add ice and soda. Garnish with sliced peaches. Makes twelve 8 oz. servings.

To serve 4 to 6.

- | | |
|--|---|
| 1/2 lemon, cut into 1/4 inch slices | 1 bottle dry red wine, preferably imported Spanish wine |
| 1/2 orange, cut into 1/4 inch slices | 1/4 c. brandy |
| 1/2 apple, cut in half lengthwise, core and cut into thin wedges | club soda, chilled |
| 1/2 to 1/4 c. sugar | ice cubes (optional) |

Combine the lemon, orange, apple and 1/4 cup sugar in a large pitcher. Pour in the wine and brandy and stir with a long-handled spoon until well mixed. Taste. If you prefer the sangria sweeter, add up to 1/4 cup more sugar. Refrigerate for at least 1 hour or until thoroughly chilled. Just before serving, pour in chilled club soda to taste, adding up to 24 oz. of the soda. Stir again and serve at once in chilled wine glasses. Or in taller glasses with ice cubes.

PUNCH

Helen Anderson

Ames-Boone-Perry Club

- | | |
|--|---|
| 1 pkg. strawberry Kool-Aid (mix according to package directions) | 1 can lemonade, frozen (4 oz.) |
| 1 can frozen orange juice (4 oz.) | 1 can pineapple juice, frozen, or otherwise |
| | 1/3 c. pineapple (crushed) |

Add with water and stir. Do not dilute too much. Add ginger ale when ready to serve.

HOT CHOCOLATE MIX

Carol Hill

(Originally from Barb Edmunds)

Cedar Rapids Club

- | | |
|--|---------------------------|
| 1 (12 qt.) box powdered milk (Carnation) | 1 c. powdered sugar |
| 2 lb. box instant chocolate (Quickie) | 1 (6 oz.) jar Coffee Mate |

Mix dry ingredients thoroughly and keep in covered plastic container. Use 1/3 cup mix to 1 cup hot water. This is a large recipe and you may want to split the mix with someone else.

For hot chocolate lovers.

FROZEN TOMATO JUICE

Joan Buwalda

Marshalltown

- | | |
|--------------------------------------|-----------------------------|
| 15 lb. ripe tomatoes (quartered) | 3/8 tsp. minced garlic |
| 2 c. celery, chopped | 1 c. green peppers, chopped |
| 4 c. onions, chopped (about 4 large) | |

In 10 quart kettle combine all vegetables and bring to boil--boil gently for 20 minutes, stirring occasionally. Puree in blender until smooth and press through colander to remove pulp. Stir in the following:

1/4 c. sugar
2 Tbsp. salt
3/4 tsp. pepper

2 tsp. horseradish
1/4 c. lemon juice
2 tsp. Worcestershire

Pour into freezer containers, chill and freeze. Makes 6 to 7 quarts juice.

GRANOLA

Ken & Joan Brekke

Cedar Rapids Reg. Club

1 c. oleo or oil
1 c. honey or syrup
1 Tbsp. vanilla
4 c. oatmeal (quick)

1 c. coconut
4 c. cereal, wheat or bran
2 c. sunflower seeds
1 1/2 c. sesame seeds
1 c. nuts -- any kind

Heat first 3 ingredients, pour over all other and bake 350 degrees for 20 - 30 minutes, stirring every 10 minutes. Freezes well.

GRANOLA

Carol Riensche

Waterloo Regular Club

3 c. quick-cooking or old fashioned
oats, uncooked
1/3 c. wheat germ
1/3 c. coconut, shredded
1/3 c. sesame seeds
1/3 c. nuts, chopped

1/3 c. brown sugar (packed)
1/2 tsp. cinnamon
1/3 c. vegetable oil or 1/3 c.
margarine (melted)
1/4 c. honey
1 tsp. vanilla

Place oats in ungreased 2 quart dish. Heat in microwave oven on High for 2 1/2 minutes. Add wheat germ, coconut, sesame seeds, nuts, brown sugar and cinnamon to oats. Stir to blend. Add oil, honey and vanilla to dry ingredients. Toss lightly until coated. Cook in microwave oven on Roast (or slow cook) for about 5 - 6 minutes or until heated through. Stir twice during cooking. Break into small pieces and store in tightly covered container in refrigerator.

ANN'S GRANOLA

Ag Gradoville

5 c. oats
2 c. coconut
1/2 c. honey
1/3 c. safflower oil

1 c. wheat germ
1 c. sesame seeds
2 c. raisins
1 c. nuts

Mix oats, seeds, wheat germ, nuts and coconut. Heat honey and oil. Pour over dry ingredients. Mix. Bake at 300 degrees approximately 20 minutes. Put in bag and pour fruit over.

BATTER FOR ONION RINGS AND OTHER VEGETABLES

Helen Burman

Waterloo Club

1 c. flour
1 tsp. baking powder

1 tsp. salt
2 eggs

1/2 c. milk

2 Tbsp. melted butter

FRYING BATTER FOR ONION RINGS

Dee Bailey
Davenport Club

Combine:

1 1/4 c. flour

1 tsp. salt

Cut in:

2 Tbsp. shortening (Crisco)

Stir in:

2 eggs, beaten lightly

1 c. flour

Slice onions and separate into rings. Dip into batter and fry in deep fat until browned.

MAPLE SYRUP

Verona Fee
Vinton

1 c. white sugar

1 c. water

1 c. brown sugar

2 Tbsp. maple flavoring

1 c. white corn syrup

Bring first 4 ingredients to a boil and boil 5 minutes. Add flavoring. Cool and store in refrigerator. May be used as you would store-bought syrup. Keeps well in refrigerator.

GREEN TOMATO MINCEMEAT

Claretta Turner
Marshalltown Club

1 pk. (2 gal. or 8 qt.) green tomatoes, chopped

Drain. Put on stove with cold water and let come to a boil. Strain and repeat the same with cold water and let come to a boil. Drain. Add:

5 lb. sugar

1 lb. suet

2 Tbsp. salt

2 Tbsp. cinnamon

2 qt. chopped apples

1 Tbsp. cloves

1 c. vinegar

1 grated nutmeg or 1 Tbsp.

3 lb. raisins

1/2 tsp. allspice

All goes through grinder but raisins. Cook a few minutes--1/2 an hour.

EASY FROZEN CUCUMBERS

Helen Zelle
Des Moines Life Club

Cucumbers, very thinly sliced with Mouli Food Processor. Generously salt, let set for 15 minutes, then rinse and drain. Meanwhile, boil for 5 minutes:

2 c. sugar
2 c. water

1 c. vinegar
1 tsp. salt

Cool this mixture. Place cucumbers in Zip-Lock plastic bags and pour about 3 tablespoons of the liquid into each bag. Do not fill too full as these expand and can break the seam. Using a straw, draw out excess air in bag (so it will store flat) and Zip lock. Freeze.

TOMATO SAUCE FOR FREEZING

Harriet Dabler

20 tomatoes
4 carrots, grated
4 onions
2 green peppers, cut up

1/2 c. fresh parsley
3 Tbsp. sugar
2 Tbsp. salt
1/2 tsp. pepper

Bring to a slow boil and simmer 30 minutes or until tomatoes are mushy. Cool. Put in blender to puree. Freeze. Add seasonings for spaghetti or chili when thawed. Makes about 16 cups. I freeze in freezer bags in 2 cup quantities.

CATSUP

Margaret Oppelt

1/2 bu. tomatoes
2 onions, minced
5 1/2 c. sugar
1/2 c. salt
2 Tbsp. French's ground cinnamon
2 Tbsp. ground cloves

2 tsp. ground allspice
1 tsp. ground nutmeg
1/2 tsp. cayenne pepper
5 c. cider vinegar
3 Tbsp. paprika

Wash tomatoes and remove blossom, quarter. Cook tomatoes and onions 15 minutes or until soft. Strain. Bring tomato puree to boil. Cook slowly until reduces 3/4 quantity. Stir frequently. Combine sugar, salt and spices except paprika. Stir into tomato puree. Add vinegar. Continue cooking, stirring frequently until of desired thickness. Add paprika during last 5 minutes of cooking. Pour the boiling hot catsup into clean sterile hot jars and seal immediately. Yields about 12 pints.

CHILI SAUCE

Follow above, except peel tomatoes before cooking and do not strain. Add 3 chopped sweet red peppers to the tomatoes and onions before cooking.

GROUND PORK REUBEN PARTY SANDWICHES

Mary Griffiths

Des Moines Life Club

1 lb. ground pork
1 (16 oz.) can sauerkraut
(drained and snipped)

1/2 c. bottled taco sauce
2 Tbsp. sliced green onion
1/2 tsp. caraway seed

1 tsp. salt

2 pkg. (10 biscuits each)
refrigerator biscuits

Brown ground pork. Drain well. Combine all ingredients but biscuits and set aside. On lightly floured surface, roll each biscuit into a 4 inch circle. Place generous tablespoon of meat mixture in center of circle. Wrap mixture with dough edges and seal. Bake 10 minutes at 400 degrees. (Sandwiches brown better if you brush with egg whites.)

For use later, cool and freeze on pan until quite firm. Then place Reubens in plastic bag and freeze until ready to use. Bake frozen Reubens 10 minutes at 400 degrees and serve hot. Makes 20 servings.

PIN WHEEL SANDWICHES

Luwilda Parker

Marshalltown Club

Pullman loaves, sliced lengthwise - have it dyed pink or yellow

Pink:

4 (3 oz.) pkg. cream cheese
8 oz. maraschino cherry bottle,
chopped

1/2 c. chopped almonds
6 Tbsp. juice from cherries

Yellow:

4 pkg. (3 oz.) cream cheese
8 Tbsp. crushed pineapple,
drained

1/2 c. chopped pecans
6 Tbsp. pineapple juice

Wrap in damp cloth 15 minutes. Trim crusts--roll very thin. Butter with soft butter. Add filling. Roll up. Place in Saran Wrap. Freeze.

TASTY BEEF SANDWICH SPREAD

Helen Zelle

Des Moines Life Club

2 c. cooked roast beef, ground
1 c. (4 oz.) shredded Swiss
cheese
1/4 c. sweet pickle relish
2 Tbsp. onion, finely chopped

3/4 c. mayonnaise or salad
dressing
1/4 tsp. salt
pickle juice, if needed to thin
mixture to spreading con-
sistency

Combine all ingredients and chill. Serving suggestions: As a spread on crackers. As a sandwich spread, or as a filling for tomatoes. Spread on toasted bun, top with grated cheese and broil. Serve open face.

CORNED BEEF BARBEQUE

1 1/2 lb. ground beef
1 onion, chopped
1 can corned beef
2 Tbsp. brown sugar

Dorotha (Mrs. Harold) Skeers

Des Moines Life Club

1 (14 oz.) bottle ketchup
1 c. water
1 Tbsp. chili powder
2 Tbsp. flour
dash garlic salt

Brown together ground beef and onion. Add mashed corned beef and remaining ingredients. Bring to a boil and serve on buns.

SIOUX CITY LOOSEMEATS

1 lb. ground beef
onion
dash of salt
dash of pepper

JoAnn Stanton (Mrs. Glen)

Sioux City Reg. Club

1 can chicken gumbo soup
1/4 c. water
1 Tbsp. catsup
1 Tbsp. mustard

Brown hamburger on low. Add the rest of the ingredients and simmer on low for at least 30 minutes.

A favorite with all Pioneers.

MAID RITES

2 lb. ground beef
1 c. water
3/4 c. catsup
1 onion, chopped

Dorothy Kendall

Clinton-Maquoketa Club

1/2 tsp. dry mustard
1 tsp. chili powder
salt and pepper to taste

Brown ground beef in fry pan. Boil other ingredients together for a few minutes. Pour over ground beef. Simmer until thick enough to put on buns (about 30 minutes).

SLOPPY JOES

1 lb. hamburger
3/4 c. catsup
1 Tbsp. vinegar

Florence Songer

Mason City

1 Tbsp. Worcestershire sauce
1 Tbsp. mustard
1 Tbsp. sugar (brown or white)

Brown hamburger and 1 medium size onion, diced. Add rest of ingredients. Cook 15 minutes. Serve on buns.

TUNA SALAD FOR SANDWICHES

1 can water chestnuts, chopped
1 can tuna (water packed)
1/2 c. chopped green onions

Jane Slee

West Point, Iowa

1/2 c. celery (chopped)
1 tsp. lemon juice
salt and pepper to taste
mayonnaise

Good for dieters.

HOT CORNED BEEF SANDWICHES**Irene Campagna**

12 oz. can corned beef, chopped	1/4 c. chopped onion
1 c. grated cheddar cheese	1/2 c. catsup
1/2 c. chopped stuffed green olives	2 Tbsp. Worcestershire sauce

Mix. Put in sandwich buns. Wrap in foil. Heat in oven at 375 degrees for 15 - 20 minutes. Makes 12 -14. Can be frozen, allow to thaw, then heat.

COMPANY SANDWICHES**Helene Nelson**

Coarse grind together:

1 lb. American cheese	1 medium onion, chopped fine
1 c. stuffed olives	1/2 can tomato soup (undiluted)
1/2 c. green pepper or less	3 Tbsp. melted butter

Store in refrigerator. Set out awhile before using, spread on buns or English muffins. Broil approximately 2 minutes until mixture bubbles. Serve.

NEW STYLE TOASTED CHEESE SANDWICH**Helen Kryzak**

Sioux City Life Club

Put through food chopper or mixer:

2 hard cooked eggs	3/4 lb. American cheese
3 small pimentos	1/2 small onion

Add:

1/2 tsp. salt	few grains red pepper
---------------	-----------------------

Meanwhile, combine:

1 Tbsp. each of butter, sugar, flour	
2 Tbsp. vinegar	1/2 c. cream

Put in top of double boiler. Cook slowly (stirring) until thickened. Cool. Pour over cheese mixture. Use as a spread on buttered bread or toast.

SUPPER ON A BREAD SLICE**Nyla Schmadeke**

Des Moines Regular Club

Party pretty, and easy as 1, 2, 3--spread it, wrap it and bake it. (Makes 6 - 8 servings.)

2/3 c. (small can) undiluted Carnation evaporated milk	
1 1/2 lb. ground beef	1 egg
1/2 c. cracker meal	1/2 c. chopped onion

1 Tbsp. prepared mustard
1 1/2 tsp. salt
3/4 tsp. Accent
1/8 tsp. pepper

2 c. (6 oz.) grated process-type
American cheese
heavy duty Reynolds Wrap
aluminum foil

Combine ingredients. Cut 1 loaf of French bread in half lengthwise. Spread meat mixture evenly over top surface of bread. Then wrap heavy duty Reynolds Wrap around crust side of each half, leaving top uncovered. Place on cookie sheet. Bake in moderate oven (350 degrees) 25 minutes. Garnish with strips of cheese. Bake 5 minutes longer.

To serve, cut slices across or diagonally.

BEEF JERKY

Ray Davis
Club 71

1 lb. beef, sliced thin
1 tsp. salt
1/4 tsp. pepper
1 tsp. garlic powder

1/2 tsp. onion salt
2 Tbsp. Worcestershire sauce
2 Tbsp. liquid smoke

Leave soak 8 to 10 hours, drain. Put in oven to dry, 130 to 140 degrees.

PUMPKIN SEEDS

Gladys Braun
Council Bluffs Club

2 c. clean pumpkin seeds
1 1/2 Tbsp. salad oil

1 1/4 tsp. salt

Bake in a 250 degree oven in a shallow pan. Stir a few times to keep from burning. Bake until crisp and brown. They are real good.

DOG BISCUITS

Velma Fisher
Iowa City Club

2 c. rye flour
1/4 c. white flour
1/4 c. cornmeal

6 Tbsp. oil
2/3 c. warm water

Preheat oven 350 degrees. Blend flours, mix oil and water. Add to flour and mix. Roll out, use cookie or sandwich cutters. Bake 40 minutes.

Basic Kitchen Information



Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno

EQUIVALENTS,
WEIGHTS and MEASURES,
SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE
FOR DINNER?

TIME TABLE FOR
MEAT COOKERY

SEA FOOD COOKERY,
WAYS TO USE LEFTOVERS

QUANTITIES FOR 100 PEOPLE,
SANDWICHES -- QUANTITY and
FAMILY SIZE RECIPES

6 STEPS TO
THE PERFECT PIE

DIET INFORMATION
AND MENUS

FREEZING PREPARED FOODS
and MAXIMUM HOME STORAGE
FOR FROZEN FOOD

METRIC SYSTEM
INFORMATION

STAIN CHART, FIRST AID and
MISCELLANEOUS INFORMATION

EQUIVALENTS

3 tps.	1 tbsp.
4 tbsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tbsps.	$\frac{1}{3}$ cup
8 tbsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tbsps.	$\frac{2}{3}$ cup
12 tbsps.	$\frac{3}{4}$ cup
16 tbsps.	1 cup
$\frac{1}{2}$ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs

1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups
1 lb. cake = $4\frac{1}{2}$ cups
1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juico

1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juico

1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tbsps. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup
 $\frac{1}{4}$ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = $3\frac{1}{2}$ cups

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{3}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{7}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE

FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.

FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.

FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.

FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.

FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.

FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.

FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



Basil

FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



Chervil

FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.



Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.



Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.



Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

AVAILABLE whole; ground.



Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.

AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.	140° F. 160° F. 170° F.	16-18 min. per lb.
Rare				20-22 min. per lb.
Medium				25-30 min. per lb.
Well Done	5-7 lbs.	325° F.		Add 10-12 min.
Rolled Rib				per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder		
Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Park Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder		
Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			BARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
	Chops	¾ inch	3-4 oz. each	—	—
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Park Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK — 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, in

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, in

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, for
 - French toast
- Dry crumbs, in
 - Brown betty
 - Croquettes
 - Fried chops
- Soft crumbs, in
 - Meat loaf
 - Stuffings

Cake or cookies, in

- Brown betty
- Ice-box cake
- Toasted, with sweet topping,
for dessert

Egg yolks, in

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, in

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, in

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, in

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, in

- Cakes, cookies
- Quick breads

Cooked potatoes, in

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder



Quantities to Serve 100 People



COFFEE	— 3 LBS.	
LOAF SUGAR	— 3 LBS.	
CREAM	— 3 QUARTS	
WHIPPING CREAM	— 4 PTS.	
MILK	— 6 GALLONS	
FRUIT COCKTAIL	— 2 1/2 GALLONS	
FRUIT JUICE	— 4 NO. 10 CANS	(26 LBS.)
TOMATO JUICE	— 4 NO. 10 CANS	(26 LBS.)
SOUP	— 5 GALLONS	
OYSTERS	— 18 QUARTS	
WEINERS	— 25 LBS.	
MEAT LOAF	— 24 LBS.	
HAM	— 40 LBS.	
BEEF	— 40 LBS.	
ROAST PORK	— 40 LBS.	
HAMBURGER	— 30-36 LBS.	
CHICKEN FOR CHICKEN PIE	— 40 LBS.	
POTATOES	— 35 LBS.	
SCALLOPED POTATOES	— 5 GALLON	
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
BAKED BEANS	— 5 GALLON	
BEETS	— 30 LBS.	
CAULIFLOWER	— 18 LBS.	
CABBAGE FOR SLAW	— 20 LBS.	
CARROTS	— 33 LBS.	
BREAD	— 10 LOAVES	
ROLLS	— 200	
BUTTER	— 3 LBS.	
POTATO SALAD	— 12 QUARTS	
FRUIT SALAD	— 20 QUARTS	
VEGETABLE SALAD	— 20 QUARTS	
LETTUCE	— 20 HEADS	
SALAD DRESSING	— 3 QUARTS	
PIES	— 18	
CAKES	— 8	
ICE CREAM	— 4 GALLONS	
CHEESE	— 3 LBS.	
OLIVES	— 1 3/4 LBS.	
PICKLES	— 2 QUARTS	
NUTS	— 3 LBS. SORTED	

To serve 50 people, divide by 2
To serve 25 people, divide by 4





how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES

fillings

make the
sandwich



for lunch boxes

for outdoor eating

HAWAIIAN HAM SANDWICH 6 SERVINGS 24 SERVINGS

Mix Well	}	Ground ham	1 cup	1 quart
		Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
		Brown sugar	1 tablespoon	1/4 cup
		Cloves	1/8 teaspoon	1/2 teaspoon

O'HARA'S SANDWICH

Mix Well	}	Corned beef, chopped	1 cup	1 quart
		Chopped onion	1/4 cup	1 cup
		Chopped Kosher pickle	1/4 cup	1 cup
		Tomato juice	1/4 cup	1 cup

TANGY TONGUE SANDWICH

Mix Well	}	Sliced tongue	3/4 pound	3 pounds
		Cream cheese, softened	3-oz. package	3/4 pound
		Horseradish	1 tablespoon	1/4 cup

CHEESE PIMIENTO SANDWICH

Mix Well	}	Shredded nippy cheese	1 cup	1 quart (1 pound)
		Chopped pimiento	2 tablespoons	1/2 cup
		Salad dressing	2 tablespoons	1/2 cup



EAST COAST SANDWICH 6 SERVINGS 24 SERVINGS

Mix Well	}	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
		Baked beans	1/2 cup	2 cups (1 lb. can)
		Chopped onion	2 tablespoons	1/2 cup
		Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE

Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

**STUDDIED
PEANUT BUTTER SANDWICH**

Mix Well	}	Peanut butter	3/4 cup	3 cups
		Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

LIVER SAUSAGE SALAD SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Liver sausage	1/2 pound	2 pounds
	Chopped celery	1/4 cup	1 cup
	Chopped sweet pickle	1/4 cup	1 cup
	Chopped onion	1 tablespoon	1/4 cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	3/4 cup

TASTY TREAT HAMBURGER		6 SERVINGS	24 SERVINGS
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds
	Chopped onion	1/4 cup	1 cup
	Chili sauce	2 tablespoons	1/2 cup
	Worcestershire sauce	1/2 teaspoon	2 teaspoons
	Salt and pepper to taste		

SPICY HAM SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	1/8 teaspoon	1/2 teaspoon

CREAM CHEESE CRUNCH		6 SERVINGS	24 SERVINGS
Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Sliced stuffed olives	1/2 cup	2 cups

CANADIAN DOUBLE DECKER		6 SERVINGS	24 SERVINGS
Mix Well	<i>First Layer—</i> Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Mix Well	<i>Second Layer—</i> Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)

CHAMPION TWO STORY		6 SERVINGS	24 SERVINGS
Mix Well	<i>First Layer—</i> Sliced cooked chicken	1/2 pound	2 pounds
	<i>Second Layer—</i> Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	1/2 cup
	Chopped olives	2 tablespoons	1/2 cup
	Chopped sweet pickle	1 tablespoon	1/4 cup
Mix Well	Salad dressing	2 tablespoons	1/2 cup
	Prepared mustard	2 teaspoons	3 tablespoons



FOR SMALL FRY

BANANA PEANUT BUTTER WINNER		6 SERVINGS	24 SERVINGS
Mix Well	Peanut butter	3/4 cup	3 cups
	Banana, sliced	3 medium	12 medium

SUNSHINE SPECIAL		6 SERVINGS	24 SERVINGS
Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups

CALIFORNIA DELIGHT		6 SERVINGS	24 SERVINGS
Mix Well	Peanut butter	3/4 cup	3 cups
	Orange juice	1/2 cup	2 cups
	Shredded orange rind	1 tablespoon	1/4 cup
	Shredded coconut	1/2 cup	2 cups

APPLE CHEESE TOASTY		6 SERVINGS	24 SERVINGS
Mix Well	Apple sauce, topped with:	1/2 cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHICKEN WALDORF SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	1/2 cup	2 cups
	Chopped apple	1/2 cup	2 cups
	Chopped nuts	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup



for hearty lunching

OPEN FACE

Arrange ingredients on buttered bread in order listed
Place under broiler about 10 minutes or until toasted

	6 SERVINGS	24 SERVINGS
ROYAL LIVER SAUSAGE SANDWICH		
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium	4 medium
	(6 slices)	(24 slices)
Bacon	6 slices	1 pound
	(1/4 pound)	(24 slices)
FRANKFURTER CHEESE GRILL		
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

	6 SERVINGS	24 SERVINGS
SEAFOOD SUPREME		
Crabmeat salad:		
Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium	4 medium
	(6 slices)	
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

	6 SERVINGS	24 SERVINGS
CHEF'S CHICKEN SANDWICH		
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



	6 SERVINGS	24 SERVINGS
TUNA SOUFFLE SANDWICH		
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

	6 SERVINGS	24 SERVINGS
ROCKY MOUNTAIN SANDWICH		
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

Mix Well

BAKED SANDWICHES

	4 Servings	24 Servings
HEAVENLY HAMBURGER BAKE		
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.

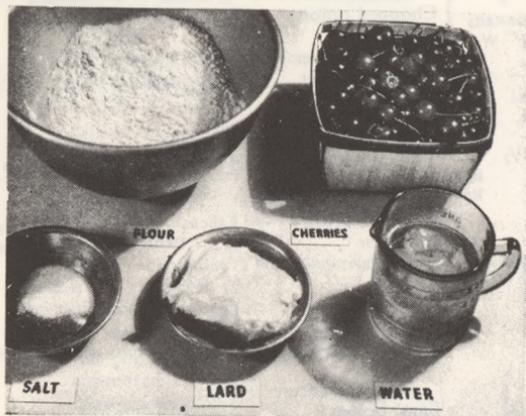


Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



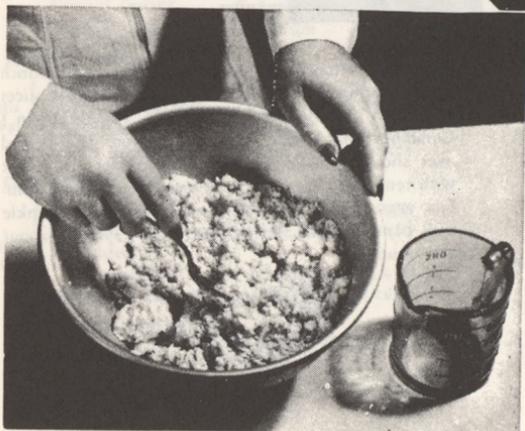
6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup lard, 2 cups flour, and cold water.

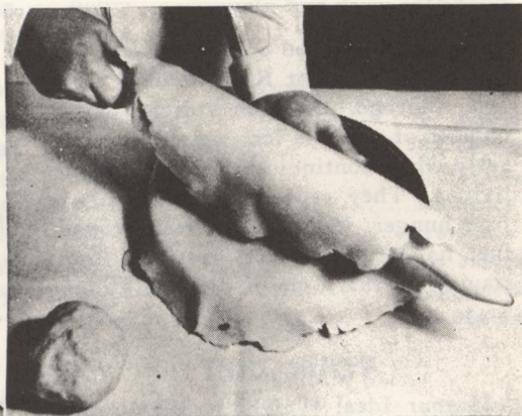
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

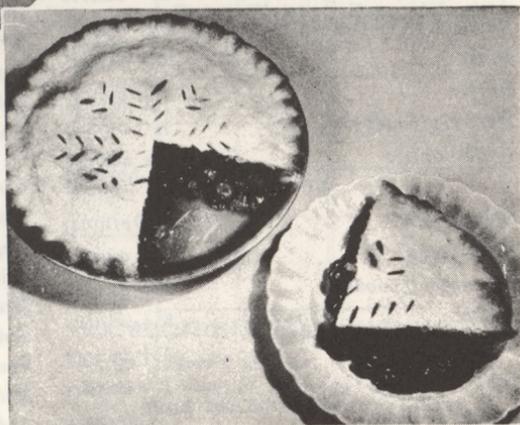
Perfect Pie

4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is **105 to 125** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	½ ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	3 ounces
Vegetable (cooked or salad)	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	7 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is **125 to 145** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	4 ounces
Vegetable (cooked or salad)	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	7 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

YOUR DIET

If your Ideal Weight is **145 to 165** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

HELPFUL INFORMATION

www

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is **165 to 185** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

Age

WEIGHT RECORD

	Date	Weight	Date	Weight

Height				

Weight				

Desired Weight				

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.



Suggested Menus For Your Diet



MONDAY

Breakfast

Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner

Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast

Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner

Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



Breakfast

Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast

Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch

Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner

Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee

THURSDAY

Breakfast

Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner

Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper

Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

FRIDAY *

Breakfast

Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch

Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner

Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast

Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner

Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee



* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet

MONDAY

Breakfast

Poached egg
Toast
Orange juice
Friszled dried beef
Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread
Milk
Grapes
Butter
Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Milk
Butter
Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast
Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread
Milk
Butter
Tea

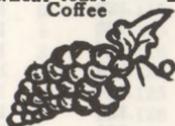
Dinner

Roast leg of lamb
Brussels sprouts
Bread
Milk
Blueberries
Coffee
Butter



Breakfast

Shirred eggs with diced ham
Whole wheat toast
Coffee
Butter



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch

Cold roast lamb
String beans
Bread
Milk
Carrot sticks
Butter
Steamed apple
Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Milk
Sliced peaches
Coffee
Butter

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Milk
Pineapple
Tea
Butter

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread
Milk
Raspberries
Coffee
Butter

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread
Milk
Plums
Tea
Butter

FRIDAY *

Breakfast

Baked egg in Canadian-style bacon cup
Toast
Coffee
Butter

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Milk
Grapes
Tea
Butter

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Milk
Watermelon
Coffee
Butter

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast
Coffee
Butter

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Milk
Cherries
Tea
Butter

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Milk
grapefruit
Coffee
Butter



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Bread
Milk
Strawberries
Coffee
Butter
Radish roses

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT					FISH				
Beef					Bass				
Corned	4	2 sl. 7" x 2" x ¼"	19.0	346	Clams	3½	1 sm. fish	27.3	113
Pot Roasts					Cod	3	5 med.	12.8	77
Chuck	4	Pc. 2½" x 2" x 1½"	22.3	262	Crab, canned	3½	Pc. 4" x 2¼" x ¾"	16.5	70
Round	4	Pc. 3½" x 2½" x ½"	23.2	233	Finnan haddie	3½	¾ c.	16.1	94
Shank	4	Pc. 3½" x 2½" x ½"	24.4	194	Flounder	3½	Pc. 4" x 3" x ¾"	23.2	96
Roasts					Haddock				
Chuck	4	Sl. 4" x 3½" x ½"	22.3	262	Halibut	4	Pc. 3½" x 3" x ¾"	19.0	79
Loin	4	Sl. 5½" x 3" x ½"	20.3	352	Herring, fresh	4	Pc. 4" x 3" x ½"	17.2	72
Rib	4	Sl. 5½" x 3" x ½"	20.9	332	Lobster	4	1 fish 7" lg.	20.4	133
Round	4	Sl. 5" x 3½" x ½"	23.2	233	Canned	3	¾ c.	22.8	163
Steaks					Fresh				
Club, T-bone, porterhouse, sirloin	4	Pc. 4½" x 2" x 1"	20.3	352	Mackerel	2½	¼ fish 7" lg.	15.6	74
Flank	4	Pc. 3" x 2½" x ¾"	23.9	181	Oysters	3½	5 med.	12.2	63
Rib	4	Pc. 3" x 3½" x ¾"	20.9	332	Perch	4	2 fish 4½" lg.	14.3	119
Round	4	Pc. 3" x 3" x ½"	23.2	233	Salmon	3½	¾ c.	6.0	50
Stews					Fresh				
Chuck	4	3 pc. 1½" x 1¼" x 1¼"	22.3	262	Shrimps, can'd	2	¾ c. or 12 pc. 1" dia.	23.4	102
Shank	4	3 pc. 1½" x 1¼" x 1¼"	24.4	194	Trout	3	Pc. 6" lg.	24.7	203
Stew meat (av.)	4	3 pc. 1½" x 1¼" x 1¼"	19.0	400	White fish	4	Pc. 3½" x 3" x ½"	15.7	196
Lamb					MILK AND DAIRY PRODUCTS				
Chops					Butter				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421	Cheese, cottage	2	¾ c.	.1	73
Shoulder	4	Pc. 4" x 3" x ½"	18.7	348	Cream, coffee	½	1 T.	9.6	51
Roasts					Butter				
Leg	4	Sl. 4" x 3" x ½"	21.6	276	Cheese, cottage	2	¾ c.	.1	73
Shoulder	4	Sl. 5" x 3" x ½"	18.7	348	Cream, coffee	½	1 T.	9.6	51
Pork, fresh					Butter				
Chops and steaks					Butter				
Leg (ham)	4	Pc. 3½" x 3" x ½"	18.2	408	Cheese, cottage	2	¾ c.	.1	73
Loin	4	Chop ¾" th.	19.7	349	Cream, coffee	½	1 T.	9.6	51
Shoulder	4	Pc. 4½" x 3½" x ¾"	16.1	464	Cream, coffee	½	1 T.	.4	29
Roasts					Butter				
Boston butt	4	Sl. 4½" x 3½" x ¾"	19.9	327	Cheese, cottage	2	¾ c.	.1	73
Loin	4	Sl. ¾" th.	19.7	349	Cream, coffee	½	1 T.	9.6	51
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172	Cream, coffee	½	1 T.	.4	29
Pork, cured					Butter				
Bacon, Canadian style	1	Sl. 2½" dia. x 3/16" th.	6.6	68	Cheese, cottage	2	¾ c.	.1	73
Ham (boiled)	2	Sl. 4¼" x 4" x ½"	10.6	147	Cream, coffee	½	1 T.	9.6	51
Veal					Butter				
Chops					Butter				
Loin	4	Chop ¾" th.	23.0	211	Cheese, cottage	2	¾ c.	.1	73
Rib	4	Chop ¾" th.	22.6	241	Cream, coffee	½	1 T.	9.6	51
Roasts					Butter				
Leg	4	Sl. 4" x 2½" x ½"	22.9	223	Cheese, cottage	2	¾ c.	.1	73
Loin	4	Sl. 4" x 2½" x ½"	23.0	211	Cream, coffee	½	1 T.	9.6	51
Rib	4	Sl. 4" x 2½" x ½"	22.6	241	Cream, coffee	½	1 T.	.4	29
Shoulder	4	Sl. 5" x 3" x ½"	23.3	202	Cream, coffee	½	1 T.	.4	29
Steaks					Butter				
Cutlet (round)	4	Pc. 4" x 2½" x ¾"	23.4	191	Cheese, cottage	2	¾ c.	.1	73
Shoulder	4	Pc. 5" x 3" x ½"	23.3	202	Cream, coffee	½	1 T.	9.6	51
Sirloin	4	Pc. 4" x 2½" x ½"	23.0	211	Cream, coffee	½	1 T.	.4	29
Stew (breast)	4	4 pc. 2½" x 1" x 1"	22.0	271	Cream, coffee	½	1 T.	.4	29
Variety Meats					Butter				
Brains (beef)	4	2 pc. 2½" x 1½" x 1"	12.6	152	Cheese, cottage	2	¾ c.	.1	73
Heart (av.)	4	½ ht. 3" dia. x 3½" lg.	19.7	157	Cream, coffee	½	1 T.	9.6	51
Kidney (av.)	4	3 sl. 3¾" x 2½" x ¾"	20.0	164	Cream, coffee	½	1 T.	.4	29
Liver					Butter				
Beef	3	2 sl. 3" x 2½" x ¾"	17.7	119	Cheese, cottage	2	¾ c.	.1	73
Lamb	3	2 sl. 3½" x 2" x ¾"	18.9	118	Cream, coffee	½	1 T.	9.6	51
Pork	3	2 sl. 3½" x 2" x ¾"	17.7	116	Cream, coffee	½	1 T.	.4	29
Veal	3	2 sl. 3" x 2½" x ¾"	17.1	122	Cream, coffee	½	1 T.	.4	29
Sweetbread					Butter				
Tongue	4	Pc. 4" x 3" x ¾"	18.2	216	Cheese, cottage	2	¾ c.	.1	73
	3	3 sl. 3" x 2" x ¾"	15.7	191	Cream, coffee	½	1 T.	9.6	51
Sausages and Cooked Specialties					Butter				
Bologna	1	Sl. 4½" dia. x ¼" th.	4.4	65	Cheese, cottage	2	¾ c.	.1	73
Frankfurter	2	2 ½" lg. x ¾" dia.	9.1	121	Cream, coffee	½	1 T.	9.6	51
Liver sausage	1	Sl. 3" dia. x ¼" th.	5.0	77	Cream, coffee	½	1 T.	.4	29
Lucheon meat	1	Sl. 4" x 3½" x ¾"	4.6	81	Cream, coffee	½	1 T.	.4	29
Vienna sausage	1	2 pc. 2" lg. x ¼" dia.	5.8	76	Cream, coffee	½	1 T.	.4	29
POULTRY					Butter				
Chicken					Butter				
Liver	3	4 av.	19.9	122	Cheese, cottage	2	¾ c.	.1	73
Roast					Butter				
Breast	3	¾ breast	21.0	110	Cheese, cottage	2	¾ c.	.1	73
Leg	2½	1 av.	14.7	88	Cream, coffee	½	1 T.	9.6	51
Thigh	2½	1 av.	15.8	95	Cream, coffee	½	1 T.	.4	29
Wing	1	1 av.	7.0	37	Cream, coffee	½	1 T.	.4	29
Stewed					Butter				
Dark meat	3½	¾ c. (diced)	23.1	139	Cheese, cottage	2	¾ c.	.1	73
Light meat	3	¾ c. (diced)	20.3	106	Cream, coffee	½	1 T.	9.6	51
Turkey					Butter				
Roast					Butter				
Dark meat	3½	Sl. 4" x 3" x ½"	23.2	177	Cheese, cottage	2	¾ c.	.1	73
Light meat	3½	Sl. 4" x 3" x ½"	24.5	139	Cream, coffee	½	1 T.	9.6	51

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height	Weight			
	Ft.	In.	15-19	20-24
4	11		111	117
5	0		113	119
5	1		115	121
5	2		118	124
5	3		121	127
5	4		124	131
5	5		128	135
5	6		132	139
5	7		136	142
5	8		140	146
5	9		144	150
5	10		148	154
5	11		153	158
6	0		158	163
6	1		163	168
6	2		168	173
6	3		173	178

WOMEN

Height	Weight			
	Ft.	In.	15-19	20-24
4	11		110	113
5	0		112	115
5	1		114	117
5	2		117	120
5	3		120	123
5	4		123	126
5	5		126	129
5	6		130	133
5	7		134	137
5	8		138	141
5	9		141	145
5	10		145	149
5	11		150	153
6	0		155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk					Lettuce				
Buttermilk	7	1 gl.	7.0	72	Head	3 1/2	1/4 head 4" dia.	1.2	18
Evaporated	4	1/4 c.	8.4	167	1 leaf	1/2		.2	3
Skim	7	1 gl.	7.0	72	Leaf	1/2	2 leaves	.1	2
Whole	7	1 gl.	7.0	138	Mushrooms	3 1/2	5 caps 2 1/4" dia.	2.6	15
Eggs	1 1/2	1 med.	6.4	79	Okra	2	5 pods	1.0	21
POTATOES,					Onions				
White	2	1 small 2 1/2" lg. x 2" dia.	1.2	51	Dried	3	1 onion 2" dia.	1.2	42
VEGETABLES					Green	3/8	3 med.	.2	7
Artichokes	3 1/4	1/2 lge.	2.9	63	Parley	2	2 sprigs	.1	1
Asparagus	3 1/4	7 stalks 6" long	2.3	27	Pumpkin	3 1/4	1/4 c.	1.2	36
Beans, string	3 1/4	1/2 c.	2.4	42	Radishes	1	3 radishes 1" dia.	.4	7
Beet greens	3 1/4	1/2 c.	2.0	33	Rutabagas	3 1/2	1/4 c.	1.1	41
Beets	3 1/4	1/2 c. or 2 1 1/4" dia.	1.6	46	Sauerkraut	3 1/2	1/4 c.	1.1	18
Broccoli	3 1/4	2 stalks 5" lg.	3.3	37	Spinach	3 1/2	1/4 c.	2.3	25
Brussels sprts.	3 1/4	1/2 c.	4.4	58	Squash			.6	19
Cabbage	3 1/4	1/5 hd. 4 1/2" dia.	1.4	29	Summer	3 1/2	1/2 c.	1.5	44
Carrots	3 1/4	2 carrots 5" lg.	1.2	45	Winter	3 1/2	1/2 c.	1.5	44
Cauliflower	3 1/4	1/2 c.	2.4	31	Tomatoes				
Celery	3 1/4	Pc. 8 1/4" lg. or 2 hts.	.2	3	Canned	3 1/2	1/4 c.	1.2	25
Chard, Swiss	3 1/4	1/2 c.	1.4	25	Fresh	3 1/4	1 tomato 2" dia.	1.0	23
Chicory	1	10 sm. leaves	.4	7	Juice, canned	4	1/4 c.	1.2	28
Cucumbers	2	8 sl. 1/2" th.	.4	7	Turnip greens	3 1/2	1/4 c.	2.9	37
Eggplant	2	Sl. 3 1/2" dia. x 3/4" th.	.7	17	Turnips				
Endive, French	2	2 stalks	.8	11	White	3 1/2	1/4 c.	1.1	35
Green pepper	1/2	1/2 c. or pc. 4" x 1 1/4"	.2	4	Yellow (see rutabagas)				
Kohlrabi	3 1/4	1/2 c. (diced)	2.1	36	PICKLES				

IDEAL WEIGHTS FOR ADULTS* Ages 25 Years and Over

Height With shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Dill	2	1/4 pkte. 5" lg. x 1 1/2" dia.	.3	7
Sweet	1	1 pkte. 2 1/4" lg. x 3/4" dia.	.2	21

BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	3/4	1/2 c.	2.5	67
Cornflakes	3/4	1/2 c.	1.3	56
Farina, enriched	3/4	1/2 c. (sc. 2 T. dry)	2.3	71
Oatmeal	3/4	1/2 c. (1/4 c. dry)	3.1	77
Rice				
Puffed	1/2	3/4 c.	.7	36
White	1	3/4 c. (2 T. dry)	2.3	105
Wheat				
Flakes	1/2	3/4 c.	2.4	74
Puffed	1/2	3/4 c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	3/4	Sl. 4" x 3 1/4" x 1/4"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x 1/4"	.6	19
White, enrch	1/2	1 sl. (com'l) thin	1.6	50
Whole wheat	3/4	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	1/2	1 cracker 3" sq.	1.0	54
Saltine	1/2	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2 1/4" x 2 1/2"	.6	25
Zwieback	1/4	1 pc. 3 1/4" x 1 1/4" x 1/2"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle	.82	
Coffee, black			0	0
Tea, plain			0	0

FRUITS				
Apples	3 1/4	1 apple 2 1/4" dia.	.4	65
Apricots	1	1 med.	.2	20
Blackberries	3 1/4	3/4 c.	1.2	62
Blueberries	3 1/4	3/4 c.	.6	62
Cantaloupe	4	1/4 melon 5" dia.	.8	29
Cherries, sweet	3 1/4	15 cherries 7/8" dia.	1.2	87
Grapefruit	3 1/4	1/2 med. 3 3/8" dia.	.5	44
Grapes				
Concord	3 1/4	34 av.	1.4	78
Green s'dless	3 1/4	40 sm.	.8	74
Malaga or Tokay	3 1/4	21 av.	.8	74
Honeydew melon	4	1 1/4" sl. 7" melon	.9	48
Oranges	3 1/4	1/2 orange 4" dia.	.9	52
Peaches	3 1/4	1 med.	.5	51
Pears	3 1/4	1 sm.	.7	70
Pineapple	3 1/4	1 sl. 4" dia. x 1 1/2" th.	.4	58
Plums	2 1/4	1 plum 1 3/4" dia.	.5	39
Raspberries	3	3/4 c.	1.1	64
Strawberries	3 1/4	10 strawberries 1" dia.	.8	41
Watermelon	5	1/2 sl. 6" dia. x 3/4" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	1/2 c.	.6	49
Orange	4	1/2 c.	.7	66
Pineapple, can'd	4	1/2 c.	.4	65
Tomato (see vegetables)				

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<u>Fruits and vegetables</u>		<u>Meat—Continued</u>	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
Fruit juice concentrates:		<u>Poultry</u>	
Apple.....	12	Chicken:	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
Vegetables:		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	Turkey:	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	Cooked chicken and turkey:	
		Chicken or turkey dinners (sliced meat and gravy).....	6
<u>Baked goods</u>		Chicken or turkey pies.....	6
Bread and yeast rolls:		Fried chicken.....	4
White bread.....	3	Fried chicken dinners.....	4
Cinnamon rolls.....	2		
Plain rolls.....	3	<u>Fish and shellfish</u>	
Cakes:		Fish:	
Angel.....	2	Fillets:	
Chiffon.....	2	Cod, flounder, had- dock, halibut, pollack.....	6
Chocolate layer.....	4	Mullet, ocean perch, sea trout, striped bass.....	3
Fruit.....	12	Pacific Ocean perch.....	2
Pound.....	6	Salmon steaks.....	2
Yellow.....	6	Sea trout, dressed.....	3
Danish pastry.....	3	Striped bass, dressed.....	3
Doughnuts:		Whiting, drawn.....	4
Cake type.....	3	Shellfish:	
Yeast raised.....	3	Clams, shucked.....	3
Pies (unbaked):		Crabmeat:	
Apple.....	8	Dungeness.....	3
Boysenberry.....	8	King.....	10
Cherry.....	8	Oysters, shucked.....	4
Peach.....	8	Shrimp.....	12
<u>Meat</u>		Cooked fish and shellfish:	
Beef:		Fish with cheese sauce.....	3
Hamburger or chipped (thin) steaks.....	4	Fish with lemon butter sauce.....	3
Roasts.....	12	Fried fish dinner.....	3
Steaks.....	12	Fried fish sticks, scallops, or shrimp.....	3
Lamb:		Shrimp creole.....	3
Patties (ground meat).....	4	Tuna pie.....	3
Roasts.....	9		
Pork, cured.....	2	<u>Frozen desserts</u>	
Pork, fresh:		Ice cream.....	1
Chops.....	4	Sherbet.....	1
Roasts.....	8		
Sausage.....	2		
Veal:			
Cutlets, chops.....	9		
Roasts.....	9		

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY: *
LENGTH	inches feet yards miles	millimeters centimeters meters kilometers	25 30 0.9 1.6
AREA	square inches square feet square yards square miles	square centimeters square meters square meters square kilometers	6.5 0.09 0.8 2.6
MASS	ounces pounds	grams kilograms	28 0.45
LIQUID VOLUME	ounces pints quarts gallons	milliliters liters liters liters	30 0.47 0.95 3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples :

kilo means a thousand.

Example : a kilometre is a thousand metres.

centi means a hundredth.

Example : a centimetre is a hundredth of a metre.

milli means a thousandth.

Example : a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary **BEFORE** drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** From Washables

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. **CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** From Washables

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

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NOTES:

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