

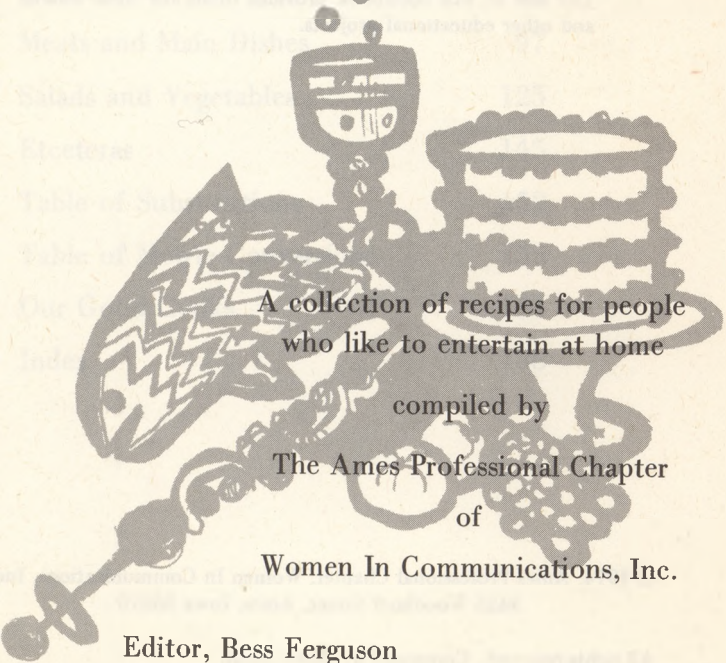
Company's Coming



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Company's Coming



A collection of recipes for people
who like to entertain at home

compiled by

The Ames Professional Chapter
of

Women In Communications, Inc.

Editor, Bess Ferguson

Illustrator, Jeanette Brown

Women In Communications, Inc. is the professional society for women in journalism and communications. Its purposes are to work for a free and responsible press; to unite women engaged in all fields of communication; to recognize distinguished achievement of women in these fields; to maintain high professional standards and to encourage members to greater individual effort. More than four thousand women working in print and electronic media in the United States and twenty-five foreign countries are members.

Women In Communications, Inc. was founded as Theta Sigma Phi in 1909 by a small student group at the University of Washington. The Ames Professional chapter was organized in 1959. Our local program includes awards to Iowa State University women journalism students for outstanding work. The sale of this cookbook provides funds for these awards and other educational projects.

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GREETINGS—

COMPANY'S COMING celebrates the gathering of friends and relatives to enjoy good fellowship and good food. The breaking of bread, that ancient symbol of friendliness, is as much a part of the 20th century way of life as it was in days long gone.

We started to make a party cookbook. But as our committee worked with the recipes, they noted that not all were meant for once-in-a-while parties. Many suggested breakfasts for overnight guests, lunches for out-of-town callers or dinners that start with a spur-of-the-moment invitation—"Come for dinner and bridge afterwards." Some recipes are for party fare but more are for smaller gatherings.

Each recipe was chosen for unabashed eating pleasure. Some came from members' battered (read "spattered with batter") files and notebooks. Some came from friends who graciously shared part of their collections of favorites. "Scratch a cook and you get a recipe." So true. And we are grateful.

The recipes call for ingredients available in supermarkets and small food specialty shops. Almost all the dishes are simple to prepare and many can be made hours or day before they will be served.

Now COMPANY'S COMING is your book. May you have as much pleasure using it as we have had compiling it.

The Ames Professional Chapter
of
Women in Communications, Inc.

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Jean G. Cook	Joyce G. Manchester	Dorothy H. Shrader
Laura C. Dailey	Jan Marvin	Lynette J. Spicer
Marion Dwelle	Florence Hood Miner	Jauvanta M. Walker
Lilian O. Feinberg		



NACHOS (Mexican hors d'oeuvres)

Becky Metcalf Matson

"This hors d'oeuvre is a favorite in the Southwest. If you and your guests prefer something milder, try substituting a strip of canned green chili or a slice of olive for the jalapeno. Bueno!"

Large corn chips	1 can jalapeno peppers
1 can refried beans	1/4 lb. Cheddar cheese, grated

Spread each corn chip with about half a teaspoon of refried beans. Top with a 1/8-inch strip of jalapeno pepper. Sprinkle with grated cheese and bake at 400° until cheese is melted. Serve hot.

SPINACH-FETA STRUDEL

Lorraine Wechsler

"This Greek appetizer is easy to make, really. Look for frozen strudel leaves, labeled filo leaves, in gourmet shops and Feta cheese in a cheese shop."

1 pkg. frozen strudel leaves	5 eggs, beaten
2 pkgs. frozen chopped spinach	1/2 lb. Feta cheese
3 tbsp. olive oil	1/2 cup finely chopped parsley
1 1/2 cups finely chopped onion	1 tbsp. dried dill
1/2 cup margarine	1 tsp. salt
1/2 cup chopped whole scallions	1/8 tsp. pepper
	1 cup soft margarine

Defrost strudel and spinach. Dry spinach, wilt in hot olive oil and drain. Brown onions lightly in margarine. Mix onions, eggs, scallions, cheese, dill, parsley, spinach, salt and pepper. Cut strudel leaves in strips, 1 1/2 to 2-inches wide, and brush with soft margarine. Place a rounded teaspoon of filling at one end of each strip, fold in sides and roll, being careful to keep the sides folded in. Arrange, seam-side down, in buttered baking pan and bake at 350° about an hour or until brown and very puffy. Cool, freeze and reheat to serve piping hot.

SHERRY CHEESE PATE

Rose Summers

"Serve this spread on a plate or platter—a change from balls, logs and bowls or loaves."

2 3-oz. pkgs. cream cheese	1/2 tsp curry powder
1 cup (4-oz.) sharp Cheddar cheese	1/4 tsp. salt
4 tbsp. dry sherry	

Mix well and spread about 1 inch deep on plate or platter.
Chill.

1 8-oz. jar chutney finely chopped
2 green onions with tops finely chopped

Spread chutney over top of chilled cheese and sprinkle onions
over chutney. Serve with crackers.

SYLVIA'S CHEESE BALL

Laura Dailey

*"This is my husband's recipe. He says the only way to mix a
cheese ball is with his hands, and with warm cheese it doesn't
take long."*

1/2 lb. sharp Cheddar cheese	1 tbsp. sweet pickle relish
1/2 lb. mild cheese	1 tbsp. finely chopped onion
1/4 lb. Bleu cheese	1/2 cup finely chopped pecans
1/2 cup mayonnaise	

Soften cheeses in a warm oven, 200°, about 30 minutes. Mix
thoroughly. Blend mayonnaise, relish and onion into cheese
mixture and mold into one large or two small balls. Chill.
When firm enough to handle easily, roll in chopped pecans and
return to refrigerator. Allow ball to reach room temperature
before serving.

CHEESE BALL

Margaret F. Wilson

"I've tried many cheese ball recipes and this is my favorite. It will serve 50 to 75 guests. For fewer than 25, halve the recipe. Be sure to use good blue cheese."

6 oz. blue cheese	1 tsp. Worcestershire sauce
2 5-oz. jars Old English cheese spread	1 cup ground or chopped pecans
4 3-oz. pkgs. cream cheese	1/2 cup finely chopped fresh parsley
2 tbsp. grated onion	1/2 tsp. MSG (optional)

Allow all ingredients to reach room temperature. Reserve 1/2 cup pecans and 1/4 cup parsley for garnish and mix everything else. I use my hand to mix. Chill the mixture until it can be shaped into a ball. Roll the ball in the reserved nuts and parsley. Refrigerate until an hour before serving. Surround with crackers of your choice—Wheat Thins, Triscuits, Club Crackers or whatever.

CHEESE TOWER

Florence Hood Miner

"This recipe will make about two and a half cups of a delicious spread for chips and crackers."

1/2 lb. American cheese, grated	1/2 tsp. paprika
1/4 lb. blue cheese, crumbled	Onion salt to taste
1 3-oz. pkg. cream cheese	Dash of garlic powder, if desired
1/2 cup Port wine	Dash of cayenne
1/2 tsp. Worcestershire sauce	

Blend cheeses at room temperature in blender or with electric mixer. Add wine gradually. Add seasonings and blend or mix until mixture is smooth and creamy. Pack into lightly oiled fancy mold or serving bowl. Refrigerate, covered, and unmold to serve.

PARTY CHEESE LOG

Cathy Landon Heng

"I serve this tangy cheese with a variety of crackers and a zingy punch at holiday open houses and guests love it."

- | | |
|--------------------------------|-------------------------------------|
| 1 8-oz. pkg. cream cheese | 1/3 cup chopped stuffed olives |
| 1/4 cup grated Parmesan cheese | 1 2 1/2-oz. pkg. chipped dried beef |
| 1 tbsp. drained horseradish | |

Soften cream cheese and blend in Parmesan cheese, horseradish and olives. Divide mixture in half; make two rolls and roll them in finely chopped dried beef. Chill tightly wrapped rolls and keep refrigerated until serving time.

PINEAPPLE CHEESE BALL

Rowena James

- | | |
|-----------------------------------|-----------------------|
| 2 8-oz. pkgs. cream cheese | 2 tbsp. chopped onion |
| 1 8 1/2-oz. can crushed pineapple | 1 tbsp. seasoned salt |
| 1/4 cup chopped green pepper | 2 cups pecan bits |

Soften cream cheese. Add well-drained pineapple, green pepper, onion, salt and 1 cup pecans. Shape into ball. Roll in remaining nuts. Wrap and refrigerate until well chilled. Serves about 40.

SHRIMP WHIRLIGIGS

Mary Buchele

- | | |
|--------------------------------|--|
| 1 4 1/2-oz. can shrimp | 2 tbsp. chili sauce |
| 1/4 cup mayonnaise | 1 tbsp. finely chopped celery |
| 2 tbsp. chopped stuffed olives | 1 pkg. refrigerated crescent rolls (8 per package) |

Drain and mash shrimp, add rest of ingredients, except rolls. Open rolls, unroll dough, join crescents to make four rectangles, pinch dough together on perforation lines to make pieces leak-proof. Spread 1/4 cup shrimp mixture on one end of each rectangle and roll up jelly-roll fashion. Cut each roll into 10 slices and place, cut side down, on greased baking sheet. Bake at 375° for 10 to 12 minutes. Serve hot. Makes 40 appetizers.

GLAZED SAUSAGE BITS

Dorothy H. Shrader

"I serve these tasty bits in a fondue pot. A chafing dish will do."

1 lb. bulk pork sausage	1/3 cup milk
1 egg, slightly beaten	1/2 tsp. sage
1/2 cup fine cracker crumbs	

Combine sausage, eggs, cracker crumbs, milk and sage and beat at high speed for 5 minutes. Shape soft mixture into 3 dozen 1-inch balls. Wet hands occasionally. In ungreased skillet, brown balls slowly on all sides, about 10 minutes. Pour off excess fat. Make glaze.

1/2 cup water	1 tbsp. sugar
1/4 cup catsup	1 tbsp. soy sauce
2 tbsp. brown sugar	

Mix, pour over balls, cover and simmer 15 minutes. Stir occasionally.

HONEYED MEATBALLS

Barbara Peterson

"We tasted honeyed meatballs first in Guatemala. Our American hostess was not inclined to share the recipe so I was left to my own devices. My first attempt to duplicate the sweet meatballs was so successful my husband raved about them so I have not changed the recipe, and they are always a favorite at our parties."

2 lbs. ground chuck	2 tbsp. Worcestershire sauce
1 cup fine bread crumbs	2 tbsp. parsley flakes
2 eggs, beaten	1/2 tsp. garlic powder
1/2 cup catsup	1/4 tsp. black pepper
1/3 cup honey	2 tsp. salt

Honey and butter or
margarine for frying

Mix everything well and mold into small balls. Arrange in large bowl or flat dish and drizzle with about 1/3 cup honey. Cover and refrigerate overnight, stirring gently once. Fry at medium temperature in Teflon-lined pan with a little honey and margarine. Do not crowd meatballs and turn gently. Serve in chafing dish.

BAR-B-Q SAUSAGE

Jean Goul Macdonald

"I like to serve these sausages with omelets or scrambled eggs for New Year's Eve midnight breakfast. Or I cut them into bite-sized pieces for appetizers. Leftovers are good in casseroles and they freeze well for a later appearance."

2 tbsp. salad oil	1/8 tsp. Tabasco sauce
1/4 cup chopped celery	1/4 cup water
1/4 cup chopped onion	1 tbsp. prepared mustard
1 green pepper chopped	1/4 cup vinegar
1/2 tsp. paprika	1 12-oz. bottle chili sauce
1/2 tsp. salt	1 tbsp. Worcestershire sauce
Juice of half a lemon	2 to 3 lbs. link sausage
1/4 cup brown sugar	

Sauté celery, onion and green pepper in salad oil until onion is soft but not brown. Add all the rest of the ingredients, except sausages, and simmer an hour. Make a day early so flavors can blend. Simmer sausages in water to cover, drain and brown. Cut each link in half, or smaller, pieces for appetizers, and stir into sauce a few hours before serving. Reheat and serve warm.

COCKTAIL BARBEQUE

Sara Timmers Posegate

"The longer these little hot dogs cook, the better they are. Serve them from an electric frypan or fondue pot to keep them warm without burning."

1 lb. frankfurters
1/2 cup grape jelly
1 cup bottled barbeque sauce

Combine jelly and barbeque sauce and heat at low temperature until jelly melts. Cut franks into 5 pieces each and add to the sauce. Heat thoroughly and serve.

SEVICHE

Dorothy H. Shrader

"All South American countries have their own version of Seviche. This recipe came from a friend in Uruguay who had lived in Mexico for years. Mexicans usually use mackerel; in Uruguay we used corvina. A most adaptable recipe and a good low calorie food."

- 1 lb. fresh or frozen white, flaky fish (halibut, turbot, sole)
- 3 large ripe tomatoes or 1 can baby sliced tomatoes, drained
- 6-oz. can frozen lemon juice or juice of 6 large lemons
- 2 tbsp. white onion, grated fine
- 2 tsp. crushed leaf oregano, or more to suit individual taste
- 4 tbsp. olive oil
- Dash of Tabasco (Go easy. You can add more.)
- 1 or more finely chopped hot peppers, if desired
- Salt and pepper

Place fresh or thawed fish in flat, glass dish and cover with undiluted lemon juice. Refrigerate 8 to 24 hours. (Fish cooks by enzyme action of the lemon juice.) Shred fish, place in colander, rinse with cold water and drain well. Chop tomatoes in small pieces and add to fish with rest of ingredients. Season with salt and pepper to taste. Refrigerate 8 hours before serving. Serve this delicious hors d'oeuvre with any good salted cracker.

ZAVICHE FISH RELISH. Morda C. Slauon (Mrs. H. L.) makes a Mexican fish appetizer similar to Mrs. Shrader's. She uses lime juice instead of lemon, adds 4 or 5 hot peppers and 4 cloves of garlic and serves it with crisp tortillas, corn chips, crackers or any kind of crisp bread.



CHEESE DOLLARS

Alvina Iverson Mattes

"A roll of this cheesy dough in the freezer is handy when you need something for an appetizer or to serve with salads. The little tidbits made a nice gift for convalescents—nutritious, you know."

1/2 cup grated sharp Cheddar cheese	A few dashes Tabasco sauce 1 cup sifted flour
1 stick soft butter	
1/2 tsp. salt	

Blend grated cheese, butter, salt and Tabasco. Work in flour with a fork. Form into two rolls each about the size of a silver dollar, wrap in foil and refrigerate over night. Cut in thin slices and bake on very lightly buttered baking sheet at 350°, until edges just begin to brown. You can substitute cayenne pepper, a pinch of curry or a favorite herb for the Tabasco if you like.

LIVER PATÉ

Bernice E. Barnes

"This paté can be a thrifty treat if you use rendered chicken fat instead of butter."

3/4 lb. chicken livers	1/8 tsp. cloves
3/4 lb. butter	Dash of cayenne
3 tbsp. minced onion	Salt to taste
1/2 tsp. nutmeg	1/4 cup liquid from livers
1 tsp. dry mustard	

Simmer livers in salted water to cover about 10 minutes. Drain and save liquid. Cut livers in small pieces, put in blender, add butter and whir until well mixed. Add remaining ingredients and blend to a smooth consistency. Mold as desired and garnish with sour cream and pimento. If blender is not available, put livers through a food chopper and press through a sieve.

SHRIMP ARNAUD

Betty Roy

"A Louisiana friend gave me this recipe. It supposedly came from Arnaud's restaurant in New Orleans. It is usually served as an appetizer in place of the ordinary shrimp cocktail."

1 clove garlic	1 cup celery, finely chopped
1/4 cup green onion, finely chopped	2 6 or 7-oz. cans shrimp, drained

Rub bowl with garlic. Add onions, celery and shrimp. In another bowl mix sauce.

2/3 cup olive oil	1 tsp. salt
1/4 cup vinegar	1 tsp. pepper or less
3 heaping tsp. prepared mustard	3 tsp. horseradish, drained
	3 tsp. Worcestershire sauce

Combine all ingredients, mix well and stir into shrimp mixture. Marinate overnight in refrigerator. Serve on shredded lettuce. Serves 6. (Note: small servings, please, this is pretty rich.)

GOLDEN TREASURES

Mary Buchele

"I was served these tidbits at a party in Ghana but couldn't get the recipe so kept experimenting until I had something we liked. This is the recipe."

1 lb. uncooked sausage	1 tbsp. soy sauce
1 lb. grated sharp cheese	3 cups dry biscuit mix
1 tbsp. lemon juice	

Heat sausage in skillet until pink color disappears. Add cheese and stir until melted. Add lemon juice and soy sauce, more or less to suit your taste. Stir in biscuit mix until smooth. Cool and chill about an hour. Form into bite-sized balls and arrange on ungreased baking sheet. Bake 10 to 12 minutes at 400°. Drain on paper towels. Serve hot, beside a bowl of mustard sauce, if you like. You may freeze these treasures after baking and heat thoroughly in a slow oven before serving. Yield, 4 dozen.

FRESH GARDEN DIP

Virginia Harding Roth

"A refreshing contrast to most dips and pretty enough for a centerpiece."

1 cup dairy sour cream	1/2 cup finely chopped green onions
1/2 cup mayonnaise	
1 tsp. salt	1/4 cup finely chopped radishes
Dash of pepper sauce	1/4 cup finely chopped green pepper
1 tbsp. sugar	
1/4 tsp. garlic salt	1/4 cup finely chopped cucumber, well drained

Blend all ingredients and refrigerate in well-sealed container a few hours before serving time. Serve in small bowl in center of large plate and surround it with colorful raw vegetable dippers—carrot, celery or peeled zucchini sticks, cauliflowerlets, slices of fresh mushrooms or turnips. Makes 2 1/2 cups.

HOT SHRIMP DIP

Joan Burrell

"This dip is a favorite cocktail accompaniment at U. S. Army base parties around the world. You may substitute crab for shrimp if you like."

3/4 cup margarine	1 large can evaporated milk
3 tsp. flour	2 cups shrimp (2 cans)
3 tbsp. chopped celery	1 lb. Cheddar cheese, grated
3 tbsp. minced onion	Dash of paprika
1 green pepper, chopped	

Melt margarine, stir in flour, add celery, onion, green pepper and milk. Simmer until well mixed. Stir in minced shrimp, cheese and paprika; serve hot in chafing dish with your favorite dippers.



EGG AND OLIVE DIP

Jav Walker

"This appetizer is one of my husband's favorites. We always hope some will be left after a party but it never lasts long."

3 hard-cooked eggs	2 tbsp. finely chopped green pepper
1/2 cup sliced stuffed olives	1 tbsp. horseradish
1/2 cup sour cream	1 tsp. dry mustard
2 tbsp. mayonnaise	1 tsp. grated onion
2 tbsp. catsup	Salt and pepper to taste

Blend all ingredients thoroughly and refrigerate. Serve as a thick dip, preferably with a small fancy spoon or ladle. Or use as filling for tiny tart shells.

CLAM DIP

Susie Zaffarano

"This dip is fantastically popular, especially with men."

1/2 to 2/3 pkg. frozen chopped spinach	4 tsp. grated onion 1/4 tsp. salt
2 6 1/2-oz. cans minced clams, drained	Pepper 1 8-oz. pkg. cream cheese

Grate spinach while frozen and drain well. Blend into softened cream cheese. Add well drained clams, grated onion and salt and a shake or two of pepper. Taste and adjust seasoning. If dip seems too runny to stay on a cracker, dissolve 1 teaspoon plain gelatine in 4 tablespoons hot water and stir into mixture. Refrigerate.

One good cook makes instant hors d'oeuvres by combining 1 cup of shredded Cheddar cheese with 1/2 stick of soft margarine and a drop of Worcestershire sauce, spreading the mixture on rounds of party rye bread, broiling them until the cheese melts and topping each with a slice of pimento-stuffed olive.

HOT CRAB DIP

Florence Hood Miner

"This tasty dip goes directly to the buffet from the oven but it can be put together earlier and baked when needed."

- | | |
|---------------------------|---------------------------|
| 1 8-oz. pkg. cream cheese | 1 6 1/2-oz. can crab meat |
| 1 3-oz. pkg. cream cheese | Paprika |
| 1 to 2 tbsp. milk | |

Add milk, a teaspoonful at a time, to softened cream cheese and blend until creamy. Shred crab meat, combine with cheese and pour into lightly oiled baking dish, preferably one that can be used for serving. Sprinkle with paprika and bake 15-20 minutes at 325°.

DILL DIP

Laura Dailey

"My brother in Ames called a friend in California for this recipe. If dill weed is hard to find, you can substitute dill seed."

- | | |
|---------------------|-------------------------|
| 1 cup mayonnaise | 1 tsp. seasoned salt |
| 1 cup sour cream | 1 tbsp. chopped parsley |
| 2 tsp. curry powder | 1 tbsp. dried chives or |
| 1 tsp. dill weed | dried green onion |

Mix all ingredients together. Serve with crisp vegetables—celery, carrots, cauliflower, green pepper, fresh sliced mushrooms.

DUNK DELICIOUS

Bernice Burns Donovan

"A Canadian friend asked for this recipe after a two year lapse in our correspondence. Obviously a memorable dip."

- | | |
|--------------------|---------------------|
| 2 tbsp. chutney | 2 tbsp. vinegar |
| 2 tbsp. applesauce | 2 tsp. curry powder |
| 1 cup mayonnaise | Salt to taste |

Snip chutney fruit into small bits. Combine all ingredients and blend thoroughly. Cover and refrigerate 2 hours. Excellent dip for raw vegetables. Will keep refrigerated at least a week.

DRIED BEEF DIP

Laura C. Dailey

"Hot dips are not served as often as they might be. This one is delicious, hearty and fairly inexpensive."

1 2 1/2-oz. pkg. dried beef	2 tbsp. dried onion flakes
1 8-oz. pkg. soft cream cheese	1/4 tsp. garlic salt
2 tbsp. milk	1/4 tsp. pepper
1/4 cup chopped green pepper	1 cup sour cream

Tear dried beef into bits and stir into cream cheese with milk, green pepper, onion flakes, garlic salt and pepper. Blend well. Add sour cream and heat 1 hour in 250° oven. Serve hot from chafing dish.

ROASTED PEPPERS

Anita Beal

"My mother, who was born and grew up in Italy, often made these pepper relishes for our family. We thoroughly enjoyed them and used the dressing later with other vegetables, raw or cooked, or as part of a salad dressing."

10 medium red or green peppers	2 tsp. salt
1 cup olive or salad oil	3 small cloves garlic
1/4 cup lemon juice	5 anchovy fillets

Wash peppers, place on cooky sheet and bake at 350° about 20 minutes, turning every 5 minutes until the skin becomes blistered and charred. Put peppers in a kettle, cover and let stand 15 minutes. Peel off charred skin and cut peppers into bite-size pieces. Remove ribs and seeds. Make a dressing of oil, lemon juice and salt, and toss peppers in it to coat. Pack pieces of pepper in one-quart jar with slivers of garlic and bits of anchovy every second or third layer. Add dressing, cover jar and refrigerate overnight. Serve with crackers or toast. These tidbits will keep weeks refrigerated.

PIZZA FONDUE

Steve Buchele

"This is good as fondue or spread on toasted English muffins. My junior high friends like to help me make it so they can help eat it."

1/2 lb. hamburger	1 tsp. Italian seasoning herbs
2 8-oz. cans tomato sauce	1 tsp. salt
1 cup water	2 cups grated white cheese
1 tsp. oregano	2 cups grated yellow cheese

Brown hamburger in skillet, add tomato sauce, water, herbs, and salt. Cook until thick. Add grated cheeses and stir until melted. Pour into fondue pot. Spear chunks of French bread with fondue forks, dip and swirl to coat bread. Eat.

SALMON MOUSSE

Nancy Fushan

"I snatched this recipe for a quick and easy appetizer from my mother's repertoire of party foods. You can substitute shrimp, crabmeat or tuna for the salmon."

1 10 3/4-oz. can tomato soup	1 16-oz. can salmon
2 envelopes Knox gelatin	3/4 cup finely chopped onion
1/2 cup water	1 cup finely chopped celery
1 8-oz. pkg. cream cheese	Salt, pepper, Worcestershire sauce, horseradish to taste
1 cup mayonnaise	

Heat soup. Dissolve gelatin in water and stir into hot soup. Blend cheese and mayonnaise and add salmon, without bones, celery and onion and fold into soup mixture. Add seasonings and taste for flavor. Blend until smooth or stir until well mixed. Either way, pour mousse into a fish mold, if you have one, wiped lightly with mayonnaise and chill until firm. Unmold on a platter of crisp greens and decorate with pepper strips, radish roses and green and black olives. Serve with crackers as an appetizer or as a main dish with a dressing made of equal parts of mayonnaise, chili sauce and well-drained sweet pickle relish.

SHRIMP PUFFS

Mary Buchele

"These crisp, bite-sized morsels are quick and easy to make and popular at parties. They may be frozen before or after baking but are best when served warm."

1/2 cup butter	1 tbsp. soy sauce
1 cup boiling water	1 tbsp. lemon juice
1/4 tsp. salt	1 cup sifted flour
1/4 tsp. MSG	4 eggs
1/2 tsp. Worcestershire sauce	1 7-oz. can tiny shrimp

Combine butter and water and bring to boil. Add salt, MSG, Worcestershire sauce, soy sauce and lemon juice. Add flour and stir constantly until mixture leaves the sides of pan. Remove from heat, cool slightly and add eggs, one at a time, beating thoroughly after each egg. Continue beating until mixture is smooth and satiny. Add shrimp and beat another minute or two to break up shrimp. Drop from teaspoon 2 inches apart on ungreased baking sheet and bake 6 to 8 minutes at 450°. Reduce heat to 350° and bake 15 to 20 minutes longer or until nicely browned.

HAM-ARTICHOKE ROLLS

Nancy Bohlen

"These rolls make an attractive tray. You can use dilled brussel sprouts instead of artichoke hearts for an unusual treat."

1 14 1/2-oz. can artichoke hearts	Milk or yogurt
Garlic salad dressing	2 6-oz. pkgs. pressed ham (very thin slices)
1 3-oz. pkg. cream cheese	Stuffed olives

Drain artichokes, cover with garlic salad dressing and refrigerate over night. Blend cream cheese with milk or yogurt to spreading consistency. Spread cheese thinly on ham slices and cut each slice into three strips. Cut each drained artichoke heart into 4 to 6 wedges. Roll each wedge in a strip of ham and fasten with a pick. Arrange rolls on a tray and garnish with slices of stuffed olives. Cover and refrigerate. Serve with picks. Makes about 3 dozen.

PESTO

Jacqueline Andre Schmeal

"Pesto is an excellent first course for a summer dinner when fresh basil grows in the garden. It is best with fresh pasta made with a machine but you can use commercial spaghetti."

5 tbsp. chopped fresh basil	1/4 to 1/2 cup olive oil
1 bunch parsley	Salt and pepper
2 garlic cloves	1/2 lb. pasta, cooked
1 or 2 eggs	Parmesan cheese, grated

Clean basil and parsley in cold water and dry thoroughly between paper towels. Combine basil, parsley, garlic, eggs and blend with enough olive oil to make a smooth paste. Add salt and pepper to taste. To serve, place small mound, about 1/2 cupful, of cooked spaghetti on each plate and top with a spoonful of Pesto and a generous sprinkling of cheese. Or mix Pesto and spaghetti before serving. Cover leftover Pesto with a little oil and refrigerate.

Dried basil won't do for Pesto. You may need to grow some and why not? Basil is as easy to grow as radishes and you will have basil for Pesto and pretty little tip ends for garnishes and lovely flower stalks for mixed bouquets. (Editor's note.)

CHILLED STRAWBERRY-PEACH SOUP

Mary Catherine Limbird

"This fruit soup draws rave notices at summer dinners, even from guests who say they've never liked cold soups. Serve in clear bowls, icers or sherbet glasses."

1 10-oz. pkg frozen strawberries	1 1/4 cups boiling water
	2 tbsp. sugar
1 10-oz. pkg. frozen peaches	
1/2 cup unsweetened pineapple juice	1/2 cup sour cream
2 chicken bouillon cubes	2 tbsp. chopped toasted almonds

Blend strawberries and peaches with their juice 30 seconds at high speed. Add pineapple juice, bouillon cubes dissolved in hot water with the sugar. Blend 15 seconds at low speed. Chill until ice cold and serve in chilled bowls, garnish with a dollop of sour cream and a sprinkling of toasted nuts. If made early, whir again in blender before serving.

JIFFY CHILI CON QUESO

Barbara Hall

"Your guests will think you spent hours making this hors d'oeuvre. Be sure to make plenty—it disappears fast. Easy to keep ingredients on the shelf for this one."

1 can Cheddar cheese soup	3-4 tbsp. cornstarch
1 can tomatoes with chilies	3-4 tbsp. water
(El Patio brand is good)	

Mix soup and tomatoes in a saucepan. Heat. Thicken with cornstarch, mixed with water. Serve hot in chafing dish. Use corn chips for dippers. Serves 8-10.

RUMAKI

Harriett Rogers

"These Hawaiian appetizers are very popular, especially when dinner may be late or when the hors d'oeuvres may be most of the meal."

12 slices bacon	12 water chestnuts
1/2 lb. chicken livers	24 wooden picks

Cut bacon strips in half crosswise and lay on wax paper. Cut chicken livers in half and lay each half on one end of bacon strip. Cut each water chestnut in half and lay each half on liver. Roll up, fasten with a pick through liver and chestnut and lay roll-ups in shallow baking pan.

6 tbsp. soy sauce	1/2 tsp. MSG
4 tsp. sugar	1/4 tsp. ginger

Make a marinade of soy sauce, sugar, MSG and ginger. Stir to dissolve sugar and pour over rolls. Spoon some of the marinade over the rolls now and then and let them set until time to cook them. Arrange rolls on broiler pan and bake until bacon is crisp, about 10 minutes at 450°, turning now and then. Serve hot.

BOURBON HOT DOGS

Sandra Horton

"This sauce does great things for hot dogs, our guests say."

2 12-oz. pkgs. frankfurters	1/2 cup catsup
1 cup bourbon	1 cup brown sugar
1 cup chili sauce	1 tbsp. minced onion

Cut frankfurters into 1-inch pieces. Cover with hot water and simmer a few minutes. Drain well. Mix bourbon, chili sauce, catsup, sugar and onion. Add frankfurters and simmer until sauce thickens. Serve hot from chafing dish or fondue pot.

SWEET-AND-SOUR FRANKS

Elaine S. Prendergast

"Mustard and currant jelly sound like an unlikely combination but they cook down to a delicious sauce for a hot appetizer. I make it two or three days early and refrigerate it."

3/4 cup prepared mustard	2 lbs. frankfurters, regular
1 cup currant jelly	or smoked

Mix mustard and jelly in top of double boiler and cook until thoroughly blended, stirring now and then. Slice frankfurters diagonally in 1/2 inch pieces. Add to sauce and cook 5 minutes. Serve in chafing dish with cocktail picks.

One good cook recommends this tasty sauce for tiny meatball appetizers. Simmer one 16-oz. can cranberry jelly, one 12-oz. bottle chili sauce, two tbsp. brown sugar and one tbsp. lemon juice until mixture is smooth, pour it over slightly-cooked meatballs in a casserole, bake about an hour at 350° and serve hot in a chafing dish or fondue pot.

HOT OLIVE BITS

Mary Buchele

"This dough is good around olives, but it can be wrapped around pickle cubes or candied kumquats for a different taste."

2 cups grated sharp Cheddar cheese	1 cup flour
1/4 lb. butter	48 small stuffed olives

Thoroughly cream cheese and butter together. Add flour and mix well to make a soft dough. Break off a small piece of dough, press around an olive until smooth and sealed. Continue until all dough is used. Place on an ungreased cookie sheet; bake at 400° for 20 minutes or until golden brown. Serve hot. Dough-wrapped balls may be frozen and baked just before the party.

CUCUMBER SOUP**

Keo Minert Tegtmeyer

"The two stars on the title to this recipe are there just to call your attention to it because it is really divine."

3 medium cucumbers	1 tsp. salt
1/2 cup chopped onion	1 cup light cream
2 bay leaves	2 tbsp. lemon juice
1 tbsp. flour	1/4 tsp. dried dill weed
3 cups chicken broth	Sour cream

Peel cucumbers, slice 2, add chopped onion and cook in butter with bay leaves until tender but not brown. Blend in flour, add broth and salt and simmer, covered, 20-30 minutes. Run mixture through a sieve or whirl in blender. Chill several hours. Skim off any fat from chilled mixture. Scoop out and discard seeds of remaining cucumber, grate and add, with cream, lemon juice and dill weed. Serve in chilled cups with a dollop of sour cream and a sprinkling of dill for garnish. Serves 6.



STUFFED CLAMS

Robert McMahon

"Delicious and a real treat when we want to impress our guests."

4 tbsp. butter	1 tsp. flour or more
2 large onions, diced	6 or 8 soufflé cups or shells
3 8-oz. cans minced clams	Paprika

Simmer onions in butter until clear but not brown. Drain clams, add to butter and onions and stir in just enough flour to thicken. Spoon into soufflé cups or shells, sprinkle with paprika and bake at 350° until bubbly and slightly brown, about 20 minutes. Serve with a wedge of lemon. Makes 6 or 8 appetizers.

ONION APPETIZER

Lettie Newkirk

"The recipe for this nippy appetizer belongs to my mother, Mrs. Emily Weaver, Columbus, Indiana. She brought it for a big Thanksgiving dinner. It is light enough to serve with even a lavish dinner. My family loved it."

1/2 to 3/4 cup Hellman mayonnaise
1/4 cup or more chopped onion, plain, frozen or spring
Grated Parmesan cheese, enough to make mixture grainy

Mix thoroughly and spread on slices of party rye bread. Broil until nicely browned. You can decorate the slices with bits of olive, pimento, crisp bacon, or anchovies when they come from the oven.

PINK CLOUD FONDUE

Lu Patterson

1 9-oz. jar marshmallow creme	1 tsp. lemon juice
3 tbsp. creme d'almond	Banana or strawberry
1 tbsp. white creme de cacao	dippers

Combine all ingredients, except fruit, in saucepan. Cook and stir over low heat till heated through, about 2 minutes. Transfer to small fondue pot and place over fondue burner. Spear dipper with fondue fork, dip into fondue, swirling to coat. Makes 4 to 6 servings.

COCKTAIL EGG ROLLS

Lorraine Wechsler

"I buy half a pound of egg roll skins at an Oriental food store, make the filling, fill the rolls, fry them and freeze them until the night of the party. Heating them takes only a few minutes and everyone loves them."

1/2 cup minced celery	1/2 cup boiling water
1 cup finely shredded cabbage	

Drop celery and cabbage into boiling water and lift out when the water comes to a boil again. Roll in a clean towel and press out all the moisture. Cover and set aside.

1/2 cup diced, cooked shrimp	1 tsp. salt
1/2 cup diced, cooked pork, ham or beef	1/8 tsp. pepper
2 tbsp. cooking oil	3 tbsp. soy sauce
1/2 cup diced water chestnuts	8 egg roll skins, cocktail size
2 whole scallions, minced	Cooking oil

Heat oil and cook shrimp and meat 2 or 3 minutes. Add celery, cabbage, water chestnuts, scallions, salt, pepper and soy sauce and stir gently until the whole mixture is a delicate, golden brown. Let stand until cold.

Cut each egg roll skin in fourths, cutting from corner to corner to make 32 triangles. Put 1 teaspoon of filling on each. Fold end corners towards center so the points overlap. Fold third point up, like an envelope, and make it stay in place with a bit of flour and water paste. Fry in 2 inches cooking oil until nicely browned on all sides. Freeze until needed. Thaw, heat in 350° oven 10 or 15 minutes and serve piping hot.

One good cook makes an instant spread for crackers by combining one cup of shredded Cheddar cheese with half a stick of soft margarine and a drop of Worcestershire sauce. Sometimes she spreads it on rounds of party rye bread, broils them until the cheese melts and tops each with a slice of pimento-stuffed olive.



CINNAMON WINE SOUP

Dann Perkins

"Here is a spicy soup to start a dinner."

3 cups dry red wine	3 tbsp. cold water
1 stick cinnamon	3 tbsp. cornstarch
1 strip lemon peel	3 or 4 tbsp. sugar
3 cups water	2 egg yolks, beaten

Simmer wine with cinnamon and lemon peel about 10 minutes. Blend cornstarch with 3 tbsp. cold water. Stir this paste into 3 cups of water and simmer 5 minutes. Strain cornstarch mixture into the hot wine. Simmer 5 minutes. Remove cinnamon stick and lemon peel. Add sugar to taste. Gradually ladle 1 cup hot, but not boiling, wine soup into egg yolks, beating constantly. Pour this mixture slowly back into the soup, beating constantly. Heat, but do not boil. Adjust seasoning and serve hot or chilled.

CREME DE COCOA or CAFE LIQUEUR

Marilyn Sealine

"Great for those special Christmas gifts. Be sure to make it early."

3 1/2 cups sugar	1 fifth vodka
2 inches vanilla bean	2 tbsp. instant coffee
2 cups water	1/4 cup boiling water

Boil sugar, vanilla bean and 2 cups water for 20 minutes; stir occasionally. Cool. Put vodka in a half-gallon jug. Add cooled syrup. Dissolve coffee in boiling water. Add to other ingredients in the jug. Must mellow at least two weeks before using. Shake gently occasionally during the two-week curing period.

WHISKEY SOURS

Bruce Hull

"This frosty drink is especially refreshing in summer."

1 6-oz. can frozen lemonade	1 6-oz. can blended whiskey
1 6-oz. can crushed ice	1 tbsp. frozen orange juice concentrate

Mix in blender and serve with a cherry in each glass.

ROSY PARTY PUNCH

Primrose Jackson

"This punch is tart and tasty, and good with or without."

1/2 cup sugar	1 quart orange juice
1 cup boiling water	2 quarts gingerale
2 quarts cranberry juice	2 fifths vodka
3/4 cup lemon juice	

Dissolve sugar in boiling water. Cool and add juices, ginger ale and vodka, or use gingerale and 7-Up instead of vodka. Pour over ice ring.

Make an ice ring by arranging maraschino cherries in bottom of ring mold with thin slices of orange and lemon. Add just enough water to cover. Freeze. Fill mold with water and freeze again.

CARDINAL PUNCH

Eldon Berkland

"When I was an Iowa State University student, I prepared this punch to serve at our Adelante fraternity house for the 1973 Homecoming reception. It made a hit with both alumni and students."

1 48-oz. can cranberry juice	1 cup sugar
3 6-oz. cans frozen orange juice	2 cups vodka
1 1/2 cups water	

Thaw orange juice, mix with other ingredients and freeze. To serve, thaw until slushy. (To hasten thawing, you could freeze the mixture in ice cube trays.) Serves 22 with 4-oz. servings.

KAWAILOA COFFEE

Florence Hood Miner

"Marvelous as an after dinner drink or around the fireplace!"

Make strong coffee, add jigger of creme de almond liqueur to each cup of coffee. Top with whipped cream and sprinkle with chopped almonds. Serve in small brandy snifters or glasses that will not break from hot coffee.

THE PUNCH IN ALBERT'S STUDY

Jav Walker

"This punch evolved from a recipe published by members of the Women's National Press Club in Who Says We Can't Cook! (The original punch was served at Christmas staff parties in the White House, East Wing, during Harry Truman's administration.) Our version developed through departmental open houses. There were always more English and Speech staff and spouses than available spaces in our home, so different parts of the group were invited each time. Even so, 'open house' had to be meant literally. Albert's desk was covered to hold the punch bowl, and solid refreshments were laid out in the kitchen, so people would circulate. We served apple juice alongside the punch. The two look alike, and drinkers can switch amiably from one to the other."

1/2 cup lemon juice (or juice from 2 lemons)	
2/3 cup sugar	1 1/3 cups light rum
2 cups water	3/4 to 1 large bottle
1 fifth sauterne	gingerale
1 fifth bourbon	3/4 to 1 large bottle sparkling water (club soda)

Bring lemon juice, sugar and water to a boil. Simmer to make a thin syrup. Cool. Put a large block or mold of ice in punch bowl. Pour all ingredients over ice; add sparkling water and gingerale last. Makes approximately 32 4-oz. servings. For a lighter punch, add more gingerale and sparkling water.

GOLDEN GLOW PUNCH

Bernice Burns Donovan

"Bright, light and bubbly as champagne."

1 quart rye whiskey	2 quarts club soda
1 bottle Catawba white grape juice	1 quart gingerale

Combine rye and grape juice. Just before serving pour in club soda and gingerale. Serves 25.

CREME DE MENTHE

Marilyn Sealine

"This cocktail can be used at once, but it's better if allowed to mellow a week or two."

4 cups water	1 fifth vodka
4 cups sugar	1/3 oz. peppermint extract

Boil water and sugar 20 minutes; stir occasionally, to dissolve sugar. Cool. Add vodka and peppermint extract. I buy a one-ounce bottle of peppermint extract from the spice section of a supermarket and use about one-third of it, starting with a little less and adding, drop by drop, until it tastes right. Store in a gallon jug.

APRICOT CORDIAL

Vada Bowen

"Serve this after dinner cocktail in small glasses. Guests have a way of going through several in a hurry. But you make it six weeks before they arrive. You can use dried peaches or pears, if you like."

1 lb. dried apricots	1 cup brandy
3 1/2 cups dry white wine	2 cups sugar

Combine ingredients in a glass, ceramic or stainless steel container. Stir well, cover and let set on the kitchen counter three to four weeks. Stir occasionally. Remove the fruit after six weeks. Use fruit in salads, compotes or for nibbling.

FISH HOUSE PUNCH

Eddie Webster

1 2/3 cups fine granulated sugar	1 qt. brandy
1 qt. lemon juice	2 qts. water
2 qts. Jamaica rum	3/4 cup peach brandy

Dissolve sugar in large punch bowl. Add remaining ingredients in order named. Place a large block of ice in mixture and allow to brew for about 2 hours, stirring occasionally.

WEDDING PUNCH

Mary Buchele

"This is good either with or without the Champagne. We served it at the reception following our youngest daughter's wedding. We like to use an extra dry California pink Champagne, it keeps the color bright and clear."

1 6-oz. can frozen orange juice	14 to 16-oz. Squirt 1/4 cup frozen
1 6-oz. can frozen lemonade	pineapple juice
2 cups cranapple juice	1 fifth Champagne
4 cups water	

Thaw juices, add water, pour into punch bowl over ice ring. Just before serving add Squirt and Champagne. Makes 25 4-oz. servings.

To make ice ring, put 1/4 inch water in the bottom of ring mold. Freeze. Place maraschino cherries, lime, lemon or orange slices in ring mold on top of ice; add 1/2 inch of ice cold water. Freeze. Finish filling with ice cold water and freeze solid.

CAFE BRULOT

Marilyn Sealine

"A favorite at the Atsugi Naval Base, Osaka, Japan."

6 tbsp. instant coffee (don't stint)
4 cups boiling water

Stir together, cover and keep hot.

1 orange peel	1 tbsp. whole cloves
1 lemon peel	24 sugar cubes
4 1-inch sticks cinnamon	3/4 cup brandy

Cut orange and lemon peels in thin strips. Combine peels, spices, sugar and brandy in chafing dish. Ignite and let burn while you ladle flaming brandy carefully over the mixture until the flame dies. Pour coffee slowly into chafing dish and ladle into demi-tasse cups. Serves 12.

PICK-ME-UP

Bess Ferguson

"Here is something to offer children, or to adults who want something-without, while they wait for the picnic steaks to broil. Make it early, chill and carry in a thermos jug. Good, too, for the guest who says don't bother, he really doesn't want breakfast or the child who says he hasn't time to eat."

1/2 cup instant dry milk	1/8 tsp. vanilla
2 cups cold water	1 6-oz. can frozen orange juice
1/8 tsp. salt	2 eggs

Measure dry milk into pitcher or bowl. Add water, salt, vanilla and frozen orange juice, undiluted, and mix well. Add two or three tablespoons of milk-orange mixture to eggs and beat until whites are well broken up but not frothy. Stir eggs into milk-orange mixture and chill several hours or overnight before serving.

SEAFOAM PUNCH

Melva Berkland

"A dairy-farming cousin in Scott county gave me this recipe. Serving it has become a tradition at the reception for newly-confirmed members of our church in Ames."

2 cups milk	2 cups milk
1 small pkg. lime Kool Aid	2 cups vanilla ice cream
1/2 cup sugar	4 12-oz. cans 7-Up
2 cups lime sherbet	

Blend in blender 2 cups milk, Kool Aid, sugar, sherbet. Pour into punch bowl. Blend milk and ice cream and add to mixture in punch bowl. At serving time add 7-Up and stir. Makes 28 4-oz. servings. Vary this punch by choosing other flavors of Kool Aid and a matching flavor of sherbet.



WASSAIL

Laura Dailey

"This hot punch is a traditional drink at our house during the holidays. Everyone welcomes it after coasting or any other outing on a cold day. It's good reheated as long as it lasts."

1 1/4 tsp. nutmeg	1 6-oz. can frozen orange juice
2 1/4 tsp. ground allspice	Juice of 5 lemons
2 1/4 tsp. ground cloves	5 quarts apple juice
2 2-inch sticks cinnamon	3/4 cup sugar

Combine spices in bag. Dilute orange juice according to directions. Add with lemon juice and sugar to apple juice. Suspend spice bag in juices, simmer 15 minutes. Remove spice bag and serve hot.

TOMATO JUICE COCKTAIL (WITHOUT)

Bess Ferguson

"I tried a good many recipes for a hot tomato juice cocktail 'without' that is as good as some 'with'. This one has pleased old and young, teetotaler and non."

1 46-oz. can tomato juice	5 chicken bouillon cubes
1 46-oz. can mixed vegetable juice	1 tsp. sugar
5 cups water	1/4 tsp. Worcestershire sauce

Combine all ingredients and heat to not quite boiling. Stir well to be sure bouillon cubes are dissolved. Taste and correct seasoning if necessary.

One good cook makes SPICED TEA by using this recipe. Chop in the blender 4 inches of stick cinnamon, 1 tbsp. candied ginger, 2 tsp. whole cloves. Combine with 3 cups loose orange pekoe tea and 1/4 cup shredded orange peel. Heat, covered, in 300° oven for 15 to 20 minutes. Spoon into jar with tight fitting lid. Seal. Store in cool place at least one week. To prepare tea, use 1 to 2 tsp. mixture for each 6 cups boiling water. Steep 2 minutes.

RHUBARB PUNCH

Melva Berkland

"I heard this recipe on a radio program, but apparently it's been around for some time because it brought back memories to various older friends when I've served it. In the winter when I make it from frozen rhubarb, we consider it a harbinger of a new season since rhubarb is one of the first faithful Iowa plants to show life in the spring."

3 pints water	1/3 cup orange juice
1 quart cut rhubarb	4 tbsp. lemon juice
1 1/2 cups sugar	1 pint 7-Up

Cook rhubarb in water until soft; strain through cloth and discard pulp. Add sugar to juice. Bring to a boil. Cool. Add orange juice and lemon juice. At serving time add 7-Up. Makes 2 quarts or 16 one-half cup servings.

TROPICAL TREAT

Patricia S. Steiner

"This treat is simple enough for children to make and it's nutritious, too. It is a good beverage to take on a picnic—you can make it right on the spot by stirring briskly instead of using the blender."

1 13 1/4-oz. can pineapple tidbits	2 cups cold water
1 cup sugar	1/3 cup freshly squeezed lemon juice
1 15-oz. pkg. lemon-lime Kool Aid	4 cups ice water

Combine pineapple, sugar, Kool Aid and 2 cups cold water in blender and whirl until smooth and frothy. Stir this mixture into ice water. Makes about 2 quarts of thirst-quencher.

One good cook makes a quick refreshing summer drink, called AMBER COOLER, with this recipe. Combine 2 cups hot tea, 1/2 cup sugar, 2 cups grapefruit juice and 2 cups pineapple juice. Stir until sugar is dissolved. Chill. Just before serving add ginger ale and pour over ice cubes in tall glasses. Serves 8.

SNOW MOUNTAIN PUNCH

Margaret Jagger

- | | |
|-----------------------------------|---|
| 1 can frozen lemonade concentrate | 3 7-oz. bottles lemon-lime carbonated beverage, chilled |
| 3 ripe bananas | 1 cup lemon sherbet |
| 1 cup light cream | 3 tbsp. flaked coconut |

Blend lemonade and sliced bananas in blender until pureed. Add cream, chill. When ready to serve add lemon-lime beverage, stirring gently to blend. Serve in small glasses or punch cups. Top with spoonfuls of lemon sherbet; sprinkle with flaked coconut. Makes about 6 cups punch.

CHURCH PUNCH

Helen Buchele

- | | |
|-----------------------------|------------------------------------|
| 1 pkg. lemon Kool-Aid | 1 6-oz. can frozen lemonade |
| 1 qt. water | 1 6-oz. can frozen pineapple juice |
| 1 cup sugar | 6 cups water |
| 1 46-oz. can Hawaiian Punch | 1 qt. gingerale |

Mix Kool-Aid, water and sugar, stir until dissolved. Add remaining juices and water, stir. Just before serving pour mixture over ice ring in punch bowl. Add gingerale, mix carefully. Makes 40 servings of 3/4 cup each.

APPLE ZIP PUNCH

Julia Nelson

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|--------------------------------------|--|
| 6 cups apple juice or cider, chilled | 2 10-oz. bottles lemon-lime carbonated beverage, chilled |
| 2 6-oz. cans frozen pink lemonade | Ice cubes |

Combine juices, stir. Add carbonated beverage. Pour over ice cubes in glasses. Makes 8 servings.



RAISIN-SPICE BREAD

Irma Langland

"This recipe is more than 100 years old. Then as now, cooks had to stretch the food dollar and this bread really does the trick in a delicious way. Little slices for a tea table or big ones for a picnic are always welcome."

2 cups sugar	1 tsp. nutmeg
2 cups water	1 tsp. cinnamon
1 cup raisins	3 1/2 cups flour
3/4 cup shortening	1/2 tsp. salt
1/2 tsp. cloves	1/2 tsp. soda
1 tsp. allspice	1 cup nuts (optional)

Combine sugar, water, raisins, shortening and spices. Bring to boil over medium heat and cook 5 minutes—no longer! Cool. Sift flour, salt and soda together. Combine the two mixtures—the batter will be thin. Add nuts if desired. Pour into two 9 x 5-inch well greased bread pans and bake at 350° for 45 to 60 minutes or until tester comes out clean.

COLONIAL INN DATE NUT BREAD

Betty Roy

"There were married graduate students even back in the depression of the 1930's! This recipe was given to me by a fellow graduate student wife at Harvard University. Her husband is a geologist, too!"

1 cup dates, cut up	1/2 tsp. salt
1 tsp. soda sprinkled over dates	1 cup sugar
1 cup boiling water	1 beaten egg
1 tbsp. butter	1 1/2 cups flour
	1/2 cup chopped nuts

Mix ingredients in order listed. Bake in greased loaf tin at 350° for 1 hour. This bread is good on an hors d'oeuvre tray when sliced thin and spread with softened Philadelphia cream cheese.

GOBS OF GUMDROPS BREAD

Marjorie P. Groves

"Make this quick bread ahead. Warm before serving. Slices are colorful and polka dotted."

3 cups sifted all-purpose flour	1 1/2 cups milk
3/4 cup sugar	2 tbsp. cooking oil
3 1/2 tsp. baking powder	1/2 cup chopped walnuts
1 tsp. salt	3/4 cup snipped gumdrops
1 beaten egg	

Sift together flour, sugar, baking powder and salt. Combine egg, milk, cooking oil, nuts and gumdrops. Add to dry ingredients, mixing just until combined. Pour into greased and floured 9 x 5-inch baking pan. Bake at 350° for 1 hour. Remove from pan. Cool on rack. Makes 1 loaf.

SHERON'S HEALTH BREAD

Sheron Buchele

"This recipe is adaptable. I sometimes add several kinds of dried fruits and nuts. In place of part of the whole wheat flour, I substitute a mixture of variety flours such as rye, soy, corn meal or toasted wheat germ. It all depends on what I have on hand or what suits my fancy at the moment. My friends say, 'Here comes Sheron and her healthy bread' when I take my bread to a bring-a-dish party."

1 cup sifted white flour	1 cup raisins
2 cups whole wheat flour	1 1/2 cups milk
1 tsp. salt	1 tsp. soda
1/2 cup brown sugar	1/2 cup unsulphured molasses

Mix flours, salt, sugar and raisins in large mixing bowl. Dissolve soda in milk, add molasses and stir. Add liquid to dry ingredients and mix thoroughly. Pour into 1 large or 2 small well-greased bread pans. To prevent bread from cracking on top, let set one-half hour before baking. Bake 1 to 1 1/2 hours at 325°. Turn out of pan and cool on wire rack. Especially good served warm, spread with butter.

ORANGE BREAD

Louise Haug

"Esther Rawson used to make this bread for Business and Professional Women and church potlucks. If she didn't bring it, she was asked to explain."

Juice of 1 orange, plus boiling water to make 1 cup	
Orange peel ground, plus raisins to make 1 cup	
1 tsp. soda	1 beaten egg
1 cup sugar	2 cups flour
2 tbsp. butter	1 tsp. baking powder
1 tsp. vanilla	1/8 tsp. salt

Peel orange leaving some of the white on the peel. Grind orange rind with coarse blade of grinder, add enough raisins to make 1 cup. Grind again to mix orange rind and raisins. Squeeze juice from peeled orange, add enough boiling water to make 1 cup. Pour over raisin and orange peel mixture. Stir in soda. Add butter and vanilla. Let stand until cool. Stir in beaten egg. Sift flour, baking powder and salt together. add gradually to fruit mixture. Beat well. Pour into greased 9 x 5-inch bread pan. Bake at 350° about 1 hour. Turn out of pan and cool on wire rack. Slice thin, spread with butter or cream cheese to make sandwiches, cut into narrow strips for smaller servings.

ALL-BRAN PAN BREAD

Mitzi Ferguson

"Measure, beat and sift sets of ingredients early in the day and put together while the oven heats."

1/4 cup sugar	3 tsp. baking powder
1/4 cup vegetable oil	1/2 tsp. salt
1 egg	1/2 cup milk
1 cup sifted flour	1 cup All-bran

Beat sugar, oil and egg well. Sift flour, baking powder and salt together and stir into first mixture with milk. Fold in All-bran and pour into well greased 8 x 8-inch pan. Bake 15 to 20 minutes at 400°. Cut in squares. Serve with butter and honey.

HEBRON BREAD

Jav Walker

"My mother started off all three of her daughters as new brides with a set of handwritten family recipes. Now, years later, I find that each of us has been using this recipe as a special one to be brought out for family celebrations and occasions with good friends. It makes a good bread, without the optional nuts, for people on low-cholesterol or fat-free diets. The name probably comes from a Biblical reference to Abraham when he lived near the city of Hebron where he kept two kinds of flour, wheat for the rich and barley for the poor."

2 cups fresh buttermilk	2 tsp. soda dissolved in
1/2 cup sugar	1 tbsp. water
1/2 tsp. salt	1/2 - 3/4 cup chopped nuts
3 cups graham flour	or raisins or mixed candied fruit (optional)

Mix all ingredients together, adding the soda dissolved in water last. Put in greased bread pan. Let rise 1/2 hour. Bake at 350° for 1 hour. No buttermilk? Add 2 tsp. vinegar to 2 cups sweet milk.

APRICOT BREAD

Velma Lafrenz

"This bread is colorful and delicious. Put thin slices together with butter, cream cheese or pineapple-cheese spread for little sandwiches on the tea table tray."

2 cups sifted flour	1/3 cup snipped uncooked
4 tsp. baking powder	dried apricots
1 tsp. salt	1 egg, well beaten
2/3 cup sugar	1 cup milk
1/3 cup chopped nuts	2 tbsp. melted shortening

Sift flour, baking powder, salt and sugar together. Stir in nuts and apricots. Combine egg, milk and melted shortening and blend into other ingredients. Pour into well-greased 9 x 5-inch loaf pan and bake 1 hour at 375°.

DANISH PASTRY

Sandra Hammerand Uelner

"This flaky pastry is a good non-crumbling finger food for a morning coffee. It tastes sweet but the only sugar is in the icing."

1 cup flour	2 or 3 tbsps. cold water
1/2 cup butter or margarine	

Cut butter into flour with pastry blender and add water to make a soft dough. Divide dough in half and pat each into a long strip, about 3 x 12-inches on a lightly greased baking sheet.

1/2 cup butter	1 cup flour
1 cup water	3 eggs
1 tsp. vanilla extract	

Bring butter and water to a rolling boil. Remove from heat and add vanilla. Dump in flour all at once and stir briskly until dough is smooth and leaves the sides of the pan. Add eggs, one at a time, beating well after each one. Beat until dough sticks to sides of the pan. Spread this dough evenly on strips of dough and bake 1 hour at 350° or until lightly browned and crisp. Top layer may fall but that doesn't matter. Cool before frosting.

1/4 cup soft butter	1 cup powdered sugar
1 unbeaten egg white	1/2 cup chopped nuts

Beat butter and egg white and add powdered sugar to make a paste. Spread on cooled pastries and sprinkle with chopped nuts. Cut crosswise in narrow strips to serve.

ALMOND COFFEE CAKES. Susie Zaffarano makes coffee cakes exactly like Mrs. Uelner's pastries except she flavors them with 1 tsp. almond extract instead of vanilla and frosts them with a glaze of 1 cup sifted powdered sugar, 1/2 tsp. almond extract, 1 tbsp. butter and 2 or 3 tsp. orange juice. Either the pastries or coffee cakes may be frozen unfrosted and heated and frosted when needed.

BANANA BLUEBERRY BUCKLE

Nancy Snider

"What do food editors do with leftovers after a photographing session? They take them home and use them. A ripe banana joined some blueberries to make a delicious hot bread, called a buckle because the loaf buckles in the center as it bakes."

2 cups flour	1/2 tsp. ginger
1/2 cup sugar	1/2 cup vegetable shortening
3/4 tsp. salt	2 eggs
1 1/2 tsp. baking powder	3/4 cup mashed ripe banana
1/2 tsp. soda	3/4 cup milk
1/2 tsp. allspice	1/2 cup blueberries, fresh, frozen or well-drained canned

Combine all ingredients, except blueberries, in the order listed, and beat until batter is well mixed, about 100 strokes by hand or one minute with mixer. Gently fold in blueberries. Spread batter evenly in a greased and floured 9 x 9-inch pan. Make the topping:

1/3 cup flour	1 tsp. cinnamon
1/3 cup firmly packed brown sugar	1/4 tsp. salt
1/3 cup sugar	1/4 cup melted butter

Mix flour, sugars, cinnamon and salt and sprinkle evenly over cake batter. Drizzle melted butter over the top. Bake about 45 minutes at 350° or until the buckle is a golden brown and begins to pull away from sides of the pan. Serve warm with butter or whipped cream cheese.

One good cook makes BACON BARS to serve for a hearty breakfast. Fry until crisp, 6 slices bacon, crumble. Add bacon and 1/2 cup shredded sharp cheese to 2 cups packaged biscuit mix. Combine 1/2 cup milk, 1 tbsp. soy sauce and 3 tbsp. bacon drippings. Add to dry ingredients, stir well. Pour out of bowl onto floured board, knead a few seconds. Roll into a 10 x 6-inch rectangle. Cut into six 10-inch strips, 1 inch wide. Cut each strip into thirds crosswise to make 18 bars. Place on ungreased baking sheet. Bake at 450° for 10 minutes.

CHERRY-PECAN BREAD

Alice Holmes

"Little sandwiches made with this colorful bread and cream cheese add variety to the tea table set for a reception."

1 4-oz. jar maraschino cherries	1/2 tsp. soda
1 cup sugar	3/4 tsp. salt
1/2 stick margarine	1/4 cup orange juice
1 egg	1/4 cup syrup from cherries
2 cups sifted flour	1/4 cup water
3 tsp. baking powder	1 cup chopped pecans

Cut cherries in quarters and drain into measuring cup. Cream sugar, margarine and egg until light and fluffy. Sift flour, baking powder, soda and salt together. Combine cherry juice, orange juice and water to make 3/4 cup liquid. Stir flour mixture into sugar-margarine-egg mixture with liquids. Fold in cherries and pecans. Pour into well-greased and floured 9 x 5-inch bread pan and allow to set 1/2 hour before baking at 350° about 1 hour or until tester comes out clean. Chill overnight before slicing.

CHEESE-CRANBERRY BREAD

Mrs. Ted Arp

"This bread, with its topaz and ruby flecks, freezes well."

2 cups sifted flour	1 cup milk
1 cup sugar	1 egg, slightly beaten
1/2 tsp. salt	Grated rind of 1 orange
3 tsp. baking powder	1/4 cup butter, melted
2 cups cranberries, cut in half	1 1/2 cups shredded Cheddar cheese
1/2 cup chopped nuts	

Sift dry ingredients together. Stir in cranberries and nuts. Combine milk, egg, orange rind and melted butter and stir into dry ingredients along with cheese. Spread evenly into buttered and floured 9 x 5-inch loaf pan, making corners and sides slightly higher than middle. Bake 1 hour at 350°. Cool 10 minutes before turning out of pan. Store overnight before slicing.

MAKE-AHEAD COFFEE CAKE

Sharon Forssman

"When you have guests for breakfast or a morning coffee, this coffee cake is a good one to put together the day before, tuck in the refrigerator and bake while the coffee perks."

2/3 cup margarine	1 tsp. baking powder
1 cup sugar	1 tsp. soda
1/2 cup brown sugar	1/2 tsp. cinnamon
2 well-beaten eggs	1 cup buttermilk
2 cups sifted flour	

Cream margarine and sugars. Add well-beaten eggs. Sift flour, baking powder, soda, salt and cinnamon together. Add to creamed mixture, alternating with buttermilk. Spread in greased and floured 9 x 13-inch pan.

1/2 cup brown sugar	1/2 tsp. nutmeg or
1/2 cup chopped nuts	cinnamon

Mix sugar, nuts and spice and sprinkle over batter. Bake 35 minutes at 350°.

GRITTY WHOLE WHEAT MUFFINS

Bess Ferguson

"Wheat grits make these muffins different. If you don't find the grits in the grocery, look for them in a health food store."

1/4 cup brown sugar	3 tsp. baking powder
1/3 cup soft margarine	1/2 tsp. soda
1 egg	1/2 tsp. salt
1 cup whole wheat flour	1/2 cup wheat grits
1/2 cup white flour	1 cup milk or buttermilk

Cream sugar, margarine and egg. Sift flours, baking powder, soda and salt together. Stir in grits. Add flour mixture to sugar mixture with buttermilk, stirring only enough to moisten flour. Spoon into well greased muffin cups and bake 15 to 20 minutes at 425°. Makes 12 regular or 24 tiny muffins.

BUTTERCREAM COFFEE CAKE

Carol L. Anderson

"This coffee cake is special for family day brunches." (Carol is from dairyland, Wisconsin, so any substitution for dairy products in this recipe is at your own risk. Ed.)

1/2 cup butter	1/2 tsp. baking powder
2/3 cup sugar	3/4 tsp. soda
2 eggs	1/2 tsp. salt
1 tsp. vanilla	1 cup sour cream
1 1/2 cups flour	

Cream butter and sugar until light and fluffy. Add eggs, one at a time and beat well. Blend in vanilla. Sift flour, baking powder, soda and salt together and stir into creamed mixture alternately with sour cream, beginning and ending with flour mixture. Spread in greased 9 x 9-inch pan and sprinkle on topping.

1/3 cup butter	1 tsp. cinnamon
3/4 cup flour	1/2 cup chopped nuts
1/3 cup brown sugar	

Cut butter into flour, brown sugar and cinnamon until crumbly and stir in nuts. Sprinkle over cake batter and bake 45-50 minutes at 325°. Cool. Remove from pan, cut in half and put halves together with this buttercream filling.

1/4 cup flour	2/3 cup butter
1/3 tsp. salt	1 tsp. vanilla
1 cup milk	1 cup sugar

Add milk gradually to flour and salt and beat until smooth. Cook over low heat until thick, stirring constantly. Cool and cream with butter. Add vanilla, gradually add sugar and beat until fluffy. Spread half on one half of cake, set other half of cake on top and spread it with rest of filling. Serves 12-16.

One good cook brushes ready-to-bake biscuits with milk and sprinkles them with poppy or sesame seed before baking.

WHOLE WHEAT THINSIES

Bernice E. Barnes

"These crackers add variety to cookie plates at receptions and people looking for something not sweet enjoy them especially. Good with spreads."

1 cup unsifted whole wheat flour	1/3 cup salad oil
1 cup white flour	3/4 cup milk
1/2 tsp. salt or 1 tsp. garlic salt	1 tsp. molasses
2 tbsp. wheat germ	1 tsp. coarse salt or 3 tbsp. toasted sesame seed

Stir flours, salt and wheat germ together. Mix salad oil, milk and molasses and stir into flour mixture until the dough clears the sides of the bowl. Divide dough in half and set each portion in the center of a lightly greased 12 x 15-inch cookie sheet. With a floured rolling pin, roll lightly and evenly to the edges of the pan. Prick dough with a fork, sprinkle with coarse salt or toasted sesame seed and press lightly with rolling pin. With a pastry wheel or a knife, cut dough into 1 1/2-inch squares. Leave on the cookie sheet and bake about 20 minutes at 350°. Transfer to a rack to cool. Store in airtight containers at room temperature. Makes about 13 dozen.

PUMPKIN WALNUT BREAD

Diane Lohr

"This bread pleases those of us who aren't usually pumpkin fans. Thin slices put together with pineapple-cream cheese are a treat."

3 cups flour	1 3/4 cups cooked pumpkin
6 tsp. baking powder	1 1/2 cups light brown sugar
1 tsp. cinnamon	1/2 cup butter, melted
1/2 tsp. nutmeg	3 eggs, lightly beaten
1/2 tsp. salt	2 cups chopped walnuts

Sift dry ingredients together. Mix pumpkin, sugar, butter and eggs together. Add dry ingredients and mix thoroughly. Add nuts and pour into 2 well-oiled 9 x 5-inch loaf pans. Bake 30 minutes at 350°. Store several hours or over night before slicing.

SCOTTISH OAT CAKES

Elisabeth Willis

"The recipe for these little wafers to serve with salads and drinks came to me from a small cookbook, 'Heavenly Cooking,' compiled by the Episcopal women of Norwood Parish, Bethesda, Maryland. It makes a lot of oat cakes!"

1/4 cup butter	1 tbsp. sugar
1/4 cup margarine	1 tsp. salt
1/2 cup hot water	1/4 tsp. soda
1/2 cup flour	2 cups quick rolled oats

Melt butter and margarine in hot water. Sift flour, sugar, salt and soda together, stir in rolled oats, add to butter and water mixture and beat vigorously until smooth. Cover and let rest 20 minutes. Roll about 1/4-inch thick and cut into 2-inch squares. Place on ungreased baking sheet and bake about 15 minutes at 400° or until lightly browned. How long depends on thickness of oat cakes.

BLUEBERRY MUFFINS

Mitzi Ferguson

1/2 cup sugar	3 tsp. baking powder
1/4 cup shortening	1/2 tsp. salt
1 egg	1/2 cup milk
1 1/2 cups sifted flour	1 cup fresh or frozen blueberries or 1/2 cup canned, well drained

Cream sugar, shortening and egg until light and fluffy. Sift flour, baking powder and salt together. Add, with milk, to first mixture and mix until smooth. Fold in blueberries and spoon into well greased muffin cups. Bake 15 to 20 minutes at 400°. If muffins must wait, turn off heat and turn muffins on sides in pans.

Save liquid from canned blueberries—add it to grape juice.

APPLE MUFFINS. Substitute 1 cup chopped apple with peel for blueberries, sift 1/4 tsp. cinnamon with flour and stir 1/4 tsp. vanilla into milk.

REFRIGERATOR BRAN MUFFINS

Ruth Hamilton

"This mixture keeps up to a month in the refrigerator. Bake just the number you want for a meal. Good for breakfast or with soup or a salad."

1 cup bran flakes	2/3 cup shortening
1 cup boiling water	1 1/2 cups sugar
2 1/2 cups flour	2 eggs
2 1/2 tsp. soda	2 cups buttermilk
3/4 tsp. salt	2 cups All-bran

Pour boiling water over bran flakes and cool. Sift flour, soda and salt together. Cream shortening and sugar. Add eggs and beat well. Add bran-water mixture and buttermilk alternately with flour mixture. Bake in greased muffin tins 20 to 25 minutes at 350°. Or refrigerate batter in tightly covered container until you want freshly baked muffins.

RAISIN-BRAN MUFFINS. Karen Hull makes refrigerated bran muffins similar to Ruth Hamilton's except she uses raisin bran for part of the bran combination and doubles the recipe. She suggests adding more raisins if you like and using reconstituted dry buttermilk since it works fine and costs less than fresh buttermilk.

OLIVE-NUT BREAD

Diane Lohr

"Slices of pimento-stuffed green olives color this bread."

2 1/2 cups sifted flour	1/2 cup dairy sour cream
1/3 cup sugar	1 cup milk
1/2 tsp. salt	1/2 cup stuffed olived, sliced
4 tsp. baking powder	1/2 cup nuts, chopped
1 egg	

Sift dry ingredients together into bowl. Beat egg, add sour cream and milk and stir until smooth. Add to dry ingredients and mix only to dampen flour. Add olives and nuts, stirring as little as possible. Pour into a greased 9-inch pie pan. Bake 25 to 30 minutes at 350°.

COMPANY WAFFLES

Bess Ferguson

"Waffles are versatile. You can serve them for breakfast with a spicy syrup, or for lunch topped with creamed chicken, or for a dinner dessert, spread with strawberry jam and topped with a dollop of ice cream."

2 cups sifted cake flour	3 eggs, separated
1 tbsp. sugar	1 1/2 cups milk
4 tsp. baking powder	1/2 cup butter, melted
1/2 tsp. salt	

Sift flour, sugar, baking powder and salt together. Beat egg yolks, stir in milk and melted butter. Add liquids to dry ingredients and beat until smooth. Beat egg whites until stiff and fold into batter. Pour batter from pitcher and fill iron about 3/4 full. Follow manufacturer's directions for baking waffles. Serve with Whipped Butter.

1 cup soft margarine	1/4 cup frozen orange juice,
1/4 cup powdered sugar	thawed but not diluted

Beat margarine, powdered sugar and orange juice until well blended.

One good cook makes WAFFLE TOPPINGS for hot waffles.

1. Orange-maple syrup. Combine in medium saucepan 1 1/2 cups maple-flavored syrup, 1 cup butter, 1 1/2 tsp. grated orange peel. Bring to boil, simmer, uncovered, 3 minutes. Serve hot.
2. Sour Cream Topping. Combine 1 1/2 cups dairy sour cream, 2 tbsp. honey, 2 tbsp. light brown sugar and 1/8 tsp. nutmeg. Blend thoroughly and serve at room temperature.
3. Blueberry Sauce. Drain liquid from 1 14 1/2-oz. can blueberries into small saucepan. Stir in 2 tbsp. light corn syrup. Bring to boil; reduce heat and simmer 10 minutes. Stir in blueberries. Serve warm.
4. Hot Maple Syrup. Combine 1 cup dark-brown sugar with 1/2 cup water in medium saucepan. Boil, uncovered, 5 minutes. Add 1/4 tsp. maple flavoring and 2 tbsp. butter or margarine. Serve hot.
5. Spicy Applesauce. Combine 1 1-lb. can applesauce, 1 tbsp. butter or margarine, 1/2 tsp. nutmeg and 1/2 tsp. cinnamon. Blend. Serve warm.

HOW WAFFLES CAME TO BE

Did you ever wonder who invented waffles and how they got their name? Here is one story:

Sir Giles Wimple came home from a long journey in 1204 to his country place in Cornwall and found his good wife, Ermintrude, baking cakes. She bussed him on both cheeks and asked him to tell her about his pilgrimage.

Sir Giles, attired in a full suit of chain armor, relaxed on the settle by the fire. "Ye feet are damne near killyng me," he sighed, and he regaled his wife with an account of his journey to Jerusalem.

"I hadda hunche thou wolde be back today," she said when he had finished, "and did thy favorite oaten cake bakey-bake."

"Hot dogge!" exclaims Sir Giles. "Fain wolde I eate it now."

Lady Ermintrude glanced into the oven and discovered, to her horror, that it was not there. "Giles! Methinks 'tis on the settle!"

Sir Giles clanked hastily to his feet. There on the settle lay a disk of delicately browned pastry, smashed as flat as a pancake, except for little rows of indentations—the imprint of Sir Giles' chain armor.

Lady Ermintrude flew into high dudgeon when she saw it. "'Tis ruined!" she cried.

"Fetch me a firkin of Devon butter and I will eate ye whole damne thyng," Sir Giles declared.

He spread butter over the still warm cake and began devouring it with great relish. Lady Ermintrude, noting how the pattern on the cake caught and held the melted butter, was tempted to taste it herself.

"Pardon ye ermintrusion," she said. "Methinks I will trye just a smydgn."

She liked it because of the little indentations that kept the butter from running away. So every Friday Sir Giles put on his suit of chain armor and sat on the oaten cakes his good lady baked. Her fame spread throughout the land and the cakes were called "waffles" because that word is easy to say when one's mouth is full.

CINNAMON TWISTS

Marion Weiss

"These spicy rolls are my family's favorites and they eat them by the handful. Committee members like them, too, with a cup of hot coffee. They are especially good the first day but if you freeze them, unfrosted, you can reheat and frost them and they will be just as good."

3/4 cup sour cream	1/8 tsp. soda
1 pkg. dry yeast	1/4 tsp. salt
1/4 cup lukewarm water	1 large or 2 small eggs,
3 cups flour	beaten
3 tbsp. soft butter	Soft butter
1/4 cup sugar	Chopped nuts
	Cinnamon-sugar mixture*

Warm sour cream over hot water. Dissolve yeast in lukewarm water. Combine flour, butter, sugar, soda, salt and beaten eggs and stir in sour cream and yeast. Knead, adding more flour if necessary, until the dough is smooth and elastic, several minutes. Roll out on lightly floured board to a rectangle about 12 x 16 inches. Spread half the dough, lengthwise, with soft butter, sprinkle with nuts and cinnamon-sugar. Fold other half of dough over filling and pinch lengthwise edges together. Slice into 1-inch strips and cut each strip in thirds. Twist each piece into a curl and place on greased baking sheet. Let rise in warm place 1 hour and bake 15-20 minutes at 325°. Frost while warm with a glaze made of 1 cup of powdered sugar and 1 tbsp. orange juice.

* Cinnamon-sugar: Mix 1 tsp. cinnamon with 1 cup sugar.

One good cook fills yeast rolls with mince meat for holidays. Crumble two small boxes of mincemeat into 1 1/2 cups water. Heat and stir until lumps are broken. Boil briskly one minute. Cool. Spread onto 18 x 9 inch rectangle of yeast dough. Roll dough like jelly roll. Cut into 1 1/2 inch slices. Place cut side down in greased baking pan. Bake in 350° oven 20 to 25 minutes. Frost with 3/4 cup powdered sugar, 2 tbsp. hot milk and 1/4 tsp. rum extract. Here's a slick trick for cutting slices: Slip a 12-inch piece of No. 8 thread under roll; bring thread ends above roll, criss-cross ends, pull quickly and sharply to cut.

PECAN SWEET ROLLS

Peggy Bautista

"I have fond memories of my mother baking these rolls in the winter and of eating them slathered with our own homemade butter."

1 cup milk	2 pkgs. yeast
1/2 cup sugar	1 1/2 cups lukewarm water
4 tsp. salt	2 slightly beaten eggs
6 tbsp. margarine	7 cups flour

Scald milk and stir in sugar, salt and margarine. Mix yeast with lukewarm water, stir until dissolved and cool. Add to milk-sugar mixture and stir in slightly beaten eggs. Add flour, beating until smooth—the dough will be quite sticky. Turn it out on a well-floured board and knead until smooth and elastic. Place dough in a greased mixing bowl, cover and let rise in a warm place until doubled. While it is rising, make the caramel.

1 cup brown sugar	1/2 cup margarine
2 tbsp. light corn syrup	1 cup pecan halves

Heat brown sugar, syrup and margarine slowly, stirring often. Divide evenly between two 8 x 8 x 2-inch pans. Dot liberally with pecan halves, top side down. After dough has doubled in bulk, turn out on a lightly floured board and roll into a rectangle about 18 by 24-inches. Spread with soft margarine or butter and sprinkle with a mixture of 1 cup sugar and 3 teaspoons cinnamon. Roll dough up like a jelly roll, cut in one-inch slices and arrange, cut side down, in prepared pans. Cover and let rise until doubled. Bake 20-25 minutes at 350°. Cool 2 or 3 minutes before inverting pans to remove rolls. Makes about 4 dozen rolls.

One good cook makes SESAME BREADSTICKS with this recipe. Take one package refrigerated Parker House rolls. Roll each one into a pencil-like rope 10 inches long. Brush with water, sprinkle with 1 tbsp. toasted sesame seed and place on greased baking sheet. Bake 8-10 minutes at 375°. Makes 20 breadsticks.

SILVER-DOLLAR ROLLS

Grace Bolt

"A tasty roll, good for parties. The dough may be refrigerated two or three days."

3 cups warm water	2 eggs, beaten light
1 pkg. yeast	1/8 tsp. salt
3 tbsp. soft lard	7 or more cups flour
3/4 cup sugar	

Mix water and yeast. Add lard. Stir in sugar, salt and beaten eggs. Add flour, 1 cupful at a time, to make a soft dough. Set in warm place and let rise until doubled in bulk. Punch down and make about 3 dozen little rolls the size of a silver dollar. Place on greased baking sheet and let rise until doubled. Bake 15-20 minutes at 350° or until nicely browned.

DILLY CASSEROLE BREAD

Bernice E. Barnes

"There are recipes and recipes for casserole bread. My family likes this bread best."

1 pkg. dry yeast	2 tsp. dill seed or weed
1/4 cup warm water	1 tsp. salt
1 cup creamed cottage cheese	1/4 tsp. soda
2 tbsp. sugar	1 unbeaten egg
1 tbsp. instant onion	2 1/4 - 2 1/2 cups sifted flour
1 tbsp. butter	

Soften yeast in warm water. Combine cheese, sugar, onion, butter, dill, salt, soda, egg and softened yeast. Add flour a little at a time, beating well after each addition. Cover and let rise in warm place until light and doubled in size, about an hour. Stir dough down and turn into a well-greased 1 1/2 to 2-quart greased round casserole. Let rise in warm place until light, 30-40 minutes. Bake at 350° 40-50 minutes to a golden brown. Brush with soft butter and sprinkle with salt.

GRANDMA BUMP'S WHOLE WHEAT BREAD

Marilyn Sealine

"This is my mother's recipe for which she was justly famous during her lifetime."

1 cake yeast	2 tbsp. lard
1 cup lukewarm water	1 1/2 cups whole wheat flour
1 cup milk	2 tsp. salt
4 tbsp. brown sugar or	3 1/2 cups white flour
2 tbsp. brown sugar and	
2 tbsp. country sorghum	

Dissolve yeast in lukewarm water. Scald milk and melt brown sugar and lard in it. When cool, add yeast mixture to milk mixture. Add whole wheat flour, salt and 1 1/2 cups white flour. Mix well. Place rest of flour (2 cups) on breadboard and pour mixture into it, kneading the flour into a smooth dough.

"Throw the dough!" (This means to pick it up and hold above your shoulder. With a smart twist of the wrist, "throw" it onto the board, thus smacking out the air holes and kneading at the same time. Do this about 18 times.) Cover and let rise in a warm place until double. Place in 2 well-greased loaf pans and let rise again. Bake at 350° for 45 minutes. Let cool on racks and brush with butter for soft crust.

One good cook bakes RYE BATTER BREAD on busy days. Measure 2 1/2 cups warm water into large mixer bowl. Sprinkle in 2 pkgs. dry yeast and stir until dissolved. Add 1/4 cup honey, 1/4 cup margarine, 4 tsp. salt, 2 cups rye flour and 2 cups white flour. Blend on low speed of electric mixer, beat 2 minutes at medium speed. Add 3 1/2 cups additional white flour gradually, finish mixing until smooth with wooden spoon. Cover and let rise in warm place, free from draft, until doubled in bulk, about 30 minutes. Stir batter down and beat 25 strokes. Spread evenly in 2 greased 9 x 5-inch loaf pans. Smooth out top of loaf by lightly flouring hands and patting into shape. Cover and let rise until dough reaches top of pan, about 40 minutes. Bake 45-50 minutes at 375°. (Two tbsp. caraway seeds may be added with the honey, etc.)

GRANDMOTHER BENSON'S WHITE BREAD

Martha Benson

"Everyone loves homemade bread. These loaves disappear in a hurry at the Octagon dinners for musicians taking part in the Ames International Orchestra Festivals. International guests seem especially pleased. This bread is quick and easy to make and it freezes beautifully."

2 cups milk	2 cups warm water
6 tbsp. sugar	3 pkg. dry yeast
2 tbsp. salt	10 cups flour
3 tbsp. shortening	

Scald milk and pour over sugar, salt and shortening. Let stand until luke warm. Sprinkle yeast over warm water, stir and let stand until bubbly. Combine the two mixtures and stir in half the flour. When well mixed, add remaining flour and beat until smooth. The dough will be very soft. Let it rise about 40 minutes in a warm place until doubled in bulk. Stir down, turn out on floured surface and knead a few minutes, adding more flour only if you need it to make the dough easy to handle. Divide into four parts, knead each one a little to form a small loaf and put in well greased pans, about 9 x 5-inches. Set in a cold oven, set baking temperature at 350° and bake 45 minutes. Set pans on cooling rack, butter tops of loaves and let rest 10 minutes before turning out of pans. Cool completely before slicing. Four medium sized loaves.

One good cook gives company-best care to yeast breads down to the last crumb. Remove bread from pan as soon as it is out of the oven. Cool on a rack or crosswise on bread pans in a draft-free place. When thoroughly cooled, store bread in a plastic bag. Bread may be stored in the freezer for as long as 2 months without any effect on quality. Thaw it in the same wrapper. To reheat bread, remove from plastic bag, place in paper bag. Sprinkle water on bag or wrap in aluminum foil. Heat in 400° oven for 10 minutes. Speaking of the last crumb, slice entire loaf at once and store all crumbs in a tight container in the freezer to use as casserole toppings or in recipes.

DELIGHTFUL FRENCH BREAD

Winnifred Cannon Jardine

"Our 12-year old daughter, Ann, and I bake this bread for her to sell for her clothes money. We are now in our third year of 4 loaves a day, 5 days a week. It makes a great gift, too."

2 1/2 cups warm water	6 cups flour, stirred
2 tbsp. sugar	before measuring
1 tbsp. salt	1 egg
2 tbsp. cooking oil	Sesame or poppy seed
2 pkg. dry yeast	

Pour warm water (105° to 115°) into a large mixing bowl and stir in sugar, salt, oil, half the flour, and yeast. Beat vigorously 2 or 3 minutes. Stir in remaining flour and stir until all dry ingredients are thoroughly mixed. Leave the spoon in the heavy batter and allow it to rest 10 minutes. Stir down. Allow dough to rest 10 minutes and stir down again. Repeat this process until the dough has been stirred down 5 times. Turn dough onto floured surface, knead only enough to coat dough with flour (2 or 3 times) so it can be handled. Divide in half and roll each part into a 9 x 12-inch rectangle and roll up each from the long side like a jelly roll. Pinch seam to seal dough and arrange loaves on baking sheet that has been sprinkled with cornmeal, allowing room between them for loaves to expand some as they rise. Cover lightly and let rise at room temperature until nearly double in bulk, about 30 minutes. With a very sharp knife cut three gashes at an angle on top, brush with slightly beaten egg, and if desired, sprinkle with sesame or poppy seed. Bake immediately 25-30 minutes at 400° or until nicely browned. Remove from baking sheets immediately and cool on racks.

One good cook slices and butters French bread for a party and wraps it in aluminum foil before freezing so it can be reheated quickly. For a small group she removes only as many slices as she thinks she will need and puts the rest back in the freezer.

One good cook hastens her yeast breads by setting the pans of dough on an electric pad with the temperature set at low to medium heat.

CORN MEAL LOAVES

Beth Cummings Paschel

"My family and friends love this bread and expect it for special occasions. Baked loaves freeze well. For a dinner party I thaw a loaf, slice, butter, re-wrap in foil, label and freeze it again. On the day of the party I warm a loaf in its foil in a moderate oven, and serve it for dinner. A dear friend, counselor and teacher at Iowa State, Marie Stephens, gave me the recipe years ago."

2 cups scalded milk	3 cups white flour, unbleached
1/3 cup shortening	1 pkg. yeast
1/4 cup sugar	1 cup yellow corn meal
1 tbsp. salt	4-5 cups white flour
2 eggs at room temperature	

Blend hot milk, shortening, sugar and salt in mixer bowl and allow to cool to lukewarm. Add eggs, one at a time. Mix white flour and yeast and add gradually, mixing well as you go along. Add corn meal and gradually add more flour, beating thoroughly. When the dough gets too stiff for the beater, turn it out on a floured surface, cover and allow it to rest 5-10 minutes. Uncover and knead, by the clock, 8-10 minutes. Place in greased bowl, cover with plastic and let rise in a warm place until doubled in bulk. Punch down, let rest 4-5 minutes and divide into 2 or 3 parts, depending on the size of your pans. Shape into loaves, place in well-greased pans and allow to rise till almost double, or until the top of the loaf is well above the top of the pans. Bake 40-45 minutes at 375°.

This bread dough is amenable. You can mix it the day before and refrigerate it before or after kneading. Its rising time is adaptable, too, but one caution: If you must choose between letting it rise too long or not long enough, choose the latter. If you make the choice after the dough is in the pans, put the not-quite-risen-enough loaves in a cold oven, turn on the heat to the proper temperature and bake as usual, perhaps adding a few minutes to the total baking time.

One good cook cuts warm bread with a hot knife to preserve its delicate texture.

ANISE RYE BREAD

Lorraine Sandstrom Beckman

"This rye bread is popular at potlucks, good for appetizer spreads and great, toasted, for breakfast. It's real Swedish bread, just as my mother, Mrs. E. N. Sandstrom, made it when we lived in Kiron."

1/4 cup shortening	1 cup rye flour
2 tsp. salt	1 1/4 cups cold water
1/2 cup sorghum or less	2 pkgs. yeast
1/3 cup brown sugar or less	1/4 cup lukewarm water
1 1/2 tsp. crushed anise seed	5 1/2 cups white flour
2 cups boiling water	More flour as needed

Combine shortening (lard is fine), sorghum, brown sugar, anise seed and boiling water. Stir to melt shortening. Add cooled water and when the mixture is lukewarm, stir in yeast that has been softened in warm water. Add flour to make a batter that will drop from a spoon. Cover and let rise in warm place until light and spongy.

Add more flour to make a dough you can handle easily. Grease your hands and knead to a soft, elastic ball. Cover and let rise in a warm place until doubled in bulk. Punch down and let rise again until almost doubled. Shape into 3 loaves, put them into greased 9 x 5-inch bread pans and let rise in warm place until doubled. Bake at 375° for 20 minutes, reduce heat to 350° and bake about 40 minutes longer. When bread is done, butter tops and place pans on their sides on cooling rack until bread loosens from pans. When cold, freeze extra loaves in plastic bags. You may substitute fennel seed for anise for a different flavor.

One good cook makes POPPYSEED KOLACHES with sweet roll dough. Cook 1 1/4 cups dried apricots in 2 cups water, uncovered, 25 minutes. Drain and mash. Stir in 3 tbsp. poppyseeds, 1/4 cup sugar, 1/2 tsp. cinnamon and cool. Roll dough into a rectangle about 1/8 inch thick. Cut in 3-inch squares. Place about 1 tbsp. filling in center of each square. Bring diagonally opposite corners to center of each square, overlap them slightly and pinch together. Sprinkle tops with poppyseeds, let rise and bake according to roll recipe.

NO-KNEAD OATMEAL BREAD

Marilyn Forsling

"This bread dough needs to be refrigerated before it is baked so make it early and bake it just before dinner for a special treat."

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

Soften yeast in 1/2 cup warm water. In large bowl, combine the boiling water, rolled oats, molasses, shortening and salt. Cool to lukewarm. Stir in 2 cups of the flour, add eggs and beat well. Stir in softened yeast. Add remaining flour, 2 cups at a time and beat vigorously until smooth, about 10 minutes. Grease top lightly, cover and refrigerate at least 2 hours or over night. Turn out on a well-floured surface and shape into 2 loaves. Place in well-greased 9 x 5-inch loaf pans, cover and let rise in warm place until doubled. Bake at 375° about 40 minutes.

WHEAT GERM BREAD

Mildred Lafrenz

"This bread makes luscious toast."

1 cup milk	1 pkg. dry yeast
3 tbsp. sugar	1 tsp. sugar
2 1/2 tsp. salt	6 cups white flour
1/2 cup shortening	1 cup toasted wheat germ
1 cup warm water	

Scald milk, add sugar, salt and shortening and cool to lukewarm. Mix water, yeast and sugar and let stand until foamy, about 3 minutes. Stir into first mixture, add flour and wheat germ and knead until smooth and elastic. Cover and let rise until doubled. Punch down, shape into two loaves and place in well-greased 9 x 5-inch loaf pans. Let rise in a warm place until doubled and bake at 350° about 30 minutes.

SUCCESS ROLLS

Susan Arganbright

"This is a good recipe for beginning bread bakers of any age. My neighbor's seven-year old son made fantans with his mother looking on but not helping."

2 pkgs. yeast	2 eggs
1 3/4 cups hot water	1 1/2 tsp. salt
1/2 cup sugar	5 3/4 cups flour
1/4 cup margarine	

Combine yeast and warm water and set aside. Beat sugar, margarine, eggs and salt together in large mixer bowl. Add yeast and water and mix in 1 cup of flour at slow speed. Keep adding flour, 1 cup at a time, until 3 to 4 cups have been used. With a spoon, mix in last 1 3/4 cups. Add more flour if needed to make a soft but manageable dough. Grease a large bowl and turn dough over and over in it, cover and refrigerate at least 2 or 3 hours. Divide dough in half. Roll one half into a rectangle about 1/4-inch thick. To make fantans, brush with soft butter, cut into strips about 1 1/2-inches wide and stack 4 or 5 strips, one on top of another. Cut stack crosswise into 1 1/2-inch squares. Stand each square with edges upright in greased muffin pan. Repeat with other half of dough or make cinnamon fantans by sprinkling buttered dough with sugar and cinnamon before stacking and cutting into squares. Let rise until doubled in bulk and bake 12 to 15 minutes at 375°. Use this dough for butterhorns, clover leaf rolls, cinnamon rolls or other fancy shapes. When rolls are to be frozen, bake until only lightly browned so they will not be too brown when they finish baking after thawing.

One good cook gives neighbors a love-laced loaf of bread and a jar of a specialty spread. CINNAMON BUTTER, cream 1/2 cup butter 8 minutes until light and fluffy. Beat in gradually 1 cup brown sugar and 2 tsp. cinnamon. PARSLEY BUTTER, cream 1/2 cup butter, beat in 1 tbsp. finely chopped parsley, 1/2 tsp. savory, 1 tsp. lemon juice, 1/4 tsp. salt and a dash of pepper. DATE BUTTER, combine 1 cup pitted and snipped dates and 1 cup water. Bring to boil, drain, mash and cool. Blend into 1/2 cup creamed butter with 1/2 tsp. grated lemon peel.

FRENCH COFFEE CAKE

Lillian Kraft

"I clipped this recipe from the now defunct New York Herald Tribune back in 1948 when Clementine Paddleford was the food editor."

1 pkg. dry yeast	1 tsp. salt
1/4 cup warm water	1 cup butter or margarine
4 cups all-purpose flour	1 cup warm milk
1/2 cup sugar	3 egg yolks

Dissolve yeast in warm water. Sift flour, sugar and salt together and cut in butter as for pie crust. Add warm milk and well-beaten egg yolks, stirring to make a soft dough. Add dissolved yeast and beat until thoroughly mixed. Cover and refrigerate overnight.

3 egg whites, beaten stiff	2 tsp. cinnamon
1 cup sugar	1 cup chopped nuts

Divide dough into 2 parts. Roll each half on a floured surface into a rectangle about 1/4-inch thick. Spread each with beaten egg white and sprinkle with a mixture of sugar, cinnamon and nuts. Roll as a jelly roll and place each, seam side down, in a well-greased bundt pan or ring mold (9-cup size). Let rise in a warm place until double in bulk, 2 or 3 hours. Bake 35-40 minutes at 350° and turn out on cooling rack. Make a glaze with 1 1/4 cups sifted powdered sugar mixed with enough milk or cream to make a thin icing and spoon over warm coffee cake.

One good cook doubles a bread recipe and uses a piece of the dough for PIZZA. She makes her own spicy sauce. Add to 1 8-oz. can tomato sauce, 1 small bay leaf, 1 tsp. dried oregano, 1/8 tsp. pepper, 1/4 tsp. each of thyme, basil, rosemary and savory. Stir well. Pat dough out to cover bottom of well-oiled square or round baking pan. Add topping in the following order: grated Parmesan cheese, spicy tomato sauce, sliced mushrooms, sliced summer sausage, grated cheese. Bake at 400° for 20 to 25 minutes. Instead of summer sausage use anything the family likes that you have on hand—olives, bacon, shrimp, anchovies.

CAKES & COOKIES



NANA'S ONE BOWL RED CHOCOLATE CAKE

Jane Dunster

"This rich, moist cake has put an end to mixes for our family. It is equally good iced or un-iced and freezes well. Delicious with a scoop of ice cream."

2 cups flour	2 eggs
2 cups sugar	1 cup vegetable oil
2 tsp. baking powder	1 tbsp. vanilla
2 tsp. soda	2 cups boiling water
4 rounded tbsp. cocoa	

Sift flour, sugar, baking powder, soda and cocoa together and mix well. Make a well in the middle and drop in the eggs, oil and vanilla. Blend together to make a stiff batter. Add boiling water and mix thoroughly—batter will be quite thin. Pour into greased and floured 13 x 9-inch baking pan and bake 30-35 minutes at 350°.

APPLE CAKE

Lelia Kelley

"This cake is delicious served warm from the oven. Serve any leftovers a la mode later."

1/2 cup butter or margarine	1/2 tsp. nutmeg
1 cup sugar	3 cups peeled apples, finely diced
3 egg yolks	3 egg whites
1 1/2 cups sifted flour	1 cup brown sugar, firmly packed
3/4 tsp. baking soda	1/2 cup chopped walnuts
1/2 tsp. cinnamon	1/2 cup flaked coconut

Cream together butter or margarine and sugar until light and fluffy. Add egg yolks; beat thoroughly. Sift together flour, soda, cinnamon and nutmeg. Add to creamed mixture and mix well (batter is very stiff). Stir in finely diced apples. Press batter evenly into a greased 13 x 9-inch pan. For topping, gradually beat brown sugar into stiffly beaten egg whites. Fold in chopped walnuts and flaked coconut. Spread over batter. Bake at 350° about 40 minutes or until tester comes out clean. Serves 12 to 15.

APRICOT BRANDY CAKE

Martha Kramer

"To make this cake look party-pretty, bake it in a bundt pan, invert on a cake plate and sprinkle with powdered sugar."

3 cups sugar	1/2 tsp. rum flavoring
1 cup butter	1 tsp. orange flavoring
6 eggs	1/4 tsp. almond flavoring
3 cups flour	1/2 tsp. lemon flavoring
1/4 tsp. soda	1 tsp. vanilla
1/2 tsp. salt	1/2 cup apricot brandy
1 cup sour cream	

Cream together sugar and butter. Add eggs, one at a time, beating well after each addition. Sift together flour, soda and salt. Add alternately to egg mixture with sour cream and flavorings. Pour into well-greased bundt or tube pan. Bake 1 1/2 hours at 325°.

HAWAIIAN GINGERBREAD

Dann Perkins

"I have tried this recipe with both regular and unsulphured molasses and prefer the unsulphured for its tangy flavor."

1/2 cup butter or margarine	2 tsp. ginger
1/2 cup sugar	1 tsp. cinnamon
2 eggs	1/4 tsp. salt
1/2 cup unsulphured molasses	1/2 cup cold water
1 1/3 cups flour	1 4-oz. can flaked coconut
1 tsp. soda	Confectioner's sugar

Cream margarine and sugar. Beat in eggs, one at a time and add unsulphured, unsugared molasses. Sift dry ingredients together and add to first mixture, alternately with water. Stir in coconut. Pour into well-greased 11 1/2 x 7 1/2-inch pan. Bake at 350° about 35 minutes. Sprinkle with powdered sugar and serve warm to hot.

SHERRY CAKE

Ed Weiss

"Tastes like right from the Waldorf!"

1 pkg. yellow cake mix	4 eggs
1 small pkg. instant vanilla pudding	3/4 cup vegetable oil 3/4 cup sherry
1 tsp. nutmeg	Powdered sugar

Combine and beat all ingredients together until well blended. Pour into a buttered tube pan. Bake 45-50 minutes at 325°. Cool in pan 15 minutes. Turn out and dust with powdered sugar.

MARBLE POUND CAKE

Bess Ferguson

"Bake this cake in small loaf pans and tuck two or three in the freezer for that time when you need a bit of something to serve with coffee for friends who drop in. Or when you need a gift for the friend who doesn't cook."

3 sticks soft margarine	1/4 tsp. lemon extract
1 lb. powdered sugar	1/4 tsp. almond extract
6 large eggs (room temperature)	3 1/2 cups sifted cake flour
1 tsp. vanilla extract	1 oz. (1 square) chocolate melted over hot water
1/4 tsp. orange extract	

At medium speed, beat butter, add sugar a little at a time and eggs one at a time. Beat 10 minutes, scraping down sides of bowl often. Add extracts. Fold in flour, a little at a time, by hand. When well mixed and smooth looking, put about 1/4 of batter in a small bowl and stir in chocolate that has been melted over hot water and cooled. Grease and flour bottoms of 4 small loaf pans, about 4 x 8-inches, and divide about half the light batter among them. Drop the chocolate mixture by spoonfuls over the light batter and spread remaining light batter over the chocolate. Draw a knife through batter to make the marbling effect and bake about 45 minutes at 300°, or until the cake shrinks from the sides of the pans.

EGGLESS FRUITCAKE

Era Strutzel

"People on egg-less diets will appreciate this flavorful cake."

3 cups strained applesauce	4 tsp. soda
1 cup shortening	1 tsp. salt
2 cups sugar	1 1/2 lbs. pitted dates
4 1/2 cups flour	1/4 lb. each nuts, candied cherries and pineapple
1 tsp. cinnamon	1 lb. raisins
1 tsp. nutmeg	1/4 lb. shaved citron (optional)
1/2 tsp. cloves	

Boil applesauce, shortening and sugar together 5 minutes and let stand over night. Sift dry ingredients together, add nuts and fruits and mix well. Stir applesauce mixture into flour mixture and fill foil-lined loaf pans about 2/3 full. Bake about 2 1/2 hours at 250° or until tester comes out clean.

SUGAR CRUSTED RUM CAKE

Linda S. Benedict

"My college roommate made this cake to help me celebrate my 21st birthday back in the days when we had to be that old to partake of you-know-what. I still make it for special occasions, usually a day or two early to give the flavor time to develop."

1 pkg. yellow cake mix	1 tbsp. rum
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Prepare cake as directed on package, adding rum to the batter. Turn into a generously greased and lightly floured bundt pan and bake 40 to 50 minutes at 350°. While cake is baking, prepare this syrup.

1 cup firmly packed brown sugar	6 tbsp. water 2 tbsp. rum
1 cup granulated sugar	

Combine sugars and water and bring to a boil. Reduce heat and simmer about a minute or until all sugar is dissolved. Stir in rum. Pour hot syrup over baked cake still in the pan and let stand 10 minutes before turning cake out on to serving plate. Serve warm. If you made the cake early, warm it in 250° oven before serving.

BANANA CUP CAKES

Mrs. Harry Porter

"These cup cakes are real banana-y and good fresh from the oven or later, iced if you like."

1 cup sugar	1 cup mashed banana
1 cup vegetable shortening	1/2 tsp. soda
1/2 tsp. salt	1 tbsp. warm water
1 tsp. vanilla	1 1/2 cups flour
1 large egg, beaten	1 tsp. baking powder

Cream sugar, shortening, salt and vanilla thoroughly. Beat in egg and stir in banana. Dissolve soda in warm water and add to mixture. Sift flour and baking powder together and fold into mixture. Bake in greased, large-cup muffin pans 25-30 minutes at 350° to 375° or until browned. Makes 16-18 cupcakes.

BANANA SPLIT CAKE

Frances Arnold Ellis

"Mouth-watering, caloric and so good. I served it to a meeting of home economists and had to share the recipe."

2 cups crushed vanilla wafers 1 stick soft margarine

Mix wafer crumbs and margarine thoroughly and line 9 x 11-inch baking pan.

2 sticks soft margarine	3 or 4 ripe bananas
2 eggs	1 cup whipping cream
1 lb. confectioner's sugar	1/2 cup chopped pecans
1 13 1/4-oz. can crushed pineapple	1/2 cup chopped mara- schino cherries

Whip margarine and eggs until light and fluffy. Fold in sifted sugar to make a smooth mixture and spread over crumb layer. Drain pineapple thoroughly and spread over second layer. Slice bananas and spread over pineapple. Whip cream, spread over bananas and sprinkle nuts and cherries over cream. Refrigerate over night. Cool Whip may be substituted for whipped cream.

One good cook makes a powdered sugar icing as soon as she puts the cake in the oven and lets it stand over hot water until she is ready to use it—to overcome the slightly raw taste.

CHRISTMAS CAKE

Bess Ferguson

"Colorful and not-too-sweet slices for holiday parties, and a whole loaf is a nice gift for a non-cook or the person who has everything."

1 lb. whole pitted dates	1 tsp. vanilla
4 to 8 oz. candied cherries	3/4 cup sugar
1 lb. walnut meats	3/4 cup flour
1/2 lb. Brazil nut meats*	1 tsp. baking powder
3 large eggs	1/2 tsp. salt

Combine whole dates, cherries cut in half, whole or any size pieces of nuts in large mixing bowl. Beat eggs and vanilla, add sugar gradually and beat until mixture stands in soft peaks. Sift flour, baking powder and salt together and fold into egg mixture. Pour over fruits and nuts and mix well. Spoon into three 4 x 8-inch loaf pans, lined with well buttered foil and bake 1 hour at 275°. Cool, wrap in foil and store in refrigerator. *(Buy 1 lb. Brazil nuts in shell, cover with cold water, bring to a boil and boil 3 minutes. Drain and cool in cold water. Some will shell out whole, others in pieces. Trouble? Not really when you modestly accept compliments for this unusual cake.)

FRESH APPLE CAKE

Wendy Thompson

"It's a homemade 'snackin' cake' - next best thing to good ol' American apple pie. Serve with whipped cream for extra flavor."

4 cups diced apples	1/2 cup vegetable oil
2 cups sugar	2 cups flour
1 tsp. vanilla	2 tsp. cinnamon
1 cup nuts	1 tsp. salt
1 cup raisins	1 tsp. soda
2 eggs, beaten	

Mix together apples, sugar, vanilla, nuts and raisins. Add eggs and oil. In separate bowl sift together flour, cinnamon, salt and soda. Combine two mixtures. Stir well. Pour into greased 9 x 12-inch pan. Bake 40-45 minutes at 350°.

APPLESAUCE CAKE

Kay Hammond

"Warm applesauce cake, topped with a dollop of whipped cream, makes a nice start for a committee meeting."

2 3/4 cups cake flour or	1/2 tsp. cloves
2 1/2 cups regular flour	1/2 tsp. allspice
2 cups sugar	1/2 cup soft shortening
1/2 tsp. baking powder	1/2 cup water
1 1/2 tsp. soda	1 1/2 cups unsweetened
1 1/2 tsp. salt	applesauce
3/4 tsp. cinnamon	2 eggs

Sift together flour, sugar, baking powder, soda, salt, cinnamon, cloves and allspice. Add shortening, water and applesauce and beat for 2 minutes. Add eggs and beat 2 more minutes. Spread in 13 x 9-inch greased and floured pan. Bake 45 to 50 minutes at 350°.

LEMON-CAKE SQUARES

Beth Cummings Paschal

"This makes about 100 little square lemony tidbits or 75 tiny cupcakes for home parties or club receptions."

6 tbsp. soft butter	1 1/2 tsp. baking powder
1 cup sugar	1/4 tsp. salt
2 beaten eggs	1/2 cup milk
1 1/2 cups sifted flour	Grated rind of 1 lemon

Cream butter and sugar, add beaten eggs. Sift flour, baking powder and salt together. Blend into creamed mixture alternately with milk and lemon rind. Pour batter into greased and floured 13 x 9-inch baking pan and bake 25 minutes at 350°.

Mix this glaze:

2/3 cup sugar	Juice of the lemon
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When the cake has baked 25 minutes, carefully spoon the glaze over the top of the cake and bake 5 minutes longer. Cut in 1-inch squares while warm. Bake tiny cupcakes 15-20 minutes before adding glaze and baking a little longer.

POPPY SEED CAKE

Pat Conrad Simpson

"This recipe came to me from my great-grandmother and it has been my favorite birthday cake for years. It keeps well, refrigerated."

3/4 cup poppy seed	1 tsp. baking powder
3/4 cup milk	1/2 tsp. salt
3/4 cup butter	1 tbsp. vanilla
1 1/2 cups sugar	4 egg whites
2 cups sifted cake flour	

Soak poppy seed in milk 2 hours. Cream butter and sugar until light and fluffy. Sift cake flour, baking powder and salt and stir into butter mixture, alternately with milk and poppy seed. Beat hard. Add vanilla and fold in stiffly beaten egg whites. (1 tbsp. vanilla is right.) Pour into 2 greased and floured 9-inch layer cake pans and bake 20-25 minutes at 350°. Remove from pans and cool.

1 cup sugar	2 egg yolks, beaten
1 1/2 tbsp. cornstarch	1 tsp. vanilla
1/4 tsp. salt	3/4 cup chopped nuts
1 1/2 cups milk	

Mix sugar, cornstarch and salt with about 1/4 cup of the milk. Add beaten yolks, remaining milk and cook over hot water until thick. Stir in vanilla and cool. Spread between layers and on top of cake. Sprinkle with chopped nuts.

One good cook bakes a package cake mix in a 9 x 13-inch pan, cuts it in fourths, frosts one and freezes the other pieces for another day and another frosting. For each piece she makes an icing by blending 1 cup sifted confectioner's sugar, 1 tbsp. soft butter, 1/8 tsp. salt and flavoring with enough milk or cream to make a spread. She may flavor it with 1 tsp. vanilla, or 1 tsp. or more lemon or orange juice, or sherry, rum or strong coffee or chocolate ice cream sauce, adding more flavoring to please her taste or more sugar or liquid. She says any flavor is good on most cakes but she is especially fond of lemon or chocolate on spice cake, lemon or orange on white cake and coffee, sherry or rum on chocolate cake. Sometimes she sprinkles chopped nuts over soft icing.

GERMAN APFELKUCHEN (Apple Cake)

Hanna R. Gradwohl

"I adapted my grandmother's old recipe to American measurements. She mixed the dough for the crust with her hands and threw it hard onto a board or countertop. When I asked her why, she told me 'It makes the dough mürbe (crisp)'."

1/2 cup butter	2 cups flour
1/2 cup sugar	1 tsp. baking powder
1 egg	

Mix by hand and throw the dough onto counter top 15 or 20 times. Press over bottom and up sides of 18 x 12 x 1-inch pan—jelly roll pan.

8 to 10 apples (Jonathans preferred)	1/2 cup raisins
	3 tsp. cinnamon
1/2 cup sugar	
1/4 cup lemon juice	

Peel, core and thinly slice apples. Sprinkle with lemon juice and sugar. Arrange apple slices, slightly overlapping, in rows across the width of the crust. Sprinkle raisins and cinnamon over apples.

2 cups sour cream or	3 eggs, beaten
1 cup sour cream and	1 tsp. vanilla
1 cup whipping cream	
1 cup milk or half and half	

Mix until well blended. The mixture should taste tart but sweet. Ladle carefully over apples. Bake 1 hour at 350° or until topping is set and beginning to brown. Cool and refrigerate several hours or overnight before serving. To freeze, cover tightly with foil and keep tightly covered while defrosting to prevent soginess.

BLACK BIRD PIE. Wash, halve without cutting through the skin, and remove pits from Italian prunes. Arrange in rows, skin side down, on same dough as above. Omit cinnamon and raisins but cover with sour cream filling and bake. We call this rich dessert "Black Bird Pie" because the partially split plums resemble birds in flight.

BANANA CAKE

Beth Cummings Paschal

"This banana cake freezes beautifully, baked in either a bundt pan or as tiny cupcakes. One summer I baked a batch of little cupcakes every morning and wrapped each in foil to freeze, ready for a Labor Day lawn party. One of my foods teachers gave me the recipe when I was a college consultant for the Woman's Home Companion."

1 stick margarine or butter	3/4 tsp. soda
1 1/2 cups sugar	1/2 tsp. salt
2 eggs	1 cup mashed banana
2 cups sifted flour	1/4 cup sour milk
1/2 tsp. baking powder	1 tsp. vanilla

Cream butter and sugar, add eggs, one at a time, mixing well. Sift flour, baking powder, soda and salt together. Mix banana, sour milk and vanilla. Add flour and liquid alternately to the creamed mixture. Pour into two well-greased, floured, 8-inch layer pans or a large tube pan. Bake at 350°—layers for 30 minutes, tube pan 40 minutes. Do not overbake. Serve with ice cream or put layers together with a favorite frosting. Recipe makes 72 tiny cupcakes. Bake at 350° 10-12 minutes.

POPPY SEED BARS

Alice Holmes

"What could be easier than a cake mix with almond extract and poppy seed added and the thin cake spread with a tart lemon glaze!"

1 box white cake mix	1/3 cup poppy seed
1/2 tsp. almond extract	or 1 2-oz. pkg.

Mix cake according to package directions, adding almond extract to the liquid. Fold in poppy seed, bake in greased and floured 9 x 13-inch pan according to package directions. When cool spread with a glaze made by blending 2 cups sifted powdered sugar with 1 tablespoon butter and about 2 tablespoons lemon juice. Cut in bars.

BROWNIES

Sally L. Petersen

2 cups sugar	2 tsp. vanilla
1/2 cup butter or margarine	1/2 cup cocoa
1/2 cup milk	1 1/2 cups flour
4 eggs	1/2 tsp. salt
	1 cup nuts

Mix all ingredients together thoroughly. Pour into greased 10 x 14 1/2 x 1-inch pan (jelly roll pan). Bake 20 minutes at 350°. Cool slightly and spread with this frosting.

1 1/2 cups sugar	6 tbsp. milk
6 tbsp. margarine	1/2 cup chocolate chips

Boil sugar, margarine and milk 30 seconds. Remove from heat, add chocolate chips and beat until smooth. Spread over warm cake. Cut into bars or squares when cold.

RHUBARB BARS

Stella Bolt

"This recipe transforms everyday rhubarb into a delicacy."

1 1/2 cups oatmeal	1/2 tsp. soda
1 1/2 cups flour	1/4 tsp. salt
1 cup brown sugar	1/2 cup chopped nuts
1 cup shortening	

Combine all ingredients and press 2/3 of the mixture over bottom of greased 9 x 13-inch pan. Reserve remainder for topping.

2 tbsp. cornstarch	3 cups chopped rhubarb
1/4 cup syrup from canned pineapple	1/2 cup drained crushed pineapple
1 1/2 cups sugar	

Mix cornstarch and pineapple juice, add rhubarb, pineapple and sugar and simmer until thick. Spread over crust, sprinkle with topping and bake 30-35 minutes at 350°. Cool and cut into bars.

MELT-IN-YOUR-MOUTH COOKIES

Mrs. R. J. Kerkhoff

"No hostess ever has too many recipes for dainty tidbits to serve her guests. These little balls or crescents are always popular."

1 cup shortening (half butter)	1 tbsp. vanilla (Right!)
1 cup powdered sugar	1 tbsp. water
1/2 tsp. salt	1 1/2 cups almonds, ground
	2 cups sifted flour

Cream shortening, powdered sugar, salt and vanilla. Stir in water and almonds and blend in flour to make a soft dough. Shape into small balls or crescents, place on ungreased baking sheet, flatten slightly and bake 12 to 15 minutes at 325°. Roll in sifted powdered sugar while warm.

PRIDE OF IOWA COOKIES

Diana Berkland

"This recipe comes from the Good Samaritan Nursing Home in Laurens. The employees of the home bring samples of their best recipes to share with the patients and these cookies are among the favorites. No one knows for sure where the recipe originated but the cookies are so good any one would be glad to claim it."

2 eggs	1 cup chopped nuts
1 cup sugar	2 cups sifted flour
1 cup brown sugar	1 tsp. baking powder
1 cup margarine	1 tsp. soda
1 tsp. vanilla	1/2 tsp. salt
1 cup coconut	3 cups quick rolled oats

Beat eggs, blend in sugars and margarine. Add vanilla, coconut and nuts. Sift flour, baking powder, soda and salt together and blend into first mixture. Add rolled oats and mix thoroughly. Roll into small balls, arrange on greased baking sheet and crease with a fork or press with a glass that has been greased and dipped in sugar. Bake about 9 minutes or until the cookies are light brown, at 375°.

LEMON FROSTEE BARS

Susan Alice Brown

"The tart, lemony flavor of these bars makes them especially good for parties. Cut them small. Decorate with bits of candied cherry for Christmas or special occasions."

1/4 cup powdered sugar	1/4 tsp. salt
1 cup flour	1/2 cup butter or margarine

Mix powdered sugar, flour and salt and cut in butter with a pastry blender or fork. Press evenly over bottom of a greased 9 x 9-inch pan and bake at 350° about 10 minutes, until set but not brown.

2 eggs	2 tbsp. lemon juice
1 cup sugar	2 tbsp. flour
Grated rind of 1 lemon	1/2 tsp. baking powder

Beat eggs until lemon colored, add sugar gradually and beat until sugar is dissolved. Blend in lemon rind and juice, flour and baking powder. Pour over crust and bake 20-25 minutes at 350° or until lightly browned. Set pan on wire rack to cool.

1 tsp. butter	Dash of salt
Lemon juice	Sifted powdered sugar

Stir butter, remaining lemon juice and salt with enough powdered sugar to make a thin glaze. Spread over slightly warm cookies and cool completely before cutting into bars. Mix any leftover lemon glaze with powdered sugar to make frosting and spread between graham crackers.

One good cook knows that she usually can impress her guests with her culinary skill if she serves a slice of jelly roll topped with ice cream for dessert. She makes a sponge roll by a standard recipe, sometimes substituting 1 tsp. grated lemon rind and 1 tbsp. lemon juice for vanilla. She spreads the warm roll with a tart jelly—currant or plum, or strawberry or raspberry jam, or chocolate ice cream sauce thickened with sifted powdered sugar, or a Lady Baltimore filling (recipe in many cookbooks), and serves it with a small scoop of ice cream—coffee, butterbrickle, maple nut or vanilla.

CHOCOLATE COCONUT COOKIES

Betty Roy

"This is a recipe I got from my mother, and I have used it during the 40 years of my marriage. She used it many years before that. I am sure it must have appeared on a can of Eagle Brand sweetened condensed milk originally, but I find most people don't know of it, and so it seems new as do many rediscovered old things."

3 squares unsweetened chocolate	1 generous tsp. vanilla 1/8 tsp. salt
1 14-oz. can sweetened condensed milk	3/4 lb. dry shredded coconut

Melt chocolate in a bowl over hot water. Add vanilla, salt and coconut. Mix thoroughly. Drop by teaspoonfuls on greased cooky sheet, using a knife to nudge coconut edges into place. Bake about 5 minutes at 375°. Remove immediately from cooky sheet and cool. Makes about 48 cookies.

MELOMACARONA

Mrs. Maroula D. Panagides

"People say they can't pronounce the name of these sweets but 'It sure tastes good. May I have one more, please?'"

1 cup Mazola oil	1/8 tsp. soda
1/4 cup sugar	1/8 tsp. salt
1 orange, grated rind and juice	2 cups honey 1/2 cup water
2 1/2 cups flour, about 1/8 tsp. baking powder	Chopped nuts

Heat oil to 325° and cool to lukewarm to remove the oil taste. Pour into large bowl and stir a few minutes. Add sugar and stir until sugar is dissolved. Stir in grated orange rind and juice. Sift flour, baking powder, soda and salt and blend into first mixture to make a soft dough. Shape pieces of dough into small balls, flatten a little and make a dimple in the center. Bake on ungreased baking sheet at 300° until lightly browned. While still warm, dip into a syrup made by thoroughly mixing the honey and water. Sprinkle with nuts.

PECAN BARS

Gertrude Burrell

Cut while warm

"These cookies always bring requests for the recipe when I serve them at luncheons or bridge club meetings."

1/2 cup soft butter	1 tsp. vanilla
1/2 cup light brown sugar	1 tsp. flour
1 cup flour	1/4 tsp. salt
2 eggs beaten	1 1/2 cups chopped pecans

Cream butter and sugar until fluffy and work in flour until smooth. Pat in bottom of 8 x 8 x 2-inch pan and bake 10-12 minutes at 350° or until a golden brown. Cool. Increase oven temperature to 375°. Combine beaten eggs, vanilla, flour, salt and nuts and spread evenly over cooled crust. Bake 20 minutes or until brown and firm to the touch. Cool and cut into 15 bars.

PETTICOAT TAILS

Gladys B. Clappison

"When Mary Queen of Scots returned from France she served what the French called 'Petits Gateau Tailles.' The Scots thought they were hearing 'petticoat tails' and the little shortbread cookies have come to be known by that name."

1 cup butter	1 tsp. grated lemon rind
1/2 cup sugar	1 tsp. baking powder
1 tbsp. cream	2 cups flour

Cream butter, add sugar, cream and grated lemon rind and beat until light and fluffy. Sift flour and baking powder together and add to first mixture. Turn out on lightly floured board and knead a minute or two. Roll to about 1/4-inch thickness and cut with a small triangular cooky cutter. Lay on a lightly greased baking sheet and bake at 350° about 10 minutes or until golden brown. You can use any shape cutter and, to make them more authentically Scottish, prick or lightly cut a design—a date, a symbol—in the tops before baking.

NUT AND JAM CRESCENTS

Nancy Fushan

"These crescents are festive, easy to make and, best of all, delicious."

1/2 lb. butter or	1/2 tsp. salt
margarine	3 tbsp. sugar
1/2 cup boiling water	1 tsp. vanilla
3 cups flour	Your favorite jam and
1 1/2 tsp. baking powder	crushed nuts

Melt butter in boiling water and cool. Sift flour, baking powder, salt and sugar together. Make a well in the center of the dry mixture and pour in butter-water mixture. Add vanilla. Mix thoroughly and push together with fingertips to form a ball. Refrigerate at least an hour. Roll a teaspoon of dough at a time on a floured surface into little circles about 3 inches across and thinner than pie crust. Spread circles lightly with preserves or jam and sprinkle with crushed nuts. Roll up like little jelly rolls and shape into crescents. Bake 10-12 minutes at 400°. When cool, sprinkle with powdered sugar.

OLD-FASHIONED RAISIN BARS

Marybeth Buchele

"Old fashioned raisin bars? They are as new-fashioned as today's young cooks who make them and serve them to their friends. The recipe came from my grandmother. I entered these bars in the county fair my first year in 4-H and they went all the way to State Fair."

1 cup seedless raisins	1/2 tsp. salt
1 cup water	1 tsp. soda
1/2 cup salad oil	1 tsp. cinnamon
1 cup sugar	1 tsp. nutmeg
1 slightly beaten egg	1 tsp. allspice
1 3/4 cups flour	1/2 cup chopped nuts

Combine raisins and water, bring to boil and remove from heat. Stir in salad oil and cool to lukewarm. Stir in sugar and egg. Sift flour, salt, soda and spices together, add nuts and beat into raisin mixture. Pour into greased 13 x 9-inch pan and bake at 375° about 20 minutes. When cool, cut in bars and dust with powdered sugar.

PIKELETS

Bernice E. Barnes

"I discovered these tidbits in Canada, served by a lady from Australia. She kept them hot in a chafing dish and we ate them by spreading them with sweetened butter and rolling them with our fingers into tiny rolls."

1 cup plus 1 tbsp. flour	1/2 cup sugar
2 tsp. baking powder	1 egg
1/4 tsp. salt	1/2 cup milk or more

Sift flour, baking powder, salt and sugar together. Beat egg, add milk and stir into flour mixture to make a pancake batter. Drop by teaspoonfuls on hot greased griddle and turn when lightly browned. They should be about the size of a silver dollar. Serve with sweetened butter made by blending 1 to 3 tsp. sifted powdered sugar into 1 stick unsalted butter. Salted butter will do if unsalted is not available.

BERLINERS

Mildred Lafrenz

"These jelly doughnuts are something special, hot and sugary, with a cup of coffee or a glass of cold milk but they are good cold and you can reheat them in a hot oven for a few minutes."

1/2 cup margarine	2 pkgs. dry yeast
1 tsp. salt	2 eggs, well beaten
1/2 cup sugar	4 cups flour
1 cup scalded milk	1/3 glass jelly

Stir margarine, salt and sugar into hot milk. Cool to lukewarm and sprinkle yeast over milk mixture. Add beaten eggs and stir in flour. Knead 5 minutes, using more flour if necessary to make a soft, easily handled dough. Cover and let rise until doubled. Roll out on floured surface to 1/4 inch thickness and cut with 2 1/2-inch cookie cutter. Let rise until light. Fry in hot fat, 375°. When done split one side, fill with 1 teaspoon jelly and roll in sugar. Makes about 1 1/2 dozen.

CARROT COOKIES

Dorothy H. Shrader

"Teva Myatt, Montevideo, Uruguay gave me this unusual cooky recipe."

3/4 cup plus 2 tbsp. sugar	2 cups sifted flour
1 cup shortening	2 tsp. baking powder
1 egg	1/2 tsp. salt
1 tsp. vanilla	1 cup cooked mashed carrots

Cream sugar, shortening (butter makes them yummy), egg and vanilla until light and fluffy. Sift flour, baking powder and salt together and blend into first mixture. Fold thoroughly mashed carrots into the stiff batter. Drop by teaspoonful on greased baking sheet and bake 15-20 minutes at 375°. Cool on wire rack and frost.

2 cups sifted powdered sugar	1 tbsp. soft butter
2 tbsp. orange juice	1/2 tsp. grated orange rind
	Blanched almonds or coconut

Combine powdered sugar, orange juice, butter and orange rind to make a thin icing. Spread on cool cookies and press a blanched almond in center of each or sprinkle tops with fresh or toasted coconut.

CHOCOLATE-TOP OATMEAL COOKIES

Dorothy Budolfson

"These are popular at teas. I sometimes frost them with a butter-powdered sugar frosting and add lemon or peppermint extract and green food coloring."

1 cup margarine	1 cup quick cooking oatmeal
1/2 cup brown sugar	Frosting:
1/2 cup white sugar	6 1-oz. milk chocolate bars
2 egg yolks	2 tbsp. margarine
1 cup sifted flour	1/2 cup walnuts or pecans

Cream margarine and sugars thoroughly and beat in egg yolks. Add flour and oatmeal and mix well. Spread in greased and floured 13 x 9-inch baking pan and bake 20 minutes at 350°. Cool 10 minutes. Melt chocolate bars with margarine in top of double boiler and spread over cooled cooky layer. Sprinkle with chopped nuts. Cut in 1 1/2-inch squares to make about 48 cookies.

MUSHROOM COOKIES

Nanci Robb Savage

"These moist, nutty-flavored cookies are delicious but don't tell your friends the cooky name until they have tasted them and found out for themselves. The recipe is from the Mushroom Cookbook as reviewed by the Washington Post. The cookies freeze well."

1 cup brown sugar	1/2 tsp. soda
1/2 cup butter	1/4 tsp. salt
1 egg	3/4 cup sour cream
1 tsp. vanilla extract	1/2 cup fine macaroon crumbs
1/2 tsp. almond extract	1 cup coarsely chopped fresh mushrooms
2 1-oz. squares baking chocolate	1/2 cup maraschino cherries (optional)
2 cups flour	

Cream butter and sugar until fluffy. Add egg, vanilla and almond extracts and beat thoroughly. Melt chocolate over hot water and add. Sift flour, soda and salt and stir into creamed mixture alternately with sour cream. Mix well and fold in macaroon crumbs, mushrooms and chopped cherries. Drop from teaspoon at least 2 inches apart on greased baking sheet. Bake 12 minutes at 350°. Remove from pan and cool.

CARMEN'S COOKIES

Laura Dailey

"These cookies are so popular with teenagers they eat most of them before a family get-together dinner is served."

1/4 lb. butter	1 6-oz. pkg. butterscotch chips
1 cup graham cracker crumbs	1 cup nutmeats
1 cup coconut	1 14-oz. can sweetened condensed milk
1 6-oz. pkg. chocolate chips	

Melt butter in 9 x 13-inch cake pan and sprinkle graham cracker crumbs evenly over the butter. Combine coconut, chocolate and butterscotch chips, nuts and milk and pour over crumb mixture. Bake 30 minutes at 325°. Cut in bars or squares. Serve.



TINY TART SHELLS

Jav Walker

"This basic recipe works equally well for desserts or appetizers."

1 cup margarine	2 cups sifted flour
2 3-oz. pkgs. cream cheese	1/2 tsp. salt

Blend margarine, cheese, flour and salt to make a soft dough and chill at least 3 hours. Shape into 1-inch balls and press against bottom and sides of tiny ungreased tart pans or cupcake tins. (The "Lille" Sandbakkelse tins work fine.) While you work with part of the dough, refrigerate the rest. Prick well with a fork or skewer and bake 10-12 minutes at 400°. Clean pans with facial tissue and use again. About 50 tart shells. They freeze well.

DESSERTS. Fill tart shells with Lemon Curd, page 142, or Pecan Filling, page 145, or a pudding or pie mix.

APPETIZERS. Fill tart shells with Egg-and-Olive Dip, page 16, or with chicken or tuna salad.

RHUBARB DESSERT

Esther E. Morris

"A good dessert to hale Spring and the rhubarb season."

4 cups diced rhubarb	1 pkg. Jiffy cake mix
10 marshmallows, cut up	1/4 cup or more chopped nuts
1 cup sugar	

Put diced rhubarb into 9-inch square baking pan. Sprinkle marshmallows and most of the sugar over rhubarb. Mix cake according to directions and spread over rhubarb mixture. Sprinkle rest of sugar and nuts over cake batter. Bake 40 to 50 minutes at 350°. Hickory nuts are my favorite for this dessert but if they are not available, pecans make a good substitute.

One good cook tops chocolate ice cream with Vandermint, a chocolate-mint liqueur, and serves it with homemade petit fours.

FRUIT COMPOTE

Sally Peterson

"Sometimes a hostess wants a simple but flavorful dessert. This compote is one answer."

1 cup pitted dried prunes	1 tbsp. quick tapioca
1 cup dried apricots	1 cup sugar
5 cups cold water	3 tbsp. raisins
2 3-inch cinnamon sticks	3 tart apples, peeled and sliced
2 1/2-inch thick lemon slices	1/4 cup rum or brandy

Soak prunes and apricots in cold water for 30 minutes in a large saucepan. Add the cinnamon sticks, lemon slices, tapioca and sugar and bring mixture to a boil. Turn down heat and simmer 10 minutes. Add raisins and apple slices and simmer a few minutes longer. Remove cinnamon sticks and add rum or brandy. Serve warm or cold. Serves 6 or 8.

AVOCADO SHERBET

This delicious and lovely colored dessert makes a cool and refreshing dessert any time of year. The recipe comes as a courtesy of the Iowa State University Press, publishers of Lenore Sullivan's "What to Cook for Company."

1 1/2 cups mashed avocado	1 1/4 cups sugar
2 tsp. grated lemon rind	1 cup milk
1/2 cup lemon juice	1/4 tsp. salt
3/4 cup orange juice	Few drops almond extract
1/2 cup pineapple juice	

Avocados (3 or 4 medium sized) should be ripe—slightly soft. Blend pulp with lemon rind and fruit juices. Add sugar, milk, salt and 2 or 3 drops almond extract. Pour into freezing trays and freeze until mushy. Turn into mixing bowl and beat until light and airy. Spoon into containers and freeze until firm.

One good cook keeps grated orange and lemon rind done up in a bit of plastic wrap and stored in a little glass jar on the shelf of the freezer door. The rind looks dry and darkens some but retains its natural flavor.

ICE CREAM PIE

Brodie Goldberg

"English toffee is the secret ingredient in this frozen pie—little chunks of Heath candy bars between layers of vanilla ice cream."

1 quart vanilla ice cream 18-20 vanilla wafers
4 Heath candy bars Soft butter

Set ice cream out to soften. Crush candy bars in their wrappers with a few sharp blows of a kitchen hammer. Roll vanilla wafers to fine crumbs. Spread soft butter generously over bottom and sides of 10-inch pie pan and press all but 1/4 cup of crumbs into it to make a thin crust. Spread half the ice cream over crumbs, scatter candy over ice cream and drop remaining ice cream by spoonfuls over candy. Spread gently and sprinkle remaining crumbs over ice cream. Freeze. Serve with this sauce.

1 1/2 cups sugar 1/4 cup butter
1 5 1/3-oz. can evaporated 1/4 cup light corn syrup
milk 4 Heath candy bars

Boil sugar, milk, butter and syrup gently 1 minute. Crush candy bars, add and simmer until bars are melted. Serve slightly warm over ice cream pie. Refrigerate, but warm over hot water before serving again. Serves 10-12.

PINEAPPLE SHERBET

Melva Berkland

"Nothing could be much simpler and it is so good."

1 6-oz. can frozen pineapple juice
1 quart buttermilk
1 cup sugar

Thaw but do not dilute pineapple juice. Stir with buttermilk and sugar until sugar is thoroughly dissolved. Fill freezer tray or trays 3/4 full and freeze until slushy. Pour into chilled bowl and beat until light. Pour into freezer containers, and freeze. Serves 10-12.

FROZEN AMBROSIA

Helen Diehl

"The dictionary defines ambrosia as food fit for the gods. This is it."

1/2 cup melted butter	1/2 cup powdered sugar,
1 1/2 cups graham cracker crumbs	sifted

Stir cracker crumbs and powdered sugar into melted butter. Press mixture firmly on bottom and sides of 1 large or 2 smaller pie tins. Chill thoroughly before filling.

1 quart vanilla ice cream	1 tbsp. Jamaican rum
1 9-oz. carton Cool Whip	1/4 cup graham cracker crumbs
1 tsp. almond extract	
1 quart chocolate ice cream	1/4 cup slivered almonds

Soften vanilla ice cream, blend in 1/2 carton Cool Whip and almond extract. Spread over crumb crust and freeze. Blend chocolate ice cream with other half of Cool Whip and rum. Spread over vanilla layer and sprinkle with cracker crumbs and almonds. Freeze. Makes 10 or more servings.

MINT DAZZLER

Marilyn Sealine

"Crushed peppermint candy makes this dessert special."

2 cups vanilla wafer crumbs	3 squares unsweetened chocolate
1/4 cup melted butter	1 1/2 cups whipping cream
1 1/2 cups sifted powdered sugar	1 8-oz. pkg. miniature marsh- mallows
1/2 cup butter	1/2 cup crushed peppermint stick candy
3 eggs, slightly beaten	

Mix crumbs and melted butter. Press firmly on bottom of buttered 8-inch square pan. Cream powdered sugar and butter thoroughly. Add eggs. Melt chocolate over hot water, add to sugar-butter-egg mixture and beat until light and fluffy. Spoon over crust and freeze. Whip cream, fold in marshmallows and spread over chocolate layer. Sprinkle with crushed candy. Return to freezer for several hours before serving. Serves 8 or 9.

BANANA SPLIT DESSERT

Mrs. Elmer Thorsheim

3 cups graham cracker crust mix	1/2 gallon ice cream
3 or 4 bananas	1 cup chopped walnuts

Cover bottom of 11 x 15-inch pan or 2 smaller pans with 2 cups graham cracker crust mix. Layer sliced bananas over crust. Cut favorite ice cream in 1/2-inch slices and place over bananas. Sprinkle with chopped nuts and freeze.

1 cup chocolate chips	1 1/2 cups evaporated milk
1/2 cup butter	1 tsp. vanilla
2 cups sifted powdered sugar	2 cups whipping cream

Melt chocolate chips in butter and stir in powdered sugar and milk. Cook slowly until thick and smooth. Add vanilla and cool thoroughly before spreading over ice cream. Freeze until firm. Whip cream until stiff, spread over chocolate layer, top with 1 cup graham cracker mix and freeze. Remove from freezer 10 minutes before serving.

RASPBERRY DELIGHT

Alice Holmes

"Here is a cool and attractive dessert, quick and easy to make and delightfully inexpensive if you make your own yogurt."

1 3-oz. pkg. wild raspberry or wild strawberry Jello	1 8-oz. carton plain yogurt Vanilla ice cream
1 cup boiling water	

Dissolve Jello in boiling water. Cool to room temperature and stir in yogurt. Pour into 8-inch square cake pan and chill until set. Cut in 1/2-inch squares and tumble them into serving dishes. Each piece should be a little cube. Top with vanilla ice cream soft enough to trickle down between the cubes. You may use any other flavor of Jello and sometimes you may want to chill it in a large mold or fancy little molds.

CHOCOLATE ANGEL FOOD DESSERT

Sherry Bryson

"This rich dessert has been a favorite at our large family dinners for years."

1 12-oz. pkg. chocolate chips	2 cups whipping cream or
3 eggs, separated	2 envelopes substitute
2 tbs. sugar	1 angel food cake

Melt chocolate chips in top of double boiler. Beat egg yolks and sugar, stir into chocolate and cook 3 minutes. Beat egg whites to stiff peaks and fold into chocolate. Cool to room temperature. Whip cream and fold into chocolate mixture. Tear cake into 1-inch cubes and spread half in 9 x 13-inch pan. Cover with half the chocolate mixture. Spread rest of cake and cover with rest of chocolate. Chill thoroughly. Cut in squares. Serves 12-16.

CHILLED STRAWBERRY CREME

Erma Erickson

"Here is a light dessert to follow a hearty dinner or to serve the girls before or after bridge."

2 cups vanilla wafer crumbs	1/8 tsp. salt
1/2 cup soft butter	2 eggs
1 cup powdered sugar	1 quart fresh strawberries
1 tsp. vanilla	1 cup whipping cream

Spread 1 1/2 cups of crumbs over bottom of an 11 x 7-inch or a 9 x 9-inch baking pan. Cream butter, add sugar gradually with vanilla and salt and beat until fluffy. Add eggs, one at a time and beat well. Spread carefully over crumbs and arrange sliced, unsweetened berries over butter and sugar mixture. Whip cream, without sugar, and spread over berries. Sprinkle remaining cooky crumbs over cream. Refrigerate overnight. Serves 8 or 9.



SWEET POTATO PUDDING

Mrs. Maria M. de Colon

"You can make this pudding with pumpkin instead of sweet potato but add a half-cup more sugar. Caramel sauce swirled in the baking dish will give it a sweet and shiny top."

3 cups mashed sweet potatoes	1 tsp. cinnamon or pumpkin
1/2 cup flour	pie spice
1 cup sugar	1/2 cup soft butter or
1 tsp. salt	margarine
3 eggs, beaten	1/2 cup raisins (optional)

Beat sweet potatoes, flour, sugar and salt until well mixed. Stir in eggs, butter and spice and beat until well mixed. Fold in raisins and pour into 1 1/2-quart baking dish. Bake 1 hour and 45 minutes at 325° or until tester comes out clean. Cool.

Loosen pudding and turn out on plate or platter. Serves 10-12.

Caramel: Lightly brown 1/2 cup sugar in small, heavy skillet over very low heat, stirring constantly with wooden spoon. Remove from heat and add 1/4 cup hot water. Simmer on very low heat until syrup is smooth and slightly thick. Pour into *unbuttered* baking dish, turning dish so caramel covers entire surface. Spoon pudding batter in carefully, not to disturb caramel. Bake as directed above but turn pudding out immediately after it is baked.

OZARK PUDDING

Betsy Lockhart

"A meringue with fruit and nuts baked in."

1 egg	1 1/2 tsp. baking powder
3/4 cup sugar	1/4 tsp. salt
1 tsp. vanilla	1 cup chopped apple
1/4 cup flour	1 cup chopped nuts

Beat egg until frothy, add sugar gradually, add vanilla and beat until light. Sift flour, baking powder and salt together and fold into first mixture. Gently stir in peeled and chopped apple and chopped nuts. Pour into buttered 9-inch pie pan and bake 25 minutes at 350°. Serve warm or cold with cream, whipped cream or vanilla ice cream. Serves 6. Use either white or brown sugar.

CAKE PUDDING

Terry Campos

"This recipe comes from my native land, The Philippines. When I make it my children think we are back in our old home, Legaspi. I usually use coconut milk instead of evaporated milk when coconuts are available."

1 pkg. yellow cake mix	1/2 cup cornstarch
3 cups water	1/2 cup water
1 13-oz. can evaporated milk	2 tsp. cinnamon
	1/2 cup chopped nuts
1 cup sugar	
2 tsp. vanilla extract	

Bake yellow cake according to directions on the package in 13 x 9-inch pan at least a half hour before making the pudding. Combine water, milk, sugar and vanilla and bring to a boil. Moisten cornstarch with water and stir slowly into hot mixture. Cook until thick. Pour over cool cake and sprinkle cinnamon over pudding and nuts over cinnamon. Serve warm or cold. Serves 12.

FLAMING BANANAS FOSTER

Lola K. Gerstenberger

"This recipe came from a 'Continental Chef' for Braniff International Airlines so his recipes cover a lot of ground and air."

6 pats of butter	1 oz. or more banana liqueur
6 tsp. sugar	1 oz. Triple Sec
3 bananas	1 1/2 oz. light rum
Juice of one fresh orange	

Melt butter, blend in sugar and cook until mixture is light brown. Cut peeled bananas crosswise in quarters and cook in sugar-butter mixture. Add orange juice and cook about 2 minutes. Add banana liqueur and stir gently to blend. Add Triple Sec and stir. Add rum and ignite. Keep mixture on burner while rum is burning, otherwise flame will go out. Stir and attempt to re-ignite until you are certain the alcohol has burned off. Spoon over French vanilla ice cream, serve and enjoy! Serves 6.

DATE DELIGHT

Virginia Slater

"Another version of the ever-popular date pudding."

1/2 lb. dates, cut up	3 egg whites
1 cup chopped nuts	1 cup sugar
1/2 cup graham cracker crumbs	1/2 tsp. vanilla

Mix dates, nuts and crumbs. Beat egg whites until fluffy. Add sugar gradually with vanilla and beat until stiff. Fold in date mixture and spread in 9 x 9-inch buttered pan. Bake 20 minutes at 350°. Cool. Cut into 12 squares and serve with this sauce.

1 cup sugar	3 egg yolks, beaten
2 tsp. cornstarch	1 1/2 tbsp. lemon juice
1/2 cup water	3-4 tbsp. Jamaican rum

Cook sugar, cornstarch, water and egg yolks until thick. Add lemon juice and rum. Four times this recipe will delight 50 guests.

RHUBARB CRISP

Millie Brown

"This Crisp is really crisp—no butter in the crust."

6 cups diced rhubarb	1/4 cup flour
1 cup sugar	2 eggs, beaten

Mix rhubarb, sugar, flour and beaten eggs and spread into 8 x 12-inch buttered baking dish. Make this crust.

1 1/2 cups flour	1/2 tsp. salt
1 cup sugar	2 eggs, beaten
1 1/2 tsp. baking powder	

Sift flour, sugar, baking powder and salt together and stir in beaten eggs. Mixture will be crumbly. Sprinkle it over rhubarb and bake about 40 minutes at 350° or until delicately browned. Serve warm or cold with cream, whipped cream or ice cream. Reheats nicely. Serves 10.

PICCADILLY CHEF PECAN PIE

Betty Roy

"Piccadilly Cafeterias, a chain of eating establishments in Louisiana, is similar to the Bishop cafeteria chain in Iowa. This recipe was given to me by the friend who managed to cadge the Shrimp Arnaud recipe."

4 eggs	1 cup light corn syrup
1/2 cup sugar	1 cup pecan halves
1 tbsp. soft butter	Baked pie shell*

Beat eggs, add sugar and butter, stir in syrup and fold in pecans last. Pour into baked pie shell and bake about 1 hour at 200° until filling is golden brown. Pecans will float to the top and the top will dome up gently during baking but it will fall when pie is cooled. This recipe will fill a 9-inch pie shell with some left over for a tart, or 2 or 3 small shells such as those little disposable aluminum pie plates left from commercial frozen pies. This pie is rich and servings should be small. *Pie shell baked until only lightly browned.

NORWEGIAN HAGLETTA

Inge Herigstad

"Wonderful on a hot day when you want to serve only a sandwich and a light dessert. Serve with a cracker or a plain cooky."

1 1/2 quarts whole milk	1 1/2 cups buttermilk
3 eggs	1/2 cup sugar
1/4 tsp. salt	

Bring milk to boil in heavy pan. Beat eggs, mix with other ingredients and add to boiling milk. Bring to boil again. Stir only once or it will curdle. Simmer 10-15 minutes but do not stir. Cool. Refrigerate. Serve cold. Spoon generous helpings into small bowls with the syrup that has risen to the top while cooling.

GRASSHOPPER PIE

Margaret Orr

"An elegant dessert for a special occasion."

18 chocolate wafers, crushed 5 tbsp. butter, melted

Mix crumbs and butter and pat into 9-inch pie pan or 8-inch square pan. Bake 5 minutes at 350°. Watch carefully so crust does not burn.

24 marshmallows	2 tbsp. green creme de menthe
2/3 cup cream (half and half)	(or creme de menthe syrup)
2 tbsp. white creme de cacao	1 cup whipped cream or Dream Whip

Heat marshmallows and cream in top of double boiler until marshmallows melt. Cool. Stir in creme de cacao and creme de menthe. Fold in whipped cream. Pour into crust and refrigerate several hours.

DEVONSHIRE STRAWBERRY PIE

Marilyn Sealine

"This is a special pie that happens when the time to make it and fresh strawberries all come together."

1 quart strawberries	2 tbsp. milk
Water, as needed	1 3-oz. pkg. cream cheese
1/4 cup cornstarch	1 baked 9-inch pastry shell
1/8 tsp. salt	1/2 cup heavy cream,
1 cup sugar	whipped

Wash hulled berries and put aside 6 for garnish. Mash half the berries or put them through a sieve and slice the rest. Add water to sieved berries to make 1 1/2 cups of mixture. In saucepan mix cornstarch, salt and sugar; add sieved berries and cook until thickened, stirring. Cool. Mix milk and cheese, spread on pastry shell and cover with sliced berries. Spread cooked mixture on top. Chill. Garnish with whipped cream and 6 reserved berries.

NO-PECAN PIE

Jean Sheppard (Kay Kellogg)

"Ever heard of pecan pie without pecans? Believe it or not, there is such a recipe and here it is. It calls for the usual items—eggs, dark corn syrup, sugar and margarine. The Kellogg's All-Bran or Bran Buds cereal and moist coconut give it a pecan chewiness and nutty flavor. It's an easy and inexpensive dessert."

3 eggs, beaten	1 cup dark corn syrup
1/2 cup Kellogg's All-Bran or Bran Buds	1/4 tsp. salt
1/2 stick soft margarine	1/2 cup flaked coconut
1/2 cup sugar	1 9-inch unbaked pastry shell

Stir to combine eggs and All-Bran or Bran Buds and let stand 10 minutes or until cereal is softened. Blend margarine, sugar, corn syrup, salt and coconut thoroughly and add cereal mixture. Pour into unbaked pastry shell and bake about 30 minutes at 350° or until knife inserted in center comes out clean. Cool thoroughly on wire rack before serving. Serves 8.

PAVLOVA

Clara Simerville

"I was first served this delicacy while I was in New Zealand. It's a favorite company dessert there."

3 egg whites	1 cup sugar
1/4 tsp. salt	Whipped cream
1 tsp. vanilla	Fresh or frozen fruit
1 tsp. vinegar	

Beat egg whites, salt, vanilla and vinegar until stiff; fold in sugar, a tablespoonful at a time, and beat until very stiff. Make an 8 or 9-inch mound on a piece of greased brown paper on a greased baking sheet and bake very slowly for 1 hour and 15 minutes at 250°. It should not brown but be a delicate cream color and dry and firm to the touch. Cool thoroughly. Pile whipped cream and chopped fresh or frozen fruit on top. Cut in pie-shaped pieces to serve.



BEEF WELLINGTON

Dilys Madison

"This is a splendid dish when you want to make a vast impression on your guests. You can put it together the day before, refrigerate it overnight and bake it the next day."

1 2 1/2-3 lb. beef tenderloin	1 cup sliced mushrooms 3/4 cup finely chopped cooked ham
1 pkg. frozen puff pastry cases	2 to 3 tbsp. dry sherry
2 tbsp. butter	1 tsp. salt
1/2 cup finely chopped onion	1/8 tsp. pepper 1 egg yolk

Sear tenderloin rapidly in hot fat and set aside to cool. Defrost pastry. Make the filling. Melt butter, sauté onions until soft but not brown. Add mushrooms and cook gently. Stir in ham, sherry, salt and pepper, and cool.

Roll six or seven pastry cases on lightly floured wax paper to a rectangular shape large enough to encase the tenderloin. Lift the sheet of pastry onto a lightly buttered cookie sheet with sides. Spread the filling along the center of the pastry, the width of the tenderloin. Lay the beef on top of the filling and encase it in the pastry. Seal the edges carefully.

Roll out the remaining pastry cases and cut out leaves, flowers and vines to decorate the pastry cases when ready to bake. Brush with egg yolk beaten with one-half teaspoon water. Bake 25 minutes at 425°. (A little longer if chilled.) To serve, cut crosswise with very sharp knife. For individual Wellingtons, buy very thick beef fillets and bake only 20 minutes. They will be less rare but never dry.

One good cook serves thin slices of SPICED TONGUE with homemade bread for Sunday night supper. This is her recipe. Boil a 3-lb. beef tongue with 2 tsp. salt, 2 tbsp. pickling spice and 2 tbsp. vinegar in water to cover until tongue is tender. Cool in broth, remove skin and chill before slicing. Serve with horseradish sauce made with 2 tbsp. butter, 2 tbsp. flour, 1/4 tsp. salt and 1 cup milk cooked until thick. Add 1 tbsp. vinegar and 1/2 cup well drained bottled horseradish. Heat slowly but do not boil. Serve warm or cold.

SUKIYAKI

Linda Benedict

"A Japanese woman taught me how to make this 'friendship' dish. She makes the sauce and prepares the vegetables early and cooks it on a charcoal brazier in the center of the table. Americans sometimes use an electric skillet. I cook everything in the kitchen and bring the attractive platter to the dining table and pass it around with the rice."

2 bunches green onions	2 large carrots
1 1/2 pints fresh mushrooms	2 lbs. fresh spinach
2 medium-sized onions	2 16-oz. cans bean sprouts
2 large stalks celery	1 1/2 lbs. sirloin steak sliced paper thin

Wash vegetables and cut—green onions into 2-inch lengths; mushrooms in 1/2- or 1/4-inch pieces; whole onions in halves, and halves into 1/4-inch slices; celery diagonally into 1/2-inch slices; carrots diagonally into 1/8-inch slices. Leave spinach whole and drain bean sprouts. If butcher has not sliced the beef, freeze the meat and slice it when it just begins to thaw.

1 cup chicken broth	3 tbsp. sugar
1/3 cup soy sauce	2 tbsp. saki or red wine

Combine sauce ingredients. Sauté beef in butter or suet in large skillet or wok. Push to one side and add vegetables in separate piles. If skillet is not large enough, transfer meat to another and cover with sauce. Pour sauce over vegetables and simmer until just tender. (They should not be mushy.) Stack meat in center of a large, round platter and arrange piles of vegetables attractively around it. Pour remaining sauce over all. Serve with rice. The Japanese cook rice without salt and pass a bottle of soy sauce to salt it. Serves 4 to 6.

One good cook remembers that:

Macaroni doubles itself in cooking.

Noodles increase in volume by 1/3 when cooked.

Rice, 1 cup raw, becomes 3 1/2 cups cooked.

Walnuts, 1 1/4 pound unshelled, make about 2 cups chopped.

Cheese, a 1/2 pound chunk, makes about 2 cups grated.

BEEF VERSATILE

Lorraine Gutz Baur

"This recipe is adaptable—you can substitute frozen peas for the green pepper, or slivered almonds for the water chestnuts."

1 1/2 lbs. round, sirloin or minute-steak	1 cup green pepper slivers
1/2 cup soy sauce	1 8-oz. can water chestnuts
2 tbsp. margarine or butter	2 tbsp. chopped pimento
1 4-oz. can mushrooms, drained	1 tbsp. cornstarch
	1/2 cup concentrated beef broth

Trim fat and connective tissue from steak and cut in pencil-thin strips about 1 1/2 inches long. Marinate in soy sauce, refrigerate overnight, if possible. About 15 minutes before serving time, melt butter or margarine in a large skillet and sauté mushrooms 2 or 3 minutes. Push to one side and cook green pepper a few minutes. Add marinated and drained steak strips (save the marinade) and cook quickly about 5 minutes, stirring often. Add thinly sliced water chestnuts and pimento. Combine cornstarch, beef broth and remaining marinade. Pour over meat and vegetables and cook a minute or two until bubbly and slightly thickened. Serve over fluffy rice, buttered noodles, hot biscuits, chow mein noodles or mashed potatoes. Serves 6.

BUSY DAY STEW

Kitty Schaller

"This stew takes care of itself for hours."

1 1/2 lbs. beef stew meat	1 bay leaf
1 medium onion, sliced	1 tsp. salt
1 large potato, sliced	1/4 tsp. pepper
1 cup sliced carrots	1 10-oz. can mushroom soup
1/2 10-oz. pkg. frozen peas	1/2 can dry wine or water

Arrange in casserole in order given. Bake 4 or 5 hours at 275°. Serve with rice, mashed potatoes or hot biscuits.

BARBEQUED RUMP ROAST

Marion Cowle

"This simple roast is delicious hot and leftovers make good sandwiches."

1 rump roast	1 14-oz. bottle catsup
1 12-oz. bottle 7-Up	

Mix 7-Up and catsup, pour over meat and roast, covered, 45 minutes per pound at 275°. Baste every half hour.

SHIRLEY'S PASTA CHEN

Joy Schacht

"When I serve this authentic Italian dish from Des Moines' South Side at a dinner party, the men return for third or fourth helpings."

1 lb. ground beef	1 medium onion, chopped fine
1/2 lb. sausage	1 tsp. salt
2 eggs	1/4 tsp. pepper
3/4 cup bread crumbs	1/2 cup Parmesan cheese

Mix and shape into small firm balls. Drop into boiling sauce.

2 12-oz. cans tomato paste	1/2 tsp. pepper
3 cans water	1 tsp. garlic salt
1 1-lb. can tomatoes	2 tbsp. sugar
1 tbsp. Italian seasoning	1/2 tsp. oregano
1 tsp. salt	1 4-oz. can mushrooms

Combine sauce ingredients, except mushrooms. Heat, add meat balls and simmer 1 1/2 hours. Add mushrooms and cook for another half hour.

2 1-lb. pkgs. Rigatoni noodles	2 lbs. grated Mozzarella cheese
6 to 8 hard-cooked eggs	1 cup grated Parmesan cheese

Cook noodles according to package directions. Layer in 2 buttered 9 x 13-inch pans in this order: one half of noodles, sauce and meat balls, sliced hard-cooked eggs, Mozzarella cheese and Parmesan cheese. Repeat with remaining ingredients. Bake 15 or 20 minutes at 400°. Serves 12.

SHERRIED BEEF

Rose Summers

"This tasty serve-over-rice dish is a cousin of Beef Stroganoff. It will wait comfortably in a warm oven an hour or more to serve 8 to 10 people. Or it may be cooked a day or two ahead of time and reheated."

3-4 lbs. beef roast	2 10 3/4-oz. cans cream of
1/2 pkg. dry onion soup mix	mushroom soup
1 4-oz. can mushroom pieces	3/4 cup dry sherry

Cut beef in 1-inch cubes and put in 2 1/2-quart casserole or small roaster with tight lid. Add onion soup mix, mushrooms with liquid, undiluted soup and sherry. Mix well and bake at least 3 hours at 325° or until beef is tender. Roaster must have tight-fitting lid—liquid tends to boil over and meat will dry out.

BAKED FONDUE

Sandy Sime Sauer

"Here is a recipe for the hostess who likes to sleep late. You can put this brunch dish together the night before and bake it at the same time you bake a make-ahead coffee cake you also put together the night before."

4 slices white bread	1 cup grated sharp Cheddar
8 eggs	cheese
2 cups milk	1/2 tsp. salt
	1/4 cup chopped green pepper

Cut bread in small cubes or crumb it in blender. Beat eggs, add milk, grated cheese, salt and green pepper. Pour over bread and turn the mixture into well-buttered, bottom and sides, 1 1/2-quart casserole. Bake 1 hour at 350° or 325° for a glass casserole. Bake 5-10 minutes longer if prepared ahead and refrigerated. Serve with a sauce made by combining 1 10 3/4-oz. can golden mushroom soup with 1 4-oz. can mushrooms, drained. Thin to gravy consistency with a little of the mushroom liquid. Heat and pass in a bowl or keep hot in fondue pot if serving from the buffet.

BEEF-ZUCCHINI CASSEROLE

Nancy Bohlen

"This meat and vegetable dish is easy to put together and nice to serve with salad, a hot bread and a favorite dessert."

4 small zucchini	1/2 cup cracker crumbs
1/2 cup chopped onion	1 tsp. salt
2 tbsp. lard or drippings	1/8 tsp. pepper
1 lb. ground beef	1/8 tsp. oregano

Wash zucchini, cut off ends, and cook, whole, in boiling salted water about 8 minutes. Drain and cut in half-inch slices. Cook onion in lard or drippings about 3 minutes. Add ground beef and cook until lightly browned. Pour off drippings. Stir crumbs, salt, pepper and oregano into meat and onion mixture and remove from heat.

1/4 cup butter or margarine	1/4 tsp. pepper
1/4 cup flour	2 cups milk
1 tsp. salt	1 cup shredded Cheddar cheese

Melt butter, stir in flour, salt and pepper and cook until bubbly. Add milk and cook, stirring constantly, until mixture thickens. Add cheese and stir until melted. Arrange half of zucchini slices in greased 2-quart baking dish. Add half the beef mixture, then half the cheese sauce. Add the rest of the zucchini, the rest of the beef mixture and the last of the cheese sauce. Bake 25 minutes at 350°. Serves 6 or 8.

One good cook makes SAUERBRATEN MEATBALLS. Use 1 lb. ground chuck to make meatballs with your favorite recipe. While meatballs are browning, mix following ingredients in small bowl: 1 cup water, 2 tbsp. vinegar, 2 tbsp. catsup, 1 tbsp. brown sugar, 8 peppercorns, 1 bay leaf (crumbled), 1/2 tsp. salt, 1/2 cup raisins, 6 gingersnaps (crushed). When meat is evenly browned, stir in liquid mixture. Mix gently but thoroughly. Bring to a boil over medium heat, cover with tight-fitting lid and reduce heat to low. Cook 15 minutes, stir, then cook 15 minutes longer. Serves 4. Team with mashed potatoes, crisp cabbage salad and black bread.

TEXAS HASH

Joyce Bolt

"Just a touch of the south-of-the-border flavor."

3 onions, sliced	1/2 cup uncooked rice
3 tbsp. salad oil	1 tsp. salt
1 lb. hamburger	1/2 tsp. pepper
1 tsp. chili powder	1 16-oz. can tomatoes

Sauté onions in oil for 10 minutes over low heat. Add hamburger. Mash well and cook until browned. Add remaining ingredients and mix well. Pour into buttered baking dish, cover and bake 45 minutes at 350°. Uncover and bake 15 minutes longer. Serves 4-6.

CHILI CHIP CASSEROLE

Mary Dodds Schlick

"I first saw this casserole made by a home economist with the Washington, D. C. welfare department when I was working for the community action agency there. It's fast and delicious, though not particularly inexpensive. Guests always ask for the recipe."

1 lb. ground beef	3/4 cup water
1 cup chopped onion	1 6-oz. bag corn chips
1 pkg. chili seasoning mix	1 1-lb. can pinto beans, drained
1 6-oz. can tomato paste	2 cups grated Cheddar cheese

Brown ground beef until crumbly, add onion, chili seasoning mix, tomato paste and water. Mix thoroughly and simmer 10 minutes. Place half the corn chips, (about 2 cups) in the bottom of a buttered 2-quart casserole and spoon half the chili-meat mixture over them. Spread half the pinto beans over the meat mixture and sprinkle with 1 cup grated cheese. Repeat the meat and pinto bean layers. Arrange remaining corn chips over the top and sprinkle with remaining cup of grated cheese. Cover and bake 30 minutes at 350°. Uncover and bake 15 minutes longer. Serves 6 to 8 and holds well if dinner is delayed.

MEATBALLS SUPREME

Bess Ferguson

"When my son John took a second helping he told me, 'I've eaten meatballs from the Atlantic to the Pacific and yours are the best, Mom.' The secret? Applesauce."

2 eggs, slightly beaten	1/8 tsp. pepper
1 cup dry bread crumbs	1 cup sieved applesauce
1 1/2 tsp. salt	2 lbs. ground beef

Beat eggs slightly in large mixing bowl. Stir in bread crumbs, salt, pepper, applesauce and ground beef. Mix thoroughly with your hands and make meatballs desired size—tiny for appetizers or golf ball size for buffet supper. Roll them in flour and brown slowly in hot shortening or bacon fat. While meatballs brown, make this sauce.

1/4 cup chopped celery	1 16-oz. can tomatoes
1/4 cup chopped onion	1 10 3/4-oz. can tomato
1/4 cup chopped green pepper	soup (not cream of)
1/4 cup shredded carrot	1/2 tsp. sugar
2 tbsp. shortening	1/4 tsp. salt
	1/4 tsp. Italian seasoning

Sauté celery, onion, pepper and carrot in shortening until wilted. Add tomatoes, tomato soup, sugar, salt and Italian seasoning and simmer a few minutes. Mash tomatoes with potato masher. Tip skillet and spoon off excess fat. Pour sauce over meatballs and simmer 15-20 minutes. Serve with spaghetti, rice or mashed potatoes. You can finish cooking meatballs in sauce in casserole in 325° oven and you can freeze them in the sauce. A few left over? Cut in bite-sized pieces, heat in sauce and serve over toast—hot beef sandwich.

Lynell Dougherty makes this sauce for COCKTAIL MEATBALLS. Simmer 3 cups tomato juice, 1 4-oz. can mushrooms or mushroom sauce and 8-10 sliced olives together a few minutes. Add browned meatballs and cook slowly an hour or bake in a casserole 1 hour at 350°.

One good cook heats one-fourth cup of dry sherry with a can of mushroom soup 10 to 15 minutes and serves it over meatballs.

CHILI FOR A PARTY

Ann L. McCormack

The night the Hungarian Quartette performed in Ames we celebrated with a party for them. I served chili in a huge copper chafing dish, hoping it would be a conversation piece and encourage the guests to visit. It was and it did.

I used my favorite chili recipe and worked out proportions of the ingredients to serve 50, starting with 5 lbs. of ground beef. When it came to the cooking I followed the usual procedure to the point where the meat, red kidney beans, tomatoes and all the other things that make chili so good had been cooked together. Then I ad libbed by adding a 10-oz. package of frozen baby lima beans and a pound can of butter beans, 1 cup diced celery, 3 large onions, thinly sliced and sautéed gently in margarine until they were clear but not brown, and 1 1/2 lbs. mushrooms thinly sliced and sautéed in margarine. (Canned mushrooms will do.) Cool, refrigerate or freeze until needed.

When I serve chili for a small supper party I mix a big tossed salad of a variety of lettuces, fresh spinach leaves, cauliflower buds, leaves and hearts of fresh artichokes, celery, tomatoes and carrots slivered with a vegetable peeler. Hidden Valley salad dressing made with buttermilk is good for such a salad. For this meal I often bake cornsticks in old cast iron molds and serve a bundt cake, sherbet and coffee. Easy. Easy.

HULLY'S SPANISH HAM

Mrs. Frank E. Miller

"My father who was known as 'Hully' created this recipe."

1 slice center cut ham	1 large green pepper, sliced
2-2 1/2-inches thick	1 16-oz. can tomatoes
1 large onion, sliced	

Place ham in an electric skillet and add vegetables. Cover and simmer 30-45 minutes or bake in a covered pan 45 minutes at 325°.

One good cook substitutes slivers of water chestnuts for almonds in tuna and chicken casseroles.

NOODLE CASSEROLE

Betty Trexel (Mrs. Milton)

"This family favorite casserole is popular at potluck suppers, too. You can freeze it before or after baking."

2 lbs. ground beef	1/4 cup soy sauce
1 tsp. salt	1 10 3/4-oz. can mushroom soup
4 cups chopped celery	1/2 cup water
1/4 cup chopped green pepper	1 8-oz. pkg. noodles
1/2 cup onion, chopped	1 cup sour cream
1/4 cup chopped pimento	1/2 cup sliced almonds or Brazil nuts

Brown ground beef with salt, drain off fat. Add chopped vegetables, soy sauce, soup and water. Simmer until vegetables are tender. Add cooked noodles and sour cream to meat mixture. Pour into casserole or baking pans. Top with sliced almonds or Brazil nuts, or crushed cornflakes. Bake 30 minutes at 350°. Serves 10 to 12.

MAID WELLS

Julia Faltinson Anderson

"This quick and easy-to-prepare dish is a favorite with outdoor cooks. You can cook it in a skillet or in a gallon can over an open fire."

2 lbs. ground beef	1 8-oz. bottle catsup
2 medium onions, chopped	1 tbsp. prepared mustard
1/2 cup pickle relish	

Brown meat and skim off excess fat. Add chopped onions, relish, catsup and mustard. Cook until onions are tender. Serve on buns or bread. Serves 6 to 8.

One good cook makes seasoned buttered crumbs for tops of casseroles by combining 1 cup dry bread crumbs with 1 tbsp. margarine, 1/4 tsp. salt, and 1/8 tsp. pepper or 1 tsp. seasoned salt. She waits until the casserole is bubbling hot before she sprinkles on the crumbs and bakes it a little longer to brown the crumbs.

BEANS WITH RED WINE

Genevieve Callahan

"The next time you agree to take a 'covered dish' to a potluck party or a family reunion, think of this three-bean casserole. It is delicious at any temperature—steaming hot out of the oven, thoroughly chilled from the refrigerator or any degree in between."

1/2 to 1 lb. ham	1 16-oz. can baked beans
1 clove garlic, minced	(without tomato sauce)
1 large onion, chopped	2 to 4 tbsp. brown sugar
1 16-oz. can dark red kidney beans	1 to 2 tbsp. prepared mustard
1 16-oz. can cooked garbanzos	1/2 cup catsup
	1/2 cup red wine
	A few onion slices

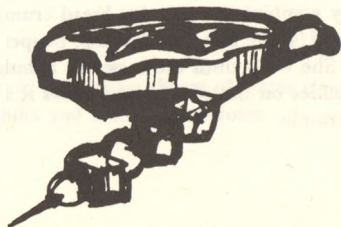
Trim fat from ham and fry in large skillet. Add ham cut in small strips and brown lightly. Add garlic and onion and cook until limp. Drain kidney beans and garbanzos thoroughly and pour into skillet along with baked beans, not drained. Mix brown sugar, mustard, catsup and wine until sugar is dissolved. Pour over beans and stir gently. Taste and add salt and pepper if needed and more liquid if needed to almost cover the beans. Turn into 2-quart casserole, top with onion slices and bake at 350° about 45 minutes. Makes 5 to 8 servings.

HAM HOWDIES

Mary Buchele

2 cups ground cooked ham	1/3 cup milk
1/2 cup soft bread crumbs	1 slightly beaten egg
1/4 cup minced onion	1 cup sour cream

Combine all ingredients except sour cream. Shape mixture into 6 small or 4 large patties. Brown slowly on both sides in a little hot fat. Warm sour cream, pour over patties and serve. Good served on pineapple rings.



SOUP FOR ALL SEASONS

James W. Schwartz

"This is a hearty soup. Make it in the morning or the day before and reheat it after a long afternoon at the football game, an exhilarating day of skiing, a frustrating day of fishing or a bout with snow in the driveway."

1/4 cup vegetable oil	2 large potatoes, scrubbed and diced
2 or 3 links dry Italian sausage	1 10-oz. can beef bouillon
2 cups chopped onion	1/4 cup vinegar
1 15-oz. can red kidney beans	1 tsp. salt
1 15-oz. can tomato juice	1/2 tsp. pepper
1/2 6-oz. can tomato paste	1/2 tsp. garlic salt
1 medium head cabbage, chopped	1/2 tsp. garlic powder
	5 cups water

Slice or cube sausage, add to oil with onion and sauté 5 minutes. Add remaining ingredients. Bring to gentle boil and simmer over lowest heat 3 to 5 hours, stirring now and then. Serve with crackers and cheese, dark bread or hot corn bread. Makes 4-5 quarts and keeps well refrigerated.

SHISH KEBABS

Mitzi Ferguson

"Broil these juicy tidbits over the glowing coals of the garden grill or in the kitchen broiler."

1 lb. sirloin steak, 1/2-inch thick	1 tsp. dry mustard
1 small onion, minced	1 tsp. sugar
1 clove garlic, minced	1 tbsp. vinegar
	1/2 cup soy sauce

Cut steak in 1-inch pieces. Combine remaining ingredients, pour over steak and marinate overnight or longer. Drain, thread on skewers with your choice of fruits and vegetables—apple slices, pineapple chunks, small onions (parboiled), small squares of green pepper, small tomatoes, mushrooms. Broil 10-15 minutes 3 inches from heat, brushing with marinade and turning often. Serves 3 or 4.

VARIETY CASSEROLE

Josephine W. Drips

"This casserole is equally good made with tuna or chopped ham. Sometimes I dress it up with toasted almonds or cashews and I like to use refrigerator-to-oven bakeware so I can put it together well ahead of baking time. Nice gift for a neighbor to bake at her convenience."

1 10 3/4-oz. can mushroom soup	3 tbsp. finely chopped onion (or 1 tsp. dried)
1 cup milk	1 3-oz. pkg. dried beef
1 cup grated medium Cheddar cheese	2 tbsp. margarine
1 cup uncooked elbow macaroni	2 or 3 hard-cooked eggs
	3 tbsp. crushed cornflakes or potato chips

Mix soup and milk thoroughly. Stir in cheese, uncooked macaroni and onion. Tear dried beef into bits and frizzle a few minutes in hot margarine. Add to soup mixture. Chop eggs and fold in last. Turn into greased 1 1/2-quart casserole, cover and refrigerate 3 or 4 hours or overnight. About an hour before serving, sprinkle with cornflakes or potato chips and bake about an hour at 350°. (Cornflakes are better with tuna.)

OVERNIGHT CHICKEN CASSEROLE. Mrs. Harriet Erickson makes a similar overnight casserole except she uses 2 cups diced cooked chicken, instead of dried beef, doubles the rest of the ingredients and bakes 30 minutes at 350° before she sprinkles canned onion rings or crushed potato chips over the top and bakes 30 minutes longer.

One good cook gives a new flavor to broiled steaks with an EASTERN MARINADE. Combine 1 cup red wine, 1/2 cup soy sauce, 1/2 cup orange juice, 1/2 cup pineapple juice, 3/4 tsp. dry thyme, 1 tsp. dry rosemary, 3 tbsp. Worcestershire sauce, 1 cup finely chopped onion, 3 cloves garlic, crushed, and 3/4 tsp. pepper. (Soy sauce provides salt.) Put beef and marinade in a plastic bag in a bowl and make sure liquid entirely covers meat. Marinate small cuts at least 2 hours, large cuts 24 hours. Turn meat several times with tongs or wooden spoons to avoid piercing it. Broil as usual. Refrigerate marinade to use again.

BRUNCH CASSEROLE

Primrose Jackson

"You can make this casserole for a special party breakfast or a quick Sunday dinner. Fix it early and pop it in the oven after church."

18 deviled egg halves	2 cups milk
(your recipe)	1 cup grated sharp Cheddar
2 tbsp. butter	cheese
2 3-oz. pkgs. dried beef	1/4 cup dry sherry
4 tbsp. butter	1 cup Pepperidge Farm
4 tbsp. flour	Dressing Mix

Arrange deviled eggs in one layer in large buttered casserole. Tear dried beef into small pieces and frizzle in two tablespoons butter until slightly crisp. Sprinkle over eggs. Make a cream sauce of butter, flour and milk. Stir in grated cheese and sherry and pour over eggs and dried beef. Sprinkle dressing mix generously over the top and bake 30 minutes at 325°. Serves 8 to 10.

ADLAI STEVENSON'S FAVORITE LUNCHEON

Ellen Parks

"Adlai Stevenson's name was much in the news when he was United States Ambassador to the United Nations. At that time someone discovered his favorite luncheon dish (the one his housekeeper called Shrimp a la VIP) and published it. Here it is."

1 9-oz. pkg. frozen	1 1/2 cups milk
artichoke hearts	1/2 tsp. salt
1 lb. frozen cooked shrimp	1/8 tsp. pepper
1/2 lb. fresh mushrooms	1 tbsp. Worcestershire sauce
1 tbsp. butter	1/4 cup dry or cream sherry
4 1/2 tbsp. margarine	Parmesan cheese, grated
4 1/2 tbsp. flour	

Arrange thawed artichoke hearts and shrimp in buttered baking dish or shells. Add mushrooms sautéed in butter. Make a very thick sauce of margarine, flour, milk, salt, pepper and Worcestershire sauce. Stir in sherry and pour over artichokes, shrimp and mushrooms. Sprinkle generously with grated cheese and bake 20 to 30 minutes at 350°. Serves 4.

WHITE FISH, WINE SAUCE and WILD RICE

Florence Frette Stiles

"I must give credit to my friend, Joan Brauer, for sharing this recipe with me. If you think my instructions are rather weird, you should have seen hers to me—gestures of pinching, shoulder shrugging. I did my own thing; please do yours."

1/4 cup lemon juice	1/8 tsp. thyme if desired
1/4 cup butter	1 tbsp. chopped scallions or fresh chives
1/2 cup dry white wine	2 sprigs parsley, or 1/4 tsp. dried
1 bay leaf, crushed	
1/8 tsp. basil	

Mix all ingredients for sauce in a large skillet and simmer 15 minutes.

1 6-oz. pkg. Uncle Ben's long grain and wild rice	2 tsp. salt 1/4 tsp. pepper
4 lbs. white fish	16 cherry tomatoes

Cook rice according to directions on package to serve with fish. Cut fillets of halibut or turbot into thick steaks or chunks so it will not fall apart while cooking. Season with salt and pepper. Simmer fish in sauce for 5 minutes, turn and simmer 5 minutes longer. Just before serving add tomatoes. Serves 4. I serve this flavorful dish with a green salad of a variety of lettuces, spinach and fresh chives, roquefort cheese and a light dressing; Gallo chablis blanc wine, fresh pears for dessert with chicory flavored coffee and-or brandy. Candlelight and fresh flowers, or a plant, and background music—imperative!

SEAFOOD CASSEROLE

Jan Wallin

"—a little casserole made from emergency shelf supplies."

1 8-oz. can oysters, drained	1/3 cup milk
1 8-oz. can minced clams, drained	3/4 cup seasoned bread crumbs
1 10 3/4-oz. can mushroom soup	

Arrange oysters and clams in buttered casserole. Mix soup and milk and add. Sprinkle seasoned crumbs over the top and bake about 20 minutes at 325°. Serves 4.

FISH ALMONDINE

Mary Buchele

Roll 1 lb. fillet of haddock or other firm-fleshed white fish in crumbs or cornmeal and brown in 6 tbsp. hot butter.

2 tbsp. melted butter	4 tbsp. lemon juice
1 cup mushroom soup	1/4 cup grated pimento cheese
1/2 cup sour cream	1/4 cup slivered almonds

Mix butter, soup, sour cream and lemon juice and warm over low heat. Pour half into flat baking dish, lay fillet on top, cover with rest of sauce, sprinkle cheese and almonds over top and bake 15 minutes at 325°. Serves 4.

BAKED FISH STEAKS

Betsy Lockhart

"Let your budget suggest the kind of fish for this fish dinner."

2 lbs. fish steaks	1/4 tsp. parsley flakes
1 stick margarine	Dash nutmeg and mace
2 cloves garlic, split	1 tsp. salt
1/3 cup minced onion	2 tbsp. lemon juice
1/4 tsp. tarragon	3/4 cup fresh bread crumbs
1/4 tsp. thyme	

Arrange cod, haddock, salmon or swordfish steaks in shallow buttered baking dish. Cook garlic in margarine until tender but not brown. Remove garlic and stir in tarragon, thyme, parsley, nutmeg, mace, salt and lemon juice. Spoon half the mixture over steaks. Combine remaining mixture with bread crumbs and spread over steaks. Bake about 20 minutes at 400° or until fish flakes when tested with a fork. Serves 4-6.

One good cook prepares and measures the ingredients for FRIED RICE, CANTONESE STYLE early so she can cook this supper dish in about 5 minutes. Here is her recipe: Melt 1 stick margarine in large skillet, add 1 4 1/2-oz. can shrimp, drained, and sauté 1 minute. Beat 4 eggs with 1/2 tsp. salt, add and cook 1 minute. Stir in 5 cups cooked rice and cook 1 minute. Fold in 1/2 cup diced, cooked ham and 1/2 cup peas and cook 2 or 3 minutes longer, until eggs are cooked but soft. Serve with salad and a favorite dessert. Serves 6.

CHICKEN AND WILD RICE

Mrs. Margaret K. Yoder

"Here is an unusually good casserole for a special occasion."

1/2 lb. fresh mushrooms	4 cups cooked chicken
3 tbsp. butter	1 1/2 cups cooked wild
3 tbsp. flour	rice
3 cups chicken stock and	1 cup slivered almonds
milk	

Brown sliced mushrooms in butter. Stir in flour, add liquid and cook until thickened. Fold in chicken, in bite-sized pieces, wild rice and almonds. Pour into buttered casserole and bake 45 minutes at 350°. Serve with this sauce.

4 tbsp. butter	4 tbsp. flour
1/2 small onion	1 tsp. salt
1/2 lb. fresh mushrooms	2 cups milk

Brown onion and sliced mushrooms in butter. Stir in flour. Add milk and cook until thickened.

CHICKEN ARTICHOKE

Georgia Rawson

"Here is another, and a bit different, way to serve chicken at home or at a cooperative dinner."

1 9-oz. pkg. frozen arti- choke hearts	1/2 cup dry vermouth
2 tbsp. water	1/2 tsp. salt
1 tsp. salt	1/8 tsp. pepper
1/8 tsp. pepper	1/4 tsp. oregano
4 chicken breasts	2 strips bacon, cut in half

Defrost and separate artichoke hearts and place in shallow buttered baking dish. Add water and sprinkle with salt and pepper. Lay chicken breasts over artichokes and add vermouth. Sprinkle with salt, pepper and oregano. Lay bacon on top and bake at 350° for 1 hour or until chicken is tender. Serve with hot rice. Serves 4.

One good cook wraps turkey legs in foil and bakes about 2 hours at 350°. She cuts the meat from the bone and dices it to use in salads, casseroles and sandwich fillings.

RUSSIAN HILL CHICKEN

Genevieve Callahan

"This way of cooking chicken has been a favorite of a lot of young and older hostesses and their guests. The recipe is named for the Russian Hill apartment in San Francisco where my writing partner, Lou Richardson, and I have lived ever since I edited the food section of Sunset Magazine. Its popularity took it into the second edition of my 'California Cook Book for Indoor and Outdoor Eating'."

1 3-lb. frying chicken	1 1/2 cups sliced onions
Salt and pepper	1/2 cup brandy
2 tbsp. butter	1/4 cup cream
2 tbsp. shortening	

Salt and pepper pieces of chicken but do not flour them. In a big skillet with a tight-fitting lid, heat butter and shortening and cover the bottom with a thin layer of sliced onions. Put in chicken and let cook very gently, turning often, until well browned. Pour brandy over chicken and onions, cover and simmer slowly, turning now and then, until chicken is tender. Pour cream over all, heat a few minutes longer and serve with the rich skillet-gravy poured over the chicken and onions. P. S. If you like curry, sprinkle 1/4 teaspoon curry powder over the browned chicken before you add the brandy.

CHICKEN EXTRAORDINARY

Jean Cook

"The combination of flavors makes this chicken dish a favorite with company at home or at bring-a-dish parties."

1 6-oz. pkg. wild and long-grained seasoned rice	1 soup can water
1/2 cup minute rice	1/2 cup white wine
1 10 3/4-oz. can mushroom soup	1 pkg. onion soup mix
	8-10 chicken breasts

Combine two kinds of rice, soup, water, wine and half the onion soup mix. Pour into greased 13 x 9-inch baking pan. Remove skin and bone from chicken and arrange over rice. Sprinkle with remaining soup mix. Cover tightly with heavy aluminum foil and bake 2 hours at 325°. Open one end for last 15 minutes.

SWEET-SOUR CHICKEN

Nancy Landon Hemphill

"This Chinese dish is easy to make and so good served with hot, fluffy rice and a salad."

2 chicken breasts 2 tbsp. salad oil
Garlic salt

Cut chicken in bite-sized pieces, sprinkle with garlic salt and cook in hot oil until white but not brown. Set aside.

1 tbsp. salad oil	3 tbsp. sugar
1 green pepper, thin strips	4 tbsp. red wine vinegar
1 13 1/2-oz. can pineapple tidbits	1 tsp. soy sauce
1 8-oz. can water chestnuts	1 tbsp. cornstarch
1 chicken bouillon cube	2 tbsp. water
1/2 cup hot water	

Wilt pepper in hot oil. Sliver water chestnuts and add with pineapple and chicken. Dissolve bouillon cube in hot water. Add sugar, vinegar, soy sauce and cornstarch moistened with water. Shortly before serving, pour over chicken mixture and cook gently until sauce is thickened and chicken is tender. Serves 4 to 6.

CHICKEN CORN PONE

Louise Rosenfeld

"You can fix this ahead of time and refrigerate or freeze it before it is baked. It is just as good made with turkey."

1 chicken, cut up	1/4 lb. butter
1 cup sour cream	1/2 cup chicken broth
1 10 3/4-oz. can cream of mushroom soup	1 8-oz. pkg. corn bread stuffing

Cook chicken until tender in just enough boiling, salted water to cover. Remove skin and bones from chicken, cut in bite-sized pieces and spread over bottom of buttered 8 x 12-inch baking dish. Combine sour cream and mushroom soup and pour over chicken. Melt butter in chicken broth, add stuffing and toss lightly. Sprinkle on top of casserole and press down slightly. Bake at 350° about 50 minutes.

CHICKEN IN A BLANKET

Brodie Goldberg

"Chicken breasts, each encased in its own blanket of pastry, make attractive servings for a sit-at-a-table party. Do part of the preparation early in the day and finish up an hour or so before dinner time."

4 chicken breasts	5 peppercorns
1 tsp. salt	Few threads saffron
1 tsp. dry rosemary	3 1/2 cups hot water
1 small onion	

Remove skin and bone from chicken and cut in two lengthwise. Simmer in salted water with seasonings until fork tender. Set chicken aside, strain broth and refrigerate.

2 sticks pie crust mix	1 tbsp. minced parsley
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Prepare crust according to package directions, stirring in parsley. Roll out and cut in 8 squares each large enough to encase half a chicken breast. Wrap each piece of chicken in a piece of dough, tucking it in close around the meat and sealing the edge with a bit of water. Set seam side down on ungreased baking sheet and bake at 425° until nicely browned while making sauce.

4 1/2 tbsp. margarine	1/8 tsp. pepper
4 1/2 tbsp. flour	3 cups chicken broth
1/4 tsp. salt	3 tbsp. lemon juice or sherry

Melt margarine, blend in flour, salt and pepper and add broth. Simmer until thick and add lemon juice or sherry shortly before serving. Arrange hot chicken rolls on platter, garnish with spiced crab apples or spiced kumquats in little nests of crisp parsley. Ladle a little sauce over rolls and pass the rest in a bowl.

One good cook chops large quantities of onions in the blender to save time later. Place peeled and quartered onions in blender. Cover with water and chop. Drain in colander. Pour chopped onion into ice cube trays and freeze. Store in plastic bags in freezer. Each cube equals 2 tbsp. chopped onion. Cubes keep frozen for months. Freeze chopped green pepper the same way.

One good cook adds a pinch of thyme to two cups of chicken, beef or pork gravy a few minutes before it is ready to serve.

JAVANESE CHICKEN

Elizabeth Perkins

"This combination of meat, vegetables and fruit offers a rich variety of color and texture along with a surprisingly good blend of flavors. Most of the preparation can be done ahead of time, leaving little last-minute work. It will serve 12 to 15 persons, with, maybe, some leftovers that will be just as good next day."

12 to 15 whole chicken breasts or light and dark
meat mixed

The day before the party, cook chicken until tender in salted water. Debone, cut in bite-sized pieces and refrigerate immediately. Reserve 6 cups chicken broth with fat and refrigerate.

6 cups tomatoes	4 cups chopped celery
2 cups chopped white onion	2 cups chopped maraschino cherries

Several hours before the dinner, chop tomatoes, fresh or canned, and drain. Chop onion, celery and cherries into bite-sized pieces. Put each in a bowl, with water on the celery to keep it crisp, cover and refrigerate.

1 14-oz. pkg. instant rice	2 cups flaked coconut
3 13 3/4-oz. cans crushed pineapple	4 cups crisp fried Chinese noodles
2 cups grated Cheddar cheese	3 10 3/4-oz. cans cream
2 cups chopped blanched almonds	of chicken soup

One hour before serving, with a bit of broth for moisture, reheat chicken in covered pan about an hour in 350° oven. Set tomatoes, onion, celery and cherries out to bring to room temperature. Drain pineapple and celery. Grate cheese. Place cheese, almonds, coconut and pineapple in separate bowls. Prepare rice according to package directions. Make sauce by combining chicken broth and fat with undiluted cream of chicken soup and heat gently to bubbling.

When ready to serve, arrange food on table, buffet-style, in this order: rice, Chinese noodles, chicken, sauce, tomatoes, celery, onion, pineapple, cheese, another bowl of sauce, almonds, coconut and cherries. Encourage guests to serve themselves in this order, layering foods, one atop another on their plates, for the best blending of flavors. Wine, hot saki or jasmine tea and a light dessert complete this meal.

TROPICAL CHICKEN

Joyce Manchester

"I use this recipe for special luncheons. It's beautiful—reposing in its pineapple shell—and oh, so delicious."

3 medium-sized pineapples	1 tsp. Worcestershire sauce
2 cups cooked white meat of chicken	1/8 tsp. nutmeg
2 cups medium white sauce*	1/8 tsp. black pepper
1/2 cup chopped canned mushrooms	1/2 cup finely chopped pineapple
1/4 cup chopped green pepper	1/2 cup Parmesan cheese
1/4 cup chopped blanched almonds	1/8 tsp. paprika
	1 avocado, peeled and sliced

Cut chicken into bite-sized pieces and stir gently into white sauce. Add mushrooms, green pepper, almonds, Worcestershire sauce, nutmeg and pepper. Simmer over low heat 15 minutes, stirring occasionally. Cut pineapples in half lengthwise, leaving tops on. With a grapefruit knife, cut out centers leaving about 1/2 inch of shell. Chop 1/2 cup pineapple and stir into chicken mixture. Cover pineapple tops with foil and fill shells with chicken and pineapple mixture. Sprinkle with cheese and paprika, place under broiler as far from heat as possible. Broil until cheese bubbles, garnish with slices of avocado. Serves 6.

*Medium white sauce: Melt 4 tbsp. butter or margarine, stir in 4 tbsp. flour and blend in 2 cups milk, 1/2 tsp. salt and 1/8 tsp. pepper. Simmer, stirring occasionally with a whisk, until thick and smooth.

One good cook serves STRAWBERRY OMELET for Saturday brunch or Sunday night supper. Beat 3 eggs, 1 tbsp. light cream and 1/4 tsp. salt for 1/2 minute. Pour mixture over 2 tbsp. sizzling butter in a skillet and stir once or twice with a fork. Cook slowly. Lift edges as eggs begin to cook to let uncooked part run under. Shake pan to keep omelet free. Mix 1/4 cup sour cream and 1/2 cup fresh or frozen, drained strawberries. While eggs are still soft on top, add half the sour cream-berrie mixture. Fold omelet in half and place on oven-proof platter. Pour rest of cream-and-berries on top, sprinkle lightly with powdered sugar and broil quickly—10 seconds. Serves 2 or 3. Strawberry yogurt instead of sour cream is good, too.

POOR STUDENTS' PAELLA

Sue Kovacic Otto

"Paella varies from one Spanish town to another but all recipes call for meat and fish with rice, vegetables and lots of seasoning. An elegant paella may use lobster, squid, mussels, and peas, mushrooms and artichoke hearts. But this budget recipe makes a delicious meal-in-one for graduate students to share with friends."

1 3-lb. frying chicken
Salt and pepper

Onion, garlic and seasoning
salts

1/2 cup vegetable oil

Sprinkle meaty parts of chicken generously with salt and pepper and the seasoning salts. Brown in hot oil, remove to covered container and keep hot in the oven.

1 large tomato
1/2 green pepper
1 cup rice
2 cups water

1/2 lb. cooked shrimp
2 tbsp. sliced pimento
1 8-oz. can minced clams
1 doz. or more ripe olives

Mash tomato in oil in skillet, add finely chopped green pepper and cook 2 or 3 minutes. Stir in rice and cook about 5 minutes. Add water, bring to a boil, sprinkle with more seasoning salts and pepper. Nestle the chicken pieces into the rice, cover and simmer until chicken and rice are tender. Gently stir in shrimp, pimento, well-drained clams and olives and heat to bubbling. Set skillet in center of the table and everyone serves himself. A salad, French bread, a light dessert and wine finish the menu.

CHICKEN IN WINE SAUCE

Ellen Parks

3 chicken breasts
1 medium onion, chopped
1/4 lb. fresh mushrooms

1 can beef consommé
1 cup sherry
1 tbsp. catsup

Cut chicken breasts in half, discard skin and pound flat. Dredge in a little flour, salt and pepper, and brown in a little oil. Remove to baking dish and sauté chopped onion and sliced mushrooms. Spread over chicken and pour over sauce made by combining consommé, sherry and catsup. Cover and bake at 300° until tender, about 2 hours. Serve with wild rice.

CHINESE CHICKEN

Ellen Parks

"The Chinese have a way with chicken and this is one of them."

3 chicken breasts	2 tomatoes, diced
1/4 cup salad oil	1/4 cup soy sauce
1/2 small head cabbage	1 tsp. salt
1/4 to 1/2 lb. mushrooms	1 cup water
1 small green pepper	

Cut chicken in 1 1/2-inch pieces and brown lightly in oil. Shred cabbage, dice mushrooms and pepper and brown lightly in oil. Arrange chicken and vegetables in buttered baking dish. Combine soy sauce, salt and water and pour over all. Bake at 300° until chicken is tender, about 2 hours. Serve on hot rice.

CHICKEN SAUCE PIQUANTE

Betty Roy

"The summer I cooked for the Louisiana State University geology camp in Colorado, two student brothers from Opalouzas, Louisiana so missed their mother's creole cooking that one of them asked her to send me this recipe so I could cook 'decent' chicken for a camp dinner."

1/4 cup fat (bacon or chicken)	1 bayleaf
1 1/2 tbsp. flour	1 sprig thyme (a pinch dried)
1 chicken, cut in pieces	3 whole cloves
1 tsp. salt	1 large onion, finely chopped
1/2 tsp. pepper	1 large bell pepper, chopped
2 cups boiling water	1 small clove garlic
1/2 cup tomato paste	1 4-oz. can mushroom stems and pieces

Heat fat in skillet, add flour, stir until lightly browned. Add chicken, stir around for a couple of minutes. Add boiling water and remaining ingredients. Cook until chicken is tender. Serve with hot rice.

One good cook remembers that 5 lbs. of chicken simmered in water to cover will give about 4 cups cut-up cooked chicken and 3 to 4 cups chicken stock, and that both should be refrigerated immediately.

HAWAIIAN CHICKEN

Elizabeth Beveridge

1/3 cup frozen pineapple or orange juice	1 cup crumbled cornflakes
1 tsp. salt	3/4 cup shredded coconut
1 egg, slightly beaten	1/2 tsp. curry powder
3-lb. chicken, cut up	1/4 cup melted butter or margarine

Combine undiluted juice, salt and egg and marinate chicken in it 15 minutes. Drain and roll in mixed cornflakes, coconut and curry powder. Place in buttered baking dish, in a single layer, skin side up. Drip butter over chicken. Cover and bake 30 minutes at 350°. Remove cover, bake 30 minutes longer.

AUTHENTIC BOHEMIAN DILL SOUP

Rick Lewis

"The secret of this soup's flavor is the dill. It should be young and tender, picked when about six inches high."

1 quart chopped dill	1/2 cup water
2 cups thick cream	1 or 2 eggs per serving
1/3 cup vinegar	Salt and pepper
1/4 cup flour	Your favorite dumpling recipe

Place dill in a heavy pan and cover with salted water (1 teaspoon salt to 1 quart water). Boil till dill is tender, 15-20 minutes. Mix sour cream with vinegar and add to dill mixture. Blend flour and water, stir into soup and cook gently to thicken. Season with salt and pepper. Break one or two eggs per serving into soup and drop dumpling batter on top. Simmer 20 minutes and serve hot. Serves 4 to 6.

One good cook specializes in STUFFED PORK CHOPS. For raisin-orange stuffing, combine 2 cups bread crumbs, 1/2 tsp. nutmeg, 1/2 cup raisins and 1 cup diced orange pulp. Cut pockets in the flesh along the bone of six 1-inch-thick rib pork chops and fill with stuffing. Brown chops in 2 tbsp. butter. Season with 1 1/2 tsp. salt and 1/2 tsp. pepper. Pour 1/4 cup orange juice and 1/4 cup water over chops. Cover tightly and cook 1 hour or until tender. Another time for another flavor, substitute 1/2 cup chopped apple and 1/2 cup shredded natural Cheddar cheese for the orange pulp.

LAMB CURRY BOMBAY

Will C. Jumper

"I discovered this Lamb Curry Bombay in Salina, Kansas. A British woman who lived in India married an American Air Force officer and came to the States with him. He was stationed at the old Schilling Air Base in Salina where I met him, his wife and this recipe for my favorite curry."

2 lbs. lamb cut in 1-inch cubes	2 tbsp. minced preserved ginger
2 tbsp. vegetable oil	
1 large onion chopped fine	1 large apple, cored, peeled and chopped
1 1/2 tsp. salt	1 1/2 cups boiling water
1/4 tsp. freshly ground black pepper	3 tsp. curry powder
1 generous pinch each of these dried herbs: rosemary, tarragon, summer savory and oregano	1 cup white wine or dry sherry
1 scant pinch dried basil	3 egg yolks
	1/2 cup light cream

Brown lamb on all sides in hot oil over high heat. Reduce heat to medium and add onions, cooking until golden brown. Stir in salt, pepper, herbs, ginger, and boiling water. Cover and simmer for an hour. Add chopped apple, curry and wine. Stir, cover and simmer until lamb is fork-tender, 1/4 to 3/4 hour. Beat egg yolks and cream slightly. Add some of the simmering liquid, a teaspoonful at a time, to the egg and cream mixture, stirring, until the mixture is warm to the hand. Then add the mixture, a little at a time, to the simmering pan, stirring constantly. Cook at very low heat, stirring constantly, until thickened. Taste for seasoning and add more salt and curry if needed.

Serve over flaky rice with little bowls of garnish—chutney (of course!), toasted shredded coconut, grated peanuts, raisins, slivered almonds, chopped tomato and green pepper, crisp and crumbled bacon, chopped hard-cooked eggs, chopped green onion tops or chives and finely chopped celery, leaves and all. Serves 6.

One good cook makes delicious LAMBURGERS this way: Mix 1 lb. ground lamb, 2 cups soft bread crumbs, 1/4 cup water, 1 beaten egg, 1 1/2 tsp. salt, 1/4 tsp. pepper, 2 tbsp. minced onion and 1 small clove garlic, minced. Shape into 6 or 8 patties and cook in 5 tbsp. hot fat.

LAMB WITH SWEET RICE

Mitzi Ferguson

"This Iranian dish is quick and easy to put together with store-bought orange marmalade. When we lived in Teheran the native cooks always made it from scratch."

6 tbsp. butter	3 cups cooked rice
1/2 cup slivered almonds	1 1/2 cups diced, cooked
1/2 cup orange marmalade	lamb

Melt 2 tablespoons butter in small skillet, add almonds and simmer until almonds are delicately brown. Add remaining butter and marmalade. Spread half the rice in bottom of buttered 1 1/2-quart casserole, cover with lamb and half the marmalade mixture. Repeat rice and marmalade, cover and heat in 350° oven until hot and steamy. Uncover and bake a little longer till the almonds brown a bit more. Serve with piping hot pappadums if you have discovered them in a gourmet shop.

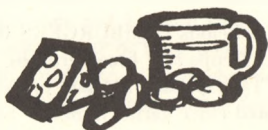
CRESCENT-BACON BRUNCH

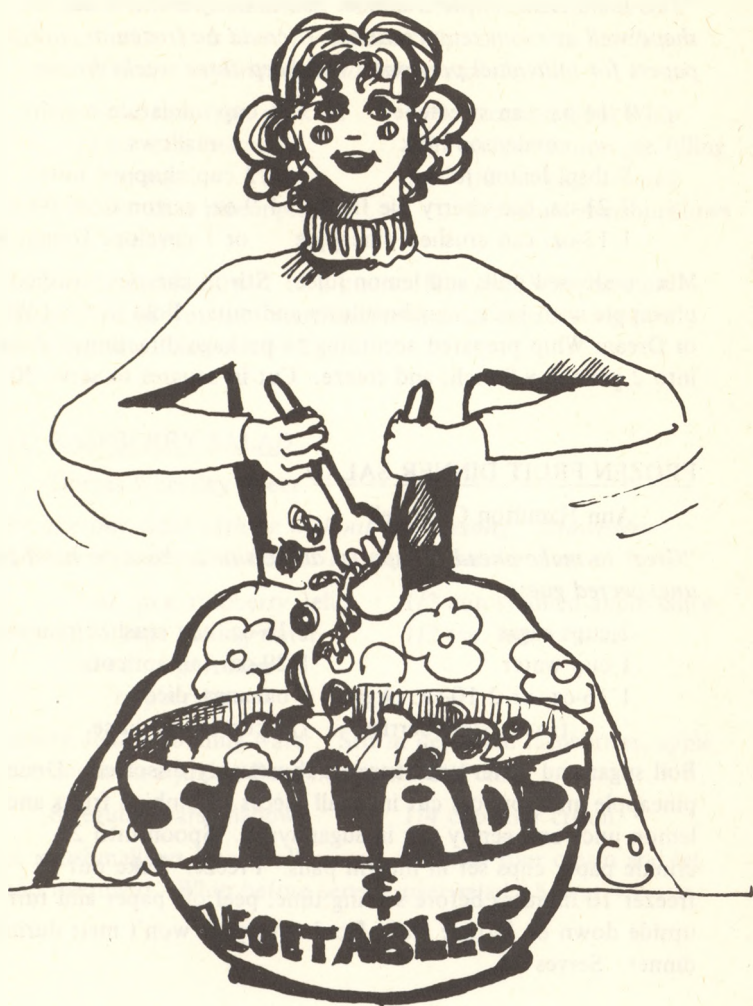
Mary Ellen Wishart

"This easy-to-make casserole solves the problem of late breakfast for a crowd."

12 slices bacon	3 eggs slightly beaten
1 can refrigerated crescent rolls	3/4 cup milk
3 slices natural Swiss cheese	1 tbsp. instant onion
	1 to 2 tbsp. chopped parsley or 1 tsp. parsley flakes

While bacon cooks, unroll and flatten crescent rolls and press into buttered 11 x 7 1/2-inch baking pan, pushing a little of the dough about 1/2 inch up the sides. Lay cheese slices over dough. Crumble bacon, mix with eggs, milk, onion and parsley and pour over cheese. Bake 18-20 minutes at 350° or until egg mixture is set and slightly brown. Cut in 4 to 6 generous servings. Good with a Jello or tossed salad and cranberry juice.





CHERRY SALAD

Diana Berkland

"This salad is so simple it almost makes itself and it hold its shape well at room temperatures. It could be frozen in cupcake papers for individual portions. Will keep three weeks frozen."

- | | |
|---------------------------------------|------------------------------|
| 1 14-oz. can sweetened condensed milk | 1 cup miniature marshmallows |
| 2 tbsp. lemon juice | 1/2 cup chopped nuts |
| 1 21-oz. can cherry pie filling | 1 9-oz. carton Cool Whip |
| 1 13-oz. can crushed pineapple | or 1 envelope Dream Whip |

Mix condensed milk and lemon juice. Stir in cherries, crushed pineapple with juice, marshmallows and nuts. Fold in Cool Whip or Dream Whip prepared according to package directions. Pour into 2 pans, 8 x 8-inch, and freeze. Cut in squares to serve 20.

FROZEN FRUIT DINNER SALAD

Ann Hamilton Campbell

"Great to make ahead for special dinners or to have on hand for unexpected guests."

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|--|--------------------------------|
| 2 cups sugar | 1 16-oz. can crushed pineapple |
| 1 cup water | 1 29-oz. can apricots |
| 1 16-oz. or 2 10-oz. pkgs. frozen strawberries | 4 bananas, diced |
| | 1/4 cup lemon juice |

Boil sugar and water until sugar is thoroughly dissolved. Drain pineapple and apricots cut in small pieces. Combine fruits and lemon juice and gently stir in sugar syrup. Spoon into 24 crinkle paper cups set in muffin pans. Freeze. Take out of freezer 10 minutes before serving time, peel off paper and turn upside down on lettuce leaf. Don't worry, it won't melt during dinner. Serves 24.

One good cook sets halves of canned, chilled peaches or pears on a bed of shredded lettuce and fills hollows with cranberry relish for a quick and colorful salad.

FRUIT SALAD

Eunice Ustrud

"Men rave about this salad and women love it because it is so simple to make. It is ideal for potluck suppers or big family dinners. It keeps well refrigerated for several days."

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|---------------------------------|--|
| 2 16-oz. cans fruit cocktail | 1 9-oz. carton Cool Whip |
| 2 11-oz. cans mandarin oranges | 1 22-oz. can lemon pie filling |
| 2 16-oz. cans pineapple tidbits | 1 10 1/2-oz. pkg. colored miniature marshmallows |

Drain fruits thoroughly—1 to 2 hours. Mix cool Whip and pie filling. Fold in fruit and marshmallows, pour into serving bowl and refrigerate. Serves 10-12.

RED RASPBERRY SALAD

Dorcas Wheatley Speer

"We like this salad with or without the dressing. Strawberry gelatin and frozen strawberries is a much sweeter version."

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|----------------------------------|------------------------------|
| 1 3-oz. pkg. raspberry Jello | 1/2 cup strained apple sauce |
| 1 1/4 cups boiling water | 1/2 tsp. lemon juice |
| 1 10-oz. pkg. frozen raspberries | |

Dissolve Jello in boiling water. Stir in defrosted raspberries, apple sauce and lemon juice. Pour into mold and chill.

- | | |
|------------------------|--------------------|
| 8 regular marshmallows | 1/4 cup sour cream |
|------------------------|--------------------|

Cut marshmallows into small pieces, mix with sour cream and let stand overnight. Whip before serving over salad. Serves 4.

One good cook makes a tart FRUIT SALAD DRESSING. She whips together the juice of 1 lemon (2 or 3 tbsp.) with equal amounts of sugar and mayonnaise. She often doubles or triples the recipe and refrigerates it for weeks.

ORANGE SHERBET SALAD

Dorothy Budolfson

"Men like a fruity salad."

1 3-oz. pkg. Jello	1 11-oz. can mandarin
1 cup boiling water	oranges
1 pint orange sherbet	2 ripe bananas

Dissolve Jello in boiling water. Add sherbet and stir until melted. Add well-drained orange slices and sliced bananas. Pour into 7 1/2 x 11-inch pan and refrigerate until firm.

1 envelope Dream Whip	1 tsp. sugar
1/4 tsp. vanilla	1/4 cup mayonnaise

Whip Dream Whip according to package directions. Add vanilla, sugar and mayonnaise and spread over salad. Serves 6-8.

CUCUMBER DELIGHT

Barbara Day

"This is an elegant salad to make ahead when company's coming."

2 medium cucumbers	1/2 cup whipped cream
1 20-oz. can pineapple	1 tsp. salt
tidbits, drained	2 tbsp. chopped fresh dill or
1/2 cup sour cream	1 tsp. dried dill weed

Peel and dice cucumbers, add well-drained pineapple and remaining ingredients, blending well. Sweeten a bit if desired. Refrigerate at least 4 hours before serving. Serves 6-8.

CRANBERRY RELISH MOLDS

Harriett Rogers

"Out of the freezer and off the supply shelf—a colorful salad."

1 10-oz. pkg. frozen	1 3-oz. pkg. cherry Jello
cranberry relish	1 1/2 cups hot water

Thaw relish. Dissolve Jello in hot water. Cool. Stir in relish and pour into small molds. Chill until firm. Serves 6.

TOMATO ASPIC

Ellen Parks and Blanche Garberson

"Double the recipe and fill a 9-inch mold to serve 12."

1 3/4 cups hot tomato juice	1 tbsp. vinegar
1 3-oz. pkg. lemon Jello	1/4 tsp. salt
1 tsp. drained horseradish	1/8 tsp. pepper
1 tbsp. grated onion	1/2 cup grated cucumber
	2 tbsp. chopped green pepper

Dissolve Jello in hot tomato juice. Stir in horseradish, onion, vinegar, salt and pepper. Chill until partially set. Fold in cucumber and green pepper, pour into oiled mold and refrigerate. Serves 6.

ASPIC PLUS

Mary Lou Wilson

1 3-oz. pkg. lemon Jello	1/2 cup finely chopped celery
2 cups V-8 juice	2-4 tbsp. parsley flakes
1 1-lb. can bean sprouts	Dash of Tabasco sauce
1 4 1/2-oz. can tiny shrimp	Dash of Worcestershire sauce

Heat 1 cup V-8 juice, add Jello and stir to dissolve. Add second cup of juice, well drained bean sprouts, well drained shrimp, celery, parsley and sauces. Pour into 1-quart mold and refrigerate until set. Serves 6.

BEET SALAD

Pauline Lawrence

"Tart and colorful."

1 1/4 cups shoestring beets	3 3/4 cups beet juice and water
1/2 cup sugar	1 1/2 cups chopped celery
1/2 cup vinegar	2 tbsp. horseradish
2 3-oz. pkgs. lemon Jello	1/4 tsp. salt

Drain beets, save liquid. Mix beets with sugar and vinegar, chill. Heat beet juice and water to make 3 3/4 cups, pour over Jello, stir well. Refrigerate until Jello thickens. Add celery, onion, horseradish and salt. Drain sugar and vinegar from beets and discard. Add beets to Jello. Mix well, pour into mold and refrigerate until firm.

MUSTARD RING

Marjorie Hertz

"This spicy accompaniment for meat is attractive and tempting among other good things arranged for a buffet dinner."

4 well-beaten eggs	1/3 cup water
3/4 cup sugar	1 envelope plain gelatin
1/4 tsp. salt	2 tbsp. cold water
2 tbsp. dry mustard	1/2 cup whipping cream or
2/3 cup cider vinegar	1 cup Cool Whip

Combine beaten eggs, sugar, salt, mustard, vinegar and water in top of double boiler. Dissolve gelatin in cold water, add to egg mixture and cook over hot water until thick and creamy, stirring constantly. Cool. Whip cream, fold into cooled mixture and pour into well-oiled ring mold. Refrigerate until firm and unmold on large plate edged with lettuce. Garnish with celery or carrot curls and green and ripe olives. Fasten a twist-em around the center of 4-inch stems of very crisp parsley so tops will fan out and set in center of mold.

GREEN OLIVE SALAD

Marilyn Sealine

"A favorite family salad and often served guests. Any kind of salad greens will make a good foundation."

1 head lettuce	1 avocado
1 head romaine	3 hard-cooked eggs
1 bunch green onions	10 stuffed olives
Chives, if available	

Break lettuce into bite-sized pieces, chop green onions and snip chives into salad bowl. Slice avocado, hard-cooked eggs and stuffed olives and mix with greens.

2/3 cup olive oil	1/2 tsp. paprika
1/3 cup garlic vinegar	1/2 tsp. sugar
1/2 tsp. garlic salt	1/8 tsp. pepper
1/2 tsp. dry mustard	

Mix well, dribble over salad and toss lightly but thoroughly.

CUCUMBERS IN SOUR CREAM

Virginia Slater

"This salad is great for picnics or barbeques."

Juice of 1 lemon	3 tbsp. horseradish, drained
1/2 tsp. dry mustard	1 cup sour cream
1 tsp. salt	2 large cucumbers
1 tsp. sugar	2 medium-sized onions
1/4 tsp. pepper	

Make a paste of lemon juice, mustard, salt, sugar, pepper and well drained horseradish. Stir into sour cream and refrigerate several hours. Peel cucumbers and slice crosswise in thin slices. Cut onions crosswise in thin slices and separate rings. Combine cucumbers and onions and toss with sour cream dressing shortly before serving. Serves 6 to 8.

GLEN SALAD

Courtesy of Doris and Bill Wells, The Inn, Glen Haven, Colorado. They own and operate The Inn where visitors find Old World charm, quiet hospitality and excellent dining.

2 medium-sized heads of firm lettuce	3/4 cup Blue cheese or Roquefort salad dressing
6 slices bacon	1 3-oz. pkg. Blue cheese

Set oven temperature to broil—550°. Fry bacon until crisp, and crumble. Lay lettuce head on its side and cut three slices, each about 1-inch thick, from center. (You have cross-section views of head lettuce.) Fasten outside leaves with wooden picks if necessary to hold a round shape. Place lettuce slices on greased baking sheet. Spread each slice with 2 tbsp. salad dressing and sprinkle with crumbled Blue cheese. Broil 2 to 3 inches from heat until dressing bubbles and begins to brown—about 45 seconds. Place lettuce on serving plates, remove wooden picks and sprinkle with crumbled bacon. Serves 6.



CARROT SALAD

Ruth Boast

"A bowlful of these sweet-sour carrots may be a salad or a vegetable, depending on what your menu needs. Great for a potluck supper or a neighborhood picnic."

5 cups sliced carrots or	1 cup sugar
1 large bag frozen	3/4 cup vinegar
1 medium onion	1 tsp. prepared mustard
1 small green pepper	1 tsp. Worcestershire sauce
1 10 1/2-oz. can tomato	1 tsp. salt
soup	Pepper to taste, about 1/2 tsp.
1/2 cup salad oil	

Cook, drain and cool carrots. Slice onion and green pepper very thin. Mix remaining ingredients well, add vegetables and marinate at least 12 hours. This salad will keep for weeks in the refrigerator.

SAUERKRAUT SALAD

Edith Chantry Davison

"Call it a relish and people who say they don't care for sauerkraut take second helpings at picnics and potluck suppers."

1 1-lb. can sauerkraut	1 4-oz. jar or can pimento
1 1-lb. can bean sprouts	2 cups sugar
2 cups diced onion	2/3 cup vinegar
2 cups diced celery	2 tsp. celery seed
2 cups diced green pepper	1/2 tsp. salt

Drain sauerkraut and bean sprouts thoroughly. In a large bowl, combine kraut, sprouts, onion, celery, pepper and snipped pimento. Stir in sugar, vinegar, celery seed and salt and let stand an hour or two, stirring now and then. Pack vegetables in jars and cover with pickling solution that formed while the mixture was standing. Refrigerate at least 24 hour before serving. Keeps indefinitely refrigerated. Makes two quarts.

One good cook shreds a bit of fresh turnip into a tossed salad.

THREE-BEAN SALAD

Virginia Tillery

"Simple. And the longer it sets the better it tastes."

1 16-oz. can green beans	1/2 cup vegetable oil
1 16-oz. can wax beans	1/3 cup vinegar
1 16-oz. can kidney beans	1/2 tsp. salt
1/2 cup chopped onion	1/2 tsp. pepper

Drain green and wax beans, drain and rinse kidney beans thoroughly. Add onion. Mix oil and vinegar (preferably tarragon vinegar), salt and pepper and pour over vegetables. Cover and refrigerate at least 24 hours before serving. Will keep several weeks refrigerated.

GERMAN BACON SALAD DRESSING

Elizabeth Perkins

"Pandle's, a long-established, well-known German restaurant in Milwaukee, Wisconsin, serves this sweet-sour sauce hot on fresh lettuce. But it can be used hot or cold, preferably hot, as a sauce for German potato salad."

3 cups water	1 tsp. chicken bouillon
3/4 cup white vinegar	granules
1 1/2 cups sugar	1/3 lb. bacon (10 strips)
1/4 tsp. salt	1/2 cup chopped white onion
1/2 tsp. white pepper	1/2 cup sifted flour

Combine water, vinegar, sugar, salt, pepper and bouillon in saucepan and heat to boiling. Chop bacon and fry until crisp. Skim bacon out and add to water mixture. Cook onions in bacon fat until soft but not brown. Stir flour into onions and let it bubble 2 or 3 minutes. Add this roux to hot water mixture and stir until smooth. Simmer 5 minutes and serve hot over lettuce, green or wax beans. Makes about 1 quart. Keeps well refrigerated.

GERMAN POTATO SALAD: Cook unpeeled potatoes in salted water until tender. Cool overnight. Peel, slice and arrange layers of potatoes and sauce in casserole and heat thoroughly.

One good cook garnishes a meat platter with canned peach or pear halves filled with ready-to-use mincemeat baked 20 minutes at 350°.

LAYERED LETTUCE SALAD

Dorothy L. Shearer

"This large salad is so nice for company because you make it the night before. It's very good the following day, too."

1 head lettuce	2 cups mayonnaise
1 cup celery, diced	1 tbsp. sugar
1 green pepper, diced	1/2 cup shredded Cheddar
1 onion, diced	cheese
1 10-oz. pkg. frozen peas	8 slices bacon

Break up lettuce and arrange in 9 x 13-inch pan. Cover with diced celery, pepper, onion and thawed but not cooked peas. Spread mayonnaise over all, sprinkle with sugar, cheese and cooked and crumbled bacon. Poke holes every inch or two so mayonnaise will soak all layers. Refrigerate overnight. Serves 12.

TABOLI SALAD

LaRue Pollard

"A vegetable salad with a difference."

1 lb. cracked wheat	2 bunches parsley
2 fresh tomatoes	1 cup oil
1 cucumber	2 cups bottled lemon juice
1 green pepper	2 tsp. salt
2 bunches green onions	

Cover cracked wheat with cold water and let stand while you chop the vegetables as fine as possible. Squeeze all water out of wheat and add to vegetables with oil, lemon juice and salt. Mix well and marinate at least 8 hours. Makes 3 quarts and it keeps well several weeks, refrigerated.

One good cook makes her own TARRAGON VINEGAR. She steeps 3 tbsp. dry tarragon in 2 cups hot vinegar and lets it stand until cold, strains out the tarragon and bottles the vinegar.

TOMATO-SAUERKRAUT

Mina Hertz Jacobs

"Sauerkraut is sauerkraut but have you tried it this way?"

1/4 lb. bacon, diced	1 28-oz. can tomatoes
1 medium onion, chopped	1/4-1/2 cup sugar
1 16-oz. can sauerkraut, well drained	

Cook bacon slowly until crisp. Remove bacon from pan and cook onion in the bacon fat until tender. Drain excess fat. Add bacon, sauerkraut, tomatoes and sugar and simmer, uncovered, 1 hour. Serves 6.

HAWAIIAN PEAS

Melva Berkland

"Here is a different way to dress peas for a company meal."

1/3 cup diced pork	1 tsp. corn starch
1 tbsp. salad oil	1 tsp. Accent
1 10-oz. pkg. frozen peas	1 cup chicken bouillon
1/2 cup slivered water chestnuts	

Trim fat from one pork chop, dice and cook a few minutes in hot oil. Add defrosted peas and water chestnuts to pork. Stir corn starch and Accent into bouillon, add and simmer until thickened.

CELERY CASSEROLE

Mina Hertz Jacobs

"A hot vegetable casserole is easy to make for a potluck party."

- 3 or 4 cups celery, sliced diagonally in 1-inch pieces
- 1 8-oz. can water chestnuts, drained and sliced
- 1 4-oz. can chopped pimento
- 1 10 3/4-oz. can chicken soup, undiluted
- Buttered crumbs and slivered almonds

Boil celery in salted water 8 minutes and drain well. Combine celery, water chestnuts, pimento and soup and pour into buttered casserole. Sprinkle with buttered crumbs and slivered almonds and bake 25-35 minutes at 350°. Serves 4-6.

CHEDDAR CHEESE POTATOES

Sharon Forssman

"A good make-ahead dish and a delightful change for potatoes."

9 medium-sized potatoes	1/2 tsp. salt
1 stick margarine	1/2 lb. Cheddar cheese
1 pint half-and-half cream	Paprika

Boil potatoes in their jackets and refrigerate overnight. Peel and grate into 9 x 13-inch buttered pan. Heat margarine and cream and pour over potatoes. Sprinkle with salt, grated cheese and dust with paprika. Bake 45-60 minutes at 350°. Remove from oven 5-10 minutes before serving. Serves 6-8.

ZUCCHINI STUFFING CASSEROLE

Daphne Gildner (Mrs. H. E.)

"Serve this easy-to-make casserole with any kind of meat."

4 medium zucchini	2 1/4 cups herbed stuffing
3/4 cup shredded carrot	1 10 3/4-oz. can cream of
1/2 cup chopped onion	chicken soup
6 tbsp. butter or margarine	1/2 cup sour cream

Cut zucchini, crosswise, in 1/2-inch slices, cook in a little boiling salted water until tender and drain well. Sauté carrot and onion in 4 tbsp. of the butter till tender but not brown. Remove from heat and stir in 1 1/2 cups of herbed stuffing, chicken soup and sour cream. Gently fold in zucchini and turn into buttered 1 1/2-quart casserole. Melt remaining butter, add remaining stuffing, toss lightly and sprinkle over casserole. Bake 30 to 40 minutes at 350°. Serves 6 to 8.

One good cook blends 8 oz. cream cheese with 2 1/2 tsp. Spice Islands Beau Monde seasoning, 1/4 tsp. (a pinch) each thyme, savory, marjoram, parsley and 1 tbsp. warm water to make a spread for crackers or stuffing for celery sticks. She mixes it with mayonnaise, about half and half, for a vegetable-gelatin salad dressing.

One good cook adds a pinch of summer savory along with a pat of butter to a can of drained green beans a few minutes before serving.

CARROT SPECIAL

Mary Lou Wilson and Bobby Rogers Hammerly

"This attractive vegetable dish is easy to fix. The recipe can be doubled or tripled easily for a crowd."

1 10-oz. pkg. frozen carrots	1/2 tsp. salt
3 large onions	1/8 tsp. pepper
1/4 cup butter	

Cut carrots crosswise into buttons and chop onions in small pieces. Melt butter in saucepan, arrange carrots in one layer and onions in another. Sprinkle with salt and pepper. Cover and simmer until tender, 20-30 minutes. That's right—no water. If you use fresh carrots, cut in buttons to make about 3 cupfuls. And if you like precise measurements, 3 cups of chopped onions.

BROCCOLI-COMPANY STYLE

Betty McClurkin

"A good company dish because it can be prepared ahead of time and baked just before serving."

2 10-oz. pkgs. frozen broccoli spears	2 tbsp. butter 2 tbsp. flour
2 tbsp. minced onion	1/2 cup milk
2 tbsp. chopped green pepper	1/2 tsp. salt
2 tbsp. finely chopped celery	1/2 cup sharp Cheddar cheese, shredded
2 tbsp. butter	
1 8-oz. can water chestnuts	1 4-oz. can pimento
1/2 cup slivered almonds	

Cook broccoli according to package directions until barely tender and save 1/2 cup liquid. Simmer onion, pepper and celery in butter until tender. Add sliced chestnuts and slivered almonds. Make white sauce of butter, flour, milk, vegetable liquor and salt and stir in onion mixture. Arrange broccoli in buttered 8 x 12-inch baking dish and cover with sauce. Sprinkle with shredded cheese and lay strips of pimento over all. Bake 20 minutes at 350°. Serves 8.

BROCCOLI CASSEROLE

Mrs. Emily Weaver

"This casserole goes beautifully with ham and pork. Put it together early, refrigerate it and bake it just before dinner."

1 10-oz. pkg. frozen broccoli	1 cup beef consomme
1 cup Minute Rice	1/4 cup Parmesan cheese or 2 tbsp. sesame seed
1 cup mushroom soup	

Cook broccoli not quite tender, drain and cut into bite-sized pieces. Cook rice according to package directions. Combine broccoli and rice in buttered casserole. Add soup and consomme, mixed well. Sprinkle cheese or sesame seed or both over top and bake about 25 minutes at 350°.

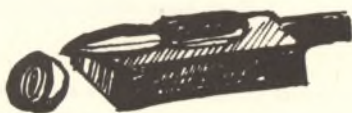
WILD RICE CASSEROLE

Era Strutzel (Mrs. Ralph)

"A wild rice casserole makes a party of almost any dinner."

1 cup wild rice	1/2 cup celery
1 beef or chicken bouillon cube	1 3-oz. can sliced broiled- in-butter mushrooms
2 cups boiling water	1/2 tsp. salt
1/4 cup margarine	1/2 cup slivered almonds
1/2 cup chopped onion	

Wash rice well and place in 1 1/2-quart casserole. Dissolve bouillon cube in boiling water, pour over rice and let stand 2-3 hours. Melt butter, add onion and celery and cook until tender. Add with mushrooms and salt and mix well. Cover and bake 30 minutes at 350°. Uncover and bake 20 minutes longer. Remove from oven and let stand 5 minutes before serving. Garnish with almonds. Serves 6-8.



ZUCCHINI ITALIAN

Nancy Fushan

"A good friend and I dreamed up and devoured this dish as we nervously awaited the airing of our first television documentary in Madison, Wisconsin. Both the show and the dish got rave reviews. We found it an excellent after-theatre dish, too."

4 large or 6 small zucchini	1/4 cup Parmesan cheese
8 tbsp. olive oil	1/4 tsp. oregano
1 cup chopped green pepper	Salt and pepper
1 cup chopped onion	1/2 of 6-oz. pkg. sliced
1 clove garlic	Mozarella cheese
4 eggs	

Wash but don't peel zucchini, cut off tips and cut crosswise in 1/2-inch slices. Heat 6 tbsp. olive oil in large skillet and cook zucchini until tender, 12-18 minutes. Heat 2 tbsp. olive oil in another skillet, cook peppers, onion and garlic and add to zucchini. Beat eggs and Parmesan cheese until smooth. Add oregano and salt and pepper to taste. Pour over zucchini mixture and cook uncovered 20 minutes. (Egg should be slightly moist on top but set underneath.) Cut Mozarella cheese into 8 squares and arrange on top. Slip skillet under heated broiler unit for 5-7 minutes or until cheese is melted and eggs firm. Cut in pie-shaped pieces and serve with medium-dry wine. Serves 4-6. This recipe works well made with 2 10-oz. pkgs. frozen spinach cooked according to package directions.

One good cook serves SHERRIED ONIONS. She simmers 3 or 4 large onions, sliced, with 3 tbsp. butter and 1/4 tsp. salt in tightly covered pan until tender, blends in 2 tbsp. flour and 3/4 cup milk, cooks until thickened and adds 1/4 cup sherry and 1/4 cup chopped walnuts or slivered almonds. Serves 3 or 4.



DUTCH RED CABBAGE

Rose Summers

"Good hot with roast beef or, chilled, with sandwiches. Keeps weeks refrigerated, ready for unexpected guests."

1 medium head red cabbage	2 whole allspice
1 medium onion, chopped	8 whole peppercorns
2 red apples, chopped	1/4 cup bacon fat or
1 tsp. salt	salad oil
1 small bay leaf	3/4 cup sugar
2 whole cloves	1/2 cup vinegar
	2 cups water

Shred cabbage (about 2 quarts). Combine with onion, apple, salt and spices and stir into warm bacon fat or salad oil until all is well coated. Add sugar, vinegar and water and simmer until cabbage is tender, about 1 1/2 hours. Taste for seasoning—may need more salt. Lift with slotted spoon to drain before serving.

RATATOUILLE NICOISE

Nancy Fushan and Vicki Reswick

"My mother used to make this dish whenever I came home from college. Mrs. Reswick once lived in France and the recipe for vegetable medley is one of the many treats this well-known Pittsburgh cook gave her."

2 or more cloves garlic	2 green peppers
1 large onion, sliced	5 ripe tomatoes
1/2 cup olive oil	Salt and freshly ground
2 large zucchini	pepper
1 small eggplant	1 tsp. capers
3 tbsp. flour	

Sauté garlic and onion in olive oil until onion is transparent. Scrub squash and slice crosswise, peel and cube eggplant and flour both lightly. Cut peppers in strips. Add squash, eggplant and peppers to onion and garlic mixture, cover and simmer about an hour. Peel and slice tomatoes, add and simmer, uncovered, until mixture thickens. Season with salt and pepper. Add capers last 15 minutes of cooking. Good hot or cold.

SPINACH MCMAHON

Steve McMahon

3 10-oz. pkgs. frozen
spinach

1 cup sour cream

1 pkg. dried onion soup mix
Buttered, seasoned cracker
crumbs or crisp bacon bits

Cook spinach according to directions on package and drain well. Mix with sour cream and onion soup mix and pour into buttered casserole. Sprinkle crumbs or bacon bits on top and bake 30 minutes at 325°.

FANCY SCALLOPED POTATOES

Jane Judge

"Here is a recipe for scalloped potatoes in a new dress—just what every hostess is looking for."

1 1/2 cups thinly sliced
onions

1 clove garlic

1 tbsp. olive oil

2 tbsp. butter

1 lb. tomatoes

4 medium potatoes

1 tsp. salt, divided

Freshly ground pepper

1 tbsp. chopped parsley

1/4 tsp. basil

1/4 tsp. oregano

1/2 cup grated Swiss cheese

1 tbsp. grated Parmesan
cheese

1 tbsp. butter

Cook onion and garlic in olive oil and butter until tender but not brown. Peel tomatoes, cut in half crosswise, gently squeeze out seeds and drain upside down. Peel potatoes and slice very thin. Dice tomatoes and add them to the onion with 1/2 teaspoon salt, a little pepper, the parsley, basil and oregano. Mix gently. Butter sides and bottom of a 1 1/2-quart casserole and spoon 1/3 of the tomato mixture into it. Add half the sliced potatoes, 1/4 teaspoon salt, a little pepper, half the Swiss cheese and half the Parmesan cheese. Spread another 1/3 of tomato mixture over the mixture in the casserole, add the rest of the potatoes with 1/4 teaspoon salt and the rest of the cheeses. Top with the last of the tomato mixture and dot surface with butter. Bake at 325° about 2 hours.



FOUR-BEAN BAKE

Jane Judge

"You can prepare this tasty variation of the traditional baked bean casserole hours ahead of serving time and bake when you need it."

3-6 slices bacon, diced	1/8 tsp. pepper
1 large onion, sliced in rings	1 tsp. Worcestershire sauce
1 clove garlic	1 16-oz. can green beans, drained
1/2 cup catsup	1 16-oz. can baby lima beans, drained
1 tsp. prepared mustard	1 16-oz. can kidney beans, <i>not drained</i>
3 tbsp. vinegar	1 16-oz. can pork and beans, <i>not drained</i>
2 tbsp. brown sugar	
1 tsp. salt	

Cook bacon, onion and garlic until onions are limp but not brown. Combine remaining ingredients and pour into a 1 1/2-quart casserole. Bake at 350° one hour. REMEMBER, do not drain the kidney beans or the pork and beans. The baked casserole will be too dry without the liquid.

BUFFET SUPPER RICE

LaRue Pollard

"The surprise flavor in this casserole goes well with chicken, ham or roast beef."

1 cup chopped onion	1/2 tsp. salt
1/4 cup margarine	1/8 tsp. pepper
4 cups hot cooked rice	3 4-oz. cans mild green chilies
2 cups sour cream	2 cups sharp Cheddar cheese, grated
1 cup cottage cheese	Parsley
1 bay leaf, crumbled	

Cook onion in margarine until soft but not brown. Mix with rice, sour cream, cottage cheese, bay leaf, salt and pepper. Drain and chop chilies. In large buttered casserole spread 1/3 rice mixture, 1/3 chopped chilies, 1/3 Cheddar cheese. Repeat twice. Bake uncovered 25 minutes at 325°. Garnish with parsley. Serves 10-12.

EGGPLANT OVERCOME

Mrs. George Hegstrom

"This casserole is bound to overcome anyone's dislike for eggplant. It's origin is Greek but I found the recipe in Colorado. A great vegetable dish for potlucks. Members of the Minnesota Orchestra took the recipe home to their wives."

2 medium eggplants	2 bay leaves
2 large onions, chopped	1/2 tsp. basil
2 tbsp. olive oil	1/2 tsp. tarragon
1 16-oz. can tomatoes	1/2 tsp. oregano
3 tbsp. tomato paste	1/2 tsp. fine herbs
2 cloves garlic, crushed	1/2 cup burgundy
1 tbsp. sugar	

Peel eggplants, slice 1/2-inch thick, brush with olive oil and broil each side to golden brown. Cut in 1-inch squares and set aside. Sauté onions in olive oil until transparent, add rest of ingredients and simmer 30 minutes. Discard bay leaves. Alternate with eggplant in oiled casserole. (May do this much earlier and refrigerate.)

1 cup cottage cheese	1/2 cup sour cream
2 large eggs, beaten slightly	1/2 tsp. salt
	1/2 tsp. pepper

Mix well and pour over mixture in casserole. Bake at 350° till top is bubbly and quite firm, about 45 minutes.

OKRA CROQUETTES

Adelma Buchele

"Serve these croquettes in place of potatoes or a vegetable."

1 egg, beaten	1/4 tsp. pepper
3 tbsp. corn meal	2 cups minced okra
1/2 tsp. salt	1/4 cup minced onion

Combine all ingredients and beat well. Drop batter from tablespoon into 1/2 cup hot fat. Cook until golden brown, about 3 minutes, on each side, flattening with turner.

Serves 4.

PARSNIP SOUFFLE

Rachel Lowrie

"Serve souffles piping hot from the oven. Let guests wait for the souffle but don't ask a souffle to stand up if it waits for the guests."

2 pkgs. parsnips	6 egg yolks
6 tbsp. butter	1/4 cup sugar
6 tbsp. flour	1/2 tsp. baking powder
1/2 tsp. salt	6 egg whites, beaten stiff
2 cups milk and parsnip water	

Scrape parsnips, cut in small pieces and cook in just enough water to cover. Drain, save liquid and mash parsnips. (Take out woody core, if any.) You should have about 2 cups. Melt butter, blend in flour and salt and add milk and parsnip water. Simmer until thick. Stir in egg yolks and cook 1 minute. Blend in mashed parsnips, sugar and baking powder. Check seasoning. Fold in egg whites beaten stiff but not dry. Pour into unbuttered baking dish and bake 15 minutes at 425°. Reduce heat to 350° and bake until cake tester comes out clean. Serves 6 to 8.

VEGETABLE MEDLEY

Jane H. Bliss

"Versatile! Substitute green or lima beans for corn or use a mixture of vegetables."

2 12-oz. cans niblet corn kernels	1 16-oz. can spaghetti sauce with meat
1 4-oz. can mushroom stems and pieces, drained	1/4 cup grated Parmesan cheese

Mix corn, mushrooms and spaghetti sauce in 1-quart buttered casserole. Sprinkle cheese on top. Cover and bake 30 minutes at 325°. Serves 6 to 8.



JEZEBEL SAUCE

Brodie Goldberg

"This unlikely combination makes a delicious sauce to serve with ham."

1 12-oz. jar apricot preserves	1 6-oz. jar pure mustard
1 10-oz. jar apple jelly	1/2 5-oz. jar horseradish, well drained

Blend thoroughly and refrigerate. Keeps indefinitely. Be sure the horseradish is fresh. It grows stale if kept long enough.

LEMON CURD

Bess Ferguson

"This recipe makes enough luscious filling for 24 tiny tarts."

2 lemons	2 beaten eggs
2 tbsp. butter	3/4 cup sugar

Combine grated peel and juice of lemons with butter, eggs and sugar in top of double boiler and cook until thick. Cool before filling baked tart shells (page 84).

SWEET DILLS

Alice Holmes

"Not everyone likes sweet pickles but these sweet dills disappear in a hurry at a picnic or potluck supper. A jar is a nice gift, too."

1 1-quart jar sliced dill pickles	1 small jar tiny pickled onions
2 cups sugar	
1 tsp. celery seed	1/4 cup blanched almond slivers
1 4-oz. jar pimento pieces	

Drain brine from pickles and discard. Turn pickles into a glass or plastic bowl and mix sugar with them. Cover and let stand several hours or overnight while sugar draws liquid from pickles. Drain liquid, add celery seed, heat to boiling and pour over pickle slices. Drain pimento pieces and pickled onions and stir into pickle slices with the almond slivers. Stir now and then until cool. Fill jars. If the liquid does not cover pickles, heat 1/4 cup vinegar with 1/4 cup water and fill jar. Keep refrigerated.

CURRIED FRUIT BAKE

Brodie Goldberg

"Hot, spicy fruit is a popular accompaniment for meat. Put it together early and bake it just before dinner."

1 16-oz. can pear halves	1 8-oz. jar maraschino
1 16-oz. can apricot or peach halves	cherries
1 16-oz. can pineapple rings	1/3 cup margarine
	3/4 cup brown sugar
	2-4 tsp. curry powder

Drain fruits and save syrups. Arrange fruit in casserole and add just enough of the combined syrups to allow it to float. Mix margarine, sugar and curry powder, sprinkle over the fruit and stir only enough to be sure the curry is well mixed with the fruit. Bake 1 hour at 350°. Serves 6-8.

SPICED PECANS

Bess Ferguson

"These spicy tidbits were on the tea table often when Hazel Beck Andre entertained in the Farm House on the Iowa State University campus, for many years the home of Iowa State's dean of agriculture."

1 cup sugar	1/4 cup water
1/2 tsp. cinnamon	1/2 tsp. vanilla
1/8 tsp. cream of tartar	2 generous cups pecans

Combine sugar, cinnamon, cream of tartar and boil to firm ball stage (244-248° on candy thermometer). Take from heat, cool a minute or two and stir in vanilla and pecans. Stir vigorously until sugary and nuts break apart, about a minute or two. Turn out on platter and while warm, separate nuts that stick together.

One good cook covers raisins with orange juice, refrigerates overnight to use in cereals, salads, cookies or desserts.

GORP

Betsy Lockhart

"The recipe for this snack came to me with the unlovely name and I haven't thought of a better one. But by any other name it would still be popular with party-goers, picnickers, long distance travelers or lunch-box lunchers."

1 cup dark seedless raisins	1 cup unblanched almonds
1 cup white raisins	1 cup broken walnuts
1 cup snipped dried apricots	1 cup salted peanuts
1 cup snipped dried pears	1 cup M & M candies

Mix all ingredients and refrigerate in plastic bag until ready to use. For travelers or lunch-boxes, pack half a cupful in small plastic bags. Look for dried pears in health food stores or skip them. You might like to substitute salted sunflower seeds for the peanuts.

CHOCOLATE RUM SAUCE

Bess Ferguson

"Spoon this delectable sauce over ice cream, mix it with hot milk for a warming cup, or better still, add half a teaspoon of instant coffee to each cup of hot chocolate. Or make chocolate frosting by adding sifted powdered sugar to make it spreadable."

1 13-oz. can evaporated milk	1/2 tsp. salt
2 cups sugar	1 tsp. vanilla
4 oz. (4 squares) unsweetened chocolate	1/4 cup butter 1/2 cup dark rum

Heat milk and sugar, stirring, and boil 1 minute. Reduce heat and add chocolate. Stir until melted—the sauce will look curdled. Beat vigorously with a rotary beater until sauce is creamy smooth, 2 or 3 minutes. Remove from heat and stir in salt, vanilla and butter. Cool and add rum. Store in refrigerator. Heat over hot water for a hot fudge sauce. Makes about 2 pints.

PECAN TART FILLING

Virginia Armstrong

"Little tarts please people who want only a bit of a sweet."

1 egg	1 tbsp. margarine
3/4 cup brown sugar	1 shake of salt
1 tsp. vanilla	3/4 cup chopped pecans

Beat egg, sugar, vanilla, margarine and salt thoroughly. Drop about 1/2 tsp. nuts in bottom of each *unbaked* tart shell (P. 84), fill with 1 tsp. filling and sprinkle nuts on top. Bake about 25 minutes at 325° or until filling is firm. Fills 24 tiny tarts.

CARAMEL POPCORN BALLS

Jan Luing

"A child might like to make popcorn balls for his own party."

5 quarts popped, unsalted popcorn	1/2 cup light corn syrup
4 tbsp. butter or margarine	2/3 cup sweetened condensed milk
1 cup brown sugar	1/2 tsp. vanilla

Combine butter, brown sugar and syrup and bring to a boil. Add milk and simmer, stirring constantly, until mixture forms a soft ball in cold water. (Takes only a few minutes.) Stir in vanilla. Pour over freshly popped popcorn and stir until all kernels are coated. Butter hands lightly and shape into balls. Makes 15 3 1/2-inch balls.

Erma Hildahl makes CONFETTI POPCORN for special occasions —May baskets, birthdays, holidays. She mixes batches of different colors in a giant container and packages the multi-color treat in small plastic bags. Combine 1 cup sugar, 3 tbsp. water, 3 tbsp. butter, 1/4 tsp. salt and 1/2 tsp. food coloring and bring to rolling boil. Lower heat and cook and stir 3 minutes. Pour immediately over 3 quarts freshly popped, unsalted popcorn and stir until coating is dry.

One good cook molds popcorn balls around the candy end of a lollipop for easier handling. Two treats in one to delight a child.

TINY TIM'S APPLES

Dorothy Shrader

"A touch of bright red for the Christmas tea table."

1 lb. candied fruit mix	1 tsp. nutmeg
1 cup raisins	1/4 tsp. allspice
1 cup figs	1/4 tsp. ginger
1 cup dates	1 lemon, grated rind
1 cup nuts	2-3 tbsp. lemon juice
1/2 cup brown sugar	Red sugar
1 tsp. cinnamon	Whole cloves

Put fruit and nuts through food grinder. Add sugar, spices, grated lemon rind and enough lemon juice to hold everything together. Knead with your hands until thoroughly mixed. Shape teaspoonfuls into small balls and roll in red sugar. Stick a whole clove, head down, in each for a stem. Makes about 4 dozen.

THREE FOR THE CHRISTMAS PARTY

Ms. Santa Claus

"Guests who fear they have already eaten too many holiday goodies can't resist one of these little confections."

STUFFED FRUIT. Stuff dates or prunes with almonds, pecans or walnuts, fondant, almond paste or marzipan or ginger wafer mix (recipe below). Roll in granulated sugar.

GINGER WAFERS. Mix 1 lb. dates, 1 cup walnuts and 1/3 cup minced candied ginger and put through food grinder. Knead with enough powdered sugar to make the stuff manageable. Shape into 1-inch rolls and refrigerate overnight. Cut in thin slices, about 1/8-inch thick, and toss in granulated sugar. Dry a few hours before storing. If the tidbits absorb sugar as they dry, toss in more sugar.

SALTED ALMONDS. Sauté 2 cups natural almonds in 1 tbsp. clear bacon fat. Sprinkle with salt and spread on paper towels to cool. Natural almonds are shelled nuts still in their brown skins. Blanch and skin a few to cook with the others so you can tell by their brown color when the others have cooked long enough.

IF YOU DON'T HAVEYOU MAY SUBSTITUTE

1 cup biscuit mix	1 cup flour, 1 1/2 tsp. baking powder, 1/2 tsp. salt and 1 tbsp. shortening
1/3 cup dry bread crumbs	1 slice bread or 3/4 cup soft bread crumbs
3/4 cup cracker crumbs	1 cup bread crumbs
1 cup cake flour	7/8 cup all-purpose flour
1 cup sifted all-purpose flour	1 cup plus 2 tbsp. sifted cake flour or 7/8 cup cornmeal or 1 1/2 cups bread crumbs or 1 cup rolled oats
1 tablespoon cornstarch	2 tbsp. flour or 4 tsp. quick-cooking tapioca
1 cup buttermilk or sour milk	1 tbsp. lemon juice or vinegar plus sweet milk to make 1 cup
1 cup light cream	7/8 cup milk plus 3 tbsp. butter
1 cup heavy cream	3/4 cup milk plus 1/3 cup butter
1 cup sour cream	7/8 cup sour milk plus 3 tbsp. butter
1 cup whole milk	1 cup reconstituted non-fat dry milk plus 2 tsp. butter
1 cup butter or margarine	7/8 cup oil plus 1/2 tsp. salt
1 whole egg	2 yolks plus 1/2 tsp. salt
1 cup honey	3/4 cup sugar plus 1/4 cup water
1 cup molasses	1 cup honey
1 cup corn syrup	3/4 cup sugar plus 1/4 cup water
1 ounce or square unsweetened chocolate	3 tbsp. cocoa plus 1 tbsp. fat
1 small clove garlic	1/8 tsp. garlic powder
1 medium onion	1 tbsp. instant onion or 1/2 tsp. onion powder
1 tablespoon finely cut fresh herbs	1 tsp. dried herbs
1 teaspoon dry mustard	1 tbsp. prepared mustard
1 pound fresh mushrooms	1 6-oz. or 8-oz. can or 3 oz. dried
1 cup tomato juice	1/2 cup tomato sauce plus 1/2 cup water

TABLE OF METRIC CONVERSIONS

Approximate Conversion to Metric Measure

to change:

OUNCES	to	GRAMS	multiply by	20
POUNDS	to	KILOGRAMS	multiply by	0.45
TEASPOONS	to	MILLILITERS	multiply by	5
TABLESPOONS	to	MILLILITERS	multiply by	15
FLUID OUNCES	to	MILLILITERS	multiply by	30
CUPS	to	LITERS	multiply by	0.24
PINTS	to	LITERS	multiply by	0.47
QUARTS	to	LITERS	multiply by	0.95

PAN SIZES

2 inch depth	=	5 centimeters
6 inch diameter	=	15 centimeters
7 inch diameter	=	18 centimeters
8 inch diameter	=	20 centimeters
10 inch diameter	=	35 centimeters

For example:

$$9'' \times 14'' = 23 \text{ cm} \times 35 \text{ cm}$$

$$8'' \times 4'' \times 3'' = 20 \text{ cm} \times 10 \text{ cm} \times 8 \text{ cm}$$

METRICABBREVIATIONS

g	=	grams
kg	=	kilograms
ml	=	milliliters
l	=	liters
c	=	centimeters
°C	=	Celsius temperature

COOKING TEMPERATURES

To change °F temperature to °C, subtract 32 and multiply °F by 0.55.

	°F	°C
Frying		
uncooked foods	375	190
precooked foods	385	195
wet foods (potatoes)	395	200
Simmering point	185	85
Boiling point water	212	100
Freezing point water	32	0

OVEN TEMPERATURES

	very cool	cool	moderate	hot	very hot
°F	225-275	300-325	350-375	400-450	475-500
°C	110-140	150-160	180-190	200-230	250-260

OUR GOOD COOKS

Anderson, Carol	Ames, Iowa
Anderson, Julia Faltison	Ames, Iowa
Armstrong, Virginia	Princeton, New Jersey
Arganbright, Susan	Port Morseby, New Guinea
Arp, Mrs. Ted	Long Grove, Iowa
Barnes, Bernice E.	Ames, Iowa
Baur, Lorraine	Van Meter, Iowa
Bautista, Peggy	Ames, Iowa
Beal, Anita	Ames, Iowa
Beckman, Lorraine Sandstrom	Knoxville, Iowa
Benedict, Linda S.	Ames, Iowa
Benson, Martha	Ames, Iowa
Berkland, Diana	Storm Lake, Iowa
Berkland, Eldon	Chaska, Minnesota
Berkland, Melva	Ames, Iowa
Beveridge, Elizabeth	Ames, Iowa
Bliss, Jane H.	Ames, Iowa
Boast, Ruth	Ames, Iowa
Bohlen, Nancy	Ames, Iowa
Bolt, Grace	Story City, Iowa
Bolt, Joyce	Story City, Iowa
Bolt, Stella	Story City, Iowa
Bowen, Vada	Ames, Iowa
Brown, Millie	Ames, Iowa
Brown, Sue	Ames, Iowa
Bryson, Sherry	Ames, Iowa
Buchele, Adelma	San Augustine, Texas
Buchele, Helen	Cedar Vale, Kansas
Buchele, Mary	Ames, Iowa
Buchele, Mary Beth	Minneapolis, Minnesota
Buchele, Sheron	Ames, Iowa
Buchele, Steve	Ames, Iowa
Budolfson, Dorothy	Ames, Iowa
Burrell, Gertrude	Ames, Iowa
Burrell, Joan	Ames, Iowa
Callahan, Genevieve	San Francisco, California
Campbell, Ann Hamilton	Ames, Iowa
Campos, Terry	Ames, Iowa
Clappison, Gladys B.	Omaha, Nebraska
Cook, Jean	Ames, Iowa
Cowle, Marion	Ames, Iowa
Dailey, Laura C.	Ames, Iowa
Davison, Edith Chantry	Des Moines, Iowa
Day, Barbara	St. Louis, Missouri
deColon, Mrs. Maria M.	Ames, Iowa
Diehl, Helen	Ames, Iowa
Donovan, Bernice Burns	Des Moines, Iowa

OUR GOOD COOKS (continued)

Drips, Josephine W.	Salem, Oregon
Dougherty, Lynell	Huxley, Iowa
Dunster, Jane	Ames, Iowa
Ellis, Frances Arnold	Paris, Texas
Erickson, Erma	Ames, Iowa
Erickson, Mrs. Harriet	Ames, Iowa
Ferguson, Bess	Ames, Iowa
Ferguson, Mitzi	Lexington, Massachusetts
Forsling, Marilyn	Ames, Iowa
Forsman, Sharon	Ames, Iowa
Fushan, Nancy	Ames, Iowa
Gerstenberger, Lola K.	Des Moines, Iowa
Gildner, Daphne (Mrs. H. E.)	Ft. Dodge, Iowa
Goldberg, Brodie	Ames, Iowa
Gradwohl, Hanna R.	Ames, Iowa
Groves, Marjorie P.	Slater, Iowa
Hall, Barbara	Huxley, Iowa
Hamilton, Ruth	Ames, Iowa
Hammond, Kay	Boone, Iowa
Haug, Louise	Ames, Iowa
Hegstrom, Mrs. George J.	Ames, Iowa
Hemphill, Nancy Landon	Ames, Iowa
Heng, Cathy Landon	Midland, Michigan
Herigstad, Inge	Roland, Iowa
Hertz, Marjorie	Nevada, Iowa
Hildahl, Erma	Ames, Iowa
Holmes, Alice	Falkville, Alabama
Horton, Sandra	Ames, Iowa
Hull, Bruce	Ames, Iowa
Hull, Karen	Ames, Iowa
Jackson, Primrose	Ames, Iowa
Jacobs, Mina Hertz	Ft. Dodge, Iowa
Jagger, Margaret	Minneapolis, Kansas
James, Rowena	Ames, Iowa
Jardine, Winnifred Cannon	Salt Lake City, Utah
Judge, Jane	Ames, Iowa
Jumper, Will	Ames, Iowa
Kelly, Lelia	Evanston, Illinois
Kerkhoff, Mrs. R. J.	Ames, Iowa
Kraft, Lillian	Ames, Iowa
Kramer, Martha	Ames, Iowa
Lafrenz, Mildred	Davenport, Iowa
Lafrenz, Velma	Eldridge, Iowa
Langland, Irma	Des Moines, Iowa
Lawrence, Pauline	Ames, Iowa
Lewis, Rick	Ames, Iowa

OUR GOOD COOKS (continued)

Limbird, Mary Catherine	Ames, Iowa
Lockhart, Betsy	Vancouver, British Columbia
Lohr, Diane	Ames, Iowa
Lowrie, Rachel	Ames, Iowa
Luing, Jan	Ames, Iowa
Lura, Lois	Chaska, Minnesota
Macdonald, Jean Goul	Bellevue, Wisconsin
Madison, Dilys	Ames, Iowa
Manchester, Joyce	Ames, Iowa
Matson, Becky Metcalf	El Paso, Texas
Mattes, Alvina Iverson	Dubuque, Iowa
McClurken, Betty	Ames, Iowa
McCormack, Ann L.	Ames, Iowa
McMahon, Robert	Ames, Iowa
McMahon, Steve	Ames, Iowa
Miller, Mrs. Frank E.	Ames, Iowa
Miner, Florence Hood	Nevada, Iowa
Morris, Esther E.	Ames, Iowa
Nelson, Julia	Minneapolis, Kansas
Newkirk, Letty	Ames, Iowa
Orr, Margaret	Ames, Iowa
Otto, Sue Kovacic	Iowa City, Iowa
Panagides, Maroula	Limmassol, Cyprus
Parks, Ellen	Ames, Iowa
Paschal, Beth Cummings	Raleigh, North Carolina
Patterson, Lu	Longview, Texas
Perkins, Dann	Ames, Iowa
Perkins, Elizabeth	Ames, Iowa
Petersen, Sally L.	Laramie, Wyoming
Peterson, Barbara	Ames, Iowa
Peterson, Sally	Ames, Iowa
Pollard, La Rue	Ames, Iowa
Porter, Mrs. Harry	Atlantic, Iowa
Posegate, Sara Timmers	Ames, Iowa
Prendergast, Elaine S.	San Francisco, California
Rawson, Georgia	Evanston, Illinois
Rogers, Harriett	Westminster, California
Rosenfeld, Louise	Ames, Iowa
Roy, Betty (Mrs. Chalmer J.)	Ames, Iowa
Santa Claus, Ms.	Everywhere
Sauer, DeVee	Central City, Iowa
Sauer, Sandy Sime	Ames, Iowa
Savage, Nanci Robb	Denver, Colorado
Schacht, Joy	Cedar Falls, Iowa
Schaller, Kitty	Ames, Iowa
Schlick, Mary Dodds	Toppenish, Washington

OUR GOOD COOKS (continued)

Schmeal, Jacqueline Andre	Houston, Texas
Schwartz, James W.	Ames, Iowa
Sealine, Marilyn	Ames, Iowa
Shearer, Dorothy L.	Ames, Iowa
Sheppard, Jean (Kay Kellogg)	Battle Creek, Michigan
Shrader, Dorothy H.	Ames, Iowa
Simerville, Clara	Corvallis, Oregon
Simpson, Pat Conrad	St. Louis, Missouri
Slater, Virginia	Ames, Iowa
Slauson, Morda C. (Mrs. H. L.)	Spring Lake, Washington
Snider, Nancy	Chicago, Illinois
Speer, Dorcas Wheatley	Ames, Iowa
Steiner, Patricia	Oakville, Iowa
Stiles, Florence	Des Moines, Iowa
Strutzel, Era	St. Paul, Minnesota
Summers, Rose	Apache Junction, Arizona
Tegtmeyer, Keo Minert	Upland, California
Thompson, Wendy	Des Moines, Iowa
Thorsheim, Mrs. Elmer	Radcliffe, Iowa
Tillery, Virginia	Des Moines, Iowa
Trexel, Betty (Mrs. Milton A.)	Ames, Iowa
Uelner, Sandra Hammerand	Brookfield, Wisconsin
Ustrud, Eunice	Ames, Iowa
Walker, Jav (Mrs. Albert L.)	Ames, Iowa
Wallin, Jan	Ames, Iowa
Weaver, Mrs. Emily	Columbus, Indiana
Webster, Edie	Ames, Iowa
Wechsler, Lorraine	Ames, Iowa
Weiss, Ed	Ames, Iowa
Weiss, Marion	Ames, Iowa
Willis, Elisabeth C.	Ames, Iowa
Wilson, Margaret F.	Ames, Iowa
Wilson, Mary Lou	Ames, Iowa
Winchip, Mary Beth	Fremont, Michigan
Wishart, Mary Ellen	Ames, Iowa
Yoder, Mrs. Margaret K.	Ames, Iowa
Zaffarano, Susie (Mrs. Daniel)	Ames, Iowa

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