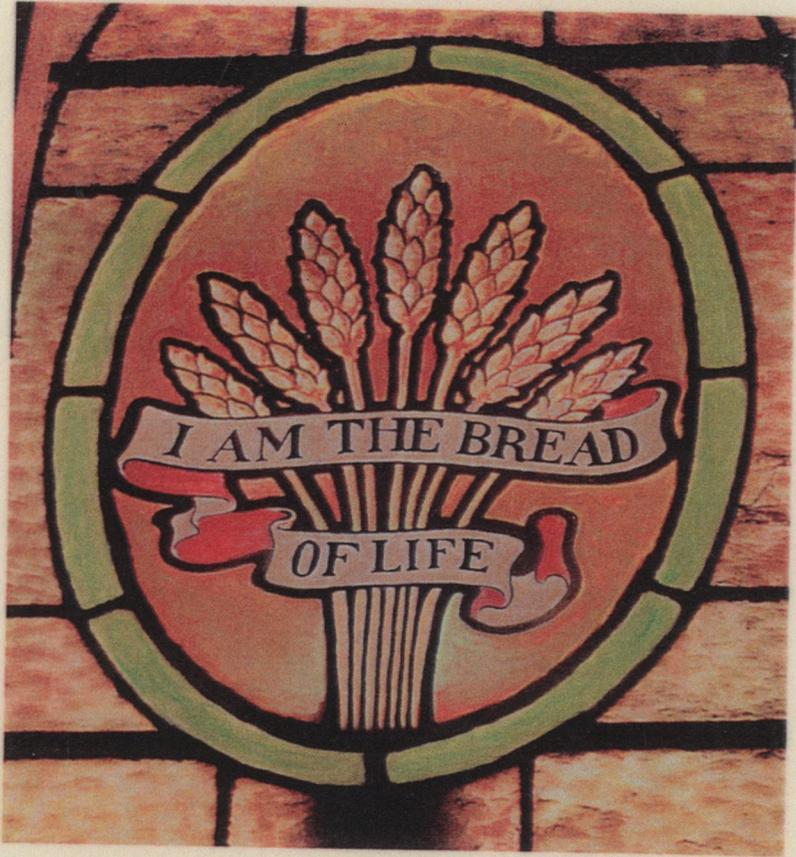


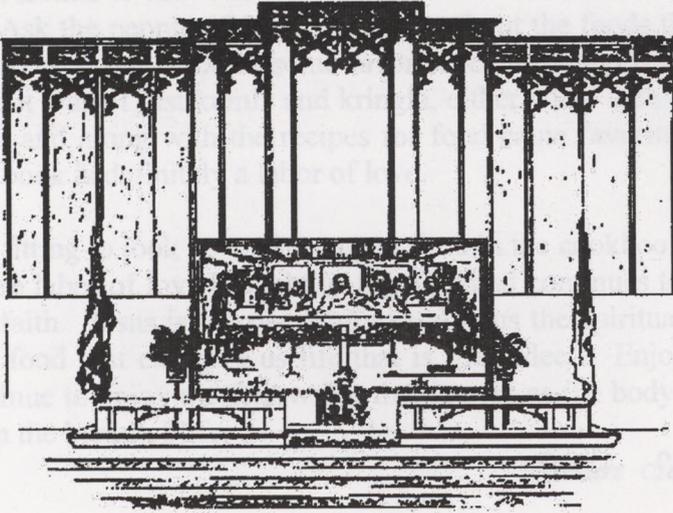
# *Salem*



*Lutheran Church*  
*Roland, Iowa*

*From our Pastor*

# Salem Lutheran Church



*Roland, Iowa*

*Pastor Steven Schwartz*

*Merry Christmas - 2002*

*Loren + Pat*

Salem Lutheran Church



Richard Jove

Pastor Steven Schwab

This Cookbook was written, typed, laid-out and assembled by Members of Salem Lutheran Church with God's help.

We thank Nite Owl Printing of Ames, IA for their Printing, Collating, Cutting, Laminating and Binding Services.

Cover Photo Credit goes to Jim Lee.

God Bless! SLC-2002

## *From our Pastor*

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“Then Jesus declared, ‘I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.’”

(John 6:35)

Just about all of us like to eat. The way in which this cookbook came together is evidence of that. Ask the people of Salem to tell us about the foods they enjoy making and eating (in other words, send in some favorite recipes), and before long we were swamped. And it wasn't just kumla and kringla, either. The recipes covered a wide range of topics, and along with the recipes for food came favorite sayings and stories. This cookbook is definitely a labor of love.

So it would be fitting to look beyond the great food in the cookbook to the true bread of heaven whose labor of love brought us together and continues to bind us together as a family of faith. Jesus is the one who can give us the spiritual food that we all truly need, the food that can give us life that is life indeed. Enjoy the food in this book, and continue to enjoy the fellowship that is ours as the body of Christ. Never stop feasting on the bread of life.

*Pastor Steven Schwartz*

## *Dedication*

---

This cookbook is dedicated to all the wonderful cooks, past and present, who have gathered around tables with friends and family. In laughter and tears, knit together with a common bond of life between God's children. Recipes tried and true, handed down from mother to daughter, enduring another generation of wrinkled index cards and tiny scraps of discolored paper. We remember with fondness and love the matriarchs of Salem who have gone on before us, passing the torch of and not only food for the body, but the spiritual food of their wisdom for which we will always be grateful for.

This book has been a dream of many for several years. Through prayers and sheer courage to plunge in and finally do it, we rallied together to make this book a possibility.

The recipes of this book have been complied by members of our congregation (past and present), former pastor's wives, and friends.

No originality is claimed for any of the recipes we've collected. The names that are behind them only vouch for their excellence. We've included some recipes "for the memories" and for old times sake ... you will be the judge!

We have tried to eliminate errors as best we could and sincerely hope you will be tolerant of any you may find. This was a bigger success than we had ever imagined and there are bound to be some errors along the way.

Thanks for everyone who participated by submitting recipes, sending prayers and offering words of encouragement along the way, and for helping to make it all possible. Through Christ we can do all things

"There is no spectacle on earth more appealing  
than that of a beautiful woman in the act of cooking dinner  
for someone she loves."-- Thomas Wolfe

*The Salem Cookbook Committee*

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**Please Note:** All recipes that have been given “In Memory of” are denoted by a † in front of their names. Let us remember each of them in our hearts.

## *Standard Abbreviations*

---

t. = tsp. = teaspoon  
 T. = Tbls. = tablespoon  
 c. = cup  
 f.g. = few grains  
 pt. = pint  
 qt. = quart  
 gal. = gallon  
 oz. = ounce  
 lb. = pound  
 lbs. = pounds  
 pkg. = package

sq. = square  
 sm. = small  
 med. = medium  
 lg. = large  
 min. = minute  
 hr. = hour  
 gr. = ground  
 d.b. = double boiler  
 B.P. = baking powder  
 pk. = peck  
 bu. = bushel

## *Guide to Weights & Measures*

---

1 teaspoon = 60 drops  
 3 teaspoons = 1 tablespoon  
 2 tablespoons = 1 fluid ounce  
 4 tablespoons = 1/4 cup  
 5 1/3 tablespoons = 1/3 cup  
 8 tablespoons = 1/2 cup  
 16 tablespoons = 1 cup

1 pound = 16 ounces  
 1 cup = 1/2 pint  
 2 cups = 1 pint  
 4 cups = 1 quart  
 4 quarts = 1 gallon  
 8 quarts = 1 peck  
 4 pecks = 1 bushel

## *Oven Temperatures*

---

Slow Oven = 250 - 300 degrees  
 Slow Moderate = 300 - 325 degrees  
 Moderate Oven = 325 degrees  
 Moderate = 350 degrees

Moderate Quick = 375 degrees  
 Moderate Hot = 400 degrees  
 Hot = 425 - 450 degrees  
 Extremely Hot = 475 - 500 degrees



## *Substitutions*

---

<b>1 c. sugar</b>	1 1/3 c. brown sugar or 1 1/2 c. powdered sugar
<b>1 c. honey</b>	1 1/4 c. sugar and 1/4 c. liquid
<b>1 c. brown sugar</b>	1 c. granulated sugar and 2 T. molasses <u>or</u> 1 c. sugar and 1 T. cornstarch. Blended in blender
<b>1 sq. unsweetened chocolate</b>	3 T. cocoa + 3 T. shortening
<b>1 oz. bitter chocolate</b>	4 T. cocoa + 2 T. butter
<b>6 oz. pkg. semi-sweet chocolate pieces, melted</b>	2 sq. unsweetened chocolate + 2 T. shortening and 1/2 c. sugar
<b>Butter</b>	2 sticks softened margarine, 1/3 c. vegetable oil and 1/2 c. buttermilk. Beat until liquid is absorbed. Refrigerate.
<b>1 c. milk</b>	1/2 c. evaporated milk + 1/2 c. water <u>or</u> 1/4 c. nonfat dry milk + 7/8 c. water + 2 tsp. butter.
<b>1 c. sweet milk</b>	1 c. sour milk or butter milk + 1/2 tsp. baking soda.
<b>1 c. buttermilk</b>	1 T. vinegar or lemon juice + milk to make 1 c. Let stand 5 minutes <u>or</u> 1 c. yogurt.
<b>1 c. sour milk</b>	1 T. vinegar or lemon juice or 1 3/4 tsp. cream of tartar + 1 c. sweet milk.
<b>Sweetened condensed milk</b>	1 c.+2 T. nonfat dry milk, 1/2 c. warm water, 3/4 c. sugar. Place water in bowl with dry milk. Mix well. Mix in sugar to smooth.
<b>1 c. half &amp; half</b>	7/8 c. milk + 1/2 T. butter <u>or</u> 1/2 c. coffee creamer and 1/2 c. milk.
<b>1 c. sour thin cream (for some milk recipes)</b>	3 T. butter and 3/4 c. milk
<b>1 c. sour cream</b>	7/8 c. yogurt
<b>Sour Cream</b>	1 c. cottage cheese, 1-3 T. milk, 1 T. lemon juice. Blend, store in fridge.
<b>1 c. butter</b>	1 c. vegetable shortening + 1/2 tsp. salt
<b>1 whole egg</b>	2 egg yolks + 1 T. water

*(Substitutions Continued)*

<b>1 T. cornstarch</b> (for thickening)	2 T. flour
<b>1 T. flour</b> (for thickening)	1/2-2/3 T. cornstarch
<b>Bisquick Mix</b>	8 c. flour, 1 1/2 c. non fat dry milk, 1/2 c. baking powder, 1 T. salt and 1 1/2 c. shortening. Mix dry ingredients together then cut in shortening until mealy. Yields 3 lb.
<b>1 c. all-purpose flour</b>	7/8 c. corn meal or 1 1/2 c. bread crumbs and 1 c. rolled oats
<b>1 c. cake flour, sifted</b>	1 c. minus 2 T. all purpose flour +2 T. cornstarch. Sift well.
<b>1 c. self-rising flour</b>	1 c. all purpose flour + 1 1/2 tsp. baking powder and 1/2 tsp salt.
<b>1 c. wheat flour</b>	1 c. corn flour or 3/4 c. corn meal (coarse) or 1 1/2 c. ground rolled oats.
<b>1 tsp. baking powder</b>	1/4 tsp baking soda + 5/8 tsp. cream of tartar or 2 egg whites beaten and folded in.
<b>1 fresh garlic clove</b>	1 tsp. garlic salt or 1/8 tsp garlic powder.
<b>2 T. minced onion</b>	1 tsp. onion powder
<b>Salt Substitute</b>	1 tsp. chili powder, 1 T. garlic powder, 2 T. dry mustard, 6 T. onion powder, 2 tsp. oregano, 3 T. paprika, 2 tsp. pepper and 1 T. poultry seasoning.
<b>3 oz. pkg. flavored gelatin</b>	1 T. plain gelatin + 2 c. fruit juice
<b>White wine</b>	An equal amount of apple cider or apple juice.
<b>Hot sauce</b>	1 sm. can hot peppers, 5 cloves garlic and 2 (8oz.) cans tomato sauce.
<b>1 c. chili sauce or ketchup</b>	1 c. tomato sauce, 1/2 c. sugar, 2 T. vinegar and spice.
<b>Mustard</b>	1/3 c. flour ,1/2 c. sugar, 1 T. salt, 3/4 c. dry mustard, 1 1/2 c. white or wine vinegar, 1 green onion and dash sugar. Blend in blender.
<b>1 c. tomato juice</b>	1/2 c. tomato sauce and 1/2 c. water
<b>2 c. tomato sauce</b>	3/4 c. tomato paste and 1 c. water
<b>1 c. marshmallow crème</b>	16 lg. marshmallows (1/4 lb.)
<b>1 c. miniature marshmallows</b>	10 lg. marshmallows
<b>10 miniature marshmallows</b>	1 lg. marshmallows



## *Guide to Kitchen Pans*

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### **If Recipe calls for: Use Either:**

4 cup baking dish	9" pie plate or 8x1 1/4" round cake pan or 7 3/8x3 5/8x2 1/4" loaf pan
6 cup baking dish	9x1 1/2" round cake pan or 10" pie plate or 8 1/2x3 5/8x2 5/8" loaf pan
8 cup baking dish	8x8x2 square pan or 11x7x1 1/2" pan or 9x5x3" loaf pan
10 cup baking dish	9x9x2" square pan or 11 3/4x7 1/2x1 1/4" baking pan or jellyroll pan
12 cup baking dish	13 1/2x8 1/2x 2" glass pan
15 cup baking dish	13x9x2" metal pan
19 cup baking dish	14x10 1/2x 2 1/2" roasting pan

## *Volume of Pans*

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<b>Tube Pans:</b> 7 1/2" Bundt tube	6 cups
9" Bundt tube	9 cups
9" Angel food tube	12 cups
10" Bundt tube	12 cups
10" fancy tube mold	16 cups
10" Angel food tube	18 cups
<b>Spring Forms:</b> 8"	12 cups
9"	16 cups
<b>Ring Molds:</b> 8 1/2"	4 1/2 cups
9 1/4"	8 cups
<b>Brioche pan:</b> 9 1/2"	8 cups

## *Contents of Standard Cans*

---

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

## *Temperature Tests for Making Candy*

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

Type of Candy	Degrees	Cold Water
Fondant, Fudge	234 - 238°F	Soft Ball
Divinity, Caramels	245 - 248°F	Firm Ball
Taffy	265 - 270°F	Hard Ball
Butterscotch	275 - 280°F	Light Crack
Peanut Brittle	285 - 290°F	Hard Crack
Caramelized Sugar	310 - 321°F	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING** the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

## Notes :

There are two different methods of determining when to stop cooking the candy. The first is by using a candy thermometer in order to record the temperature. The chart below will give you a guide in helping to follow candy recipes.

Type of Candy	Degrees	Cold Water
Fondant, Fudge	234 - 235°F	Soft Ball
Truffe	235 - 240°F	Hard Ball
Butter Scotch	275 - 280°F	Light Crack
Peanut Brittle	285 - 290°F	Hard Crack
Caramelized Sugar	310 - 315°F	Caramelized

## Stages of Candy

In using the cold water test, use a fresh portion of cold water for each 250 gm test. Remove the candy from the hot pan about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll it into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly forms its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a ball, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has just almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

## Characteristics of Standard Candy

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZED SUGAR** the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

# Our Heritage



Salem Lutheran Church's heritage goes far beyond the historical details of its 134 years, however. Salem Lutheran Church's people engaged in mission. They use to make Jesus Christ known. They give gifts to help others. They care and they work together to serve God and to spread God's Word.

Many Salemites have chosen to serve God through full time service as ordained ministers. Others have gone into the global mission fields to work. Many have served in the local church as well. We receive the rich history of Salem Lutheran Church and such will be its future. Salem Lutheran Church has been and will continue to be a community of people actively engaged in ministry for Jesus-Christ. This is our true heritage.

*Notes*

I Jesu Navn  
Gaar vi til Bords  
at Spise og drikke  
Paa dit Ord;  
Gud til Ære  
Os til Gavn  
Saa faar vi Glad  
I Jesu Navn,  
Amen.

**Translation:** In Jesus Name we go to the Table to eat and drink at Thy Word; in God's Honor and for our Benefit we receive the food in Jesus Name. Amen.



# Salem




---

Salem Lutheran Church was founded on November 7, 1868. A church was built one mile west of Roland in 1874 and was moved to town in 1890. That building served the congregation until 1915 when the present church was built. Various enlargements and renovations have occurred over the years to bring the church building to its present state. The parsonage was built in 1927. Salem Lutheran Church became a member of the Hauge Synod in 1870, and in 1917 became a member of the Norwegian Lutheran Church of America (later called the Evangelical Lutheran Church). In 1960 Salem became a member of the American Lutheran Church. In 1988 Salem became a member of the Evangelical Lutheran Church in America.

The Following pastors have served the congregation:

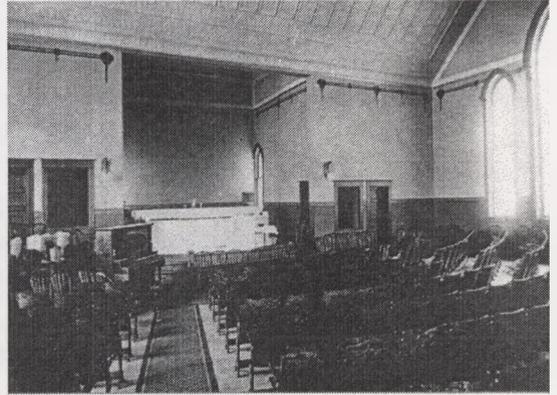
Rev. Endre Johansen, 1870-73  
 Rev. Ingvald Eistensen, 1873-84  
 Rev. C.C. Holter, 1884-96  
 Rev. J.N. Sandven, 1897-1925  
 Rev. Olaf Holen, 1926-57  
 Rev. Everett N. Nelson, 1957-84  
 Rev. David Hofer, 1984-86  
 Rev. Harry E. Krieg, Jr., 1987-93  
 Rev. Steven Schwartz, 1993-present

Salem Lutheran Church's heritage goes far beyond the historical details of its 130+ years, however. Salem Lutheran Church is people engaged in mission. They live to make Jesus Christ known. They share their gifts to help others. They care and they work together to serve God and to spread God's Word.

Many Salemites have chosen to serve God through full time service as ordained ministers. Others have gone into the global mission fields to work. Many more have served God by being missionaries in their daily lives. Such has been the history of Salem Lutheran Church and such will be its future. Salem Lutheran Church has been and will continue to be a community of people actively engaged in ministry for Jesus Christ. This is our true heritage.

# *Then and Now*

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## *Prayers*

---

“Come, Lord Jesus, be our guest,  
And with this food let us be blessed.”

Amen.

“Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you God, for everything.”

Amen.

“God is Great.

God is Good.

Now we thank him for our food,  
By His hands we all are fed,  
Give us Lord our daily bread.”

Amen.

### **Table Grace - Tune: Edelweiss**

Bless our friends,

Bless our food -

Come, O Lord and sit with us.

May our talk glow with peace

May your wisdom surround us.

Friendship and love

May they bloom and grow,

Bloom and grow forever.

Bless our friends,

Bless our food,

Come, O Lord and sit with us.

Amen.

## *A Norwegian Blessing*

---

May da ruts always fit da vheels  
on yur pick-up.

May yur earmuffs always keep out  
da North vind.

May da sun shine varm  
on yur Lefse.

May da rain fall soft  
on yur Lutefisk.

And until ve meet again . . .

May da good Lord protect you  
from any and all . . .

unnecessary Uff-Das!

Amen.

## *The Meaning of Uff Da*

---

"*Uff Da*" is not in the dictionary, but for many Scandinavians, it is an all-purpose expression covering a variety of situations such as:

*Uff Da is*...looking in the mirror and discovering...you're not getting better, you're just getting older.

*Uff Da is*...losing your wad of gum in the chicken yard.

*Uff Da is*...trying to dance the polka to rock and roll music.

*Uff Da is*...eating hot soup when you've got a runny nose.

*Uff Da is*...waking yourself up in church with your own snoring.

*Uff Da is*...sneezing so hard that your false teeth end up in the bread plate.

*Uff Da is*...walking way downtown and then trying to remember what you wanted.

*Uff Da is*...getting swished in the face with a cow's tail.

*Uff Da is*...trying to pour two buckets of manure into one bucket.

*Uff Da is*...eating a delicious sandwich and then discovering the spread is cat food.

*Uff Da is*...arriving late at a lutefisk supper and getting served minced ham instead.

*Uff Da is*...when your two "steady" girlfriends find out about each other.

*Uff Da is*...trying to look-at yourself January 1st.

*Uff Da is*...looking in your rear view mirror and seeing flashing red lights.

*Uff Da is*...the same as Charlie Brown's "Good Grief".

*Uff Da is*...pushing the light switch and suddenly remembering you forgot to pay the electric bill.

*Uff Da is*...opening up the latest real estate tax bill.

*Uff Da is*...noticing non-Norwegians at a church dinner using lefse for a napkin.

*Uff Da is*...not being Scandinavian.

## *Heritage Recipes*

### *Rice Pudding*

*Sylvia Posegate Anderson*

1 c. white rice (not Minute Rice)

2 c. water

Put in double boiler and cook until all liquid is absorbed.

**Add:** Milk to within 1.5" of the top of the pan. Cover and cook until rice is done and all milk is absorbed. **Beat:** 1 egg, 3/4 c. sugar, dash of salt, 1 tsp. flour, and 1/2 c. half & half. Add to the rice mixture and continue cooking for about 5-10 minutes. Remove from heat to a bowl and add 2-3 T. butter or margarine. Sprinkle with cinnamon.

### *Suske Suppe (Fruit Soup)*

*Doris and Lenore Christian*

1 c. raisins

1/2 lb. prunes

1 lb. mixed dried fruit with apricots

1/4 c. minute tapioca

1 stick cinnamon (3")

3/4 c. brown sugar (can use no calorie sweetener)

1 apple peeled and cubed

4 c. water

1 c. grape juice

6 T. lemon juice

1 sm. pineapple tidbits and juice

1 sm. can mandarin orange sections and juice

Cook dried fruit in the 4 c. water. Add the grape juice and the juice from the pineapple and orange sections. Stir well, and add sugar or sweetener, apple, cinnamon, and tapioca. Cook until tapioca is clear and soft. Cool and add the pineapple and oranges.

*\*Sometimes I add a little red Jell-O for color. More liquid can be added, if desired.*

### *Never-Fail Kringla*

*Cathy Anderson Jacobs*

1 stick butter (softened)

1 c. sugar

1/4 tsp. salt

3 c. flour

2 1/2 tsp. baking power

1 tsp. soda

1 lg. or 2 sm. eggs

1 c. buttermilk

1/2 tsp. vanilla

Cream butter and sugar. Add sifted dry ingredients. Mix in eggs, buttermilk and vanilla. Roll small dollop to shape into figure 8's or however you like them. Bake in 450 degree oven for 7 minutes.

*Kringla*†*Celia Waugh*

1 c. sugar	1/2 tsp. baking powder
1 c. sour cream	1 tsp. soda
3/4 c. sour milk	1/2 tsp. salt
4 c. flour	

Mix in order given and refrigerate over night. Take a piece of dough the size of a walnut and roll into a roll the size of a pencil. Form into a figure 8. Bake at 350-400 degrees for 8 minutes \**Celia used margarine instead of sour cream later*

*Morified Rice*†*Celia Waugh*

1 c. raw rice	1 can crushed pineapple
1 tsp. salt	1/2 pint whipped cream
1 pkg. lemon Jell-O	1/4 c. sugar
1 c. boiling water	

Cook rice and salt in water until tender. Drain in colander. Wash under cold water and drain well. Add 1 cup boiling water to Jell-O, plus juice drained from pineapple. When Jell-O is congealed add drained rice, crushed pineapple and whipped cream to which 1/4 cup sugar has been added.

*Cream Wafers (Pariserivafies in Sweden)* *Laura Morgan*

1 c. soft butter	2 c. flour
1/3 c. cream	

Mix well. Chill. Heat oven to 375°F. Roll out dough 1/8" thick on floured board. Cut with 1 1/2 round cutter. Roll only 1/3 of dough at a time; keep rest refrigerated. Transfer rounds to waxed paper heavily covered with granulated sugar. Turn each round so that both sides are coated with sugar. Place on ungreased baking sheet. Prick with fork about 4 times. Bake 7 to 9 minutes. Cool and put 2 cookies together with filling.

**Filling:**

	1 egg yolk
1/4 c. soft butter	1 tsp. vanilla
3/4 c. powdered sugar	

Mix together and tint pink and green. \**These freeze well.*

*Kvaring**Manita Waugh*

1 c. flour, white	1/2 tsp. cream of tartar
1 c. whole wheat flour	1 tsp. baking soda
1/3 c. sugar	2 tsp. baking powder
1/2 tsp. salt	

Sift all together and cut in 1 stick margarine. Add 3.4 c. buttermilk and mix well. Form into balls. Pat on lightly floured board 1/2" thick. Place on greased cookie sheet 1/2" apart. Bake at 375 degrees for 10-12 minutes. While still hot, split with sharp knife. Put back on cookie sheet and lower oven temp to 250 degrees or less. Watch carefully for 1/2 hour. When cool, place in dry container.

*Easy Rice Pudding**† Francis Holen*

2 qt. of milk	1/2 c. milk
1 c. rice	3/4 c. sugar
3 eggs	1 tsp. salt

Bring 2 quarts of milk to boil. Scald 1 cup rice in boiling water, drain rice and add to scalded milk. Simmer gently approximately an hour or until nearly done (taste). Beat 3 eggs with 3/4 cup sugar (you can decrease to 1/2 cup). Add 1/2 cup milk (or half and half or cream) and 1 tsp. salt. Mix with rice. Cook gently 10 minutes or so until thick. Serve with melted butter, brown or white sugar, cinnamon and raisins or whatever your taste dictates.

*Fattigmann**† Mrs. Olaf (Laura) Holen*

3 egg yolks	4 tsp. sugar
1 whole egg	1 T. melted butter
4 T. cream	1/4 tsp. ground cardamon flavor

Flour to make a soft dough. Roll very thin and cut into 2" x 2" diamond shapes and fry in hot lard. Dust with powdered sugar when cool.

*-Lighthouses don't ring bells to get attention - they just shine!*

*-If Christ is worth having, he's worth sharing.*

*-Wisdom often comes disguised as silence.*

*Krumkake*† *Mrs. Olaf (Laura) Holen*

5 eggs  
1 c. sugar  
1 c. melted butter

1 c. flour  
salt  
cardamon

Beat eggs well. Add sugar; continue beating. Add rest of ingredients. Put a teaspoon of mixture on hot krumkake iron. Bake on both sides over very low fire. You will need to feel your way as to the amount of flour. You can substitute with margarine or half butter and half margarine if you like.

*Kavring**Betty Eggland*

1 c. whole wheat flour  
1 c. white flour  
1/2 c. sugar  
1/2 tsp. salt  
1 tsp. soda

2 tsp. baking powder  
1/2 c. oleo  
1/2 tsp. cream of tartar  
3/4 c. buttermilk

Sift or mix dry ingredients. Cut in oleo like pie crust. Add buttermilk. Mix and dump out onto floured board. Knead & roll to 1/2 inch thickness. Cut into small biscuits. Bake 10 minutes in 400 degree oven. Remove from oven and immediately cut in half. Put back on cookie sheet, cut side up and bake at 300 degrees until lightly browned. Store in air tight container.

*Norwegian Meat Balls**Helen Shold***Group 1:**

2 lb. ground beef  
1 lb. ground pork  
1/2 c. flour  
3 eggs, beaten  
2/3 c. milk  
1 T. salt  
1/2 tsp. pepper  
1/2 tsp. nutmeg

1/2 tsp ginger  
2 T. instant minced onion

**Group 2:**

3 c. water  
3 beef bouillon cubes  
1 T. instant minced onion

**Group 3:**

1/2 c. flour  
1 c. milk (some water if needed)

Mix Group 1 ingredients and brown meat balls. Add Group 2 and scrape all into a roaster. Bake covered at 325°F for 1 to 2 hours. Remove meat balls. Stir Group 3 - flour slowly into milk and add to liquid. Thicken gravy before returning meat balls. Freezes well for a tasty meal in a hurry.

*Lefsa**Helen Shold*

6 c. flour	2 T. Crisco
1/2 c. sugar	1 pt. half & half
1 T. salt	1 c. milk

Heat together the Crisco, half & half, and milk. Add to the flour, sugar, and salt. Roll thin and bake on Lefsa grill.

*Kaving**Alenda Braland*

1 c. white flour	1/2 tsp soda
1 c. wheat flour	1/2 tsp. cream of tartar
1/2 c. white sugar	1 stick of oleo
1/2 tsp. salt	3/4 c. buttermilk
2 tsp. baking powder	

Mix dry ingredients well, cut in oleo as for pie crust. Stir in buttermilk until moist. Turn onto floured board and knead lightly. Pat or roll 1/4" thick and cut into rounds. Bake on greased cookie sheet at 350°F for about 15 minutes. Cut in half while warm and toast in slow oven (250°F) until crisp and light brown. about 30-45 minutes.

*Kringla*† *Lois Hovick*

1 c. sugar	2 1/2 tsp. baking powder
1/2 c. oleo	3 1/2 to 4 c. flour
1 egg	1/2 tsp. salt
1 c. buttermilk	1 tsp. vanilla
1 tsp. baking soda	

Mix together and let stand overnight in refrigerator. Roll in the shape of 8. Bake at 465°F for 3 to 3 1/2 minutes on greased baking sheet. Then lightly brown top in broiler.

*Lefsa*† *Clara Durby - JoAnn Molde*

8 c. flour	1 c. Crisco
3 tsp. salt	3 1/2 c. water
1/3 c. sugar	1/2 c. milk

Mix flour, sugar and salt. Boil water and milk and add Crisco to this boiling mixture until Crisco melts. Stir boiling liquid into flour mixture with a table knife. Be careful not to use too much liquid. Knead well; make into a long roll. Use 1/3 c. for each patty. Roll thinly with lefsa rolling pin. Bake on hot lefsa grill. Store in cool, dry place.

*Kringla*† *Madys Tjelmeland*

1 c. sugar	1/2 tsp. salt
1 stick margarine	1 tsp. soda
1 egg	2 1/2 tsp. baking powder
1 c. buttermilk	3 c. flour

Chill each batch in separate bowls overnight. Roll out and bake 450°F oven until brown. *\*It is important to mix just a single batch at a time, so if you want to use up the 1 qt of buttermilk it will make four batches, but you must mix each batch separately. Do not double!!!!!!!!!!!!!!!!!!!!!!*

*Swedish Spritz**Anna Shold*

1 c. sugar	4 c. flour
1 1/2 c. butter	1 tsp. baking powder
1 well beaten egg	2 tsp. vanilla

Form through cookie press into a circle. Decorate if desired. Bake at 400 degrees for 6 minutes.

*Christmas Coffee Cake (Dansk Julekage) Inge Hørigstad*

4 oz. whole milk, lukewarm	1 stick butter, very cold, sliced thin
1 T. sugar	1 egg, large *
2 1/2 tsp. yeast	slivered almonds
2 c. flour, all purpose	3/4 c. of raisins.
2 T. sugar	1/4 c. candied fruit
1/2 tsp. cardamom, ground	

Combine warm milk, sugar and yeast to raise ... In Bowl, cut the cold butter into the flour (I used my mixer, with the dough-hook). Add the Sugar, Cardamom and \*Egg (save a little of the egg for the glaze). Add the yeast mix. Mix well. Add the Raisins/candied fruit and turn into a well greased 9" round or square pan. Let raise until almost double. Glaze and sprinkle with Slivered almonds. Bake in the middle of the oven, at 375°F for 30-35 minutes. Cover loosely with foil for the last 10-15 minutes of baking. *\*This is a Coffecake eaten in all the Scandinavian countries especially in December around the Holidays. The Cardamom is our Christmas spice. I buy the seedpods, and smash the seeds with a hammer (easy), since the wonderful aroma does not last very long,*

*Kringla*†*Erna Halverson*

2 c. white sugar	1 c. sour cream
1 stick margarine	1 tsp. vanilla
3/4 tsp. salt	5 c. flour, sifted
Cream above together.	2 tsp. baking powder
2 egg yolks, mix together	2 tsp. soda
1 c. buttermilk	

Mix dry ingredients into sour cream and buttermilk. Chill in refrigerator and roll out pencil size and make knots. Add some four to roll out or hand will be sticky. Bake at 450 degrees for 10-15 minutes.

*Fruit Soup**Mazel Birkeland*

24 oz. dried plums - prunes	1 lemon - sliced thin - discard ends
12 oz. dried apricots	1/2 c. minute tapioca
7 oz. dried fruit bits	3/4 c. water
2 c. raisins	3-4 T. sugar
6 qt. water	1 can cherry pie filling
2-3 cinnamon sticks	1 lg. can pineapple tidbits

Cook fruit, cinnamon and lemon until fruit is tender. Mix tapioca with water and add to hot mixture cooking slowly until tapioca is clear. Remove from heat and add cherry pie filling and pineapple with juice. Taste and add sugar as desired. Can be served warm or cold. Keep in refrigerator. *\*I use prunes with seeds because this makes a prettier soup.*

*Crock Pot Rice Pudding**Mazel Birkeland*

1 c. raw white long grain rice	1/4 c. butter
1/2 gal. whole milk	1/2 tsp. salt
1 egg, beaten	3/4 c. sugar
1/2 c. milk	1 c. raisins - optional

Cook rice and milk on high until it starts to boil around edges, stirring frequently. Turn to low and cook until thick, stirring once in awhile. One half hour before serving, add egg beaten with milk, butter and salt and sugar. Raisins may be added while cooking or put on top. Sprinkle with cinnamon.

## *Rice Pudding*

## *Sherry Tjernagel*

2/3 c. rice (hot instant)	8 oz. cool whip
dash salt	1 tsp. vanilla
4 c. hot milk (not boiling)	3/4 c. sugar

Heat milk on stove, then pour over rice and salt in crock-pot. Put crock-pot on high heat, stir every half hour for 1 1/2 hours. Shut off crock pot - take lid off. Add 3/4 cup sugar - stir - keep lid off and cool. Add vanilla to cool whip and put on top of cooling rice mixture and fold into rice. You can serve hot or cold. Top with cinnamon and raisins and it's ready to serve. *\*Wonderful recipe I got from my dear friend, Mary Ann Anderson, Blue Onion owner*

## *Swedish Rye Bread*

## *Sylvia Posegate Anderson*

2 envelopes dry yeast	1 tsp. salt
1 T. white sugar	1/2 c. oil
1/4 c. warm water	2 c. rye flour (light rye - not course ground)
4 c. warm water	2 c. whole wheat flour
1 c. brown sugar	
1 c. molasses	

Dissolve yeast and sugar in water and let set for 10 minutes. Add water, brown sugar, molasses and oil to yeast mixture and stir in the rye and whole wheat flour. Add 8 1/2 c. white flour one cup at a time to form stiff dough. Knead on floured surface until smooth and elastic. Dough will be somewhat sticky. Place in a greased bowl and cover until double. Punch down and divide into 4-6 loafs. Let rise until double again. Bake at 350 degrees for 45 minutes.

## *Norwegian Burrito*

## *Darla Tjelmeland Drees*

1 Lefse	1 boiled potato
1 T. butter or margarine	1 serving of Lutefisk (or white cod fish)

Spread out Lefse on the table and butter generously. Mash your potato on your plate and scoop it into the center of the Lefse; spreading it so that it is along the center of the Lefse. Next, repeat the mashing and spreading with your fish. (Optional... you may drizzle some melted butter over the fish and potato.) Fold or roll the Lefsa up. Lean over your plate and have a napkin handy. Eat and enjoy! *\* Growing up, this was one way we would eat our Lefsa and Fish. When Mexican food became really popular, I thought... "Hey, Norwegians have been eating Burritos for years!"*

*Norwegian Rice*† *Sally Tjelmeland*

1 c. rice  
3/4 tsp. salt

2 c. water, or little more

Bring to a boil for a short time. Drain. Rinse in cold water before adding to hot milk.

**Heat:**

2 c. rich milk  
1 c. half & half

1/2 c. sugar

Once heated add rinsed rice. Simmer till rice is done. If it is dry add more milk, supposed to be slushy.

**Topping:**

1 1/2 c. whipping cream

1 1/2 c. half & half

Put in heavy pan when it comes to a boil. Thicken with 2 T. flour & 1/2 c. milk. Put cooked rice in a flat pan and cover with topping. Dot with butter, then sprinkle with 2 T. sugar mixed with cinnamon. Last top with cooked and drained raisins.

*Kringla**Mazel Birkeland*

1/2 pint whipping cream  
1 c. sour cream  
1 1/4 c. white sugar  
1 beaten egg  
1/4 c. melted butter - cooled

3 1/2 c. flour  
4 tsp. baking powder  
1 tsp. soda  
2 tsp. vanilla  
1/2 tsp. salt

Beat egg, add cream, sugar, melted butter and vanilla. Stir in dry ingredients, which have been sifted together. Chill overnight in refrigerator. Take out only a little bit of dough at a time and use about 1 T. to roll with hands on pastry cloth to size of a pencil and form into shape. Bake on a dry cookie sheet on lower rack until lightly browned, at 450 degrees for 6-7 minutes. Watch carefully. *\*I've been making mine into a circle with ends slightly overlapped. When baked, cook on rack for a few minutes, put into container warm and cover each layer with waxed paper. Cover tightly. These freeze very well.*

*-A laugh is worth a thousand groans.*

*-Wholesome laughter has great face value.*

*Sviske-Suppe*†*Celia Waugh*

1 pkg. dried prunes (1 lb.)	8 c. water
1 pkg. dried apricots (1/2 lb.)	1 can sm. pineapple tidbits (drained)
1 c. raisins	1/2 c. pineapple juice from tidbits.
3/4 c. sugar	1 stick cinnamon
1/4 c. minute tapioca	

Cook dried fruit until done. Add the rest of the ingredients. Cook until tapioca is clear. Set aside to cool.

*Scandinavian Sandwich-bread**Inge Herigstad*

1 c. + 2 T. water, lukewarm	1/2 tsp. ground anise or cumin (optional)
1 1/4 c. better for bread flour	
1 1/2 c. All Bran, buds	1 1/4 tsp. salt
1 c. better for bread flour	1 3/4 tsp. yeast
3 T. brown sugar	

*(Made in the Bread-machine)* Fill the Machine in order as the recipe tells. Let stand 10-15 min. Bake at '2' or '1' if a softer crust is desired. *\*This recipe was first made by my Mother-in-law, Magda Herigstad. She missed her Norwegian bread (as I did, when I came here). It took all day to make ,so I simplified it for the machine. And my family loves it. Her original recipe was chosen for the Ellis Island's Immigrant Cook book.*

*Swedish Rye Bread**Manita Waugh*

1 envelope dry yeast	1 c. molasses
1 T. sugar	1 c. brown sugar
1/4 c. warm water	4 c. rye graham flour
1 qt. warm water (4 c.)	8 1/2 c. flour
1/2 c. melted shortening	

Dissolve yeast in 1/4 c. warm water. Once dissolved, add more warm water. In another bowl mix together the melted shortening, molasses, brown sugar, and rye graham flour. Add yeast mixture. Stir until well mixed. Add white flour until stiff dough is formed. Pour out onto floured surface. Knead 8-10 minutes. Dough will be sticky so flour your hands. Place in greases bowl. Turn to grease top. Cover and let raise until doubled. Punch down and divide into 6 parts. Make into loaves. Grease top of loaves and let rise until doubled again. Bake at 350°F for 45 minutes.

*Danish Meat Loaf**Marge Taylor*

1 lb. pork sausage	1 med. onion, chopped
1 lb. ground beef	2 eggs
2 c. bread crumbs	1 c. chopped celery
1 tsp. salt	1/2 c. milk
1/2 tsp. pepper	

Mix all ingredients together, form into a loaf in a buttered 9 x 5 x 3 inch baking dish. Bake at 325°F for 2 hours. Yield six to eight servings.

*Kringla**Martha Bakke*

3 c. flour, scant	1 c. sugar
2 tsp. baking powder	1 tsp. soda
1/2 tsp. salt	1 c. buttermilk
Sift together. Set aside.	1 egg, beaten
1/2 c. margarine, melted	1 tsp. vanilla

Preheat oven to 450 degrees and position racks furthest from heat source. Stir together margarine, sugar; then add egg, vanilla and buttermilk. Mix. Add sifted ingredients and stir until smooth. Put into floured bowl and refrigerate overnight. Roll out shapes on lightly floured board. Kringla bake very quickly. If additional browning is desired, place under broiler a few moments. Cool completely under towel and store in airtight container.

*Araham Kaving**†Erma Halverson*

1 c. whole wheat flour	1/2 tsp. salt
1 c. white flour	1 stick margarine
1/3 c. white sugar	

Work all together real good with hands, then add:

3/4 c. buttermilk	1/2 tsp. cream of tartar
2 tsp. baking powder, heaping	1 tsp. soda

Mix well. Take a heaping tsp. of dough and pat or roll out thin and cut round like cookies. Place on greased sheet and bake at 250°F for 15 minutes. Turn them over and let them bake at 200°F for one hour. Put back in oven for 1/2 hour more. Turn oven off and leave in oven until cold. Store by themselves in dry place.

*Harring Kaka*† *Hanna Njerde*

2 c. sweet milk  
 1 c. sweet cream  
 1/2 c. sugar  
 1/4 c. shortening

2 pkg. yeast  
 1 T. salt  
 flour, to make soft roll dough (5 1/2 or 6 cups)

Scald milk and cream. Add sugar, shortening and salt. Cool. Add yeast and flour. Let rise. Punch down. Make into rolls. Let rise. Roll thin as for Lefsa and bake on lefsa grill.

*Kringla**Irene Hall*

1 1/2 c. sugar  
 1 stick oleo, soft  
 2 eggs  
 8 oz. sour cream  
 vanilla

1 1/2 c. buttermilk  
 2 tsp. soda in buttermilk  
 5 c. flour  
 2 tsp. baking powder

Cool overnight - roll out and bake at 400°F for 10 minutes

*Potato Cakes**Irene Hall*

6 lg. c. mashes potatoes  
 2 T. melted butter

2 T. sugar  
 1 1/2 c. flour

Mix and make as usual.

*Lefsa**Irene Hall*

3 c. water  
 Boil together. In a large bowl, mix:

8 c. flour  
 1/2 c. sugar

1 c. Crisco  
 3 tsp. salt

Pour boiling water over flour mixture. Mix, roll-out thin. and bake.

*-Romance is cooking a delicious meal; reality is doing the dishes afterward.*

*-Being right half of the time beats being half right all the time.*

*Kringla**Darlene Erickson*

1 egg	1/2 tsp. salt
1c. sugar	3/4 c. buttermilk with 1 tsp. soda added.
2 T. margarine	1 carton sour cream (1 cup)
3 c. flour	
3 level tsp. baking powder	

Cream sugar and margarine and add egg and beat well. Add buttermilk which soda has been added and sour cream and beat together. Add flour sifted, baking powder and salt. Chill overnight in refrigerator. Roll into figure 8's and bake. 450 to 475 degrees until lightly browned.

*Kovring**Darlene Erickson*

1 c. whole wheat flour	2 tsp. baking powder
1 c. white flour	1/2 c. margarine
1/2 c. sugar	3/4 c. buttermilk with (1 tsp. soda added to it)
1/2 tsp. salt	

Mix the first 5 ingredients together and then cut in margarine with Pastry blender and then buttermilk and stir until blended. Make into 16 biscuits and bake 10 minutes at 350 degrees. Then remove them and split them and return to slow oven for 1 hour at 200 degrees.

*Lepsa**Darlene Erickson*

8 c. flour	1 T. salt
1 c. shortening (Crisco)	1 1/2 c. milk
1/4 c. butter	1 1/2 c. water
1/2 c. sugar	

Heat milk and water, then add other ingredients; Pour over flour. Let cool, then roll very thin and bake on lepsa grill. Lay out to dry. 1/4 c. For each lefsa. Makes 28-30

*-It is easier to float a rumor than to sink one.*

*-Garments of righteousness will never go out of style.*

*-It is just as important to do the right thing as it is to do things right.*

*Kringla*† *June England*

1 c. sugar	2 1/2 tsp. baking powder
1/2 c. butter or oleo	1 tsp. salt
1 egg	1 tsp. vanilla
1 c. buttermilk	3 c. flour
1 tsp. soda	

Mix sugar, butter, egg and buttermilk. Add in Dry ingredients and vanilla. Leave overnight in refrigerator will be stiff. Roll out on floured table. (1 spoonful size of walnut) Roll into a rope 1/2 or so inches thick and shape in a Q shape or round. Bake until lightly brown on ungreased cookie sheet Remove immediately and cool. Bake at: 375-400°F for 7-10 minutes. *\*We've all enjoyed learning to make Kringla as the kids called it. Submitted by: Kathy, Kris, and Jolyn.*

*Pizzelles**Alice Ajerde*

2 c. all-purpose flour	3 eggs
1 T. baking powder	3/4 c. sugar
1 1/2 tsp. ground nutmeg	1/3 c. butter, melted
1/2 tsp ground cardamon	2 tsp. vanilla

Mix together flour, baking powder, nutmeg and cardamon. Set aside. In another bowl, beat eggs about 4 minutes. Add sugar; beat well. Add melted butter and vanilla. Add flour mixture and beat until combined. Bake on Pizzelle iron. Makes about 18.

*Scandinavian Fruit Soup**Mary Severseike*

3 T. tapioca	1 (6 oz) can frozen orange juice
1/2 c. sugar	1 can mandarin oranges, drained
1 c. water	1 c. peach juice with cut up peaches
Pinch of salt	2 bananas, cut up
1 (10 oz) pkg frozen strawberries	

Cook first 4 ingredients until clear, stirring constantly. Takes 6 - 8 minutes. Add fruits and juices while warm. Will keep in refrigerator for a week without bananas. You can serve with lime or orange sherbet.

*Danish Puff**Mary Severseike*

1 c. margarine	3 eggs
1 3/4 c. flour	1 c. boiling water
1/4 tsp. salt	1 tsp. almond flavoring
2 T. cold water	

Cut 1/2 cup margarine into 1 cup flour. Add cold water and stir until well blended. Spread on ungreased pizza pan. Add 1/2 cup margarine to 1 cup boiling water. Add almond flavoring and remove from heat. Stir in 3/4 cup flour. Beat until smooth. Add eggs one at a time, beating well after each egg. Spread over pastry. Bake at 350°F for 1 hour. Frost with almond flavored butter frosting and chopped nuts. Serves 8 - 12

*Kringla, a Tasty Norwegian Delicacy**Betty Watts*

1 c. sugar	2 1.2 tsp. baking powder
1/2 c. butter or oleo (1 stick)	3 c. flour + 3 tsp. if needed
1 egg, unbeaten	1/4 tsp. (or less) salt
1 c. buttermilk	1 tsp. vanilla
1 tsp. soda	

Mix sugar, butter and egg. Add buttermilk and soda, then 3 c. flour, salt, baking powder and vanilla. Leave in refrigerator overnight. Next day, pre-heat oven to 475°F. Roll a walnut size ball out to be 7-8" long. Shape into desired shape. Place on ungreased cookie sheet and Bake until brown on bottom (5-7 minutes). Makes 6 - 7 dozen. *Optional: Then place under broiler till tops are toasted. Watch carefully as they cook rapidly. Remove Kringla from cookie sheet and brush tops with cold water - this helps to keep them soft.*

*Swedish Pancakes**Mary Severseike*

Beat 3 eggs	1 c. flour
<b>Add:</b>	2 T. sugar
2 c. milk	1 tsp. salt

Mix until smooth. Melt 1/4 c. margarine in bottom of 9 x 13" pan. Pour batter over margarine. Bake at 425°F for 20 minutes. Cut and serve with syrup or strawberries or other fruit and whipping cream.

*-There is a place that only you can fill.*

*Potato Cakes*† *Ruby Nelson*

6 c. cold mashed potatoes

2 T. sugar

1 1/2 c. flour

2 T. melted margarine

Mix and knead potatoes, flour, sugar and margarine. Roll out thin (as for pie crust). Bake on hot griddle.

*Lefse**Sylvia Posegate Anderson*

1 c. Crisco

8 c. flour

1/3 c. sugar

1 c. milk

3 tsp. salt

2 c. water

Bring the milk and water to a boil and add to the mixture. Work together like pie crust. Divide dough into 1/3 c. patties. Cover and let stand for awhile. Using a lefse rolling pin, roll on a floured surface into a 12" circle (dough will be thin). Bake on a lefse grill at 450 degrees turning once. Cut in half immediately.

*Kringla*† *Ruby Nelson*

1 c. sugar

1 tsp. vanilla

1 stick margarine

1 tsp. almond flavoring

1 c. sour cream

3 c. flour

1 egg

1 tsp. soda

1/4 c. buttermilk

2 tsp. baking powder

1/4 tsp. salt

Mix and refrigerate overnight. Roll out. Bake at 400°F.

*Potato Cakes**Connie Rasmussen*

7 c. whipped potatoes cold and dry

2 T. sugar

1 tsp. salt

2 c. flour

Mix well together- roll out thin on floured surface. Bake on griddle until golden brown.

*-Better late than never, but never late is better.*

*-People forget how fast you do a job, but they remember how well you did it.*

*-Take care of the molehills, and the mountains will take care of themselves.*

*Lefsa Recipe*† *Madys Tjelmeland*

1 c. Crisco	8 c. flour
1/3 c. sugar	3 c. boiling water
3 tsp. salt	

Mix well & roll out like pie crust - thin!!!!

*Sour Cream Kringla*† *Clara Durby - JoAnn Molde*

1 1/2 c. sugar	1 tsp. soda
1 lg. carton sour cream	3 1/2 c. flour
2 egg yolks	3 tsp. baking powder
1 stick margarine, softened	
1 tsp. salt	

Cream first four ingredients and add flour mixture. Chill overnight. Roll out into small rolls and bake at 400 - 450 degrees, until lightly browned.

*Sviske-Suppe*† *Clara Durby - JoAnn Molde*

1 lb. dried prunes	8 c. water
1/2 lb. dried apricots	1 sm. can pineapple juice
1 c. raisins	3" stick cinnamon
3/4 c. sugar	1 can cherry pie filling
1/4 c. minute tapioca	1 sm. can pineapple tidbits

Cook dried fruits separately and pour together. Add pineapple juice, sugar, stick cinnamon and tapioca. Cook until tapioca is clear. Set aside to cool and then add pineapple tidbits and cherry pie filling (optional)

*Glorified Rice*† *June Egland*

2 c. uncooked rice	1 c. marshmallows
4 c. salted water	1 c. whipped cream
1 c. sugar	1/2 tsp. vanilla
1 c. drained pineapple	

Cook rice and cool. Add sugar, pineapple, marshmallows and vanilla Refrigerate. Add whipped cream when ready to serve. Our Holiday Salad.

Submitted by her daughter: Julie

*Kringla (No Eggs)**Clarice Mathis*

1/2 stick margarine (I like to use Fleischmann's)

1 1/3 c. sugar

1 c. sour cream

2 c. buttermilk

3 tsp. baking soda (dissolve in butter-milk-use large enough bowl as volume will increase)

2 tsp. baking powder

1 tsp. vanilla

3 1/2 + c. flour

**Use large mixer:**

Cream margarine and sugar; add sour cream and buttermilk (with soda), and mix. Mix baking powder in flour and add to mixture half at a time. Mix well, but do not over work dough. Place in covered bowl in refrigerator overnight. (May put in freezer for an hour or so and then roll out, if need to in a hurry) Overnight refrigeration adds flavor to dough, but if left longer dough may turn dark. Use amount of dough about the size of a large walnut. On lightly floured board or cloth, and with floured hands, roll dough lightly with hand to shape of a fat pencil. Bring ends together, twist once and lay twist across middle of dough pencil for figure 8's. OR form pinwheels with each end going the opposite way towards middle to form the look of two pinwheels. Carefully place kringla on cookie sheet; not too close or they will stick together when they bake.

Bake at 400 degrees for about 6 minutes. Turn pan around in oven and continue for approx. 2 more minutes. Kringla will brown lightly on top. Ovens may vary, if kringla seem too doughy you may need to increase baking time. If you prefer browner kringla, put under broiler for a minute or less. I usually double this recipe, but have not had good luck when trying to triple or more.

*\*\*\*My family thinks these are the best because they grew up with them. They may not be as "cake like" as some kringla. They are best when buttered, and warming slightly in the microwave makes them even better. They freeze well and can be removed one at a time, and thawed and warmed in the microwave. If rolling them out keeps you from baking kringla, try dropping them on baking sheet like a cookie, as my daughter-in-law, Lisa, does. The kids think they are great!*

*-When making a mess, be willing to confess.*

*-Good quality is never cheap; cheap quality is never good.*

*-Halfway home never gets you there.*

*"Danish Meatballs"**Inge Herigstad*

2 lb. ground chuck	1/2 tsp. pepper
1 lb. ground pork	1 T. each red, green and yellow pepper, minced
1/2 big red onion, grated	1 c. milk
1 tsp. parsley	3/4 c. Pepperidge Stuffing
1 tsp. ginger grated	2 eggs
1 tsp. basil	
1/2 tsp. salt	

Mix all ingredients well( hands do the best job). Let stand at least 3 hours, or overnight. Make small balls with a soup spoon, flatten a bit (they are bigger than the Swedish). Fry in butter or oleo until nicely brown. Put into a 9 x 13" cake pan. When all are browned, bake for 30 min. at 350°F or freeze, and bake when needed. Great for Buffet-style, or serve with mashed potatoes and creamed spinach. Makes approximately 50. *\*This is my mothers old recipe, I Americanized it with the Stuffing (instead of flours) and the Peppers.*

*Kringla**Sylvia Posegate Anderson*

2 c. sugar	1 1/2 c. buttermilk
1/2 tsp. salt	2 tsp. soda
2 sticks margarine	8 tsp. baking powder
4 eggs	8 c. flour
1/2 c. sour cream	

Chill the dough either overnight or quickly in the freezer. Bake at 400°F - for approx. 3 minutes on the bottom oven rack and 3 minutes on the top. Brush with melted butter as they come out of the oven. Makes 8 1/2-9 doz.

*Homemade Noodles**Manita Waugh*

2 c. flour	3 T. water
2 extra large eggs	Have extra flour for kneading and rolling

Measure flour into mixing bowl (do not sift). Make a well in center of flour with back of spoon. Beat eggs lightly with a fork. Pour eggs and water into well. Stir until all the flour is moistened. Lightly flour countertop or board and turn dough onto floured surface. Knead until it is smooth and elastic; adding flour so it is not sticky. Roll out thin and send through Pasta machine or cut. Allow to dry for 2 to 24 hours. Our family loves chicken & noodles! *(This is one of my Heritage recipe from Kansas.)*

*Kvaring*

†Clara Durby-JoAnn Molde

1 c. whole wheat flour	2 tsp. baking powder
1 c. flour	1/2 tsp. cream of tartar
1/2 c. sugar	1 tsp. soda
1/2 tsp. salt	1 stick margarine
3/4 c. buttermilk	

Sift dry ingredients together, then cut in shortening with pastry blender until mixture resembles coarse crumbs. Add buttermilk all at once and stir just until dough follows fork around bowl. Pat dough out on floured board, slightly thinner than for biscuits. Cut with floured biscuit cutter. Place on oiled cookie sheet with space between each to spread. Bake at 400°F until lightly browned, about 12 minutes. Split hot biscuits with sharp knife, place on cookie sheets, dry out in very slow oven (250-300°F) and brown, watching carefully.

*Danish-German Peppernuts*

Inge Herigstad

2 1/4 sticks butter or oleo	1 T. molasses
3/4 c. sugar	1 lg. egg
3 c. flour, all purpose	1 tsp. soda
2 tsp. of each, ginger, cardamom, cinnamon, (ground)	Almonds, skinned and cut in two

Mix all ingredients together. Grease a cookie sheet or use parchment paper. Form small round balls (a 1 1/4" cookie scoop works great or roll in hands). Stick 1/2 Almond into top of each. They do not raise very much. Bake at 350°F for 10-12 minutes. Makes approximately 55-65. \*This is an very, very old Family recipe from my Grandmother.

*Potato Cakes*

†Clara Durby-JoAnn Molde

6 c. salted boiled potatoes (Russets only), mashed - no lumps	Refrigerate overnight.
2 T. melted butter	<u>Next morning add:</u>
No sugar	1 1/2 c. flour
	2 T. sugar

Mix all ingredients together. Knead. Form into long roll. Slice and form into a small ball. Roll into a round thin circle on a floured surface. Bake on a hot griddle until brown. Turn and bake and other side the same. Refrigerate only a few rolls at a time as they get sticky if left too long.

*Potato Cakes*†*Alice Miller*

9 c. mashed potatoes

3 T. butter

2 T. sugar

1/3 tsp. baking powder

2 1/4 c. flour

1 1/2 tsp. salt, or to taste

Mix potatoes, sugar, flour, butter, baking powder and salt. Roll out on floured board. Using a large jar lid or pie plate to get them round. Bake on griddle until brown on both. *\*This recipe serves about 18 people so may be cut down proportionately.*

*Komla**Clarice (Sam) Mathis*

8 - 10 lbs. potatoes (peeled)

2 tsp. baking powder

5+ c. flour

1/2 tsp. baking soda

1/4 T. salt

2-3 lbs. ham or (I like to use pork shoulder roast - not cured)

1c. oatmeal

3/4 c. graham flour

Boil ham (meat) in large, deep pan covered with water for 1 1/2 hours - salt a little, even if using ham. Grind potatoes with food grinder, quickly so potatoes do not darken. Combine flours, salt, oatmeal, baking powder and soda. Mix into ground potatoes using your clean hands. Add enough flour to make a 3" ball that **somewhat** holds its shape. Do not use too much flour or komla will be tough AND do not overwork mixture. Remove meat from pot (may leave a layer of meat on bottom of pan to keep komla from sticking). Can also leave bone or small portion of meat in broth to add flavor. Wet hands to form potato mixture balls and drop into boiling broth (keep broth boiling while adding balls). Turn heat to low and cook-covered 1+ hour (s) until tender, gently rotating pan on burner, occasionally, during cooking to keep balls from sticking to pan. Keep the broth boiling very gently during cooking. Has a tendency to boil out of pan no matter how deep your pot is. Serve with plenty of butter on the komla.

*Left-Over Komla**Clarice (Sam) Mathis*

Komla - cut into bit size pieces

1/2 - 3/4 c. milk or half and half

Left-over meat - cut into bite size pieces

Komla broth (if you have some)

1/4 stick of butter

In a large skillet, heat butter, milk or half and half, and some komla broth. Add komla and meat pieces to warmed mixture and heat through. Serve with butter. *\*Some of my family prefer komla this way since it has more flavor after being refrigerated.*

*Kumla**Manita Waugh*

4 c. ground potatoes  
10 heaping T. flour

pinch soda

Ham cooked in water to make broth. (Can be a ham bone with ham on it.) Mix potatoes, flour and pinch of soda. With hands make small Kumla to try in broth, to see if it will hold together. If it does make your Kumla's the size you prefer. Cook in broth (low heat) for about 30 minutes. With spoon move kumla's apart, they can stick easily. Serve with lots of butter

*Krumkage**† Ruby Nelson*

3 eggs  
1 c. sugar  
1/3 c. heavy cream, whipped  
1/2 c. soft butter

2 c. flour

1 tsp. vanilla

Beat eggs well. Add sugar, melted butter, flour, vanilla and whipped cream. Spoon 1 tsp. of dough in center of krumkage iron. Close and squeeze together. Turn iron over and bake on other side. Quickly remove krumkage from iron and roll on a cone. Cool with seam side down.

*Kumla**† Velma Larson*

3 c. potatoes (ground)  
1 tsp. salt

2 c. flour

2 tsp. baking powder

Mix the ground potatoes with other 3 ingredients and drop potato balls into boiling water (that has cooked the ham hocks prior). You cut the boiled ham hocks up and serve with kumla. Cook 45 minutes. Serves 5. *Great Norwegian dish!!*

*Krumkaka**Cathy Anderson Jacobs*

1 c. sugar  
1 stick butter (melted)  
3 eggs

1 1/2 c. flour

1 tsp. vanilla

1/2 c. whipping cream (whipped)

Beat eggs and sugar. Add butter, whipping cream and vanilla. Mix and chill. Place dollop on krumkaka iron and bake. Shape on cone.

*Danish Rollepolsa**Alan Lance Andersen***Meat:**

1 beef brisket - book cut  
 3 or 4 very thin slices pork (optional)

**Spice:**

1/2 tsp. Salt Free  
 1 onion worth of onion powder  
 2 T. salt  
 1/2 tsp. allspice  
 1 tsp. black pepper

**Brine:**

2 1/2 qt. boiling water  
 2 c. salt  
 1/2 tsp. Salt Free

Brisket should be "Book Cut" so it opens like a book. Meat should be thin enough to roll easily. Remove all fat from meat and cut it so it forms a long rectangle. Flatten out and sprinkle with mixed seasonings. Lay on pork slices if desired (I find this makes it hard to roll and does not add much to the finished product). Roll the meat tightly so when cut it will slice across grain of meat, pin with toothpicks, and tie with white curtain cord. Put in cold brine for 10 days.

After 10 days, remove meat from brine and put into boiling water. Cook slowly for 2 hours or until tender. Remove from water; press between two flat surfaces until cold. (I use a lard press). Slice thin and serve on black pumpernickel or Danish rye bread. *A very special Christmas treat !!! \*In my recipe, I substitute Salt Free for the traditional Saltpeter, which is said to have harmful effects on your health - The chemical formula is similar, and either one mainly affects the color of the finished meat rather than having any effect on flavor.*

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*Kringla**Manita Waugh*

1 1/2 c. sugar (white)	4 c. flour
1 stick margarine, softened	1 tsp. soda
1 egg	1 tsp. salt
1 1/2 c. buttermilk	2 tsp. baking powder
1 tsp. vanilla	

Cream sugar and margarine. Add buttermilk, egg, and vanilla into the mixture. Mix in dry ingredients. Chill dough overnight. Snip off small amount (walnut size) and roll into a pencil shape on a lightly floured board. Shape into a figure 8 or round shape. Repeat until you have a cookie sheet full. Bake at 450°F for 5 to 6 minutes.

*Christmas Eve Rice*†*Celia Waugh*

1 gal. milk	1 rounded T. flour
1 pt. Cream (half and half)	1 c. sugar
1 tsp. salt	1 c. cream
2 T. sugar	1 stick margarine
2 c. rice	

Bring milk and cream to a boil in large heavy saucepan. Burn off heat. In small saucepan add salt, sugar and rice. Cover with water and cook on low heat until water is gone. Then add to boiled milk and cream. Cook until rice is tender. In a bowl mix flour, 1 cup sugar and 1 cup cream. Add rice and cook to thicken. Add 1 stick margarine and salt to taste. Serve with sugar, cream and melted butter. Can also add raisins if you wish.

*Rice Pudding**Lori Hall Whipple*

6 c. whole milk	2 tsp. vanilla
1 c. rice	1 carton half & half
1 c. sugar	2 tsp. butter
3/4 tsp. salt	

Grease a 2 qt. Casserole. Put in 6 c. milk and 1 c. rice. Stir and bake (covered) at 300°F for 1 1/2 hours stirring every 1/2 hour. Then add this to the mixture:

1 c. sugar	2 tsp. vanilla
3/4 tsp. salt	1 carton half & half

Bake an additional 1 1/2 hours still at 300°F and keep covered. Add 2 tsp. butter when you remove from the oven.

*Swedish Ginger Cookies**Carol Birkeland Raymond*

1 c. butter or margarine	2 tsp. soda
1 1/2 c. sugar	2 tsp. cinnamon
1 egg	1 tsp. ginger
1 1/2 tsp. grated orange peel	1/2 tsp. cloves
2 T. dark corn syrup	3 1/4 c. sifted flour
1 T. water	blanched almonds

Cream butter and sugar, add egg and beat until light and fluffy. Add peel, syrup and water. Mix dry ingredients and stir into creamed mixture. Chill. Roll and cut with cookie cutters. Place 1" apart on ungreased cookie sheet. Top with an almond. Bake at 375° for 8-10 minutes. \*Sprinkle with sugar before baking.

**Dough**

1 c. butter, softened to room temperature  
 2 c. sugar  
 2 eggs  
 4 tsp. baking powder  
 5 c. flour  
 4 tsp. orange juice  
 2 tsp. pure vanilla extract

**Filling**

1 c. poppy seeds  
 1/2 c. milk  
 1/2 c. honey  
 1 T. lemon juice  
 2 tsp. grated lemon peel  
 1/2 c. raisins

**For dough:**

Cream the butter and sugar until smooth. Add the eggs and mix well. In a separate bowl, stir the baking powder into the flour until well distributed. Add the flour mixture and juice alternately to the creamed mixture. Stir in the vanilla. Refrigerate for at least 1/2 hour.

**For filling:**

Combine the poppy seeds, honey and milk in a small saucepan. Simmer for 10 minutes stirring constantly. Stir in lemon juice, peel and raisins. Let cool.

Preheat the oven to 375°F. Work with half of the chilled dough at a time. On a well-floured surface, roll the dough out to 1/4 inch thickness. Cut into circles with a 3-inch cookie cutter or glass. Put one or two teaspoons of filling in the center of each circle. Pull 3 edges of the circle of dough up over the filling to the center to form a triangle. Pinch the dough together along the top seams. Place the filled Hamantaschen about 2 inches apart on a buttered baking sheet. Bake for 20 to 25 minutes, until lightly browned.

*About Hamantaschen*

These little pastries are traditionally served during the Jewish festival of Purim, a holiday that celebrates the story of Queen Esther. She helped bring down the wicked Haman, who had planned to kill all Persian Jews. The word “Hamantaschen” means “Haman’s pockets”. What his pockets have to do with anything, I don’t know, but you can read the story for yourself in the book of Esther. By the way, Esther is the only book in the Bible that never specifically mentions God. You can fill your Hamantaschen with fruit pie filling instead of the poppy seed filling, but the poppy seed is traditional and I prefer it.

# Breads, Rolls & Breakfasts

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## *Hints for Breads*

- To avoid lumps in bread batter, add a pinch of salt to the flour before it is wet.
- When cool rise dough "rests", the resting takes the place of the first rising in other methods.
- Over kneading may cause large air holes in the crust.
- A small dish of water in the oven while baking bread will keep it from getting a hard crust.
- When making rolls, add only enough flour to keep dough from sticking to your hands or the board. Keep the dough as soft as possible.
- After rolls have baked, remove from pan immediately to prevent steam from forming and making them heavy.
- Brush rolls with 1 beaten egg and 1/4 cup water before baking. Sprinkle with sesame seeds, poppy seeds, etc. for the professional look.
- Let nut breads and other quick breads stand for 10 minutes before removing from the pan to allow them to become firmer. Do not cool completely in the pan or they will become soggy.
- For tender muffins, mix liquid and dry ingredients until just moistened. Over mixing causes muffins to be tough, coarse-textured and full of tunnels.
- 1 tablespoon of vinegar in doughnut lard before heating will keep doughnuts from soaking up the lard.
- Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking, biscuits will separate at dividing lines.
- Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.
- Use cooking or salad oil in waffles and hotcakes instead of shortening. No extra pan or bowl to melt the shortening and no waiting.
- A rib of celery in your bread bag will keep the bread fresh for a longer time.
- Freshen dry bread by wrapping in a damp towel and placing it in the refrigerator for 24 hours. Remove towel and heat in oven for a few minutes.
- Put frozen bread loaves in a clean brown paper bag and place in 325 degree oven for 5 minutes to thaw completely.
- Substitutes that can be used for bread crumbs are dry cereal and potato flakes.
- Cut "figure eight" yeast rolls with a doughnut cutter. Pick up the ring, stretch it, then twist. No ends to tuck under and a pretty roll for the pastry or bread platter.
- To raise bread dough in your oven, preheat the oven at lowest possible setting for 10 minutes. Turn the oven off and then put in mixing bowl of dough, covered.

## *Breads*

### *Dutch Apple Bread*

*Deb Sampson Haunt*

1 1/4 c. milk

3 T. oil

2 1/2 T. sugar

1 tsp. cinnamon

1 1/2 tsp. salt

3 1/2 c. bread flour

2 tsp. yeast

1 large apple, peeled and diced.

1/2 c. walnuts (optional)

Add to bread machine according to specifications. For mine, I add warm liquids first, then dry ingredients, making a well to add yeast last. Turn machine on, add apples and nuts at the alarm. Check dough consistency after a few minutes of kneading. *I find I usually have to add flour (a few T.) because the apple makes it too moist.* Makes 2 lb loaf Bake at basic setting/medium color

### Butterscotch Frosting

1/3 c. margarine

1/4 c. milk

1 c. brown sugar

2 c. powdered sugar

1 1/2 tsp. vanilla

Simmer 1st 3 ingredients for 2 minutes. Cool, add last 2 ingredients, beating until smooth. Spread on bread. *\*This reminds me of the Dutch Apple Bread from the Dutch Oven Bakery.*

### *Banana Bread*

*Marty VanWinkle*

1 c. sugar

1 stick margarine

2 eggs

8 T. (1/2 c.) buttermilk

3 bananas

2 c. flour

1 tsp. baking soda

1/4 tsp. salt

1 tsp. baking powder

1 tsp vanilla

Cream sugar, shortening and eggs. Add mashed bananas and buttermilk. Add dry ingredients. Grease bottom of 2 loaf pan. Pour in batter. Bake at 350 degrees for 1 hour. *\*Everyone loves this moist bread. I make it for Kyle's friends on the ISU football team!*

*-A courteous refusal is better than a broken promise.*

*Banana Bread**Mary Hanson*

1/2 c. margarine	2 1/2 c. flour
2-3 bananas	1 tsp. soda
1 c. sugar	2 eggs
1/2 tsp. salt	nuts-optional
1/2 c. buttermilk	

Cream together margarine, sugar, and eggs. Add buttermilk. Add soda to flour and add to margarine mixture. Stir mashed bananas. Pour into greased loaf pans. Bake at 350 degrees for 45 minutes. Makes 4 small loaf pans.

*Banana Bread**Lowell Posegate*

2 c. sugar	2 tsp. soda
1 c. butter Crisco	5 c. flour
1 tsp. salt	6 mashed bananas
4 eggs	1/3 c. nuts (optional)
1 c. buttermilk	

Mix together and put in 5 small loaf pans. Bake at 350 degrees for 50 min.

*Banana Bread**Marcia Hill*

1 c. sugar	1/2 c. sour milk
1/2 c. shortening (Crisco)	3 mashed bananas (med. size)
2 eggs	1/2 c. nuts (optional)

Mix well in order given. To make sour milk put 1 1/2 tsp. vinegar in measuring cup and add milk to the 1/2 c. line. Bake 350 degrees for 1 hour. *\*This came from my aunt Mattie Opstvedt. Our daughter, Christine, took the bread to the Story County Fair and won Class Champion.*

*Corn Bread**Judy Anderson*

1/4 c. sugar	1 c. yellow corn meal
1 c. flour	1 egg
4 tsp. baking powder	1 c. milk
3/4 tsp. salt	1/4 c. shortening or oil

Sift together flour, sugar, baking powder, and salt. Stir in corn meal. Add egg, milk, shortening. Beat until smooth. Pour batter into 9" x 9" pan. Bake at 425 degrees for 20-25 minutes.

*Blueberry Tea Bread**Laura Morgan*

2 tsp. baking powder	1 c. milk
1/2 tsp. salt	1 T. vanilla
3 c. flour and 2 T.	1 egg
1 1/2 c. sugar and 2 T.	1 1/2 c. blueberries
1/2 c. margarine	1/2 tsp. cinnamon

Preheat oven to 350 degrees. Spray 9" x 5" loaf pan with Pam. In large bowl, mix baking powder, salt, 3 c. flour, and 1 1/2 c. sugar. Reserve 1 T. margarine for crumb topping. With pastry blender, cut in remaining margarine until mixture resembles fine crumbs. Stir in milk, vanilla, and egg until flour is just moistened. Gently stir in blueberries; spoon batter into loaf pan. In small bowl, mix cinnamon, 2 T. flour, 2 T. sugar and reserved margarine until mixture resembles coarse crumbs. Sprinkle crumb topping over batter. Bake 1 hour and 20 minutes or until toothpick comes out clean. Cool in pan 10 minutes; remove from pan and finish cooling.

*Grapenut Bread**Debbie Sampson*

1 c. Grapenuts	4 c. sifted flour
2 c. buttermilk	2 tsp. baking powder
2 c. sugar	1 tsp. soda
2 eggs	pinch of salt

Soak 1 c. of Grapenuts in buttermilk for 1 hour. Add: dry ingredients together and add to creamed sugar and eggs. Pour into 2 greased bread pans. Bake at 350 degrees for 45 minutes or until golden brown.

*Date Bread**† Esther Clark*

1 c.. dates, cut into sm. pieces	1 egg
1 c. boiling water	1 1/2 c. flour
1 tsp. baking soda	1 tsp. vanilla
1 c.. sugar	1 1/2 tsp salt
1 T. butter	1 c. nuts (optional)

In large mixing bowl, mix dates, boiling water and baking soda. Let cool. Add the rest of ingredients and mix well. Grease and flour 2 loaf pans. I trace the bottom shape of the pan onto waxed paper and cut them out to line the bottom of the pans as well. Bake at 275 degrees for 1 hour. If you double the recipe, use 1 lb. of dates.

*\*This recipes is in memory of my aunt and Godmother; she was a very special lady!!- Darla Tjelmeland Drees*

*Dilly Bread**Sylvia Posegate Anderson*

Soften 1 pkg. yeast in 1/4 c. warm water. Heat 1 c. cottage cheese to lukewarm. Add warmed cottage cheese to yeast/water mixture and add the following:

2 T. sugar	1 tsp. salt
1 T. instant minced onion	1/4 tsp. soda
1 T. butter	1 egg, unbeaten
2 tsp. dill seed	

Add 2 1/2 c. flour to form stiff dough. Cover, and let rise until doubled in size (1-2 hours). Punch down and put in a well greased round casserole dish or loaf pan. Let rise 30-40 min. Bake at 350 degrees for 40 minutes. Brush with butter and sprinkle with salt. Makes one loaf. *\*This bread is very good toasted with butter or used for sandwiches. It also works well to dip it in an olive oil and pepper mixture. Yum!*

*Monkey Bread**Chris Molde*

4 tubes biscuits, quartered. Shake quartered biscuits in:

2/3 c. sugar	1 T. cinnamon
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Put 1/2 in Bundt or angel food cake pan. Put 1/2 topping over his half, then shake rest of biscuits and placer in pan, then rest of topping.

**Topping:**

1 1/2 sticks margarine	1 c. brown sugar
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Melted together. Bake at 350 degrees for 30 to 35 minutes.

*Oatmeal Bread**Emily Tjernagel Araber*

2 c. boiling water	2/3 c. brown sugar
1 c. oatmeal	1 pkg. quick-rising yeast
1 T. salt	1/2 c. warm water
2-3 T. shortening	Approx 5 c. flour

Pour boiling water over oatmeal. Add salt & shortening. When cool, add the brown sugar & yeast which was dissolved in the warm water. Add the flour. Knead 10 minutes. Let rise. Push dough down. Let rise again. Shape into 2 loaves or small buns. Bake in 350 degrees oven for 30-40 minutes for the loaves. *\*Makes great toast!*

*-A promise should be given with caution and kept with care.*

*Oatmeal Bread or Buns**Blanche Hill*

4 c. milk	1 c. molasses
4 T. Crisco	2 pkg. yeast
2 c. oatmeal	1 c. warm water
2 tsp. salt	flour-enough to make a stiff dough

Scald milk. Add Crisco and oatmeal. Cool. Add yeast, dissolved in warm water. Add salt and molasses. Mix well. Add flour to make a stiff dough. Let rise twice. Make into loaves or buns. Rise and bake about 1 hour at 350 degrees.

*Oatmeal Bread**Mazel Birkeland*

1 pkg. dry yeast	1/2 c. molasses
1/4 c. warm water	1 T. salt
2 c. milk, scalded	2 c. raisins
2 c. uncooked oatmeal and 1/4 c. butter	10 c. flour
2 c. orange juice	

Sprinkle yeast over warm water, stir until dissolved and set aside. Scald milk and pour over oats and butter in a large bowl. Let stand 1/2 hour. Add orange juice, molasses, salt, raisins and yeast to oats. Stir in enough flour to make a soft dough. Place in a greased bowl, cover and let rise 1 1/2 hours until doubled in size. Knead 10 minutes. Shape into 3 loaves and let rise 1 1/2 - 2 hours. Bake at 350 degrees for 1 hour. \*This came from a family friend who taught Home Economics in the Davenport, Iowa system for many years.

*Herbed Onion Bread**Mazel Birkeland*

1 c. plus 1 T. water (70-80 degrees)	1 1/2 tsp. dill weed
2 T. softened butter	1 tsp. poppy seeds
1 1/4 tsp. salt	2 T. nonfat dry milk powder
3 c. flour	2 T. sugar
2 T. dried minced onion	1 1/2 tsp. active dry yeast

In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color, and loaf size if available. Bake according to machine directions. (Check dough after 5 minutes of mixing; add 1-2 T. of water or flour if needed.) Yields: 1 loaf (1 1/2 pounds) \*This is our favorite to make in the bread machine.

*Pepperoni Bread**Mary Hanson*

1 (1 lb.) frozen bread dough (thawed)	2 c. shredded mozzarella
1 (3 1/2 oz.) pkg. pepperoni- quartered	1/4 tsp. garlic powder
1/2 tsp. parsley flakes	1/4 tsp. seasoned salt
1/4 tsp. oregano	3 T. butter, melted.

Heat oven to 350 degrees. Roll dough to 9 x 13" on floured surface. Combine seasonings with butter. Brush on dough, reserving some for top of dough. Cover dough with pepperoni, then cheese. Roll up jelly roll style. Brush with remaining butter mixture. Place on greased cookie sheet, and bake. Bake at 350 degrees for 30 minutes. Cool 5 minutes and cut into 1" slices. Serves: 5-6 *\*I demonstrated how to make this recipe on the "Van and Bonnie Show" on WHO-TV several years ago.*

*Poppy Seed Bread**†Sally Tjelmeland*

1 box yellow cake mix or lemon cake mix	1/2 c. oil
1 pkg. instant vanilla pudding	4 eggs
1 c. hot water	1/8 c. poppy seeds

Beat all together for 4 minutes. Bake at 350 degrees for 35-40 minutes. Makes 2 large loaves or 4 small loaves.

*Poppy Seed Bread**Jean Sternberg*

3 eggs	1 1/4 c. cooking oil
1 1/2 tsp. baking powder	1 1/2 tsp butter flavoring
2 1/4 c. sugar	3 c. flour
1 1/2 tsp. almond flavoring	1 1/2 tsp. poppy seeds ( I use 3 tsp.)
1 1/2 c. milk	1 1/2 tsp. salt.
1 1/2 tsp. vanilla	

Mix all ingredients for 2 minutes with electric mixer. Pour into 2 greased loaf pans. Bake for 1 hour at 350 degrees, or until toothpick comes out clean. Top of bread will crack. When bread is done, remove from pans. Frost while warm with:

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

*\*This works well in cupcakes too, which is what I did for Leatha's High School graduation party.*

*Pumpkin Bread**Sharon Himan*

4 eggs, beaten	3 c. sugar
1/2 tsp. baking powder	2 tsp. soda
1 1/2 tsp. salt	1 tsp. nutmeg
1 tsp. cinnamon	1 tsp. cloves
2/3 c. water	1 c. vegetable oil
3 1/2 c. flour	1 (15 oz.) can pumpkin

Mix the above ingredients together and bake in greased bread pan for 1 hour at 325 degrees. Fills 3 medium-sized or 2 large pans. (I found that it needs to bake longer than an hour. Use an uncooked strand of spaghetti inserted into center. If it comes out clean, the bread is done.)

*Orange Pumpkin Bread**† Ruby Nelson*

2/3 c. shortening	3 1/3 c. flour
2 2/3 c. sugar	2 t. baking soda
4 eggs	1 1/2 tsp. salt
1 can pumpkin	1 tsp. cinnamon
2/3 c. water	1/2 tsp. cloves
1 orange	1/2 tsp. baking powder
2/3 c. chopped nuts	2/3 c. chopped dates

Cream shortening and sugar. Add eggs, pumpkin, and water. Mix dry ingredients to pumpkin mixture. Remove seeds from orange. Using blender, grind orange (including peel). Add to pumpkin batter. Stir in nuts and dates. Bake at 350 degrees for 1 hour in loaf pans.

*Rhubarb Bread**Laura Morgan***Combine in order:**

1 1/2 c. brown sugar  
 2/3 c. salad oil  
 1 egg  
 1 c. buttermilk  
 1 tsp. salt  
 1 tsp. soda  
 1 tsp. vanilla

Mix, then add to above mixture:

2 1/2 c. flour  
 1 1/2 c. diced rhubarb (fresh or frozen)

**Topping:**

1/2 c. sugar  
 1 T. cinnamon  
 1 T. melted butter

Pour batter into two greased loaf pans. Sprinkle topping over batter. Bake at 350 degrees for one hour. Don't over bake. (Freezes very well.)

*Zucchini Bread**Betty Watts*

2 c. sugar  
1 c. oil

3 eggs, beaten

Mix with mixer, then add: \*2 c. zucchini, grated coarse (if need be, add water or pineapple juice to make 2 full cups) and 1 c. pineapple, crushed and drained. In another bowl sift together:

1 tsp. soda  
1 tsp baking powder  
1 tsp. salt  
3 tsp. cinnamon  
1 tsp ginger

1 tsp. nutmeg

3 c. flour

Add above to mixer, then add by hand:

3 tsp. vanilla

1 c. nuts, chopped

Preheat oven to 350 degrees. Pour batter into 2 greased loaf pans and bake for 50-60 minutes. You can use 5 smaller pans, but reduce baking time to 35-40 minutes.

*Anadama Bread**†Hanna Hjerde*

1/2 c. Indian Meal (cornmeal)  
2 c. boiling water  
2 T. shortening  
1/2 c. molasses

1 tsp salt

1 pkg. yeast, dissolved in 1/2 c. warm water

5 c. flour

Stir the Indian meal very slowly into the boiling water. When thoroughly mixed add the shortening, molasses and salt. Cool. When lukewarm, add the yeast and the flour (enough to make a stiff dough). Knead well and keep in a warm place, let rise to more than double. Shape into two loaves and let rise. Bake in hot oven. Bake at 400 degrees for 1 hour. Makes 2 loaves.

*Zucchini Bread**Lisa Mathis*

2 c. sugar  
2 tsp. cinnamon  
1 c. oil  
3 c. flour  
3 eggs, well beaten

1 tsp. soda

3 tsp. vanilla

1/2 tsp. baking powder

2 c. zucchini, peeled and grated

1/2 c. nuts and or raisins (optional)

Mix together all ingredients. Put into loaf pan or Bundt pan. Bake at 350 degrees for 1 hour. Makes 1 loaf.

*Zucchini Bread**Cathy Anderson Jacobs*

3 eggs	3 c. flour
1 c. oil	1 T. cinnamon
2 1/2 c. sugar	1 tsp. salt
2 c. grated zucchini	1 tsp. soda
1 T. vanilla	1 1/4 tsp. baking powder
1/4 tsp. black walnut flavoring (optional)	1 c. chopped black walnuts

Beat eggs. Add oil, sugar, zucchini & flavoring. Sift dry ingredients and add to first mixture. Add nuts. Spoon into two or three greased and floured bread pans. Bake at 350 degrees for 1 hour or until golden brown on top. Cool on rack \*Freezes very well!

*Zucchini Bread**Judy Anderson*

2 c. sugar	1 tsp. salt
3 c. flour	1 tsp. soda
(1 1/2 white-1 1/2 whole wheat)	2 eggs
2 tsp. cinnamon	1 c. oil
1/4 tsp. baking powder	1/2 - 1 c. nuts
2 c. shredded zucchini	2 tsp. vanilla

Sift dry ingredients into bowl. Add other ingredients. Mix well with electric mixer. Put into 2 greased and floured loaf pans. Bake 350 degrees for 1 hour. Can be put into 4 small pans and baked for 45 minutes.

*Three Flour Bread**Laura Morgan*

Combine 2 packages of dry yeast, 1 c. flour, 1 1/2 c. whole wheat flour and 1/2 c. rye flour. Heat together 2 c. milk, 1/2 c. brown sugar, 3 tbsp. oil, 2 T. sugar, and 1 T. salt, stirring just until warm. Add to dry mixture. Beat at low speed of electric mixer for 1/2 minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in additional 2 1/4 to 2 1/2 c. flour. Enough to make a moderately stiff dough. Turn onto floured board. Knead 10 minutes. Place in greased bowl. Let rise until double (about 1 1/2 hours). Punch down. Let rest 10 minutes. Shape into 2 loaves. Place in 2 greased 8 1/2 x 4 1/2 x 3 inch loaf pans. Let rise 45 to 60 minutes. Bake in 375 degree oven for 40 minutes.

*-A single track mind is okay as long as it is on the right track.*

*Zucchini Bread**Dawnmarie Cole*

3 c. sifted all purpose flour	2 med. zucchini, washed and shredded (2c.)
1 tsp. salt	1 T. grated lemon rind
1 tsp. baking powder	2 tsp. vanilla
1 T. cinnamon	1/2 c. coarsely chopped walnuts
3 eggs	1 tsp. baking soda
1 3/4 c. sugar	
1 c. vegetable oil	

Preheat oven to 350 degrees. sift flour, salt, baking powder, baking soda and cinnamon onto wax paper. Beat eggs lightly in a large bowl: stir in sugar, oil, zucchini, lemon rind and vanilla. Add flour mixture, blending thoroughly. Stir in Walnuts. Spoon batter into 2 well-greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Bake in preheated moderate oven at 350 degrees for 50 minutes or until center springs back when lightly pressed with fingertip. Cool in pans on wire rack for 10 minutes. Remove from pans and cool thoroughly. Makes 2 Loaves.

*Pumpkin Tea Loaf**Laura Morgan*

2 c. sugar	1/2 tsp. salt
1 c. vegetable oil	1/2 tsp. ginger
1/3 c. water	1/2 tsp. nutmeg
1 (16 oz.) can pumpkin	<b>Filling:</b>
3 eggs	1/2 c. sugar
3 c. flour	1 c. light sour cream
2 tsp. baking soda	4 oz. cream cheese
1 tsp. cinnamon	1 egg

Heat oven to 350 degrees. For cake, combine sugar, oil, water, pumpkin and eggs; beat. Add rest of ingredients and mix well. For filling, mix all ingredients. Place 1/4 of cake batter into each of 2 greased and floured 9 x 5" loaf pans. Spread 1/2 of sour cream filling over batter in each pan. Top each loaf with 1/2 of remaining pumpkin batter. Bake 60 to 65 minutes, or until toothpick inserted in center comes out clean.

*-The person who has the right to boast doesn't have to.*

*-Some folks think that traveling around in the best circles makes them big wheels.*

*-If it goes without saying, don't say it.*

**Sponge:**

1 scoop dry yeast  
 1/2 c. warm water  
 1 tsp. sugar  
 3/4 c. bread flour  
 Sprinkle yeast over water, add sugar and mix. Let stand till bubbly. Stir in flour.  
 Put in warm place for 45 minutes.

**Dough:**

1 scoop dry yeast  
 3 1/4 c. bread flour  
 3 T. canola oil  
 3 tsp. salt  
 3/4 lid leaf oregano  
 2 T. sugar  
 sponge  
 1 c. warm water

While sponge is rising, put yeast in bottom of bread maker. Cover with flour. Make hole in center of flour and fill with oil, salt, oregano, and sugar. When sponge is ready, add sponge and water to bread maker. Set for "French Bread - Manual" and press "Start."

When second kneading begins (beeper will sound for adding ingredients), remove dough and cut into 4 equal size pieces. Shape each piece into bun or roll and place on greased cookie sheet. Cover with towel and let rise 1/2 hour. Turn on oven at 425 degrees. Let oven heat another 1/2 hour. Check loaves to see if they need to rise more - up to 15 minutes may be needed.

Remove towel, dab tops of loaves with canola oil, and put bread tray in oven. Squirt water from spray bottle onto sides of oven to create steam and close door quickly. Set oven timer for 20 minutes. Set egg timer for 3 minutes. Spray with water twice more at 3 minute intervals.

Check loaves after 20 minute timer goes off. May need another 5 minutes. Remove and let cool. Focaccia should be eaten within a day.

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*-When things get hot in your life, it's always good to have prayer-conditioning!*

*-He who tunes up in the morning stays in harmony all day.*

*-To avoid a breakdown, take a prayer break.*

# *Aunt Polly's Holiday Bread*      *Alan Lance Andersen*

---

## **Loaf:**

3 c. sifted flour	3 eggs, beaten
1 T. baking soda	3 c. sugar
1 tsp. salt	1 c. canola oil
1 c. chopped walnuts	2 c. carrots, grated
1 tsp. cinnamon	1 (9 oz.) can pineapple
	2 tsp. vanilla

Sift flour, soda, salt, and cinnamon together. Beat eggs and sugar together and add oil in small amounts. Stir in flour mixture, carrots, and drain crushed pineapple, vanilla, and nuts. Bake in two greased loaf pans at 350 degrees for 60 minutes. Glaze.

## **Glaze:**

1/4 c. water	1 c. sugar
1/4 lb. butter	1/2 c. rum

Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring occasionally. Remove from heat. Stir in rum. Drizzle over Holiday loaves. *\*This is one of the very best !*

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## *Notes :*

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## *Rolls & Muffins*

### *Blueberry Corn Muffins*

*Mrs. Everett (Clara) Nelson*

- |                                     |                   |
|-------------------------------------|-------------------|
| 2 boxes (7 1/2 oz.) corn muffin mix | 1 c. blue berries |
| 2 beaten eggs                       | 1 T. flour        |
| 1 c. apple sauce                    |                   |

Beat the eggs slightly. Add the apple sauce. Stir in the muffin mix till blended. Add the flour to coat the blueberries and add to the muffin mix. Stir lightly and fill 12 muffin cups. Bake 400 degrees for 15-20 min. *\*Quick and easy (good)*

### *Lemon Raspberry Jumbo Muffins*

*Sherry Patterson*

- |                        |  |
|------------------------|--|
| 2 c. all-purpose flour | 1 c. half & half cream                       |
| 1 c. sugar             | 1/2 c. vegetable oil                         |
| 3 tsp. baking powder   | 1 tsp. lemon extract                         |
| 1/2 tsp. salt          | 1 c. fresh or frozen unsweetened raspberries |
| 2 eggs                 |  |

In a large bowl, combine the flour, sugar, baking powder and salt. In another bowl, combine the eggs, cream, oil and extract. Stir into dry ingredients just until moistened. Fold in raspberries. Fill greased jumbo muffin cups two-thirds full. Bake at 400 degrees for 22-25 minutes or until a toothpick come out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Yield: 8 jumbo muffins. *Editors Note:* *If using frozen raspberries, do not thaw before adding to the batter. Sixteen regular-size muffin cups may be used; bake for 18- 20 minutes.*

### *Zucchini-Pineapple Muffins*

*Mrs. Donald B. (Betty) Hanson*

- |                             |                        |
|-----------------------------|------------------------|
| 3 eggs                      | 1/4 tsp. baking powder |
| 1 c. vegetable oil          | 1 1/2 tsp. cinnamon    |
| 2 c. sugar                  | 1 tsp. salt            |
| 1 tsp. vanilla              | 2 tsp. baking soda     |
| 2 c. unpeeled zucchini      | 1 c. nuts              |
| 1 sm. can crushed pineapple | 1 c. dates             |
| 3 c. flour                  |                        |

Beat eggs, oil, sugar and vanilla. Stir in remaining ingredients. Batter is thick. Put in cup cake liners and bake at 350 degrees for 25-30 minutes. These muffins are moist and very good.

*Bran Muffins**Doris Childers*

3 c. sugar	1 c. Crisco (heaping)
2 c. Nabisco Bran	5 c. flour
2 c. boiling water	5 tsp. soda
4 eggs (beaten)	2 tsp. salt
4 c. Kellogg's All Bran	4 c. buttermilk

Pour boiling water over Nabisco Bran and set aside. Cream sugar and shortening. Add eggs; Stir in the bran and water mixture that you set aside. Add sifted dry ingredients alternately with buttermilk. Add Kellogg's All Bran. Bake 350 degrees for 20-25 minutes. *\*This batter will keep in the refrigerator for up to thirty days.*

*Bran Muffins**Mary Hanson*

2 c. buttermilk	2 eggs
3 c. All-Bran cereal	2 1/2 tsp soda
1 1/2 c. sugar	1/2 tsp salt
2 1/2 c. flour	1 c. boiling water
1/2 c. shortening	

Pour water over cereal and add buttermilk. In another bowl, cream shortening, sugar, and eggs. Add cereal mixture to shortening mixture. Next add flour, soda, and salt. Bake at 350 degrees for 20 minutes. Makes 3 1/2 dozen.

*Bran Muffins**Manita Waugh*

1 c. vegetable shortening	5 tsp. soda
4 eggs	1 tsp. salt
2 c. boiling water	2 1/2 c. sugar (I use 2 cups)
6 c. Bran Buds	5 c. flour
1 qt. buttermilk	

Pour boiling water over 1 c. bran and cool. Cream sugar and shortening. Add eggs and bran. Fold in flour, soda and salt alternately with buttermilk. Batter will keep up to 6 weeks in the refrigerator. Be sure it is in a tightly sealed container in refrigerator. Bake at 400 degrees for 15-20 minutes in muffin tins. *\*My mother's recipe ... a family favorite!*

*-Prayer flies where the eagle never flew.*

*Bran Muffins**Alice Hjerde*

6 c. Bran Buds cereal	2 1/2 c. sugar
2 c. boiling water	4 eggs
1 qt. buttermilk	5 c. flour
Pour boiling water over bran, add butter- milk. Let stand.	5 tsp. soda
1 c. margarine	1 tsp. salt

Cream margarine, sugar, and eggs. Pour over bran mixture. Stir well. Add flour, soda and salt. Stir again. Store in containers in refrigerator. Will keep several weeks. To use, spoon into muffin tins, filling 2/3 full. Bake at 350 degrees for 20 minutes.

*Bran Muffins**Joan Anderson*

1 qt. buttermilk	2 c. boiling water
3 c. sugar	4 c. All-Bran
1 c. Crisco	2 c. Nabisco 100% Bran
5 tsp. soda	5 c. flour
1 tsp. salt	4 eggs

Add boiling water to cereal. Add buttermilk. Cream Crisco and sugar. Add eggs. Combine with cereal mixture. Add flour, soda & salt. Bake in muffin tines at 400 degrees for 15-20 minutes. Will keep at least 3 weeks in the refrigerator. *\*This is great to send back with visiting college-age children! They can bake it in the micro-wave.*

*Muffin Mix**†Mrs. Lester (Anna) Eide*

1 qt. buttermilk	4 c. All Bran
3 c. sugar	2 c. 100% Bran
1 c. Crisco	1 (15oz) box Raisin Bran
5 tsp. baking soda	5 c. flour
2 c. boiling water	4 eggs
1 tsp. salt	

Cream sugar and Crisco. Add soda, salt, buttermilk, All Bran, 100% Bran and Raisin Bran. Mix and add hot water. Add beaten eggs and flour. Mix well. Bake in muffins at 400 degrees for 15-19 minutes. Batter will keep a long time in the fridge. *\*When I was growing up, whenever I would walk across the road to Lester and Anna's house, it seemed like she always had these on hand. Today when ever I smell these I think of Anna. - Darla Drees*

*Overnight Butterhorn Rolls**Pat Hall*

2 pkgs. yeast	1 c. butter
2 c. sweet milk	8 c. flour or more
1c. sugar	6 eggs
1 tsp. salt	

Dissolve yeast in 1/4 c. Warm water with a pinch of sugar. Let yeast rise, scald milk. Add butter, salt, and sugar to milk. Beat eggs and add to milk mixture. Add 1/2 flour. Beat in yeast, then remaining flour. Knead dough until it is no longer sticky. Place in greased bowl. Spread some butter over top of dough so it won't get dry. Refrigerate overnight. In morning, divide dough in 4 sections. Roll each wedge, starting at wide end to center. Put on greased cookie sheet and let rise until they double in size. Bake at 350 degrees for 12-15 minutes.

*Butter Horn Rolls**Kelly Safty*

1 pkg. yeast, dissolved in warm water (about a cup)	1/2 c. butter
1 c. warm milk	3 beaten eggs
1/2 c. sugar	1/2 tsp. salt
	4c. sifted flour

Mix to soft dough and let stand several hours or overnight. Place dough on board, knead and roll out into 2 parts. Cut each into 16 pie shaped pieces. Roll up wide side to point, set aside to rise. Bake at 375 degrees until golden brown. Makes 32 rolls.

*Butterhorns**Sylvia Posegate Anderson*

<u>Pour 1 c. warm milk over first 3 ingredi- ents:</u>	2 pkgs. yeast (sprinkle with small amount of sugar)
1/2 c. sugar	1/2 c. warm water (to activate the yeast- can use Rapidrise)
1 tsp. salt	
1/2 c. butter Crisco	

Add 2 c. flour to above mixture. Next add 3 beaten eggs and another 1 c. of flour. Then add 1 1/2 more flour (total of 4 1/2 c.) Knead in approx. another 1/2 c. Flour. Let rise until triple in bulk. Divide dough into thirds. Roll each out into a 12" circle. Butter and cut each circle into 12 pieces. Bake at 350 degrees approx. 6 minutes on bottom and 6 minutes on top.

*-A little Love goes a long way.*

*Rolls**Anna Shold*

1 c. milk	1 1/2 pkg. granulated yeast.
1/2 c. sugar	1 tsp. sugar
1/2 c. shortening	1 c. warm water

Heat milk, shortening and the 1/2 cup sugar until boiling and cool to luke warm. Add to 3 well beaten eggs., 3 cups flour. Add yeast mixture and 3 more cups flour. Beat until elastic. Cover with damp cloth and let raise until double. Divide dough in 3 let rest 5 min. Roll into a circle and cut into 8 more pie shaped pieces. Butter top and roll up starting at large edge. Let rise again until double in size and bake at 400 degrees.

*Butterscotch Rolls**†Abbie Peterson*

2 pkgs. yeast	3 1/2 c. flour
1/4 c. sugar	2 T. butter
1 T. salt	More butter, pecans and sugar
1 c. warm milk	

Beat together yeast, sugar, salt and milk. Add flour, 1 T. butter. Let rise until double in bulk (1 hour). Roll out dough rectangular shape. Spread dough and roll out dough and slice. Place more butter, pecans and sugar in pan before rolls. Rise to double and bake at 400 to 415 degrees for 15-20 minutes.

*Donuts**†Erma Halverson*

1/2 c. shortening	2 c. warm water
1/2 c. sugar	2 pkgs. yeast
2 eggs	4 to 6 c. flour
1 tsp. salt	

Cream shortening and sugar. Add eggs. Dissolve yeast in water; add to mixture. Add enough sifted flour to make soft dough. Let rise 45 minutes. Punch down; let rise second time 30 minutes. Roll out and cut. Let rise 20 minutes. Deep fry in 375 degree oil until light brown. **Glaze:** 1 box powdered sugar, 1/2 tsp. salt, 1 tsp. vanilla, 1/2 c. water

*-Hem your blessings with praise lest they unravel.*

*-The Lord never stops giving us reasons to praise Him.*

*Classic Cinnamon Rolls**Sherry Patterson*

1/2 c. butter  
 1/4 c. sugar  
 1 tsp. salt  
 1 egg  
 2 c. flour  
 1 pkg. Quick rise yeast  
 1 c. hot water (120 degrees)  
 1 3/4 c. flour

**Filling:**

3 T. butter, melted  
 1 c. sugar  
 2 T. Tone's ground cinnamon

**Frosting:**

1 1/4 c. powdered sugar  
 1/4 tsp. vanilla  
 1 to 2 T. light cream

To make dough, cream butter, sugar and salt together using an electric mixer. Stir in egg. Add 2 cups flour and yeast. Pour hot water in all at once and mix. Gradually add 1 3/4 c. flour to make a soft dough. Knead 5 minutes on lightly floured surface, place dough in a greased bowl. Cover and let rise until double, about 40 to 60 minutes. Punch down and roll out dough to a 18 x 10" rectangle. Brush dough with melted butter. Mix sugar and cinnamon together and sprinkle entire amount evenly over dough. Roll up from long side; seal edges. Cut roll into 12 slices. Grease three 8-inch square pans and place four rolls per pan, cut side up. Cover and let rise about 1 hour until double. Bake at 350 degrees for 16 to 18 minutes, and let cool. For frosting, mix powdered sugar, vanilla and enough cream to make icing of pouring consistency. Drizzle frosting evenly over rolls.

*No-Fry Donuts**Angie Balmer*

2 pkg. dry yeast  
 1/4 c. warm water  
 1 1/2 c. scalded milk (cooled)  
 1 tsp. salt  
 1 tsp. nutmeg

2 eggs  
 1/3 c. shortening (oil)  
 4 1/2 oleo (melted)  
 1 tsp. vanilla  
 1 tsp. sugar

In large bowl, dissolve yeast in warm water. Add milk, sugar, salt, nutmeg, eggs, shortening, and 2 cups flour. Beat 2 minutes or longer. Stir in remaining flour until smooth. Cover; let rise in warm place until double. Turn dough onto well-floured board. Roll around lightly to coat with flour. (dough will be soft to handle) Gently roll dough about 1/2 inch thick. Cut with 2 1/2 inch donut cutter. Lift donuts carefully with spatula and place 2 inches apart on greased baking sheet. Brush donuts with melted oleo. Cover, let rise until double. Bake in 425 degree oven for 8-10 minutes or until golden. Brush with melted oleo and shake on cinnamon sugar.

*Cinnabons**Sylvia Posegate Anderson*

1/2 c. warm water (105-110 degrees)	1 tsp. salt
2 pkgs. dry yeast	8 c. white flour
2 T. granulated sugar	<b>Filling:</b>
1 (3 1/2 oz.) pkg. instant vanilla pudding (key ingredient)	1 c. butter, melted
1/2 c. butter, melted	2 c. brown sugar
2 eggs, beaten	4 tsp. cinnamon

In small bowl, combine water, yeast and sugar. Stir until dissolved. Set aside. In large bowl, make pudding mix according to package directions. Add 1/2 c. butter, eggs, and salt. Mix well and add the yeast mixture; blend. Gradually add flour and knead until smooth, adding "sprinkles" of flour as needed to control stickiness. Once the dough is no longer sticky and is soft and silky feeling, the dough is ready. Place in a very large greased bowl. Cover and let rise until double in bulk (about 1 hour). Punch down and let rise again (about 45 min.). Divide dough in half and on a lightly floured surface, roll out each half to a 24" x 12" rectangle. Spread each half with 1/2 c. melted butter and 1 c. brown sugar and 2 tsp. cinnamon. Roll up and cut into 2" rolls. Place in a greased baking pan, 2 inches apart. Lightly press rolls down with your hands. Cover and let rise until double again. Bake at 350 degrees for 15 - 20 min. Take them out when they are just starting to turn golden brown. Frost warm rolls with Cream Cheese Frosting.

*Cream Cheese Frosting*

1 (8 oz.) pkg. cream cheese	3 c. powdered sugar
1/2 c. butter (softened)	1 T. milk
1 tsp. vanilla	

Combine all ingredients and mix until smooth. Spread on very warm rolls. Rolls are best when served warm.

*Southern Hot Biscuits**Anna Shold*

2 c. flour	2 T. sugar
4 tsp. baking powder	1/2 c. Crisco
1/2 tsp. cream of tartar	1 egg, beaten
1/2 tsp. salt	2/3 c. milk

Roll out to 1/2 inch thick and cut and bake at 450 degrees for 12 min.

*Cinnamon-Raisin Scones**Chris Morgan*

1 3/4 c. flour	1/2 c. buttermilk
3 T. sugar	1 egg
1 T. baking powder	2 tsp. vanilla
1 tsp. cinnamon	1/3 c. raisins
1/2 tsp. salt	3 T. flour
1/4 c. (1/2 stick) margarine	1 tsp. sugar

In a medium mixing bowl, measure 1 3/4 c. flour, 3 T. sugar, baking powder, cinnamon, and salt. Mix for 15 seconds. Melt margarine and place in a medium bowl. Add buttermilk, egg, vanilla, and raisins to margarine. Stir for 15 seconds or until ingredients are blended. Add buttermilk mixture to flour mixture. Stir for 30-45 seconds or until mixture gathers together into a ball. Preheat oven to 425 degrees. Sprinkle 3 T. flour on a clean surface. Take dough ball from bowl and place on floured surface. Lightly dust your hands with flour. Knead the dough 8 times. Place the dough on an ungreased baking sheet. With your hands, pat the dough out into an 8-inch circle. Sprinkle 1 tsp. sugar on top of dough. Cut dough into 8 wedges. Slightly separate the dough wedges from each other so they are not touching. Place baking sheet in oven. Bake for 15 minutes or until light golden brown. Remove scones to a wire cooling rack.

*People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters; they will not allow life's circumstances to push them down and hold them under.*

-Charles R. Swindoll

*Failure ... is, in a sense, the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterward carefully avoid.*

-John Keats

*Apricot Scones**Sherry Patterson***Devonshire Cream:**

1 pkg. (3 oz) cream cheese softened  
 1 T. confectioners' sugar  
 1/2 tsp. vanilla extract  
 1/4 to 1/3 c. whipping cream

**Scones:**

2 c. all-purpose flour  
 1/4 c. sugar  
 1 T. baking powder  
 1/4 tsp. salt  
 1/3 c. cold butter or margarine  
 1/2 c. chopped dried apricots  
 1/2 c. chopped pecans  
 1 tsp. grated orange peel  
 1 c. + 2 T. whipping cream divided  
 jam of your choice

In a small mixing bowl, beat cream cheese, confectioners' sugar and vanilla until fluffy. Gradually beat in enough cream to achieve a spreading consistency. Cover and chill for at least 2 hours. For scones, combine the dry ingredients in a bowl. Cut in butter until mixture resembles fine crumbs. Add apricots, pecans and orange peel. With a fork, rapidly stir in 1 cup whipping cream just until moistened. Turn onto a floured surface; knead 5-6 times. Divide in half; shape each into a ball. Flatten each ball into a 6-in. circle; cut each circle into eight wedges. Place 1 in. apart on an ungreased baking sheet. Brush with remaining whipping cream. Bake at 375 degrees for 13-15 minutes or until a toothpick comes out clean. Serve with Devonshire cream and jam. Yield: 16 scones (1 cup cream).

*Pancakes, Waffles, French Toast & Coffee Cake**Buttermilk Pancakes**Dawn Peter*

2 beaten eggs  
 2 T. sugar  
 2 c. buttermilk  
 1 tsp. soda  
 1 tsp. baking powder  
 2 T. melted shortening  
 1/2 tsp. salt, optional  
 2 c. flour

Mix beaten eggs, sugar, buttermilk, soda, baking powder, salt and shortening together. Add flour and pour onto hot grill. Flip over when bubbles start to appear and pancake is golden brown. What cakes you don't eat - put between waxed paper and into a baggie and freeze for another time. Put them in a toaster or microwave until thawed, butter and put syrup on them. Put them in the microwave for 10 seconds. Yield: 15-20 cakes

*Buttermilk Pancakes**Irene Hall*

2 eggs	3 T. sugar
2 c. buttermilk	1 tsp. salt
2 c. flour	3 T. bacon drippings or 3 T. melted butter
2 tsp. baking powder	
1/2 tsp. soda	

Mix and make pancakes on griddle.

*Applesauce Pancakes**Laura Morgan*

3/4 c. whole wheat flour	1/2 tsp. salt
1/2 c. flour	1 c. unsweetened applesauce
1 T. sugar	1/2 c. orange juice
2 tsp. baking powder	2 eggs, slightly beaten
1 tsp. ground cinnamon	1 T. salad oil

In large bowl mix flours, sugar, baking powder, cinnamon, and salt. In small bowl beat applesauce, orange juice, eggs, and oil until blended; with fork, stir into flour mixture just until flour is moistened. Cook in skillet by scant 1/4 cupfuls.

**Apple-Orange Syrup:**

2/3 c. unsweetened apple juice	1 T. corn starch
1/3 c. orange juice	

Heat all in 1 qt. saucepan over medium heat just until mixture thickens slightly and boils, stirring constantly. Makes 4 servings. Each serving: about 300 calories, 1 g. fat, 106 mg. cholesterol, 200 mg. sodium

*Buttermilk Oat Pancakes**Laura Morgan*

1 c. quick-cooking oats	2 eggs, lightly beaten
1 c. flour	1 1/2 c. buttermilk
2 T. sugar	1/4 c. vegetable oil
2 tsp. baking powder	1 tsp. vanilla
1/2 tsp. salt	

Combine oats, flour, sugar, baking powder, and salt in mixing bowl. Make a well in center. Combine egg, buttermilk, oil, and lemon juice; pour into well and stir just till moistened. Pour batter by 1/4 cupfuls onto lightly greased hot griddle. 6 servings

*Egg Pancakes**Lori Hall Whipple*

4 eggs  
4 tsp. sugar  
1 tsp. salt

1 c. milk  
1 1/4 c. flour

Heat griddle to 350 degrees. Grease griddle and then pour 1/3 c. batter on hot griddle. Roll griddle around to spread batter to thinnest possible consistency. Flip once. Serve warm with butter and brown sugar.

*Waffles**Mary Hanson*

2 egg yolks  
2 egg whites  
1 3/4 c. flour  
1 3/4 c. milk

1/2 c. vegetable oil  
1 T. baking powder  
1/2 tsp. salt

In small bowl beat eggs with fork. Beat in milk and vegetable oil. In large mixing brown stir together flour, baking powder, and salt. Add egg mixture to flour mixture all at once. Stir till blended, but still lumpy. In small bowl beat egg whites to stiff peaks. Fold egg whites into egg flour mixture. DO NOT OVERMIX! Makes about 10 waffles.

*Waffles**Darlene Erickson*

2 c. flour  
2 tsp. baking powder  
1/2 tsp. salt  
3 T. sugar

2 eggs separated  
1 1/4 c. milk  
3 T. butter

Beat egg whites until stiff, but not dry. Set aside. In a separate bowl, beat egg yolks. Add milk, add dry ingredients and mix enough to blend. Add melted butter. Fold in beaten egg whites.

*Dr. Will Mayo's Favorite Pancakes**Lois Larson*

3 eggs separated  
2/3 c. sweet milk  
2/3 c. buttermilk  
1 tsp. soda in buttermilk

1 c. flour  
1 tsp. baking powder in flour  
1 tsp baking powder in egg whites

Beat egg yolks. Add sweet milk, then buttermilk. Beat well. Add flour. Fold in beaten egg whites last. Bake on medium-hot griddle.

*Maple Syrup**Tim & Paula Tjernagel*

1 3/4 c. white sugar  
 1/4 c. brown sugar  
 1 c. water

1/2 tsp. vanilla  
 1/2 tsp. maple flavoring

Place the two sugars and water in a small saucepan and bring to a boil, stirring constantly. Stir and boil for 5 minutes over medium heat. Remove from burner and cool slightly. Add vanilla and maple flavoring. Cover and let sit for 20 minutes. *\*In Spain you can't buy syrup. Because we love to eat pancakes, waffles, French toast, etc. I had to find a recipe for syrup. My mom sent me this recipe along with the maple flavoring and we are now happy breakfast eaters in a country that doesn't know the joys of a real breakfast meal. You should see the Spaniards faces when they bite into a pancake with syrup. So just keep some maple flavoring on hand and if you ever run out of syrup and can't get to the store...here is your backup recipe.*

*Overnight French Toast**Edith Cole*

1 loaf French bread, cut into 3/4" slices  
 6 T. butter  
 4 beaten eggs  
 1/2 tsp. cinnamon

1 c. brown sugar  
 2 c. milk  
 1/2 tsp. vanilla

Night before serving, melt butter and brown sugar in a small pan stirring until hot. Pour mixture into 9x13" pan. Lay bread slices over brown sugar mixture. Combine eggs with milk, cinnamon and vanilla. Pour over bread. Cover with plastic wrap and refrigerate overnight. Remove plastic wrap and bake. Bake 350 degrees for 35 minutes or until egg mixture is cooked through.

*Oven French Toast**Mrs. Donald B. (Betty) Hanson*

4 eggs, slightly beaten  
 1 c. orange juice  
 1/3 c. butter, melted

2 T. sugar  
 1/4 tsp. cinnamon  
 6 slices firm bread

Combine eggs, orange juice and butter. Dip bread in this liquid, one by one, until bread is well soaked but does not fall apart, and arrange close together in greased 9 x 13 inch pan. Combine sugar and cinnamon and sprinkle on soaked bread. Bake at 425 degrees for 20 minutes. It isn't necessary to turn the toast while it is baking. With spatula, lift toast to serving plate. *Note: If you double this recipe, put it in a jellyroll pan.*

## *Caramel Apple French Toast w/ Vanilla Sauce* *Jill Patterson*

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4 lg. Granny Smith apples	3/4 c. walnuts or pecans chopped
1 tsp. cinnamon	12 slices firm white bread
sugar to taste (optional)	3 eggs
3/4 c. brown sugar, packed	1 1/4 c. skim milk
3 T. light corn syrup	1 tsp. vanilla
3T. butter or oleo	1/4 tsp nutmeg

Peel, core and slice apples. Place in medium sized skillet. Pour 1/2 c. Water over apples. Simmer 4-5 minutes until apples softened. Drain apples in colander, place in a bowl and gently mix in cinnamon and a little sugar if apples are tart, set aside. In same skillet, combine brown sugar, corn syrup and butter. Cook and stir over medium heat until sugar melts and mixture just begins to come to a slow boil. Pour into a 13 x 9 inch baking dish. Sprinkle with nuts. Place 6 slices of bread on top of syrup and nuts. Divide apples among bread slices and top with the remaining 6 slices of bread. Whisk together eggs, milk, vanilla and nutmeg. Pour over "apple sandwiches". Cover and refrigerate over night. In the morning, preheat oven to 325 degrees and bake uncovered for 40 minutes. Remove from oven, cover with a serving platter and invert. Cut each sandwich in half diagonally and serve with vanilla sauce.

### Vanilla Sauce:

1/2 c. sugar	2 T. butter or oleo
1 T. cornstarch	1 T. vanilla

Mix sugar and cornstarch and 1 c. Water in a small sauce pan. Cook, stirring often over medium heat until thick and bubbly. Remove from heat and add butter and vanilla. Stir until butter melts.

## *Rhubarb Coffee Cake*

*Sherry Tjernagel*

---

1 1/2 c. brown sugar	1 tsp. salt
1/2 c. shortening (or margarine)	1 tsp. baking soda
1 egg	2 c. flour
1 c. sour milk	2 c. chopped rhubarb
1 tsp. vanilla	

Stir like cake. Gently pour in 2 cups chopped rhubarb. Sprinkle with topping of 1/2 cup sugar and 1 tsp. cinnamon and let stand a while before baking. Bake in 9 x 13 inch cake pan at 350 degrees for 25 minutes. Top with whipping cream. \**Delicious cake.*

*Butterscotch Coffeecake**Audrey Hauley*

1 box yellow cake mix	2 tsp. vanilla
1 box instant butterscotch pudding	1/2 c. sugar
3/4 c. water	2 tsp. cinnamon
2/3 c. oil	1/2 c. nutmeats
4 eggs	

Beat the cake mix, pudding, water, oil, eggs and vanilla for 8 minutes at medium speed with electric mixer. It is very important to beat for 8 minutes. Pour into 9 x 13" greases and floured pan and top with mixture of sugar, cinnamon and nuts. Bake at 350 degrees for 30 minutes or until cake leaves the sides of pan. Serves 24  
*\*Excellent flavor and stays moist for days. Good for morning brunch or clubs of any kind.*

*Coffee Cake**Cindy Waugh Carpenter*

2 c. flour	1 c. buttermilk
1/2 tsp. salt	1 tsp. vanilla
1 tsp. baking soda	<b>Topping:</b>
1 tsp. baking powder	1/2 c. brown sugar
3/4 c. margarine	1/2 tsp. nutmeg
1/2 c. white sugar	1 tsp. cinnamon
1/2 c. brown sugar	1/2 c. pecans (optional)
2 eggs, beaten	

Cream white and brown sugars with the butter. Add beaten eggs and beat until fluffy. Mix together flour, salt, soda, and baking powder. Add to sugar/egg mix alternating with the buttermilk. Add vanilla. Blend well. Pour into well greased 9 x 13" pan. Mix together topping ingredients and sprinkle over top of cake mix. Bake at 350 for 35 minutes or until golden. *\*Can be mixed ahead; Cover and refrigerate until ready to bake.*

*-Prayer does move mountains, but sometimes God hands us a shovel.*

*-You cannot stumble when you are on your knees in prayer.*

*-He who sings prays twice.*

*-Pray without ceasing.*

*Overnight Coffeecake**Kathy Rasmussen Osmundson*

2/3 c. oleo	1 tsp baking powder
1 c. sugar	1 tsp. soda
1/2 c. brown sugar	1/2 tsp. salt
2 eggs beaten well	2 T. powdered milk
Cream sugar & oleo and add eggs	1 tsp cinnamon
2 c. flour	1 c. buttermilk

Stir in rest of ingredients in order. Put in 9x13 pan. Add topping and set in refrigerator overnight. In the morning bake at 350 degrees for 30 minutes.

**Topping:**

1/2 c. brown sugar	1/4 tsp nutmeg
1/2 c. nuts	Sprinkle evenly on top of batter
1/2 tsp. cinnamon	

*Biscotti**Mrs. Everett (Clara) Nelson*

1/2 c. butter	2 1/2 c. flour
3/4 c. sugar	1 1/2 tsp. baking powder
2 eggs	1 c. chopped nuts
1 tsp. vanilla	almond bark (white or chocolate)

Blend butter, sugar, and add eggs, vanilla, salt and stir. Add flour and baking powder. Beat till smooth. Dough will be stiff. Divide dough into 2 parts, shape into 2 logs 12 in. long, 4 in wide. Put on cookie sheet and bake 25-30 min, till toothpick comes out clean. Cool and cut 1/2 in. slices at an angle. Put bake on cookie sheet and bake 5-6 min. Cool. Melt almond bark and drizzle over the tops. Add 1 1/2 tsp. shorting to almond bark. Bake at 400 degrees for 25-30 minutes. \*Great for your coffee break.

*Breakfast Casseroles, Egg Dishes & Quiches**Bacon Crustless Quiche**Mrs. Donald B. (Betty) Hanson*

8 strips bacon - fried, cut into small pieces	1/2 c. Bisquick
3 eggs	1/2 c. butter, melted
1 1/2 c. milk	Dash of pepper
	1 c. shredded cheddar cheese

Mix eggs, milk, Bisquick, butter, and pepper. Add bacon and pour in a 9" pie pan. Add cheese. Bake at 350 degrees for 30 minutes. Serves 8 people. *Very good-enjoy.*

*Bacon and Double Cheese Quiche**Tim & Paula Tjernagel*

1 pie crust	1/4 tsp. thyme
10 strips of bacon, cooked and broken into chunks	1/8 tsp. white pepper
5 eggs	1 c. shredded cheddar and Monterey jack cheese
1 1/2 light cream	

Preheat oven to 375 degrees. Whisk together the eggs, cream, thyme and pepper. Pour into unbaked pie crust...I often bake my pie crust for 5 or so minutes to make sure that it won't be doughy in the center when the quiche is done. Sprinkle the egg mixture with the cooked and chopped bacon bits and the cheese. Bake until golden and custard is set, about 30 minutes.

*Breakfast Casserole**Joan Anderson*

1 lg. pkg. shredded hash browns	3 eggs, beaten
1 sm. carton sour cream	diced onion & green pepper
2 cans Cream of Mushroom soup	2 c. cubed ham
1/2 pkg. (16 oz) shredded cheddar cheese	

Stir together & put in greased baking dish. Sprinkle top with remaining cheese. Dot with margarine. Bake at 350 degrees for 35-40 minutes. Can also top with crushed potato chips or dried bread crumbs.

*Ham Cheese Dandy**Manita Waugh*

8 slices bread, crusts cut off	4 eggs, slightly beaten
2 c. milk	1/4 tsp. salt
1/4 lb. margarine (1 stick)	1/2 tsp. dry mustard
8 oz. pkg. cheddar cheese, grated	1 c. ham, chopped

Arrange bread slices in a buttered 9 x 13" pan. Scald milk and add margarine. Stir cheese in until melted. Blend in remaining ingredients. Pour over bread. Refrigerate overnight. Bake at 300 degrees for 1 hour.

*Brown Sugar Bacon**William "Bill" Waugh*

1 lb. extra thick bacon	1 1/2 T. water start with 1 T.
1 c. brown sugar	

Put single layer of bacon on rack placed on foil lined baking sheet. Don't overlap bacon. Spread center of bacon slices with brown sugar and water mixture. (Can burn easily so check often.) Spread bacon with spoon. Bake at 350 degrees for 25 minutes \*You can try regular bacon. Very good!

*Spinach Cheese Pie**Kathi Munson Vaezi*

10 oz. spinach (I use frozen - thaw & drain)	1/2 tsp. salt
6 oz. feta cheese, crumbled (about 1 c.)	3 eggs, beaten
1 c. sm. curd cottage cheese	1 T. margarine or butter, softened
1 sm. onion, copped	1/2 c. margarine or butter, melted
2 T. snipped parsley	1/2 pkg. (16 oz. size) frozen Filo leaves, thawed
2 tsp. dried dill weed	

Mix chopped spinach, feta cheese, cottage cheese, onion, parsley, dill weed and salt; stir into eggs. (I usually mix all of the is food processor.) Brush bottom and sides of 13 x 9 baking pan. Unfold Filo leaves. Remove 10 sheets, cut crosswise into halves. (Cover one stack of 10 sheets with a damp towel to prevent drying.) Gently separate 1 sheet placing in baking dish; bush lightly with melted margarine. Repeat 9 times.

Spread spinach-egg mixture evenly over this stack of 10 Filo leaves. Layer 10 more Filo sheets over filling. Brushing each layer with margarine as done before. Heat oven to 350 degrees.

Cut pastry through top layer of Filo leaves with sharp knife into 8 squares. Cook uncovered in oven until golden brown about 35 minutes. Let stand 10 minutes. Cut through scored lines to serve. *\*This Greek dish can be made as a main entrée or can be made in an 11 x 15" pan and served as an appetizer. Enjoy!*

*Quiche**Carol Wright*

6 eggs, beaten	1/2 c. cheese
1 c. skim milk	1 c. spinach, thawed and drained
1 c. chicken, cooked and cut in pieces	

Beat eggs, add milk. Layer chicken in a 9" pie crust. Add cheese layer and spinach layer. Pour egg/milk mixture over top. Bake at 350 degrees for 45-60 minutes.

*Cheese Soufflé**Kathy Rasmusson Osmundson*

2 lb. sausage - any type - cook and drain	Mix 4 eggs beaten, 2 c. milk, 1 can
8-10 slices of bread - without crust and cube	cream mushroom soup (straight from can)
3/4 lb. grated cheddar cheese	

1. Place bread in 9x13 greased pan 2. cover with cooked sausage. 3. sprinkle cheese. 4. Pour egg mixture over all. Cover and refrigerate overnight - Bake 350 degrees for 1 to 1 1/2 hrs. Before serving sprinkle with parmesan cheese

*Ham and Cheese Bake**Doris Christian*

12 to 14 slices of bread (white or wheat)	5 beaten eggs
3 c. diced ham	1/3 c. melted margarine
1/2 lb. cheese (sliced American or Velveeta)	dash of pepper (no salt needed)
2 1/2 c. milk	cracker crumbs

Place 6 or 7 slices of buttered bread (crust removes) butter side down in 9 x 12" pan. (enough to cover bottom of pan). Cover with thin slices of cheese. Add ham. Cube the rest of the bread (6 or 7 slices). Crusts removed, and place over the ham. Add onion powder or mushrooms (cut up) if you wish. Beat eggs, add 2 1/2 c. milk, pour over bread, cover and refrigerate overnight. Next day drizzle melted margarine and cracker crumbs over all. Bake 350 degrees for 60 minutes \*Frances Moe gave me this recipe when we served it at Salem LCW, years ago.

*Salmon Quiche**Mazel Birkeland*

1 9" unbaked pie shell	4 eggs lightly beaten
1/2 c. chopped green onion	2 c. sm. curd cottage cheese - drain slightly
1 T. butter	1/4 tsp. oregano
1 (15 1/2 oz) can salmon - boned and drained	1/4 tsp. salt
1 (10 oz.) frozen chopped spinach - thawed and squeezed dry	1/4 tsp. nutmeg
	1/4 c. Parmesan cheese

Bake pie shell for 10 minutes before filling at 350 degrees. Mix all ingredients but Parmesan and put in partially baked shell. Sprinkle with Parmesan cheese over top. Bake at 350 degrees for 40-45 minutes. Let stand a few minutes before cutting. \*I've made this many times and everyone enjoys it.

*Breakfast Bake**Cindy Hanson*

2 c. grated cheddar cheese	2 1/2 c. milk
1 1/2 lb. link sausages	3/4 tsp. dry mustard
4 beaten eggs	

Cover bottom of 9x13 pan with 3 cups of croutons (cheese & garlic), and Add cheddar cheese and sausage links. Mix eggs, milk, and dry mustard. Pour over croutons and links. Dilute 1 can cream of mushroom soup with equal amount of milk and pour over all of the above. Add frozen hash browns over the soup; garnish with cheddar cheese. Bake 75-90 minutes at 300 degrees.

*Onion Quiche**Laura Morgan*

4 c. thinly sliced sweet onions	3 eggs
3 T. butter	1 1/2 c. milk <u>or</u> half & half
1 9" pastry shell, unbaked	1/2 tsp. salt
4 slices bacon, fried and crumbled	1/2 tsp. Worcestershire sauce
1 c. grated Swiss cheese	

Sauté onions in butter until tender. Spoon into pastry shell. Sprinkle with bacon and cheese. Beat eggs with milk, salt and Worcestershire sauce. Pour over onions. Bake at 450 degrees for 10 minutes. Reduce heat to 325 degrees. Bake 25 to 30 minutes longer or until custard is set.

*Breakfast Pizza**Gary Titus*

2 lg. pre-baked pizza crusts	1 lg. chopped onion
1 1/2 c. sour cream	1 green pepper, chopped
1 dozen eggs, scrambled to perfection	1/2 c. sliced green olives
1 lb. Ground pork sausage, browned and drained	shredded mozzarella cheese
	shredded cheddar cheese

Place the pizza crusts on greased pans and spread sour cream in a thin layer over crusts making sure to cover the edges. Spread the remaining ingredients over the sour cream in the above order. Bake at 425 degrees for 15-20 minutes or until cheese begins to turn golden brown around the edges. *\*This truly is Gary's own recipe he created after dining out. It's become a Sunday morning family favorite at an affordable price!*

*Make-Ahead Breakfast Casserole**Leatha Sternberg Arant*

2 1/2 c. seasoned croutons	1 c. cheddar cheese
1 lb. sausage	1 c. Monterey Jack cheese
4 eggs	1/4 tsp. dry mustard
2 1/2 c. milk	1 (10 oz.) pkg. frozen, chopped spinach, thawed and squeezed dry.
1 can Cream of Mushroom soup	
1 (4 oz.) can mushrooms, drained	

Spread croutons on bottom of greased 9x13" pan. Cook sausage. Spread over croutons. Whisk eggs and milk in large bowl. Stir in soup, spinach, mushrooms, cheeses and mustard. Pour egg mixture over sausage and croutons. Refrigerate overnight. Preheat oven to 325 degrees. Bake 50-55 minutes or until set and lightly browned.

*Hash brown Casserole**Tammy Hemphill Frost*

3 T. oil	2 c. cubed ham
2 lbs. frozen hash brown potatoes	10 eggs, beaten
1 onion, chopped	salt and pepper, to taste
1 red pepper, chopped	1 1/2 c. cheddar cheese, mild, shredded

Heat oil in large skillet. Add hash browns, onion, and bell peppers. Cook until potatoes begin to brown. Spray 9 x 13" baking dish. Spread potato mixture in pan. Top with ham. Pour beaten eggs over all and season to taste with salt and pepper. Gently stir to coat all ingredients with eggs. Sprinkle with cheese. Refrigerate overnight. Bake uncovered at 375 degrees for 35 minutes. Makes 8 servings

*Egg Casserole**Tammy Shadlow*

9 slices frozen bread, buttered & cubed  
 Spray 9 x 13 pan with baking spray. Place bread in pan. Beat together:  
 9 eggs dash salt & pepper  
 1/2 tsp. dry or regular mustard

Add milk. Stir. Pour over Bread. (Can also stir in 1/2 lb. shredded American or cheddar cheese & bacon, ham or sausage before pouring mixture over bread.) Cover with foil. Let stand overnight, or not. Bake at 325 degrees for 45 minutes. Take off foil for the last 15-20 minutes.

*Scrambled Eggs for Brunch**Kris VanWinkle Vinson*

Heat roaster to 350 degrees about 1 hour before cooking eggs.	12 1/2 c. milk
11 dozen eggs -beat slightly with mixer	2 1/2 c. butter (not oleo)
1 1/2 T. salt	3 1/4 lbs. bacon (fried and crumbled)

Spray roaster with Pam. Cook milk, butter and salt on stove until hot and butter has melted. (Stir constantly or milk will burn.) Pour this mixture into the roaster. Add eggs and bacon. Stir well. Cook covered **-DO NOT OPEN THE ROASTER-** for 50 minutes. Uncover and stir but don't scrape the sides of the roaster so that the brown crust is not mixed in. Continue baking for 15 minutes. If not ready to serve, lower the heat to 150 degrees until ready to be served. Serves about 75 people.

*-Praise is the language of the Heart set free.*

Notes :

1 cup oil  
 2 lbs. brown sugar  
 1 cup butter  
 1 cup shortening  
 1 cup milk  
 1 cup vanilla  
 1 cup nuts  
 1 cup raisins  
 1 cup chocolate chips  
 1 cup walnuts  
 1 cup pecans  
 1 cup almonds  
 1 cup cashews  
 1 cup pistachios  
 1 cup hazelnuts  
 1 cup macadamia nuts  
 1 cup pineapples  
 1 cup mango  
 1 cup kiwi  
 1 cup papaya  
 1 cup guava  
 1 cup passion fruit  
 1 cup dragon fruit  
 1 cup jackfruit  
 1 cup mango  
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 1 cup passion fruit  
 1 cup dragon fruit  
 1 cup jackfruit

# *Appetizers*

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## *Hints for Appetizers*

- Try 1/2 cup plain yogurt, 2 packages low-cal sweetener and 2 tablespoons of vanilla mixed together for a cereal topping, a decorative dessert topping or an appetite appeaser. It is also a good source of calcium.
- For a quick, low calorie dip, blend 1 (12 oz.) carton of cottage cheese, 2 tablespoons of lemon juice and a desired amount of Good Season's Italian dry dressing. Mix in blender until smooth and refrigerate until ready to use.
- Use pretzel sticks instead of toothpicks when serving cubes of cheese. Stick 1 pretzel into your favorite cheese cube for added flavor and ease of handling.
- For a crispy, novel sandwich, prepare sandwich with a filling that's not too moist. Lightly butter the outside of both sides of the sandwich and bake in your waffle iron.
- Nuts will come out of the shell in halves if soaked overnight in salt water before cracking. After cracking black walnuts, let stand overnight and they can be removed from the shell more easily.
- Keep un-popped popcorn in the freezer to help eliminate un-popped kernels.
- Sprinkle popcorn lightly with warm water and let stand a few hours before popping. The added moisture makes it pop better.
- Slip plastic bags onto your hands when shaping popcorn balls. They won't stick to your hands or burn them.
- Rub a little butter over cheese that isn't to be used right away and it won't harden.
- Spread a cored apple ring with cream cheese or peanut butter. Top with a second cored apple ring.
- Dip ends of carrot, celery or cucumber sticks into softened cream cheese. Sprinkle with minced parsley.
- Combine 3 ounces cream cheese (softened) and 2 1/2 ounces deviled ham. Blend well. Use to stuff bite-sized pieces of celery.
- Tomato Tempter: Combine 3/4 cup cold milk, 1/2 cup tomato-vegetable cocktail juice, 1/2 teaspoon Worcestershire sauce and salt to taste. Blend well. Makes 1 serving.
- Flavored Milk Drink: Shake together 1/2 cup cold milk and 1/2 cup orange, prune or apple juice. Pour into chilled glass. Makes 1 serving. Flavored milk also can be made with 1/2 cup unsweetened pineapple or grape juice and 1/2 cup cold milk.
- For easy reference, tape the measurements and directions to the lids of containers of coffee, tea or rice.
- For hot beverages, use freshly draw cold water and boil as little as possible.
- Make your own Swiss Mocha drink by using 1 teaspoon instant coffee and 1 teaspoon hot cocoa mix. It's delicious.

## *Appetizers, Dips & Beverages*

### *Barbequed Chicken Wings*

*Marty VanWinkle*

2 c. sugar

1 c. water

1 1/3 c. soy sauce

3 lbs. chicken wings

In bottom of electric skillet, mix above ingredients and place in chicken wings (broken into drumettes and straight wings with tips thrown away). Simmer for approximately 2 hours. Stir at intervals and cook down until liquid turns gooey.

*\*These are terrific!*

### *Chicken Wings*

*Liz Herigstad*

2 1/2 lb. chicken wings

**Sauce:**

1/2 c. flour

2/3 c. sugar

1/2 tsp. Accent (optional)

1/2 c. vinegar

1 tsp. salt

1/4 c. soy sauce

1-2 tsp. ground ginger

1 1/2 tsp. 5-1 Spice

Oil for frying

Roll the Chicken wings in flour mix, brown in oil. Mix the ingredients for the sauce, bring to a boil, simmer 5-10 min. Put browned Chicken Wings in an electric fry-pan, cover with the sauce and simmer on low 30-40 minutes. Stir or turn the wings every 10 min. OR Bake in oven at 350 degrees for 30 minutes; turning or stirring every 10 minutes. Cover loosely with foil. *\*This is a kind of messy dish to eat ... but try it. Carl and Jack's favorite Saturday night dinner, served with a green salad and rolls.*

### *Chicken Wings*

*Kristi Mortvedt*

1/3 c. soy sauce

1/4 c. water

1/2 c. sugar

chicken wings

Combine soy sauce, sugar and water. Place chicken wings in electric skillet. Pour sauce over wings and simmer approx. 4 hrs. at 200-250 degrees. Stir and turn wings. Cook down until gooey.

*-Praise changes the climate where we live.*

*Sweet-Sour Chicken Wings**Debbie Sampson*

25 chicken wings	1/4 c. sweet pineapple juice
1 c. water	1/4 c. oil
1 c. soy sauce	1 tsp. garlic powder
1/4 c. sugar	1 tsp. ground ginger

Cut off and discard tips of wings, and cut each wing in half. Mix water, soy sauce, sugar, juice, oil, garlic powder and ginger. Pour over wings in a large shallow dish. Cover and refrigerate overnight. Place chicken on baking sheet with sauce. Bake uncovered at 350 degrees for 45 minutes. *\*This is my mom's recipe. It's one of our favorite appetizers. (overnight marinade gives outstanding flavor)*

*Stuffed Mushrooms**Mazel Birkeland*

12 lg. mushrooms - wipe with a damp cloth and brush with butter. Remove stems and sprinkle caps with salt and pepper.	1/3 c. green onions, sauté in small skillet
1/4 c. butter	mushroom stems - chopped
	Add 1 T. flour
	1/2 c. heavy cream
	1/4c. parsley flakes

Fill each cap with mixture of stems, onions, four, cream, and parsley. Sprinkle with grated Swiss cheese. Refrigerate until time to microwave. Place in microwave 3-5 minutes uncovered. *\*This came in my first microwave recipe book in 1973 when there was only one power. Now I use bake or medium for 3-5 minutes until cheese melts.*

*Stuffed Mushrooms**Janet Larson*

1/3 c. chicken broth	3 T. grated fresh parmesan
2 T. butter, melted.	1 T. chopped fresh parsley
1 med. onion chopped	1/2 tsp. seasoning salt
1/2 c. buttery round crackers crumbles	1/4 tsp. oregano
2 oz. pepperoni, ground	12 lg. fresh mushroom caps
1 sm. clove garlic, minced	

In small bowl, combine all ingredients except mushrooms. Spoon filling into mushroom caps, place in baking pan. Bake at 325 degrees for 25 minutes.

*-A word of praise is equal to a dose of medicine.*

*Parmesan Potato Sticks**Marian Klinger*

6 med. potatoes (scrubbed and peeled)      garlic salt, to taste  
1 T. butter      6 T. Parmesan cheese

Cut potatoes into 6 - 8 pieces lengthwise. Place butter in shallow baking pan and put in a 425 degree oven until butter is melted. Add the potato sticks and bake 20-30 minutes turning every 7 minutes. Sprinkle with salt and parmesan cheese. Return to oven and bake 2-3 additional minutes.

*Cinnamon Sticks**Tim & Paula Tjernagel*

1 c. sugar      1 tsp. vanilla  
1 c. butter/margarine      3 tsp. cinnamon  
1 egg, separated      pinch of salt  
2 c. flour      1/2 to 3/4 finely chopped nuts (optional)

Cream sugar and butter. Add egg yolk. Add vanilla and dry ingredients. Mix well and pat into a well greased cookie sheet (13 x 18 inches). Beat egg white until frothy. Spread egg white on top of batter with pastry brush. Sprinkle top with chopped nuts. Bake at 350 degrees about 20 to 25 min. Cut into narrow strips while hot. Remove when cool. *\*This is an easy and tasty treat. If you are a cinnamon lover you will eat a whole pan in one sitting. So be careful.*

*Party Rye Slices**Mary Hanson*

1 lb. ground beef      1 T. Worcestershire Sauce  
1 1/2 loaves party rye bread      1/2 tsp. oregano  
1 lb. Velveeta cheese      1/2 tsp. garlic salt

Brown meat. Drain off grease. Add cubed cheese and let melt. Add spices, and mix well. Spread this on rye bread slices. Freeze on cookie sheets until solid. Place in zip-lock bag. When ready to use bake at 400 degrees for 8 to 10 Minutes.

*-Prayer is sometimes the hardest work of all.*

*-Prayer is the key to God's store house*

*-To grow tall spiritually, start kneeling.*

## *Pickled Shrimp*

*Dee Anderson Douglas*

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1/2 c. virgin olive oil	4 bay leaves
1/2 c. red wine vinegar	1 lg. clove garlic, sliced
2 T. capers	2 lbs. med. or large shrimp, cooked & peeled
2 1/2 tsp. celery seed	1 lg. onion, thinly sliced in rings
1/8 -1/4 tsp. hot red pepper flakes	

In a large bowl, whisk the oil and vinegar together; stir in the capers, celery seed, hot pepper flakes, bay leaves and garlic. Stir in shrimp and onion rings. Cover and marinate shrimp for at least a day, stirring occasionally. To serve, drain, arrange on a platter & provide toothpicks. Yields about 4 dozen, depending on the size.

*\*Don't let the name fool you! It's always a favorite!*

## *Pickled Fish*

*Cindy Waugh Carpenter*

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Fish (Pollack or other similar fish works well)	pickling/canning salt white vinegar
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Cut fish in bite size pieces. Using ratio of 1 cup pickling salt to 1 qt. water, cover fish with salt water and soak, covered for 24 hours. Stir 3-4 times during soaking. Pour off water and cover with white vinegar. Soak 24 hours. Pour off the vinegar. Rinse fish with clean water and drain.

### Syrup:

2 c. white vinegar	2-3 T. pickling spice
1 c. water	1 c. white port wine
3 c. white sugar	onions, sliced
	lemons, sliced thin

Dissolve sugar in water (takes a while, keep stirring). Add vinegar, pickling spice, and port wine. Stir together. In jars, layer fish with lemon & onion slices. Cover with syrup. Seal and refrigerate. Eat in 3 days. *\*With the way my boys (all 3) eat, this is a cheap alternative to pickle herring from the store.*

## *Sweet & Sour Sausages*

*Jan Hilliard*

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2 pkg. Li'l Smokies	1 jar red current jelly (or apple or grape)
1 sm. jar mustard	

Brown Smokies. In another pan bring mustard and jelly to a boil and then simmer for about 10 minutes. Add to Smokies and serve.

*Sausage Stars**Marty VanWinkle*

Take Wonton wraps and place in mini-muffin tins and form stars. Bake at 300 degrees or so for 7 minutes (until just browned).

**Filling:**

1 lb. Jimmy Dean sausage, browned & crumbled	24 oz. ranch dressing
2 pkg. Colby-Jack cheese	onions finely chopped
	black olives (optional)

Mix ingredients well. Fill stars. Bake at 300 degrees until cheese is melted.

*Hong Kong Egg Rolls**See Kiu Herigstad*

1 lb. pork (not sausage)	1 1/2 T. cornstarch
1 egg	1 can bamboo-shoots
3 green onions ,chopped up	1 can Water-Chestnuts
1 T. sugar or honey	4 c. Chinese cabbage (1/2 of big)
1 T. fresh grated ginger	1 lb. bean-sprouts
4 T. soy-sauce	1 can mushrooms (drained)
2 T. sherry or Chinese wine	1 can tiny shrimps (optional)
1 tsp. salt	20 egg-rolls skin
1 tsp. 5-1 spice	oil for frying (Crisco)
1/2 tsp. pepper	

Brown the pork in 2 T. oil (to very loose and pink is gone). Add the Egg, green onions, sugar, ginger, soy sauce, Sherry or wine, salt, 5-1 spice, pepper, and cornstarch. Mix very well and marinade for several hours. Chop fine: the Chinese cabbage, add Sprouts, Chop the Bamboo and water-chestnuts and add with the mushrooms. Mix and keep in big bowl until ready to fry. Add the shrimps last, if used. Heat up marinated pork in very big Frying pan in 2-3 T. oil. When warm, add Veggie mix; stirring all the time. When the veggies start to shine, it is ready. (If it gets dry when frying, add some Soy-sauce and Sherry.) Have oil Hot (350-375 degrees) in an electric pan. Open the egg roll skins carefully and only take out one at the time (put damp towel over remaining so they will not dry). Put a big Tablespoon-full in the middle of skin (drain first if to moist). Fold two outer sides in over meat. Start to roll up from the bottom. Wet the top so it will stick. Have all 20 rolled & ready before you start to fry. Fry 3-4 at a time and hold down under oil with a big spoon. When they are nicely brown, drain on brown paper or paper toweling. Serve with sweet-sour sauce, soy-sauce and hot mustard. They keep nice for several days and freeze fine. Heat up in hot oil or oven, the Microwave will make them soggy. *\*See Kiu taught us to make them, and we love them. It takes a little time to do but is well worth it. You can also use chicken meat instead of pork. Inge*

*Flanky Panky**Chris Molde*

1 lb. ground beef  
 1 lb. sausage  
 1 sm. onion, chopped  
 Brown and drain the above.

**Add:**  
 1 lb. Velveeta, melted  
 1/2 tsp. garlic salt  
 1 T. Worcestershire sauce  
 1/2 tsp. oregano

Heat and stir. Spread on party rye. Can freeze and reheat at 400 degrees till golden.

*Almonds in a Haystack**Marty VanWinkle*

4 c. finely ground ham  
 8 oz. cream cheese  
 1/3 c. chopped onions

1/4 c. pickle relish (sweet)  
 Blanched slivered almonds, toasted  
 3/4 c. salad dressing

Combine ham, 4 oz. cream cheese, 1/2 c. salad dressing and 1/2 c. toasted almonds. Mix well and chill. Shape into one or two mounds. Combine 1/4 c. salad dressing and remaining cream cheese. Frost mounds. Put toasted almonds on top and chill. Serve with crackers. *\*Anytime I have a special party, I make this appetizer.*

*Corned Beef Cheese Ball**Laurel Tjernaget Bleil*

16 oz. cream cheese  
 1 T. horseradish  
 1 T. dry minced onion  
 1/2 tsp. garlic salt

1/4 tsp. Worcestershire sauce  
 1 sm. can chopped ripe olives  
 3 oz. pkg. corned beef-chopped

Beat all ingredients together. Form into ball and chill overnight. Serve with Ritz crackers.

*Smoked Salmon Balls**Alice Sjerde*

1 can (1 lb.) salmon  
 4 (3 oz. each) pkg. cream cheese  
 1 T. each lemon juice and horseradish  
 2 tsp. grated onion

1/4 tsp. salt  
 1/8 tsp. liquid smoke  
 1/2 c. chopped pecans  
 3 T. parsley

Drain and flake salmon, removing skin and bones. Combine all ingredients except nuts and parsley; blending well. Cover and chill. When ready to serve, combine nuts and parsley. Shape salmon mixture into balls. Roll in nuts and parsley. Cover and chill. Serve with crackers.

*Dried Beef Cheese Ball**Marty VanWinkle*

2 (8 oz.) pkg. cream cheese	2 T. Miracle Whip
2 jars dried beef	2 T. milk
6 green onions	Worcestershire sauce

Soften cream cheese. Dice onions and chop dried beef. Shape into ball and roll in chopped nuts (almonds or pecans). *\*Good at Christmas!*

*Sausage Cheese Balls**Vale W. Peter*

2 lbs. (32 oz.) Jimmy Dean sausage - uncooked	1/2 c. finely chopped onion
1 1/2 c. Bisquick biscuit mix	1/2 c. finely chopped celery
16 oz. sharp cheddar cheese <u>or</u> 4 c. shredded	1/2 tsp. garlic powder

Preheat oven to 375 degrees. Shred cheese and mix all ingredients. Form into 1 inch balls. Bake 15 minutes on ungreased cookie sheet until golden brown. Makes about 6 dozen. These can be frozen uncooked. For a firmer texture, add an extra 3 c. biscuit mix and an extra 2 c. of shredded cheese to the ingredients above.

*Bubble Pizza**Sharon Himan*

2 (7.5 oz.) tubes country style biscuits	2 c. mozzarella cheese
1 (15 oz.) can pizza sauce	1 c. grated cheddar cheese
1 lb. ground beef	other assorted toppings as desired.

In a greased (or sprayed with Pam) 9x13inch pan, spread biscuits. Pour pizza sauce over top. Place in 350 degree oven for 20 minutes. Brown ground beef and spread over biscuit/sauce and add other ingredients. Top with cheeses. Return to oven for another 10-15 minutes. *\*This is a great recipe for kids to make.*

*Bubble Pizza**Malissa Klinger*

1 lb. hamburger	2 c. mozzarella cheese
1 pkg. pepperoni	2 tubes of buttermilk biscuits
12 oz. can of pizza sauce	

Preheat oven to 400 degrees. Brown hamburger and drain grease. Cut each biscuit into 4 pieces. In a bowl, combine all ingredients, except for the cheese, and put into a greased 9 x 13" pan. Top with mozzarella cheese and bake for 20 minutes or until cheese is Bubbly!

*Veggie Pizza**Marian Klinger*

2 (8 oz) pkg. crescent rolls  
 2 (8 oz) pkg. cream cheese  
 3/4 c. miracle whip  
 1/4 tsp. garlic powder  
 1 T. minced onion  
 1 1/2 tsp. spring seasoning

Grated cheese: cheddar or Colby  
 Chopped veggies: carrots, radishes, red pepper, green pepper, broccoli, cauliflower, celery, green olives, black olives.  
 (this is basically whatever you want / like)

Spread crescent rolls on a jelly roll pan and bake for 15 minutes at 375 degrees. Allow the crust to cool. Mix thoroughly the cream cheese, miracle whip, garlic powder, onion and spring seasoning. Spread over the crust. Cut the crust into serving size pieces using a pizza cutter. Then top with chopped veggies and finely grated cheese. Refrigerate until ready to serve.

*Easy Vegetable Pizza**Valerie Peter*

*will make 48-60 appetizers*

Heat oven to 375 degrees. Press 2 (8-oz.) cans Crescent Dinner Roll dough into ungreased 15x10x1-inch baking pan to form crust. Bake for 13 to 17 minutes or until golden brown. Cool completely. Combine 8-oz. pkg. softened cream cheese, 1 teaspoon dried dill weed and 1/8 teaspoon garlic powder. spread over cooled crust. Cover, refrigerate 1 hour. Top with sliced or chopped fresh vegetables.

*Veggie Pizza**Susan Ruby*

1/2 c. mayonnaise  
 8 oz. pkg. cream cheese  
 1 tsp dill weed  
 1 tsp. minced onion  
 cauliflower  
 broccoli

mushrooms  
 carrots  
 8 oz. pkg. cheese (cheddar or mozzarella fine grated)  
 1 pkg. crescent rolls

**Crust:** Spread 1 pkg. crescent rolls on pizza pan and bake according to instructions on package. \* Let cool

**Toppings:** Mix together mayo, cream cheese, dill weed, and onion. Spread on crust. Top with chopped cauliflower, broccoli, mushrooms, and carrots. Top with cheese.

\* You can use any kind of vegetable you want. Chop into small pieces so they are easy to eat.

*Home Made Salsa**Marcia Hagedorn*

1 qt. tomatoes (peeled and cubed)	1 onion (chopped)
1/2 c. vinegar	1 T. salt
1/2 c. green peppers (chopped)	1 T. sugar
1/2 c. hot peppers (chopped and seeded - use RUBBER GLOVES)	2 cloves garlic (chopped)
<u>jalapeno</u> for a milder sauce, <u>cayenne</u> for a medium, <u>habanera</u> for HOT	dash oregano
	1 tsp. cumin
	1 tsp ground cayenne pepper

Season to taste. Boil for 45 minutes. Store in freezer ready containers

*Fresh Salsa**Deb Sampson Aunt*

2 qt. tomatoes, peeled and chopped (about 13-15 medium)	1 1/4 c. red wine vinegar
1 c. chopped onion	1 T. sea salt
1 c. chopped green pepper	2 T. chopped cilantro leaves
2 T. chopped garlic	1 1/2 tsp. chili powder
1/3 c. sugar	3/4 tsp. cumin
	2 jalapeno peppers finely chopped

Mix together and refrigerate. This is a medium hot salsa with sweet undertones.

*\*A patient brought this salsa to us at work. We insisted on the recipe. Now I get requests for the recipe. It's great.*

*Easy Salsa**Manita Waugh*

1 can diced tomatoes <u>or</u> use fresh tomatoes in season	1 can sm. chopped green chilies, drained
1 can tomato sauce	1 onion, chopped
	1/4 to 1/3 c. brown sugar

Mix all ingredients together well and refrigerate. Very easy. Can be heated.

*Fruit Dip*

8 oz. cream cheese, softened	1/4 c. white sugar
3/4 . brown sugar	1 tsp. vanilla

Whip the cream cheese. Stir in brown and white sugars. Add vanilla. Blend until smooth. Store in refrigerator. Serve with apple slices, grapes, bananas, strawberries, pear slices, etc.

*Cindy Carpenter, Connie Rasmusson, Jean Sternberg, Laura Morgan, Cindy Cole, and Lori Whipple all submitted and deserve credit for this popular recipe!*

*Artichoke Dip**Connie Rasmusson*

8 oz. cream cheese                      4 T. shredded spinach  
 8 oz. sour cream                        1/2 can artichokes  
 3/4 c. parmesan cheese

Sprinkle garlic salt and red pepper. Cream all together-serve with crackers.

*Artichoke Dip**Joan Anderson*

1 can artichokes, drained                      or sharp)  
 1 jar marinated artichokes, chopped        1 can green chilies, chopped  
 1 1/2 c. shredded cheddar cheese (med.    2 T. mayonnaise

Combine above in bowl. Pour into baking dish. Sprinkle with Parmesan cheese. Bake at 325°F for 25 minutes or until bubbly. Triscuit crackers are good with this!

*Chicken Dip**Lori Hall Whipple*

2 cans Cream of Chicken soup                2 (8 oz.) pkg. cream cheese  
 2 cans diced green chili peppers            2 sm. cans chunk chicken  
 1 can diced jalapeno peppers

Mix in crock pot on low, stirring occasionally. Serve with crackers or Tostado chips.

*Olive Dip**Connie Rasmusson*

8 oz. cream cheese                              1 jar drained sliced salad olives  
 3/4 c. mayo                                        dash of pepper  
 3/4 c. chopped pecans

Mix all tighter-chill for 24 hours-serve with crackers.

*Creamy Onion Dip**Rachael Sternberg Wessman*

1 1/2 c. chopped onions                        8 oz. cream cheese  
 1/2 c. mayonnaise                              1 1/2 c. fresh grated parmesan cheese

Blend and place in a greased baking dish. Bake at 350 degrees for 30-35 min. until golden brown and bubbly. Serve with crackers, toast, or vegetables.

*-Praise loudly -- blame softly.*

*Pumpkin Dip**Carol Birkeland Raymond*

4 c. powdered sugar  
 2 pkgs. (8 oz. each) cream cheese, softened

1 can (30 oz.) pumpkin pie filling  
 2 tsp. ground cinnamon  
 1 tsp. ground ginger

Combine sugar and cream cheese in a large mixing bowl. Beat until well blended. Add remaining ingredients and mix well. Serve with ginger snaps.

*Spinach Dip**Shelly Whiteing*

10 oz. frozen spinach  
 1 c. mayonnaise  
 1 c. sour cream  
 3 green onions, chopped

1 sm. can water chestnuts  
 1 pkg. Knorr or Mrs. Grass Vegetable soup mix

Thaw and squeeze water out of spinach. Chop green onions and water chestnuts. Mix together and let sit over night. Serve with crackers, Hawaiian Sweet bread or dark pumpernickel bread (can make a bread bowl.)

*Spinach Dip**Alice Ajerde*

1 pkg.(10 oz.) frozen chopped spinach, thawed  
 1 1/2 c. sour cream  
 1 c. Hellmann's mayonnaise  
 1 pkg. Knorr Vegetable soup mix

1 can (8 oz.) water chestnuts, finely chopped  
 3 green onion, finely chopped

Squeeze spinach until dry. Mix together with all ingredients. Cover, refrigerate at least 2 hour. Serve with fresh vegetables and/or crackers. One tablespoon contains 40 calories.

*Veggie Dip (Dill)**Kris VanWinkle Vinson*

1 (16 oz) carton sour cream  
 1 (16 oz) jar Hellmann's real mayo  
 1 T. Dill weed

1 T. parsley flakes  
 1 T. minced onion  
 1 T. seasoned salt

Mix together and refrigerate.

## *Hot Pizza Dip*

*Mindi Balmer*

---

8 oz. cream cheese	1/2 c. pizza sauce
1 tsp. Italian seasoning	1/2 c. chopped green pepper
1/4 tsp. garlic powder	1/2 c. chopped sweet red pepper
2 c. shredded mozzarella	Tortilla chips or breadsticks
1 c. shredded cheddar	

In a bowl, combine cream cheese, Italian seasoning, and garlic powder; spread on the bottom of a greased 9" pie plate. Combine cheeses; sprinkle half over the cream cheese layer. Top with the pizza sauce and peppers. Sprinkle with remaining cheeses. Bake at 350 degrees for 20 minutes. Server warm tortilla chips or breadsticks.

## *Layered Mexican Dip*

*Deb Sampson Aunt*

---

1 can refried beans	tomato, chopped
1 envelope of taco seasoning	green pepper, chopped
2 c. sour cream	shredded cheddar cheese
onion, chopped	black olives, chopped

Spread refried beans on a round pizza style plate. Sprinkle with taco seasoning and spread sour cream over the top. Garnish the top with chopped onions., tomatoes, green pepper, and black olives. Top the whole mixture with shredded cheddar cheese. Serve as appetizer with tortilla chips. *\*My kids and Brian and Deb Sampson's kids especially love this.*

## *Easy Tomato Chip Dip*

*Cindy Waugh Carpenter*

---

5 red tomatoes, chopped	1 sm. can chopped green chilies
1 med. onion, chopped	ground cumin to taste (1-3 tsp)
1 bunch green onion & tops, chopped	

Mix all ingredients together. Refrigerate. Serve with tortilla chips. *Note: As cumin soaks in it does get hotter. Best to refrigerate a few hours or overnight then taste before adding more cumin*

*-A Committee is a group that keeps minutes, but loses hours.*

*-You wont leave footprints in the sand if you are a heel.*

*Seafood Dip**Marcia Hagedorn*

1 pkg. cream cheese, softened  
 cocktail sauce  
 1 sm. can tiny shrimp, chilled

1 sm. can crab meat, chilled  
 parsley flakes, as desired

Spread softened cream cheese on flat surface plate. Top with thin coating cocktail sauce. Top with chilled tiny shrimp and chilled crab meat. Sprinkle with parsley flakes if desired. Refrigerate for 30 minutes. Serve with party crackers.

*Touchdown Taco Dip**Emily Tjernagel Araber*

1 can refried beans  
 8 oz. sour cream  
 1 garlic clove, pressed  
 2 T. taco seasoning (approx 1/2 packet)

1 c. salsa  
 2 c. shredded cheddar or taco cheese  
 1 bag tortilla chips

In a greased 9" round baker or square baking dish, layer refried beans. Combine sour cream, taco seasoning & garlic for next layer.. Then add salsa & top w/cheese last. Bake at 350 degrees for 30-35 minutes. Serve warm w/ tortilla chips.

*Taco Dip**Mindi Balmer*

8 oz. cream cheese  
 8 oz. sour cream  
 taco sauce

lettuce, chopped  
 tomatoes, chopped  
 cheddar cheese, shredded

Mix cream cheese and sour cream together and spread onto a platter. Chill for an hour. Top with taco sauce, lettuce, tomatoes and cheese. Serve with taco chips. Mix together.

*Spaghetti Sauce**Cindy Waugh Carpenter*

1 c. chopped onion  
 1 c. chopped green pepper  
 3 1/2 c. chopped tomatoes  
 2 (3 1/2 oz.) cans tomato paste  
 2 can mushrooms  
 4 tsp. oregano

1 tsp. chili powder  
 1 T. parsley flakes  
 3 T. salt  
 3 T. sugar  
 1 tsp. pepper  
 1 tsp. garlic powder

Brown onion and peppers in 3 T. hot oil in large pot. Add all remaining ingredients and mix well. Cook down until fairly thick (about 1" down in pan). Seal in jars or freeze. \*Can add browned meat if desired for serving. This is a sweet sauce, I cut the sugar down to make it less sweet.

*Firecracker BBQ Sauce**Tracy Carpenter*

1/2 c. cider vinegar	2 thick lemon slices
1 c. water	1 med. onion, thinly sliced
1/4 c. brown sugar	1/2 c. unsalted butter/margarine
2 T. Dijon or spicy brown mustard	1 c. ketchup
1/4 tsp. salt	3 cloves garlic, crushed
1 tsp. pepper	1/4 c. Worcestershire sauce
1/2 tsp. paprika	2 tsp. hot red pepper sauce

In Heavy saucepan, combine first 10 ingredients. Bring to boil over med/high heat. Reduce heat to low and simmer uncovered, stirring occasionally for 20 minutes. Remove from heat. Discard lemon slices. Stir in remaining ingredients and cool to room temp. Serve, or store in refrigerator in tightly covered container (up to 1 week). Freezes up to 3 months.

*Crabmeat Canapés**Jill Patterson*

1 jar Old English cheese spread	1 T. mayonnaise
1/2 c. butter, softened.	1 can crabmeat, drained and flaked
1/2 tsp. seasoned salt	6 English muffins
1/4 tsp. garlic powder	

Beat cheese and butter till smooth. Add seasonings and mayonnaise. Stir in crab. Cut untoasted muffins in 1/2 and spread with mixture. Cut each 1/2 into 4 pieces. Place in freezer until solid. Bag and store in freezer may be removed as desired and bake without thawing at 400 for 10 minutes. Or until lightly browned Serve hot.

*Olive Cheese Spread**Laurel Tjernagel Bleil*

8 oz. cream cheese	1 c. salad olives - minced
1 stick butter	1/2 tsp. garlic salt

Mix together. Good with Club crackers.

*Olive Cheese Spread**Mindi Balmer*

1/2 lb. Colby, shredded	1/2 tsp. garlic salt
1/2 lb. Swiss, shredded	1 T. onion salt
1/2 lb. Mozzarella, shredded	2 c. Hellmann's Mayo
1 tsp. dry mustard	1 tsp. Accent
1 T. sugar	

Mix all ingredients and chill overnight.

*Sauerkraut Relish**Dorothy M. Peter*

1 lg. can sauerkraut - do not drain	1 can or jar chopped pimento
1 heaping c. sugar	1/2 or 1 tsp. celery seed
1 sm. chopped green pepper	dash of salt
1 chopped onion	

Mix all together and let set in refrigerator for 4 hours. *\*This goes over very well with a hog roast party or any pork dish.* Yield: 10-15 servings.

*7-Up Slush**Sue Braland Mortvedt*

3 c. crushed pineapple and juice	3 c. sugar
2 c. mandarin oranges	1 (30 oz.) bottle 7-UP
6 oz. can frozen orange juice	6 mashed bananas

Put in the first four ingredients into blender and add bananas and 7-UP. Put to plastic container. (ice cream bucket is fine) Stir several times while freezing. Remove from freezer a couple of hours before serving

*The Lord High Sheriff of  
Salisbury's Wassail**Alan Lance Andersen*

1 dozen apples	4 bottles of sherry
1 c. water	1 T. nutmeg
1/2 tsp. mace	6 allspice
1 dozen eggs	2 c. brandy
4 c. sugar	2 tsp. ginger
6 cloves	1 stick of cinnamon

Core and bake apples. Combine water, sugar, and spices. Boil for 5 minutes. Beat egg whites stiff. Beat egg yolks separately. Fold eggs together. Strain sugar and spice mixture and fold into egg mixture. Heat sherry and brandy almost to boiling point. Stir sherry into egg mixture. Stir brandy into egg mixture. Add apples, stir, and serve.

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*Orange Cow**Darla Tjelmeland Drees*

3/4 c. cold water	1/2 c. instant dry milk crystals
1 egg	3 T. sugar
1 (6 oz.) can frozen orange juice concentrate (3/4 c.)	1 tsp. vanilla
	10 ice cubes

Put all ingredients in blender container. Cover and process on liquefy until smooth. Makes 4 cups. (May add extra ice and have and "almost orange sherbet").

*Strawberry Smoothies**Kris VanWinkle Vinson*

1 1/2 c. frozen strawberries	1 c. apple juice
1 sliced frozen ripe banana (we don't always use frozen)	

Peel and slice the banana. Put all ingredients into a blender. OPTIONAL: Add 1 T. vanilla ice cream. Blend and pour into a glass. Serve. \*We blend in crushed ice with this instead of the ice cream. We have also used lemonade rather than apple juice.

*Refreshing Raspberry Cooler**Sherry Patterson*

8 c. fresh or frozen raspberries, thawed	1/2 c. water
1 1/2 c. sugar	2 liters ginger ale, chilled
2/3 c. cider vinegar	2 c. cold water

In a large saucepan, crush the berries. Stir in sugar, vinegar and water. Bring to a boil: reduce heat. Simmer, uncovered, for 20 minutes. Strain to remove seeds; refrigerate. Just before serving stir in ginger ale and cold water. Serve over ice. Yield: about 3-1/2 quarts.

*Texas Sparkle**Darla Tjelmeland Drees*

4 tea bags	1/3 c. lemon juice
4 c. water	1 1/2 c. orange juice
3/4 c. sugar	1 qt. ginger ale

Brew tea bags with boiling water. Let steep 6 minutes. Add sugar, lemon juice and orange juice. Chill. Add ginger ale and serve over ice.

*Lemon Almond Tea**Carol Birkeland Raymond*

4 c. water  
 12 individual tea bags  
 3/4 c. sugar

3 qt. cold water  
 1 can (12 oz.) frozen lemonade  
 1 1/2 tsp. almond extract

In a large saucepan bring 4 c. water to a boil. Remove from heat and add tea bags. Steep 5-10 minutes, covered. Discard tea bags, stir in sugar. Stir in cold water; add lemonade concentrate and almond extract. Chill. Serve over ice and garnish with mint leaves if desired.

*Cranberry Christmas Punch**Darla Tjelmeland Drees*

1 c. water, boiling  
 1 (3 oz.) pkg. cherry flavored gelatin  
 1 (6 oz.) can lemonade, frozen  
 3 c. water, cold

1 qt. bottle cranberry juice cocktail,  
 chilled  
 1 pt. (12 oz.) bottle ginger ale, chilled

Dissolve Cherry gelatin in boiling water. Stir in the frozen lemonade. Add the cold water and the cranberry juice cocktail. Place in a large punch bowl with 2 trays of ice cubes or a molded ice ring. Pour punch over ice. Slowly pour in chilled ginger ale. Fruit flavored sherbet may be added, if desired. Makes about 25 servings.

*Punch**Mrs. Donald B. (Betty) Hanson*

2 pkg. strawberry Kool-aid  
 1 1/2 c. sugar  
 1 (46 oz) can orange - Hi C

2 qt. cold water  
 1 liter 7 up

Mix Kool-aid, sugar orange and water. Just before serving, add 7 up. Makes 1 gallon. Note: This is not expensive to make and is a pretty red color. *\*Tastes very good. I received this years ago from Ruby Nelson.*

*Courage takes many forms. There is physical courage, there is moral courage. Then there is still a higher type of courage - the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead.*

Howard Cosell

*Fruit Punch*†*Erna Halverson*

- |  |                  |
|--|------------------|
| 1 (6 oz.) can frozen orange concentrate    | 1 qt. ginger ale |
| 1 (6 oz.) can frozen lemon concentrate     | 2 1/2 qt. water  |
| 1 (6 oz.) can frozen pineapple concentrate |                  |

Combine frozen fruit juice concentrates with water. Add ginger ale just before serving. Good as is, but even better with your variations. Yield: 15 large glasses

*Wedding or Graduation Punch**Mary Severseike*

- |   |                                |
|---|--------------------------------|
| 4 c. hot water                                | 24 c. cold water               |
| 2 pkg. (6 oz.) Jell-O                         | 2 cans pineapple juice         |
| 6 c. sugar                                    | 4 qt. ginger ale (when served) |
| 2 pkg. Kool-Aid (matching flavor with Jell-O) |                                |

Heat water (4 c.) with Jell-O, sugar, and Kool-Aid until dissolved. Add cold water and pineapple juice. Freeze in 5 qt. ice cream pails. Allow to partially thaw when ready to serve. Put into punch bowl and pour ginger ale over. Stir.

*Spiced Punch**Laurel Tjernagel Bleil*

- |                        |                              |
|------------------------|------------------------------|
| 46 oz. pineapple juice | 1/2 tsp. salt                |
| 46 oz. cranberry juice | 4 1/2 tsp. whole cloves      |
| 4 1/4 c. water         | 4 sticks cinnamon            |
| 1 c. brown sugar       | Red food coloring for color. |

Mix and simmer 30 min. (This works well in a crock pot, too.)

*Recital Punch**Doradene Thompson*

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 6 c. water                     | 4 lg. ripe bananas                    |
| 4 c. sugar                     | 1 lg. can unsweetened pineapple juice |
| 1 (12 oz.) frozen orange juice | 4 qt. pop (sprite or 7up)             |
| 1 (12 oz.) lemon aide          |                                       |

Boil water and sugar for 3 minutes. Cool. Blend orange juice, lemon aide and bananas in blender. Add to pineapple juice and water mixture. Freeze entire mixture in cake pans. Cut in cubes and divide in 4 equal parts. Put in plastic bag and refreeze. Add 1 qt. pop to each bag at time of serving.

*Hot Apple Cider**Darla Tjelmeland Drees*

1 gal. apple cider  
 4 tsp. apple pie spice  
 1 c. brown sugar

1/2 tsp. ground cloves  
 2 sticks cinnamon  
 or 1/2 tsp. ground cinnamon

Combine all ingredients in crock-pot, turn on high until hot. Then simmer 4 hours.

*Cocoa Mix**Kristi & Allison Mortvedt*

1 lb. Nestles Quick  
 6 oz. jar Coffee mate

1 qt. box powdered milk  
 1/2 c. powdered sugar

Mix together. Store in large Tupperware. Mix 1/3 c. mix to 1 c. hot water

*Instant Hot Chocolate**Kris VanWinkle Vinson*

8 qt. box instant milk (powdered)  
 6 oz. jar coffee mate or Pream

2 lb box Nestles instant chocolate mix  
 1/4 c. powdered sugar

Mix together and store in an airtight container. Add 1/3 c. of mix to 1 cup of hot water. Stir and serve.

*Hot Chocolate Mix**Bailey Balmer*

8 qt. box powdered milk  
 16 oz. Nestle Quick

2 c. Coffee mate  
 1 c. powdered milk

Mix together. 1/3 cup mix for every cup hot water

*Cocoa Mix**Susan Ruby*

1 (8 qt. box) Carnation dry milk  
 1 6 oz. Coffee mate  
 1 16oz. Nestles Quick

1 c. sifted powdered sugar  
 Mix together above ingredients

Fill cut half full of mixture and finish filling cup with hot water, stir. Makes 40 cups.

*Life is like a pie - you have to slice it into pieces, take bites that you can chew,  
 and enjoy the heavenly flavor with every bite.*

*Instant Hot Chocolate**Jean Sternberg*

8 qt. box powdered milk  
 6 oz. jar Pream  
 1 c. powdered sugar

1 lb. box instant chocolate drink  
 1 sm. pkg. instant chocolate pudding

Mix all together. **To use:** add 1/3 c. of mix to 2/3 c. hot water.

*Hot Chocolate Mix**Cindy Waugh Carpenter*

1 (12 qt.) box instant milk  
 1 lg. jar Coffee mate

1 lg. Nestlé's Quick mix  
 1 c. powdered sugar

Mix all ingredients well. Store in airtight container. Use 1/4 c. mix to 1 c. hot water.

*Mentoring Hot Cocoa Mix**Nancy Schwartz*

1 3/4 c. nonfat dry milk powder  
 1 c. sifted powdered sugar

1/2 c. powdered non-dairy creamer  
 1/4 c. sifted cocoa powder

Combine all ingredients until well-blended. Store in an air-tight container. Use 1/3 c. cocoa mix for each cup of hot water. *\*This is the cocoa that has become a must-have at our mentoring sessions. The original recipe calls for finely crushed peppermint sticks or candy canes sprinkled on top, which might be a nice touch.*

*Notes :*

Notes :

Mix all ingredients together in a large bowl. Add 1/2 cup of hot water and stir. Add more water as needed. Makes 10 cups.

1 1/2 (12 oz) cans Evaporated Milk  
 1/2 cup Instant Coffee  
 1/2 cup Powdered Sugar  
 1/2 cup Hot Water

Mix all ingredients together in a large bowl. Add 1/2 cup of hot water and stir. Add more water as needed. Makes 10 cups.

1 1/2 (12 oz) cans Evaporated Milk  
 1/2 cup Instant Coffee  
 1/2 cup Powdered Sugar  
 1/2 cup Hot Water

1 1/2 (12 oz) cans Evaporated Milk  
 1/2 cup Instant Coffee  
 1/2 cup Powdered Sugar  
 1/2 cup Hot Water

Mix together. 1/3 cup mix for every cup hot water

Choco Mix

Swiss Ruby

1 1/2 (12 oz) cans Evaporated Milk  
 1/2 cup Instant Coffee  
 1/2 cup Powdered Sugar  
 1/2 cup Hot Water

Fill one half fill of milk and fresh filling cup with hot water, stir. Makes 10 cups.

Life is like a pie - you have to eat it in pieces. Life is like a pie - you have to eat it in pieces and enjoy the heavenly flavor with every bite.

# *Main Dishes*

*Beef Dishes* 108-124

*Chicken Dishes* 125-138

*Fish Dishes* 139-141

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*Noodle Dishes* 146-150

*Rice & Misc.* 150-153





## *Hints for Meats*

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- Heat the frying pan before adding oil or butter to prevent sticking.
- Sprinkle salt in the bottom of a frying pan to prevent food from sticking.
- When you want a crisp, brown crust on chicken, rub mayonnaise over it.
- Try basting meat loaf with 1/2 c. brown sugar, 1 T. dry mustard, 1/2 c. tomato juice, 1 1/2 c. chili sauce and 1/2 c. pineapple juice for a delicious flavor.
- Grate an apple into hamburger, then shape into patties to add moistness.
- A large roast or turkey can be carved easily after it stands for 30 minutes.
- To remove the wild flavor, soak game birds 3 hours in 1 T. baking soda and 1 T. salt to 1 gal of water. Basting in 7-up helps take away the game taste.
- Add left over coffee to ham, beef or pork gravy for a beautiful color.
- Use a small amount of baking powder in gravy if it seems greasy. The grease will disappear.
- Use an ice cream dipper to make meatballs.
- To make a fluffy meat loaf, beat an egg white stiff and add it after all other ingredients have been mixed.
- When making hamburgers, mix a little flour with the meat and they will stay together better.
- For smooth brown gravy, brown the flour well in meat drippings before adding the liquid. Another way to brown flour is by placing it in a custard cup beside meat in oven. When meat is done, the flour will be brown and ready to make a nice, brown gravy.
- Raw meats, especially liver, grind easily if frozen, not stone hard, but just firm.
- To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.
- The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for 1 hour before cooking.

### **Bacon:**

- Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.
- Bacon dipped in flour will not shrink, or pinch a fold in the middle of a bacon slice to help prevent curling. Soaking in ice water a few minutes also works.
- A quick way to separate frozen bacon. Heat a spatula over the stove burner, then slide it under each slice to separate it from the others.

## *Main Dishes - Beef*

### *Chow Mien*

*Cindy Waugh Carpenter*

1-2 lb. round steak, cubed  
salt, to taste  
1-2 T. oil  
1 c. celery, chopped  
1 c. onion, chopped

1 can Chinese Fancy Vegetable  
2 T. soy sauce  
2 T. cold water  
2 T. corn starch  
1 T. sugar

Brown meat in large skillet in oil. Season with salt. Add enough water to keep from going dry and let simmer 10-15 minutes. Add chopped celery and chopped onion and more water if needed. Cook until onion are tender, celery can still be crisp. Drain can of vegetables and mix into meat. In cup mix soy sauce, water, sugar, and cornstarch until smooth. Pour into skillet and mix well. Cook until sauce thickens. Serve over rice or chow mien noodles.

### *My Souvlash*

*Laurel Tjernaget Bleit*

1 lb. ground beef - browned, drained  
3 T. chopped onion  
1 can tomato soup - undiluted  
1/2 c. sour cream

salt-pepper-garlic salt  
1 can tomatoes  
2 c. cooked macaroni

### *Mexican Lasagna*

*Karleen Titus*

1 lb. ground beef  
1 (17 oz) can whole kernel corn, drained  
1 (15 oz) can tomato sauce  
1 c. picante sauce  
1 T. chili powder  
1 1/2 tsp. ground cumin  
1 (16 oz) carton cottage cheese

2 eggs, slightly beaten  
1/4 c. grated parmesan cheese  
1 tsp. oregano  
1/4 tsp. garlic powder  
1/4 tsp. salt  
8 oz. lasagna noodles, cooked  
1 c. shredded cheddar cheese

Brown meat; drain. Add corn, tomato sauce, picante sauce, chili powder and cumin. Simmer, stirring frequently, for 5 minutes. Combine cottage cheese, eggs, parmesan cheese, oregano, garlic powder and salt; mix well. Arrange 3-4 lasagna noodles in a lightly greased 9x13" baking dish. Top with half the meat mixture. Spoon cheese mixture over meat. Arrange remaining noodles over cheese. Top with remaining meat mixture. Bake at 375 degrees about 45 minutes or until hot and bubbly. Remove from oven and sprinkle with cheese. Let stand 10 minutes before serving.

*Overnight Lasagna**Carol Mathis Moran*

2 lbs. hamburger - browned  
 1/2 tsp. pepper  
 1 tsp. salt  
 1 tsp. dried onion (optional)  
 2 c. water  
 3 lbs. Prego spaghetti sauce

12 oz. cottage cheese  
 4 c. (or more) mozzarella, pizza cheese  
 combination pkg., cheddar & American  
 cheese pkg.  
 2 lbs. lasagna noodles (**uncooked**)

Brown hamburger with salt, pepper & onion; drain excess fat. Stir in Prego and water. In a 9 x 13" cake pan or casserole, layer sauce, uncooked noodles, cottage cheese and other cheeses. Continue layering until all gone. Cover and refrigerate overnight. Bake, uncovered, 1 1/2 hours at 350 degrees.

*Lasagna**Kathy Rasmussen Osmundson*

1 lb. hamburger  
 32 oz. spaghetti sauce  
 3/4 c. water  
 1 tsp. basil leaves  
 1 tsp. oregano

12 oz. cottage cheese  
 1 beaten egg  
 9 raw noodles  
 3 c. Mozzarella. cheese  
 1/3 c. parmesan cheese

Brown hamburger and simmer with sauce, water, basil and oregano. Mix cottage cheese & egg. Layer 1/2 noodles, 1/2 sauce & 1/2 cottage cheese and 1/2 Mozzarella. Then other 1/2's. Top with parmesan. Bake 1/2 hour covered and 1/2 hour uncovered. Let set 10 minutes before serving.

*Favorite Hot Dish**†Celia Waugh*

1 lb. ground beef  
 sliced onions  
 sliced potatoes  
 rice (1/3-1/2 cup)

1 sm. can red kidney beans  
 1 can tomato soup  
 1 can water

Brown ground beef. Add rest of ingredients in layers. Pour tomato soup diluted with a can of water (or more) depending on amount of rice used. Bake at 350 degrees until vegetables are done. (1 hour +)

*-To lose is to learn.*



*Basic Meat Loaf**Jean Sternberg*

1 1/2 lb. ground beef	1/2 c. chopped onion or green pepper
1 c. tomato sauce, catsup, or milk	1 egg
3/4 c. Quaker Oats (Quick or Old-fashioned, uncooked)	1 tsp. salt
	1/8 tsp. pepper

Combine all ingredients; mix well. Shape to form 8 x 4 inch loaf. Bake in large shallow baking pan in preheated moderate oven (350 degrees) about 1 hour. Makes about 6-8 servings. **Variations:** For individual meat loaves, shape meat mixture to form 6 loaves. Bake in Shallow baking pan in preheated moderate oven (375 degrees) for 25 to 30 minutes. Makes 6 servings. **For barbeque sauce topping:** Combined 1/3 c. catsup, 1 T. firmly packed brown sugar, and 1 T. prepared mustard. Brush over meat loaf or individual loaves during the last 10 minutes of baking.

*Meat Loaf**Charlene Cole*

1 1/2 lb. ground chuck	1 1/2 c. crushed crackers
1 1/2 c. scaled milk	1 tsp. garlic salt
1 egg slightly beaten	1 med. onion, chopped
1/4 tsp. baking powder	1 (10 1/2 oz.) can cream of tomato soup
1 sm. green pepper, chopped	1 (10 1/2 oz.) soup can of water

Mix all ingredients in a bowl, except soup and water. Let mixture stand for 10 min. to help crackers absorb some of the liquid. Grease or spray 9x13" baking dish. Heat soup and water to boiling in a saucepan. Pour over meat loaf. Bake at 425 degrees for 10 minutes. then bake 350 degrees. for 1 1/2 hr. Baste meat loaf several times during baking time.

*Haystacks**Samuel Titus*

3 c. cooked rice	chopped green peppers
1 lb. ground beef or 2 c. cooked pinto beans	diced tomatoes
1 sm. chopped onion	chopped onions
1 envelope taco seasoning mix	crushed corn chips
chopped lettuce	1 (10 oz.) can cheddar cheese soup or 2 c. of your own cheese sauce, heated

Brown ground beef and onion; drain fat. Add taco seasoning. A little water may be added to make mixture slightly juicy. Spoon over rice to serve. Top with lettuce, green pepper, tomatoes, onions, corn chips and cheese sauce. Serves 6.

*Super Nacho Casserole**Karleen Titus*

1 1/2 lbs. ground beef, browned and drained  
 1 chopped onion  
 2 (15 oz) cans refried beans  
 1 c. picante sauce

3 c. grated cheddar cheese  
 1/2 c. chopped green onion  
 1/2 c. chopped black olives  
 1 c. sour cream  
 1 c. guacamole

Mix the first 3 ingredients and place in a greased baking dish. Layer the remaining ingredients in the above order. Bake at 400 degrees for 45 minutes. Serve immediately over a bed of shredded lettuce and top with crushed corn chips.

*Al Andersen's Strogasagne**Alan Lance Andersen***Sauce:**

2 to 3 lbs. ground beef  
 2 lg. yellow onions, diced  
 2 cans Cream of Celery soup  
 2 T. black pepper (to taste)

1 T. celery seed  
 1 lg. can mushrooms  
 1 box lasagna noodles  
 1 or 2 bricks Swiss cheese (sliced)  
 1 lg. container chive sour cream

Brown beef and onions. Add other sauce ingredients and simmer. Cook Lasagna noodles as directed on box. Drain. In a greased cake pan, place a layer of Lasagna noodles. Cover with layer of meat sauce. Dab with generous dollops of chive sour cream. Cover with layer of Swiss Cheese. Repeat layers of noodles, sauce, sour cream, and cheese. Bake in 350 degree oven till cheese on top is golden brown.

*\*This is one of my two cooking masterpiece ! The best things I ever invented.*

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*Roast**Joy Thyre*

4 c. water whole (just takes longer )  
 1 roast washed & sliced in 2-3" long strips or squares (can also cook 4-5 cloves garlic)

Bring to a boil, turn down, cover and steam 2 1/2 hours. May add carrots, potatoes, celery & cabbage during the last hour of cooking. Easy, nutritious and delicious. \*If you leave potatoes out of either recipe, you can freeze the extra move out of the freezer to frig as needed. Keeps in frig 3-4 days or more, but best to eat fresh or in a few days from freezer.

*Spinach Lasagna**Nancy Schwartz*

2 eggs	1 jar spaghetti sauce
16 oz. ricotta cheese (or cottage cheese)	1 pkg. lasagna noodles (uncooked)
1/2 c. parmesan cheese	8 oz. shredded mozzarella & cheddar
10 oz. package frozen chopped spinach (thawed and drained)	cheeses

Mix together eggs, ricotta and parmesan cheeses and spinach. Spoon some of the sauce into the bottom of lasagna pan, then uncooked noodles, then cheese/spinach mixture; repeat layers; top with shredded cheese; cover with foil and bake at 350 degrees for 1 hour. Let stand 10 minutes before serving.

*Crock Pot Swiss Steak**Dorothy Larson*

1 1/2 lb. round steak (3/4" thick)	1 carrot (chopped)
2 T. flour	1 can tomato or mushroom soup
1 med. onion (sliced)	salt and pepper

Cut steak in serving pieces. Season and dredge in flour. Place onion slices in bottom of pot, add meat. Top with carrots and celery. Cover with tomato soup. Cook on low for 8-10 hours or high 3-5 hours. Serves 6

*Crock Pot Beef**Helen Shold*

1 beef roast	1 can Cream of Celery soup
1 pkg. onion soup mix	2 c. Pepsi cola (not diet)

Put all in crock pot and cook on low for 8 to 10 hrs. Makes good gravy.

*Meatballs**Sylvia Posegate Anderson*

2 lbs. ground chuck	2 eggs
1 pkg. chicken flavored Stovetop Stuff- ing mix	1 c. milk

Mix the above ingredients together and shape into balls. Place in a greased casserole dish or cake pan. Pour 1 can of beef broth over the raw meatballs. Bake at 350 degrees covered for 45 minutes. Uncover and bake an additional 15 min. The raw meatballs can be made ahead of time and frozen.

*Crock Pot Meat Loaf**Dorothy Larson*

1 1/2 lb. ground beef	1/2 tsp. sage
2 beaten eggs	1/2 c. catsup
2/3 c. bread crumbs	2 T. brown sugar
1/4 c. milk	1/2 tsp. nutmeg
2 T. onions	1 tsp. ground mustard
1 tsp. salt	

Combine beef, eggs, crumbs, milk, onion, salt and sage. Shape into ball and place into greased cooker. Cover and cook on low 5-6 hours for 15 minutes. Before serving, mix catsup, brown sugar, mustard and nutmeg. Pour over loaf, cover and cook 15 minutes more. Serves 6

*Black Forest Beef**Helen Shold*

Chuck beef roast cut in bite size pieces and browned with flour mix the following with the beef	1 T. paprika
1 c. water	1/2 tsp. pepper
1/2 c. chili sauce	1 can sauerkraut
1 envelope onion soup mix	1/2 c. brown sugar
	8 oz. sour cream

Add all ingredients to crock pot and cook on low for 8 hrs. Add sour cream before serving over noodles, rice, etc.

*Tortilla Casserole**Jan Hilliard*

1 pkg. 6" tortillas	1/2 pkg. taco seasoning
1 lb. hamburger	1 pkg. shredded mild cheddar cheese
1/4 c. water	

Brown hamburger, add 1/4 c. water and taco seasoning. In a 9 x 9" pan, layer ingredients starting with tortillas, then hamburger and cheese, repeat layers. Serve with toppings of sour cream, lettuce, tomatoes, and onion. Bake at 375 degrees for 20-30 minutes. Serves: 9

*Don't undermine your worth by comparing yourself to others. It is because we are all different that each of us is special.*

-Brian Dyson

*Tasty Round Steak**Dorothy Larson*

Cut round steak into serving size pieces. Dredge in flour, salt and pepper. Brown on both sides and layer in casserole with sliced onions. Cover all with half and half. Bake at 350 degrees for 1 hour.

*North Dakota Hot Dish**Cathy Anderson Jacobs*

1 lb. raw ground beef  
1/2 sm. onion (diced)  
1 can Cream-Style corn

4 med. potatoes (peeled & cut into 1 inch cubes)

Place raw ground beef in bottom of 2-quart casserole. Season with salt and pepper. Add onion and layer potatoes over all. Pour corn over potatoes. Dot with pats of butter. Bake in microwave about 25 minutes, stirring gently once or twice.

*Noodle Casserole**Shirley Hemphill*

1/2 lb ground beef  
minced onion to taste  
6 oz. pkg. wide noodles

1 can Cream of Mushroom soup  
1 can Tomato soup

Brown ground beef and onion. Add mushroom and tomato soup. Season to taste. Cook noodles then put 1/2 noodles in casserole and pour 1/2 of the mixture over it. Add the other half of the noodles and the remaining mixture. Cover with crushed potato chips. Bake at 350 degrees for 30 minutes. \*Tracy Hemphill Veas' (our daughter) favorite

*Easy "Hobo Bags"**Audrey Hauley*

1 lb. ground beef chuck  
4 med. raw potatoes, sliced thin  
3 carrots, sliced  
1/2 med. onion, sliced, separated into rings

1/4 c. catsup  
4 sheets of aluminum foil about 12" sq.

Divide ground beef into 4 patties and place one in the center of each sheet of foil. Divide potatoes, carrots and onion rings into 4 parts and arrange in that order on top of ground beef patties. Season with salt and pepper. Fold each corner of the foil to the center and twist together to prevent juice from leaking out during baking. Place bags on cookie sheet and Bake at 325 degrees for 1 hour. Serves: 4 \*They are best when baked slow.

*Easy Casserole (Stove top)**Laura Morgan*

1 lb. ground beef  
 1 sm. onion  
 1 can green beans

1 c. minute rice  
 soy or Worcestershire sauce

Brown beef and onion. Add green beans, juice and all. Add minute rice and cook over very low heat until rice is done. Season with sauce of choice.

*Pizza Casserole**June Lee*

1 lb. ground beef  
 1 can tomato soup  
 2 T. pizza seasoning

sliced American cheese  
 Tator tots

Layer ground beef in 9x13" cake pan. Cover with tomato soup and pizza seasoning. Cover with cheese slice. Cover with tator tots. Bake 350 degrees for 1 1/4 hrs.

*Skillet Burgers**Jean Sternberg*

1 1/2 lbs. hamburger  
 2 T. French's mustard  
 1 T. butter  
 2 T. sugar (scant)

1 med. onion  
 1 T. vinegar  
 3/4 c. catsup  
 1 tsp. salt

Brown onion and butter in skillet. Add hamburger and heat through. Mix catsup, mustard, sugar, vinegar, and salt and add to hamburger. ( I drain the grease off the hamburger before adding this.) Simmer 30 minutes. Serve on heated hamburger buns. *\*This recipe was from my Mother and one that my family has always liked too! Dick just loves this one!*

*-What you think of yourself is much more important  
 than what other think of you.*

*If you rest, you rust.*

*-Helen Hayes*

*-If you carry your childhood with you, you never grow older.*

*Roma Meat Loaf**Margaret Nelson*

2 lbs. ground beef	1/8 tsp. pepper
1 egg	1/2 tsp. oregano
1 c. saltine cracker crumbs	1 3/4 c. shredded mozzarella cheese
1/2 onion, chopped	2 (8oz.) cans tomato sauce
1 tsp salt	

Combine beef, eggs, crumbs, onion, salt, oregano, pepper and 1/2 c. Tomato sauce. Mix well and shape into a 10 x 12" rectangle on waxed paper. Sprinkle shredded cheese to within 1" of edge all the way around. Roll up jelly-roll style baking dish. Bake at 350 degrees for 1 hour. Drain fat, pour remaining sauce over the top and bake additional 15 minutes. *\*Can also top with additional mozzarella cheese.*

*Cottage Meat Loaf**Audrey Hauley*

1 1/2 lb. lean ground beef	2 eggs, beaten
1/2 c. ketchup	3/4 c. fresh bread crumbs
1/3 c. tomato juice	1/4 c. finely chopped onion
1/2 tsp. salt	2 tsp. prepared mustard
1/2 tsp. black pepper	

In large bowl, combine ketchup, juice, salt and pepper, eggs, bread crumbs, onions and mustard. Mix until thoroughly blended. Add beef; mix thoroughly. Press mixture into 5 x 9" loaf pan.

**Topping:**

1/4 c. ketchup	2 tsp. brown sugar
1/2 tsp. mustard	

Mix all 3 ingredients together in a small bowl; spread over meat loaf. Bake at 400 degrees for 35 -45 minutes or until done. Drain off fat. Let stand 5 minutes before serving. *\*Line pan with foil to help with clean up.*

*Lasagna**Stacy McGregor (Strum)*

Cook noodles for about 5 minutes on the stove. Have spaghetti sauce. Brown ground pork on the stove. 2 things of cottage cheese. Layer all that 2 times in a glass pan. Cook in oven at 350 for 15 minutes. Take out and eat.

*Crescent Lasagna**Carol Wright***Meat filling:**

1 lb. ground beef, brown and drain  
 little onion  
 1 T. parsley flakes  
 1/2 tsp. basil  
 1/2 tsp. oregano  
 salt and pepper  
 6 oz. Tomato paste

**Cheese filling:**

1 c. cottage cheese  
 1 egg  
 1/4 c. Parmesan cheese  
 Mozzarella slices

**Crust:**

2 tubes crescent rolls

Spread crescent rolls, overlapping edges. Spread meat filling down center of crust. Spread cheese filling over top of that. Add mozzarella slices. Fold ends of crust over. Pull long side of dough over and press together. Brush with 1 T. milk and 1 T. sesame seeds. Bake at 375 degrees for 20-25 minutes.

*Family Favorite Casserole**Mark Saunt*

1 lb. hamburger	1/2 c. onion (chopped)
1 c. tomato soup	1/3 c. rice
1 soup can of water	1T. Worcestershire sauce
1 can kidney beans	1 tsp. salt
1 c. celery (chopped)	pepper

Brown hamburger, onion and celery. Add the remaining ingredients. This dish can also be prepared in a skillet. Serves: 5 Bake at 350 degrees for 1 hour *\*This is one of Mark, Tyler, and Trent's favorites. We often double the recipe to satisfy our appetites.*

*Beef-Macaroni Chili Skillet**Diane Webb*

1 lb. ground beef	1 tsp. sugar
1 c. uncooked elbow macaroni	1/8 tsp. pepper
1/2 c. chopped onion	2 1/2 c. hot water
2 1/2 tsp. salt	1 (6 oz) can tomato paste
1 1/2 tsp. chili powder	1/4 c. water

Brown ground beef in large frying pan, pour off grease. Add macaroni, onion, salt, chili powder, sugar, and pepper. Stir in 2 1/2 c. hot water, cover and cook for 10 min. Combine tomato paste and water, add to meat mixture and continue cooking 10 minutes. Serves 6

*Shipwreck**Valerie Peter*

*\*A Microwave Recipe kids love.*

Steam one pound of ground beef, leaving partly pink, place in bottom of large deep microwave safe dish. Layer potato slices on next, sprinkle with seasonings. Scatter on some minced onion. Layer 1 can of beans ( any kind) *I like Bush's Baked Beans.* (Use the bean juice also.) Spread a can of tomato soup on top. Cover and vent. Microwave on "high" 25 minutes.

*Cordon Bleu Meatloaf**Judy Anderson*

1 egg (beaten)	2 c. soft bread crumbs
1/2 c. tomato sauce	8 thin slices ham
1 1/2 oz. meatloaf seasoning mix	8 slices Swiss cheese
2 lb. ground beef	3-4 oz. can mushrooms

Roll or pat out onto waxed paper to 18 x 9" rectangle. Top with layers of ham, cheese, and mushrooms. Carefully roll up, enclosing filling. Seal all edges well. Place in shallow baking pan. Bake at 350 degrees for 1 hour. Serves 8-10.

*Hamburger Casserole**Sherry Tjernagel*

1 (8 oz) shell macaroni (cooked & drained)	1/4 tsp garlic salt
1 1/2 lbs hamburger (browned with onion)	1 sm. carton cottage cheese
1/2 tsp salt	1 c. sour cream
	1 can tomato soup (undiluted)
	1 c. cheddar cheese

Mix together hamburger (onion), salt, garlic salt, cottage cheese, sour cream, and tomato soup. Fold in macaroni. Bake at 350 degrees for 40 minutes - take out and sprinkle with cheddar cheese on top - put back in oven just long enough to melt cheese. *\*Great recipe from my dear friend, Betty Hanson. She served it at Ladies Aid back in 1974 with butter horn rolls at an afternoon meeting. I went home and made it that very night for supper. My family loved it!*

*-Love, Hope, Peace and Faith ... do you need more?*

*Easy Lasagna**Sharon Himan*

1 lb. ground beef	1 tsp. oregano
1/2 c. chopped onion	3 c. mozzarella cheese
1/2 tsp. salt	1/2 c. parmesan cheese
1/4 tsp. pepper	1 c. dry cottage cheese (or Ricotta)
32 oz. jar spaghetti sauce	1 (8 oz). box lasagna noodles
1 c. water	

Brown beef, onion, salt and pepper. Drain. Combine sauce, water, oregano, beef. Mix together cheeses. Spread 1 cup sauce in bottom of greased 9 x 13 pan. Place one layer of uncooked noodles, spread 3 cups sauce over the noodles, then spread 1 1/2 cup cheese. Repeat layers. Cover with foil. Bake at 325 degrees for 1 hour. Uncover and bake 15 minutes longer. *\*I make this the day before and let sit in fridge overnight.*

*"One Pot" Dinner**Pat Hall*

1/2 to 1 lb. ground beef	1 c. ketchup
3/4 pound bacon, cut in small pieces or use bacon bits	1/4 c. brown sugar
1 c. chopped onion	1 T. liquid smoke
2 cans (1 lb, 15oz. size) pork beans	3 T. white vinegar
1 can (1lb.) kidney beans, drained	1 tsp. salt
1 can (1lb.) butter limas, drained	dash of pepper

Brown ground beef in skillet; drain off fat and put beef in crock pot. Brown bacon and onions; drain off fat. Add bacon, onions and remaining ingredients to Crock pot. Stir together well. Cover and cook on Low 4-9 hours. If using the 2 quart crock pot reduce this recipe by half.

*There are days when we don't  
have a song in our  
hearts,  
but we must sing anyway.*

*Crock Pot Pizza**Pat Hall*

1 1/2 lb. ground beef	1 (12 oz) Kluskie or small flat noodles
1 onion, chopped	8 oz. cheddar cheese shredded
1 (16 oz) jar pizza sauce	1 pkg. pepperoni sliced
1 (8 oz) jar spaghetti	

Brown and drain beef and onion. Add sauces and simmer 5-10 minutes. Boil noodles until tender and drain. In crock pot layer meat and sauce mixture, noodle, cheese, and pepperoni. Repeat layer one more time. Cook covered on low for 1 1/2 hours or until cheeses are melted. Do not over cook. Serves: 15

*Meat Loaf**Holly VanWinkle*

4 lbs. ground beef	1 tsp. minced onion
1/2 c. ketchup	1/4 c. brown sugar
2 c. bread crumbs	pepper
1/2 tsp. nutmeg	2 tsp. dry mustard
2 c. milk	6 eggs
2 tsp. salt	

Mix ground beef and above ingredients together (except brown sugar, nutmeg, ketchup mustard) until well blended. Place in 2 loaf pans. Mix brown sugar, ketchup, mustard, and nutmeg together. Pour over meat. Bake at 350 degrees for 1 hour. Serves 8-10. *\*Holly's favorite to fix when she has company.*

*Cheesy Meat Loaf**Manita Waugh - Cindy Waugh Carpenter*

1 to 1 1/2 lbs. lean ground beef	salt & pepper, to taste
2/3 c. milk	<b>Topping:</b>
6 soda crackers, crushed	1/4 c. brown sugar
1 c. cubed Velveeta	1/4 c. ketchup
2 eggs	1 T. prepared mustard
1 sm. onion, chopped	Beat together well

Combine ground beef, milk, crackers, cheese, eggs, onion, salt and pepper. Mix together well. Pour into greased loaf pan. Top with Topping. Bake at 350 degrees for 1 1/2 hours. *\*Baked potatoes go well with it and you can bake at the same time.*

*Veggie Meat Loaf**Darla Tjelmeland Drees*

1-2 lbs. ground beef	1 can vegetable beef soup
1 egg	1 row of Saltines
1 tsp. Worcestershire sauce	dried onion flakes, desired amount
Lowry's seasoning salt, as desired	1/4-1/2 c. water

Crush Saltines while in package (ones in the rows work great for this). Mix beef egg, Worcestershire sauce, seasoning salt, dried onion, crushed crackers in large mixing bowl. Mixing with hands works best, but can use a spoon. Add soup and mix. Add water gradually until loaf looks right consistency. Make into loaf in a glass loaf pan. Cook at 350 degrees for 1 hour - 1 1/4 hours or until it looks done. About 15 minutes before done brush on Cookie's barbeque sauce or ketchup. *\*Meat loaf is good without the soup too. If you omit the soup, then you will need slightly more water.*

*Crock Pot Beef and Noodles**Dorothy Larson*

2 lb. stew meat (cut into 1/2 -1" pieces)	1 tsp. pepper
1 T. vegetable oil	1 can beef broth
1 jar mushrooms (drained)	1 carton sour cream
1/2 c. minced onion	1/2 c. flour
garlic, thyme	1/4 c. water
1 tsp. salt	4 c. warm cooked noodles

Brown beef in skillet. Drain. Combine beef, mushrooms, onion, seasonings, and broth. Pour into cooker. Cook on low for 8-10 hrs. Combine sour cream, flour and water. Add to cooker. Cook on high for 30 minutes. Serve over noodles. Serves 8

*Simple Salisbury Steak**Sylvia Ryan*

1 can Cream of Mushroom soup (or Cream of Chicken)	1 egg, beaten
1 lb. ground beef	1/4 c. finely chopped onion
1/3 c. dry bread crumbs	1/2 c. sliced mushrooms (optional)

Mix thoroughly 1/4 c. soup, bread crumbs, beef, eggs, and onion. Shape firmly into 6 patties. In skillet, over medium heat, brown patties. Spoon off fat. Remove patties. Stir in remaining soup and mushrooms. Return patties to skillet. Reduce heat to low. Cover. Simmer 20 minutes or until done turning patties occasionally. Makes 6 servings.

*Enchiladas**Mindi Balmer*

1 lb. ground beef	1/2 green pepper
1 c. cottage cheese	1 T. oil
1 can black olives	1 can tomato sauce
1/2 tsp. garlic powder	1 can chilies
1/2 tsp. salt	2 tsp. chili powder
1/4 tsp. pepper	2 tsp. sugar
8 (7") tortillas	1 garlic cloves
1 sm. onion	1 c. cheddar cheese

Brown ground beef. Mix beef with cottage cheese, sliced black olives, garlic powder, salt, pepper. Spoon some of the beef mixture the flour tortillas. Fold the tortilla up and place in a 9" x 13" dish. In a skillet sauté onion and green pepper in oil. Add tomato sauce, chilies, chili powder, sugar, and garlic cloves to skillet. Simmer for a few minutes. Pour sauce mixture over enchiladas. Cover and bake at 350 degrees for 30 minutes. Spread cheddar cheese over enchiladas and bake for 5 more minutes.

*Pan Burritos**Marian Klinger*

2 pkgs. enchilada sauce mix (1 1/2 oz. each)	2 lbs. ground beef
3 c. water	9 lg. flour tortillas (9")
1 can tomato paste (12 oz)	4 c. shredded cheese
1 garlic clove, minced	1 can refried beans (16 oz)
1/4 tsp. black pepper	taco sauce, sour cream , chili peppers,
salt, to taste	chopped onion (optional)

In a saucepan, combine the first 6 ingredients. Simmer for 15-20 minutes. In a skillet, brown the ground beef. Drain and stir in 1/3 of the sauce mixture. Spread another 1/3 of the sauce mixture on the bottom of a greased 9x13 pan. Place 3 tortillas over sauce, tearing to fit bottom of pan. Spoon 1/2 of the meat mixture over tortillas and then top with 1 1/2 cups of cheese. Add 3 more tortillas. Spread refried beans over tortillas. Top with remaining meat mixture. Spread 1 1/2 cups of cheese on top. Layer remaining tortillas and top with remaining sauce. Sprinkle the remaining cheese on top. Bake uncovered at 350 degrees for 35-40 minutes. Let stand 10 minutes before cutting. Serve with taco sauce, sour cream, chili peppers or chopped onion if desired.

*Enchiladas**Marlene Ryan Foster*

1 lb. ground beef	3 cans enchiladas
1/2 c. chopped onion	1 pkg. taco shells
1/4 tsp oregano	cheddar cheese
1 T. chili powder	Monterey cheese
1/4 tsp. garlic powder	

Brown hamburger and onions. Add oregano, chili and garlic. Put meat mixture in taco shells and roll. Place in baking dish. Pour sauce over shells. Cover with cheese. Bake at 325 degrees for 25 minutes.

*Lasagna**Susan Ruby*

2 (15 oz.) Ricotta cheese	2 (26oz) spaghetti sauce (Ragu, or Prego)
2 c. shredded mozzarella cheese	
1/2 c. grated Parmesan cheese, divided in two	12 pieces (12oz) uncooked lasagna noodles
2 eggs	1 lb. cooked hamburger or sausage (opt.)

1. Combine ricotta cheese, 1 cut mozzarella, 1/4 c parmesan cheese and eggs.
2. In 13x 9" baking dish, spread 1 c. sauce. Layer 4 uncooked lasagna pieces, 1 cup sauce and 1/2 of ricotta cheese mixture; repeat. Top with 4 uncooked lasagna pieces and 2 cups sauce.
3. Cover with foil; bake 1 hour. Remove foil; sprinkle with remaining cheeses. Bake uncovered 10 minutes. Let stand 10 minutes. Serve with remaining sauce, heated. Bake 1 hr 10 minutes for 375 degrees.

*Notes :*

## *Main Dishes - Chicken*

### *Arroz con Pollo*

*Ethan Schwartz*

1/2 onion, finely chopped  
1 sweet pepper finely chopped  
3 lg. cloves of garlic  
1/4 c. of cooking oil  
2 pkg. of chicken broth  
2 carrots cut into fine strips  
1 can of peas

2 chicken breasts, cooked in sufficient water with thyme and other condiments for taste  
2 c. of washed rice  
3 spoonfuls of mild Tabasco sauce  
salt, to taste  
1 tomato, chopped into quarters

In a large pot, put the oil on medium heat, add the onion, sweet pepper, and garlic cloves, and allow to crystallize. Add the carrots and rice and stir well for five minutes. Add the peas and chicken, and continue to stir and add the water of the chicken with the broth. Allow it to cook without the cover until rice begins to expand. Add the sauce and chopped tomato and lower the heat. Cover the rice, and allow to sit for five minutes. *\*A Costa Rican favorite. In Costa Rica, it is made with salsa inglesa, a hot sauce made from vegetables and spices, instead of Tabasco.*

### *Chicken Casserole*

*Doris Christian*

3 c. cooked chicken, chopped  
2 cans mushroom or chicken soup  
2 c. uncooked elbow macaroni

2 c. milk  
1/2 lb. cheese, cut up  
sm. onion, diced

Mix together and place in greased 9 x 13" pan. Place in refrigerator over night. Top with crushed potato chips and bake. Bake 350 degrees for 1 hour. *\*We served this at Salem for a women's meeting of several churches. It was very good.*

### *Easy Baked Chicken*

*Lori Hall Whipple*

1 (3 1/2 to 4 lb.) broiler/fryer chicken, cut up\*  
1 c. Italian salad dressing

1 1/4 c. crushed corn flakes  
\*could substitute boneless chicken breasts

Place chicken in a large, re-sealable plastic bag or shallow glass container; add salad dressing. Seal or cover and turn to coat. Refrigerate for at least 1 hour. Drain and discard marinade. Coat chicken with crushed corn flakes, then place in a greased 9 x 13 x 2" baking dish. Bake, uncovered, at 350 degrees for 1 hour, or until juices run clear.

*Chicken Marbella**Dee Anderson Douglas*

4 chickens, 2 1/2 lbs. each, quartered	1/2 c. pitted Spanish green olives
1 head of garlic, peeled & finely pureed	1/2 c. capers with a bit of juice
1/4 c. dried oregano	6 bay leaves
salt & pepper to taste	1 c. brown sugar
1/2 c. red wine vinegar	1 c. white wine
1/2 c. olive oil	1/4 c. Italian parsley or cilantro
1 c. pitted prunes	

In a large bowl combine chicken quarters, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice and bay leaves. Cover and let marinate, refrigerated, overnight. Preheat oven to 350 degrees. Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them. Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice. With a clotted spoon transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro.

*Company Chicken Casserole**Helen Shold*

3 c. cooked chopped chicken breast	1 can (15oz) French style green beans, drained
1 (6 oz) box Uncle Ben's long grain and wild rice cooked	1 c. Hellmann's low fat mayonnaise
1 (10 oz) can low fat cream of celery soup	1-6 oz. can water chestnuts drained & chopped.
1 medium onion chopped	

Place all ingredients in large bowl and mix well. Place mixture in sprayed 9 x 13" pan. Bake uncovered 25-30 minutes at 350 degrees or glass dish at 325 degrees  
Serves 8

*Cheese Slow Cooker Chicken**Dorothy Larson*

6 skinless, boneless chicken breasts	2 cans cream of chicken soup
salt, black pepper, garlic pepper	1 can cheddar cheese soup

Place chicken in pot. Sprinkle with seasonings. Mix soups together. Pour over chicken. Cover and cook on low for 6-8 hours. \*Wonderful over noodles, rice or mashed potatoes.

## *Chicken Gravy for "Chicken & Biscuit Dinner"*

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Recipe makes 15 - 3/4 c. servings

Use large Dutch oven

2 sticks oleo (melted)

1 1/2 c. flour

Mix together and add

7.5 c. chicken broth

1 Knorr Chicken Bouillon cube

Cook until thick - stirring often. Add 1 can cream of chicken soup and onion powder and celery salt to taste. Last add 3 c. cubed cooked chicken (can add more) *Original recipe interpreted by Sylvia Anderson, 8-26-99.*

## *Oven Baked Chicken Parmesan*

*Carol Hemphill*

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4 boneless, skinless chicken breasts

any flavor)

1 egg, slightly beaten

1 c. shredded mozzarella cheese (about 4

3/4 c. Italian seasoned dry bread crumbs

oz.)

1 jar (26-28 oz.) Pasta Sauce (any brand,

Preheat oven to 400 degrees . Dip chicken in egg, then bread crumbs in 13 x 9" baking dish, arrange chicken. Bake uncovered for 20 minutes. Pour pasta sauce over chicken then top with cheese. Bake 10 minutes or until chicken reaches 170 degrees and is no longer pink. Serve, if desired, with hot cooked pasta. Refrigerate leftovers. Serves: 4 (depends on size of chicken breasts) at 400 degrees for 30 minutes.

## *Parmesan Chicken Cutlets*

*Cindy Cole*

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1/4 c. grated parmesan cheese

4 (4oz) skinless, boneless chicken

2 T. Italian-style dried bread crumbs

breasts

1/2 tsp. paprika

In re-sealable plastic bag, combine cheese, crumbs and paprika; shake well. Transfer mixture to plate, dip each chicken breast in cheese mixture, turning to coat all sides. Arrange on nonstick baking sheet. Bake until chicken is cooked through. Serves 4. Bake at 400 degrees for 20-25 min. Weight Watchers Pts: 3 pts per serving

*-If you accept correction, you will need less of it.*

*-The one thing you can do better than anyone else is to read your own handwriting.*

*-Overlook the faults of others, and you will overcome your own.*

*Country Style Chicken Kiev**Tim & Paula Tjernagel*

1/2 c. margarine	1/4 tsp. salt
1/2 c. fine dry bread crumbs	2 chicken breasts...boneless
2 T. parmesan cheese	1/4 c. apple juice
1 tsp. oregano leaves	1/4 c. chopped parsley
1/2 tsp. garlic salt	

Preheat oven to 375 degrees. Melt butter. Mix together the bread crumbs, cheese, oregano, garlic and salt. Wash and pat dry the chicken breast. Dip the chicken in the butter and roll it in the bread crumbs. Place in an ungreased baking dish. Bake for 40 to 50 minutes or until golden brown. Meanwhile add apple juice to remaining butter. When chicken is golden brown, pour butter/ apple mixture over chicken and bake for 3 to 5 minutes more. *\*A family favorite...from Tim on down to Hannah...we all enjoy this chicken recipe.*

*Grandma's Chicken**Dorothy Larson*

Roll desired amount of chicken pieces, first in beaten eggs, then in finely chopped Ritz crackers. Place in well buttered baking pan. Season with oregano and garlic, salt, salt and pepper. Dot with butter. Bake in 350 degree oven for 1 1/2 hr. *\*I also mix oregano and garlic salt in the eggs and the crackers.*

*Lemon Herb Chicken Ring**Emily Tjernagel Araber*

1 can (10 oz.) chicken, flaked	1/2 c. Miracle Whip
1/2 c. diced red bell pepper	1 tsp. Italian or rosemary herb seasoning
1 tsp. lemon juice	1/2 c. (2 oz.) grated Parmesan cheese, divided
3 T. chopped fresh parsley, divided	
2 garlic cloves, pressed	2 pkgs. (8 oz.) refrigerated crescent rolls
1 c. (4 oz.) shredded mozzarella cheese	

Combine chicken red pepper, lemon juice, 2 T. parsley, garlic, mozzarella cheese, Miracle Whip, seasoning & 1/3 c. Parmesan cheese. Mix well. Unroll crescent dough; separate into triangles. Arrange triangles in a circle on round pizza stone or jelly roll pan with wide ends overlapping in center and points toward outside (leave about a 5" diameter opening in the center). Spoon chicken mixture evenly onto widest end of each triangle. Bring points of triangles up over filling and tuck under wide ends of dough at center of ring. You will still be able to see part of filling. Sprinkle remaining Parmesan cheese over ring. Bake at 375 degrees for 28-30 minutes or until golden brown. Garnish with remaining chopped parsley. Makes 6-8 servings.

*Mexican Chicken**Lori Hall Whipple*

1 pkg. Chicken breasts	1 can tomatoes with green chilies
1 pkg. Doritos (Taco flavor)	1 pepper
1 can cream of chicken soup	1 onion
1 can cream of mushroom soup	1/2 lb. cheddar cheese

Cook chicken and cut into bite size pieces. Chop pepper and onion. Mix soups, tomatoes, pepper and onion. Grease oblong pan. Layer Doritos, chicken, soup mixture. Bake at 350 degrees for 30 minutes uncovered. Last 10 minutes add cheese.

*Easy Chicken Pot Pie**Jen Tjernagel*

1 2/3 c. frozen mixed veggies	1/2 c. milk
1c. cut up cooked chicken	1egg
1 can Bisquick mix	

Mix veggies, chicken, soup, in an ungreased 9 in. pie pan. Stir remaining ingredients with a fork until blended. Pour over mixture in pie pan. Bake at 400 degrees for 30 minutes. Serves 6

*Oven Fried Chicken**Audrey Hauley*

4 sm. chicken breast halves, or 8 small thighs (1 1/2 lbs. total)	1/2 tsp. oregano or 1/4 tsp. sage
1/3 c. fine dry bread crumbs	salt and pepper, to taste
	1 T. margarine, melted

Remove skin from chicken; rinse and pat dry. Mix dry ingredients in bowl. Add melted margarine; toss to coat. Press crumb onto skin-side of chicken; arrange chicken pieces, coating side up, in 7 x 12 inch baking pan. Bake in oven at 400 degrees until chicken is tender. (Approx. 30 minutes) Do Not turn. *\*This crispy Crumb-topped version of an all-American favorite sheds fat calories by calling for skinless chicken and by using a minimum amount of margarine in the coating for flavor.*

*Chicken Casserole**Rosemary Hennessy*

2 cans Cream of Chicken soup	garlic and pepper
1 c. mayonnaise	optional- 1 tsp. of curry if you like
2 c. grated velvets	6 c. (or less) cooked chicken
2 T. lemon juice	1 1/2 pkg. mixed frozen vegetables (I use country mix )
Dash of seasoned salt	

Mix all ingredients together put in 9 x 13" baking dish or pan. Bake uncovered. Note: put veggies in frozen-won't get mushy. Can put crushed flakes, cereal or buttered crackers on top. Serves 10 or 15 Bake at 350 degrees for 45 minutes. *\*Can make in mixing dish ahead except frozen vegetables-add and put in just before baking.*

*Chicken Casserole**Jean Sternberg*

Cook 1 pkg. noodles	1 can Cream of Chicken soup
4 c. cut up chicken	1 can liquid ( best with chicken broth)
1 can Cream of Mushroom soup	

Mix all together. Bake 1 hour at 350 degrees. Yields/serves: A bunch! Huge casserole *\*This was a recipe from my mother (Donnabelle Sievert). It was always a favorite of us 8 kids when I was growing up, and equally a favorite with my family.*

*Chicken Casserole**Lori Hall Whipple*

2 c. cooked chicken	2 c. milk
2 cans Cream of Chicken	onion flakes
2 c. uncooked macaroni	1/2 lb. Velveeta cheese cut up

Combine all ingredients and put in a greased 9 x 13" pan. Let stand in the refrigerator over night. Cook at 350 degrees for 1 hour.

*Chicken - Rice Casserole**Mazel Birkeland*

2 boxes Uncle Ben's Long Grain and Wild Rice Original - cook as directed	2 cans mushrooms - stems and pieces - drained
2 cans cream of mushroom soup - 1/2 can milk	1 can water chestnuts - drained and sliced or 1 package slivered almonds
4 c. cooked, cut chicken	1 c. buttered bread crumbs

Cook rice as directed, add soup, milk, chicken, mushrooms, water chestnuts or nuts. Mix well and put in 9x13 greased pan. Top with crumbs. Heat at 350 degrees about 30 minutes until crumbs are golden.

*Chicken & Black Bean Enchiladas**Mazel Birkeland*

2 c. cooked, cubed chicken	1 tsp. cumin
1 tsp. chopped garlic in oil	1/4 tsp. salt
1 1/2 c. picante sauce - divided	1/2 c. green onion - chopped
1 can black beans - drain most of liquid	1 1/2 c. Monterey Jack cheese - shredded
1 lg. red pepper - chopped	10 8" flour tortillas

Mix chicken, garlic, beans, 1/2 c. picante sauce, pepper, seasonings, and onion. Divide mix evenly on tortillas, roll up and place in a greased 9x13 pan. Top with rest of sauce and cheese. Bake at 350 degrees for 15-20 minutes. *\*I use the whole bottle of sauce.*

*Overnight Chicken Casserole**Carol Mathis Moran*

3to 4 c. cooked chicken, boned and diced (large cans of boneless chicken work well)	pkg. cheddar & American cheese, shredded
2 c. chicken broth	1/4 c. green pepper, diced (optional)
1 c. Cream of Mushroom soup	1 sm. onion, diced (can use dried onion flakes)
2 c. Velveeta cheese, diced <u>or</u> 1 (8 oz)	2 c. macaroni shells ( <b>uncooked</b> )

Mix all together and pour into greased 7 x 11" pan. Let stand, covered, in refrigerator overnight. Bake at 350 degrees for 1 hour. Uncover last 1/2 hour. May need to increase baking time if put directly from refrigerator into oven.

*Chicken Casserole**Doris Classon*

8x8

2 cups boned chicken  
 1 can Chicken Noodle soup  
 1 can Cream of Chicken soup  
 1 can (#3) chow mien noodles  
 1 small can evaporated milk  
 serves 4-5

9x13

2 cans (12.5 oz) chicken breast  
 1 can Chicken Noodle soup  
 1 can Cream of Chicken soup  
 1/2 bag (12 oz). chow mien noodles  
 1 regular can evaporated milk  
 serves 6-8

Mix above ingredients and put in a greased pan. Sprinkle dried bread cubes over the top and drizzle with 1 stick melted margarine over the bread cubes. Bake at 350 degrees for 35-45 minutes until golden brown. *\*Fast and very easy to make, and good.*

*Sour Cream Chicken Enchiladas**Linda Tesdall Mohr*

1/2 c. chopped onion	4 oz. chopped green chilies, drained
1 garlic clove, minced	1 1/2 c. cubed, cooked chicken
2 T. butter, melted	1 1/2 c. shredded cheddar cheese
1/2 c. sliced ripe olives, drained	1/4 c. milk
1 can Cream of Chicken soup	10 corn tortillas, substitute with flour tortillas
1 c. sour cream	

Melt butter, cook onion and garlic until tender. Stir in 1/4 c olives, soup, 1/2 c. of sour cream, and green chilies. Reserve 3/4 c. of this sauce, set aside. Stir in chicken, 1/2 c. cheese into remaining sauce. Combine reserved 3/4 c. sauce, the remaining sour cream and milk.. Spread 1/2 c. of the sauce over the bottom of an un-greased 9x13 pan. Place 1/4 c. chicken mixture down the center of each tortilla and roll up, Place seam side down in a row in center of baking dish. Spoon remaining sauce over top of filled tortillas, covering completely. To serve, sprinkle with remaining cheese and 1/4 c. olives. Let stand 5 min. before serving. Bake at 350 degrees for 20-25 min. Servers 6-8 *\*This has become a favorite*

*5 Can Chicken Casserole**Linda Tesdall Mohr*

1 lg. can <u>or</u> two sm. cans cooked chicken	1 can chow mien noodles
1 can Chicken with Rice soup	1 can evaporated milk
1 can Cream of Chicken soup	1 can mushrooms (Optional)

Pour the ingredients together and place in a Pam-coated casserole. Bake 350 degrees for 30-40 min. *\*Quick and so easy!*

*Hawaiian Chicken Wings**Joan Anderson*

3 lbs. chicken wings	1/2 tsp. dry mustard
1/2 c. butter	1 T. soy sauce
1 c. brown sugar	3/4 c. water
1 can crushed pineapple	

Heat water, sugar, butter until sugar is dissolved and butter is melted. Add crushed pineapple, soy sauce, and dry mustard. Pour over chicken wings and marinate overnight. Bake at 350 degrees for 1 1/2 hours.

*-Laughter is the sunlight of the soul.*

*Aunt Sadie's Chicken Casserole**Joan Anderson*

7 oz. pkg. macaroni creamettes, un-cooked	1 sm. onion (diced)
2 c. milk	1/2 c. celery (diced)
1 can Cream of Mushroom soup	2 c. chicken (chopped)
1/4 lb. cheddar cheese (mild)	2 or 3 hard boiled eggs (chopped)
	1 tsp. salt

Mix well. Refrigerate overnight. Top with bread crumbs. Bake at 350 for 1 1/2 hours.

*Chicken and Dumplings**Manita Waugh*

<b>Dumplings:</b>	1/2 tsp. salt
1 c. flour	1/2 c. milk
2 tsp. baking powder	2 T. oil

Sift dry ingredients. Add milk and oil; stirring until moistened. Drop by T. onto Chicken broth or stew. Cover pan and bring to boiling. Reduce heat and simmer 12 minutes or until done. Cook a chicken and de-bone it. Put in a kettle. Thicken broth and put chicken in it. Put dumpling on top to cook as shown above in Dumping directions. *This is Southern cooking! (This is one of my Heritage recipe from Kansas.)*

*Chicken Enchiladas**Debbie Sampson*

2 cans chicken soup	4 split chicken breasts, boiled and cut into cubes
1 c. sour cream (8oz.)	cheddar cheese (grated)
1 bunch green onions, chopped	four tortillas (big size)
1 can chopped green chilies	

Mix well and get hot in pan the chicken, soup and sour cream. Grease 9 x 13 pan. Take tortilla and put a tiny bit of cream chicken mixture with a few onions and chilies in it. Put some cubed chicken and grated cheese inside and fold or roll up. Put rest of cream chicken mixture over the top and then grated cheese. Bake at 350 degrees for 20 minutes or until heated through. *\* I got this from Mary Duea.*

*Smile.*

*Turkey Enchilada Casserole**Emily Tjernagel Araber*

1 c. chopped onion	chicken or ground beef)
1/4 c. butter or margarine	2 c. shredded cheddar cheese
1/4 c. flour	4 oz chopped green chilies or 1/2 c.
2 1/2 c. water & 1 T. instant chicken	chopped green peppers (opt)
bouillon, or 2 1/2 c. chicken broth	1/2 tsp. chili powder
8 oz sour cream	10 (8") flour tortillas
3 c. finely chopped cooked turkey (or	

Cook onion in margarine or butter until tender. Stir in flour; cook until bubbly. Add water & bouillon (or broth). Cook & stir until thickened. Remove from heat. Add sour cream. Combine 1 c. sauce w/turkey, 1 c. cheese, chilies or other peppers, & chili powder; mixing well. Fill tortillas w/turkey mixture; roll up. Arrange in greased 9x13" pan. Spoon remaining sauce over top of enchiladas. Sprinkle w/cheese. Bake at 350 degrees. Makes 6 to 8 servings

*Chicken Breast Casserole**Dorothy Christian*

12 oz. pkg. wide egg noodles	2 cans Cream of Chicken soup
2/3 cup margarine	1 can milk
1 T. parsley flakes	Swiss cheese
1/2 c. sliced celery	seasoned crumbs
4 split chicken breasts (boneless is best)	

Cook noodles in salted water, drain, rinse in warm water and drain again. Put in a 9x13 pan (sprayed). Sprinkle parsley and celery. Add chicken breasts, then lay Swiss cheese over chicken. Mix soup with milk and pour over chicken. Sprinkle with seasoned crumbs. Bake at 325 degrees for at least 1 hour or until chicken is tender. (Can use cooked chicken).

*Chicken Casserole**Marty VanWinkle*

2 c. uncooked macaroni	1 sm. onion, chopped
2 c. chicken, cut up	2 c. processed cheese
2 cans Cream of Mushroom, Celery, or	salt/pepper
Chicken soup	2 c. milk

Grate cheese. Combine all ingredients in casserole. Refrigerate overnight. Bake at 350 degrees for 1 hour. Serves 6

*Kathy's Grilled Chicken**Sue Braland Mortvedt*

1/2 c. melted butter  
 1 T. lemon juice  
 1 tsp. garlic powder  
 1/2 T. tarragon vinegar

1 T. sugar  
 1 T. paprika  
 1/4 T. soy sauce  
 1 T. onion salt

Combine ingredients and mix well. Marinate overnight. Grill. Pierce. Brush while cooking. *\*This recipe was given to my sister, Kathy, by a friend of hers. Kathy's friend complimented the chef on the chicken. The chef was fired that night and gave the recipe to her. The recipe came from a fancy, high class L. A. restaurant. My family requests this weekly.*

*Basil Cream Chicken**Sherry Patterson*

1 1/2 lb. boneless skinless chicken  
 breasts, cubed  
 1 1/3 c. finely chopped green onions  
 1 lb. fresh mushrooms sliced  
 2 T. vegetable oil  
 1/2 c. butter or margarine  
 1/4 c. all-purpose flour

2 c. chicken broth  
 1 c. whipping cream  
 2 T. minced fresh basil or 2 tsp. dried  
 basil  
 1/4 tsp. white pepper  
 hot cooked fettuccine

In a skillet, sauté chicken, onions and mushrooms in oil until the chicken is no longer pink. Meanwhile, in a large saucepan, melt butter. Stir in flour until smooth. Gradually add broth and cream. Stir basil and pepper. Bring to a boil: cook and stir for 2 minutes or until thickened. Stir in chicken mixture. Serve over fettuccine. Yield: 6-8 servings

*Grilled Turkey Tenders**Marty VanWinkle*

2 lbs. turkey breast tenderloins  
 1/2 c. soy sauce  
 1/2 c. peanut oil  
 1/2 c. cooking sherry wine

4 T. lemon juice  
 garlic salt  
 2 T. chopped onion  
 1/2 tsp. ginger

Combine soy sauce, oil, sherry, lemon juice, salt, onion and ginger. Pour over turkey. Marinate overnight. Turn pieces every-so-often, so all side are coated. Grill. *\*This is an Iowa State Fair recipe and a family favorite for special meals. You can also use chicken breasts.*

*Easy Chicken and Rice**Darlene Erickson*

1 chicken, cut into pieces  
 2 cans Cream of Celery soup  
 1 pkg. Lipton onion soup mix

1 1/3 c. Minute rice  
 1 c. Cream of Mushroom soup

Butter flat casserole dish. Pour in cream of celery soup, mixed with 4 T. Water. Sprinkle over this the onion soup mix. Top this with minute rice right out of the package. Top with chicken pieces. Pour cream of mushroom soup mixed with 4T. Water over everything. Cover tightly with foil and bake at 350 degrees for 1 1/2 hours. Remove foil and brown under broiler till crisp.

*Mexican Chicken**Marian Klinger*

4-6 boneless / skinless chicken breasts  
 1 can Cream of Chicken soup  
 8 oz sour cream  
 1/2 tsp. garlic salt

4 oz can chopped black olives (optional)  
 8 oz Pepper Jack or Monterey Jack shredded cheese  
 1 Bag Nacho Cheese Doritos

Cook chicken and cut into bite size pieces. Mix soup, sour cream, garlic and olives in a bowl. In a 9x13 pan, crush enough Doritos to cover the bottom. Layer 1/2 of the chicken on top and then layer 1/2 of the soup mixture followed by 1/2 of the cheese. Repeat the layers. Save some Doritos to put on top. Cover with foil and bake at 350 degrees for 30 minutes. Uncover and bake 10 minutes longer. Top with remaining Doritos and bake and additional 5 minutes. Serve while hot.

*Chicken Rice Casserole**Alice Hjerde*

2 c. Minute rice on bottom of greased 9 x 13" pan.

**In saucepan:**

2 cans soup, Cream of Mushroom or Chicken,  
 2 c. milk

Bring to a boil and pour over rice. Layer Chicken on top. Sprinkle 1 pkg. dry onion soup on top. Cover with foil and bake at 350 for 2 hours. Don't peak! *\*This is also good with pork chops!*

*Have you had a hug today?*

*Turkey Pot Pie**Susan Ruby*

1/2 lb. potatoes (peeled & cubed)	2 carrots (chopped)
1 sm. onion (chopped)	1/4 c. flour
4 stalks celery (chopped)	1 1/2 c. chicken broth or turkey broth
2 tsp. butter	1 (9 oz.) plain biscuit dough
4 c. cooked turkey (chopped)	

Boil potatoes and drain. Sauté onions and celery in butter. Add turkey and carrots, then stir in flour and broth. Cook stirring, until thickened then add potatoes and spoon into a deep dish pie pan or soufflé dish. Top with biscuits, cut them in half and put on top of dish. Bake 15 minutes at 400 degrees.

*Crunchy Chicken Casserole**Dorothy M. Peter*

1 c. chopped celery	drained
1 T. butter or oleo	1/2 c. slivered almonds
2 c. cubed chicken	2 T. chopped onion
1 1/2 c. cooked rice	<b><u>Topping:</u></b>
1 can cream of mushroom soup	1 T. butter
3/4 c. Miracle Whip	1/2 c. crushed cornflakes
1 can (8 oz.) sliced water chestnuts,	

Sauté celery in butter until tender. Add to next 7 ingredients. Pour into a 2 1/2 qt. baking dish. Combine butter and cornflakes. Sprinkle on top. Bake at 350 degrees for 30 minutes. Yield: 10-12 servings

*Apple-Walnut Stuffing**Judy Anderson*

8-10 c. bread cubes	2 eggs (beaten)
1/4 c. (1/2 stick) oleo	1 c. chicken broth
1/2 c. diced celery	1 tsp. sage
1/2 c. diced onion	2 apples (cored & diced)
1/4 c. chopped parsley	1 sm. can sliced mushrooms

Heat oven to 325 degrees. Put bread cubes in large bowl. Melt butter in pan and cook celery, onion, and parsley. Add to bread cubes. Combine eggs, broth, and sage. Add to bread and mix. Stir in apples and walnuts. Bake in greased baking dish for 25 minutes or until desired crispness. I put foil over mine to bake and take off the last 10 minutes.

*Chicken Supreme*†*Alice Miller*

1 (4 to 5 lb.) stewing chicken	1 onion sliced
2 qt. water	2 celery stalks, cut
2 carrots cut in slices	4 tsp. salt

Cover chicken with hot water. Simmer covered until partially tender, then add the carrots, onion, celery stalks and salt. Continue cooking slowly until chicken is very tender. Cool in broth. When cool, remove meat from the bones. Cut meat into cubes. Bake in a 10 x 14 x 2 1/2 in. pan or 2-8 x 8 x 2 1/2 in. pans, at 350 degrees for 1 hour.

*Dressing*†*Alice Miller*

14 c. dried bread, cubed	1/2 tsp. pepper
2 tsp. salt	2 eggs, well beaten
1 tsp. poultry seasoning or sage if desired	1 1/2 c. chicken broth

Combined all ingredients, and mix thoroughly.

*Special Sauce*†*Alice Miller*

1 c. fat skimmed from chicken broth or	1/4 tsp. pepper
1 c. butter or margarine	6 eggs, well beaten
1 c. all purpose flour	5 c. milk, part of which may be chicken
1 tsp. salt	broth

Melt fat in large saucepan or skillet. Blend in flour, salt and pepper. Beat eggs and add to milk. Pour liquid mixture and cook over low heat until thickened. Stir occasionally.

*Topping*†*Alice Miller*

2 c. bread crumbs or corn flakes crumbs	2 T. melted butter or margarine
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Soften bread crumbs in melted butter or margarine and sprinkle over top of casserole. Now place dressing in bottom of pan, spoon half of the sauce over the dressing. Spread chicken evenly over sauce, then pour remaining half of the sauce over chicken. Next sprinkle topping over casserole. Bake. To serve, cut in squares. Serves 15 to 18.

## *Main Dishes - Fish*

### *Butter Baked Walleye*

*Martha Bakke*

4 lb. walleye pike fillets	2 tsp. oregano
2 c. butter	1 tsp. garlic powder
1 1/3 pints saltine crackers, crushed	2 tsp. basil
2 c. parmesan cheese, finely shredded	2 T. salt

Combine crackers, cheese, basil, oregano, salt, pepper, and garlic powder in bowl or pie pan. *NOTE: Cheese must be finely shredded like 1/2" toothpicks to achieve proper coating consistency.* Melt butter. Dip Fish in butter, ten in crumb mixture. Arrange in 9x13 greased baking pan. Bake at 350 degrees for 25-30 minutes.

### *Fish*

*Joy Thye*

Aldi's Whiting is inexpensive and tasty, but beware of bones. Perch or Pollock is good, too. Wash thaw in water, drain. Place in a oiled pan. Season with seasoned salt, lemon pepper or garlic salt. Broil 5 minutes on each side. Eat with rice or potatoes and mixed vegetables

### *Salmon Puff*

*Alice Ajerde*

4 eggs, lightly beaten	1 T. minced parsley
1/2 c. milk	1 sm. onion, minced
1 can Cream of Mushroom soup	2 T. butter, melted
1 (14 3/4 oz) can salmon	1/2 tsp. lemon juice
2 c. soft bread cubed, about 2 1/2 slices	

Combine eggs, milk and soup. Stir in remaining ingredients. Pour into a 10 x 6 x 2" greased baking dish. Bake at 350 degrees for 50 minutes or until appears set. Let stand 5 minutes before serving. Serves 6.

*-Give first impressions a second opinion.*

*-What crops up may not be what we wished we'd planted.*

*-Don't expect anything original from an echo.*

*Salmon Ring**Lois Larson***Mix together:**

1 lb. can (2 c.) red salmon, drained and flaked

1 c. fine dry bread crumbs

1/2 c. chopped celery

1/4 c. chopped green peppers

2 T. minced onion

1 T. lemon juice

1 c. evaporated milk

1 beaten egg

Put into greased metal mold. Bake at 350 for 30-35 minutes. Serve with following sauce:

1/4 c. margarine

1 T. flour

1/4 tsp. salt.

Blend till smooth. Measure 2/3 c. evaporated milk and add water to make 1 1/4 c. Gradually add to mayonnaise mixture. Cook, stirring constantly till thickened. Add 1/4 c. sliced olives and 1/4 c. salted almonds

*Salmon Loaf**Dorothy Larson*

2 c. salmon (save liquid)

3 eggs

1/2 c. cream or evaporated milk

1 c. cracker crumbs

1 tsp. backing powder

1 tsp. salt

1/2 tsp. pepper

Mix together and put in butter pan. Set in pan of water to steam

**Sauce:**

1 c. milk

1 egg

1 tsp. cornstarch

1/4 tsp. salt

Mix all together and cook in double boiler until thick. Add liquid from salmon. Serve hot over salmon. Servers 4

*-There's an advantage to being short -  
you are the last one to know it is raining.*

*-If the only tool you have is a hammer,  
you will tend to see every problem as a nail.*

*Though God enables us,  
we must do the work he enables us for.*

## *Grilled Swordfish w/ Lemon- Ginger Marinade*

*Dee Anderson Douglas*

- |                              |                                       |
|------------------------------|---------------------------------------|
| 1 T. grated lemon zest       | 1/4 c. minced green onions            |
| 2 T. lemon juice             | 1 T. coarsely grated ginger           |
| 1/4 c. dry white wine        | freshly ground black pepper, to taste |
| 1 T. olive oil               | 2 lbs. swordfish cut 1-inch thick     |
| 1 T. reduce-sodium soy sauce |                                       |

Combine the lemon zest, juice, wine, olive oil, soy sauce, green onions, ginger, and pepper for the marinade. Place the swordfish in a shallow container and cover with marinade. Let stand for 3-4 hours or overnight in the refrigerator. To serve: Remove the fish from the marinade and pour the marinade into a small saucepan. Using a stovetop grill or outdoor grill, or a preheated broiler, cook the swordfish for 8-10 minutes to the inch. Turn once. Meanwhile, bring the marinade to a boil and remove it from the heat. Spoon remaining boiled marinade over it and serve. Yield: 4-6 servings.

## *Main Dishes - Pork & Lamb*

### *Ham Balls*

*Cindy Hanson*

- |                            |                      |
|----------------------------|----------------------|
| 2 1/2 lb. barn loaf        | <b>Sauce:</b>        |
| 2 lb. ground lean pork     | 2 cans tomato soup   |
| 1 lb. ground beef          | 3/4 c. vinegar       |
| 3 eggs, beaten             | 2 1/4 c. brown sugar |
| 3 c. graham cracker crumbs | 2 tsp. dry mustard   |
| 2 c. milk                  |                      |

Mix into Balls (3/4 c. = 4 balls). Place in pan and pour sauce over. Bake 1 hour at 350 degrees.

### *Meat Balls and Sauce*

*Doris Childers*

- |                                |                   |
|--------------------------------|-------------------|
| <b>Meat Balls:</b>             | 1 c. milk         |
| 1 1/2 lbs. ground ham          | <b>Sauce:</b>     |
| 1 lb. ground beef              | 1 can tomato soup |
| 1/2 lb. ground pork            | 1 c. brown sugar  |
| 1 1/2 c. graham cracker crumbs | 2 T. vinegar      |
| 2 eggs                         | 1 T. dry mustard  |

Mix all the meatball ingredients to-gather; Form small balls and place in shallow pan. Pour sauce over each ball. Bake at 350 degrees for 1 hour. Makes 60 balls.

*Pork Tenderloin Parmigiana**Carol Munson Strom*

1 whole pork tenderloin (cut in to serving size pieces and pounded)	1/2 c. bread crumbs
1 egg	2 T. oil
1/2 tsp. salt	1 (15oz) jar spaghetti sauce
1/8 tsp. pepper	1/4 c. parmesan cheese
dash of oregano	1 pkg. Mozzarella cheese

Beat egg; add salt and pepper. Dip meat in egg mixture, then into bread crumbs mixed with oregano. Brown in hot oil; place in shallow pan. Pour sauce over browned meat. Sprinkle with parmesan cheese. Bake at 350 degrees for 30 minutes (covered) Remove cover and top with mozzarella cheese and bake 10 min. more or until cheese melts. Yields/Serves: 4-6 servings

*Greek Lamb Casserole**Alan Lance Andersen*

2 1/4 lbs. ground lamb	2 cloves garlic, minced
1/2 lb. turkey bacon	1 tsp. thyme
1 pkg. fresh mushrooms, chopped	1 tsp. rosemary
2 lg. onions, diced	2 T. dried parsley flakes
2 carrots, sliced	2 bay leaves
1 zucchini, sliced	1 T. coarse black pepper
6 Roma tomatoes, cubed	1 tsp. salt
1/2 c. black olives, diced	2 1/2 c. red wine
1 strip orange rind, diced	1 T. canola oil

Cook carrots in microwave. Heat oil in skillet. Fry bacon in oil and drain. Brown lamb separately, drain, and add to bacon. Add onions, carrots, zucchini, and garlic. Cook till onions are soft. Boil wine separately. Add bay leaf and spices to wine and steep. Pour spiced wine over meat mixture. Add orange peel, tomatoes, and mushrooms. Put in casserole dish and cover closely with aluminum foil. Bake at 350 degrees for 1 hour. Mix in black olives and serve.

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*-What is junk to us is always and antique to someone else.*

*Country Style Ribs**Dorothy Christian*

1 rib per person	2-3 T. Worcestershire sauce
1 c. water	3 T. lemon juice
1/2 c. catsup	1/2 c. chopped onion

Brown the ribs in margarine in an electric skillet. Add salt and pepper while browning. Drain off fat. In a 2 cup measuring cup mix the water, catsup, Worcestershire sauce, lemon juice and onion. Pour over ribs. Cover and let simmer for 2 hours. This makes enough sauce for 10-12 ribs.

*Ham Ball Supreme**Helen Tjelmeland*

<u>Grind together 3 times:</u>	2 lbs. lean pork
2 1/2 lbs. cured ham	1 lb. lean beef
<u>Mix the following into meats:</u>	3 c. graham crackers (I use 1 1/2 c. sal-
2 c. milk	tines & 1 1/2 c. grahams)
3 eggs	

Form into balls (about 1/3 c. to 1/2 c. each). Cover with the following mixture:

2 cans (15 oz size) tomato soup	1 lb. box of brown sugar
3/4 c. vinegar	2 tsp. dry mustard

Bake at 350 degrees for 1 hour uncovered. Serves: 40 people or 60 women at a lunch.  
*\*These may be frozen without liquid and then add liquid later. The secret is to be sure the ham/meat mixture is ground together 3 times.*

*Ham Loaf**Laura Morgan*

1 lb. ground ham	1 tsp. mustard
1 lb. ground beef	<u>Sauce:</u>
2 eggs	1/2 c. brown sugar
1 c. cracker crumbs	1/2 tsp. mustard
1/2 c. milk	1-2 c. pineapple juice or cider vinegar
2 T. ketchup	Bake 1 hour more

Combine and put into 8 x 8" pan. Bake 30 minutes at 325 degrees. Then baste with sauce.

*God does not open the window of heaven to the person who keeps his Bible closed.*

*Great Aunt Mary's Ham Balls**Angie Balmer*

3 1/2 lbs. ham loaf	2 eggs
1 1/2 c. cracker crumbs	1 1/2 c. milk

Mix altogether and use ice cream dipper to make balls. Place close together in pan and cover with sauce.

**Sauce:**

1 c. tomato soup	1 1/2 c. sugar
1 c. brown sugar	

Mix together and pour over ham balls. Bake at 325 degrees for 2 hours.

*Pork Tenderloin w/ Mustard and Thyme**Dee Anderson Douglas*

About 2 lbs. pork tenderloins	Freshly ground black pepper to taste
1/2 c. whole-grain mustard	2 T. balsamic vinegar
4 lg. cloves garlic, crushed	1/4 c. dry red wine
1 T. dried thyme	2 T. olive oil

Remove fat from tenderloins and wash and dry them. Cut off each tip and reserve. Cut the remaining tenderloins into 1-inch-thick slices. Combine the mustard, garlic, thyme, pepper, vinegar, red wine, and oil in a bowl large enough to hold the tenderloins and tips and mix thoroughly, coating the pork slices and the tips well. Marinate overnight or at least 1 hour in the refrigerator, turning occasionally.

**To serve:** Allow the meat to sit at room temperature for 30 minutes. Remove from the marinade. Prepare a stovetop grill or preheat the broiler. Broil or grill the pork tenderloin pieces on both sides for 5-7 minutes total, until just slightly pink inside, brushing with marinade. This can also be done over a charcoal grill. Watch carefully. It goes from pink to dry in a flash. If there is leftover marinade, boil it and brush the cooked pork with it before serving. Yield: 5-6 servings

*Take a moments to think of a fond memory from childhood!*

*A cake may satisfy you for a time, but it won't take the place of your daily bread.*

*Baked Iowa Chops Deluxe**Kelly Safty*

6 center cut Iowa chops	4 c. boiling water
1/2 c. diced celery	2 t. Italian seasoning
2 c. rice	1 t. salt
1 medium sliced onion	1/2 t. pepper
6 chicken bouillon cubes	6 thickly sliced green pepper rings

Brown Iowa chops. Combine celery and rice in large greased casserole dish. Arrange chops on rice. Cover with onion slices. Pour remaining ingredients over chops, except green pepper slices. Baked covered until chops are tender. Add peppers slices last 10 min. Bake 375 degrees for 1 hr. plus 10 min. Serves 6

*Ham Loaf Balls**Sue Braland Mortvedt*

2 lb. ham loaf milk	1/2 c. tomato soup
1 egg	1/4 c. vinegar
3/4 c. milk	1/2 c. brown sugar
1 c. graham cracker crumbs	1 1/2 tsp. dry mustard

Mix together ham loaf mix, egg, milk and crumbs. Form into small balls. Place in baking dish. Mix together remaining ingredients. Pour over meat. Bake 325-350 degrees for 1 hr. Pour off excess fat as they bake.

*Barbecue Sauce**Shirley Hemphill*

3 c. catsup	1/2 c. vinegar
1/2 c. white sugar	3 T. Worcestershire sauce
1/2 c. brown sugar	

I usually cut in half. You just mix and store in container in refrigerator. (from *Pork Producers*)

*-To leave footsteps in the sands of life, you must be on your toes.*

*-The Bible fits man for life and prepares him for death.*

*Pork Chops Pacifica**Carol Birkeland Raymond*

4 thick cut pork chops

Brown and season to taste. Place in baking dish and cover with:

1 c. uncooked regular rice

2 c. water

3 green onions, sliced

2 tsp. instant chicken broth

1 lg. tomato, chopped

1 tsp. salt

1/2 green pepper

paprika

Stir instant chicken broth into boiling water. Pour over chops. Add rice, onion, tomato and green pepper. Sprinkle with salt and paprika. Cover tightly with lid or foil. Bake at 350 degrees for 1 hour.

*Main Dishes - Noodles**Spaghetti Pizza**Lori Hall Whipple*

1 lb. thin long spaghetti

Italian sausage

1 c. milk

2 c. mozzarella cheese

2 eggs

lg. jar Ragu spaghetti sauce

pepperoni

Cook spaghetti and drain. Beat together milk and eggs and toss with spaghetti. Spread mixture in a greased 11 x 18" pan. Top with Ragu sauce. Arrange with your favorite meat on top. Sprinkle with cheese. Bake at 350 degrees for 30 minutes.

*Macaroni & Cheese**Sylvia Posegate Anderson*

7 oz. Creamettes elbow macaroni - 6 oz. Velveeta cheese (cubed or shredded)  
cooked and drained

4 oz. Co-jack cheese (shredded)

1/4 c. parmesan cheese

Make a white sauce from 4 T. butter, 4 T. flour, 2 c. milk, 1/2 tsp. salt, 1/4 tsp. pepper. Add cheese and macaroni and put in a greased baking dish. Top with crushed Waverly wafers mixed with some butter (approximately 1/2 sleeve of crackers and 2 T. butter). Bake at 350 degrees until bubbly - about 30-45 min. Six main dish servings.

*-Some people make the Bible say what they want to hear.*

*Tomato-Cheese Macaroni**Judy Anderson*

1 can tomato soup	1/4 c. chopped parsley
1/2 c. milk	2 c. cooked macaroni
1 c. grated cheese	(Can use 1 c. uncooked)
2 T. butter bread cubes	1 lb. hamburger

Heat soup, milk and 3/4 c. cheese over low heat. When cheese melts, add parsley. Blend with macaroni. Pour into 2-quart casserole. Top with remaining cheese and buttered bread cubes. Bake 30 minutes at 350 degrees.

*Frank and Chili Manicotti**Laura Morgan*

5 manicotti shells	1 (25 oz.) can chili with beans
1 (7 1/2 oz.) can tomatoes	5 oz. white cheese
5 hot dogs	

Cook manicotti according to directions. Shred 2/3 of cheese. Cut remaining cheese into 5 strips. Slit hot dogs and insert cheese. Place stuffed hot dogs into manicotti. Mix beans and tomatoes. Spoon half of chili mixture into bottom of 8 x 8" pan. Arrange manicotti on top of sauce. Pour remaining chili over top. Cover and bake at 350 degrees for 25 minutes. Uncover and sprinkle cheese over top. Bake until cheese melts.

*Best Ever Noodles**Sue Braland Mortvedt*

4 eggs	3 c. flour
2 tsp. oil	3/4 tsp. salt
4 T. milk	3/4 tsp. baking powder
1 T. vinegar	

Mix first four ingredients. Add flour, salt, and baking powder. Mix thoroughly. Add enough flour on board for easy rolling. Roll about and cut in strips with a sharp knife. Let dry about 2 hrs. Add one whole de-boned chicken and broth. Cook until noodles are done.

*-As soon as you get on Easy Street,  
they start tearing the pavement up for repairs.*

*Noodles**Doris Classon*

2 egg yolks	1 tsp. lard
2 T. cream or half & half	1/4 tsp. salt
1/4 tsp. baking powder	Enough flour to roll out.

Let dry several hours or overnight. Can also be cut almost immediately. Can be stored in freezer when dried completely to be used later. *\*I usually double or triple recipe to have enough for later use. My family enjoys beef but chicken is good also.*

*Homemade Noodles**Dorothy Larson*

1 c. flour	1 tsp. butter
1 egg	1/4 tsp. baking powder
1/2 tsp. salt	2 T. milk

Put flour in bowl-shape a well in center and drop remaining ingredients that have been combined. Mix until it forms stiff dough. Roll out onboard until very thin. Let stand 20 min. Roll up and slice in strips. Shake out and let dry for 2-3 hours. Drop in boiling broth, cook until tender. (10-12 min.) *\* I use pizza cutter. Noodles freeze well.*

*Spaghetti Pie**Darlene Erickson*

6 oz. cooked spaghetti	1 lb. ground beef
2 T. margarine	15 oz. can spaghetti sauce
1/3 c. parmesan cheese	1 c. ricotta or cottage cheese
2 eggs well beaten	1/2 c. mozzarella cheese

Add margarine, eggs; and parmesan cheese to spaghetti; Mix well. Pat into 10-inch pie plate. Cook on high in microwave 2 minutes. Spread cottage or ricotta cheese over spaghetti crust; Add sauce and cook until heated through, 6-7 minutes. Top with mozzarella cheese. Cook 1 minute to meet cheese.

*Our hatred of someone doesn't ruin their peace-of-mind,  
but it can certainly ruin ours.*

*Busy Day Spaghetti Casserole**Darlene Erickson*

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 lb. spaghetti                 | 2 eggs                           |
| 1 (32oz) jar of spaghetti sauce | 1 (16oz.) pkg. mozzarella cheese |
| 1/4 c. butter (melted)          |                                  |

Break spaghetti in half. Cook spaghetti and drain. Place in casserole dish. Pour sauce over spaghetti. Mix eggs in butter and add to spaghetti. Sprinkle mozzarella cheese on top. Bake at 350 degrees for 30 minutes. Serves 8-10

*Houlash**Darla Tjelmeland Drees*

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1-2 lbs ground beef (80% lean) | 3 good shakes of minced onion flakes |
| 1 can tomato soup              | 3 c. elbow macaroni                  |

Cook elbow noodles until done and drain. While noodles are cooking, brown your hamburger and minced onion. Do NOT drain off the grease. Add soup (undiluted) and noodles. Mix together over low heat for about 5 minutes. Eat and enjoy! Good with pear halves and a glass of cold milk! **(AKA-Hamburger Helper NOT from a box!)** *\*This was one of my favorite dishes that Mom would make while I was growing up! I tried at least 1000 times to duplicate it when I was on my own; with numerous calls to mom asking why it never turned out like hers. Finally we figured out that I was draining the hamburger, and that was they key to making it "like Mom's". Now my kids tell me they like mine better than Grandma's, but they always add ... "don't tell her!"*

*Baked Spaghetti**Tammy Hemphill Frost*

- |   |  |
|---|--|
| 1 pkg. (8 oz.) cooked and drained.                    | 1 lb. ground beef (I used ground turkey).            |
| 2 T. butter or margarine                              | 1 jar (about 28oz.) chunky garden style pasta sauce. |
| 1 c. grated Parmesan cheese.                          | 1 pkg. (8oz.) mozzarella cheese                      |
| 1 container (24oz.), ricotta cheese or cottage cheese |  |

Preheat oven to 400 degrees. Use a 13 x 9" pan. Combine hot cooked spaghetti with butter, stir until butter melts and coats spaghetti. Add 1/2 c. parmesan cheese, stir to coat. Arrange spaghetti in an even layer in pan. Spread ricotta cheese over spaghetti. Sprinkle with 1/4 c. parmesan cheese. Brown meat and drain. Add pasta sauce and heat until bubbly. Spoon over cheeses. Top with Mozzarella cheese and remaining parmesan cheese. Cover with non-stick foil. Bake 30 minutes. Remove foil and continue baking 15 minutes or until cheese is lightly browned. Let stand 10 minutes before serving.

*Spaghetti Sauce**Lisa Mathis*

1-2 lbs. hamburger (browned)	2 1 lb. can diced tomatoes
1 c. beef bouillon	1 tsp. dried oregano and basil leaves
1 lg. onion	1 (8 oz.) can tomato sauce or Puree
2 T. parsley	1 tsp. salt
1 clove garlic	1 (12 oz) can tomato paste
1 T. brown sugar	1 tsp. pepper

Brown hamburger with onion and garlic, drain. Combine with all other ingredients in large pot. Cover and cook on low for 1 hour. You may put in a crock pot, just leave out hamburger till last 30 minutes. Cook on low 6-8 hours adding hamburger and onion and garlic the last 30 minutes.

*Spaghetti Sauce**Jean Sternberg*

1/2 c. onion slices	1/4 c. chopped parsley
2 T. olive oil or salad oil	1 1/2 tsp. oregano or sage
1 lb. ground beef	1 tsp. salt
2 cloves garlic, minced	1/4 tsp. thyme
2 (1 lb.) cans (4 c.) tomatoes	1 bay leaf
2 (8 oz.) cans (2 c.) seasoned tomato sauce	1 c. water
1 (3 oz.) can (2/3 c.) broiled sliced mushrooms	

In large skillet, cook onion in hot oil till almost tender. Add meat and garlic; brown lightly. Add remaining ingredients. Simmer uncovered 2 - 2 1/2 hours or until sauce is nice and thick. Stir occasionally. Remove bay leaf. Makes 6 servings. Top with Parmesan cheese. (1 lb. of spaghetti will serve 4 - 6.)

*Main Dishes - Rice & Misc.**Hamburger Spanish Rice**Mindi Balmer*

1 lb. ground beef	3/4 c. hot water
1 med. onion, chopped	1 tsp. prepared mustard
1/2 green pepper, chopped	1 tsp. Worcestershire sauce
1 c. uncooked instant rice	1 tsp. salt
15 oz can tomato sauce	1 tsp. sugar

In skillet, brown beef, onion, green pepper and rice. Ad remaining ingredients; mix well. Bring to boil. Reduce heat cover and simmer 20-25 minutes or until rice is tender.



*Pakistani Kima (Curry from Pakistan)**Nary Titus*

3 T. butter or margarine	dash black pepper
1 c. chopped onion	dash each cinnamon, ginger, and tumeric
1 clove garlic, minced	2 c. cooked tomatoes
1 lb. ground beef or ground turkey	2 potatoes, diced
1 T. curry powder	2 c. frozen peas or green beans
1 1/2 tsp. salt	

Sauté butter, onion and garlic in skillet. Add ground meat and brown well. Drain grease. Stir in remaining ingredients. Cover and simmer for 25 minutes. Serve over cooked rice. Serves 5-6.

*Vietnamese Fried Rice**Nary Titus*

4 T. oil	1 tsp. sugar
3 cloves minced garlic	1 T. soy sauce
1 lg. onion, chopped	1/4-1/2 lb. ham, diced
3 carrots, shredded	1 c. frozen peas
1 tsp. salt	3 c. cooked rice
1 tsp. black pepper	4 beaten eggs, cooked and scrambled

Sauté garlic, onion, carrots, ham, salt, black pepper, sugar and soy sauce in margarine just until the carrots are tender. Add peas and heat through. Add hot cooked rice and scrambled eggs. Stir and enjoy!

*Rice with Herbs**Karleen Titus*

1/4 c. margarine	1 tsp. salt
1 c. long-grain white rice	1/2 tsp. crushed rosemary
2 c. chicken broth	1/4 tsp. crushed marjoram
1 T. minced onion	1/2 tsp. thyme

Combine all the ingredients. Heat to boiling. Cover and simmer 20 minutes until liquid is absorbed. Serves 5-6.

*Do something, ... just because!*

2 lbs. beef cubes	cornstarch
1/3 c. flour	hard-boiled eggs, chopped
1/3 c. salad oil	green pepper, chopped
1 lg. onion, sliced	grated carrots
1 clove garlic, minced	pineapple tidbits
1 tsp. salt	banana slices
1/4 tsp. pepper	fresh orange tidbits
2 (8 oz.) cans tomato sauce	shredded coconut
1 1/2 c. water	peanuts
2-3 tsp. curry powder	

Roll beef cubes in flour; brown in salad oil. Combine meat with onion, garlic, salt, pepper, tomato sauce, water and curry powder; simmer for 30 minutes. Cornstarch may be used to thicken, if necessary. Serve over cooked rice and top with your own combination of green pepper, oranges, bananas, pineapple, etc.

*Notes :*

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*Notes :*

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*Soups, Stews  
& Sandwiches*

*pages 157 - 176*



*Notes :*

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# Soups, Stews & Sandwiches

*pages 157 - 176*





## *Sandwich Fillings*

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### **Chicken and Sandwich Spread:**

Add enough sandwich spread to finely chopped chicken to moisten.

### **Chicken and Nut:**

Moisten chicken with mayonnaise. Add chopped nutmeats, lemon juice and celery salt.

### **Chicken and Egg:**

Combine 1 cup minced, cooked chicken, 2 hard-cooked egg yolks, 1 teaspoon chicken stock, 1 teaspoon lemon juice and 1 teaspoon butter. Mix and spread.

### **Egg and Ham Salad:**

Combine 6 hard-cooked eggs (diced), 1 cup cooked, diced ham, 6 sweet pickles (chopped), 1 cup chopped celery, 10 stuffed olives and mayonnaise to moisten.

### **Date and Nut:**

Combine 2/3 cup ground dates, 1/3 cup ground pecan meats, 1 1/2 tablespoons mayonnaise and 1 tablespoon lemon juice. Mix and spread. Nice for rolled sandwiches.

### **Cream Cheese and Pineapple:**

Combine cream cheese, crushed pineapple and chopped nuts.

### **Ham Salad:**

Combine 3/4 cup cooked, chopped ham, 1 tablespoon chopped onion, 1 hard-cooked egg (chopped), 1/4 cup chopped green peppers and 1/4 cup mayonnaise.

### **Salmon and Nut:**

Combine 1 cup flaked salmon, 3 tablespoons chopped nuts, 3 tablespoons minced celery and 1/2 cup mayonnaise.

### **Tuna:**

Combine tuna, chopped celery, walnuts and mayonnaise.

### **Tuna:**

Combine tuna, crushed pineapple, chopped celery and mayonnaise.

### **Chicken and Pineapple:**

Combine 8 ounce can crushed pineapple (drained), 1 cup chopped, cooked chicken, 2 cups walnuts (chopped) and 1/2 cup cooked salad dressing. Spread between buttered slices of white bread. Remove crusts and cut each sandwich diagonally into quarters. Makes 4 dozen small sandwiches.

### **Pineapple and Cheese:**

Combine 3 ounces cream cheese, 3 tablespoons mayonnaise, 1/2 cup chopped pecans and 1/2 cup drained crushed pineapple. Mix and spread on crisp crackers or whole wheat bread.

## *Guide to Herbs & Spices*

**Allspice** -a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

**Basil** -the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

**Bay Leaves** -the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

**Caraway** -the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

**Curry Powder** -a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

**Dill** -the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

**Mace** -the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

**Marjoram** -an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

**MSG (MONOSODIUM GLUTAMATE)**-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, sea foods, stews, soups, chowder, chop suey, and cooked vegetables.

**Oregano** -a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

**Paprika** -a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

**Poppy** -the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

**Rosemary** -an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

**Sage** -the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

**Thyme** -the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

**Turmeric** -a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

## *Soups, Stews and Sandwiches*

### *Chili for Two*

*Doris Classon*

1/4 lb. ground beef  
1/4 c. chopped onion  
1 garlic clove, minced

1 can (15.5 oz.) chili beans, un-drained  
1 1/2 tsp. chili powder  
1/2 tsp. ground cumin

In saucepan, cook beef, onion and garlic over direct heat until meat is no longer pink; drain. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 10-15 minutes or until heated through.

### *Black Bean Chili*

*Karleen Titus*

4 c. dry black beans  
2 T. ground cumin  
1 tsp. cayenne (optional)  
1 1/2 T. paprika  
2 T. oregano  
2 lg. yellow onions, chopped  
2 med. green peppers, chopped  
5 cloves garlic, minced  
1/4 c. olive oil

3 c. canned or fresh tomatoes, coarsely ground  
1 tsp. salt  
1/2 c. jalapeno peppers, chopped (fresh or canned-optional)  
cilantro (optional)  
grated cheddar cheese  
**Garnishes:** thinly sliced green onions, sour cream, cilantro and lime wedges

Sort beans and toss bad ones. Rinse beans thoroughly and put in large pot. Cover with water to several inches above beans. Cover, bring to boil, then reduce heat to simmer for 2 minutes. Remove from heat and let stand for 1 hour. Bring to a boil again and simmer beans for 1 3/4 to 2 1/2 hours until beans are soft. In dry skillet over medium heat, toast cumin, cayenne, paprika, and oregano until they smell good, but stop before they smoke; set aside. Cook onions, green peppers and garlic in olive oil in large skillet until soft. Add roasted spices, tomatoes and salt; cook 15 minutes. Add mixture to beans and continue to simmer for 45 minutes. If you're using fresh jalapenos, add them; if using canned ones, add them after simmering. Stir in a handful of chopped cilantro. Put grated cheese in the bottom of each soup bowl and spoon chili over top. Garnish with dollop of sour cream, chopped green onions and more cilantro, if desired. Serve with lime wedges to squeeze over chili. Makes 8-10 servings.

*To stay on course, trust the unfailing compass of God's Word.*

*Lewis and Clark's White Chili**Linda Tesdall Mohr*

3 lb. cooked great northern beans,  
canned or bottled  
2 lb. boneless chicken breast, skin re-  
moved.  
1 T. olive oil  
4 garlic gloves minced  
2 med. onions chopped  
2 tsp. ground cumin  
1/4 tsp. ground cloves

1/4 tsp. cayenne pepper  
1 tsp. ground oregano  
2 (4 oz.) cans chopped mild green chilies  
4 c. chicken stock or canned broth  
20 oz. Monterey Jack cheese, grated  
sour cream  
canned chopped jalapeno peppers

Place chicken in large sauce pan. Add cold water to cover and bring to simmer. Cook until tender. 15-20 min. Remove from saucepan, dice into 1/2". cubes. Using the same pan, discard water and heat oil over medium heat. Add onion and cook until translucent. Stir in garlic, chilies, cumin, cayenne pepper, oregano, and cloves. Sauté for 2-3 min. Add chicken, beans stock and 12 oz. cheese. Let simmer for 15 min. Ladle into bowls and top with 1 oz. cheese. Serve with a side of sour cream and jalapeno peppers. *\*Something different!*

*Almost Better-than-Mom's Chili**Darla Tjelmeland Drees*

1 lg. can tomato juice  
1 can Tomato soup  
1 lb. hamburger  
1 pkg. chili seasoning mix  
1 can dark red kidney beans  
1 can chili beans (optional)

1 sm. med. onion, chopped  
1 sm. can of mushrooms, stems and  
pieces (optional)  
1/2 med. green bell pepper, chopped  
(optional)  
1 1/2 soup cans full of water

Brown hamburger, and only drain off 1/2 grease. Mix in large pot all desired ingredients and bring to a boil. Boil about 15 minutes, uncovered. Reduce heat to simmer. Cover and let simmer at least 45 minutes. Longer the better! Can make this in a crock pot too! Serve with crackers, cheddar cheese, or bake a potato and use the chili as a topping for that.

*-Before you get to the Promised Land,  
you have to go through the wilderness.*

*Cream of Asparagus Soup**Joan Anderson*

1 1/2 c. chicken broth	2 T. butter
1/2 c. onion, chopped	2 T. flour
2 c. cut asparagus	1/2 tsp. salt
1 tsp. Lemon juice	1/4 tsp. white pepper
1/8 tsp. ground mace	1 c. half & half

Combine first 5 ingredients in saucepan and bring to boil over medium-high heat. Reduce heat, cover and simmer about 10 minutes or until vegetables are tender. Process through blender in batches until smooth. Set aside. In original saucepan, melt butter and blend in flour, salt and pepper. Add half & half all at once. Cook and stir until mixture is thickened and bubbly. Stir in vegetable mixture and cook and stir until heated to serving temperature. Season to taste with additional salt and pepper. Serves 3 or 4.

*\*For variation: Add 2 cups cooked shrimp or flaked crabmeat to heated soup.*

*Cabbage Soup**Sylvia Ryan*

1 lb. lean beef	1 can kidney beans, untrained
2 celery stalks, chopped	1/2 med head of cabbage
1/2 tsp. garlic powder	1 (28 oz.) can tomatoes
1/4 tsp. garlic salt	1 (28 oz.) can of water
1/4 tsp. pepper	4 beef bouillon cubes

Brown beef and add the other ingredients. Bring to boil and simmer for 1 hour.

*Lentil Soup**Karleen Titus*

2 c. dried lentils, rinsed and drained	1 clove garlic, crushed
7 c. water	2 c. canned tomatoes
4 slices uncooked bacon, chopped or 1	2 T. vinegar
tsp. liquid hickory smoke	2 T. sugar
1/2 c. chopped carrots	1/2 tsp. oregano
1 med. onion, chopped	2 tsp. salt
1/2 c. chopped celery	1/4 tsp. black pepper
3 T. minced parsley	

Heat lentils, water, bacon, carrots, onion, celery, parsley, and garlic to boiling in large saucepan. Simmer for 1 1/2 hours. Add the remaining ingredients and simmer 30 minutes more.

*Easy Cheese Soup**Sylvia Ryan*

6 c. water	3 chicken bouillon cubes
3 c. potatoes, cut up	2 T. parsley
3 c. carrots	20 oz. broccoli or cauliflower, frozen (optional)
3 c. celery	1 lb. Velveeta cheese (any brand of Processed cheese)
1 onion, chopped	
1 can Cream of Celery soup	
1 can Cream of Mushroom soup	

Cook vegetables in water (omit frozen vegetables) until tender. Take 4 T. water and dissolve bouillon cubes, and pour back into pot with water and vegetables. Add soup, parsley, broccoli, cauliflower, and cheese. Cook until melted. (Can also add: 1 c. ham and 1 c. Cheddar cheese.)

*Garbanzo Soup**Alice Ajerde*

2 cans Garbanzo beans (El Paso)	1 can water
1-16 oz. can whole tomatoes	2 c. ham, chopped or 2 ham hocks
6-8 white potatoes, diced	1 tsp oregano
1 green pepper, diced	1 tsp. parsley
1 Bermuda onion, diced	1 tsp. basil
1 lb. bacon, sm. pieced and cooked slightly	1 tsp. chili powder
	salt to taste

Simmer 4-5 hour. Add water if necessary. \*Van on "WHO radio" gives this recipe every fall on his program.

*Split Pea Soup**Dustin Drees*

1 lb green split peas	4 slices cooked, crumbled bacon
1 meaty ham bone	1/2 c. evaporated milk
1 c. copped onion	1/2 tsp. salt
1 tsp. chicken bouillon	1/4 tsp. pepper
1 c. finely sliced carrots	8 c. water
1 c. chopped celery	

Place ham bone and 8 c. water in kettle. Bring to boil and skim. Add peas, onion, bouillon, salt and pepper. Bring to boil again. Cover and reduce heat and simmer 1 1/2 hours. Stir often. Remove ham bone and dice meat. Return meat to soup along with carrots and celery. Simmer another 30 minutes. Stir in bacon and evaporated milk, stirring occasionally for another 10 minutes. Sprinkle each serving with shredded cheddar. Serves 8.

*Zucchini Soup**Cindy Waugh Carpenter*

- |  |                               |
|--|-------------------------------|
| 1 lb. bulk Italian sausage                 | 1 tsp. oregano                |
| 2 c. celery, cut in 1/2" pieces            | 1 T. sugar                    |
| 2 lb. zucchini, 1/2" pieces                | 1/2 tsp. basil                |
| 1 c. chopped onion                         | 1/4 tsp garlic powder         |
| 1 (28 oz.) cans tomatoes (3 1/2 lb. fresh) | 2 med. green peppers, chopped |
| 3 tsp. salt                                |                               |

Brown sausage in bottom of large Dutch oven. Add celery. Simmer 10 minutes. Add remaining ingredients except peppers. Cover and simmer 20 minutes. Add green peppers and cook 10 minutes. Serve immediately or store. Can be frozen. *\*For less spicy soup use regular sausage. I like smaller than 1/2" pieces to go in a Thermos and comes out easier. Alice Gjerde gave me this recipe.*

*BLT Spread**Mary Lou Thompson Simon*

- |                                   |  |
|-----------------------------------|--|
| 1 c. fat free mayonnaise          | 3 slices cooked crisp turkey bacon                 |
| 16 oz. soft fat free cream cheese | 1 lg. tomato, chopped 1/4 c. scallions,<br>chopped |
| 1/2 tsp. black pepper             | 1/3 c. low fat shredded cheddar                    |
| 1 c. shredded lettuce             |  |

Combine mayo, cream cheese, pepper in small mixing bowl. Beat at medium speed. Scraping bowl often and until smooth (1-2 minutes). Spread cream cheese mix on bottom of 9" round serving dish with lettuce, bacon, tomato, scallions and cheese. Yields 8 servings (1/4 c. per serving). *\*This is a Weight Watchers recipe. Regular ingredients can be substituted.*

*Taco Soup**Linda Tesdall Mohr*

- |                          |                          |
|--------------------------|--------------------------|
| 1 lb. hamburger          | 1- 16 oz. diced tomatoes |
| 1 onion chopped          | 1-16 oz. can red beans   |
| 1 pkg. taco seasoning    | 1- 16 oz. Tomato sauce   |
| 1- 16 oz. can whole corn |                          |

Condiments-Shredded cheddar cheese, taco corn chips, chopped green onions and sour cream Brown and drain hamburger and onion. Add taco seasoning to the meat mixture. Add the remaining ingredients and simmer until heated through. Serve topped with condiments.

*Tomato Soup**Rebekah Titus*

3 T. margarine	1 1/2 tsp. salt
2 T. finely chopped onion	3 tsp. sugar
3 T. flour	dash black pepper
4 c. thick tomato juice	2-3 c. milk
1/2 tsp. baking soda	

Sauté onions in margarine until lightly browned. Slowly add flour until blended. Add tomato juice, baking soda, salt, sugar and pepper; heat to good rolling boil. Add milk and heat to almost boiling-do not boil. Serve with crackers. Serves 6.

*Oyster Stew**Doradene Thompson*

1 pt. oyster	1 1/2 tsp salt
2 T. flour	1 qt. milk
2 T. water	3 T. butter

Check oysters for shells. Simmer oysters and liquid till edges curl. Add flour mixed with water and salt. Scald milk, add oysters and butter, cover and let stand 15 minutes. Reheat to serve. Serves 6-8

*Cream of Mushroom Soup**Abigail Titus*

1 1/2 c. finely chopped fresh mushrooms	1 tsp. salt
3 T. butter or margarine	1/4 tsp. onion powder
1 c. water	1 c. milk
1 beef bouillon cube	2 T. flour
2 c. rich milk	minced parsley

Sauté mushrooms in butter until lightly browned. Add water and beef bouillon and simmer 5 to 10 minutes until tender. Add 2 cups rich milk, salt and onion powder and heat to almost boiling. Shake flour and 1 cup milk in a shaker until smooth. Add to mushroom broth mixture while stirring. Cook and stir just until thickened. Sprinkle parsley over top to garnish.

*Take sour grapes with a grain of salt.*

*Cream of Mushroom Soup**Rosemary Hennessy*

1 lb. fresh mushrooms	1 c. Half & Half
1/2 c. butter or margarine	2 T. dry sherry (optional)
1/2 c. chopped onion	1/4 tsp. nutmeg
1/2 c. + 2 T. flour	1/4 tsp. pepper
4 c. chicken broth	croutons (optional)

Finely chop half of mushrooms, slice remaining. Melt butter in large kettle or Dutch oven. Sauté mushrooms and onion over low heat 15 min. Blend in flour, gradually stir in broth. Cook over med heat until comes to a boil- Boil 1 min (stir) Reduce heat; simmer 20 min. Stir in half & half, dry sherry, nutmeg and pepper: heat through Garnish with croutons Amount 6 cups.

*Baked Potato Soup**Chris Morgan*

4 med. baked potatoes	1/4 tsp. pepper
2 oz. Colby or cheddar	1 green onion
2 (14 1/2 oz). can chicken broth	2 T. bacon bits
4 T. light sour cream	

Preheat oven to 350°F. Grate cheese if it is not already shredded. Cut 2 of the potatoes into pieces. Place the cut potatoes and the chicken broth in a blender. Cover and blend on high speed until smooth. Pour potato mixture into a saucepan. Cut the remaining potatoes into bite size pieces. Stir cut potatoes, sour cream, chopped onion, and pepper into mixture in saucepan. Cook soup until hot and steaming. Do not boil. Serve topped with cheese and bacon.

*Crock Pot Potato Soup**Dorothy Larson*

6 potatoes peeled and diced	1 T. parsley
2 onions chopped	5 c. water
2-3 carrots peeled and sliced	1/2 c. butter
2-3 stalks celery chopped	1 lg. can evaporated milk
4 chicken bouillon cubes	salt and pepper

Combine all ingredients in pot. Cook on low 8-10 hours. Freezes well and better reheated. Serves 8

*The Bible doesn't need to be revised - it needs to be reread!*

*Potato Soup**Kelly Safty*

6 potatoes cut up	6 T. butter or margarine
2 carrots cut up	6 T. flour
3 celery stalks cut up	2 T. Chicken soup base
1 chopped onion	

Add enough water to boil veggies, cook until tender. Stir in flour and add 2 qt. Potato water and milk (total of) stir till it thickens, add veggies and soup base. Season with salt, pepper, garlic and heat to hot but not boiling

*Danish Potato Soup**Marjorie Uitermarkt*

1 ham bone with some meat	2 c. chopped cabbage
2 potatoes, peeled and diced	2 carrots, diced
6 green onions, sliced	3 T. all-purpose flour
3 celery stalks, chopped	1 c. light cream
1/4 c. minced fresh parsley	ground nutmeg

In soup kettle, bring ham bone and 2 quarts water to a boil. Reduce heat and simmer 1 hour or until meat pulls away from the bone. Remove ham bone. When cool enough to handle, trim any meat and dice. Discard bone. Return ham to kettle along with the potatoes, onions, celery, parsley, cabbage and carrots; cook 40 minutes. Stir together flour and 1/4 cup cold water. Slowly pour into soup; stirring constantly. Bring soup to a boil; cook 2 minutes. Reduce heat; stir in cream. Remove from heat. Sprinkle a dash of nutmeg on each bowl before serving. Serves 6

*Potato Chowder**Leatha Sternberg Arant*

8 c. peeled, diced potatoes	snapped chives
1/3 c. chopped onion	1 can cream of chicken soup
3 cans (14.5 oz. each) chicken broth	1/4 tsp. pepper
1/2 lb. sliced bacon, cooked and crumbled	8 oz. cream cheese, cubed

In crock pot, combine potatoes, onion, broth, soup, pepper, 2-3 pieces of bacon, crumbled. Cover and cook on low 8-10 hours. Add cream cheese; stir until blended. Garnish with bacon and chives. Serves 10-12

*Potato Corn Chowder**Mrs. Everett (Clara) Nelson*

2 T. olive oil  
 1/4 c. chopped onion  
 1/4c. green pepper  
 1/2 c. celery  
 4 T. flour  
 4 c. milk

2 c. frozen corn or 2 cups canned corn  
 (drained)  
 2 c. frozen hash browns (not too fine)  
 1 c. chopped or shredded ham  
 1 c. grated cheddar cheese

Heat oil and add onion, pepper and celery. Simmer till clear. Add 4 T. flour, stir to coat vegetables and add 4 c. milk. Simmer till thick Add frozen corn hash browns, cheese, ham, salt and pepper to taste. Bring to boil and turn heat down. Makes 6 servings. *\*This is a quick version of potato soup.*

*Great Aunt Mary's Broccoli & Cheese Soup**Sandy Balmer*

Melt 3 T. butter or oleo  
 Add 3 T. flour  
 Stir in 2 c. milk

Add 1/2 small box Velveeta (or to taste)

Melt on low flame. Add cooked veggies. Stir a couple minutes. Eat until gone.

*Cream of Broccoli Soup**Joan Anderson*

1 lb. broccoli (fresh or frozen)

1 qt. half & half

1/2 lb. butter

1 tsp. salt

1 c. flour (sifted)

1/4 tsp. white pepper

1 qt. chicken stock (homemade or  
 canned)

Clean broccoli, remove stems. Cut into 1/2 inch pieces. Steam in 1/2 cup water until tender. Do not drain. Set aside. Melt butter in saucepan over medium heat. Add flour to make a roux. Cook 2-4 minutes. Add chicken stock, stirring with a wire ship and bring to boil. Turn hat to low. Add broccoli, half & half, salt and pepper. Heat but do not boil. Serves 8 to 10. *\*This is a good basic. You could use cauliflower or asparagus for this soup.*

*-Reading the Bible without meditating on it, is like eating without chewing*

## *Broccoli Cauliflower Cheesy Cream Soup* *Clarice (Sam) Mathis*

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1 head broccoli - cut in small flowerets or pieces	1 (32 oz) box of chicken broth (can use more if desired)
1/2 head of cauliflower - cut in small pieces	Salt to taste
1 T. dried onion flakes	2 (8 oz) pkgs. cheddar & American cheese (shredded)
8 bacon strips (fried & cut into small pieces) I use precooked bacon-	half & half - 8 oz or more

In large pan, cook broccoli/cauliflower pieces, onion flakes, bacon pieces, and salt in chicken broth and water as needed to cover (may use all chicken broth) until just tender, approx. 20 minutes. Add half & half Stir in shredded cheese. Lower heat - warm through. Stir occasionally to keep from burning on bottom of pan.

## *Chicken Tortilla Soup* *Jan Hilliard*

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1 pkg. (stir-fry style) chicken pieces	chili powder, to taste
2 cans chicken broth	4 - 6" tortillas
1 can tomatoes	

Cut tortillas into 1" strips and bake in 400°F oven until brown, set aside. Brown and season chicken, add chicken broth, tomatoes and chili powder and simmer. To serve, put several tortilla strips into each individual bowl and ladle the soup on top.

## *Chicken and Rice Soup* *Tammy Hemphill Frost*

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1 lb. boneless skinless chicken breasts, cooked and cut into pieces.	2 c. frozen mixed vegetables
3 cans (14 1/2 oz. each) chicken broth	1 T. parsley flakes
1/2 c. water	2 tsp. lemon and herb seasoning

Combine above ingredients in Crock-Pot. Cover and cook on Low 6 to 8 hours or on High for 3 to 4 hours. Serve. Serves 4 to 6. *\*If soup is a little too thick, add more water for a thinner soup. Allow to cook 15 minutes.*

*Patience is the art of concealing your impatience.*

*Chicken Tortilla Soup**Melinda Braland*

2 chicken breast halves	2 T. lime juice
1/2 tsp. oil	chili powder
1 c. onions	1 c. salsa
1/2 tsp. minced garlic	1 c. frozen corn
1/2 tsp. cumin	1/4 c. shredded cheese
2 cans of chicken broth	tortilla chips

Cut chicken into chunks. Cook in oil until no longer pink. Remove. Cook onions and garlic. Add lime juice, chili powder, and cumin. Add chicken, chicken broth, corn and salsa. Cook on low heat for about 15 minutes. Serve in bowls. Sprinkle with shredded cheese and tortilla chips.

*Chicken Santa Fe Soup**Kelley Safty*

1 lg. can crushed tomatoes	1 pkg. "Santa Fe Skillet-dinner" (chefs choice)
5 cans fat free refried beans	
1 can fat-free black beans	1 c. rice
1 can Ro-tel tomatoes	

Place all ingredients in a large pot and simmer for 1 hour. Serves 20 cups

*Oven Beef Stew**Judy Anderson*

1-2 lbs. beef stew meat (cubed)	6 carrots (diced)
1 med. onion (diced)	4-6 potatoes (cut up)
1-2 stalks celery (chopped)	

Place meat in 9x13 pan. Add vegetables. Blend 2 tsp. salt, 1 tsp. sugar, and 2 T. tapioca. Sprinkle over vegetables. Add 1/2 Cup tomato juice or 1 Cup tomatoes (cut up.) Cover pan with foil and seal tightly. Bake in slow oven (300°F) for about 2 1/2 to 3 hours.

*Hearty Stew**Helen Tjelmeland*

1 can beef broth	1 lb. stew meat, browned
3 c. raw vegetables of choice	1 can Cream of Mushroom soup

Add ingredients into a crock pot. Cover. Cook on High for 4 1/2 hours or until meat is tender.

*Beef Stew**Carol Munson Strom*

2 lbs. boneless stew meat  
 1/4 c. flour  
 1/4 c. oil  
 1 tsp. salt  
 1 jar pearl onions

2 1/2 c. beef bouillon (use 2 1/2 tsp.  
 bouillon and 2 1/2 c. hot water)  
 1 tsp. Worcestershire sauce  
 carrots, potatoes and whatever vegeta-  
 bles that you like. ( I use Peas)

Coat meat with flour and brown in hot oil. Some leftover flour. Put meat in casse-  
 role. Stir salt and leftover flour into fat. Slowly add bouillon and Worcestershire  
 sauce, stirring constantly until smooth. Pour over meat. Bake at 350 degrees cov-  
 ered for 1 hour. Add vegetables and bake 1 hour more. Yields/serves: 6-8

*Creamy Vegetable Soup**Jan Hilliard*

2 cans chicken broth  
 1 pkg. mini carrots  
 2 c. broccoli  
 3-4 medium potatoes

3 c. water  
 1/2 c. half & half  
 Seasoned salt or onion salt and pepper to  
 taste.

Cook vegetables in chicken broth and water until tender. Let cool a bit and then pu-  
 ree in blender (do in small batches). Return to heat and simmer. Just before serving,  
 add half & half and stir.

*Mom's Comforting Chicken Vegetable Soup**Joy Thyje*

6 c. water  
 4 cloves garlic (smashed & sliced) bulk  
 garlic is the cheapest in grocery store

1 skinned, rinsed chicken cut-up (can  
 leave chicken out all together and have a  
 tasty vegetable soup)

Bring to a boil, turn down, cover and steam for 1 hour. De-bone chicken

**Add:**

1 tsp salt or salt to taste  
 4-5 peeled & diced potatoes  
 3-4 peeled & sliced carrots

2-3 c diced cabbage  
 2-3 chopped stalks of celery  
 2 c. frozen cut green beans

Bring to a boil, turn down, cover and steam another 15 minutes

*Cheese-Vegetable Soup**Doradene Thompson*

3 potatoes, peeled and diced	1 pkg. frozen soup vegetable mix
3 carrots, peeled and diced	3 chicken bouillon cubes
small onion, minced	2 cans Cream of Chicken soup
1/2 tsp. salt	1 lb. Velveeta cheese, cut in 8 <sup>th</sup> .

Cook potatoes, carrots onion and salt in 1 1/2 qt. water till tender. Add frozen vegetables, chicken cubes. Cook till tender. Remove from heat. Add chicken soup and cheese. Heat but do not boil. \*Freezes well.

*Italian Vegetable Soup**Mary Severseike*

1 lb ground beef	5 tsp. beef bouillon granules
1 c. diced onion	1 T. dried parsley flakes
1 c. sliced celery	1 tsp. salt
1 c. sliced carrots	1/2 tsp. oregano
2 cloves garlic, minced	1/2 tsp. sweet basil
1 can (16 oz.) tomatoes	1/4 tsp black pepper
1 can (15 oz.) tomato sauce	2 c. shredded cabbage
1 can (15 oz.) red Kidney beans, undrained	1 can green beans
2 c. water	1/2 c. sm. elbow macaroni
	Parmesan cheese

Brown beef in large skillet, drain. Add all ingredients except cabbage, green beans and macaroni. Bring to boil. Lower heat; cover and simmer 20 minutes. Add cabbage, green beans, and macaroni; bring to a boil until vegetables are tender. If you prefer a thinner soup, add additional broth or water. Sprinkle with Parmesan cheese.

*Vegetable Cheese Soup**Darlene Erickson*

8 c. water	16 ounces frozen mixed vegetables
1 tsp. minced onion	2 lbs. frozen hash browns
1 c. celery	2 cans Cream of Celery soup
6 chicken bouillon cubes	2 lbs. cubed Velveeta cheese

Bring water to boil, add celery, onion and bouillon and simmer for 20 minutes. Add vegetables, hash browns soup and cheese until melted. Cook 45-60 minutes on low - medium heat.

*-It's a heavy responsibility to own a Bible.*

*Crock-Pot Vegetable Beef Soup**Larry Sogard*

3 (12 oz.) cans beer	1 med. onion, chopped
3 beer cans filled with water	1 stalk celery
2 beef bouillon cubes	2 med. potatoes, unpeeled
1/3 c. flour	1 can 14.5 oz. stewed tomatoes
2 T. vegetable oil	1/2 tsp thyme
2 tsp. garlic powder, divided	1 bay laurel leaf (or 1 tsp cracked leaves)
1/2 tsp. black pepper	1/2 tsp. basil
1 lb. stew beef	soda cracker or seasoned croutons (optional)
2 med. carrots, sliced	

Pour beer and water into crock-pot and turn on to High. Add bouillon cubes. While liquid is heating, mix flour, 1/2 tsp. garlic powder and pepper on sheet of waxed paper. put oil in frying pan and set heat at Medium. Be sure stew beef is cut into all bite size pieces. Shake or roll beef pieces in flour mixture and brown them in hot oil for about 2 minutes. More oil may be need to complete browning. Add to crock pot when they are browned. Cut all vegetables into bites size pieces, and add them to pot. Also add spices, including the rest of garlic powder. Stir well. When pot is hot, turn heat down to medium. Cook several hours until vegetable are tender. If desired, serve with crackers, or croutons.

*Barbecued Pork on a Bun**Cindy Hanson*

2 c. of pork roast, chopped or diced	2 T. water
2 T. butter	2 T. brown sugar
1/2 c. ketchup	1 T. minced onion (optional)
2 tsp. prepared mustard	1 T. Worcestershire sauce

Cook over low heat for 25 minutes. Serve on buns

*Maid-Rites**Marty VanWinkle*

10 lbs. hamburger	1 box dry mustard
5 med. onions, chopped	2-14 oz. bottles of catsup
5 tsp. chili powder	6 c. water

Brown hamburger and onions. Add chili powder, mustard, catsup, and water. Simmer for 30 minutes, stirring occasionally. Makes 30 + sandwiches.

*The best stress tablet you can take is the Word of God.*

*Aunt Helen's Wisconsin Barbeque**Alan Lance Andersen*

1 1/2 lb. lean ground beef  
 1 lg. yellow onion  
 3 T. apple cider vinegar  
 1 T. sugar  
 3 T. chili powder, heaping

14 oz. Heinz tomato ketchup  
 1/2 c. water  
 8 slices mozzarella or Swiss cheese  
 8 sesame seed buns

Dice onion. Brown onion beef (covered) till very well done. Add sugar & chili powder. Add water and ketchup. Simmer 1/2 hour till thick. Put meat on buns & cover with slice of cheese. Heat in microwave till cheese melts. Serve. Also very good stuffed into Focaccia bread ! *\*This was dear Aunt Helen's recipe, which she forgot and I gave back to her years later. This is one of the very best !!!*

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*Hot Back-Yard-Supper Buns**Audrey Hauley*

3/4 c. chopped chicken or tune  
 1/4 c. mayonnaise  
 1/3 c. chopped celery  
 1 T. Minced onion

1 T. lemon juice  
 1/4 tsp. salt  
 1/2 c. grated processed cheese  
 4 hotdog buns, split

Mix ingredients and spread between buns. Wrap in foil. Bake at 350°F for 15 minutes. Serves: 4 *\*Can be frozen and heated when ready to use.*

*Hanky Panks**Jim, Kathy, Zachary, & Tyler Hovick*

1 lb. ground beef  
 1 lb. Jimmy Dean sausage  
 1 lb. Velveeta cheese

garlic salt  
 loaf of bite sized Rye bread

Brown ground beef & sausage, drain. Melt the cheese, add garlic salt, and mix with the meat. Spread on Rye bread. Can be frozen until needed. If frozen, bake at 350°F for 10 minutes or microwave before serving.

*The Bible isn't only for information, but also for inspiration and transformation.*

*Ham Sandwiches**Margaret Nelson*

8 sesame seed buns

1/2 c. butter, melted

8 slices Swiss cheese

1/4 c. yellow mustard

Sliced ham for 8 sandwiches

1 tsp. poppy seed

Mix butter, mustard and poppy seed. Spread on buns; Add meat and cheese. Wrap in foil and bake 15 min. at 350°F (Can use French bread). These can be made ahead and frozen then bake for 45 minutes from frozen.

*Notes :*

# Vegetables

*pages 177 - 192*





## *Hints for Vegetables*

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- Add a little milk to the water when cooking cauliflower and it will remain white.
- Perk up creamed vegetables with a tablespoon of onion soup mix added to each cup of white sauce.
- To prevent sticking, rinse the saucepan with cold water before putting milk in it to heat.
- Beets require less cooking time when vinegar has been added to the cooking water. Add 1 tablespoon of vinegar to a quart of beets.
- Cook beets with their skins on to help them retain color and flavor.
- Cooking vegetables in their skins helps to retain more minerals.
- A wedge of lemon cooked with onion or cabbage will absorb the cooking odors; a dish of vinegar sitting on the stove absorbs fish odors.
- When peeling an onion, cut the bottom off first so the juice will go down and not bother the eyes; or, refrigerate them before chopping.
- To prevent boiled potatoes from turning black, add a small amount of cream of tartar.
- Let raw potatoes stand in cold water before frying to improve crispness of French fries.
- Before boiling potatoes, rice or pasta, rub margarine around the top inside of the pan to keep them from boiling over.
- When making scalloped potatoes, instead of flour for thickening, try either 10 to 12 crushed soda crackers or 1/2 cup raw rice. The potatoes will not curdle.
- A small amount of hot, not boiling, milk added a little at a time to mashed potatoes will make them light and fluffy.
- Shape left over mashed potatoes into a long roll; wrap in plastic film and refrigerate. The next day, slice and fry patties in butter. A slice of cheese may be sandwiched between 2 thin potato slices and fried.
- Combine left over mashed potatoes with chopped 'chives; put into cupcake liners. Top with grated cheese and broil until cheese melts.
- Keep a container labeled "For Soup" in the freezer. Each time there is just a small amount of vegetable left over from a meal, add it to the "soup" container. Later, add to a pot of soup without wasting vegetables.
- Use rice instead of potatoes for vegetable stew that you plan to freeze. Use 1/4 to 1/2 cup of rice, depending upon the amount of liquid that you have.
- To remove corn silk, dampen a paper towel or terry cloth and brush downward on the cob of corn. Every strand should come off.

*(Continued on next page)*

- Sweet potatoes will not turn dark if put in salted water (5 teaspoons to 1 quart of water) immediately after peeling.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage and it will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Fresh tomatoes keep longer if stored in the refrigerator with stems down.

## *Notes*

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## *Vegetable Dishes & Casseroles*

### *Tailgate Baked Beans*

*Mark Haunt*

1-2 lg. jars of northern beans (depending on number of people to feed)	1 1/4 lbs. of brown sugar
1 can tomato juice (46 oz)	6-7 slices bacon
	1/2 c. chopped onion

Need a fairly large casserole dish for ingredients. Add 1 or 2 jars of northern beans to casserole dish. Fry 6-7 slices of bacon to three-quarters done. Mix 1/2 to 3/4 can of tomato juice, 1/2 c. of chopped onion, 1 1/4 of brown sugar, and small pieces of bacon to beans and mix thoroughly. Also works in crock-pot for taking to football tailgate parties. Serves 10-25 Bake 325 degrees for 3 hrs. *\*This is Mark's version of a bean recipe that I received from Marilyn Wildman (Deb Sampson's Mother).*

### *Broccoli Casserole*

*Cindy Hanson*

1/2 c. butter	1/8 c. water
1 pkg. frozen, chopped broccoli	1/2 c. milk
1/2 c. Cheez Whiz	1 c. Minute Rice
1 can Cream of Chicken soup	

Mix all together; bake in greased casserole dish at 350 degrees for 45 minutes.

### *Broccoli Casserole*

*Sylvia Posegate Anderson*

1 can Cream of Mushroom soup	1 sm. can mushrooms and water
1 sm. jar Cheez Whiz	1 sm. can water chestnuts - drained and sliced
24 oz. frozen chopped broccoli	1 1/2 c. Minute Rice (uncooked)
1/2 c. chopped celery	1 stick margarine (melted)
1/2c. chopped onion	

Cook celery and broccoli together according to package directions and drain. Mix the remaining ingredients in a large bowl. Place in 2 quart casserole and bake for one hour at 350 degrees. Freezes well.

*Good character, like good food, is usually homemade.*

*Golden Carrot Bake**Joan Anderson*

3 c. shredded carrots	1 c. milk
2/3 c. long grain rice	2 eggs, beaten
1/2 tsp. salt	2 T. instant minced onion
2 c. shredded American cheese	

In saucepan combine carrots, rice, salt and 1 1/2 c. water. Bring to boiling. Reduce heat and simmer, covered for 25 minutes. Do not drain. Stir in 1 1/2 c. of the shredded cheese, milk, eggs, onion, and 1/4 tsp. pepper. Put into 1 1/2 quart casserole. Bake uncovered at 350 degrees about 1 hour. Top with remaining cheese about 2 minutes before done. Makes 6 servings.

*Carrot Loaf**Lois Larson*

8 carrots, peeled and sliced	1/2 tsp. salt
2 med. potatoes, peeled and cubed	1/4 tsp. pepper
1 egg	2 oz. cheddar cheese, shredded or cubed (1/2 c.)
2 T. dairy sour cream	1 T. butter
2 T. finely shredded onion	

Cook carrots, covered in water for 10 minutes. Add potatoes and cook 10-15 minutes longer (till tender). Drain vegetables and mash them. Add egg, sour cream, onion, salt, and pepper. Beat till blended. Stir in cheese. Bake in 1 1/2 qt. casserole in 350 degree oven for 30 minutes. Makes 6-8 servings. Can top with buttered bread crumbs. *\*For convenience combine ingredients a day ahead and refrigerate. Add 10 minutes to baking time.*

*Corn Casserole**†Ruby Nelson*

1 can Cream style Corn	1/4 c. chopped onion
1 can whole grain corn, untrained	1 c. Velveeta cheese
3/4 stick of margarine	1 c. elbow macaroni
1/4 c. chopped green pepper	1 T. cornstarch

Mix all ingredients in 2 qt. casserole. Bake 1 hour at 350 degrees, first 30 minutes covered, then stir. Finish last 30 minutes uncovered.

*-The world will never improve unless we do.*

*Corn Casserole**Mike & Kris Vinson*

1 can cream-style corn  
 1 can whole kernel corn  
 1 stick margarine

1 c. uncooked shell macaroni  
 1 c. Velveeta cheese  
 onion, for flavor

Mix ingredients and back at 350 degrees for 1 hour. Stir half way through.

*Corn Casserole**Jan Hilliard*

2 cans Cream Style Corn  
 1 can Whole Kernel Corn  
 1 pt. sour cream  
 1/2 stick melted margarine

1/2 box Jiffy Cornmeal Muffin mix  
 1 egg  
 salt and pepper

Mix all ingredients and pour into a 9 x 9" pan. Bake at 400 degrees for 30 minutes or until inserted knife comes out clean. Serves: 9

*Hash Brown Scalloped Potatoes**Mrs. Everett (Clara) Nelson*

2 lb. frozen hash browns  
 1/4 c. butter  
 1 pt. sour cream  
 1 can chicken soup

1 soup can milk  
 1/2 c. onion, finely chopped  
 1 c. grated cheddar cheese  
 salt & pepper

Melt butter over low heat and add the onion, simmer tell clear. Stir in soup, milk, sour cream and cheese. Stir till melted and add salt and pepper to taste. Put the hash browns into 9 x 13" pan and pour liquid mixture over it. Cover with foil. Bake 350 degrees for 45 minutes. Makes 10-12 servings *\*Quick and good potato dish for a crowd*

*Vegetable Medley**† Eunice Krieg*

2 large packages frozen vegetables - any kind  
 2 cans cream soup - any kind  
 1 can milk  
 1 c. minute rice

shredded cheese - any amount  
 2 cans mushrooms - drained  
 1 can water chestnuts - drained and sliced

Mix all ingredients together and place in a greased 9x13 pan. Bake 60 minutes at 350 degrees.

*Cheesy Hash Brown Potato Bake**Cindy Hanson*

2 lb. bag of hash brown potatoes-9 x 13"  
pan

**Mix and pour over hash browns:**

1/2 c. butter, melted

1/2 c. milk

1 can Cream of Chicken soup

1 sm. carton sour cream

1 tsp. dry onion

2 c. grated cheddar cheese

**Topping:**

2 c. crushed Cornflakes

1/4 c. melted butter

Bake 60 minutes at 350 degrees.

*Cheesy Potato Casserole**Susan Ruby*

1 (28 oz.) pkg. hash browns

1/4 c. & 2 T. margarine or butter

1 can cream of chicken soup

12 oz. sour cream

1/2 c. milk

1/2 c. chopped green onions

2 c. grated cheddar cheese

1 c. crushed corn flakes

Pour 1/4 c. melted margarine into 9 x 12" baking dish. Add 1/2 pkg. of frozen hash browns. Mix soup, sour cream, milk and green onions in separate bowl. Pour 1/2 mixture over hash browns. Sprinkle 1 c. grated cheese on top. Add remainder of mixture and hash browns on top. Sprinkle remaining cheese on, then cover with crushed corn flakes. Drizzle 2 T. melted margarine on top. Bake for 45 minutes at 350 degrees.

*Cheesy Mashed Potatoes**Sherry Patterson*

6 lg. potatoes, peeled and quartered

1 pkg. (8oz) cream cheese, softened

1 c. (4oz) shredded cheddar cheese

1/2 c. sour cream

1/3 c. chopped onion

1 egg

2 tsp. salt

1/2 tsp. pepper

Additional shredded cheddar cheese, optional

Place potatoes in a large saucepan; cover with water. Cover and bring to a boil. Cook for 20-25 minutes or until very tender; drain well. In a mixing bowl, mash potatoes. Add cream cheese, cheddar cheese, sour cream, onion egg, salt and pepper; beat until fluffy. Transfer to a greased 2 qt. baking dish. Cover and bake at 350 degrees for 40-45 minutes or until heated through. Sprinkle with additional cheese if desired. Yield: 10 servings.

*Easy Cheese Potatoes**Pat Hall*

1 pkg. frozen potatoes thawed      Velveeta cheese  
 half & half or some milk can be used

Put potatoes in crock pot, season with salt and pepper then cover with half & half. Cook until potatoes are done. Add cheese according to how much cheese you like. When in a hurry you can use the Microwave. Cook till done and add cheese.

*Mashed Potatoes w/ sour cream**Martha Bakke*

8 med. red potatoes, sliced, with skin      1 tsp. garlic powder  
 2 c. sour cream

Bring large pot of water to boil. Add potatoes and boil until soft. Drain and add sour cream and garlic powder. Mash potatoes. Servings: 8 Prep. time: 1 hour

*Cheesy Potatoes**Manita Waugh & Val Limbaugh*

1 bag frozen hash brown      1 can Cream of Mushroom soup  
 1 chopped onion, med.      8 oz. sharp cheddar cheese, grated  
 1 pt. sour cream      1/2 stick margarine

Melt margarine. Add soup, sour cream, and 1/2 pkg. cheese. Add onion and hash browns. Pour into greased 9 x 13 " pan. Top with rest of cheese. Bake at 350 degrees for 1 hour. \* Val is Erma Halverson's daughter-in-law.

*Sweet Potato Casserole**† Erma Halverson*

6 med. sweet potatoes      1 T. lemon juice  
 1/2 c. brown sugar      1/4 tsp. salt  
 1/2 c. orange juice      1/2 stick margarine or butter

Boil sweet potatoes in their jackets until tender. Cool, remove skins and cut into 1/2 inch cubes. Place in casserole dish and sprinkle with sugar. Combine orange juice, lemon juice and salt and pour over potatoes. Dot with butter and bake at 325 degrees for about 25 minutes.

*The direction we are facing has a lot to do with our destination.*

*Crock Pot Potatoes**Lori Hall Whipple*

pkg. frozen shredded potatoes  
8 oz. sour cream  
French onion dip

1 can Cream of Potato soup  
1 can Cream of Celery soup  
2 c. shredded cheddar cheese

Combine all ingredients and put in greased crock pot. Cook on high for two hours. Cook on low for four hours. Stir occasionally.

*Baked Sliced Potatoes**Darlene Erickson*

4 lg. baking potatoes  
1/4 c. butter or margarine, melted  
1/4 c. salad oil

2 cloves garlic, minced  
1/2-1 tsp. salt  
1/2 tsp. dried thyme leaves

Wash potatoes. Slice unpeeled potatoes into 1/4 inch thick slices. Place slices in buttered 13x9" baking dish. Mix butter and oil and brush slices with mixture. Pour remaining over potatoes. Sprinkle with garlic, salt and thyme. Bake at 400 degrees for 25-30 minutes or until potatoes are done and browned at edges

*Company Potatoes**Jill Patterson*

2 lb. frozen hash browns  
1 can Cream of Potato soup  
1 can Cream of Celery soup  
1 T. minced onion  
1 T. chopped green pepper

1/2 tsp. salt  
1/2 tsp. pepper  
1 (8oz.) carton. sour cream  
1 c. milk  
1 c. grated cheese

The night before, put frozen hash browns in large greased pan. Mix rest of ingredients and pour over potatoes. Refrigerate overnight. Bake at 350 degrees for 1 1/2 to 2 hours. Sprinkle with parsley and paprika. Bake at 350 degrees for 1 1/2 to 2 hours  
Yields/Serves:12-15 servings.

*Crock Pot Mashed Potatoes**Dorothy Larson*

2lbs. baking potatoes (peeled and cut into 1/2" cubes)  
1/4 c. water  
2 T. butter

1 1/4 tsp. salt  
1/2 tsp. garlic powder  
1/4 tsp. pepper  
1 c. milk

Place all ingredients except milk in cooker. Cover and cook on low for 7 hours or on High for 4 hours. Add milk and mash. Serves 5

*Potato Cheese Bake**Doris Christian*

1 bag of frozen hash browns (country style potatoes)	1/2 c. canned beef broth
2 c. shredded Colby cheese	2 T. butter (melted)
1/4 c. mix onion	1 tsp. salt
1 c. milk	1/4 tsp. pepper
	dash of garlic powder

Combine frozen hash brown potatoes, cheese, and onion. In another bowl, combine milk, beef broth. 1/2 T. melted butter and seasoning. Mix well. Heat the remaining butter in a skillet and add hash browns and cheese. Stir often, until cheese is melted. Combine with the milk and broth and seasoning mixture. Transfer to oven casserole. Bake 425 degrees for 50 minutes or until brown

*Ham & Cheese Potato Bake**Cindy Cole*

16 oz. Ore Ida Hash browns	3 oz. Velveeta light
1 c. 97% fat free ham (cubed)	1/4 tsp. pepper
1 can green beans (drained)	1 can of cream of celery (may use a lower fat soup)
1/2 tsp. parsley flakes	

Mix together and bake. Bake at 350 degrees for 45 minutes. This is a weight watchers recipe Pts: 7 or 8 per serving.

*Refrigerator Mashed Potatoes**Doradene Thompson*

5 lb. or 9 lg. potatoes	salt and pepper
1 c. sour cream	grated cheese
8 oz. cream cheese	

Cook and mash potatoes. Add all ingredients except grated cheese. Spread in 9x13 pan. (Sprayed with cooking spray) Sprinkle with grated cheese. Bake 350 degrees at least 30 to 45 minutes. *\*Prepare ahead of time. Leftovers keep up to 10 days.*

*Corn Casserole**Susan Ruby*

1 egg	1 can Whole corn
1 c. sour cream	1 can Creamed corn
1/2 c. margarine	1 box Jiffy mix cornbread mix

Mix together and put into a greased casserole dish. Bake 45- 60 minutes at 350 deg.

*Glazed Sweet Potatoes**Dorothy Larson*

1/2 c. orange juice

2 T. butter

1 (#2 1/2) can sweet potatoes

1/3 c. brown sugar

1 T. cornstarch

marshmallows

Cut potatoes in bowl. Heat orange juice, brown sugar and corn starch in pan; until it thickens. Pour over sweet potatoes. Bake 350 degrees for 30 minutes. Put marshmallows on the last 5 minutes. Serves 6

*Sweet Potato Casserole**Tim & Paula Tjernagel*

6 c. sweet potatoes cooked and mashed

1 c. sugar

1/2 c. butter

2 tsp. vanilla

4 eggs

pinch of salt

2/3 c. evaporated milk

1 tsp. cinnamon

1/2 tsp. nutmeg

Place all of the above ingredients in a large bowl and mix well ... I like to use a beater to mix it thoroughly. Pour into greased 9 x 13" pan.

**Topping:**

1/2 c. butter melted

1 c. brown sugar

3/4 c. flour

1/2 c. pecans

Mix together the topping ingredients and sprinkle on top of sweet potato mixture. Bake at 350 degrees for 30 to 40 minutes. *\*This is a Thanksgiving favorite. We often think it should be served for dessert instead of with the turkey.*

*Golden Parmesan Potatoes**Sylvia Ryan*

Pare 6 lg. potatoes and cut in quarters. Combine 1/4 c. flour, 1/4 c. grated parmesan cheese, 3/4 tsp. salt, 1/8 tsp. pepper in bag. Moisten potatoes with water and shake a few at a time in bag; coating potatoes will with cheese mixture. Melt 1/3 c. butter in 9 x 13" baking pan. Place potatoes in layers in pan. Bake at 375 degrees for 1 hour, turning once during baking. Makes 6-8 servings.

*-Those who build walls instead of bridges have lonely lives.*

*Reveler's Spinach Casserole**Marjorie Uitermarkt*

5-6 T. butter

8 oz. American or cheddar cheese

6 eggs

6 T. flour

4 c. sm. curd cottage cheese

3 pkg. (10oz.each) frozen spinach,  
thawed

Preheat oven to 350 degrees. Cut butter and cheese in 1/4" cubes. Set aside. In a medium bowl beat eggs lightly. Add flour, cottage cheese, butter and cheese. Squeeze spinach as dry as possible and add. Mix well. Place in a greased 9x13 inch oven proof baking dish and bake for 1 hour. Serve hot. Serves 8 *\*This wonderful dish has turned spinach haters into spinach fans. The texture is marvelous, almost like a fallen soufflé with a lovely creamy, cheesy flavor. (Marjorie Uitermarkt is Laura Morgan's mom.)*

*Stuffed Squash**Dorothy Larson*

4 acorn squash halved and seeded

1 lb. bulk sausage

1 c. chopped celery

1/2 c. onion

1/3 c. graded parmesan cheese

2 T. sour cream

2 T. more parmesan cheese

Place squash cut side down in pan with a lot of hot water. Bake at 375 degrees until fairly tender. Brown sausage, drain, stir in celery, onion, 1/3 c. cheese and sour cream. Turn squash up, fill with sausage mixture and sprinkle with remaining cheese. Bake 15 minutes more. Serves 8

*Zucchini Casserole**Leatha Sternberg Arant*

1 lg. onion

2 med. green peppers

1 c. sliced mushrooms

1 med. zucchini

2 tomatoes

2 c. cheese

bread crumbs

parmesan cheese

Sauté onion, green pepper, mushrooms. Place in 9x13 pan. On top, layer 1 medium zucchini, sliced thin. Chop up tomato, put on top of zucchini, Next, cheese, then bread crumbs, parmesan cheese. Bake at 350 degrees for 30 minutes. Serves 12

*There's no better judge of a man's character, than his behavior when he's wrong.*

*Scalloped Tomatoes**Pat Hall*

- |   |                                   |
|---|-----------------------------------|
| 2 c. cooked or canned tomatoes            | 1/4 c. margarine melted or butter |
| 3 to 4 buttered slices toast cut in cubes | 1/4 c. pepper                     |
| 1 tsp. onion, grated or flaked onion      |                                   |

Alternate tomatoes and toast cubes in greased 1 quart casserole, having toast for top layer. Season with onion and pepper. Pour margarine or butter over all and bake at 375 degrees for 20 minutes or heated through. Serves 6 You can use the microwave and cook about five minutes or until heated through.

*Vegetable Noodle Casserole**Mindi Balmer*

- |                                   |   |
|-----------------------------------|---|
| 1 can condensed cream of chicken  | 1/2 tsp pepper                                      |
| 1 can condensed cream of broccoli | 16 oz package wide egg noodles, cooked & drained    |
| 1-1/2 c. milk                     | 16 oz package frozen broccoli, cauliflower & carrot |
| 1 c. parmesan cheese              | 2 c. frozen corn thawed                             |
| 3 garlic cloves, minced           |   |
| 2 T. dried parsley flakes         |   |
| 1/4 tsp. salt                     |   |

In a bowl, combine soups, milk 3.4 cup parmesan cheese, garlic parsley, pepper, salt; mix well. Add noodles and vegetables; mix well. Add noodles & vegetables; mix well. Pour into greased 13"x9"x2" baking dish. Sprinkle with the remaining parmesan. Cover & bake at 350 degrees for 45-50 minutes or until heated through. Serves 12 to 14.

*Baked Beans**Darla Tjelmeland Drees*

- |                            |                                |
|----------------------------|--------------------------------|
| 2 (32oz.) cans baked beans | nutmeg to taste                |
| 1 1/2 c. ketchup           | 1 1/2 c. chopped onions        |
| 1 1/2 c. sugar             | 1 1/2 c. Cornflakes (optional) |
| 1 tsp. cinnamon            | 1/2 lb. bacon (optional)       |
| 1 tsp. allspice            |                                |

Mix first 7 ingredients and pour into baking dish. Top with Cornflakes and raw bacon strips. Bake at 350 degrees for 30 minutes or until desired doneness.

Steam each vegetable until crisp-tender.

1/2 sm. head of cabbage, cut up  
 1/2 lb. fresh or frozen green beans  
 4 carrots cut in circles  
 2 c. fresh bean sprouts (optional)

4 potatoes boiled in skin, peeled and sliced  
 other vegetables can be added or substituted

Drain vegetables, reserving stock for peanut sauce.

**Peel and slice:**

4 hard-boiled eggs

**Slice:**

2 cucumbers  
 2 radishes (optional)

*Peanut Sauce:*

Fry raw peanuts in oil and grind or use 1 cup of chunky peanut butter

**Sauté:**

1/2 c. finely chopped onion  
 2 cloves of garlic, minced

Cayenne pepper or Tabasco sauce, to taste

2 bay leaves

**Add:**

3 1/2 c. vegetable stock or water  
 2 c. ground fried peanuts or 1 c. peanut butter

1 T. scraped, finely grated ginger root  
 1 T. fresh lemon juice  
 grated rind of one lemon  
 2 tsp. salt

Cook on medium heat stirring, then simmer for 15 minutes. Taste for seasoning and set pan aside. Group vegetables on a large platter or two with a bowl of peanut sauce in the center. Garnish platter with eggs, radishes and cucumbers. Serve with hot rice.

*Balsamic Tomatoes*

*Debbie Sampson*

1 tomato sliced  
 1 ear sweet corn, cooked and cut off cob  
 farmer cheese, cubed

fresh parsley, chopped  
 fresh basil, chopped  
 balsamic vinaigrette (I use Kraft)

Place sliced tomatoes on a plate. Crumble corn and cheese cubes over top of tomato slices. Sprinkle herbs over top of everything and drizzle dressing over all.

*-If you are right on the inside, it usually shows on the outside.*

*Vegetable Pizza**Cindy Waugh Carpenter*

2 tubes crescent rolls  
spreadable cream cheese

**Toppings:**

carrots  
onions  
broccoli  
cauliflower  
green peppers

tomato  
red peppers  
celery  
olives  
radishes  
Salad Supreme™ topping  
mushrooms

Grease large cookie sheet with sides. Lay out crescent rolls flat in pan. Bake according to directions. Let cool completely. Chop or shred vegetables to personal preferences. Spread cream cheese on cooled crust. Sprinkle vegetable over cream cheese. Top heavily with Salad Supreme™.

*Roasted Asparagus w/ Parmesan Cheese**Marjorie Uitermarkt*

1 bunch of asparagus, about 12 oz. (med. sized spears, rinsed and trimmed)  
2 T. freshly grated parmesan cheese  
ground black pepper

Preheat oven to 450 degrees. Spread asparagus in a lightly sprayed 9x13 baking pan. Roast 8 minutes. Rearrange asparagus tightly in the center of pan. Sprinkle with cheese. Return to oven and bake 2-3 minutes or until cheese softens a little. Remove from oven. Top with black pepper. Serve at once. Serves 4. *\*This is so easy and so good. Makes a great company meal. I usually serve it with crisp garlic toast, tomato aspic and a nice white wine.*

*Notes :*

# *Salads*

*pages 193 - 216*





## *Hints for Salads & Dressings*

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- When buying grapefruit, judge by weight. The heavier ones are juicier.
- Add 1/4 teaspoon soda to cranberries while cooking and they will not require as much sugar.
- Frosted Grapes: Beat 2 egg whites and 2 tablespoons water slightly. Dip small clusters of grapes into the mixture. Sprinkle with granulated sugar. Dry on waxed paper.
- Lemons that are heated before squeezing will give almost twice the quantity of juice.
- Lemon juice on cut bananas will keep them from darkening.
- Grease the salad mold with salad dressing, mayonnaise or salad oil on it will help the salad slip out easily.
- Save sweet pickle juice. Store it in the refrigerator and use small amounts to thin dressings for salads.
- Soak hard-cooked eggs in beet pickle juice for an interesting taste and colorful garnish.
- To make a hard-cooked egg flower, cut white from the small end of the egg about 3/4 of the way down, petal fashion, being careful not to cut yolk. When spread apart, these white petals should show yolk as a round ball, daisy fashion. Slice green pepper for leaves. Nice for potato salad.
- Marshmallows will cut easily if the blades of the scissors are buttered.
- Try putting marshmallows in the refrigerator and they won't stick to the scissors.
- Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soaking it for an hour in the refrigerator.
- The darker, outer leaves of lettuce are higher in calcium, iron and Vitamin A.
- Do not add salt to a lettuce salad until just before serving; salt makes the lettuce wilt and become tough.
- Toss salads well so you can use less dressing which is healthier.
- Prepare ingredients such as greens, chopped onions, celery, carrots and radishes ahead of time. Store in separate airtight containers for quick use in a tossed salad.
- When you will be doing extra cooking, keep shredded cheese, bread crumbs and chopped onion on hand for use in salads, casseroles and vegetables.
- Before grating cheese, brush vegetable oil on the grater and it will clean easier.
- Remove the tops of carrots before storing. Tops absorb moisture and nutrients from the carrots.
- It is easy to remove the white membrane from oranges (for fancy desserts or salads) by soaking them in boiling water for 5 minutes before you peel them.
- Lemon Jell-O, dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip, makes a perfect base for jelled fruit salad.

## *Salads*

### *Boston Salad*

† *Alice Miller*

2 boxes lemon Jell-O	1 can (No. 2) crushed pineapple
1 c. pineapple juice	2 bananas
2 c. boiling water	8 marshmallows

Dissolve the Jell-O in hot water and add the cup of pineapple juice. Chill until partially set. Add the can of pineapple and juice, bananas and marshmallows

#### Topping:

Heat 1 c. pineapple juice.	1 T. butter
Add mixture of:	2 T. flour
1/2 c. sugar	1 egg

Cook in double boiler. Cool thoroughly. Then fold in 1 c. whipped cream.

### *Lemon Jell-O Salad*

*Manita Waugh*

2 c. boiling water	1 pkg. Dream Whip, whipped as directed
1 sm. pkg. (3 oz.) cream cheese	1 med. can crushed pineapple, drained
1/2 pkg. miniature marshmallows	1/2 c. nuts
1 pkg. lemon Jell-O	

Mix boiling water and cream cheese until well mixed. Add lemon Jell-O and marshmallows. Let stand in refrigerator until partially set. Add prepared Dream Whip, pineapple, and nuts. Refrigerate overnight.

### *Aunt Katie's Salad*

*Carolyn Cole Sims*

1 lg. pkg. of Lemon Jell-O	4 1/2 T. flour
3 bananas (sliced and quartered)	2 T. butter
1 (20 oz.) can of crushed pineapple drained (reserve juice)	1 egg slightly beaten
<u>Topping:</u>	1 c. pineapple juice (use reserved juice, add water to make a cup if needed)
1/2 c. sugar	1 c. whipped cream

Prepare Jell-O according to directions but use slightly less water. Add crushed pineapple and bananas and put in large serving bowl. Chill until set. In a small saucepan, add sugar, flour, butter, egg and pineapple juice. Cook until thick, stirring constantly. Cool mixture. When cool, fold in whipped cream. Spread over set Jell-O.

*Strawberry Jell-O Salad**Cindy Hanson*

2 lg. or 4 sm. pkgs. strawberry Jell-O  
 4 c. boiling water  
 2 mashed bananas

1 can crushed pineapple with juice  
 2 pkg. frozen strawberries

Combine all of the ingredients. Pour 1/2 of the mixture into a 9x13-inch pan. Chill until firm. Spread with 1 carton sour cream. Pour on the rest of the Jell-O. Refrigerate until served. Enjoy!

*Mountain Dew Salad**Cindy Hanson*

1 lg. pkg. lemon Jell-0  
 2 c. boiling water  
 1 can Mountain Dew pop  
 1 can crushed pineapple

2 bananas, sliced  
 2 c. miniature marshmallows  
 1 can lemon pudding pie mix  
 1 lg. carton Cool Whip

Dissolve Jell-0 with boiling water; add Mountain Dew, pineapple, bananas and marshmallows. Let stand until set. Mix the remaining ingredients together and spread on Jell-O mixture. Let set before serving.

*Olive Wreath Mold**Betty Watts*

1-No. 2 can (2 1/2 c.) crushed pineapple  
 1-3 oz. pkg. lime Jell-O  
 1/2 c. grated American cheese  
 1/2 c. chopped pimento  
 1/2 c. finely chopped celery

2/3 c. chopped California nuts  
 1/4 tsp. salt  
 1 c. heavy cream, whipped  
 small stuffed olives, sliced  
 curly endive

Drain pineapple. Heat syrup to a boil. Add to lime Jell-O and stir until Jell-O is dissolved. Cool. When Jell-O begins to thicken, add the pineapple, cheese, pimento, celery, nuts, and salt. Fold in whipped cream. Place a row of sliced, stuffed olives in bottom of 9" ring mold and chill until fir. Arrange endive on platter; un-mold salad on top. Makes 8-10 servings.

*There's nothing wrong with starting at the bottom -  
 unless your learning to swim*

*Pink Champagne Salad**Edith Cole*

8 oz. cream cheese

3/4 c. sugar

1 can crushed pineapple (drained)

10 oz. frozen strawberries

2 bananas

cool whip

Cream together cream cheese and sugar. Thaw strawberries just enough to break apart, add to creamed mixture. Gently mix in pineapple, bananas and cool whip. Spread in 9x13 pan. Freeze. Store in freezer.

*Pink Champagne Salad**Lori Hall Whipple*

1 (8 oz.) pkg. cream cheese, softened

3/4 c. sugar

1 can crushed pineapple, drained

1 (10 oz.) pkg. frozen strawberries, NOT drained

2 bananas

1 c. cream, whipped

Blend whipping cream, cream cheese and sugar together. Add remaining ingredients. Pour into a bowl and refrigerate.

*Frozen Fruit Salad**Doradene-†Cleopha Thompson*

6 marshmallows chopped

12 maraschino cherries chopped

1 lg. can fruit cocktail (drained)

1 sm. can cubed pineapple (drained)

1 sm. pkg. cream cheese

1 pt. vanilla ice cream

Mix and freeze in 9 x 13" cake pan. *\*This is the recipe of Cleopha's that I remember. This goes back to before we were married.*

*Pink Cloud Fruit Salad**Rosemary Hennessy*

1 lg. can pineapple tidbits (drained)

1 lg. bottle maraschino cherries (cut in half-drain and save juice)

5 apples (unpeeled diced)

1/2 c. nuts

8 oz. pkg. cream cheese

2 pkg. Lucky Whip mixed-add vanilla when whipping

Blend cream cheese with cherry juice-mix this with pineapple tidbits and apples and nuts then fold in whipped cream. Set at least 12 hrs before serving. Can be made 2 days ahead of time. Stir before serving. Will serve 8-10.

*Fruit Cup**Mary Hanson*

1 pkg. lemon Jell-O	1 can chunk pineapple (with juice)
2 c. boiling water	1 can mandarin oranges (drained)
1 sm. can frozen orange juice	2 bananas

Mix together first 5 ingredients and refrigerate overnight. Add bananas just before serving.

*Microwave Fruit Salad**Diane Webb*

1 pkg. regular vanilla pudding	2 bananas sliced
1 (15 oz) can pineapple chunks	1/4 c. pecans, nutmeats or coconut
1 (11 oz.) can mandarin oranges	

Drain pineapple and oranges and save 1 cup of juices. Add juice to the vanilla pudding. Cook at high level 3 to 4 minutes, or until it boils and thickens. Remove from microwave and stir in fruit. Refrigerate for 1 hour. Serves 6

*Refreshing Frozen Fruit**Helen Tjelmeland*

8 oz. pkg. creamed cheese	10 oz. box frozen strawberries & juice
3/4 c. sugar	1 (9 oz.) carton Cool Whip
20 oz. crushed pineapple, drained	

Combine in mixer the cream cheese and sugar. Add pineapple and frozen strawberries. Fold in by hand the bananas and Cool Whip. Pour into 9 x 13 inch pan. Freeze until ready to be served.

*24 Hour Salad**†Lois Hovick*

2 c. white grapes	2 c. miniature marshmallows
2 c. pineapple tidbits	2 c. mandarin oranges

Drain fruit well. Whip 1 c. cream. Mix with cooked dressing and fold in the drained fruit and the marshmallows

**Dressing:**

2 eggs (beaten)	4 tsp. lemon juice
4 tsp. sugar	4 2 tsp. butter

Cook together the eggs, sugar, and lemon juice. Add butter and cool. Chill salad overnight.

*Cherry Salad**Connie Rasmussen***Crust:**

1 pkg. graham crackers crushed  
 1/4 c. sugar  
 1/4 c. melted butter  
 Pat out in a 8 x 8" pan.

**Filling:**

8 oz. cream cheese  
 1 c. cool whip  
 1 c. powder sugar  
 1 can cherry pie filling

Mix all together spread over crust. Top with cool whip. Refrigerate before serving.

*Heavenly Salad**Dorothy Christian*

2 (3 oz.) boxes lime or orange Jell-O  
 2 1/2 c. hot water  
 1/2 c. sugar  
 1 c. crushed pineapple

1 c. chopped nutmeats  
 1 c. grated cheddar cheese  
 1 c. Cool Whip

Dissolve Jell-O in hot water and sugar. Cool awhile. Add crushed pineapple, nutmeats, cheddar cheese and cool whip. Mix together and pour into 9 in. square pan. Chill in refrigerator. Serves 9

*Great Grandmother Thomas'**Jill Patterson**Cranberry Salad*

Grind 1-lb. cranberries  
 2 or 3 apples ground

1 sm. can crushed pineapple

Mix above with 2 C. Sugar-Let stand 1/2 hour. Mix 1 Pkg. (3 oz.) Raspberry Jell-O with 2 c. water (1 cup hot-1 cup cold). When starts to congeal, mix in fruit and 1/2 c. walnuts.

*Peach Jell-O**Lori Hall Whipple*

3 c. boiling water  
 1 pkg. peach Jell-O (3 oz.)  
 1 pkg. instant vanilla pudding (3 oz.)

1 pkg. vanilla tapioca pudding  
 15 oz. can peaches diced  
 8 oz. Cool Whip

Add the pkg. of Jell-O and two pkg. of pudding to boiling water and cook for 2 - 3 minutes (whisk if needed). Let cool to room temperature. Add peaches and Cool Whip. Refrigerate.

*Favorite Salad**Jill Patterson*

2 pkgs. lemon Jell-O  
2 or 3 bananas

8 marshmallows (cut up)  
1 c. pineapple

Put marshmallows in Jell-O when lukewarm. Add cup crushed pineapple, don't drain. Add bananas.

**Topping:**

1c. pineapple juice  
1 T. lemon juice  
1/2 c. sugar

2 eggs  
2 T. flour  
1/2 pt. whipping cream  
1T. butter

Mix ingredients and cook until thick. Cool. Add whipping cream. Spread on top of the Jell-O mixture.

*Frozen Grape Salad**Shirley Hemphill*

1 lg. pkg. cream cheese  
3 T. mayonnaise  
1/3 c.+ 1 T. sugar  
2 c. miniature marshmallows

2 1/2 c. drained pineapple bits  
4 c. red seedless grapes  
1 container of cool whip

Soften cream cheese, blend with mayonnaise, than sugar, add marshmallows and drained pineapple bits, fold in halved grapes and cool whip and freeze in rectangles dish or plastic container, cover with lid or wrap. Take out awhile before eating. \*My Mother's (Eileen Nichol) recipe. Grandchildren like this.

*Strawberry Stuff**Margaret Nelson***1) Bottom Layer**

1 c. margarine  
1 c. powdered sugar  
2 c. flour

Mix and spread in jellyroll pan. Bake at 325 degrees for 12-15 minutes until light brown.

**2) Middle Layer**

2 c. Cool Whip (I use 8 oz. carton)  
1 c. powdered sugar  
8 oz. cream cheese

Mix and spread over bottom layer.

**3) Top Layer**

1 1/2 c. water  
1 1/2 c. sugar  
4 T. cornstarch  
3 T. strawberry Jell-O

1 qt. sliced strawberries

Cook first 3 ingredients until thick and clear. Remove from heat. Add 3 T. Strawberry Jell-O, mix well. Cool. Pour over sliced strawberries. Spread over middle layer. Refrigerate

*Orange Salad**Connie Rasmussen*

1 sm. pkg. orange Jell-O  
 1 sm. pkg. instant vanilla pudding  
 1 sm. pkg. tapioca pudding  
 2 c. boiling water  
 Combine these 4 items and mix until partially firm.

**Add:**

8 oz. cool whip  
 2 cans mandarin oranges  
 Mix altogether serve chilled.

*Apricot Orange Salad with Fruit Cheese Topping**Audrey Hauley*

1 (No 2 1/2) can apricots, drained and finely cuts  
 1 (No. 2) can crushed pineapple, drained  
 2 (4 serving size) pkg. orange gelatin  
 2 c. boiling water  
 1 c. combined apricot and pineapple juice  
 1 c. mini marshmallows

**Topping:**

1/2 c. sugar  
 3 T. flour  
 1 egg, slightly beaten  
 2 T. butter  
 1 c. Cool Whip  
 3/4 c. cheddar cheese, grated  
 1 c. combine apricot and pineapple juice.

Chill drained fruits. Dissolve gelatin in boiling water; add fruit juice. Cook over low heat until thickened, stirring constantly. Remove from heat and stir in butter. Cool. Fold in Cool Whip and spread over chilled gelatin layer. Sprinkle with cheese & Chill. Serves 15 to 18 \*Lime or cherry gelatin may be used instead. Gelatin may be made day before, but Topping must be made the day served.

*Lime Walnut Salad**Audrey Hauley*

1 (3 oz.) pkg. lime gelatin  
 1 c. boiling water  
 1 sm. can crushed pineapple, untrained

1 c. cottage cheese  
 1/2 c. celery, finely chopped  
 1/2 c. walnuts, chopped

Dissolve gelatin in boiling water. Cool until partially set. Add remaining ingredients. Chill in loaf pan or mold. Serves: 8

*Layered Orange Treat**Audrey Hauley*

2 (3 oz.) pkg. Orange gelatin	1 pint Orange sherbet
2 c. boiling water	1 (11 oz.) can mandarin orange sections

Dissolve 1 package gelatin in 1 c. boiling water; blend in sherbet. Pour into a 1 1/2 quart mold. Cool until firm. Dissolve remaining gelatin in remaining boiling water. Drain orange sections, measuring syrup; add cold water to make 1 c. and add to gelatin with orange sections. Pour over firm layer and chill until firm. Un-mold. Serves: 8 - 10 *\*Can use 1 c. fresh diced oranges and 1 c. cold water. Lime Jell-o with lime sherbet and fresh grapes is also tasty.*

*Apricot Salad**Marty VanWinkle*

1 pkg. apricot Jell-O	12 oz. Cool Whip
2/3 c. sugar	1 sm. can crushed pineapple (with juice)
1 (8 oz.) pkg. cream cheese	1 jr. size apricot tapioca baby food

Cook Jell-O, pineapple with juice and sugar until sugar and Jell-O are dissolved. Cool. In a bowl, mix baby food with cream cheese until creamy. Fold in Cool Whip, then fold in cooled Jell-O mixture. Pour into 9 x 9" pan or bowl. *\*Really pretty for spring or Easter dinner!*

*Raspberry Jell-O Salad**Jen Tjernagel*

2 (3oz) raspberry Jell-O	2 c. applesauce
2 packages frozen raspberries	8 or 12 oz. sour cream
2 tsp. lemon juice	2 c. miniature marshmallows
2 c. boiling water	

Boil water. Dissolve Jell-O in water. Add raspberries; stir to separate berries until thawed. Add applesauce and lemon juice. Let set in refrigerator. **Topping:** Mix sour cream and marshmallows by hand, let set overnight covered in frig. Next morning, whip the mixture and spread over salad.

*Yum Yum Salad**Laura Morgan*

2 boxes tapioca pudding  
 2 boxes orange Jell-O  
 3 c. water  
 Mix all together and heat. Boil one minute.

When cool fold in:  
 1 lg. container of Cool Whip  
 2 cans mandarin oranges, drained  
 1 regular can pineapple tidbits, drained  
 Refrigerate. This recipe can be cut in half, if desired.

*Tapioca Jell-O Salad**Emily Tjernagel Araber*

6 c. boiling water  
 1 c. baby pearl tapioca  
 1/2 c. sugar

1 pkg. Jell-O any flavor  
 1-2 cans or frozen pkgs. of fruit  
 1/2 container Cool Whip

Bring water to boil. Add tapioca. Cook at a boil for 8-10 minutes, stirring occasionally. Remove from heat. Stir in Jell-O & sugar until dissolved. Let cool on counter for a few hours, stirring occasionally. Refrigerate overnight. Add fruit & Cool Whip the next morning. *\*My favorites are peach, pineapple, strawberry, & mixed berry.*

*Boston Salad**†Alice Miller*

2 boxes lemon Jell-O  
 1 c. pineapple juice  
 2 c. boiling water

1 can (No. 2) crushed pineapple  
 2 bananas  
 8 marshmallows

Dissolve the Jell-O in hot water and add the cup of pineapple juice. Chill until partially set. Add the can of pineapple and juice, bananas and marshmallows

**Topping:**

Heat 1 c. pineapple juice.  
 Add mixture of:  
 1/2 c. sugar

1 T. butter  
 2 T. flour  
 1 egg

Cook in double boiler. Cool thoroughly. Then fold in 1 c. whipped cream.

*-Only a lamb has the grace to suckle kneeling.*

*Perfection Salad*† *Hanna Ajerde*

2 envelopes Knox gelatin  
 1/2 c. sugar  
 1 tsp. salt  
 1 1/2 c. boiling water  
 1 1/2 c. cold water  
 1/4 c. vinegar  
 2 T. lemon juice

1 box lemon Jell-O  
 1/2 c. stuffed olives, sliced  
 2 c. finely shredded cabbage  
 1 c. chopped celery  
 1/2 c. chopped green pepper  
 1/4 c. chopped pimento

Mix gelatin, sugar and salt. Add boiling water and stir. Add cold water, vinegar and lemon juice. Chill till partially set. Mix Jell-O as directed on package. Let partially set. Mix the two and add vegetables. Put in 9 x 13" pan in refrigerator. *\*This salad was often taken to church suppers.*

*Fudge Stripe Cookie Salad**Lori Hall Whipple*

1 c. milk  
 1 T. vinegar  
 1 pkg. (3 oz.) vanilla instant pudding  
 8 oz. Cool Whip

1 can pineapple chunks (drained)  
 1 can mandarin oranges (drained)  
 14 fudge stripe cookies (crushed)

Combine milk and vinegar and set 5 - 10 minutes. Add remaining ingredients. Let chill at least 2 hours before serving.

*Snickers Apple Salad**Lori Hall Whipple*

8 oz. Cool Whip  
 3 oz. instant French vanilla pudding  
 1 c. milk

3 green apples cut up  
 3 Snicker candy bars cut up

Mix Cool Whip, pudding and milk. Add apples and Snickers, mix well. Chill.

*Snickers Apple Salad**Marcia Hagedorn*

2 apples, peeled and cubed (Granny  
 Smith, or Brayburn are good)  
 1 king size snickers bar, sliced

whipped cream  
 chopped nuts (walnuts or peanuts) if de-  
 sired

Stir apples, snickers and whipped cream together for a tasty salad alternative.

*Snickers Salad**Marty VanWinkle*

- |   |                                     |
|---|-------------------------------------|
| 1 (8 oz.) Cool Whip                           | 1 c. milk                           |
| 1 (3 oz.) pkg. instant French vanilla pudding | 4 green apples, cut in 1/2" pieces  |
|   | 3 snicker bars, cut into 1/2" cubes |

Mix Cool Whip, pudding and milk together by hand. Add apples and snickers. Stir. Refrigerate. *\*Delicious!*

*Chicken Salad**Lori Hall Whipple*

- |                                      |                      |
|--------------------------------------|----------------------|
| 3 c. diced, cooked chicken or turkey | 1 tsp. salt          |
| 1 1/2 c. celery, diced               | 1/8 tsp. pepper      |
| 1 1/2 c. green grapes, halved        | 1 T. onion           |
| 1 c. mayonnaise                      | 1 tsp. dry mustard   |
| 1/4 c. half & half                   | 1 c. toasted almonds |
| 3 T. lemon juice                     |                      |

Combine chicken or turkey in a bowl, along with celery and grapes. Mix together mayonnaise, cream, lemon juice, salt, pepper, dry mustard and onion. Pour over meat mixture and cover. Let stand in the refrigerator a day to let flavors mingle. Fold in toasted almonds.

*Strawtown Chicken Salad**Mary Severseike*

- |   |  |
|---|--|
| 4 c. cooked chicken breast (cut into 1" pieces) | 1 c. seedless red grapes (halved - can use green also) |
| 1 c. sliced celery (cut into 1/2" pieces)       | 1 c. pineapple tidbits                                 |
| 1/2 c. walnuts, coarsely chopped                | 1 c. mayonnaise  |

Mix all together. Chill at least 2 hours. Serve on a lettuce leaf. An apple can be added also.

*-Christ is the difference between hope and hopelessness.*

*-All is not hopeless when your hope is in God.*

*-The sun is always shining somewhere.*

*Flying Farmer Chicken Salad**Betty Watts*

5 c. cooked chicken, cut in chunks	1 1/2 c. sliced celery
2 T. salad oil	1 (13 oz). can pineapple tidbits, drained
2 T. orange juice	(1 c.)
2 T vinegar	1 (11 oz.) can mandarin oranges, drained
1 tsp. salt	(1 c.)
3 c. cooked rice	1 c. toasted slivered almonds
1 1/2 c. sm. green grapes	1 1/2 c. mayonnaise

Combine chicken, salad oil, orange juice, vinegar and salt. Let stand while preparing remaining salad ingredients. (Or you can refrigerate mixture overnight.) Gently toss together all ingredients. Makes 12 servings. *\*Makes cool summer salad. A funny story goes with this recipe. I had seen the recipe in a magazine and thought it sounded good. The Ames paper was having a contest, and so I submitted this one since it sounded so good. And I won ... but I had never even made it myself. So I had to go and get the ingredients to make it for the first time after I won the contest!*

*Hot Potato Salad**Laura Morgan*

6 bacon strips	1/8 tsp. pepper
1 med. onion, chopped	3/4 c. water
2 T. flour	1/2 c. vinegar
2 T. sugar	5 med. potatoes, peeled, cooked, sliced
1 1/2 tsp. salt	
1/2 tsp. celery seed	

In a skillet, cook bacon until crisp. Remove to paper towel to drain; crumble and set aside. In bacon drippings, sauté onion till tender. Remove from heat. Combine flour, sugar, salt, celery seed and pepper; stir into onion mixture. Add water and vinegar. Return to heat; cook, stirring constantly, until mixture comes to a boil. Boil for 1 minute. Place potatoes and bacon in a large bowl; pour sauce over and toss gently. Serve warm. 4-6 servings.

*Potato Salad**Mary Severseike*

8 potatoes, cooked & diced	1 T. mustard
10 hard cook eggs, diced	2 tsp. salt
1 med. onion, finely chopped	1/3 c. sugar
1 c. salad dressing	

Mix salad dressing with mustard, salt and sugar. Mix into the potatoes, eggs and onions.

*Spaghetti Salad**Connie Rasmussen*

- |   |                                  |
|---|----------------------------------|
| 1 lb. box of spaghetti-cooked, rinsed and drained | 1 jar Italian salad dressing     |
| 1 cucumber, diced                                 | 1/2 c. parmesan cheese           |
| 1 tomato, diced                                   | 1/2 jar salad seasoning          |
| 1 red onion, diced                                | Combine all and chill overnight. |

*Macaroni Fruit Salad**Helen Tjelmeland*

- |                                    |                         |
|------------------------------------|-------------------------|
| 2 c. elbow macaroni                | <b><u>Dressing:</u></b> |
| 2 cans mandarin oranges            | 4 eggs, beaten          |
| 1 c. crushed pineapple             | 2 c. powdered sugar     |
| 3-4 apples, cut up to desired size | 1/2 c. lemon juice      |
| Maraschino Cherries (optional)     |                         |

Cook until thick. Let cool and add to macaroni mixture. (1 cup Cool Whip may be added.) Squirt a little lemon juice over apples to keep their color.

*Macaroni Salad**Connie Aronemeyer*

- |                                      |   |
|--------------------------------------|---|
| 1-7 oz. pkg. shell macaroni          | 2 T. sugar                              |
| 1-10 oz. pkg. frozen peas            | 1 T. vinegar                            |
| 2 c. shredded cheddar cheese (8 oz.) | 1/3 c. pickle relish                    |
| 1/4 c. chopped onion                 | 1/2 tsp. salt                           |
| 1/2 c. chopped celery                | 4 strips bacon (fried crisp & crumbled) |
| 3/4 c. salad dressing                | or use bacon bits                       |

Cook macaroni as directed and rinse well to cool. Rinse frozen peas under running water to separate. Blend sugar, vinegar, salt and relish into salad dressing. Toss with macaroni, peas, cheese, onions, and celery. Add bacon just before serving.

*Count your blessing  
Name them one by one!*

*Taco Salad**Diane Webb*

1 lb. ground beef	2 tomatoes
1 tsp. chili powder	1 c. grated cheddar cheese
1/2 c. catsup	1 can drained ripe olives
1 tsp. ground oregano	bag Fritos
salt & pepper	1/2 c. mayonnaise
head lettuce	1/4 c. taco sauce

Brown meat, drain fat and add other ingredients and simmer a few minutes. In a large bowl, tear one head lettuce, add 2 cut-up tomatoes, 1 c. grated cheddar cheese and 1 can drained pitted ripe olives. Add meat mixture to lettuce mixture. Add 1 regular size bag Fritos. Toss with this dressing: 1/2 c. mayonnaise and 1/4 c. Taco sauce Serves about 15

*Quick & Easy Dressing for Cabbage**Sharon Himan*

2 c. sugar	1 tsp. salt
1/2 c. water	1 tsp. celery seed
1 c. vinegar	

Boil sugar and water for 5 minutes. Remove from heat. Add vinegar, salt and celery seed. Stir until well blended. This keeps a long time. Good on cabbage or any raw vegetables like shredded carrots, celery, peppers or onions. *\*This is my grandmother's recipe and it was always in our refrigerator in the summer.*

*Dressing for Potato Salad**†Hanna Ajerde*

6 eggs 1 c. vinegar	2 T. margarine
1/2 c. sugar	Cook until thick.
1/2 tsp. dry mustard	

*-Hope in the heart puts a smile on the face.*

*-You can borrow brains; you can't borrow character.*

*Spring Salad**Michelle Klinger*

10 oz pkg. spiral Rotini (multi-colored or plain)	1 c. mayonnaise
1/2 c. shredded carrots	1/2 c. pineapple juice
1/2 c. diced cucumber	1/4 c. granulated sugar
1/3 c. sliced radishes	dash salt
	dash pepper

Cook the rotini according to the instructions on the package. Drain and rinse in cool water. In a medium bowl, combine the Rotini, carrots, cucumber and radishes and set aside. In a small bowl, combine the Mayonnaise, pineapple juice, sugar, salt & pepper. Mix together and then pour over the other ingredients and stir well. Refrigerate for at least 2 hours.

*Gourmet Spring Salad**Doris Classon*

1 #1 can tiny peas (Le Seuer)	<b><u>Dressing:</u></b>
1 #1 can Shoepeg corn (White Green Giant)	2 T. water
1 #1 can French style green beans	3/4 c. sugar
4 oz. Jar pimientos	3/4 c. cider vinegar
1 c. chopped green pepper	1/2 c. salad oil
1/2 c. chopped onion	1/2 tsp. salt
	1/4 tsp. pepper

Drain vegetables, add pimientos, green peppers and onion. Pour dressing over vegetables and stir. Refrigerate. Serves 8-10.

*Creamy Cole Slaw**Doris Classon*

1 c. mayonnaise	1 tsp. poppy seed or celery seed
1 1/2 tsp. salt	1/4 tsp. white pepper
2 tsp. vinegar	2/3 c. sugar

Mix ingredients together. Shred one head of cabbage and 1 small carrot. Mix all together. Chill and let set 30 minutes before serving. Dressing can be refrigerated up to 2 weeks.

*Cabbage Salad**Dee Anderson Douglas*

1 lb. shredded cabbage  
 6 green onion, chopped  
 2 pkgs. mushroom flavored Ramen Soup  
 (cook and add just before serving)  
 4-5 T. sesame seeds, toasted  
 3/4 c. slivered almonds, toasted

**Dressing:**  
 4-5 T. vinegar  
 3/4 c. salad oil  
 3 T. sugar  
 1/2 tsp. pepper  
 1/2 tsp. salt  
 1 tsp. sesame oil  
 2 Ramen flavor packets

Shake well and combine with mixed greens. Mix dressing in just before serving.

*Tomato Spoon Salad**Wilma Munson*

1 1/2 lb. canned tomatoes  
 2 chopped green peppers  
 1 1/4 tsp. salt  
 1 tsp. mustard seed

1 tsp. celery seed  
 2 med. onions small diced  
 1/4 c. sugar  
 1/4 c. vinegar

Chop tomatoes. Add to onions and green peppers. Mix remaining ingredients and pour over the vegetables. Chill. The flavor improves if allowed to marinate for 24 hrs. *\*I usually double recipe because it keeps well.*

*Pleasin' Pea Salad**Barb Armstrong*

2 c. frozen peas, thawed.  
 1/2 c. chopped celery  
 3 T. sliced black olives  
 2 T. minced onion  
 1/2 tsp. salt

1 tsp. lemon juice  
 1/8 tsp. pepper  
 1/2 c. salad dressing  
 Mix.

*Italian Salad**Laura Morgan*

1 lg. bag rigatoni noodles  
 2 lg. tomatoes  
 1 cucumber  
 1 green pepper

1 onion  
 1 tsp. garlic salt  
 1 jar green olives  
 1 bottle Viva Italian oil dressing

Mix all together. Can stand in a covered dish for 2-2 1/2 weeks. *\*I was out of olives one day, and I substituted fresh broccoli. It was great.*

*Spinach Salad**Mazel Birkeland*

2 T. raspberry vinegar	8 c. torn washed spinach (2 packages)
2 T. seedless raspberry jam	1 c. fresh raspberries
1/3 c. salad oil	3/4 c. chopped cashews
Combine in blender.	3 kiwi, peeled and sliced

In a bowl, toss the spinach, half the fruit and nuts and one-half the dressing. Transfer to a large flat bowl and top with the remaining fruit and nuts. Drizzle rest of dressing over salad. Serve immediately.

*Baby Teeth Salad**Carol Wright*

1 can French green beans, drained	1/2 c. chopped onion
1 can LeSeur Peas, drained	1/2 c. chopped green pepper
1 can Shoepeg corn, drained	1 c. chopped celery
Mix the following and add vegetables:	1/2 tsp. salt, 1/2 tsp. pepper, 1/2 c. sugar,
1/2 c. oil, 1/4 c. vinegar. Chill.	

*Oriental Coleslaw**† Eunice Krieg*

2 (1 lb.) pkg. of shredded coleslaw mix	<b><u>Dressing:</u></b>
Chopped onion	1 c. oil
1/2 c. sunflower seeds	2 T. rice or salad vinegar
1/2 c. slivered almonds toasted	1 tsp. pepper
2 pkgs. Ramen noodles (not the spice bag)	4 T. sugar
	2 tsp. salt
	2 tsp. accent

Mix and pour over coleslaw mixture just before serving.

*Broccoli Lettuce Romaine Noodle Salad**Mindi Balmer*

Romaine Lettuce	<b><u>Dressing:</u></b>
fresh broccoli	1/2 c. vegetable oil
sliced red onion in rings	1/3 c. red wine vinegar
Ramen Noodles	1/2 c. sugar
walnuts	2 beef seasoning packets from noodles

Mix dressing ingredients and let set overnight.

*Layered Lettuce Salad**Kris Boyd*

1 head of lettuce	2 c. mayonnaise
1/2 c. celery, diced	2 T. sugar
1 (10oz.) pkg. frozen peas (uncooked)	4 oz. cheddar cheese, grated
1/2 c. green pepper, diced	4 hard boiled eggs, sliced
8 slices bacon, fried & diced	Paprika

Tear lettuce into bite size pieces and place in 9 x 12 glass pan. Layer rest of ingredients in order given. Combine sugar and mayonnaise and spread over top. Top with grated cheese and 4 diced eggs. Sprinkle with paprika. Cover and refrigerate 4 to 8 hours. \*From my sister-in-law Joyce Boyd. *Delicious*

*Pea Salad**Dorothy Larson*

16 oz. can baby peas	<b><u>Dressing:</u></b>
3/4 c. chopped sweet pickle	1/4 c. mayonnaise
1 c. diced celery	2 tsp. pickle juice
1 c. diced American cheese	1/4 tsp. salt
1/2 c. diced onion	pepper
	1 tsp. sugar

Mix together and chill. Serve on lettuce leaf. Garnish with tomato wedges. Serves 6

*Vegetable Salad**JoAnn Molde*

1 can white shoe peg corn	<b><u>Dressing:</u></b>
1 can French cut green beans	1 c. sugar
1 c. peas	3/4 c. vinegar
1 c. chopped celery	1/2 c. oil
1 c. chopped carrots	1 T. water
1/4 c. onions	1 tsp. salt
1/2 c. green peppers	1/2 tsp. pepper

Bring dressing to boil and cool before pouring over veggies

*Broccoli Salad**JoAnn Molde*

2 bunches fresh broccoli  
 1/4 c. diced onion  
 1/2 c. white raisins (puffed in 1 cup water in microwave)  
 1/2 c. salted sunflower seeds

**Dressing:**

1 c. Hellmann's dressing  
 1/4 c. sugar  
 2 tsp. white vinegar  
 1/2 lb. bacon fried crisp and crushed

*Vegetable Salad**Mary Severseike*

1 box shell macaroni, cooked  
 1 can peas  
 1 can carrots  
 1 can green beans

1 can kidney beans  
 1 med. onion, chopped  
 1 c. celery, diced

Drain all vegetables. Rinse kidney beans and soak in white vinegar for at least 1 hour. Make sure beans are covered with vinegar. Drain off vinegar. Mix beans, macaroni and add all other ingredients.

**Dressing:**

1 pint Miracle Whip  
 1/2 pint half & half

1 c. sugar  
 1 T. mustard

Mix dressing ingredients and add to vegetable mixture. Let set several hours or over night in refrigerator.

*Cabbage Salad**Vale and Dorothy Peter*

1 sm. head cabbage, shredded  
 1 carrot, shredded  
 onion, celery, green pepper, cut fine

**Salad Dressing:**

1 c. sugar  
 1 T. salt  
 3/4 c. cider vinegar  
 1/2 c. oil  
 1/4 c. dill

Mix or shake salad dressing ingredients until dissolved. Pour over cabbage and other shredded ingredients and serve. The longer it stays in the fridge - the better it is.  
 Yield: about 20

*-You can be robbed of what you have, but not of what you are.*

*Layered Southwestern Salad**Kathi Munson Vaezi*

1/3 c. chopped fresh cilantro	drained
1/2 c. lime juice	1 sm. purple onion, chopped
1/2 c. olive oil	1 (8 oz.) pkg. shredded Mexican 4-cheese blend
1/2 c. sour cream	1 (15 oz.) can whole kernel corn with red & green peppers, drained
1 tsp. sugar	1 (6 oz.) can sliced black olives, drained
1/2 tsp. salt	2 c. crushed tortilla chips
1/2 tsp. pepper	Garnish: fresh cilantro leaves
1 (16 oz) pkg. Romaine lettuce, shredded	
5 plum tomatoes, chopped	
1 (15 oz.) can black beans, rinsed and	

Process: first 7 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Layer: lettuce and next 7 ingredients in a 3 qt. glass bowl. Pour vinaigrette over salad just before serving, and gently toss. Garnish, if desired, and serve immediately. Makes 8 to 10 servings. Prep time: 15 minutes. *\*If you like cilantro, this is a wonderful salad that get great reviews!*

*Romaine Lettuce Salad w/ toppings**Martha Bakke*

1 Head Romaine lettuce, washed, dried and torn into bite size pieces;	3 T. soy sauce
<b><u>Dressing:</u></b>	<b><u>Toppings:</u></b>
2/3 c. oil	2 pkg. crushed Ramen noodles
1/3 c. apple cider vinegar	1 sm. pkg. slivered almonds
2/3 c. sugar	2 T. butter-melted
	1/2 c. sunflower seed hearts

Mix noodles, almonds, seeds and butter. Bake at 300 degrees for 20 minutes, stir occasionally, until lightly browned. Shake the dressing ingredients together until well mixed. Leftover toppings keep well in a zip-lock in the frig, Preparation time: 30 minutes.

*-If you think meekness is a weakness,  
try being meek for a week.*

*Mandarin Avocado Tossed Salad**Lois Larson*

1/2 c. sunflower kernels	1/2 tsp. salt
1/2 c. slivered almonds	1/2 tsp. ground mustard
2 T. butter or margarine	1 garlic clove, minced
1/2 c. vegetable oil	4 c. torn leaf lettuce
3 T. cider or red wine vinegar	1 can mandarin orange drained
1 T. lemon juice	1 Ripe avocado, peeled and cubed
2 tsp. sugar	1-2 green onions, chopped

In small skillet sauté sunflower kernels and almonds in butter. Cool. Meanwhile in jar with tight lid, combine oil, vinegar, lemon juice, sugar, salt, mustard and garlic. Shake well. In a large salad bowl, toss lettuce, oranges, avocado, onion and sunflower and almonds. Drizzles with dressing. Serve immediately. Yields 6-8 servings.

*Notes :*

# Cookies & Bars

*Cookies*

*219-237*

*Bars*

*237-264*





## Cookies

### *Candy Cane Cookies*

*Sylvia Posegate Anderson*

1 c. soft shortening (1/2 butter)	1 tsp. vanilla
1 c. sifted powdered sugar	2 1/2 c. flour
1 egg	1 tsp. salt
1 1/2 tsp. almond flavoring	1/2 tsp. red food coloring

Mix shortening, sugar, egg, flavorings. Mix flour, salt and stir in. Divide dough in 1/2 and blend red coloring into half. Take 1 tsp. each of the red and white dough. Roll out each into a 6" rope and twist the two colors together. Place on the cookie sheet and bend the top over like a candy cane shape. Bake at 350 degrees on ungreased cookie sheet 9 minutes or until lightly browned. When hot sprinkle with 1/2 c. crushed peppermint candy mixed with 1/2 c. white sugar. *It's easier to do a double batch of these and color one batch red.*

### *7 Chip Cookies*

*Mazel Birkeland*

2 c. Crisco	4 1/2-5 c. flour
2 c. white sugar	2 tsp. salt
1 c. brown sugar	2 tsp. soda
4 eggs	1 1/2 c. nuts
4 tsp. vanilla	12 oz. semi-sweet chocolate chips

Cream Crisco and sugar, add eggs and vanilla. Mix well and add dry ingredients using 4 c. flour. Use 1/2 c. flour to coat nuts and chips and fold in by hand. Bake at 375 degrees for 10-12 minutes. *\*One of my students brought these as a treat. They had been entered in the 4-H County Fair and the only thing the judge could find wrong was each cookie didn't have 7 chocolate chips.*

### *Russian Teacakes*

*Cindy Cole*

1 c. butter or margarine softened	2 1/4 c.. flour
1/2 c.. confectioners sugar	1/4 tsp. salt
1 tsp. vanilla	3/4 c.. finely chopped nuts

Mix thoroughly butter, sugar, and vanilla. Work in flour, salt and nuts until dough holds together. Shape dough in 1-inch balls. Place on ungreased baking sheet. While warm roll in confectioners' sugar. Cool. Roll in sugar again. Yields: 4 dozen. Bake at 400 degrees for 10-12 minutes until set but not brown.

*Snickerdoodles**Darla Tjelmeland Drees*

1 c. soft shortening  
 1 1/2 c. sugar  
 2 eggs, beaten  
 2 3/4 c. flour, scant cup

2 tsp. cream of tartar  
 1 tsp. baking soda  
 1/4 tsp. salt

Mix shortening, sugar and beaten eggs together in a large bowl. In another bowl, mix together remaining ingredients. Add into shortening mixture. When all mixed, roll into balls the size of ping-pong balls. Roll in a mixture of 2 T. sugar and 1 tsp cinnamon. Place 2" apart on cookie sheet. Bake at 400 degrees for 8-10 minutes; until lightly browned, but still soft. Makes about 5 dozen.

*Gumdrop Confetti Cookies**Darla Tjelmeland Drees*

1 c. shortening  
 1 c. white sugar  
 1 c. brown sugar  
 2 eggs  
 1 tsp. vanilla  
 1 c. cut-up gumdrops

2 c. flour  
 1 tsp. baking powder  
 1/2 tsp baking soda  
 1/2 tsp. salt  
 2 c. quick oatmeal  
 1 c. coconut

Cream shortening & sugar. Add eggs and beat well. Add vanilla. In another bowl, mix together flour, baking powder, baking soda and salt. Stir this into creamed mixture and mix well. Add oatmeal, cocoanut and gumdrops. Roll into ping-pong sized balls. Bake on ungreased cookie sheet at 375 degrees for 10 minutes. Makes about 4 dozen.

*Toffee Cookies**Jim, Kathy, Zachary, & Tyler Flovick*

1 c. shortening  
 1 c. brown sugar  
 1 egg separated  
 1 tsp. vanilla

2 c. flour  
 1 T. cinnamon  
 1/2 tsp. salt  
 1/2 c. nuts chopped fine (pecans)

Cream shortening and sugar. Add egg yolk and vanilla. Sift flour, cinnamon, and salt together. Add to first mixture. This will be stiff dough—pat it out with your hand. Pour egg white on top of dough (don't beat it, just as it is). Spread evenly and on top of that sprinkle the nuts. Bake at 275 degrees for 40 minutes. Cut in squares after baking.

*Toasted Coconut Cookies**Mazel Birkeland*

1/2 c. butter	1 tsp. baking powder
1/2 c. Crisco	1 tsp. soda
3/4 c. white sugar	3/4 tsp. salt
3/4 c. brown sugar - packed	1 1/2 c. quick cooking oats
2 eggs	1 1/2 c. flaked coconut - toasted
2 tsp. vanilla	3/4 c. walnuts - toasted
2 c. flour	

Cream shortening and sugars; add eggs and vanilla. Add dry ingredients, which have been sifted together. Mix well, then fold in oats, coconut and nuts. Drop by teaspoonfuls onto greased baking sheet. Bake at 375 degrees for 10-11 minutes.

*Lemon Crunch Cookies**Doradene Thompson*

1/2 c. shortening	1 1/2 tsp. salt
2 c. sugar	2 tsp. baking powder
2 eggs	1 c. lemon drops ground. (1 c. drops=1 c. ground)
1 tsp. lemon flavoring	
2 1/2 c. flour	

Cream shortening and sugar. Add eggs and lemon flavoring. Mix together flour, salt, baking powder and lemon drops. Add to creamed mixture. Form into roll and chill. Cut and place on greased & foil lined cookie sheet. Bake at 350 degrees for 15 minutes. Cool 5 minutes only, remove from pan. Do NOT cool on cloth. Makes 5 dozen cookies. *\*These were the cookies I would take back to the dorm. My mother used a meat grinder to grind the lemon drops. I use my food processor.*

*Pineapple Cookies**Audrey Hauley*

1/2 c. shortening	2 c. flour
1 c. brown sugar	1 tsp. baking powder
1 egg	1 tsp. baking soda
1 c. crushed pineapple, drained (1 med. can = 2 c.)	1 tsp. vanilla
	1/2 tsp. salt

Combine and drop on greased cookie sheet. Bake at 350 degrees until done (10 to 15 minutes).

**Frosting:**

2 T. margarine	2 c. powdered sugar
	pineapple juice to moisten.

*\*Walnuts or pecans are good in this cookie if you like nuts.*

*Dusty Miller Cookies**Manita Waugh*

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

Cream shortening and sugar. Add egg and molasses. Sift flour, soda and spices; stir into creamed mixture. Chill. Form into balls (walnut size) and roll in confectioner's sugar. Place 2" apart on greased cookie sheet. Bake at 350 degrees for 10 minutes. Makes 3 1/2 - 4 dozen. *\*These are easily burned. Watch carefully. Can use airbake pan ... it's better!*

*Waffle Cookies**June Lee*

1c. margarine	4 eggs
4 T. cocoa	2 tsp. vanilla
1 1/2 c. sugar	2 c. flour

Melt margarine and cocoa. In bowl mix sugar, eggs, vanilla, flour. Add cocoa mix and beat until smooth. Drop by tsp. unto med hot waffle iron. Bake 4-5 minutes. *\*Use cooking spray if not non stick grill. Can get 2 cookies in one quarter of sq. grill. Sprinkle with powder sugar or frost with powder sugar icing.*

*Cookie Pops**Manita Waugh*

1 c. white sugar	2 c. flour
1 c. brown sugar	1 tsp. baking powder
1 c. margarine, softened	1/2 tsp. salt
1 c. peanut butter	20 wooden sticks
2 tsp. vanilla	10 Snicker bars (fun size), cut in half
2 eggs	

Combine and mix together margarine, sugar, peanut butter, vanilla and eggs. Add dry ingredients. Shape dough into balls around Snicker bars. Put in sticks. Bake on ungreased cookie sheet at 350-375 degrees for 13-16 minutes. Cool 10 minutes on the cookie sheet and remove.

*-Integrity is Christlike character in working clothes.*

*Chocolate Crinkles**Emma Drees*

1/2 c. vegetable oil	2 c. flour
4 sq. unsweetened chocolate, melted	2 tsp. baking powder
2 c. sugar	1/2 tsp. salt
4 eggs	1/2 c. powdered sugar
2 tsp vanilla	

Mix oil, chocolate and sugar. Blend in 1 egg at a time until well mixed. Add vanilla. Stir flour, baking powder, and salt into the mixture. Chill several hours or overnight. Heat oven to 350 degrees. Drop spoonful of dough into powdered sugar. Roll into powder sugar, shape into balls. Place on cookie sheet. Do Not over bake!!! Bake for 8-10 minutes. Makes about 6 dozen.

*Wingersnaps**Linda Tesdall Mohr*

3/4c. shortening	2 tsp. soda
1 c. sugar	1 tsp. ginger
1 egg	1 tsp. cinnamon
1/4 cup sorghum	1/2 tsp. cloves
2 c. flour	1/4 tsp. salt

Cream shortening and sugar. Add egg and then sorghum. In separate bowl add flour, soda ginger, cinnamon, cloves and salt. Add dry ingredients to creamed mixture. Shape into balls, drop in sugar place on ungreased cookie sheet and flatten. Bake 350 degrees for 12 minutes. *\*This is my mother's recipe. It is a favorite with the whole family. The secret is the sorghum which was furnished by the gallon.*

*Winger Cookies**Anna Shold*

1 c. sugar	1 egg
3/4 c. Crisco	1/4 c. molasses

Cream together. Add and mix together:

1 tsp. ginger	1/2 tsp. salt
1 tsp. cinnamon	2 c. flour
1/4 tsp. cloves	2 tsp. soda

Make small balls and dip in sugar. Place on lightly greased cookie sheet. Let set on cookie sheet a little while after removing from oven. Remove and cool. Bake at 325 degrees for 10-12 minutes. *\*I got this recipe from June England*

*Gingerbread Cookies*† *June Egland*

1 c. sugar

1 c. molasses

Mix these together. Add: 1 c. hot shortening

Mix:

1 c. coffee

2 tsp. soda

1 tsp. ginger

1/2 tsp. salt

1 tsp. vanilla

Will be foaming mix. Mix sugar and molasses, Add; shortening; Add in coffee mix. Mix in 6+ cups of flour. Cool in fridge to thicken. Roll out on floured surface to 1/8 in thick-sprinkle sugar over and cut with cookie cutter shapes. Bake and remove from sheet to cool. Keep in Tupperware till decorating and after. Yields/Serves: Big batch-5 doz. Bake at: 400 degrees for 5-6 minutes. *\*We helped decorate these cookies from an early age every Christmas at Grandma's-Then learned to bake them ourselves. Submitted by Grandkids, Kris, Jolyn, Mindy*

*Date Pin Wheel Cookies**Charlene Cole*

1 lb. dates, cut up

3 eggs

1/2 c. water

4 c. flour (scant)

1 c. white sugar

1 tsp. soda

1 c. brown sugar

1 tsp. salt

1 c. shortening

1 tsp. vanilla

Combine dates and water in saucepan. Cook until thick, stirring constantly. Cool. Thoroughly cream sugars and shortening. Add eggs and beat well. Add remaining ingredients and mix well. Roll out dough, on floured surface, with rolling pin tell 1/4" thick. Spread date mixture on dough. Roll up like a jelly roll; wrap in plastic wrap or wax paper. Chill roll until firm. Cut in 1/4" slices. Place on greased cookie sheet. Bake 400 degrees for 8-10 min.

*-If you don't learn humility, you will learn humiliation.*

*-We do wrong when we fail to do right.*

*Date Pinwheel Cookies**Doris Classon*

1 lb. dates, cut up fine	1 tsp. vanilla
1 c. nuts (optional)	3 eggs
1/2 c. sugar	1 tsp. soda
1/2 c. water	1 tsp. baking powder
<b>Dough:</b>	1/2 tsp. salt
1 c. shortening	approx. 4 c. flour
2 c. brown sugar	

Cook dates, water and sugar until thick. Add nuts and cool before spreading on dough. Mix rest of ingredients and roll out to about 1/4" thick. Spread on date/nut mixture; roll up as you would cinnamon rolls. Chill 4 hours or overnight. Slice and bake on floured cookie sheet at 350 degrees for about 8 minutes. *\*This came from my mother. Marty always said to keep the cookie ends for him to eat without baking.*

*Raisin Puffs**Mrs. Donald B. (Betty) Hanson*

1 1/2 c. raisins	2 eggs
1 c. water	1 tsp. vanilla
1 c. butter	1/2 tsp. salt
1 tsp. baking soda	3 1/2 c. flour
1 1/2 c. sugar	

Simmer raisins and water until all the water is gone. Add butter and soda, and cool. Cream sugar, eggs, vanilla, salt. Add raisins and flour. Make into balls and roll in sugar, press down. Bake on cookie sheet at 375 degrees until golden brown. Makes 4 dozen.

*"100" Cookies**†Erma Halverson*

1 c. white sugar	1 c. cocoanut, flaked
1 c. brown sugar, packed	1 c. oatmeal, quick
1 c. margarine	1 tsp. soda
1 c. oil, not full cup	1 tsp. cream of tartar
1 egg, beaten	3 1/2 c. flour
1 c. Rice Krispies	

Put salt, soda, and cream of tartar into flour. Cream sugars, margarine, oil, egg and vanilla. Add dry ingredients and mix well. Drop by teaspoonful on greased cookie sheet. Bake at 350 degrees for 10-12 minutes. Makes 80-90 cookies.

*Date Filled Cookies**Doradene-†Cleopha Thompson*

2 c. sugar	5 c. flour
1/2 c butter	2 tsp baking powder.
1/2 c. Crisco	1 tsp. soda in hot water
2 eggs	1/2 tsp. salt
1/2 c. sweet milk	

Cream sugar and shortening. Add beaten eggs and milk. Mix in separate bowl flour, baking powder, soda, and salt. Add to creamed mixture.

**Filling:**

2 c. dates (chopped)	1 c. boiling water
	1/2 c. sugar

Add boiling water to chopped dates. Stir in sugar. Cook until thick and smooth. Let cool. Roll cookies very thin. Cut out and place on ungreased cookie sheet, putting 1 tsp. filling on each cookie. Put another cookie on top of each filling. (cut a hole in the center of each cookie used for the top). Bake 350 degrees for 10-12 minutes. *\*This is the cookie that Clarion claims as his childhood favorite.*

*Oatmeal Chocolate Chip Cookies**Doris Christian*

1 c. soft margarine	1/2 tsp. soda
3/4 c. sugar	1/2 tsp. salt
3/4 c. brown sugar	1 c. quick cooking oatmeal
2 eggs	1 c. chopped walnuts
2 tsp. vanilla	1 c. chocolate chips
3 c. flour	

Mix together thoroughly margarine, sugars, eggs and vanilla. Sift together and stir in flour, soda, and salt. Mix in oatmeal, walnuts and chocolate chips. Cool in refrigerator. Drop by rounded tsp. Bake 375 degrees on a greased cookie sheet for 8-10 minutes. until light brown *\*Margaret won a blue ribbon at the Iowa State Fair with this entry in 4-H*

*White Pattern Cookie Mrs. Donald B. (Betty) Hanson*

1 c. butter	1 tsp. soda
1 c. powdered sugar	2 c. flour
1 tsp. cream of tarter	1/2 tsp. vanilla

Mix and chill dough. Roll out and cut into desired shapes. Can sprinkle with sugar. Bake at 350 degrees approximately 8 minutes or less. *Very good cookies.*

*Oatmeal Chocolate Chip Cookies**Cathy Cole Beck*

1 c. of butter Crisco  
3/4 c. of granulated sugar

3/4 c. of brown sugar

Mix these ingredients together. Then add 2 eggs and beat.

1 tsp. of soda dissolved in 1 tsp. of hot water.

1 1/2 c. of flour

2 c. quick oats

1 tsp. of vanilla

1 12 oz. bag of chocolate chips

1 tsp. of salt

Bake at 350 degrees for 7-8 minutes on the bottom rack then 7-8 minutes on the top rack.

*Hermantown Oatmeal Large Batch Cookies**Diane Webb*

2 c. brown sugar

2 tsp. baking powder

2 c. white sugar

2 tsp. baking powder

1 c. margarine

1 tsp. salt.

4 eggs

5 c. flour

3 c. oatmeal

1 bag butterscotch chips

1 1/2 tsp. cinnamon

Mix all ingredients together. Drop by spoonfuls on cookie sheet and bake. Makes 7 dozen. Bake at 350 degrees for 12 minutes.

*Monster Cookies**Darlene Erickson*

1 c. brown sugar

2 tsp. baking soda

1 c. white sugar

4 1/2 c. quick oatmeal

1 stick oleo

1 tsp vanilla

3 eggs

1 lg. pkg. M & M's

1 1/2 c. peanut butter

Cream together the sugar and oleo. Add eggs and beat. Add rest of ingredients. There is no flour in these cookie. Drop by T. onto cookie sheet. Bake at 350 degrees for 10-12 minutes. Cookies will not look done, but you will end up with a softer, chewy cookie. May also add raisins, cocoanut or nuts. Freezes well.

*Often it is the little child in us that makes us big.*

*Soft Oatmeal Cookies**Helen Tjelmeland*

1/2 c. white sugar	5 T. raisin liquid
1/2 c. brown sugar	2 c. oatmeal
1 c. margarine	1 tsp. soda
pinch of salt	2 c. flour
2 eggs	1 tsp. vanilla
1 c. raisins, cooked	1 c. walnuts (optional)

Boil raisins 10 minutes in enough water to cover. Cream sugar and oleo together. Add salt, eggs, raisins & liquid, oatmeal, flour, baking soda, vanilla and nuts - in that order. Drop by spoonfuls onto cookie sheet. Bake at 375 degrees for 8 - 10 minutes or until brown.

**Frosting:**

6 T. brown sugar	4 T. milk
4 T. oleo	1/2 tsp. vanilla

Add powdered sugar (enough to make nice spreading consistency) beat until smooth. Frost when cooled.

*Igloo Oatmeal Cookies**Marge Taylor*

1 c. margarine	2 c. flour
1/2 c. sugar	1/2 tsp. soda
1/2 c. brown sugar	1 1/2 c. oatmeal
1 egg	1/4 tsp. salt

Beat margarine, sugar, and eggs. Add dry ingredients to creamed mixture. Stir in oatmeal. Shape dough to form a 12 inch roll, wrap and chill several hours or overnight. Cut in 1/4" slices. Place on an ungreased cookie sheet. Bake at 350 degrees. Frost when cool.

**Frosting:**

1/3 c. margarine	1 tsp. vanilla
3 c. powdered sugar	3/4 c. chopped nuts
1/3 c. milk	

*-Every child is a bundle of potential.*

*Monster Cookies**Wilma Munson*

1/2 c. soft margarine	3/4 tsp. light corn syrup
1 c. sugar	4 1/2 c. regular oatmeal
1 c. plus 2 Tbs. brown sugar	2 tsp. baking soda
3 eggs	1/4 tsp. salt
2 c. peanut butter	1 c. M&M's
1/4 tsp. vanilla	1 6 oz. pkg. chocolate chips

Cream margarine and sugar. Beating well. Ad eggs, peanut butter, vanilla and corn syrup. Mix well. Add oats soda and salt. Stir in remaining ingredients. Drop dough by 1/4 cupful on greased cookie sheet. *\*From a friend. These cookies are fun to put on Christmas plates for neighbors. A favorite with kids.*

*Mom's Molasses Cookies**Alenda Braland*

3/4 c. soft shortening	2 1/4 c. flour
or 1/2 c. oleo	2 tsp. soda
or 1/4 c. Crisco	1/2 tsp. salt
1 c. brown sugar	1/2 tsp baking powder
1 egg	1 tsp. cinnamon
1/4 c. molasses	1 tsp. ginger

Mix. Chill or freeze for two hours. Roll into balls about the size of walnuts. Roll in sugar. Bake at 375 degrees for about 8-10 minutes.

*Ginger Cookies**† Eunice Krieg*

1 c. sugar	2 tsp. ginger
3/4 c. brown sugar	3/4 tsp. cinnamon
1 egg	3/4 tsp. cloves
1/4 c. molasses	1/2 tsp. salt
2 1/2 c. flour	

Mix in order, roll into balls and roll balls in sugar. Bake at 350 degrees for 10 minutes.

*Children are like wet cement - whatever falls on them makes an impression.*

*If you can't hold your children in your arms, hold them in your heart.*

*Cut-Out Cookies**Jean Sternberg***Mix together:**

1 c. Crisco (I use buttered flavored  
Crisco)  
3 egg yolks  
1 c. sour cream  
2 c. white sugar  
1 tsp. vanilla

**Add:**

4 c. flour  
1 tsp. baking soda  
2 tsp. baking powder

Bake at 375 for 8-10 minutes.

**Frost with Cream Cheese Frosting:**

3 oz. creamed cheese  
3/4 stick butter or margarine  
1 tsp. vanilla

1 T. milk  
1 3/4 c. powdered sugar (more if needed)

Mix together and frost cookies. This makes a nice soft cookie! I got this recipe from Jerilyn Rasmusson.

*Overnight Refrigerator Cookies**Charlene Cole*

1 c. brown sugar  
1 c. shortening  
2 eggs  
4 c. flour

1 tsp. cream of tartar  
1 tsp. soda  
1 tsp. vanilla  
1 tsp. salt

Cream together sugar and shortening. Beat in eggs. Add remaining ingredients. Mix well. Form dough into long roll. Wrap in plastic wrap and refrigerate overnight. Slice roll into 1/8" slices and place on ungreased cookie sheet.

*Sugar Cookie**Marcia Hill*

3/4 c. sugar  
1/2 c. melted oleo  
2 eggs, beaten lightly  
1 tsp. vanilla

2 1/2 c. flour  
1 tsp. cream of tartar  
1/2 tsp. soda  
1/2 tsp. salt

Blend sugar well with melted oleo. Stir in beaten eggs and vanilla. Sift flour, cream of tartar, soda and salt. Add flour mixture gradually to shortening mixture. Mix well and chill in refrigerator until easy to handle. Roll out dough on floured surface. Use your favorite cookie cutters. Bake at 350 degrees for 10-12 minutes. *\*This recipe came from Roger's Aunt, Esther Risdal. The cookies are a Christmas time favorite.*

*Sugar Cookies**Edith Cole*

1/2 c. powdered sugar	2 c. flour
1/2 c. sugar	1 tsp. soda
1 c. shortening plus 2 T. margarine	1/2 tsp. cream of tartar
1 egg	dash of salt
1/2 tsp. vanilla	

Mix all ingredients together until smooth. Boll into balls using about 1T. dough or a # 40 cookie scoop. Place on ungreased cookie sheet. Press down with bottom of glass that has been dipped in sugar. Sprinkle with colored sugar, before baking, if desired. Bake 350 degree for 6-8 minutes, or until lightly browned

*Grandma's Sugar Cookies**†Celia Waugh*

3 c. flour	1 c. shortening (2 sticks margarine)
1 tsp. soda	2 eggs (beaten)
1 1/2 tsp. cream of tartar	1 tsp. vanilla
1 1/2 tsp. baking powder	several drops lemon flavoring
1 c. sugar	

Mix first 6 ingredients like pie dough until well mixed. Mix rest of ingredients to first 6. Chill. Roll out thin with a little flour. Cut with cookie cutters and bake at 400 degrees for 10 minutes.

*Sugar Cookies**Cathy Anderson Jacobs*

1 c. oil	4 1/2 c. flour
2 sticks margarine	1 tsp. soda
2 eggs	1 tsp. cream of tartar
1 c. white sugar	1/2 tsp. salt
1 c. powdered sugar	1 tsp. vanilla

Mix flour, soda, cream of tartar and salt. Cream oil, margarine and sugars. Add eggs and vanilla. Mix well. Add dry ingredients and mix. Chill several hours. Shape into balls and place on cookie sheet. Press with dampened glass dipped in sugar. These can be rolled to make cut-out cookies also. Bake at 350 degrees for 10 minutes. Makes a large batch.

*Sugar Cookies**Anna Shold*

3 c. flour	1/2 c. butter
1 c. sugar	1/2 c. Crisco
1 tsp. cream of tartar	

Cut the butter and Crisco into dry ingredients. Then add 3 beaten eggs, 3 T. sweet milk, 1 tsp. soda, 1 tsp. vanilla and dash salt. Roll and cut Bake at 350 degrees for about 8 minutes.

*Sugar Cookies**†Lois Flvick*

1 c. oleo	1 tsp. cream of tartar
1 1/2 c. sugar	1 tsp. soda
2 eggs	1/2 tsp. salt
2 3/4 c. flour	1 tsp. vanilla

Chill dough. Form dough into balls and roll in sugar. Bake at 350 degrees on greased baking sheet.

*Drop Sugar Cookies**Doradene-†Cleopha Thompson*

1 1/2 c. sugar	3 c. flour
1 c. Crisco	1 tsp. soda
2 eggs	1 tsp. cream of tartar
3 T. milk	1/2 tsp. salt
1 tsp. vanilla	

Drop by tsp. on ungreased cookie sheet and press with potato masher. Bake 350 degrees for 10-12 minutes. *\*This is the recipe our kids remember.*

*Sugar Cookies**Kathy Rasmusson Osmundson*

1 c. oleo	2 tsp. cream of tartar
3 eggs beaten light	1 tsp. vanilla or lemon extract
1 c. sugar	4 c. flour
1 tsp. soda	

Cream butter and sugar. Add 2 tsp hot water to soda and add to butter and sugar. Add eggs, then four with cream of tartar and vanilla or lemon extract. Refrigerate and roll out and bake at 350 degrees. Bake 7-8 minutes. Makes 6-7 dozen.

*Chocolate Chip Cookies**Mary Hanson*

1 c. brown sugar	1 1/2 c. chocolate chips
1 tsp. salt	1 c. Crisco (must use Crisco)
1 c. white sugar	2 tsp. soda
2 3/4 c. flour	2 tsp. cream of tartar
2 eggs	

Cream first 4 ingredients. Combine flour, soda, cream of tartar, and salt, and add to sugar mixture. Add chocolate chips. Roll into balls. Flatten slightly when on cookie sheet. Bake on bottom oven rack until just brown around the edges then move to upper rack to finish baking. Bake at 350 degrees for 8-10 minutes. Makes 6 dozen.

*Chocolate Chip Cookies**Cathy Anderson Jacobs*

3 c. flour	1 c. margarine (softened)
1 tsp. soda	1/2 c. brown sugar
1 tsp. salt	2 eggs
1 c. white sugar	1 pkg. chocolate chips
1 tsp. vanilla	

Cream margarine and sugar. Add eggs. Mix in sifted flour, soda and salt. Add chips and vanilla. Bake at 350 degrees until golden brown. Yields about 4 1/2 dozen

*Chocolate Chip Cookies**Marcia Hill*

1/2 c. soft butter (oleo)	1 egg	2 c. Bisquick mix
1 c. brown sugar ( packed)	1/2 c. nuts (optional)	

Mix butter, brown sugar and egg. Stir in Bisquick, nuts and choc. chips. Drop by rounded teaspoonfuls about 2 in. apart on ungreased baking sheet. Do not over bake. Bake 350 degrees for 10 minutes, until lightly brown. *\*This is a favorite of our grandchildren.*

*-No life is hopeless unless Christ is ruled out.*

*-Children can keep a family together -  
especially when you can't afford a baby sitter.*

*Chocolate Chip Cookies**Darlene Erickson*

1 c. sugar	1 tsp. vanilla
1/2 c. brown sugar	2 1/2 c. flour
1 c. shortening (1/2 c. Mazola and 1/2 c. Crisco)	1 tsp. salt
2 eggs	1 tsp. soda
	1 (12oz.) chocolate chips

Cream shortening, eggs and sugar. Add flour, soda and salt. Add chips and vanilla. Bake at 350 degrees until golden brown. Do not over bake.

*Chocolate Chip Cookies**†Abbie Peterson*

1 c. vegetable oil	1 egg
1 c. margarine	1 T. vanilla
1 c. white sugar	3/4 tsp. salt
1 c. brown sugar	1 tsp. baking soda
4 c. flour	chocolate chips
2 tsp. cream of tartar	nuts

Mix all ingredients and put on ungreased baking pan. Bake at 375 degrees for 9 to 11 minutes.

*Grandma's Stay Soft Chocolate Chip Cookies**Valerie Peter*

1 c. + 2 good T. flour	1/4 tsp. water
1 tsp. soda	1/2 tsp. vanilla
1/2 tsp. salt	1 egg
1/2 c. shortening	6 oz. pkg. chocolate chips
1/4 c. + 2 T. sugar.	nuts (if desired)
1/4 c. + 2 T. packed brown sugar.	

Sift flour, soda and salt together and set aside. Mix together shortening, sugar, water and vanilla until creamy, then beat in the egg. Next add the flour mixture and mix well. Stir in chocolate chips. Drop spoonfuls of the dough on a greased cookie sheet. Bake at 375 degrees for 8-10 minutes. When cool place in a container or cover with plastic wrap and they will not get hard.

*A child may not inherit a parent's talents, but he will inherit his values.*

*Peanut Blossoms**Joan Anderson*

1 1/4 - 1 3/4 c. flour	1/2 c. white sugar
1 tsp. soda	1/2 c. brown sugar
1/2 tsp. salt	1 egg, unbeaten
1/2 c. shortening	2 T. milk
1/2 c. peanut butter	1 tsp. vanilla

Cream shortening, peanut butter, and sugars together. Add egg, milk and vanilla. Add sifted dry ingredients. Mix well. Shape into balls. Roll in sugar. Place on cookie sheet and bake at 375 degrees for 8-9 minutes. Remove from oven. Place a milk chocolate candy kiss or a chocolate star on top and press until cookie cracks. Return to oven for another 2-3 minutes.

*Chocolate Chip Peanut Butter Cookies**Emily Tjernagel Araber*

1/2 c. crunchy-style peanut butter	1 tsp. vanilla
3/4 c. shortening	1 1/4 c. flour
1/2 c. packed brown sugar	1/2 tsp. baking soda
1/2 c. granulated sugar	1/4 tsp. salt
1 egg	1 pkg. mini chocolate chips (6 oz)

Combine 1st 6 ingredients in a bowl. Beat until thoroughly combined. In a separate bowl, stir flour, baking soda, & salt. Add to peanut butter mixture; mix well. Stir in chocolate chips. Roll into 1" ball & bake at 350 degrees for 10-15 minutes. Let stand 2 minutes & then remove to cool.

*Reese's Chewy Chocolate Cookies**Tristan Balmer*

2 c. flour	2 c. sugar
3/4 c. Hershey's Cocoa	2 eggs
1 tsp. baking soda	2 tsp. vanilla
1/2 tsp. salt	1 2/3 c. REESE'S Peanut Butter Chips
1 1/4 c. butter or margarine, softened	

Heat oven to 350 degrees. Stir flour, cocoa, baking soda and salt; set aside. Beat butter and sugar in large bowl with mixer until fluffy. Add eggs and vanilla; beat well. Gradually add flour mixture, beating well. Stir in peanut butter chips. Drop by rounded teaspoons onto ungreased cookie sheet. Bake 8-9 minutes. (Do not over bake; cookies will be soft. They will puff while baking and flatten while cooling.) Cool slightly; remove from cookie sheet to wire rack. Cool completely. About 4 1/2 dozen cookies. For pan bars...cook 20 minutes.

*Orange Cookies*†*Erma Halverson*

3/4 c. Crisco	rind of one orange
1 1/2 c. sugar	3 1/2 c. flour
2 eggs	2 tsp. baking powder
1 c. milk	1 tsp. soda
1/2 c. orange juice	1 tsp. vanilla
1/4 tsp. salt	

Cream Crisco and sugar. Add orange juice, rind, milk and eggs. Add dry ingredients. Mix well and drop on greased baking sheet. Bake at 400 degrees for 6 minutes. Cool and frost.

**Frosting:**

2 c. powdered sugar  
2 tbsp. melted margarine

1/4 c. orange juice

*Orange Cookies**Lowell Posegate*

3/4 c. shortening	1 tsp. soda
1 1/2 c. sugar	1 c. milk
2 eggs	1 tsp. salt
1/2 c. orange juice	1 tsp. vanilla
4 c. flour	1 tsp. orange extract
2 tsp. baking powder	

Drop by tablespoons on greased cookie sheet. Bake at 350°F for 6 minutes on bottom rack and 6 minutes on top rack. Remove from oven - cool and frost.

**Frosting:**

2 c. powdered sugar  
2 T. melted butter

1/4c. orange juice

1/4 tsp. orange extract

*Brown Sugar Orange Cookies**JoAnn Molde*

1 1/2 c. brown sugar	3 c. flour
1 c. shortening	1 tsp. soda
2 eggs	2 tsp. baking powder
1 orange rind grated	1 tsp. vanilla
1 c. sour milk	1/2 tsp. salt

Bake at 325 - 350 degrees for 10 minutes. **Frosting:** powdered sugar, margarine, vanilla and enough juice from orange for consistency.

*Orange Drop Cookies*† *Angie Flowersten*

3/4 c. Crisco	3 1/2 c. flour
1 1/2 c. sugar	2 tsp. baking powder
2 eggs	1 tsp. baking soda
juice of 2 oranges (1/2 c.)	1/2 tsp. salt
Some grated orange rind	1/2 tsp. vanilla
1 c. milk	1 c. chopped English walnuts

Cream Crisco and sugar; add orange juice, rind, and milk; add sifted dry ingredients. Mix well and drop by teaspoon on greased cookie sheet. Bake and frost with 2 c. powdered sugar, 2 T. melted butter and 1/4 c. orange juice. *\*These were a special treat when I was growing up.*

*Bars**Confetti Bars**Carol Munson Strom*

12 c. miniature marshmallows	6 c. Rice Krispies
9 T. butter	6 c. Fruit Loops
1 tsp salt	6 c. Capt'n Crunch

Melt the first 3 ingredients together. Add the cereals. Mix well. Press into a 9 x 13" pan. *\*Kids love these!*

*Old Fashion Sugar Squares**Doradene Thompson*

1 c. butter	1/4 tsp. ginger
1 c. sugar	2 T. milk
2 eggs	1/2 tsp. lemon extract
2 c. flour	1/4 c. sugar
1/4 tsp. soda	

Cream butter, sugar, eggs. Add 2 T. milk. Mix flour, soda, salt, ginger and add. Sprinkle 1/4 c. sugar over top. Bake 350 degrees for 20 minutes in 15 x 10" greased cookie sheet. *\*Double for 15 1/2 x 10 1/2 x 1 1/2" jelly roll pan*

*-Some of the best things you can give a child are great memories.*

*Chocolate Oat Squares**Sherry Patterson*

1 c. + 2 T. butter or margarine, softened, divided	1 1/2 tsp. salt divided
2 c. packed brown sugar	1 tsp. baking soda
2 eggs	1 can (14 oz) sweetened condensed milk
4 tsp. vanilla extract, divided	2 c. semisweet chocolate chips
3 c. quick-cooking oats	1 c. chopped walnuts
2 1/2 c. all purpose flour	

In a mixing bowl, cream 1 cup butter and brown sugar. Beat in eggs and 2 teaspoons vanilla. Combine the oats, flour, 1 teaspoon salt and baking soda; stir into creamed mixture. Press two-thirds of oat mixture into a greased 15x10x1" baking pan. In a saucepan, combine milk, chocolate chips and remaining butter and salt. Cook and stir over low heat until chocolate is melted. Remove from the heat; stir in walnuts and remaining vanilla. Spread over the crust. Sprinkle with remaining oat mixture. Bake at 350 degrees for 25 minutes or until golden brown. Cool. Cut into squares. Yield: 4 dozen.

*Chocolate Deluxe Bars**Manita Waugh*

3/4 c. margarine	1 1/3 c. flour
1 1/2 c. sugar	1/2 tsp. baking powder
3 eggs	1/2 tsp. salt
1 tsp. vanilla	miniature marshmallows, to cover pan
3 T. cocoa heaping	

Cream margarine and sugar. Add eggs and vanilla. Add cocoa and mix well. Add dry ingredients. Spread on a greased jelly roll pan. Bake for 15-18 minutes at 250 degrees. Remove from oven and cover with miniature marshmallows. Return to oven for 3 minutes. Cool. **Cover with Topping:** Melt 2 c. of each chocolate chips and butterscotch chips. Add 2 c. Rice Krispies. Cover bars and refrigerate until set. *\*Children love these, especially my grandchildren, Logan and Lucas!*

*Learning in childhood is like engraving on a rock.*

*Forgiven sinners know love and show love.*

*French Bars*†*Celia Waugh*

2 c. sugar	1 tsp. baking powder
1 c. shortening or margarine	1 tsp. soda
1 c. cold coffee	3 c. flour
1 tsp. cinnamon	1 c. raisins (cooked)
1 tsp. nutmeg	

Cream shortening and sugar. Add cold coffee and mix well. Mix in dry ingredients until mixed completely. Pour batter into 2-9x13 pans, lightly greased. Bake at 350 degrees for 15-20 minutes. Frost with frosting while still warm.

*Soda Cracker Bars*†*Celia Waugh*

1 1/2 c. brown sugar	1 tsp. soda
3/4 c. butter	15 soda crackers, crushed
1 1/2 c. coconut	1 can sweetened condensed milk
1 1/2 c. flour	3 T. lemon juice

Mix first 6 ingredients and put 3/4 mixture on bottom of a 9x13" pan. Mix condensed milk and lemon juice. Pour over mixture in pan and add remainder of crumbs on top. Bake at 350 degrees for 20-25 minutes.

*Banana Bars**Dorothy Christian*

1/2 c. margarine	1 tsp. vanilla
1 1/2 c. sugar	1/2 tsp. salt
2 eggs	1 tsp. soda
3/4 c. sour cream	2 c. flour
2 ripe bananas, mashed	

Cream margarine and sugar. Add eggs, sour cream, bananas, then dry ingredients. Mix well. Put into a 10x10" pan. Bake at 350 degrees for 20 minutes. When cool ice with:

5 T. butter	1/2 c. milk
1 c. brown sugar	1 1/2 c. powdered sugar.
1/2 tsp. Salt	

Bring brown sugar, butter and salt to boil. Add milk. Boil 3 minutes. Cool and add powdered sugar. Beat until smooth. Makes 10-12 bars.

*German Chocolate Bars**Kathy Rasmussen Osmundson*

1 box German Chocolate cake mix  
1 (8 oz) cream cheese (softened)

1/2 c. sugar  
3/4 c. milk chocolate chips

Mix cake according to directions. Put in 9x13 pan. Beat cream cheese with 1/2 c. sugar. Add 1/4 c. chocolate chips - drop by tablespoons on cake - swirl with knife - sprinkle rest of chips over cake. Bake at 350 degrees for 25-30 minutes

*Homemade Granola Bars**Hannah Titus*

1/4 c. sugar  
1/4 c. butter  
1/3 c. honey  
1 tsp. ground cinnamon

1 c. snipped dried apricots  
1 1/2 c. bran flakes  
1 c. quick cooking oats  
1/2 c. sliced almonds

Grease 9x9" pan. Heat sugar, butter, honey, and cinnamon in a saucepan over medium heat, stirring all the time, until boiling. Boil 1 minute, stirring all the time. Remove saucepan from heat. Stir in snipped apricots. Stir in cereal, oatmeal, and almonds. Press mixture in pan with back of wooden spoon. Cool completely. (In warm weather these are best stored in a sealed container in the refrigerator.)  
*\*Hannah took this recipe to the Story County 4-H fair-the judge loved her recipe. You'll have to ask her how she scored!*

*Pumpkin Bars**Jean Sternberg*

4 eggs  
2 c. sugar  
1 c. oil  
2 c. pumpkin  
2 c. flour

1/2 tsp. salt  
2 tsp. cinnamon  
2 tsp. baking powder  
1 tsp. soda  
1/2 c. nuts, chopped

Beat eggs, add sugar, oil and pumpkin. Add dry ingredients and nuts. Bake at 350 degrees for 25 minutes on greased cookie sheet (12 x 18" or 2 - 9 x 13"),

**Frost with Cream Cheese Frosting:**

3 oz. creamed cheese  
3/4 stick butter or margarine  
1 tsp. vanilla

1 T. milk  
1 3/4 c. powdered sugar (more if needed)

Mix together and frost.

*Lemon Squares**Jean Sternberg***Crust:**

2 c. flour  
 1/2 c. powdered sugar  
 1 c. butter

**Topping:**

4 beaten eggs  
 2 c. sugar  
 1 T. flour  
 1 tsp. baking powder  
 4 T. lemon juice  
 1 c. coconut

Mix and Bake crust for 20 minutes at 350 degrees in a 9 x 13" pan. Pour topping over crust and bake another 25 minutes.

*Nut Roll**Jim, Kathy, Zachary, & Tyler Hovick*

Grease a 7 x 11" pan and line it with peanuts. In pan, place 1 cut peanut butter chips and 7 oz. (1/2 can) sweetened condensed milk. Heat until melted. Add 1 1/4 c. miniature marshmallows. Blend well. Pour over peanuts in the pan. Sprinkle more peanuts on top and spread into mixture. Refrigerate until set. Can use a package of butterscotch chips instead of peanut butter chips. Put 1/4 – 1/2 cups peanut butter in with the butterscotch chips. *\*Double this recipe and use a 9 x 13" cake pan.*

*Buttermilk Brownies**JoAnn Molde*

1/2 c. margarine	2 c. sugar
1 c. water	1/2 tsp. salt
1/3 c. cocoa	1 tsp. soda
1/2 c. oil	1 tsp. vanilla
<u>Bring above to boil.</u>	1/2 c. buttermilk
2 c. flour	2 eggs

Pour boiling mixture over dry ingredients and add remaining ingredients. Bake 400 degrees for 20 minutes.

**Frosting:**

1/2 c. margarine  
 1/4 c. cocoa  
 1/3 c. buttermilk  
 Bring to boil and add 1 lb. powdered sugar (approx. 4 cups), 1 tsp. vanilla and 1 cup nuts

*Brownies**Kathy Rasmussen Osmundson***Part 1:**

Bring to a boil and cool:

1 c. water

1/3 c. Wesson oil

1/2 c. oleo

3 T. cocoa

**Part 2:**

2 c. flour

2 c. sugar

1/4 tsp. salt

Sift together in large bowl and add part one. Mix well then add:

2 eggs

1 tsp. vanilla

Put 1 tsp soda in 1/2 c. buttermilk, then add to top mixture. Use a large jelly roll pan and sprinkle with nuts. Bake at 350 degrees for 20-25 minutes or until done.

**Frosting:**

T. oleo

1 1/2 c. sugar

6 T. milk

Boil 1 minute. Add 1 tsp vanilla and 1/2 semi-sweet chocolate chips. Beat until thick. *\*I usually start the frosting while the brownies bake and by the time they cool the frosting is about ready. These are the best!!*

*Brownies**†Sally Tjelmeland*

1c. sugar

1 tsp. baking powder

1 c. brown sugar

1/2 c. cocoa

4 eggs

1 tsp. vanilla

1 c. melted shortening

1 c. nuts

1 c. flour

1/8 tsp. salt

Mix all together. Bake in 9x13" pan at 350 degrees for 30 minutes.

**Fudge Frosting for Brownies:**

1 c. sugar

4 T. oleo

2 T. cocoa

4 T. milk

Bring to boil for 1 minute. Add 1 tsp. vanilla. Mix well and frost.

*Christians are not sinless, but they should sin less.*

*Turtle Brownies**Laura Morgan*

1 14 oz. package caramels	3/4 c. softened margarine
2/3 c. evaporated milk	1 c. nuts (optional)
1 box German chocolate cake mix	12 oz. semi-sweet chocolate chips

Combine caramels and 1/3 c. evaporated milk on top of double boiler (or microwave). Stir mixture until melted. Combine cake mix, remaining milk, and softened margarine. Blend until mixture holds together. Stir in nuts. Press one-half of cake mixture in a 13 x 9" pan and bake for 6 minutes at 350 degrees. Remove from oven and sprinkle chocolate chips on top. Pour melted caramel evenly over top. Crumble remaining cake mix over caramel and bake at 350 degrees for 15 to 20 minutes. Cool slightly and cut into bars.

*One-Bowl Brownies**Audrey Hauley*

4 sq. unsweetened chocolate	1 tsp. vanilla
3/4 c. margarine	1 c. flour
2 c. sugar	1 c. nuts, chopped (optional)
3 eggs	

Heat chocolate and margarine, stirring until chocolate is melted. Stir in sugar; mix in eggs and vanilla. Stir in flour and nuts. Spread in greased 9 x 13" pan. Bake at 350 degrees for 30-35 minutes. Serves 24 \*For cake-like brownies, stir in 1/2 c. milk with eggs and use 1 1/2 c. flour. I like this version better. May frost if desired.

*Brownie Delight**Helen Tjelmeland*

1 pkg. brownie mix	2 c. cold milk
2 pkg. cream cheese (8 oz + 3 oz)	1 pkg. instant chocolate pudding (3.5 oz)
2 c. powdered sugar	1/2 c. chopped pecans
16 oz. Cool Whip	

Prepare Brownie mix according to box directions. Use a grease 9 x 13" pan. Bake and cool completely. In a mixing bowl, cream creamed cheese and powdered sugar for 2 minutes. Fold in 2 c. Cool Whip. Spread over brownies. In another bowl, combine milk and pudding mix. Beat until smooth and refrigerate for 5 minutes. Spread over creamed cheese layer. Spread the remaining Cool Whip over that layer. Sprinkle top with pecans. Refrigerate until serving.

*Filled Oatmeal Bars*† *Sally Tjelmeland***Filling:**

1 2/3 c. chocolate chips, melted  
 1 can Eagle Brand Condensed Milk  
 2 T. butter or margarine  
 1/2 tsp. salt  
 1 c. nuts  
 2 tsp. vanilla  
 Heat the above until melted and let cool.

**Dough:**

2 c. brown sugar  
 1 c. butter or margarine  
 2 eggs  
 1 tsp. vanilla  
 1 1/2 c. flour  
 1 tsp. baking soda, mixed into flour  
 2 1/2 c. oatmeal

Spread 2/3 of dough mixture on bottom of large pan (9 x 13). Spread cooled filling over the dough. Then Spread the rest of the dough mixture on top. Bake at 350 degrees for 35 minutes.

*Pumpkin Bars**Barb Armstrong*

1 c. shortening  
 1 tsp. vanilla  
 2c. brown sugar  
 4 eggs  
 1 c. pumpkin  
 2 c. flour  
 1 tsp. baking powder

1 tsp. soda  
 1/2 tsp. salt  
 1 tsp. ginger  
 1/4 tsp. allspice  
 1 c. coconut  
 1 c. nuts

Cream shortening and vanilla until fluffy. Add sugar. Add eggs and pumpkin. Stir in dry ingredients. Add coconut and nuts. Bake in 10x15" pan at 350 degrees for 45 minutes.

*Special K Bars**Lori Hall Whipple***Bars:**

1 c. Karo syrup  
 1 c. sugar  
 1 c. chunky peanut butter

6 c. Special K cereal

**Frosting:**

1/2 pkg. Milk chocolate chips  
 1/2 pkg. Butterscotch chips

Bring syrup and sugar to a boil in a saucepan. Remove from heat and add peanut butter. Measure Special K in a large bowl and add to above mixture. Press the mixture in a greased 9 x 12" pan. Melt the chocolate chips and butterscotch chips in double boiler or microwave and spread over the top. Cut into bars. *\*I usually double the recipe and use a jelly roll pan.*

*Graham Cracker Bars**Doris Christian*

2 layers of graham crackers	1/2 c. milk
1 c. margarine	1c. coconut
1 c. sugar	1 c. chopped nuts
1 beaten egg	1 c. crushed graham cracker

Put a layer of whole graham crackers in greased 9 x 13" pan. Melt 1c.margarine; add 1 c. sugar, 1 beaten egg, and 1/2 c. milk. Cook until it comes to a full boil. Stir constantly. Remove from heat and add nuts, and 1 c. crushed graham crackers. Pour over 1<sup>st</sup>. layer of graham crackers .Add 2nd. layer of graham crackers.

**Frosting:**

1/2 c. soft margarine	1 tsp. vanilla
2 c. powdered sugar	hot milk

Mix margarine, powder sugar and vanilla. Add hot milk until of spreading consistency. Refrigerate *\*Anne Larson gave me this recipe many years ago. It is especially liked by children.*

*Cherry Dessert Bars**Lori Hall Whipple*

1 c. butter	3 c. flour
1 3/4 c. sugar	1 tsp. salt
4 eggs	1/2 tsp. baking powder
1 tsp. vanilla	2 cans cherry pie filling

Cream butter with sugar; adding eggs, one at a time. Mix all ingredients together. Then set aside 2 1/4 c. of the batter. Spread the rest on a greased jellyroll pan. Top with 2 cans of cherry pie filling. Cover with the rest of the batter, dropping by spoonfuls (will be spotty). Bake at 350 degrees for 45 minutes.

**Frosting:**

1/3 c. butter	3 T. milk
3 c. powdered sugar	1 1/2 tsp. vanilla

Cream the butter with the powdered sugar. Add milk and vanilla and beat until smooth. Put on cooled bars.

*Cream Cheese Bars**Lori Hall Whipple*

2 pkg. crescent rolls	1 tsp. vanilla
2 (8 oz.) cream cheese, softened	1 egg yolk (save the white)
1 c. sugar	cinnamon sugar

Unroll one pkg. of refrigerated crescent rolls and lay them gently in the bottom of a 9 x 13" cake pan. Don't worry if they don't reach to the edges, do not press them in or try to stretch them. Mix the cream cheese, sugar, vanilla and egg yolk. Spread mixture over crescent rolls in cake pan. Unroll second pkg. of crescent rolls and place on top. Brush with slightly beaten egg white and sprinkle with cinnamon sugar. Bake at 350 degrees for 30 minutes. Let cool completely before cutting.

*S'more Bars**Lori Hall Whipple*

1/3 c. light corn syrup	6 c. mini marshmallows, divided into 5
6 T. margarine or butter	c. and 1 c.
1 1/2 c. milk chocolate chips	8 c. Golden Graham cereal
1 tsp. vanilla	

Combine syrup, margarine, chips, vanilla and 5 c. of marshmallows. Melt over low heat, stirring until smooth. Remove from heat and stir in remaining marshmallows and cereal. Spread into 9 x 13" pan and cut into squares.

*Graham Cracker Bars**JoAnn Molde*

Put a layer of whole graham crackers in a 9 x 13 pan	<b>Add:</b>
	1 c. coconut
<b>Melt:</b>	1 c. crushed graham crackers
1 c. margarine	1 c. nuts

**Add:**

1 c. sugar  
 1/2 c. milk  
 1 egg, slightly beaten  
 Cook until mixture comes to a full boil.  
 Remove from heat.

Pour the above mixture over graham crackers and add one layer of whole graham crackers on top. Frost with powdered sugar frosting. Freezes well and best when cold.

*Three Layer No Bake Bar**Delores Tjelmeland Campbell***First Layer:**

1/2 c. butter	1 c. flaked coconut
1/4 c. sugar	1/2 c. nuts
1/4 c. cocoa	1 egg slightly beaten
1 tsp. vanilla	2 c. finely crushed graham crackers

Put sugar, butter, cocoa and vanilla in double boiler and cook till blended. Add egg and cook 5 min. stirring constantly. Add remainder of ingredients. Press in 9 x 13 inch pan. Cool.

**Second Layer:**

1/2 c. butter	2 tsp. instant vanilla pudding mix
3 T. milk	2 c. powdered sugar

Cream butter till light. Mix milk and pudding mix and add powdered sugar and beat till smooth. Spread over first layer. Let stand till firm. Must be very cold.

**Third Layer:**

6 oz pkg. chocolate chips	1 1/2 T. butter
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Melt chocolate chips and butter. Spread over second layer. Cut into squares before chocolate becomes hard. Store in refrigerator.

*Grasshopper Bars**Mary Hanson*

2 c. sugar
4 eggs, beaten
1 c. flour
1 1/2 c. chopped nuts
1 c. oleo
4 squares unsweetened chocolate
1/2 tsp. peppermint extract

**Chocolate mint frosting:**

3 c. powdered sugar
4 T. oleo
3-4 T. milk
2 tsp. peppermint extract
green food coloring
4 tsp. oleo
4 squares semisweet baking chocolate

Mix sugar, eggs, flour, and nuts together. Melt oleo and chocolate; add to other mixture. Add peppermint extract, blend well. Pour into greased jellyroll pan. Bake at 350 degrees for 20-25 minutes. Cool. Mix powdered sugar, oleo, milk, peppermint extract, and a few drops of green food coloring together. Beat until creamy and spread over bars. Melt 4 tsp. oleo and chocolate together; cool slightly and spread over cream frosting.

*Chocolate Peanut Butter Bars**Mary Hanson*

4 c. quick oatmeal	2/3 c. peanut butter
1 c. chocolate chips	1/2 c. white Karo syrup
3/4 c. margarine (melted)	1 c. brown sugar

Mix first 4 ingredients. Pat into well greased 9x13 pan. Bake 10-12 minutes at 350 degrees. Watch closely! When cooled, melt chips and peanut butter together and spread on bars. These bars are done when just starting to brown around the edges.

*Rhubarb Bars**Deb Sampson Haunt*

2 c. flour	10 T. powdered sugar
1 c. butter	4 eggs
2 c. sugar	1/2 c. Flour
3/4 tsp. salt	4 c. diced rhubarb

Combine flour, powdered sugar and butter. Mix and pat in bar pan. Bake at 350 degrees for 15 minutes. Beat eggs, add sugar, and beat again. Add flour and salt, mixing well. Fold in rhubarb. Pour over baked layer. Bake at 350 degrees for 45 min. *\*I got this recipe from a lady I worked with at University Hospital in Iowa City in the "70's".*

*German Chocolate Dessert Bars**Carol Birkeland Raymond***Base:**

1 package German Chocolate cake mix  
 1 1/2 c. quick oatmeal  
 1/2 c. margarine  
 1 egg

**Filling:**

1 can caramel pecan frosting  
 8 oz. cream cheese  
 2 eggs

Mix base ingredients until crumbly. Reserve 2 c. for topping, press the rest into a greased 9x13" pan. Blend filling and beat on high 1 minute. Pour over crust. Sprinkle with crumbs. Bake 350 degrees for 45-55 minutes. Store in covered container in the refrigerator.

*-If you live for Christ on earth, you will live with Him in heaven.*

*Oatmeal Bars**Doradene Thompson*

1 1/2 boiling water	1 tsp. cinnamon
1 c. oatmeal	1 tsp. vanilla
1/2 c. margarine	<b><u>Frosting :</u></b>
2 c. brown. sugar	1c. Brown sugar
1 c. white sugar	1/2 stick margarine
3 eggs	3 tsp, mild
1 1/2 flour	3/4 c. coconut
1 tsp. soda	3/4 c. nuts
1 tsp. salt	

Boil water add oatmeal. Let stand. Cream margarine, sugars, and eggs. Add oatmeal and mix. Add flour, salt, cinnamon, soda, vanilla and mix. Bake 350 degrees for 20 minutes in 15 1/2 x 10 1/2 x 1 1/2" greased jelly roll pan (till toothpick clean) Cool.

**Frosting:** Cook till bubbles. Pour over cake while warm. \*Double recipe for 9x13 cake

*Rhubarb Dream Bars**Valerie Peter*

2 c. flour	1 stick butter or margarine
10 T. powdered sugar	

Combine above ingredients and press into a 9 x 13" pan. Bake at 350 degrees for 15 minutes.

**Mix together:**

4 eggs	4 c. diced rhubarb
1/2 c. flour	3 c. sugar
3/4 tsp. baking powder	

Pour over baked crust and place in oven for 45 minutes.

*-The secret of coping is hoping - in God.*

*To cure a sick soul, put it on a prayer diet.*

*Pumpkin Bars**Audrey Hauley*

- |                          |                                   |
|--------------------------|-----------------------------------|
| 2 c. flour               | 2 c. sugar                        |
| 2 tsp. baking powder     | 4 eggs, slightly beaten           |
| 1 tsp. baking soda       | 2 c. pumpkin or 1 (16 oz.) can    |
| 1/2 tsp salt             | 1 c. oil (I use 1/2c.)            |
| 2 tsp. cinnamon          | 1/3 c. Chopped walnuts (optional) |
| 1 tsp. pumpkin pie spice |                                   |

Sift dry ingredients, including sugar, into mixing bowl. Add slightly beaten eggs, pumpkin and oil, then mix. Add nuts. Bake at 350 degrees for 50 minutes (Check that it is done with toothpick in center.) Serves: 15 to 24 *\*Good with Cool Whip on top.*

*No Bake Special K Bars**Helen Tjelmeland*

- |                       |                                      |
|-----------------------|--------------------------------------|
| 1 c. white sugar      | 6 c. Special K cereal, measured into |
| 1 c. white Karo syrup | large bowl                           |
| 1 c. peanut butter    |                                      |

Cook to boiling sugar & syrup together - let boil for 45 seconds on stovetop. Stir in peanut butter. Stir until sugar, syrup, and peanut butter are well mixed and pour over cereal. Stir well to cover cereal. Pour mixture into greased jelly-roll pan and press down. (I use a buttered spoon to press and smooth the Special K Mixture down firmly!)

**Frosting:**

- |   |                           |
|---|---------------------------|
| 1 pkg. semi-sweet chocolate chips (or milk chocolate chips) | 1 pkg. butterscotch chips |
|---|---------------------------|

Melt these together over low heat or in the microwave and frost the Special K mixture. *\*These have become a Tjelmeland family-gathering "must make".*

*Rice Krispy Bars**Malissa Klinger*

- |                       |                           |
|-----------------------|---------------------------|
| 1 c. white corn syrup | 6 c. Rice Krispies cereal |
| 1 c. granulated sugar | 1 c. chocolate chips      |
| 1 c. peanut butter    | 1 c. butterscotch chips   |

Heat corn syrup and sugar until bubbly and sugar dissolves. Remove from heat and add the peanut butter. Stir until smooth. Add cereal and stir well. Press into a greased 9x13" pan. Melt chocolate chips together in microwave and spread over cereal mixture. Allow bars to cool before cutting.

## *Peanut Butter Dream Bars*      *Zachary & Tyler Hovick*

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### Combine & mix the following:

2 c. quick oats

1 1/2 c. flour

1 c. brown sugar

1 tsp. soda

3/4 tsp. salt

Add:

1 c. oleo (melted)

Reserve 1 1/2 c. crumb mixture. Press rest into jelly roll pan (15 1/2" x 10 1/2"). Bake at 350-375 degrees for 7 minutes.

Combine:

14 oz. can of condensed milk

1/3 c. peanut butter

Spread milk and peanut butter mixture over partial baked crust. Combine reserve crumbs and 1-2 cups M & M's. Sprinkle over crust. Press in pan. Bake 10-15 minutes longer, not too brown.

## *Blueberry Lattice Bars*

*Jill Patterson*

---

1c. butter, softened

1/2 c. sugar

1 egg

2 3/4 c. all-purpose flour

1/2 tsp. vanilla

1/4 tsp. salt

Filling:

3 c. fresh or frozen blue berries

1 c. sugar

3 T. cornstarch

In a mixing bowl, cream butter and sugar. Add the egg, flour, vanilla and salt; mix well. Cover and refrigerate for 2 hours. Meanwhile in a saucepan bring the blueberries, sugar and cornstarch to a boil. Cook and stir for 2 minutes or until thickened. Roll two-thirds of the dough into a 14" x 10" rectangle. Place in a greased 13"x 9"x 2" baking dish. Top with filling. Roll out remaining dough to 1/4" thickness. Cut into 1/2" wide strips; make a lattice crust over filling. Bake at 375 degrees for 30-35 minutes or until top is golden brown. Cool on wire rack. Cut into bars. Makes 2 dozen.

*-Great things come from small beginnings.*

*-The Christian life doesn't get easier - it gets better.*

*Caramel-Chocolate Chip Bars**JoAnn Molde***Melt:**

32 caramels in 1 can sweetened condensed milk (Eagle Brand)

3/4 c. brown sugar

1/4 c. white sugar

1/2 tsp. soda

**Mix:**

1 1/2 c. oatmeal

1/4 tsp. salt

1 1/2 c. flour

1 c. softened margarine

Pat 2/3 of the mixture in a 9 x 13" pan. Bake 10 minutes in 350 degrees oven. Sprinkle chocolate chips and butterscotch chips on this crust. Pour caramel mix over and dot with remaining cookie mix.

*Ruby's Coffee Bars**†Ruby Nelson*

1 c. raisins

2 eggs

2/3 c. strong, hot coffee

1 1/2 c. flour

1/2 tsp. cinnamon

1/2 tsp. baking powder

2/3 c. shortening

1/2 tsp. soda

1 c. sugar

1/4 tsp. salt

Combine raisins, hot coffee, and cinnamon and let stand until cool. Cream shortening and sugar. Add eggs and mix well. Add dry ingredients and add Raisin mixture. Pour into greased jelly roll pan. Bake at 350 degrees for 20 - 25 minutes. Frost when cool. *\*Very good at "Coffee Hour"*.

*Chocolate Caramel Bars**Michelle Klinger*

2 1/4 c. all purpose flour

1 1/2 c. cold butter or margarine

2 c. quick cooking oats

2 c. semi-sweet chocolate chips (16oz.)

1 1/2 c. brown Sugar, packed

1 c. pecans, chopped

1 tsp. baking soda

1 jar of caramel ice cream topping (12 oz)

1/2 tsp. salt

In a bowl, combine 2 cups of flour, oats, brown sugar, baking soda and salt. Cut in butter until crumbly. Set half of the mixture aside for the topping. Press the remaining crumb mixture into a greased 9x13" pan. Bake at 350 degrees for 15 minutes. Sprinkle with the chocolate chips and pecans. Whisk caramel topping and 1/4 cup of flour until smooth; drizzle over top. Sprinkle with the reserved crumb mixture. Bake for 18-20 minutes or until golden brown. Cool on a wire rack for 2 hours before cutting.

*Salted Nut Roll**Marian Klinger*

2 T. butter  
 1 pkg. peanut butter chips (16 oz)  
 1 can Eagle Brand sweetened condensed milk

1 pkg. miniature marshmallows  
 32 oz. dry roasted peanuts

Grease the bottom of a 9x13" pan with 1 T. butter. Spread half of the peanuts on the bottom. Microwave 1 T. butter, peanut butter chips and condensed milk until smooth. (approx. 2 minutes) Add marshmallows and microwave until melted (approx. 1 minute). Stir well and spread over the peanuts. Top with remaining peanuts. Allow to cool before cutting.

*Special K Bars**Sherry Tjernagel*

1 c. sugar  
 1 c. white Karo syrup  
 1 c. creamy peanut butter

7 c. Rice Krispies (not Special K)  
 1 c. chocolate chips  
 1 c. butterscotch chips

Mix sugar and Karo together and just cook on top of stove for barely 2 minutes (hardly to a boil - just to get sugar and Karo mixed well and hot). Take off stove, add peanut butter and mix with hot liquid until dissolved. Fold in Rice Krispies. Press in buttered jelly roll pan with waxed paper. Frost with chocolate and butterscotch chips. *\*I have made these bars so many, many times - everyone enjoys this treat. I used to use Special K, but now use only Rice Krispies - blends together better.*

*Flo-Flo Bars**Marjorie Witermarkt*

1 chocolate Fudge cake mix  
 3/4 c. sugar  
 2/3 c. Crisco  
 1/2 c. butter-no substitutes

2 tsp. vanilla  
 1 (5 oz.) can evaporated milk  
 1 can chocolate frosting

Mix cake according to package directions. Bake in greased 11x15 in. pan for 15-20 minutes. Cool completely. Beat the next 5 ingredients for 10 minutes until very fluffy, don't skimp on the time. Spread on the cake. Microwave the can of frosting for 1 minute on high power and pour over filling. Refrigerate. Cut in squares. Makes about 24, or however big you cut the pieces.

*Chewy Chocolate Chip Bars**Sherry Tjernagel*

1/2 c. margarine (melted)  
 2 c. brown sugar  
 2 eggs  
 1 tsp. vanilla

1 1/2 c. flour  
 2 tsp. baking powder  
 1 tsp. salt  
 6 oz .chocolate chips

Mix the melted margarine with the brown sugar and let stand for 10 minutes. Then using the mixer, add eggs (one at a time) and beat in rest of ingredients. Bake at 350 degrees for 15-20 minutes. *\*A wonderful sweet treat.*

*Chocolate Brownies**Darlene Erickson***Sift together:**

2 c. flour  
 2 c. sugar  
 1/2 tsp. salt

**Bring to boil:**

2 sticks oleo  
 1 c. water  
 3 T. cocoa

**Combine the two mixtures and add:**

2 beaten eggs  
 1 tsp. soda  
 1/2 c. buttermilk  
 1 tsp. vanilla

Bake in greased 11x13" pan and frost.

**Frosting:**

1 stick margarine  
 5T. milk  
 4 T. cocoa

Cook to boiling about 1 minute.

Then **add:**

1 box powdered sugar or a little less  
 1 tsp. vanilla  
 Spread on cake while still warm.

*Butterscotch Bars**Mrs. Donald B. (Betty) Hanson*

2 eggs  
 1 - 15 oz can vanilla pudding (Thank  
 You brand)

1 box yellow cake mix

Beat eggs and add vanilla pudding. Then add cake mix and mix until smooth. Put in greased jellyroll pan.

**Topping:**

6 oz butterscotch chips  
 1/2 c. nuts - chopped

1/3 c. sugar

Put on the bars (above) and bake at 350 degrees for 25 - 30 minutes. *\*Very good.*

*Coffee Bars**Mrs. Donald B. (Betty) Hanson*

1 c. coffee (liquid)	1 1/2 c. flour
1/2 c. raisins	1/2 tsp. salt
1 c. sugar	1/2 tsp. cinnamon
1 c. butter	1/2 tsp. baking powder
1 egg	1/2 tsp. baking soda

Bring coffee and raisins to a boil. Cool. Add remaining ingredients and mix. Pour in a jelly roll pan. Bake at 350 degrees for 15-20 minutes. Frost with powdered sugar frosting.

**Frosting:**

3 c. powdered sugar	1 T. orange juice (concentrated)
3 T. melted butter	milk to make spreading consistency
Dash of salt	

*Pecan Tassies**Sylvia Posegate Anderson*

2 (3 oz.) cream cheese	2 c. flour
2 sticks margarine	

Refrigerate dough overnight. Roll small walnut size dough and press into bottom and sides of tassie pans.

**Filling:**

3 eggs	3 T. butter
2 1/4 c. brown sugar	1 1/2 c. chopped pecans
dash of salt	

Fill crusts. If you don't have enough filling for all of the crusts, make another 1/2 batch of the filling. Bake at 350 degrees for 15-17 min. Reduce heat to 250 degrees for 10 more minutes. Makes 60.

*There is only one love greater than that of a mother -  
from our Heavenly Father.*

*Peppernuts**Karleen Titus*

3 c. sugar	1 tsp. ground cinnamon
3 c. light corn syrup	1/4 tsp. ground cloves
3/4 c. butter or margarine	1/4 tsp. ground cardamom
1 c. milk	2 tsp. anise extract
1/4 tsp. salt	1 tsp. vanilla extract
1 tsp. baking powder	1/2 tsp. almond extract
1/2 tsp. baking soda	13 c. of flour, approx.

Cream sugar, corn syrup, and butter. Add milk. Sift together salt, baking powder, soda, cinnamon, cloves, and cardamom; add to creamed mixture. Add anise, vanilla and almond extracts. Gradually add enough flour to make a stiff dough. Chill in refrigerator overnight. Divide into handful portions and form each portion into a long roll 1/2-inch in diameter. Cut rolls with a floured knife into 1/4" pieces. Arrange pieces on a greased cookie sheet. Bake at 375 degrees until golden brown. *\*This has always been a Christmas favorite when I was growing up and now for my own family as well.*

*Cherry Blossoms**Barb Armstrong*

2 eggs	2 tsp. vanilla
3/4 c. sugar	16 vanilla wafer cookies
16 oz. cream cheese	1 cans cherry pie filling

Beat eggs with sugar. Add cream cheese and beat until smooth. Add vanilla. Put paper liners in muffin tins. Add 1 cookie to each liner. Fill 3/4 full with cream cheese mixture. Bake 325 degrees for 10-12 minutes. *\*They will be pale and will sink when cooling. Top with spoonful of pie filling.*

*Nobody ever got hurt on the corners of a square deal.*

*-If you want today's fire to burn brightly, begin by throwing out yesterday's ashes.*

*Double Fudge Brownie Bars**Mary Lou Thompson Simon*

1 pkg. Double Fudge Brownie mix	1 c. peanut butter chips
2 eggs	1/2 c. chopped nuts
1/3 c. water	1 c flaked cocoanut
1/4 c. vegetable oil	1-14 oz. can sweet condensed milk
1 (6oz.) pkg. semi-sweet chocolate chips	

Preheat oven to 350 degrees. Grease bottom of 9 x 13" pan. Combine brownie mix, contents of fudge packet mix, eggs, water, and oil in large bowl. Stir till well blended, approximately 50 strokes. Spread in pan. Bake 18 minutes. Remove, sprinkle chocolate chips, then peanut butter chips, nuts and cocoanut. Pour milk over top. Bake 22-25 minutes on till golden brown. Cool, cut into bars. Makes 20-24 bars.

*Banana Bars**Susan Ruby*

1 1/2 c. sugar	1 tsp. soda
1/2 c. butter	1/8 tsp. salt
2 eggs	2/3 c. milk
2 c. flour	2 ripe bananas
1 tsp. baking powder	

Mix all ingredients together and bake 350 degrees for 18 to 20 minutes. \* *Let cool.*

**Peanut Butter Frosting:**

1 1/2 c . sugar	1/2 c. peanut butter
5 T. margarine	1 tsp. vanilla
6 T. milk	

Stir together sugar, margarine, and milk in a small pan. Bring to a rolling boil then boil 1 minute, Remove from heat add peanut butter and vanilla and stir until thick and frost bars.

*Only when we walk in the dark do we see the stars.*

*An upright man can never be a downright failure.*

*Brownies*†*Erma Halverson*

1 stick margarine	1 c. flour
1 c. sugar	1 tsp. vanilla
4 eggs, beaten	1/2 c. nuts
1 can Hershey's syrup	

Pour into 11x15 inch pan and bake at 375 degrees for 20-25 minutes. Frost.

**Frosting:**

6 T. margarine	1 1/2 c. sugar
6 T. milk	

Cook to a rolling boil for 30 seconds. Take off stove and add 1/2 c. chocolate chips. Mix well and frost. *Note: If you don't have Hershey's syrup, use 6 T. cocoa, 3 eggs, 1 1/2 c. sugar and 1/2 tsp. baking powder.*

*Dippy Chippy Squares**Dorothy M. Peter*

(Use 9x13" cake pan and put ingredients in layers - do not stir.)	1 pkg. (6 oz.) chocolate chips
1/4 pound butter, melted	1 c. pecans or salted peanuts, mixed nuts or cashews (whatever you prefer)
1 c. graham cracker crumbs	1 can sweetened condensed milk - carefully spoon milk over top.
1 c. flaked cocoanut	
1 pkg. (6 oz) butterscotch chips	

Put into oven and bake at 325 degrees for 25 minutes. Yield: 20-24

*Double Chocolate Brownies**Sharon Himan*

2 T. water	1/4 tsp. soda
3/4 c. sugar	1/4 tsp. salt
1/3 c. butter	2 eggs
12 oz. chocolate chips, divided	1 tsp. vanilla
3/4 c. flour	3/4 c. walnuts

In a saucepan, heat to boiling: water, sugar and butter. Remove from heat; add 1 cup chocolate chips; stir until smooth. Pour into mixing bowl; add eggs one at a time, stirring after each. Add vanilla. Combine dry ingredients. Add nuts and remaining chocolate chips. Bake in greased 8x8inch pan at 325 degrees for 30-35 minutes. Cool on wire rack. These may seem gooey when warm. *\*Great for when you want only a small amount.*

*Butter Brickle Bars**Kathy Rasmussen Osmundson*

1 sticks oleo  
melt in saucepan-turn off after melted  
and add 3/4 c. mini-chocolate chips

**Add:** 2 c. sugar  
4 eggs  
1 1/2 c. flour

Pour into 9x13 pan. Before putting in oven top with 3/4 c. mini-chocolate chips and 1/2 bag of Skor heath chips. Bake at 350 degrees for 25-30 minutes. Do not use glass pan

*Sand Art Brownies**Linda Tesdall Mohr***Layer in quart jar:**

1/3 c. cocoa powder  
2/3 c. sugar  
1/2 c. each vanilla chips and chocolate  
chips  
2/3 c. brown sugar  
1c. plus 4 T. flour

1/2 tsp. salt

**To bake:**

1 tsp. vanilla  
2/3 c. oil  
3 eggs

To give as a gift, layer ingredients in order given in a quart glass jar. **Attach a note that says:** To bake, add the vanilla, oil and eggs and bake. Bake 350 degrees in 9x9" pan for 30 minutes. For an 11x7" pan bake for 32 minutes.

*Whoopie Pies**Carmella Fitzgerald*

2 c. flour  
1 tsp. baking soda  
1/4 tsp. salt  
1/3 c. cocoa  
1 tsp. vanilla

1 c. sugar  
1 egg  
3/4 c. milk  
1/3 c. melted oleo

Preheat oven to 350 degrees. Mix in bowl all together. Drop by heaping spoonfuls onto a greased cookie sheet bake for 14 minutes.

**Filling:**

6 heaping spoonfuls of marshmallow  
fluff  
1 c. confectioners' sugar

1/4 lb. oleo  
1 tsp. vanilla

Mix together. Spread between two cooled pies. *Submitted by Dawnmarie Cole.*

*Mom's Brownies*† *June Eglund*

2 c. sugar	2 tsp. vanilla
1/4 c. cocoa	1 1/2 c. sifted flour
1 tsp. salt	1/2 c. chopped walnuts
1 c. melted butter	
4 eggs	

Mix sugar and cocoa together, Stir in melted butter, add eggs and vanilla and beat well. Mix in flour (don't over mix). Fold in walnuts. Pour into greased 15x10x1 pan.

**Frosting:**

In sauce pan:	1/4 c. butter
1 c. sugar and dash salt	
1/3 c. milk and 1-1 oz. Square unsweetened chocolate square.	

Bring to Boil; Stirring consistently Beat in cold water-thick- pour over cool brownies. Bake at 375 degrees for 25 minutes. \**Our family favorite as long as we can remember. Submitted by her daughter: Kathy*

*Salted Peanut Bars**Mary Severseike*

4 eggs	1 tsp. vanilla
1 c. sugar	1 c. flour
1/2 c. hot water	1/2 tsp. salt

Separate 4 eggs and save one yolk for the frosting. Beat 4 egg whites stiff, set aside. Beat until fluffy - 3 egg yolks and 1 cup sugar. Add hot water, 1 tsp vanilla, flour, and salt. Fold the egg whites into this mixture and pour into 9 x 13" ungreased pan. Bake at 350 degrees for 20 minutes. Frost while warm.

**Frosting:**

1/2 c. margarine	1/2 tsp. vanilla
1 egg yolk	1 T. peanut butter
1 1/2 c. powdered sugar	1 c. salted Spanish peanuts

Mix and spread on warm bars.

*Cornflake Bars**Connie Aronemeyer*

1 c. white sugar	1 c. coconut
1 c. light corn syrup	6 c. corn flakes or Wheaties
1 to 1 1/2 c. peanut butter	

Bring white sugar & light corn syrup to a hard boil. Stir in peanut butter. Add coconut & cereal. Mix well. Press into a 9 x 13 pan.

*Snack Mix Bars**Sylvia Posegate Anderson*

3 3/4 c. halved pretzel sticks	3/4 c. margarine
3 c. Corn Chex	1/2 c. creamy peanut butter
1 lb. bag M&Ms	7 1/2 c. mini marshmallows

Combine pretzels, cereal, and M&Ms. In a large bowl, combine margarine, peanut butter and marshmallows and microwave until melted and mixture is smooth. Pour over pretzel mixture. Stir to coat. Press into a greased 15 x 10" jelly roll pan. Cool until firm. Cut into squares.

*Almond Fudge Truffles**Cindy Cole*

1/2 c. + 2 T. unsweetened cocoa powder	1/2 c. light cream cheese to room temp
1 c. sifted powdered sugar	1/2 tsp. almond extract

Reserve 2 T. of cocoa on a sheet of wax paper. In a food processor or mixing bowl with electric mixer on high speed. Blend the remaining ingredients. Drop by round tsp. onto reserve cocoa. Refrigerate until firm for 1-2 hrs. Makes 24 truffles. Weight watchers points: 1 pt. per truffle

*O' Henry Bars**Mindi Balmer*

4 c. oatmeal	1/2 white Karo syrup
1 c. brown sugar	6 oz. chocolate chips
1 c. margarine	3/4 c. peanut butter

Bake 10-15 minutes at 350 degrees until bubbly. DO NOT OVERBAKE. For topping melt chocolate chips and peanut butter together. Spread over top.

*Full hands cannot accept God's Christmas gift - Jesus!*

# Notes :

1 c. white sugar  
 1 c. light cream  
 1 to 1 1/2 c. granulated sugar  
 1/2 c. brown sugar  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter

1 1/2 c. heavy cream  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter

1/2 c. light cream  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter

1 c. brown sugar  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter  
 1/2 c. cream cheese  
 1/2 c. cream butter

*Notes :*

# Desserts

Waffles 271-284

Cakes 285-307

Chocolate Cakes &  
Pies 308-316



*Notes :*

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## *Hints for Desserts*

To make lozenges, use the vegetable peeler to grate the chocolate. This also works well for frozen butter. Grating a stick of butter softens quickly. So will a few seconds in the microwave.

# Desserts

*Desserts*

*271-284*

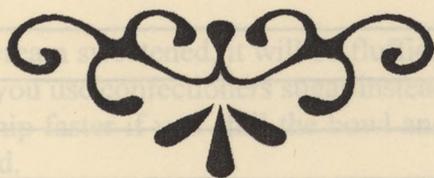
*Cakes*

*285-303*

*Cheese Cakes &*

*303-316*

*Pies*





## *Hints for Desserts*

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- To make long “curled” chocolate shavings for cakes, pies or puddings, use the vegetable peeler to shave the chocolate. This also works well for frozen butter.
- Grating a stick of butter softens quickly. So will a few seconds in the microwave.
- Save colored maraschino cherry juice and spice apple juice for cooking rice or tapioca puddings to add color and flavor.
- To prevent a skin from forming on the top of refrigerated puddings, place transparent plastic wrap tightly over the top of the dish. Don't let the wrap touch the pudding.
- To cream butter and sugar; put them in a warm bowl and beat as usual until mixture is like whipped cream.
- When a recipe calls for a quantity of melted butter, measure it after melting, not before.
- When baking a milk pudding, place the dish in an pan of water in the oven. This prevents the pudding from burning or boiling over.
- Before returning an opened carton of ice cream to the freezer, press plastic wrap onto the surface of the ice cream to prevent ice crystals from forming.
- Whipped cream can be made well in advance without separating. Sprinkle 1/2 tsp. unflavored gelatin over 1 T. of cold water in a custard cup, then set the cup over simmering water to melt the gelatin. Whip 1 cup of heavy cream until almost stiff. Add the gelatin mixture and whip until stiff. Cover and refrigerate as long as 3 days.
- If you like whipped cream sweetened, it will be fluffier and less likely to separate when made ahead if you use confectioners sugar instead of granulated. sugar.
- Heavy cream will whip faster if you chill the bowl and the beaters in the freezer until they're very cold.
- Avoid using the ultra pasteurized variety of heavy cream; it takes much longer to whip.
- Evaporated milk has considerably less cholesterol than heavy cream and can be whipped like cream. Pour it into an ice-cube tray and freeze for about 1/2 hour or until ice begins to form around the edges, remove the tray from the freezer, pour the milk into a chilled bowl and whip it with a chilled electric beater until it thickens.
- Drop dollops of whipped cream onto a cookie sheet and freeze. Transfer them to plastic bags and return to the freezer. They'll thaw in 20 minutes; or defrost in your microwave in a few seconds.

## *Hints for Cakes & Frostings*

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- Have all ingredients at room temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in center.
- The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about 5 minutes. Then the sides should be loosened and the cake turned out onto rack to finish cooling.
- Cakes should not be frosted until thoroughly cooled.
- Roll fruits and raisins in flour before adding them to the cake batter so they will stay distributed throughout the cake.
- When adding dry and wet ingredients, such as flour and milk, begin and end with the dry ingredients, beating well after each addition for a smoother batter.
- If eggs are not beaten well or ingredients not thoroughly mixed, a coarse-grained cake will result.
- For an interesting flavor, add a melted chocolate mint to chocolate cake batter.
- To keep chocolate cakes brown on the outside, dust the greased pan with cocoa instead of flour.
- If baking in glass dishes, decrease the oven temperature 25°F to prevent over browning.
- Use the circular cardboards from the bottom of frozen pizzas when transporting a cake. Cover with foil first.
- If a layer cake comes out lopsided, insert marshmallows between the bottom layer and the cake plate, or wherever they are needed.
- Stir 3 ounces of chocolate chips into 7-minute frosting while it is still hot to make it creamy and delicious
- When frosting a cake, place strips of waxed paper beneath the edges of the cake. They can easily be removed after frosting.
- For a different frosting, mix 2 tablespoons of pineapple and 2 tablespoons of orange juice. Add enough powdered sugar to stiffen.
- Sprinkle applesauce cake or banana cake generously with granulated sugar, coconut and chopped nuts before baking. It makes a crunchy topping.
- When melting chocolate, grease pan in which it is to be melted.
- When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

*(continued on next page)*

- When you buy cellophane-wrapped cupcakes and notice that the cellophane, is somewhat stuck to the frosting, hold the package under the cold water tap for a moment before you unwrap it. The cellophane will then come off clean.
- A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.
- Try using a thread instead of a knife when a cake is to be cut while it is hot.

### *Hints for Pies*

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- A pie crust will be easier to make if all ingredients are cool.
- A teaspoon of vinegar added to pie dough helps make a flaky crust.
- Add a minimum amount of liquid to the pastry or it will become tough.
- Pie crust will not be hard or tough when milk is used in place of the water.
- When making pie crust, add a little baking powder to keep the crust light and tender.
- Sprinkle the pastry board with 3/4 tablespoon of quick rolled oats before rolling a piecrust. It tastes nutty and provides extra nutrition.
- When baking a single pie crust, place gently in the pan and prick thoroughly. Check after baking 5 minutes and prick again in any puffed areas.
- For a single pie crust, use a scrap of pastry and press the crust against the sides of the pan so that no air can get under the crust.
- Pies should be baked in non-shiny pans to enhance the browning. Glass baking dishes also work well.
- To prevent soggy pie crusts, brush the bottom crust with egg white before pouring in fruit filling or sprinkle with a light coating of flour and sugar.
- For a quick crust, coat a pie pan with butter and press in crushed cornflake crumbs. This is especially good with pumpkin pie.
- For a shiny pie crust, brush the top of the pie with a mixture of 1 egg, 1 teaspoon sugar, 1/4 teaspoon salt and 1 teaspoon cooking oil. Bake as usual.
- One tablespoon of lemon Jell-O over apple pie before putting on the top crust will prevent run over and add flavor. Try raspberry Jell-O on cherry pie.
- When making pumpkin pie, separate the eggs, reserving the whites. When all ingredients are mixed, add the stiffly beaten whites for a fluffier pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add filling. You will have a nice topping as they come to the surface.
- Vanilla adds flavor to fruit pies.
- The meringue on pie will be higher if you add a pinch of cream of tartar to the beaten whites.

*(continued on next page)*

- Mix 1 teaspoon cornstarch for each egg white with the sugar, then add it to the whites for a nice meringue.
- If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard-type pies, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.

## *Notes*

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## Desserts

### *Apple Crisp*

† *Abbie Peterson*

6-7 apples, peeled and cut.  
1 c. flour

2/3 c. sugar  
2 T. butter

Place apples in a buttered pan and sprinkle with white or brown sugar and cinnamon. Mix flour, sugar, and butter and top apples. Bake in 350°F oven 1/2 - 3/4 hours, or until apples are done.

### *Apple Crisp*

*Marge Taylor*

4 c. apples (Jonathan or Winesap)  
1 c. sugar  
2 T. flour  
2 tsp. cinnamon

**Topping:**  
1/2 c. flour  
1/2 c. oatmeal  
1/2 c. brown sugar  
1/2 c. butter

Mix apples, sugar, flour, and cinnamon and put into greased 8 x 8" glass baking dish. Topping: Mix 1/2 c. flour, oatmeal, and brown sugar. Cut in butter. Sprinkle over apples. Bake at 325 - 350°F for 1 hour or until done.

### *Apple Crisp*

† *Lois Flivick*

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

1/2 c. flour  
1/4 c. oleo

Mix together. Peel and slice enough apples to almost fill a 9 x 9" pan. Sprinkle the sugar, flour & oleo mixture on top of apples. Bake at 350°F for 1 hour.

### *Apple Crisp Delight*

*Audrey Hauley*

8 - 10 apples, peeled and sliced  
1/2 c. soft margarine  
1 c. sugar

3/4 c. flour  
1 tsp. cinnamon

Butter bottom and sides of a 2-quart baking dish. Add apples. Blend together ingredients as for making pie dough. Work until crumbly. Pack over apples. If the apples are very dry, a little water may be placed in the bottom of dish. Bake at 375°F for 45 to 60 minutes. *\*Be sure margarine is softened at room temperature and not melted. If it is melted, the mixture will not be crumbly.*

*Apple Oatmeal Crisp**Mike & Kris Vinson***Apple Mixture:**

6 c. peeled and sliced apples

3/4 c. sugar

1/4 tsp. salt

1/4 c. water

**Topping:**

3/4 tsp salt

2 c. brown sugar

2 c. oatmeal

1 1/2 c. flour

1 tsp cinnamon

3/4 c. shortening

Place apples in 8x11 inch pan. Cover with sugar, salt and water. Mix brown sugar, salt, oatmeal, flour, cinnamon and shortening together (topping ingredients). Pour over the apple mixture. Bake at 350°F for about 40 minutes or until apples are done.

*Apple Dumplings**Shery Patterson*

6 apples

2 1/4 c. flour

3/4 tsp. salt

3/4 c. shortening

1 tsp. baking powder

enough water to make dough.

Mix dough. Roll out dough to make circles big enough to wrap each apple. Wrap apples. Place them into an 8 x 8" baking dish

**Syrup:**

2 c. sugar

2 c. water

1/4 tsp. cinnamon

4 T. butter

Boil a few minutes. Pour over dumplings. Bake at 350°F for 1 hour.

*Apricot Dessert**Dorothy Larson*

1 can evaporated milk

1 can apricot pie mix

1 can crushed pineapple (drained)

1 can mandarin oranges (drained)

1 lg. container cool whip

nuts

graham cracker crust

Combine first four ingredients. Add cool whip. Pour into a graham cracker crust or a 9 x 12" pan. Garnish with chopped nuts. Let set several hours before serving. Serves 12.

*Fair people can disagree without being disagreeable.*

*Blueberry Boy-Bait**Mary Lou Thompson Simon*

2 c. flour  
 1 1/2 c. sugar  
 2/3 c. butter  
 2 tsp. baking powder

1 tsp. salt  
 1 unbeaten egg yolks  
 1 c. milk

Stir together flour, sugar, cut in butter till particles are size of small peas. Put aside 3/4 c. of mix for crumb topping. Add baking powder, salt egg yolks and milk. Beat 3 minutes till well blended at low speed. Beat 2 egg white till stiff, but not dry. Fold gently, but thoroughly into batter. Spread in greased and floured 12 x 8 x 2" pan. Arrange 1 c. blueberries over batter. Sprinkle with 3/4 cup of crumbs. Bake in oven at 350°F for 40-50 minutes. Serve with Cool Whip.

*Double Decadent Brownie Torte* *Deb Sampson Aunt*

1/2 c. butter  
 1/2 c. light corn syrup  
 1 c. semisweet chocolate chips  
 1/2 c. sugar  
 3 eggs  
 1 tsp. vanilla  
 1 c. flour

1 c. chopped walnuts or pecans

**Chocolate Glaze:**

1/2 c. choc. chips  
 2 T. butter  
 1 T. corn syrup  
 1 tsp. vanilla

Butter and flour a 9" round cake pan. In saucepan melt butter and corn syrup. Stir in chocolate chips till melted. Add sugar and eggs. Stir in vanilla, flour and nuts. Pour batter in pan. Bake at 350°F for 30 minutes. until center springs back when touched. Cool. For Glaze, melt choc chips, butter and corn syrup over low heat. Add vanilla and frost top and sides of cake. Chill. Serves 8 Bake at 350°F for 30 minutes.  
 \*Looks very pretty on cake plate and makes an elegant rich dessert for a company meal.

*Cherry Crunch**Jim, Kathy, Zachary & Tyler Hovick*

1 1/2 c. flour  
 1/2 c. butter

1 3/4 c. coconut & nuts (pecans) mixed  
 1/2 c. sugar

Put 1/2 of crumb mixture in 9 x 9" baking dish. Add & spread 1 can of cherry pie filling over the crumbs. Put the remainder of the mixture over the top of filling. Bake at 350°F for 30 minutes.

*Lemon Dessert**Irene Hall*

- |  |                              |
|--|------------------------------|
| 1 lg. Angel food cake, cut into pieces | 1 Jell-O chiffon pie filling |
| 2 lemon Jell-O pudding pie filling     |                              |

Cut Cake into pieces and put in 9 x 13" cake pan. Make Jell-O pudding according to box directions, and pour over cake. Make Jell-O chiffon pie filling according to directions and pour over top. Makes cake-pan full.

*Lemon Cream Dessert**Sherry Patterson*

- |                             |                          |
|-----------------------------|--------------------------|
| 1 1/2 c. sugar              | 3 T. butter, cubed       |
| 1/3 c. plus 1 T. cornstarch | 2 tsp. grated lemon peel |
| 1 1/2 c. cold water         | 1/2 c. lemon juice       |
| 3 egg yolks, lightly beaten |                          |

**Crust:**

- |                             |               |
|-----------------------------|---------------|
| 1 c. all-purpose flour      | 1/2 c. butter |
| 1 c. finely chopped walnuts |               |

**Topping:**

- |  |   |
|--|---|
| 1 pkg. (8oz.) cream cheese softened.                   | 1 tsp. vanilla extract                                |
| 1 c. confectioners sugar                               | 1 carton (16 oz.) frozen whipped top-<br>ping, thawed |
| 2 c. cold milk   |   |
| 2 pkg. (3.4 oz. each) instant vanilla pud-<br>ding mix |   |

In a small saucepan, combine sugar and cornstarch; gradually stir in water until smooth. Bring to a boil; cook and stir for 1 minute or until thickened. Remove from the heat. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 1 minute. Remove from the heat; stir in butter and lemon peel. Gently stir in lemon juice. Refrigerate until cool. In a bowl, combine flour and nuts. Cut in butter until mixture resembles coarse crumbs. Press onto the bottom of a greased 13 x 9 x 2" baking dish. Bake at 350°F for 15-20 minutes or until edges are golden brown. Cool on a wire rack. In a mixing bowl, beat cream cheese and confectioners sugar until smooth; carefully spread over crust. Spread with cooled lemon mixture. In another mixing bowl, beat milk and pudding mixes on low for 2 minutes; beat in vanilla. Fold in half of the whipped topping. Spread over lemon layer. Spread with remaining whipped topping. Chill for at least 4 hours before cutting. Yield: 18-24 servings.

*Oreo Dessert**Chris Molde*

1 pkg. Oreo cookies, crushed  
1 stick margarine melted

5 frozen Butterfinger candy bars crushed

Mix and pat 1/2 in bottom of 9 x 13" pan. Cover with half-gallon vanilla ice cream. Use remaining 1/2 crumbs on top. Freeze.

*Peach Delight**Darlene Erickson*

fresh peaches  
1c. sugar  
1 c. flour

1 tsp. baking powder  
1/4 tsp. salt  
1/2 c. butter or margarine

Slice fresh peaches in pan. Mix together the sugar, flour, baking powder, salt and butter. Sprinkle over fruit and bake in moderate oven for about 30 minutes. Serve with cream or ice cream.

*Creamy Peach Dessert**Alenda Braland***Crust:**

1/2c. butter or margarine  
1 c. flour  
1/2 c. chopped walnuts  
1/4 c. sugar

8 oz. cream cheese  
1 c. powdered sugar  
6-7 fresh peaches

**Gel Layer:**

2 T. corn starch  
1 c. water  
3 T. peach Jell-O (1/2 box)

**Filling:**

2 pkg. Dream Whip prepared

Mix ingredients for crust spread in 9 x 13" pan. Bake 15 minutes at 350°F. Cool. **Filling:** Prepare dream whip, in separate bowl beat cream cheese and powdered sugar-combine with Dream Whip. Spread over cooled crust. Peel and cut peaches onto filling. **Gel Layer:** Cook 1 c. sugar, 2 T. cornstarch, 1 c. water. when cooked clear. Add Jell-O, when cool; spoon mixture over top. Refrigerate and serve cold.

*Quick Peach Dessert**Jana Hilliard Murray*

1 lg. can peaches cut into pieces  
1 pkg. yellow Cake Mix

1 stick margarine, melted  
sm. package chopped English Walnuts

Pour peaches and syrup into 9 x 13 cake pan, pour cake mix over top, add nuts and drizzle melted butter over top. Serve with ice cream. Bake at 350°F for 35-40 minutes. Serves 10-12.

*Pistachio Dessert**Betty Egglund*

1 c. flour  
1/2 c. oleo

1 c. chopped pecans

Mix and pat into 13 x 9" pan. Bake at 350°F for 15 minutes.

1 (8oz.) cream cheese  
1 c. powdered sugar

1 c. Cool Whip

Mix cream cheese and powdered sugar. Add Cool Whip. Pour over crust. Mix 2 boxes (small size) or 1 (large size) of instant pistachio pudding with 3 c. milk. Pour over cream cheese mixture. Cover with Cool Whip and sprinkle toasted coconut on top. Chill several hours and serve.

*Pumpkin Chiffon Dessert**Dorothy Larson*

24 crushed graham crackers  
1 1/2 c. sugar  
1/2 c. butter  
2 eggs  
3/4 c. sugar  
8 oz. cream cheese  
2c. pumpkin  
1/2 c. milk  
3 egg yolks

1/2 c. sugar  
1/2 tsp. salt  
1 tsp. cinnamon  
1 envelope gelatin  
1/4 c. cold water  
3 egg whites  
1/4 c. sugar  
cool whip

Mix graham crackers, sugar and butter. Line 9 x 13" pan. Beat eggs, sugar and cream cheese. Pour over crust. Bake 350°F for 20 minutes. Cook in double boiler: pumpkin, milk, egg yolks, sugar, salt and cinnamon until thick (about 5 minutes). Mix gelatin and water. Add to pumpkin mixture and cool. Beat egg whites and sugar. Add to pumpkin. Pour over crust and cream cheese and sugar mix. Top with cool whip. Serves 12

*It is good to wait on the Lord— as long as you keep busy while you wait.*

*-If you can't help, don't hinder.*

*Pumpkin Layer Dessert*† *Abbie Peterson*

1 pkg. yellow cake mix - reserve 1 cup	1/2 tsp. pumpkin pie spice
1 stick margarine, melted	cinnamon
1 egg	1 c. cake mix (reserved cup)
2 c. pumpkin	1/4 c. sugar
2 eggs	1 tsp. cinnamon
1/2 c. sugar	1/4 c. soft margarine
3/4 c. milk	

Mix cake mix (less 1 cup), melted margarine and 1 egg and put in 9 x 13 inch pan. Second layer: Mix pumpkin, 2 eggs, 1/2 cup sugar, milk, pumpkin pie spice and cinnamon, and pour over bottom layer. Top layer: Mix 1 cup cake mix, 1/4 cup sugar and cinnamon. Cut in margarine until crumbly. Sprinkle on top. Bake at 350°F for 40-45 minutes and serve with cool whip.

*Pumpkin Pie Dessert Squares**Kathy Rasmusson Osmundson***Crust:**

1 pkg. yellow cake mix (save 1 c. for topping)	2 eggs
1/2 c. oleo or butter, melted	2/3 c. milk
1 egg	

**Filling:**

3 c. (1 lb. 14 oz. can) pumpkin pie mix	<b><u>Topping:</u></b>
	1 c. reserved cake mix
	1/4 c. sugar
	1 tsp. cinnamon
	1/4 c. butter or oleo, not melted

Grease bottom of 9 x 13" pan. Combine ingredients for crust. Press into pan. Combine ingredients for filling until smooth and pour over crust. Combine ingredients for topping and sprinkle over filling. Bake at 350°F for 45-50 minutes or until knife stuck in center comes out clean. If desired, serve with cool whip.

*Honesty is the first chapter in the Book of Wisdom.*

*-Learn to be an assister, not a resister.*

*Raspberry Delight**Helen Shold*

1 1/2 c. graham cracker crumbs	2 (10oz) pkgs. frozen raspberries, thawed
1/2 c. chopped nuts	1 c. water
1/4 c. butter, melted	1/2 c. sugar
10.5 oz. pkg. marshmallows	2 T. lemon juice
3/4 c. milk	4 T corn starch
1 1/2 c. whipping cream, whipped	1/4 c. water

To make crust, mix first 3 ingredients. Put into 9 x 13" pan. Melt marshmallows in milk over low heat stirring constantly, cool, fold whipped cream into marshmallow mixture. Pour over crust and refrigerate to set. Heat raspberries, water, sugar, and lemon juice. Dissolve corn starch in 1/2 C water and add to raspberries mixture and pour over marshmallow mixture. Refrigerate several hours or overnight. Serves: 12-15

*Rhubarb Dream Dessert**Darlene Erickson*

<b>Crust:</b>	5 T. powdered sugar
1c. flour	1 stick margarine

Crumble and press into 8 x 8" pan. Bake 12-15 minutes at 350°F. Save some crumbs to put on top.

<b>Filling:</b>	1/4 c. flour
2 c.. cut up rhubarb	2 beaten eggs
1 1/2 c. sugar	

Mix all together and spoon on baked crust. Sprinkle the rest of crumbs on top. Bake 35 minutes at 350°F. Serve with whipped topping, ice cream or plain.

*Rhubarb Delicious**Wilma Munson*

2 c. water	dash of salt
2 c. rhubarb (chopped fine)	1 carton fresh strawberries or 1 can
1 c. sugar	crushed pineapple
1/4 quick tapioca	

Bring to boil and cook slowly 10-15 minutes. Remove from heat. Add carton of fresh strawberries or pineapples. *\*I got this recipe from a cousin. Our family prefers the strawberries with rhubarb. It is a very refreshing sauce. I have frozen it. I usually double or triple the batch.*

*Rhubarb Fluff**Dorothy Larson***Crust:**

1 c. flour  
1/2 c. sugar

1/2 c. margarine  
2 c. nuts

Mix crust ingredients and bake in 9x12 pan 350°F for 10 minutes.

**Filling:**

2 c. rhubarb  
1 1/2 c. sugar

1 pkg. raspberry Jell-O  
1 T. lemon juice  
1 lg. can evaporated milk

Chop rhubarb. Cook rhubarb and sugar until tender. Add Jell-o. Cool. Whip lemon juice and evaporated milk. Add partially thickened Jell-O mixture. Pour into cooled crust. Serves 12 \*Serve with topping of whip cream, raspberries or nuts.

*Robert Redford Dessert**Marge Taylor*

1 stick soft butter  
1 c. flour  
1/2 c. chopped pecans  
1 (8 oz.) cream cheese  
1 c. powdered sugar  
1 c. cool whip

2 lg. pkg. instant pudding (1 chocolate -  
1 vanilla)  
3 c. cold milk (less for thicker pudding)  
1 sm. cool whip  
nuts (optional)

Mix butter, flour, and chopped pecans together. Pat in 9 x 13" pan. Bake at 350°F for 15-20 minutes. Cool. Mix cream cheese, powdered sugar, and 1 cup cool whip. Spread on cooled crust. Let set in refrigerator. Mix instant pudding and milk, and spread on cream cheese layer. Let set up. Top with small cool whip. Top cool whip with shaved chocolate bar and nuts.

*Strawberry & Vanilla Pudding Dessert**Carol Wright*

5 c. Angel food cake, cubed  
1 sm. pkg. instant vanilla pudding mix  
1 c. cold milk  
1 pt. vanilla ice cream, softened

1 (3 oz.) pkg. strawberry Jell-O  
1 1/2 c. boiling water  
1 (10 oz.) pkg. frozen strawberry slices

Place angel food cubes in 9 x 9" dish. Combine instant pudding and milk. Add ice cream. Beat at low speed until well blended. Pour over cake cubes. Chill until firm. Dissolve Jell-O in boiling water. Add frozen strawberries. Pour over pudding, do not stir. Chill until set.

*Strawberry Yummy**Karlene Titus*

1 c. flour	2 egg whites
1/2 c. margarine	2 tsp. lemon juice
1/4 c. brown sugar	1 1/2 c. frozen strawberries, partially thawed
1/2 c. chopped walnuts	1 sm. carton whipped topping
1 c. sugar	

Combine flour, margarine, brown sugar and walnuts. Spread on a cookie sheet and bake at 375°F for 10 minutes, stirring occasionally to prevent burning. Spread 1/2 the crumb mixture into a 9 x 13" pan to form a crust. Reserve remaining crumbs for topping. Combine sugar, egg whites, lemon juice, and partially thawed berries into a mixing bowl. Blend on low speed, then beat on high speed for 20 minutes. Fold in whipped topping and spread over crust. Top with reserved crumbs. Cover and freeze for at least 4 hours before serving.

*Banana Pudding Dessert**Kathy Rasmusson Osmundson*

1 lg. vanilla instant pudding	Mix together
1 c. milk	6 bananas
1 can sweetened condensed milk	1 box vanilla wafers
1 (12 oz.) cool whip, thawed	

I layer wafers wall to wall and banana slices on top from wall to wall. Pour mixture over then wafers & bananas again and top with mixture. I also crush some wafers and sprinkle on top.

*Apple Pudding**Edith Cole*

6 c. peeled and sliced apples	1 c. granulated sugar
1/2 c. water	1 tsp. cinnamon
2 tsp. lemon juice	1/2 c. margarine
2/4 c. flour	

Place apples in buttered baking pan. Pour water and lemon juice over apple slices. Mix flour, sugar, and cinnamon together. Cut in margarine until mixture resembles coarse meal. Sprinkle flour mixture over apples. Bake 350°F for 40-45 minutes or until apples are completely cooked. Serves 4-6 \*Garnish with whipped topping or ice cream before serving. Good served warm with our topping or ice cream also.

*Progress has little to do with speed, but much with direction.*

*Baked Custard**Mrs. Donald B. (Betty) Hanson*

4 eggs  
 1/2 c. sugar  
 1/4 tsp. salt

3 c. milk, heated very warm  
 1 1/2 tsp. vanilla  
 nutmeg

Beat eggs, add sugar and salt. Stir warm milk into egg mixture, and blend in vanilla. Pour into custard cups and sprinkle a bit of nutmeg on each OR pour into 1 1/2 quart casserole. Bake at 350°F for 1 hour. Note: Put the custard cups in a pan of water as you bake them.

*Melt-in-Your-Mouth Dessert**Darlene Erickson*

1c. nuts  
 1c. flour  
 1/2 c. butter  
 1 lg. pkg. cream cheese  
 1c. powdered sugar  
 1c. cool whip

2 pkgs. pudding (any flavor) (I like 1 box vanilla instant and 1 box chocolate instant)  
 3 c. milk  
 Cool Whip

Mix nuts, flour and butter. Press in 9 x 13" pan and bake 10 minutes at 350°F. Mix together cream cheese, powdered sugar and 1 C cool whip. Spread on top of cooled crust. Mix 2 pkgs. of pudding with milk, according to pkg. Directions. Spread on top of cream cheese mixture. Top with cool whip and chill till ready to serve.

*Plum Pudding**†Alice Miller*

1 1/2 c. milk  
 2 c. bread crumbs  
 1 1/4 c. sugar  
 3 egg yolks  
 1/2 tsp. soda  
 1 1/2 tsp. cinnamon  
 1 tsp. cloves  
 1/2 c. sifted flour

1 c. nuts, chopped  
 1 c. raisins  
 1 c. currants  
 1/2 c. candied fruit peel  
 2 tsp. grated lemon peel  
 1 c. chopped dates  
 1/4 c. lemon juice  
 3 egg whites

Heat milk, beat egg yolks until light, add sugar while beating, add hot milk to egg mixture. Mix with the bread crumbs and add melted shortening. Combine salt, soda, spices, nuts, flour, raisins, dates, currants, fruit peel, lemon peel and lemon juice. Add to bread crumb mixture and mix well. Beat egg whites to soft peak stage and fold into mixture. Pack well greased brown bread pans 3/4 full (No. 46 oz. juice cans can be used). Steam 3 hours. Slice and serve hot with hard sauce or foamy sauce if desired. This serves approximately 12.

*White Chocolate Bread Pudding**Wilma Munson*

1 (16 oz.) loaf of stale French bread, cut into 1 in. cubes	1 c. sugar
1 c. white chocolate morsels	5 eggs (slightly beaten)
4 c. milk	1/4 tsp. salt
1/4 c. butter	1 tsp. vanilla extract
	1/2 tsp. cinnamon

Place bread cubes on lightly greased 9 x 13 baking dish. Sprinkle with morsels. Heat milk and butter in a medium sauce pan until hot. Add sugar until melted. Slowly pour 1 c. hot milk into egg mixture, stirring constantly. Pour egg mixture into remaining milk mixture. Stir in salt, vanilla and cinnamon. Pour mixture over bread and morsels. Bake 375°F for \_\_\_\_\_ minutes.

*\*Mixture will be soft but should hold shape. Serve with hot camel sauce.*

*Ice Box Dessert**Jean Sternberg*

1 box Vanilla Wafers, crushed	3 beaten egg whites
1/2 c. butter	1 c. nuts
2 sq. unsweetened chocolate	Half-gallon vanilla ice cream, softened
2 c. powdered sugar	slightly
3 egg yolks	

Melt together butter and chocolate. Then add powdered sugar and egg yolks. Cook till thick and let cool. Fold in beaten egg whites and nuts. Line 9 x 13" pan with half the crushed wafers. Add 1/2 of the half-gallon ice cream. Add chocolate mixture, then rest of ice cream on top. Top off with remainder of wafer crumbs. Put in freezer. Serves 12-18.

*Homemade Vanilla Ice Cream**Darlene Erickson*

4-5 eggs ( I use 5)	2 c. half & half
2 c. sugar	2 T. vanilla
6 c. milk	1/2 tsp. salt
2 c. whipping cream	

Beat eggs until light. Add sugar gradually, beating until mixture thickens, Add remaining ingredients, mix thoroughly. Freeze in ice cream freezer. Makes 1 gallon

*You should stand up for your rights, but not in an intersection.*

*Homemade Ice Cream**Doradene Thompson*

8 eggs	2 1/4 tsp. salt
3 c. sugar	6 tsp. vanilla
3 to 4 pts. half & half	6 tsp. lemon extract
2 pkgs. whip cream mix	milk 1/2 gal.

Scald 1 qt. milk, pour over beaten eggs. Mix whip cream mix with half & half. Add to egg mix. Add sugar, vanilla, lemon and salt. Pour into ice cream freezer-add milk tell 2 in. from top. Follow ice cream freezer directions. *\*Cool mixture in refrigerator to shorten freezing time.*

*Homemade Ice Cream**Jim, Kathy, Zachary & Tyler Flovick*

4 eggs	1 T. vanilla
2 c. sugar	1 can Eagle Brand milk <u>or</u> Milnot (use less sugar if using Eagle Brand)
1/2 tsp. salt	
1 qt. half & half	

Beat eggs. Add sugar gradually, then salt, half & half, eagle brand or Milnot, & vanilla. Mix well. Finish filling ice cream container with milk.

*Strawberry Ice Cream**Rosemary Hennessy*

4 eggs	2 or 2 1/2 pints half & half
1 1/4 c. sugar	16 oz. strawberry pop
1 tsp vanilla	2 pkg. (10 oz) strawberries, add milk if needed
1 1/2 can Eagle Brand milk	

Beat 4 eggs until fluffy- add sugar, vanilla, Eagle Brand milk and half & half cream. Mix till smooth. I pour into ice cream container and mix in pop and 2 pkg. thawed strawberries and mix by turning the paddles myself and then put on lid. Usually takes 20 to 25 minutes with electric freezer. Serves 20+ ; Depends on servings size.

*\*This was my mother's - I made some changes to make it richer and it keeps better.*

*- A learned man always has wealth within himself.*

*- The simplest things are the hardest to grasp—like a bar of soap in the bathtub.*

*- Don't wait for the bus at the train station.*

## *Chocolate & Vanilla Ice Cream Roll with Raspberry Sauce*

*Karlene Titus*

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3 eggs	1/3 c. cocoa
1 c. granulated sugar	Powdered sugar
1/3 c water	1 qt. vanilla ice cream
1 tsp. vanilla	1 sm. can frozen red raspberries
3/4 c. flour	2 1/2 tsp. cornstarch
1 tsp. baking powder	1/4 c. water
1/4 tsp. salt	

Heat oven to 375°F. Line jelly roll pan, 15 1/2 x 10 1/2 x 1", with aluminum foil or waxed paper; grease generously. Beat eggs in 1 1/2-quart bowl on high speed until very thick and lemon colored, about 5 minutes. Pour eggs into 2 1/2-quart bowl. Gradually beat in granulated sugar. Beat in 1/3 cup water and vanilla on low speed. Gradually add flour, baking powder, cocoa, and salt, beating just until batter is smooth. Pour into pan. Bake until wooden pick inserted in center comes out clean, 12 to 15 minutes. Immediately loosen cake from edges of pan; invert on towel generously sprinkled with powdered sugar. Carefully remove foil. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end. Cool on wire rack at least 30 minutes. Unroll cake; remove towel. Cover with a 1/2" layer of ice cream. Roll up cake; sprinkle with powdered sugar. Roll up in plastic wrap and freeze until firm, at least 4 hours. Slice in 1 inch pieces and top with warm raspberry sauce below.

### **To make raspberry sauce:**

Bring raspberries to a boil in a saucepan. Dissolve cornstarch in 1/4 cup water and add to raspberries. Cook until sauce is thick and clear. Serve warm over frozen chocolate cake roll.

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## *Strawberry-Banana Sundae Pizza*

*Rachel Sternberg Wessman*

1 (18 oz.) pkg. sugar cookie dough	1/4 c. peanuts, chopped
1 (8 oz.) pkg. cream cheese	2 bars milk chocolate candy
1 (8 oz.) container frozen whipped topping	2 med. bananas
	1/2 c. strawberries, sliced

Preheat oven to 350°F. Use floured rolling pin and roll out dough into a 14" circle on round cookie sheet. Bake 16-18 minutes. Cool completely. Microwave cream cheese until softened. Whisk until smooth and add whipped topping. Spread evenly over cookie. Chop peanuts and chocolate and sprinkle over pizza. Arrange bananas and strawberries. Cut and Serve.

## Cakes

### *Apple Cake*

*Barb Armstrong*

2 c. sugar	1 tsp. cinnamon
1/2 c. butter	1 tsp. nutmeg
2 eggs	2 tsp. baking soda
1 tsp. vanilla	4 c. peeled, chopped apples
2 c. flour	nuts (optional)

Cream well sugar, butter, eggs and vanilla. Sift flour cinnamon, nuts and baking soda. Add to cream mixture. Add apples (nuts). This makes a very stiff batter. Bake in 9 x 13" pan at 350°F for 45 minutes.

Sauce:

1/2 c. sugar	1 T. flour
1/2 c. brown sugar	1/2 tsp. vanilla
1/2 c. light cream or Half and Half	1/2 c. butter

Boil slightly. Refrigerate. Reheat to serve.

*\*This was served at Salem's Guest Night 2002*

### *Applesauce Cake*

*Helen Shold*

1 yellow cake mix	2/3 c. brown sugar
3 eggs	2 T. melted margarine
1 can apple pie filling	2 T. flour
<u>Topping:</u>	1/2 c. nut meats
1 tsp. cinnamon	

Mix cake mix, eggs, and apple pie filling. Put in 9 x 13" pan ungreased. Mix topping together and sprinkle on top. Bake at 350°F for 35 min. *\*It's yummy.*

*-Adversity causes some men to break, but others use it to break records.*

*-A small hint is worth a ton of advice.*

*-When you speak to other people for their good, it is influence; when other speak to you for your good, it is interference.*

*-If you listen too much to advice, you may wind up making other people's mistakes.*

*Apple Cake*† *Abbie Peterson*

2 c. sugar	1 tsp. baking soda
1/2 c. margarine	salt
2 eggs	2 tsp. vanilla
2 c. flour	3 c. apples, chopped
2 tsp. cinnamon	nuts
1 tsp. nutmeg	

Mix sugar and margarine and eggs. Mix flour, cinnamon, nutmeg, soda, salt and add to above mixture. Add vanilla and mix in apples and nuts. Bake at 350°F for 45 minutes.

**Topping:**

1 c. sugar	3/4 c. half & half
1/2 c. margarine	Boil about 10 minutes or until clear.

*Angel Food Secret**Doradene Thompson*

1-Step angle food cake mix	Pinch of cream of tarter
2 T. flour	2 egg whites
2 T. powdered sugar	

Add flour powdered sugar, cream of tarter and egg whites to cake mix. Follow directions of cake mix.

*Angel Food Cake**Lowell Posegate*

1 1/2 c.. granulated sugar	2 tsp. (level) cream of tartar
1 c. softasilk cake flour (SIFTED)	1 tsp. almond extract
1 2/3 c.. egg whites (no Yolks!) (12-14 eggs)	1 tsp. vanilla
	1/2 tsp. salt

Mix egg whites on HIGH (Big mixer No. 12 setting) until you can hold the bowl upside down and they won't come out. As you are beating, mix in the cream of tartar, salt, vanilla, and almond. Then, use hand angel food wire whisk and fold in sugar; then flour. DO NOT SPRAY PAM in the angel food pan. Use spatula to gently get dough into angel pan. Bake 35 minutes at 350°F. Turn cake upside down to cool--this takes up to 2 hours. Tap pan to get cake out of pan.

*\*This was a blue ribbon winner at the Iowa State Fair for Lowell Posegate. His wife, Elaine, accused him of "stealing" the recipe from her.*

*Banana Split Cake**Dorothy Larson***Crust:**

2 c. graham cracker crumbs.

1 stick margarine, melted

Combine crumbs and margarine. Bake in 9 x 12" pan. 350°F for 8 minutes. Cool

**Filling:**

8 oz. pkg. cream cheese

2 c. powdered sugar

1 tsp. vanilla

3 to 4 bananas

1 lg. can pineapple (drained)

2 pkgs. strawberries (drained)

Cool Whip

nuts

Combine cream cheese, sugar and vanilla. Spread over crust. Combine fruit and spread on cheese mixture. Cool several hours. When ready to serve-top with cool whip and chopped nuts. Serves 12

*Baby Food Cake**Darlene Erickson*

3 eggs

1 1/4 c. oil

2 c. sugar

2 c. flour

2 tsp. soda

1 tsp. salt

2 T. cinnamon

1 jar of strained apricots

1 jar of strained carrots

1 jar of strained applesauce

Combine and bake in 9 x 12" pan at 350°F for 30 minutes.

**Frosting:**

1/4 c. margarine

2 pkg. (3 oz.) cream cheese

1-2 c. powdered sugar

1 tsp. vanilla

*Lisa's Easy Cake**Marcia Hill*

3 c. flour

2 c. sugar

2 c. water

2 tsp. soda

1 tsp. salt

2 tsp. vanilla

6 T. cocoa

2 T. vinegar

3/4 c. oil

Remember no eggs! No need to grease and flour your cake pan. Mix dry ingredients together and then add the liquids. Add water slowly to prevent lumps. Good frosted or with whipped topping. Bake 350°F for 35-45 min. in 9 x 13" pan.

*\*This recipe came from the Story City Herald and is a great birthday's cake. The kids love them as cupcakes.*

*Cranberry Cake**Sherry Patterson*

3 T. butter softened  
 1 c. sugar  
 1 egg  
 2 c. all purpose flour  
 2 tsp. baking powder  
 1 tsp. ground nutmeg  
 1 c. milk

2 c. cranberries  
 2 T. grated orange or lemon peel

**Cream Sauce:**

1 1/3 c. sugar  
 1 c. whipping cream  
 2/3 c. butter

In a mixing bowl, cream butter and sugar. Beat in egg. Combine the flour, baking powder and nutmeg; add to the creamed mixture alternately with milk. Stir in cranberries and orange peel. Pour into a greased 11 x 7 x 2". Baking dish. Bake at 350°F for 35-40 minutes or until a toothpick inserted near the center comes out clean. Meanwhile, in a saucepan, combine sauce ingredients. Cook and stir over medium heat until heated through. Cut warm cake into squares; serve with cream sauce  
 Yield: 8-10 servings

*Small Chocolate Cake**Blanche Hill*

1 c. boiling water  
 1/4 c. margarine  
 3 T. cocoa  
 1 egg  
 1 tsp. vanilla

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

Combine boiling water, margarine and cocoa in mixing bowl. Beat well. Beat in egg and vanilla. Sift together flour, sugar, baking powder, soda and salt. Add to above mixture. Beat 2 minutes. Pour into 8 x 8" greased pan. Bake at 350°F for 40 minutes.

*Frog's Eyebrows**† Marie Depew*

1 c. brown sugar  
 1/2 c. butter  
 1 egg  
 1/2 c. sour milk  
 1/2 tsp. baking soda

1 tsp. vanilla  
 2 T. cocoa  
 1 c. nuts  
 1 1/2 c. flour

Bake in muffin tins at 350°F for 20 minutes. *\*This is my grandma, Marie Depew's recipe. You could never visit her without having something to eat and drink. Our family has always loved what she called these cupcakes!*

*Chocolate Sheet Cake**Betty Egglund*

2 c. sugar	1/4 tsp. salt
2 c. flour	1 tsp. soda
1/2 c. buttermilk	2 sticks oleo
2 eggs	3 T. cocoa
1 c. water	

Sift flour and sugar together. Put in bowl. Mix oleo, water and cocoa and bring to a boil. Pour over sugar and flour. Mix well. Add 2 eggs beaten with 1/2 c. buttermilk, 1 tsp. soda and 1 tsp. vanilla. Add to other mixture and beat until blended. Pour into greases sheet cake pan. Bake 25 minutes at 350°F.

Make icing:	2 T. cocoa
1 stick oleo	1 tsp. vanilla
6 T. milk	

Bring ingredients to a boil and add 3 c. powdered sugar. Mix until smooth and spread on warm cake.

*Chocolate Chip Cake**Carol Hemphill*

Combine, soak, and add first 3 ingredients last.

1 1/4 c. dates (pitted)	3/4 tsp. salt
1 tsp. baking soda (rounded)	1 T. cocoa (rounded)
1 1/4 c. water	1 tsp. vanilla
1 c. shortening	1 c. chocolate chips (generous)
1 c. sugar	1/2 c. nuts ( I use chopped pecans or walnuts)
2 eggs	
1 3/4 c. flour	

Cream shortening and sugar, beat in eggs. Add vanilla and dry ingredients. Add 1/2 chocolate chips in batter. Stir together. add date mixture. Grease and flour pan (9 x 13"). Spread in pan. Sprinkle remaining chocolate chips and nuts on top. Bake 350°F for 40-45 minutes. *\*This is an easy cake to make from scratch. The date mixture helps keep it moist. It is one of my favorite cakes when I was young and would make it with my mother.*

*-Spiritual fruitfulness often comes through the pruning knife of affliction.*

*-A great purpose leads to great achievements.*

## *Yummy Chocolate Cake*

*Chris Molde*

2 lg. eggs	1 pkg. devil's food cake mix
3/4 c. vegetable oil	1 sm. pkg. instant chocolate fudge pudding
3/4 c. warm milk	1 pkg. semi-sweet chocolate chips
8 oz. sour cream	
Powdered sugar	

Preheat oven to 350°F. In large bowl combine eggs, oil, water and sour cream. Beat well. Add cake mix and pudding mix and beat until smooth. Fold in chocolate chips. Pour into greased Bundt pan and bake in preheated oven 45 minutes or until toothpick comes out clean. Let cool in pan on cake rack 15 minutes. Invert onto rack and cool completely. Slide onto plate and sprinkle top with powdered Sugar.

*\*It is very good especially with ice cream.*

## *Cupcake Brownies*

*Jean Sternberg*

### Melt over low heat:

4 sq. semi-sweet baking chocolate  
2 sticks margarine. .

### Remove from Stove and Add:

1 1/2 c. chopped pecans ( I use English walnuts)

Stir to coat well.

### In bowl mix:

1 3/4 c. sugar

1 c. flour

4 lg. eggs, unbeaten

1 tsp. vanilla

Combine but do not beat with mixer. (This is what makes this recipe so easy. You just mix it with a spoon.) Bake in cupcake pan with paper liners at 325°F for 35 min. Cupcakes will have a cracked look on top and don't need to frost. Yields: 18 cupcakes *\*This recipe was from a fellow teacher friend when we live in Hampton.*

## *Cheesecake Cupcakes*

*Janet Larson*

2 (8 oz.) packages cream cheese softened

2 eggs

1/2 c. sugar

2 tsp. vanilla

12 vanilla wafer cookies

### Topping:

8 oz. sour cream

1/4 c. sugar

1/8 tsp. vanilla

In small bowl, combine: Cream cheese, eggs, sugar and vanilla. Beat 5 minutes. Line 12 muffin cups with paper baking cups. Place one vanilla wafers in each cup. Divide cream cheese mixture evenly over wafers. Bake 15 minutes. Cool 15 Minutes. In small bowl combine topping ingredients. Spoon over cupcakes. Refrigerate, Serve with fruit topping of your choice. Serves: 12

*Jell-O Cake**Blanche Hill*

1 box white or yellow cake mix	1 1/2c. boiling water
2 boxes strawberry or other flavor of Jell-O	1 box instant vanilla pudding
	1 1/2 c. milk
1 bottle strawberry pop or 7-up	1 c. cool whip

Make cake according to directions and bake. When done, punch full of holes with fork. Cool 15 minutes. Pour Jell-O mixed with 1 1/2 cups water and pop over cake. Put in refrigerator until very cool. Mix the pudding with the 1 1/2 cups milk. Add cool whip. Frost cake.

*Mother's Cake**Alice Sjerde*

Heat oven, get utensils and ingredients. Remove toy animals and solders from the table. Grease pans, crack nuts. Measure 2 cups flour, remove Ingvold and Petter's hands from flour. Wash flour off their hands. Re-measure flour. Pour flour, salt and baking powder in sifter. Get dust pan and brush up pieces of bowl Ingvold and Petter knocked on the floor. Get another bowl. Answer door bell. Return to kitchen. Remove Ingvold and Petter's hands from bowl. Wash Ingvold and Petter again. Grease another pan. Answer telephone. Return to kitchen. Find Ingvold and Petter. Remove hammer from bowl. Pick up greased pan and find layer of nutshells in it. Head for Ingvold and Petter, who move in great haste, knocking bowl off the table. Wash kitchen floor, table, walls, and dishes. Call the baker. Lie down.

*Lemon Jell-O Cake**Doris Classon*

Mix 1 box yellow cake mix with 1 pkg. Lemon Jell-O. Add 4 eggs and 2/3 cup water. Mix well. Add 2/3 cup Wesson oil. Beat at high speed until smooth. Beat in 1 tsp. Lemon flavoring. Pour in Bundt pan and bake at 350°F for 45 minutes. Convert cake out of pan onto a plate as soon as you take it out of the oven. Take a toothpick and poke holes all around top of cake. While doing this prepare glaze: 1/2 c. lemon juice and 1 cup sugar. Bring to a boil and then put on cake as soon as it comes out of oven. *\*This came from a pen pal who collects tins as I do.*

*-A great deal of what we see depends on what we are looking for.*

*-You will never stumble on anything good while sitting.*

*-Teamwork divides the effort and multiplies the effect.*

*Mandarin Orange Cake**JoAnn Molde*

1 yellow cake mix  
 1/2 c. oil  
 4 eggs

1 sm. can mandarin oranges (fruit & juice)

Beat 4 minutes. Bake as directed on box. Cool.

**Topping:**

Mix: 1 lg. box Vanilla instant pudding into 1 lg. can crushed pineapple (use juice also). Let set 5 minutes or until thickened. Blend in 1 (8 oz) carton Cool Whip. Frost cake and refrigerate several hours.

*Butch's Cake**Doradene Thompson*

Cake mix (orange, lemon, yellow)  
 1 lemon pudding mix instant  
 4 eggs  
 3/4 c. water

3/4 c. oil  
 1/4 c. concentrated orange juice  
 1 cup powder sugar

Mix pudding, cake mix, egg whites, water and oil till light (color). Bake 350°F in an 8 x 13" cake pan for 30 minutes. Mix orange juice with powdered sugar. Pour over cake while warm. *\*I mix orange juice and pd. Sugar in blender. Poke cake with fork before pouring O.J. over cake.*

*Poppy Seed Cake**Barb Armstrong*

1 yellow lemon cake mix (no puddings)  
 1 instant lemon pudding  
 4 eggs

1/4 c. oil  
 1/4 c. poppy seeds  
 1c. hot water

Beat the 1st four ingredients 4 minutes. Add water and poppy seeds. Pour into 2 loaf pans or bunt pan. Bake at 325°F for 45 minutes.

*-Ask God's blessing upon your work, but don't ask him to do it for you.*

*-Don't spend you days stringing your instruments—start making music now!*

*-If you punch a man in the nose when he calls you a fool, you may prove him right.*

*-Mud thrown is ground lost.*

*Poppy Seed Bundt Cake**Mazel Birkeland*

1 pkg. yellow cake mix (18 1/4 oz.)	1/2 c. vegetable oil
1 pkg. instant coconut cream pudding mix (3.4 oz.)	3 eggs
1 c. water	2 T. poppy seeds
	confectioners sugar

Combine cake and pudding mixes, water, oil, and eggs. Beat on low until moistened. Beat on medium for 2 minutes. Stir in the poppy seeds. Pour into a greased and floured 10" fluted tube pan. Bake at 350°F for 48-52 minutes. Cool 10 minutes before removing from pan. Cool completely. Dust with confectioners sugar.

*Pistachio Cake**Audrey Hauley*

1 white cake mix	5 eggs
2 pkg. instant pistachio pudding and pie filling	<b>Frosting:</b>
1/2 c. cooking oil	1 lg. carton Cool Whip
1/2 c. milk	1/2 c. milk
1/2 c. water	1 pkg. instant pistachio pudding and pie filling

Mix all ingredients with a mixer until well mixed. Add 5 eggs, one at a time, beating after each. Pour into a greased and floured 9 x 13" pan. Bake at 350°F for 35-40 minutes. When cake is cool, beat pudding mix and milk until thick. Stir in Cool Whip. Frost cake.

*Watergate Cake**†Sally Tjelmeland*

1 pkg. of white or yellow cake mix	4 eggs
1 sm. pkg. of pistachio instant pudding mix	1 1/4 c. water
1/2 tsp. almond or vanilla flavoring	1/4 c. cooking oil

Mix all ingredients and bake 350 for 30 minutes in 9 x 13 pan.

<b>Frosting:</b>	1 pkg. instant pistachio instant pudding
2 c. (9 oz.) Cool Whip	1 1/2 c. of milk, or a little less (I use less)

Mix together and spread on cool cake.

*-Size doesn't matter much—the whale is endangered, but the ant is doing very well.*

*Pina Colda Cake**Betty Egglund*

1 box yellow cake mix (not pudding kind)  
 1/4 c. rum flavoring  
 1 can Eagle Brand milk  
 1 can cream of coconut  
 1 (8oz.) carton of Cool Whip  
 coconut

Substitute 1/4 c. rum flavoring for 1/4 c. water. Bake cake according to box directions. Remove from oven and with a fork, poke many holes in the cake. Pour over the hot cake, 1 can of Eagle Brand milk and 1 can cream of coconut. Cool and frost with and 8 oz. carton of Cool Whip and top with coconut. Chill several hours or overnight.

*Pumpkin Pie Cake**Florence Smith*

1 large can (29 oz) #3 pumpkin  
 6 eggs, slightly beaten  
 2 c. sugar  
 4 tsp. cinnamon  
 2 tsp. nutmeg  
 1 tsp. ground cloves  
 1/2 tsp. salt  
 1 can (12 oz.) evaporated milk, plus  
 enough half & half to make 2 full cups

Mix and pour into ungreased 9x13 pan. Mix 1 box yellow Jiffy cake mix (or 1/2 box regular-sized cake mix) with 1/4 c. butter or margarine as for pie crust. Sprinkle over pumpkin pie mixture. Can also add 1/2 cup chopped pecans. Bake at 350°F for 55 minutes. Makes 12 large or 15 smaller pieces.

*Pumpkin Cake**Mike & Kris Vinson*

2 c. sugar  
 2 c. flour  
 1 c. oil  
 4 eggs (add one at a time- beat well)  
 1/2 tsp. salt  
 2 tsp soda  
 2 tsp baking powder  
 1 T. cinnamon  
 16 oz can pumpkin - add last

Mix in order - use jelly roll pan. Bake 20-25 minutes in a greased and floured pan at 350°F. Cool then frost.

**Frosting:**

8 oz cream cheese  
 3/4 box of powdered sugar  
 1 tsp vanilla  
 6 T. margarine

Mix together and spread on cooled cake.

*Linda's Pumpkin Piecake**Alan Lance Andersen*

1 (29 oz.) can pumpkin	4 tsp. cinnamon
4 eggs	2 tsp. allspice
1 (12 oz) can lite evaporated milk	1 tsp. nutmeg <u>or</u> 7 tsp. pumpkin pie spice
3/4 c. brown sugar	

Beat above ingredients together and pour into ungreased 9 x 13" cake pan

1 pkg. yellow cake mix	1 c. chopped nuts
1 c. melted butter	

Sprinkle cake mix over top and push into surface with a fork. Pour melted butter over top and blend with cake mix until even. sprinkle nuts over top. Bake at 350°F for 40 minutes or till done.

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*Pumpkin Pecan Cake**Mary Severseike*

1 box spice cake mix	3 eggs
1 c. canned pumpkin	1 tsp. cinnamon
1/2 c. salad oil	1/2 c. water
1 box (3 oz) vanilla instant pudding	1/2 c. chopped pecans

Combine ingredients except for the pecans. Beat at medium speed 5 minutes. Stir in pecans. Pour into greased and floured Bundt pan. Bake at 350°F for 45-50 minutes. Cool on rack 10-15 minutes. Remove from pan. *\*You can serve warm or cooled with Cool Whip sprinkled with cinnamon sugar.*

*Pumpkin Pie Cake**Darlene Erickson*

1 (29 oz.) can pumpkin	2 tsp. cinnamon
4 eggs	1/2 tsp. nutmeg
1 can evaporated milk	1 yellow cake mix
1 1/2 c. sugar	1 c. melted margarine or butter
1 tsp. ginger	chopped nuts

Beat together first 7 ingredients. Pour into ungreased 9 x 13" pan. Sprinkle with the dry cake mix and nuts. Drizzle with margarine. Bake 1 hour (no longer) at 350°F.

*Pumpkin Pie Cake**Betty Watts*

1 (29 oz.) can pumpkin	1 1/2 c. sugar
4 eggs	2 tsp. cinnamon
1 can PET evaporated milk	1 tsp nutmeg

Combine all ingredients together. Put into a 9 x 13" pan.

**Topping:**

1 pkg. caramel cake mix (dry) or yellow	1 c. melted oleo (2 sticks)
	1 c. chopped nuts

Sprinkle dry cake mix over pumpkin mixture in pan. pour the oleo over than, and then sprinkle nuts over all. Bake 350°F for 1 hour.

*Rhubarb Cake**JoAnn Molde*

1 1/2 c. brown sugar	1 c. buttermilk
1/2 c. shortening	1 tsp. soda
2 c. flour	1 tsp. vanilla
1 egg	2 c. chopped rhubarb

Cream sugar and shortening and add remaining ingredients. Grease and flour 9 x 13" pan.

**Sprinkle over top:**

1 tsp. cinnamon	1/2 c. sugar
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Bake 350°F for 45 minutes.

*Rhubarb Cake**† Lois Flvick*

1/2 c. margarine	1/4 tsp. salt
1 1/2 c. brown sugar	1 c buttermilk
1 egg	1 1/2 c. finely chopped rhubarb
2 c. flour	1/4 c. sugar
1 tsp. soda	1 tsp. cinnamon

Cream together butter and brown sugar. Beat in egg. Sift together flour, soda and salt. Add to creamed mixture with buttermilk. Fold in rhubarb. Pour in 9 x 13". pan. Mix sugar and cinnamon together. Sprinkle over batter. Bake at 350°F for 30 minutes or until nicely browned.

## *Al Andersen's Rhubarb Upside-down Winecake*

*Alan Anderson*

1 box Pillsbury white cake mix  
2 eggs  
1 stick butter

Rhubarb Wine or Cider  
1 1/3 c. brown sugar  
3 c. rhubarb, diced

Mix cake as per directions on box, substituting wine or cider for water. Add 1 c. fine-diced rhubarb to the batter and stir. Melt stick butter in each of two 8" cake pans. Add 2/3 cups brown sugar to each pan and arrange diced rhubarb stems in brown sugar/butter mixture to cover bottom of pan. Chill in freezer. Grease pans and pour half of the batter into each pan. Bake as directed on box. Turn like a pineapple upside-down cake and sprinkle with wine. Serve chilled with whip cream. *\*This is one of my two cooking masterpiece ! The best things I ever invented. The first time it fermented naturally !*

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## *Rhubarb Cake*

*Marty VanWinkle*

1 1/2 c. sugar  
1 stick margarine  
1 c. buttermilk  
1 tsp. vanilla  
3 c. cut rhubarb

1 egg  
1 tsp baking soda  
1 1/2 c. flour  
1/2 tsp. salt

Cream together sugar and margarine. Add buttermilk, vanilla, eggs, flour, baking soda and salt. Mix well. Add Rhubarb. Put in 9 x 13" pan and bake. 350°F for 35 minutes.

### Topping:

1 c. sugar  
1 stick margarine

3/4 c. evaporated milk  
1/4 c. chopped nuts

In sauce pan add sugar, margarine and evaporated milk. Boil 3 1/2 minutes. *\*So good with ice cream!*

*Christians may not see eye-to-eye, but they can walk arm-in-arm.*

*Sheet Cake Plus**Darlene Erickson*

1 c. water	1 tsp soda
1 c. butter	1/2 tsp. salt
1/2 c. cocoa	3 eggs
2 c sugar	3/4 c. sour cream
1 3/4 c. flour	

Grease and flour a jelly roll pan. 15 1/2 x 10 1/2". Bring water butter and cocoa to a boil. Boil 1 minute. Set aside to cool. In mixing bowl, combine sugar flour, soda, and salt. Add eggs and sour cream. Beat until well blended. Add chocolate mixture and beat until just mixed. It will be runny. Pour into a pan. Bake at 350°F for 20 minutes or until it tests done. Let cool.

**Frosting:**

1/3 c. butter	1 tsp. vanilla
1/3 c. milk	1 c. powdered sugar
1 2/3 c. peanut butter chips	1 tsp. Crisco
	1/2 c. chocolate chips

In medium saucepan cook the butter, milk and peanut butter chips, stirring constantly until chips melt and mixture is smooth. Remove from heat and add vanilla and powdered sugar. Beat until smooth. Spread on cooled cake. Garnish, melt Crisco and chocolate chips, Drizzle over frosting.

*Strawberry Cake Dessert**Wilma Munson*

10 1/2 oz. marshmallows	(thawed)
strawberry cake mix	1 pkg. strawberry Jell-O
2 10 oz. pkgs. of frozen strawberries	

Spay 9x13" cake pan with non stick spray. Cover bottom of pan with marshmallows. Mix strawberry cake mix as directed, and then pour over marshmallow layer. Mix together strawberries and strawberry Jell-O. Spoon strawberries and Jell-O mixture over cake. Bake 350°F for 35-40 minutes

*-The best antiques to collect are old friends.*

*-The best way to argue for your religion is to live by as much as you have of it.*

*-You cannot plow a straight furrow when looking back.*

*Strawberry Dream Cake**Shirley Hemphill*

1 pkg. white cake mix	1/2 c. water
1 sm. pkg. strawberry Jell-O	1/2 box (10 oz.) frozen strawberries
2 T. flour	3/4 c. oil
4 eggs	

Mix cake mix, Jell-o, flour, eggs and water. Beat 2 minutes, add strawberries and juice to batter. Beat 1 minute. Add oil and beat 1 minute. Put into greased and floured pan. Bake at 350°F for 35-40 minutes or until done in the center. Frosting, mix and spread on top of hot cake butter or oleo 2T with powdered sugar use enough to make it the right consistency. Add strawberries left from the cake plus 1/2 tsp. vanilla \*Lois Peterson (R-S retired school nurse) gave Dave this recipe at school-family favorite.

*Crazy Cake**Tammy Shadlow*

3 c. flour	3/4 c. oil
2 c. sugar	2 T. vinegar
5 T. cocoa	2 tsp. vanilla
2 tsp. soda	2 c. cold water
1 tsp. salt	

Mix all ingredients together. Pour into 9 x 13" baking pan. Bake at 350°F about 40 minutes or until toothpick comes our clean.

*Cocktail Cake**Tammy Shadlow*

1 c. sugar	1/2 tsp. salt
1 c. flour	1 egg
1 tsp. soda	1 (303 size) can of fruit cocktail, drained

Mix all together and pour into 8" square pan. Sprinkle 1 c. brown sugar & 1/2 c. nuts over top. Bake at 350°F for 30 minutes or until toothpick comes out clean.

*-One truth from the Bible is worth all the wisdom of man.*

*-The blood of Christ makes us safe—the Word of God keeps us safe.*

*-The devil is not afraid of a Bible that is covered in dust.*

*-To get much from the Bible, do not read anything into it,  
and let nothing be unread in it.*

*Honey Bun Cake**Laurel Tjernagel Bleil*

1 box yellow cake mix  
 3/4 c. oil  
 4 eggs

8 oz. sour cream  
 1 c. brown sugar  
 3 tsp. cinnamon

Beat together 1st four ingredients. Pour 1/2 of batter into greased and floured Bundt pan. Stir brown sugar and cinnamon together. Pour the brown sugar mixture over the batter. Then pour remaining cake batter over the brown sugar mixture. Using a knife, swirl the batter well. Bake as directed for a Bundt cake on the box.

**Icing:**

2 c. powdered sugar

3 T. milk  
 1 tsp. vanilla

Mix and pour over cake when cooled.

*Indian Cake**Charlene Cole*

2 c. sugar  
 1/2 c. shortening  
 2 eggs  
 1/2 c. cocoa

1/2 c. coffee  
 2 c. flour  
 1 tsp. soda  
 1 c. hot water

Blend sugar and shortening together and add ingredients in order give, adding hot water the last thing. The batter is very thin. Pour into 9 x 13 pan. Bake at 350°F for 30 minutes. Test with toothpick *\*It is practically fool proof and stays moist quite a while.*

*Marshmallow Cake**June Lee*

2 c. sugar  
 2 c. flour  
 1 c. boiling water  
 6 egg whites

1 tsp. cream of tarter  
 2 tsp. baking powder  
 1 tsp. vanilla

Sift 1 1/2 c. sugar and flour. Add boiling water. Stir. In another bowl, beat eggs whites until foamy. Add 1/2 c. sugar, cream of tarter and baking powder. Beat until stiff. Fold into first mixture. Add vanilla. Bake in ungreased 9 x 13" pan. Bake at 375°F for 45 minutes.

*Sunshine Cake**Betty Watts*

1 box yellow cake mix  
4 eggs

1/2 c. oil  
1 (11 oz.) can mandarin oranges

Mix together and beat well. Bake at 350°F in a 9 x 13" pan for 25-30 minutes.

**Topping:**

1 (8 oz.) container Cool Whip

1 (20 oz.) can crushed pineapple & juice  
1 pkg. instant vanilla pudding

Mix pudding mix with pineapple and juice until thick. Add Cool Whip. Spread on cooled cake. Refrigerate.

*Twinkie Cake**Jen Tjernagel***Cake:**

1 yellow cake mix  
1 c. water  
3 eggs  
1 c. instant vanilla pudding  
1/3 c. oil

**Frosting:**

1 c. water  
1 c. sugar  
1/2 c. shortening  
5 tsp. flour  
1/2 c. margarine  
2 tsp. vanilla

**Cake:** Mix water, oil and eggs to cake mix. Add pudding, beat again. Pour into a 9 x 13". pan. Bake at 350°F for 30-35 minutes. **Frosting:** Bring water and flour to a boil and cook until thick. Cool completely. Beat margarine, shortening and sugar until fluffy. Add flour mixture and vanilla. Beat again. Spread over cooled cake.

*Cream Cheese Cake**Leatha Sternberg Arant*

1 box yellow cake mix (can be any flavor)  
1 (8 oz.) pkg. cream cheese

use 1/2 of the water called for on the box  
use 1/2 of the oil called for on the box  
2 eggs

Bake according to directions. Frost with cream cheese frosting. Serves 12+

*-Open your Bible prayerfully, read it carefully, obey it joyfully.*

*-The 10 Commandments are not multiple choice.*

*-If God's Word dwell in you, the love of Christ shines through you.*

*Oneatha's Cream Cheese Pound Cake**Marjorie Witermarkt*

3 sticks of butter-no substitutes  
 1 8 oz. pkg. cream cheese  
 3 c. sugar  
 dash of salt

1 1/2 tsp. vanilla  
 6 lg. eggs  
 3 c. sifted cake flour (Softasilk)

Cream butter, cheese, and sugar until light and fluffy (7-10 minutes), do not skimp on this step. Add salt and extract and beat well. Add eggs one at a time and beat very well after each egg. Stir in flour. Spoon mixture into greased tube pan. Bake at 325°F for about 1 and 1/2 hours. Don't over bake, check early, only until toothpick comes out clean. *\*My sister-in-law gave me this cake and I have passed it on to may others. Doesn't need frosting.*

*Lemon Pudding Cake**Lois Larson***Mix together:**

3 egg yolks, beaten well  
 1 1/2 c. scaled milk  
 5 T. lemon juice  
 2 T. melted butter  
 1/8 tsp. salt

1 c. sugar  
 1/4 c. flour  
 Grated lemon rind (1/2 lemon or to taste)

**Add last:**

3 stiffly beaten egg whites

Pour into greased baking dish set into pan of hot water. Cake rises to the top and pudding is on the bottom. Bake for 45 minutes at 325°F.

*Rhubarb Pudding Cake**Laura Morgan*

1 T. soft butter or margarine  
 2 c. sugar  
 1 egg  
 1 1/4 c. flour  
 2 tsp. baking powder

1/4 tsp. salt  
 1/2 milk  
 2 c. 1" cut rhubarb  
 1 c. boiling water  
 1 c. sugar

Cream butter, 1 c. sugar, and egg. Mix in dry ingredients and milk. Pour into 9 x 9" baking pan and cover with rhubarb. Add 1 c. sugar to 1 c. boiling water and pour over batter. Bake at 375°F for 30-40 minutes.

*-Love one another.*

*Triple Chocolate Pudding Cake**Laura Morgan*

1 c. Bisquick	3/4 c. hot fudge ice cream topping
1/2 c. sugar	1 tsp. vanilla
1/4 c. cocoa	1 c. semi-sweet chocolate chips, divided
3/4 c. milk, divided	3/4 c. hot water
1/3 c. butter or margarine, melted	

Heat oven to 350°F. Grease 8-inch square baking pan. In medium bowl, combine Bisquick, sugar, and cocoa; stir in 1/2 c. milk, butter, 1/4 c. topping, and vanilla until blended. Stir in 1/2 c. chocolate chips; spread evenly in prepared pan. In small bowl, combine remaining 1/4 c. milk, remaining 1/2 c. topping and hot water. Pour liquid mixture carefully over top of mixture in pan; do not stir. Sprinkle remaining 2/3 c. chips over surface. Bake 40-45 minutes or until center is set and cake begins to pull away from sides of pan. Let stand 15 minutes; spoon into dishes, spooning pudding from bottom of pan over top. Serve warm. 6-8 servings

*Cheesecakes, Pies, Crusts, Fillings & Toppings**Lucky Mint Cheesecake**Rachael (Sternberg) Wassman*

1/2 c. (3 oz.) semi-sweet chocolate chips	11 oz. cream cheese, softened
1 14 oz. can sweetened condensed milk	1/2 tsp. mint extract
1 tsp. vanilla extract	Several drops green food coloring
1 6 oz. purchased chocolate-flavored crumb pie crust	1 egg

Preheat oven to 350°F. In small saucepan, melt chips with 1/3 cup of condensed milk. Stir in vanilla. Spread on bottom of pie crust. With mixer, beat cream cheese in large bowl until fluffy; gradually beat in remaining condensed milk, mint extract and green food coloring. Add egg; beat on low speed just until combined. Place pie crust on baking sheet. Pour mint mixture over chocolate layer. Bake 25 minutes or until center is set. Cool. Chill at least 3 hours. Store leftovers in refrigerator. Serves 8

*-The only constant thing in life is change.*

*-When you are through changing, you are through.*

*-Rarely do we like the virtues that we don't have.*

*Lemonade Cheesecake**Lori Hall Whipple*

60 Ritz crackers  
 1/3 c. powdered sugar  
 1 stick margarine, melted

**Filling:**

1 can Eagle Brand milk  
 1 (8 oz.) Cool Whip  
 1 can frozen pink lemonade  
 1 (8 oz.) cream cheese, softened

Crush crackers and blend with margarine and sugar. Press into a 9 x 13" pan, reserving some for top. Blend together cream cheese, pink lemonade and Eagle Brand milk; fold in Cool Whip. Spread in pan and top with remaining crumbs. Refrigerate for 2 to 3 hours before serving

*Romora Coveit Cheesecake**Alan Lance Andersen*

graham cracker crumbs, as needed  
 2 cans pineapple tidbits  
 dark brown sugar, as needed  
 1/2 c. (heaping) sugar  
 2 caps full vanilla extract  
 8 oz. sour cream

3 eggs  
 3 pkgs. cream cheese (8 oz. each)  
 shredded coconut, as needed  
 1 per serving ring pineapple slices  
 1 per serving maraschino cherries  
 pineapple sundae sauce, as needed

Use foil baking containers for individual-size servings - somewhat larger than cupcake size.

**Method:**

1. Sprinkle a 1/4" layer of Graham cracker crumbs on bottom of each individual baking pan. 2. Place a few tidbit-size pieces of pineapple on top of crumbs. Cover with layer of brown sugar. [NOTE: If layer of crumbs is too thin, brown sugar may cause crumbs to stick to pan after baking.] 3. Blend white sugar with vanilla extract in blender on high speed. Add sour cream and blend thoroughly. Blend in one egg at a time till all 3 eggs are added. Blend in one package of cream cheese at a time till all 3 are added. *NOTE: When mixture is very thick, you may need to stop blender and stir with long-handled spoon to get the last of the cream cheese to the blender blades. Then restart blender and blend till smooth.* 4. Pour cheese mixture into each pan, covering previous layers. Fill nearly to top. 5. Bake in preheated oven at 350°F (a full-size cheesecake requires 70 minutes, individual serving size cakes should take less time). Turn off oven and let stand in over for additional 60 minutes. 6. Remove from oven. While still warm, cover each cheesecake with a layer of shredded coconut. Place a single pineapple ring on top of coconut and place a maraschino cherry in center of each hole. Garnish with pineapple sundae sauce. Chill.

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*Raspberry Cheesecake Trifle**Sherry Patterson*

1 pkg. (9 oz.) white cake mix  
 1 pkg. (8 oz.) cream cheese, softened  
 1/4 c. confectioners sugar  
 1 1/2 c. whipping cream, whipped

3 c. fresh raspberries  
 2 sq. (1 oz. each) semisweet chocolate,  
 coarsely grated or shaved

Prepare and bake cake mix according to package directions. Cool; cut into 1-inch cubes. In a small mixing bowl, beat cream cheese and sugar until smooth. Fold in whipped cream. In a trifle bowl, layer half of the cake cubes, 1 cup of raspberries, half of the cream cheese mixture and half of the chocolate. Repeat layers. Top with the remaining raspberries. Refrigerate for 4 hours or overnight. Yield: 12-14 servings

*Strauberry Supreme Cheesecake**Nancy Schwartz*

Before anything else, mix 2 small packages strawberry Jell-O with 2 c. boiling water and add 1 package frozen strawberries. Let sit at room temperature.

**Step 1:** mix 2 c. graham cracker crumbs with 1 tablespoon sugar and 1 1/4 sticks melted butter or margarine. Spread into bottom of 9 x 13" pan and bake for 3 minutes at 350 degrees.

**Step 2:** Mix together 1 c. sugar, 16 oz cream cheese, 3 eggs and 1 teaspoon vanilla. Spread over pre-baked crumb mixture. Bake for 25 minutes at 350°F. Cool for 5 minutes.

**Step 3:** Mix together 1 pint sour cream, 1/4 c. sugar and 1 tsp. vanilla. Spread on top of cream cheese mixture. Bake for 5 minutes at 400°F. Cool for at least 1/2 hour. When cheesecake is cool, carefully ladle Jell-O mixture on top. Refrigerate.

*Lemon Angel Pie**Helen Shold*

Tart Shell  
 3 egg whites  
 1 c. sugar  
 1 T. vinegar

1 tsp. vanilla  
**Filling:**  
 1 can Eagle Brand Milk  
 1/2 c. ReaLemon Juice

Beat egg whites, sugar, vanilla, and vinegar with electric mixer. Put in greased pie pan. Bake 45 minutes at 300°F Cool and it falls. Mix ReaLemon and Eagle Brand with spoon and fill the cooled crust. Top with Cool Whip

*Lemon Truffle Pie**Tim & Paula Tjernagel*

1 pastry crust

**Filling:**

1 c. sugar

2 T. cornstarch

2 T. all purpose flour

1 c. water

2 egg yolks, beaten

1 T. margarine or butter

1/2 tsp. grated lemon peel

1/4 c. lemon juice

1 c. vanilla milk chips

1 (8 oz) pkg. light cream cheese

**Meringue:**

3 egg whites

1/4 tsp. cream of tartar

4 to 5 T. sugar

1/2 tsp. vanilla

In a medium saucepan, combine sugar, cornstarch, and flour; mix well. Gradually stir in water until smooth. Cook over medium heat until mixture thickens and boils, stirring constantly. Reduce heat and cook 2 minutes, stirring constantly. Remove from heat. Blend about 1/4 cup of hot mixture into egg yolks. Gradually stir yolk mixture into hot mixture in saucepan. Cook over low heat until mixture comes to a boil, stirring constantly. Cook 2 minutes, stirring constantly. Remove from heat; stir in margarine, lemon peel and lemon juice. Place 1/3 cup of hot lemon mixture in small saucepan; cool remaining mixture for 15 minutes. Add vanilla milk chips to hot lemon mixture in small saucepan. Stir over low heat just until chips are melted. In a small bowl, beat cream cheese until fluffy. Add vanilla chip mixture and beat well. Spread into bottom of baked pie crust. Spoon remaining lemon mixture over cream cheese layer. *\*I always get raving reviews when I serve this pie. It takes a good 20 to 30 minutes to make but boy is it worth it. I am sure that it has no calories!*

*Diabetic Cream Pie**Helen Tjelmeland*

1 graham cracker pie crust

1 box sugar free vanilla pie filling (use directions on box)

1 (8 oz.) Cool Whip

1 or 2 bananas

Cut up into slices the bananas and put them in the bottom of the graham cracker crust. Pour in the pie filling. Top with Cool Whip. Chill and Serve

*-See as a child sees, the joy, the wonder, the hope.*

*-The great man never loses his child's heart.*

*"Mile High" Lemon Chiffon Pie**Betty Egglund*

8 egg yolks, slightly beaten  
 1 c. sugar  
 2 lemons (juice)

2 lemon rinds, grated  
 salt to taste

Cook in double boiler, stirring frequently until consistence of thick custard.

2 T. unflavored gelatin                      1/2 c. cold water

Soak gelatin in cold water until dissolved - add to hot custard and cool.

8 egg whites, beaten                              1 c. sugar

Beat egg whites stiff but not dry. Beat in sugar gradually and then beat again. Fold in cooled custard into beaten egg whites. Put in baked pie shell and chill 3 hours. Serve with whipped cream.

*Lemon Pie**† Mrs. Ward (Madys) Tjelmeland*

1 c. sugar  
 2 T. corn starch

2 c. boiling water  
 2 T. butter

Bring above ingredients to a boil. Add 1 lemon and 3 egg yolks. Beat egg whites and add 1 T. powdered sugar for top of pie.

*Lemon Curd**Alenda Braland*

2 lemons  
 1 c. sugar

6 T. butter or margarine  
 2 eggs

Grate lemon peel. Squeeze lemons. In double boiler melt oleo. Add sugar and juice and grated lemon peel. Cook gently stirring for about 5 minutes. Beat 2 eggs. Add very slowly to mixture; cook stirring the whole time until smooth about 8-10 minutes. yields 1 pint jar. *\*I brought this recipe with me from England and had to transfer it from ounces to cups. It's a favorite to use in small tarts and as a filling for a round cake. Will keep in fridge for about a month.*

*Peanut Butter Pie**Mrs. Donald B. (Betty) Hanson*

1 graham cracker crust  
 1 - 8 oz cream cheese, softened  
 1/2 c. peanut butter

1 c. powdered sugar  
 1/2 c. milk  
 1 - 9 oz. cool whip

Cream cheese. Add powdered sugar and peanut butter and beat until smooth. Add milk slowly. Fold in cool whip. Refrigerate several hours or overnight. *\*Very good.*

*Sugar-Free Lemon or Lime Chiffon Pie**Harleen Titus*

1/4 c. boiling water	16 oz. sugar-free lemon or lime yogurt
1 sm. box sugar-free lemon or lime gelatin	1 (8 oz) container whipped topping
	9" graham cracker crust

Dissolve gelatin in boiling water. Whisk in yogurt. Fold in whipped topping and pour into pie crust. Chill 2 hours before serving. Garnish with a tiny slices of lemon or lime and a mint leaf if you have some. Serves 8. *\*This is an excellent dessert for diabetics and it tastes so light and fluffy-no sugar-free "after-taste".*

*Peach Pie**Lisa Mathis*

7-8 lg. peaches (peeled, cored and seeded)	1 tsp. milk
3/4 c. sugar	1 tsp. cinnamon
1 egg white	1 T. butter-cut into small pieces
1/2 c. flour	1 basic pie crust (See Lisa's recipe for Basic Pie Crust)

Mix peaches lightly with sugar, flour, and cinnamon in a large bowl. Pour into pie crust. Fold edges up over peaches. Dot peaches with butter. Brush crust with beaten egg white and milk. Sprinkle crust with sugar. Bake at 425°F for 45-60 minutes. When crust is golden and center bubbles.

*Pecan Pie (easy)**Shirley Hemphill*

1 c. brown sugar	2 T. milk
1/2 c. white sugar	1 tsp. vanilla
1 T. flour	1/2 c. melted butter
2 eggs	1 c. chopped pecans on top

In sauce pan melt butter add all ingredients except pecans. I use frozen pie crust from Retz (regular size). Pour into and top with the pecans. I use Aluminum foil to cover the edge of crust so not to get to brown. Bake at 375°F for 35 minutes. *\*Very easy and good. (given to Shirley Hemphill by sister in law Pat Nichols)*

*-God love his children not because of who they are, but because of who He is.*

*An identity crisis will be resolved when one identifies with Christ.*

## *Pastor Schwartz's Favorite Pecan Pie* Taken from Junior's Cookbook

5 extra large eggs	1 tsp. pure vanilla extract
1 1/4 c. packed light brown sugar	1/2 tsp. salt
1 c. dark corn syrup	1 1/2 c. pecan halves (large pecan pieces, not chopped)
1/2 c. (1 stick) unsalted butter, melted	

1. Preheat the oven to 375°F and butter a 9-inch deep-dish pie plate. I like to use those ready-to-go pie crusts, then all you have to do is follow the directions on the package. If you want to make your own pie crust go right ahead.
2. Using an electric mixer set on high, beat the eggs just until frothy, about 2 minutes. Reduce the speed to low and blend in the sugar, corn syrup, butter, vanilla, and salt. Stir in the pecans and pour the filling into the unbaked shell.
3. Bake the pie until the filling is golden and puffy and jiggles only slightly in the center, 45 to 50 minutes. Cool the pie on a wire rack for 1 hour. This pie is great warm, but if you can't eat it all at once refrigerate the leftovers. Makes one 9-inch deep dish pie.

*\*This recipe is taken from a cookbook put out by a restaurant in Brooklyn named Junior's. Betty Egglund-Doll told me this pie was to die for. My doctor would agree.*

## *Pumpkin Pie*

*Jen Tjernagel*

1 c. pumpkin	1 tsp. flour 2 eggs
Sm. c. sugar	1 c. milk
1/4 tsp. ginger	1/2 tsp. cinnamon
1/2 tsp. baking powder	1/4 tsp. salt
1/2 tsp. vanilla	1 tsp. molasses

Mix all ingredients in order given. Poor into 9 in. pie shell Bake at 350°F for 50 min.. *\*This recipe was perfected by my grandmother. It is by far the best recipe I've ever used*

## *Rhubarb Pie*

*†Abbie Petersen*

2 c. cut-up rhubarb	2 T. flour
1 c. sugar	2 egg yolks beaten
1 T. margarine	

Mix in pan real good and then cook stirring constantly until thick. Pour in baked pie crust and whip egg whites with 4 T. Sugar, 1/4 tsp. Vanilla, and 1/4 tsp. Cream of tartar. Put on top and bake at 350 degrees oven till brown.

*Rhubarb Pie**Mazel Birkeland*

6-7 c. cut rhubarb  
 1 3/4 c. sugar  
 4 T. flour

1/4 tsp. salt  
 2 eggs, beaten  
 2 T. butter

Sift sugar, flour and salt together and mix with cut rhubarb. Stir in beaten egg, let stand while you roll out bottom crusts for 2 8" pies. Divide filling between crusts and dot with butter. Top with lattice crust. Bake at 425°F for 10 minutes. Reduce heat to 325°F for 30 minutes more. *\*Be sure to build a good rim around the edges of pans because this filling will puff up and it may run over if not restricted in a good crust.*

*Mile High Strawberry Pie**Audrey Wauley*

1 (10 oz.) pkg. frozen strawberries, partially thawed  
 1 c. sugar  
 2 egg whites, unbeaten

2 tsp. lemon juice  
 2 c. Cool Whip  
 2 (8") or 1 (9") pie crust, baked

Place sugar, strawberries, egg whites and lemon juice in a large mixing bowl. Beat 15 minutes at high speed. Fold in Cool Whip. Spoon into crust. Freeze until serving time. Serves: 8 - 12 *\*Good!!*

*Fresh Fruit Pie**Debbie Sampson***Crust:**

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

**Filling:**

1 c. sugar  
 3 1/2 T. corn starch  
 3 T. light corn syrup  
 1 c. water  
 pinch of salt

Mix crust ingredients together and pat into pie pan. Bake at 325° for 15-20 minutes. For filling, cook ingredients until clear and thick. Add 3 tbsp. Jell-O (use Jell-O that corresponds with fruit). Cool! Mix fruit with filling and pour into baked pie crust and refrigerate. Great with fresh peaches, strawberries, or red raspberries.

*Strawberry Pie**Doris Classon*

1 c. water	1 tsp. red food coloring
2 T. cornstarch	2 T. strawberry Jell-O
1 c. sugar	1 qt. fresh strawberries, approx.
pinch of salt	

Boil water, sugar, cornstarch and salt until thick. Add red food coloring and Jell-O. Cool and pour over fresh strawberries in a baked pie shell. Top with whipped topping. Can substitute fresh peaches when in season. Use peach Jell-O and yellow food coloring for a brighter color. *\*When strawberries are in season, this is a favorite of my children and grandchildren.*

*Strawberry-Mallow Pie**Kris VanWinkle Vinson*

2 lg. boxes of wild strawberry Jell-O	1 bag mini marshmallows
2 lg. pkg. frozen strawberries	2 graham cracker crusts
1 tub cool whip	

Mix the 2 boxes of Jell-O with only the hot water requested on the package. Add the frozen strawberries and cool whip. Stir together. Stir in mini marshmallows (Use as few or as many as you like to your taste.) Once everything is mixed together, pour into the pie crusts and place in the freezer. These can be served frozen from the freezer or somewhat thawed from in the refrigerator. Great either way! *\*Other flavors of Jell-O and corresponding fruit can be used. We really like to make it with raspberries too!*

*Fresh Strawberry Pie**Doradene Thompson*

1 qt. strawberries	1 box strawberry Jell-O
1 c. water	1 (9") prepared pie crust
1 c. sugar	8 oz. cool whip
2 T. corn starch	

Hull, wash and slice strawberries. Boil water, sugar, corn starch till clear. Add jell-o and cool. Pour over strawberries and put into pie crust. Cover with cool whip. Refrigerate. *\*Be sure to cool glaze and strawberries before putting in crust. We prefer vanilla wafer pie crust. Does not use out dated corn starch.*

*Love is the sweet dream and Marriage is the alarm clock.*

*Candy Bar Pie**Doris Classon*

1 pkg. (8 oz.) cream cheese, softened  
 1 carton (8 oz.) Cool Whip, thawed

4 Butterfinger Candy bars (2.1 oz. each)  
 1 graham cracker pie crust

Beat cream cheese until smooth. Fold in Cool Whip. Crush candy bars; fold 1 cup into cream cheese mixture. Spoon into pie crust. Sprinkle with remaining candy bar crumbs. Refrigerate 2 - 4 hours before cutting. I put candy bars in the refrigerator to get the cold as it makes it easier to crush. *Very good and rich!*

*Out of This World Pie**Dorothy Larson*

1 lg. can cherry pie mix  
 1 lg. can (2#) crushed pineapple  
 1 T. corn starch  
 3 oz. pkg. raspberry Jell-O

5 to 6 bananas  
 1/2 c. chopped pecans  
 1 lg. container Cool Whip

Cook first three ingredients until thick. Add Jell-O, mix well and cool. Add bananas and nuts. Pour into two baked pie shells or 9 x 12 graham cracker crust. Cover with cool whip. Serves 12.

*Pat-in-the-pie-pan Pie Crust**Tim & Paula Tjernagel*

1 1/2 c. plus 3 T. flour  
 1 1/2 tsp. sugar  
 1/2 tsp. salt

1/2 c. vegetable oil  
 3 T. cold milk

In the pie pan, mix together the flour, sugar, and salt. In a small bowl mix together the oil and milk until it is creamy. Add the oil mixture to the pie pan and mix with a fork until the liquid is soaked up by the flour mixture. With your hands, press the mixture into the form of a pie crust working from the center of the pan to the sides. If you are needing a baked pie crust, poke holes in the base of the crust and bake at 350°F for 10 to 15 minutes or until brown. *\*If you think that you are not able to make a pie crust...this is the recipe for you. I tried to perfect my mom's recipe for pie crust and it never turned out right. Then I ran across this recipe and it has been my salvation. My mom even uses this recipe now.*

*-The Holy Spirit is the voice that whispers in your ear from  
 somewhere within your heart.*

*Basic Pie Crust-Makes 1-9 1/2" Crust**Lisa Mathis*

2 1/2 c. all purpose flour  
 1 tsp. salt  
 1 tsp. sugar

1 c. (2 sticks) unsalted butter (Chilled  
 and cut into small pieces)

In the bowl of a food processor, combine flour, salt and sugar. Add the butter, and process until mixture resembles coarse meal, 15-20 seconds. With machine running add 1/4 Cup ice water in a slow, steady stream through feed tube. Pulse until dough holds together without being wet or sticky; be careful not to process more than 30 seconds. To test, squeeze together a small amount: If it is crumbly, add more ice water, 1 tablespoon at a time. Transfer dough wrapped in a plastic wrap, to fridge and chill at least 1 hour before rolling out. Makes 2 Crusts or 1 Large with extra. *\*I like to roll dough out large. Placing in pie plate, fill with peaches or whatever, then fold extra 3 inch or so up over top of filling. Brush with 1 egg white beaten with 1 tsp. Milk. Sprinkle with sugar and bake according to pie directions. May freeze dough up to 1 month.*

*Pie Crust/ single crust**Linda Tesdall Mohr*

1 1/2 c. flour  
 2 T. sugar  
 1/2 c. salad oil

2 T. milk  
 Pinch of salt

Mix right in the pan. Press out and bake or fill. Bake 400°F for 15 minutes, or until brown.

*Apple Pie Filling**Cathy Anderson Jacobs*

9-10 apples (peeled & sliced)  
 1 c. sugar

1 tsp. cinnamon

I freeze this mixture. After thawing, add 2-3 T. Flour and mix. Put in piecrust and put 3-4 pats of butter on top. Cover with top crust. Bake in 400°F oven for 10 minutes. Then turn oven to 350°F for 40-50 minutes.

*Pie Mix Filling**Florence Smith*

1 can cherry pie mix  
 1/4 c. sugar

1 tsp. flour, slightly heaped for small tin  
 Apple pie mix-add 1 tsp. Lemon juice

Add crumb topping for pie. Bake at 425°F for 20 minutes.

*Crumb Topping on Pie**Florence Smith*

1/3 c. sugar  
cinnamon, if you like

3/4 c. flour  
6 T. butter or margarine

Sprinkle over pie filling. Bake at 425°F for 25 minutes.

*Meringue**Maxine Fisher*

1/2 c. cold water  
1 T. cornstarch

2 T. sugar

Cook above until thickened and set aside to cool. Prepare meringue as usual using 3 egg whites and 3 T. sugar. Add cooled mixture and beat until well blended. Put on pie and brown. 350°F for 25 minutes. \* *This is by Lori Smith's mother.*

*Nut Filling**† Mrs. Borg (Francis) Holen*

1 c. cream  
4 egg yolks  
1/2 c. sugar

2 T flour  
vanilla  
walnuts

Mix sugar and flour. Add egg yolks. Add cream. Cook in double boiler until very thick. Remove from heat. Add vanilla. Cool, stir in walnuts. Sometimes I use 1/2 the amounts. Spread on white cake and frost with fluffy frosting. A FAMILY FAVORITE!!

*White Frosting**Marcia Hill*

1 box powdered sugar  
5 tsp. corn starch  
1/4 tsp. salt

1 egg white  
1/2 Crisco (shortening)  
1 tsp. vanilla

Mix together and beat with electric mixer. Then add a bit of warm water (1/4 c. or less) and then beat to a good consistency.

*Hot Fudge Topping**Sherry Tjernagel*

1 stick margarine  
1 c. sugar  
1 can Carnation milk

1/2 c. chocolate chips  
1/2 c. milk chocolate chips

Melt margarine, then add remaining ingredients. Stir constantly. Bring to a boil, then simmer for 10 minutes.

*Hard Sauce*†*Alice Miller*

2 c. sifted confectioner's sugar  
 1/2 c. butter  
 1 1/2 tsp. vanilla

grape juice or cranberry sauce adds flavor, if desired.

Cream butter until very light, add sifted confections sugar gradually and cream until light and fluffy. Add flavoring and mix well.

*Buttermilk Pie**Marjorie Uitermarkt*

1/2 c. butter, softened, no substitutes  
 3 eggs  
 3 T. flour  
 1/2 c. pecan pieces, toasted

1/4 tsp. salt  
 1 c. buttermilk  
 1 unbaked 9 inch pie crust with the edges crimped high

Beat eggs and butter until well blended. Beat in eggs, one at a time, blending well after each. Gradually add flour and salt, blending well. Beat in buttermilk until well blended. Pour filling into pie crust. Sprinkle toasted pecans over filling. Bake pie at 300 degrees for 1 hour and 15-20 minutes until filling is set. Cool. Store in refrigerator. To toast pecans: spread them evenly in a shallow baking pan. Bake at 350 degree oven for 5-10 minutes or until they are browned. Stir once while baking. (It took 6 minutes in my oven). This is so good that we prefer it to regular pecan pie.

*Notes*

Notes

1/2 c sifted confectioner's sugar  
 1/2 c butter  
 1/2 c vanilla  
 1/2 c milk  
 1/2 c cream  
 1/2 c flour  
 1/2 c sugar  
 1/2 c milk  
 1/2 c cream  
 1/2 c flour

1/2 c sifted confectioner's sugar  
 1/2 c butter  
 1/2 c vanilla  
 1/2 c milk  
 1/2 c cream  
 1/2 c flour  
 1/2 c sugar  
 1/2 c milk  
 1/2 c cream  
 1/2 c flour

1/2 c sifted confectioner's sugar  
 1/2 c butter  
 1/2 c vanilla  
 1/2 c milk  
 1/2 c cream  
 1/2 c flour  
 1/2 c sugar  
 1/2 c milk  
 1/2 c cream  
 1/2 c flour

White Frosting

Mocha Milk

1 box powdered sugar  
 5 tsp. corn starch  
 1/4 tsp. salt  
 1 egg white  
 1/2 c Crisco (shortening)  
 1 tsp. vanilla

Mix together and beat with electric mixer. Then add a bit of warm water (1/4 c. or less) and then beat to a good consistency.

Hot Fudge Fopping

Sticky Fennel

1 stick margarine  
 1 c. sugar  
 1 can Carnation milk  
 1/2 c. milk chocolate chips  
 1/2 c. milk chocolate chips

Melt margarine, then add remaining ingredients. Stir constantly. Bring to a boil, then simmer for 10 minutes.

# *Miscellaneous*

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*Misc. - Snacks**Sweet Party Mix**Lori Hall Whipple*

2 c. brown sugar  
 1 stick margarine  
 1/2 c. Karo syrup

1/2 tsp. baking soda  
 1 box corn Chex cereal  
 1/2 jar dry roasted nuts

Microwave for 1 minute 2 c. brown sugar, 1 stick margarine and 1/2 c. Karo. Add 1/2 tsp. baking soda and microwave another 1/2 minute. Pour 1 box corn Chex and 1/2 jar dry roasted nuts in brown paper bag. Pour mixture into the paper bag. Microwave four minutes - shaking sack every minute.

*Crispex Snax**Wilma Munson*

2 sticks margarine  
 2 s. brown sugar  
 1/2 c. white syrup  
 1/2 tsp. soda

1 lg. box Crispex  
 16 oz. peanuts or mixed nuts  
 M&M's

Bring to boil-margarine, brown sugar and white syrup. Add soda. Pour syrup over nuts and cereal in brown paper bag. Shake Repeat 3 times. Line microwave tray with folded brown paper bag. Place cereal bag on top. Microwave 1 min. Shake. Repeat 3 times. Spread on wax paper to cool. I add M&M's before placing on waxed paper. *\*I usually make at Holidays. Stores well and a little different from other party mixes.*

*People Chow**Sylvia Posegate Anderson*

1 c. peanut butter  
 1 c. margarine

12 oz. chocolate chips

Mix together and melt in the microwave until smooth (approximately 2 min.). Pour this mixture over one box of Crispex cereal and stir well to coat the cereal. Put 2 c. powdered sugar in a large brown paper bag and add the coated cereal. Add another 2 c. powdered sugar and shake well (good idea to take this one outside!). Check to see if more powdered sugar is needed. Put on a cookie sheet to "dry" before bagging.

*-A love that will not bear all, care all, and share all is not love at all.*

*Party Mix**Mary Hanson*

2 sticks oleo	1/2 tsp. soda
M&M's	1 box Crispex
2 c. brown sugar	peanuts or mixed nuts
1/2 c. Karo syrup	

Boil first 3 ingredients, and add soda. Pour this mixture over Crispex. Add peanuts. Put in double paper bag in microwave for 1 minute. Take out and shake. Repeat this 3 times. Lay out on large cookie sheet, and M&M's.

*Sweet Chex Mix**Connie Rasmusson*

<u>Pour in a large brown paper bag:</u>	1 c brown sugar
17oz. box of Crispex cereal	1/2 c Karo syrup
1 c. dry roasted peanuts	<u>After stove mixture has come to a boil</u>
<u>On stove bring to a boil:</u>	<u>add:</u>
2 sticks margarine	1 tsp baking soda

Stir until mixture is good and frothy. Pour this mixture over cereal and peanuts in the brown paper bag. Shake well to coat all pieces and microwave for a total of 4 minutes shaking the sack after each minute cool on wax paper-ready to eat.

*T.V. Mix**Kathy Hennessy Jerome*

1 box Chex mix	2 c. brown sugar
1 box Crispex	3/4 c. Karo syrup
1 sm. bag straight pretzels	1/2 tsp soda
1 bag Bugles	Optional: goldfish crackers, M & Ms',
2 sticks margarine	candy corn

Bring margarine, brown sugar and Karo syrup to a boil for 1 minute and pour over Chex mix. Divide into 2 brown sacks and microwave 4 min each. \*After it's cooled break it up and add optional candies if you wish.

*Croutons**Sue Braland Mortvedt*

1 loaf of bread cut up into cubes. Dry out a couple of days.	garlic powder
paprika	Lawry's seasoned salt
	1 1/2 sticks butter

Melt butter and pour over rest of ingredients. Stir well. Bake 350 degrees for 1/2 hr.

*Oven Caramel Corn**Manita Waugh*

4 qt. popped corn	1 tsp. salt
2 c. brown sugar	1/2 tsp. baking soda
1/2c. white corn syrup	1 tsp. butter flavoring

Pour popcorn into a large 9 x 13" buttered pan. Melt margarine and stir in brown sugar, corn syrup and salt. Bring to a boil and cook for 5 minutes over medium heat. Remove from heat and stir in soda and butter flavoring. Pour over popped corn and toss gently. Bake for 1 hour at 250 ; stirring every 15 minutes. Pour into bowls and separate.

*Microwave Carmel Corn**Marty VanWinkle*

1 stick butter	1/4 tsp. soda
1/2 c. brown sugar	1 tsp. vanilla
1/4 c. white Karo syrup	10-12 c. popped corn
1/2 tsp. salt	

Brings butter, sugar and Karo to a boil by cooking on full power for 2 minutes. Stir and Cook 2 more minutes. Add soda and vanilla. Stir. Pour over popcorn in paper sack. Cook 1 1/2 minutes on high. Take sack out & shake it. Repeat 2 times more. Pour Corn out onto cookie sheet and let dry. *\*Got this from one of my patients, and it turns out great every time!*

*Microwave Carmel Corn**David Hemphill*

Combine in a 2 1/2 qt. bowl	1/4 c. light corn syrup
1 c. brown sugar	1/4 tsp. salt
1 stick of margarine	

Bring to a boil-once boiling boil for 3 minutes stirring several times. Remove from microwave and stir in 1/2 tsp. soda. Pour syrup over 2 1/3 c. popped popcorn in a large paper grocery bag and mix. Close the bag and cook 3 minutes on full power. Shake after each minute. Pour into container and cool. Stir several times while cooling

*There is no modern medicine for pain as effective as a mother's kiss.*

*Caramel Corn**Mary Hanson*

1c. un-popped popcorn  
 1c. oleo  
 1c. brown sugar

14 lg. marshmallows  
 1/2 tsp. vanilla

Pop the popcorn. Microwave oleo, sugar and marshmallows for 5-6 minutes. Take out and stir for 2 minutes. Add vanilla. Pour over popcorn.

*Microwave Carmel Corn**Barb Armstrong*

1 c. brown sugar  
 3/4 stick of margarine  
 1/4 c. white syrup

1/2 tsp. salt  
 1/2 tsp. soda  
 4-5 qt. popped corn

Put corn in brown paper bag. Combine in 2 qt. dish and bring to a full boil (microwave full power approx. 2 min) Brown sugar, white syrup and salt. Remove from heat and stir in soda. Pour cooked syrup over popcorn and shake. Roll paper bag shut and cook on high 1 1/2 min. Shake and cook another 1 1/2 minutes on high. May have to repeat. Cool on cookie sheet.

*Rice Crispy Puppy Chow**Stacy McGregor (Strum)*

3 cups Rice Krispies  
 1 c. peanut butter

1 c. powdered sugar  
 2 c. melted chocolate chips

Mix all together with a wooden spoon. Eat your meal! *\*I make this with my sister who helps me out a lot!*

*Misc. - Candy**Cereal Candy**Doradene Thompson*

1 T. white syrup  
 1 stick oleo  
 1 c. brown sugar

4 c. corn Chex cereal  
 1 c. Spanish peanuts

Boil syrup, oleo and brown sugar 2 min. (Changes color). Add to cereal & peanuts. Spread on cookie sheet and break up.

*Anise Candy**Doradene Thompson-†Elaine Posegate*

3 c. sugar  
 1 1/2 c. white syrup  
 1 c. water

1 tsp. anise oil (2 tsp. in a dram) available at pharmacies  
 1/2 tsp. color

Boil sugar, syrup, water to 290-295°F (hard crack) Add oil and color. Pour on sugared aluminum cookie sheet. Cool till hard. Break into pieces (use knife handle)  
 \*Your house will smell like licorice!! Color 1 recipe red and 1 recipe green, makes great Christmas candy.

*Divinity "for Dummies"**Doradene Thompson*

3 c. sugar (cane)  
 1/2 c. water

3/4 c. corn syrup  
 2 egg whites

Mix well sugar water corn syrup in 2 qt. sauce pan. Do not touch spoon on side of pan. Heat over low heat till all sugar is dissolved. Put lid on and cook till all crystals are dissolved. Remove cover and cook over medium to 248°F by candy thermometer (don't let touch bottom). Set off stove. In bowl beat egg whites till stiff. Pour syrup slowly over egg whites beating constantly. Beat till mixture holds shape (loosing gloss). Add vanilla and dash of salt. Drop quickly on wax paper or buttered pan. Can add food coloring or nuts if desired. Cover (not air tight). Store in cool place. Can use tin foil top and bottom. \*One Christmas I asked June to make divinity for my mother-in-law, for us to give as a Christmas gift. The following Christmas we made divinity together. The Christmas I was ill she made Divinity for me. This Christmas, I 'm on my own, with lots of fond memories.

*Divinity**†Lois Flvick*

In saucepan put:

3 c. sugar  
 3/4 c white syrup

1/2 c. water

Dissolve over low flame. Then cover and cook slowly until crystals are dissolved. Boil to 248°F on candy thermometer or hard ball stage. Set off stove. Beat 2 egg whites. Pour hot syrup over the beaten egg whites. Beat until it holds its shape. Add vanilla (and nuts if desired). Drop by spoonfuls on waxed paper.

*Velveeta Fudge**June Lee*

1/2 lb. margarine	1/2 c. cocoa
1/2 lb. Velveeta	1 tsp. vanilla
2 lb. powder sugar	1 c. nuts

Melt margarine and Velveeta. (Can use microwave). Stir until mixture is smooth. Blend into cheese mixture, powder sugar, cocoa, vanilla and nuts. Beat until smooth. Pour in 9x13 greased pan.

*Creamy Fudge**Alice Ajerde*

1 1/2 c. sugar	3 c. white or chocolate chips
1/2 c. butter or margarine	1/2 tsp. vanilla
1 (5 oz.) can evaporated milk (2/3 c.)	2 c. walnuts, coarsely chopped
1 (7 oz.) jar marshmallow crème	

Lightly grease foil lined 9 x 9" pan. Heat sugar, butter, milk and marshmallow crème in heavy 3 qt. saucepan over med. heat, until mixture boils; stirring constantly. Boil and stir for 5 minutes. Add chips and vanilla, stirring until chips are melted. Add walnuts. Spread into pan and refrigerate. Makes 4 lbs.

*Fudge Candy**†Marie Depew*

4 c. sugar	1/4 lb. butter
1 lg. can Carnation milk	

Cook these ingredients until a soft ball forms. Pour over 1 pound cut up marshmallows and 2 packages small chocolate chips. Stir until well blended. Add 2 teaspoons vanilla and 2 cups nuts. Pour into buttered pan. When hard, cut into squares. *\*This is a recipe submitted in memory of my mom, Marie Depew. She was always such a great cook, and loved to make sure we were always well fed. - Sandy Balmer.*

*Fudge**Carol Munson Strom*

1 lb. real butter	4 lbs. powdered sugar
1 lb. Velveeta cheese	1 T. vanilla
1 c. cocoa	

Melt butter and cheese together. Mix cocoa and powdered sugar together. Put vanilla into cheese mixture pour over powdered sugar and mix together. Pan into buttered pan. Can add nuts.

*Creamy Fudge**Brandon Morgan*

1 1/2 c. sugar  
 1/2 c. butter or margarine  
 1 (5 oz.) can evaporated milk  
 1 (7 oz.) jar marshmallow crème

3 c. semi-sweet chocolate chips (or milk  
 chocolate)  
 1 tsp. vanilla

Lightly grease a foil-lined 9x9x2 pan; set aside. Heat sugar, butter, milk, and marshmallow crème in a heavy 3 qt. saucepan over medium heat until mixture boils, stirring constantly. Boil and stir for 5 minutes. Add chocolate chips and vanilla, stirring until chips are melted. Immediately spread into prepared pan. Cool. Cut into squares. Makes 4 pounds.

*Fanny Farmer Fudge**Marty VanWinkle*

4 1/2 c. sugar  
 1(13 oz.) can evaporated milk  
 1/2 lb. butter

3 pkg. (6 oz.) Nestlé's chocolate chips  
 1 square unsweetened chocolate  
 1 tsp. vanilla

Combine sugar and milk in heavy sauce pan. Bring to rolling boil; stirring constantly. Boil 10 minutes. Pour over remaining ingredients which have been place in a large bowl. Beat and blend till all solids are melted. Pour in 9 x 13" buttered pan and let set 12-24 hours. *\*This is the best fudge ever!*

*Fudge Sauce**Nancy Schwartz*

1/2 c. chocolate chips  
 1/4 c. butter

1 c. powdered sugar  
 3/4 c. evaporated milk ( 1 small can)

Melt chocolate chips and butter; add powdered sugar and evaporated milk; cook until thick and smooth. Remove from heat and add 1 teaspoon vanilla. Cool thoroughly and store in a glass jar - DO NOT REFRIGERATE!! Heat in the microwave for great hot fudge!

*Easy Chocolate Fudge**Helen Tjelmeland*

12 oz. pkg. chocolate chips  
 4 T. peanut butter

1 can Eagle Brand condensed milk

Put all ingredients into microwave safe dish. Cook on High for 3 minutes in microwave. Stir well. Pour into buttered pan. Cool. Enjoy!

*Covered Oreo Balls**Mary Hanson*

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

white almond bark

Crush Oreo cookies and add them to softened cream cheese. Roll in small balls and refrigerate till cool. Dip balls in melted almond bark.

*Butternut Crunch**Betty Watts*

1 c. butter or oleo  
1 c. sugar

2 T. water  
1 T. white corn syrup

Boil until 290 degrees (brittle stage). Toss in 3/4 c. nuts and stir. Then spread on cookie sheet. Spread 4 squares of melted chocolate over this. When set, turn over. Spread another 4 sq. of chocolate on this side. When this is set, break-up into pieces. Yields 2 lb. coffee can full. (similar to Heath bars)

*"Cracker Candy"**Darla Tjelmeland Drees*

1 stack Saltine crackers (about 40)  
1 c. butter (oleo)

1 c. brown sugar  
12 oz. pkg. milk chocolate chips

Line cookie sheet very well with foil - trust me! Lay crackers flat onto the foil so they cover the bottom of the pan. Melt butter in sauce pan. Mix in brown sugar. Stir until well mixed. Pour over crackers. Bake 6 minutes at 400 . Scatter chocolate chips on top when you take out of the oven and spread them as they melt. After cooled, break into desired size chunks.

*Chocomints**Sharon Himan*

1 lg. milk chocolate bar  
1 T. butter  
1/8 tsp. Peppermint oil

1 oz. square baking chocolate  
14 oz. can sweetened condensed milk

In a large glass mixing bowl, combine milk chocolate, baking chocolate and butter; MW on medium power for 5-7 minutes, stirring occasionally, until melted. Add sweetened condensed milk and peppermint oil. Beat with electric mixer until well-blended. Beat for 1 minute on medium high speed. Refrigerated in bowl for 15 minutes, beating every 3 minutes on low speed. After 15 minutes beat for 2 minutes on high speed. Pour into an 8x8 or 9x9 inch pan lined with waxed paper. Chill thoroughly. Turn onto cutting board and cut into small pieces. May be stored in tightly covered container in refrigerator for 6-8 weeks. Makes 12 dozen.

*Chocolate Pizza**Sharon Himan***Crust:**

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

4 c. oatmeal

**Topping:**

12 oz. pkg. chocolate chips  
 1/2-3/4 c. chunk style peanut butter

Crust: Mix ingredients together well. Press into a cookie sheet. Bake at 350 degrees for 12 minutes or just until the edges begin to turn light brown. Topping: Melt chocolate chips. Mix peanut butter into melted chips. Spread on crust immediately.

*English Toffee**Sharon Himan*

1/2 c. white sugar  
 1/2 c. brown sugar  
 1/2 c. butter (not margarine)  
 1 T. water

1 T. corn syrup  
 1/2 c. chopped nuts  
 1/2 c. chocolate chips

Butter an 8x8 inch pan and spread chopped nuts on the bottom. In a 4 cup measure, combine remainder of ingredients. MW at full power 2 minutes; stir. MW 2 more minutes; stir. MW 3 minutes. Spread mixture over nuts. Arrange chocolate chips on top of mixture. Cover tightly for 10 minutes. Remove cover and spread melted chips.

*Peanut Clusters**Diane Webb*

1 lb. white almond bark  
 1 (6 oz.) pkg. milk choc chips

1 (6 oz.) pkg. reg. choc chips  
 1 (6 oz.) jar dry roasted peanuts

Melt first 3 ingredients in double boiler and add nuts. Drop by teaspoon on waxed paper.

*Peanut Brittle**Sharon Himan*

1 c. sugar  
 1/2 c. white corn syrup  
 1 c. roasted salted peanuts

1 tsp. butter  
 1 tsp. vanilla extract  
 1 tsp. baking soda

Mix sugar and syrup in 2 qt. Bowl. Mix well on full power 4 minutes. Stir in peanuts and MW at full power 3-5 minutes until light brown. Add butter and vanilla. MW at full power 1-2 minutes more. Peanuts will be light brown and syrup very hot. Add soda and stir until light and foamy. Pour onto lightly greased cookie sheet. Let cool. Break into pieces and store in airtight container.

*Peanut Butter Balls**Cindy Hanson*

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1 stick butter, melted                | 8 oz. Hershey chocolate bar |
| 2 c. peanut butter (chunky or creamy) | 6 oz. pkg. chocolate chips  |
| 1 lb. powdered sugar                  | 1/2 paraffin block          |
| 3 c. Rice Krispies                    |                             |

Add peanut butter to melted butter; add powdered sugar and Rice Krispies. Roll into small balls with hands. Put in freezer to and firm. Melt chocolate bar, chocolate chips and paraffin in double boiler. Dip balls in chocolate; place on greased cookie sheet to cool

*Rice Krispies Peanut Butter Balls**Marian Klinger*

- |                           |                              |
|---------------------------|------------------------------|
| 2 c. peanut butter        | 1 pkg. chocolate almond bark |
| 5 c. Rice Krispies cereal | 1/2 pkg. vanilla almond bark |
| 1 c. powdered sugar       |                              |

Mix the peanut butter, Rice Krispies cereal and powdered sugar together in a medium sized bowl. If mixture seems to dry, add more peanut butter. Shape into walnut size balls. Melt all of the almond bark together in the microwave. Dip balls into bark and then place on a cookie sheet and place in freezer for 10 minutes.

*Rock Candy for Kids**Darla Tjelmeland Drees*

- |                                    |                          |
|------------------------------------|--------------------------|
| 1 glass jar or tall drinking glass | 1 c. water               |
| 1 piece of cotton string           | 2 c. sugar               |
| 1 pencil or stick                  | Additional sugar         |
| 1 paper clip                       | food coloring (optional) |

Tie a piece of string to the middle of a pencil or stick. Attach a paper clip to the end of the string for a weight. Moisten the string very lightly, and roll in a bit of sugar. This will "attract" the sugar crystals from the syrup to the string). Place the pencil or stick over the top of the glass or jar with the string hanging down inside. Heat the water to boiling, and dissolve the 2 c. of sugar into it. For the biggest crystals FAST, heat the sugar-water solution a second time, and dissolve as much additional sugar as you can into it. Add a few drops of food coloring to the solution if desired. Pour the solution into the prepared glass/string. Leave this undisturbed for a couple of days. Depending on how much sugar you were able to dissolve in the water, you should see crystal growing in a few hours to a few days.

## *Misc. - Pickles & Jams*

### *Dorothy's 15 Minute Dill Pickles*      *Dorothy M. Peter*

---

When our brother-in-law stayed with us for about six weeks, he raved about the dill pickles we served for supper every night. I told him it only takes 15 minutes to get ready. He asked how I could do that. I told him that I drove to the grocery store, bought a jar of dill pickles, brought them home, opened them and put them on the table for supper. (Gottcha!!)

### *Cranberry Relish*

*Marge Taylor*

---

1 pkg. raw cranberries (1 lb.)	1 1/2 c. sugar
2 oranges, plus rind of just 1 orange	1 sm. can crushed pineapple, partially drained
2 apples	

Wash and stem cranberries. Put cranberries, oranges and apples through medium sieve or grinder. Add sugar and pineapple and mix well. Store in refrigerator. Keeps indefinitely.

### *Bread and Butter Pickles*

*Susan Ruby*

---

4 qt. sm. to med. sliced cucumbers	4 c. sugar
1/2 c. coarse salt	1 T. mustard seed
2 qt. sliced white onions, separated into rings	1/2 tsp. tumeric
1 qt. cider vinegar	1 T. celery seeds

Place cucumbers in crock & sprinkle evenly with salt. Mix evenly and carefully with hands, cover and let stand 2 to 3 hrs. Combine remaining ingredients except onions and bring to boil. Boil 10 minutes. Drain cucumbers and add then and the ions to liquid. Bring to boil again. Pack immediately into sterilized pint jars. Seal. Makes 8 pints.

*Don't let yesterday use up too much of your today!*

*Refrigerator Pickles**Susan Ruby*

4 c. sugar	1 1/3 tsp. celery seed
4 c. vinegar	1 1/3 tsp. mustard seed
1 1/3 tsp. tumeric	

Mix and put in cut up cucumbers and onions makes 1 gallon jar full. Do not cook. Ready to eat in 5 days.

*Bread and Butter Pickles**†Abbie Petersen*

Slice 12 lg. cucumbers	2 tsp. white mustard
6 lg. onions	2 tsp. celery seed
Cover with salt water- Let stand 2 hrs.	1 tsp. ginger
Mix Together:	1 tsp. black pepper
2 c. vinegar	1 tsp. tumeric
2 c. sugar	

Boil 5 minutes , drain cucumbers. Pour over cucumbers and boil for a short time.

*Cuke Supreme**†Abbie Peterson*

2 lg. cukes	2 T. sugar
1 onion	2 T. vinegar
1/2 c. margarine	

Slice cukes and onion. Combine all ingredients and let stand several hours before serving.

*Tasty Beet Pickles**Alice Njerde*

4 c. sugar	1 tsp. ground cinnamon
2 c. water	1 tsp black pepper
2 c. vinegar	6 cans beets, sliced or sm. whole
1 tsp. ground cloves	

Cook first six ingredients, bring to boil. Add beets. Refrigerate.

*Cinnamon Sticks**Carol Munson Strom***First Day:**

Use very large Cucumbers. Peel and remove seeds. Cut 1 1/2 gal. of cucumbers strips no longer than 3 1/2 inches. Add cucumbers to 8 1/2 qt. water and 2 c. lime (for pickling). Put into a container, but Not aluminum. Let stand for 24 hours. Drain and rinse in clear water. Soak in fresh water for 3 hours. Drain.

**Second Day:**

Add 1 c. cider vinegar, 1 oz. red food coloring, and 1 tsp powdered alum. Put cucumbers in this mixture. Cover with water and simmer 2 hours. Drain. Then mix 2 c. water, 2 c. vinegar, 8 c. sugar, 8 cinnamon sticks, 1 (7 oz.) pkg. red-hots and boil. Let set overnight on pickles.

**Third Day:**

Drain (but keep the syrup). Re heat the syrup. Put cucumbers into jars. Add hot syrup to jars and Seal. Makes 10-12 pints.

*\*I got this from a friend at work, Makes a very bright red pickle. Add a green ribbon to the jar and it make a nice Christmas gift.*

*Apple Butter**Doradene Thompson*

40 lg. apples

2 tsp. all spice

4 c. sugar

water

4 tsp. cinnamon

Core and cook apples. Sieve if not peeled .Use enough water to cover well. Add spices. Cook slow and low. Stir occasionally. Cook in roaster in oven or electric roaster. Cook at 250°F till bubbles then 200°F tell thickens. (All night or all day.) Makes 4 1/2 pts. *\*Cortland or duchess apples cook up well. I usually make 2 batches and cook together. Store in freezer.*

*Tomato Jelly 3-2-1 Mrs. Donald B. (Betty) Hanson*

3 c. tomato juice

1 sm. pkg. Jell-O

2 c. sugar

Boil juice and sugar for 14 minutes. Add Jell-O and stir. Remove from heat. Ladle into 4 - 8 oz jars which have been sterilized in boiling water. Seal with wax. Very good. For best results, make one batch at a time.

*Raspberry - Peach Jam**Mrs. Donald B. (Betty) Hanson*

2 c. chopped peaches

2 boxes frozen raspberries (drained)

1 box sure jell

4 c. sugar

1/4 c. lemon juice

Combine peaches and sure jell and bring to a boil. Add lemon juice, raspberries and sugar. Bring to a full rolling boil for 1 minute. Remove from heat - skim top and stir 5 minutes. Pour in sterilized jars and seal with wax. *Very good.*

*Rhubarb Jam**Alice Ajerde*

7 c. rhubarb, cut up

1 can strawberry pie filling

4 c. sugar

2 (3 oz.) boxes wild strawberry gelatin

Combine rhubarb, sugar, ad pie mix. Cook for 10 minutes. Remove from heat. Stir in gelatin. Place in container and Store in freezer.

*Popsicles**Cindy Waugh Carpenter*

8 serving size Jell-O gelatin

1 c. sugar

1 pkg. Kool-Aid

Dissolve Jell-O and sugar in 2 cups hot water. Pour in Kool-Aid mix and stir. Add 6 cups cold water and mix well. Freeze as needed. Store extra in refrigerator.

*Snow Cone Syrup**Allison Mortvedt*

1 envelope unsweetened Kool-aid

1/2 c. water

1 c. sugar

Mix well until dissolved. Pour over shaved ice.

*A room hung with pictures - is a room filled with thoughts.*

## *Misc. - Fun Stuff*

### *Cinnamon Ornaments*

*Mazel Birkeland*

1 c. cinnamon  
1 tsp. all spice

1 tsp. ground cloves  
1 c. applesauce

Mix all together. Roll out on wax paper to 1/4" thick. Can put cinnamon on rolling pin so dough doesn't stick. Cut with small cookie cutter. Dry on one side for a day, turn over. These usually take two or three days to dry. While dough is wet, use a drinking straw or a round toothpick to make hole for hanging. These can be decorated with buttons, red hots, etc. Fun for children to help with and they smell good.

### *Fizzy Bath Bombs*

*Laura Morgan*

2 T. citric acid  
2 T. cornstarch  
1/4 c. baking soda

3 T. almond oil  
1/4 tsp. essential oil (scented)  
food coloring (optional)

Mix all ingredients together to form a paste. (May add a little more cornstarch if needed to make balls.) Mold into balls approximately 1"-2" in diameter. Place the balls on wax paper to harden, and then wrap each individually in plastic wrap. It is very important to wrap them - they break apart easily. *\*They fizz when you put them in your bath water. They make your tub very oily, but it's worth it!*

### *Dryer Lint Clay*

*Darla Tjelmeland Drees*

1 1/2 c. lint from dryer trap  
1 c. water  
1/2 c. regular flour

2 drops Wintergreen mint flavoring  
old newspapers

Place lint in a saucepan and cover it with water. When the lint is saturated, add the flour and stir until smooth. Add the drops of wintergreen oil flavoring. Cook the mixture, stirring constantly, until it forms peaks and hold together. Pour it onto newspaper to cool. Shape and model figure or cover a form with it (like a balloon). Allow 3-5 days to dry and paint as desired!

*-To make a man; begin with a boy.*

*Drying Play Dough**Laura Morgan*

2 c. flour	1 T. powdered alum
1 c. salt	1 T. salad oil
1/2 c. cornstarch	2 c. water

Mix all ingredients together in saucepan. Stir constantly over low heat until thickened. Add food coloring if desired. Cool. Knead until smooth, then use.

*Basic "Baker's Clay"**Darla Tjelmeland Drees*

4 c. flour	1 1/2 c. water
1 c. salt	

In a lg. flat bottomed bowl, mix flour and salt with rubber spatula or wooden spoon. Add water slowly, mixing as you pour. Additional water may be needed, depending on humidity of weather. Use caution when adding more water. Knead for 10 minutes. Dough is read when appears soft and smooth. Bake finished items in a 325-350 oven. Never hotter! Baking time depends on thickness of dough ... usually 1/2 hour baking time for every 1/4" thickness of dough. Average time is 1 hour. Use cookie sheet to bake.

*Homemade Playdough**Sharon Himan*

1 c. flour	1 T. oil
1/2 c. salt	1 c. water
2 tsp. cream of tartar	food coloring

Cook over medium heat until it forms a ball (stirring constantly). Remove from pan and knead. Store in airtight container.

*Face Paints for Kids**Darla Tjelmeland Drees*

6 tsp. cornstarch, divided	food coloring
3 tsp. water, divided	6 cup muffin tin
3 tsp. cold cream, divided	toothpicks

In each cup of the muffin tin, put 1 tsp. of cornstarch, 1/2 tsp in each of cold cream and 1/2 tsp. in each of water. Add a different color of food coloring to each cup. Mix well with the toothpicks. Now paint and have fun!

*Classroom Paste**Darla Tjelmeland Drees*

1 c. non-self-rising wheat flour  
 1 c. sugar  
 1 c. cold water  
 4 c. boiling water

1 T. powdered alum  
 1/2 tsp. oil of cinnamon or wintergreen  
 (optional)

Combine flour and sugar in a large sauce pan. Slowly stir in the cold water to form a paste. Slowly begin to add the boiling water, stirring vigorously to break up the lumps. Bring the mixture to a boil, stirring constantly, until thick and clear. Remove from the heat and add alum. Stir until well mixed. Add oil of cinnamon or wintergreen if the paste will not be used immediately. Makes 1 1/2 quart. *\*Classroom paste is a good all-purpose paste, especially appropriate when working with children. It is also excellent for paper-mache' projects. When you store in a tightly capped container, this paste will keep for several weeks. If it gets too thick it can be thinned with hot water for easier spreading.*

*Maggie's Favorite Dog Biscuits**Nancy Schwartz*

2 c. whole wheat flour  
 1/2 c. yellow corn meal  
 1 teaspoon minced garlic (or garlic powder)  
 1/4 c. Romano or parmesan cheese

1 egg  
 1/4 c. vegetable oil  
 1/2 c. water or milk (water makes the dog biscuits harder, milk makes them softer)

Blend together flour, cornmeal, garlic and cheese. Beat the egg with oil and water or milk and pour into the dry ingredients. Stir together until well blended. On unfloured work surface, knead just enough to form a ball. Roll to about 1/3 inch and cut out with dog bone shaped cookie cutter. Bake on oiled cookie sheet for 30 minutes; cool on wire rack. *\*Our dog Maggie used to sit in front of the oven while these were baking. Obviously tradition calls for dog bone shaped biscuits, and those cookie cutters are not hard to find, but you can use any shapes you like. The dog could care less.*

*-There's always free cheese in the mousetrap,  
 but you'll never see a happy mouse there.*

*-Be like a woodpecker-just keep pecking away until you finish the job.*

*Horse Cake (for horses only)**Alenda Braland*

1 lg. coffee can of Horse feed	1/2 c. molasses
1/2 can cracked corn	1/4 c. oil
1 c. flour	2 eggs

Spray pan. Bake cake at 375°F for about 30 minutes. Decorate with carrots. Horses name can be made by pressing kernels of corn into warm cake. Cake may smell when baking. Feeds about 8 horses *\*Our kids loved having Birthday parties for their horses; the neighbor kids and friends came with their horses, the cake always got eaten and often the paper plate it was served on.*

*Notes :*

# Food for Thought

Here we will read little quips and tales,  
That help us endure life's hills and dales.  
They may make us laugh or make us cry,  
They may even make us want to try.  
They can touch our soul deep within,  
And with God's help, to find out where to begin.  
All-in-all they are food for thought,  
Much better than *this* - for a poet I'm not!



# The Little Red Hen

(A cute little story that we can all learn from, whether we are young or old. Read it and remember its message the next time someone asks your for a little favor! If you say no to often today, you might not get to eat the bread another day!

One day as the Little Red Hen was scratching in a field, she found a grain of wheat. "This wheat should be planted," she said. "Who will plant this grain of wheat?"

"Not I," said the Duck.

"Not I," said the Cat.

"Not I," said the Dog.

"Then I will," said the Little Red Hen. And she did.

Soon the wheat grew to be tall and yellow.

"The wheat is ripe," said the Little Red Hen. "Who will cut the wheat?"

"Not I," said the Duck.

"Not I," said the Cat.

"Not I," said the Dog.

"Then I will," said the Little Red Hen. And she did.

When the wheat was cut, the Little Red Hen said, "Who will thresh the wheat?"

"Not I," said the Duck.

"Not I," said the Cat.

"Not I," said the Dog.

"Then I will," said the Little Red Hen. And she did.

When the wheat was threshed, the Little Red Hen said, "Who will take this wheat to the mill?"

"Not I," said the Duck.

"Not I," said the Cat.

"Not I," said the Dog.

"Then I will," said the Little Red Hen. And she did.

She took the wheat to the mill and had it ground into flour. Then she said, "Who will make this flour into bread?"

"Not I," said the Duck.

"Not I," said the Cat.

"Not I," said the Dog.

"Then I will," said the Little Red Hen. And she did.

She made and baked the bread. Then she said, "Who will eat this bread?"

"Oh! I will," said the Duck.

"And I will," said the Cat.

"And I will," said the Dog.

"No, No!" said the Little Red Hen. "I will do that." And she did.

## *Life's Recipe*

---

1 c. of good thoughts	2 c. of sacrifice for others
1 c. of kind deeds	3 c. of forgiveness
1 c. of consideration for others	2 c. of well-beaten faults

Mix these thoroughly and add tears of joy and sorrow and sympathy for others. Flavor with little gifts of love. Fold in 4 c. of prayer and faith to lighten other ingredients and raise the texture to great heights of Christian living. After pouring all this into your daily life, bake well with the heat of human kindness. Serve with a smile.

## *A Church Garden*

---

First plant five rows of peas;

Presence,  
 Promptness,  
 Preparation,  
 Purity,  
 Perseverance;

Next to these, plant three rows of squash;

Squash gossip,  
 Squash criticism,  
 Squash indifference;

No garden is complete without turnips;

Turn up for the meetings,  
 Turn up with a smile,  
 Turn up with new ideas,  
 Turn up with determination to make  
 everything count for something good  
 and worthwhile.

## *How to Start Each Day*

---

To equal quantities of generosity and thought for others; add a dozen pleasant smiles, followed by the same number of fine words. Sprinkle freely with fun and merriment; flavor with wit, and mix thoroughly with the spirit of love. Warm with bright looks and serve constantly.

*- The best way to correct a fault is too admit it.*

## *Dirty Dishes*

---

Thank God for dirty dishes  
They have a tale to tell,  
While others go hungry  
We're eating very well.

With Home and Health and Happiness  
We shouldn't want to fuss,  
For by this stack of evidence,  
God's very good to us!

## *How to Preserve a Child*

---

1 large grassy field	3 small dogs (any kind)
4,325 buttercups	A smidgeon of butterflies
1/2 dozen children, assorted sizes	A pinch of brook & some small pebbles

Mix children and dogs together well and put them in the field, mixing constantly with the butterflies. Pour brook over pebbles. Sprinkle field with buttercups. Spread over all a deep blue sky and bake under warm sun. When thoroughly browned, remove and set to cool in a bathtub. Count the sneakers.

## *Recipe for Happiness*

---

Take:	2 heaping cups of patience
	1 heart-full of love
	2 big pinches of generosity
	Sprinkle with laughter
	1 handful of understanding
Add:	Generously with kindness
	Plenty of faith and hope
Mix well:	Spread over an entire lifetime.
Serve:	Generously to everyone you meet.

## *Elephant Stew*

---

1 Elephant (medium sized)	2 rabbits (optional)
Salt and pepper	Brown gravy (to cover)

Cut elephant into bite-sized pieces. Add brown gravy and cook 14 hours at 465°F. This will serve 3, 880 people. If more are expected, 2 rabbits may be added, but only if necessary, as most people do not like hare in their stew.

- Give others a piece of your heart; not a piece of your mind.

- Men who do things that count never stop to count them.

- Nothing will cook your goose faster than a red-hot temper.

- Happiness is like potato salad; when you share it with others, it's a picnic.

### *E-mail Prayer*

---

Dear Lord...

Every single evening, as I'm lying here in bed,  
This tiny little prayer keeps running through my head.

God bless my Mom and Dad, and other family.  
Keep them warm and safe from harm for they're so close to me.

And God, there is one more thing I wish that you could do.  
Hope you don't mind me asking, bless my computer too.

Now I know that it's not normal to bless a mother board,  
But listen just a second while I explain to you 'My Lord'.

You see, that little metal box holds more than odds & ends.  
Inside those small compartments rest so many of my FRIENDS.

I know so much about them by the kindness that they give.  
And this little scrap of metal takes me in to where they live.

By faith is how I know them much the same as you  
We share in what life brings us and from that our friendship grew.

Please, take an extra minute from your duties up above  
To bless those in my E-ddress book that's filled with so much love!

Wherever else this prayer may reach; to each and every friend,  
Bless each email inbox and the person who clicks send.

When you update that heavenly list that's on Your CD-ROM,  
Remember each who've said this prayer, and sent it to God@Heaven.com.  
Amen.

- *Seven days without prayer makes one weak.*

### *A Mother's Nap*

---

Put baby to bed.

Lock all doors -- draw shades -- lie down -- close eyes.

Listen.

Get up, let cat out.

Answer telephone solicitor, and door agent.

Look at clock.

Get ready to start dinner.

### *God's Minute*

---

I have only just a minute

Only sixty seconds in it

Forced upon me, didn't refuse it

Didn't seek it, didn't choose it

But it's up to me to use it.

I must suffer if I abuse it

Just a tiny little minute

But eternity is in it.

### *Life's Treasures*

There's happiness in little things;

There's joy in passing pleasures;

But friendships are from year to year;

The best of all life's treasures.

- *A diamond is a piece of coal that stuck to the job.*

- *Before you flare up at anyone else's faults, take time to count to ten -- ten of your own.*

- *If you want to be original, be yourself; God never made two people exactly alike.*

- *Biscuits and sermons are improved by shortening.*

*Like the honey to the bee,*

*So are cookies to the tea.*

It's a little too little to save  
 And a little too much to dump -  
 So there's nothing to do but eat it;  
 This makes the housewife plump!!

- *Seconds count, especially when dieting.*

- *Any fool can criticize, condemn and complain, and most of them do.*

- *A cookbook is exciting. It has many stirring events.*

*Most bachelors long for a good home-cooked meal  
 This fact we all know is true.  
 And while on the subject we also might add  
 Lots of married men long for them too!!*

### *Beatitudes for the Aged*

---

Blessed are they who understand my faltering step and palsied hand.  
 Blessed are they who know that my ears today must strain to catch the things they say.  
 Blessed are they who seem to know that my eyes are dim and my wits are slow.  
 Blessed are they who looked away when coffee spilled at the table today.  
 Blessed are they with a cheery smile who stop and chat for a little while.  
 Blessed are they who never say, you've told that story twice today.  
 Blessed are they who know the ways to bring back memories of yesterdays.  
 Blessed are they who make it known that I'm loved, respected and not alone.  
 Blessed are they who know I'm at a loss to find the strength to carry the Cross.  
 Blessed are they who ease the days on my journey Home in loving ways.

- *The reason a dog has so many friends is because he wags his tail - instead of his tongue.*

#### ***Ecclesiastes 1:24***

Remember now the Creator in the days of thy youth,  
 while the evil days come not,  
 nor the years draw nigh,  
 When thou shalt say,  
 I have no pleasure in them.

## *Recipe for Staying Young*

---

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle mind is the devil's workshop, the devil's name is Alzheimer's.
4. Enjoy the simple things. When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When you are on retirement, that is all that you can afford.
5. Laugh often, long and loud. Laugh until you gasp for breath. Laugh so much that you can be tracked in the store by your distinctive laughter.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be alive while you are alive, don't put out a mailbox on the highway of death and just wait in residence for your mail.
7. Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. if it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Go to the mall, the next county, a foreign country, but not to guilt country.
10. Tell the people you love, that you love them, at every opportunity. AND ALWAYS REMEMBER Life is not measured by the number of breaths we take, but by the moments that take our breath way.

## *Recipe for Better Understanding*

---

One cupful of listening when the person speaks,  
Measure words carefully.

Add a teaspoon of Sympathetic consideration.

Sift together to get a smooth batter for a consistency reply.

Use generous amounts of long suffering and forbearance,  
tempered with mercy.

Cook on front burners; keep temperature low and do not boil. Add a pinch of warm personality and clear unhurried speech. Season to taste, using possibly a dash of humor to bring out good flavor. Serve in individual molds.

*- Take some time along the way to see what's nice about today.*

## *Scripture Cake*

---

4 1/2 c. I Kings 4:22 (flour)

1 c. Judges 5:25, last clause (butter)

2 c. Jeremiah 6 :20 (cane sugar)

2 c. Samuel 30:12 (raisins)

2 c. Luke 13:6 (figs)

2 c. Numbers 17:8 (almonds)

3 tsp. I Samuel 14:25 (honey)

Pinch of Leviticus 2:13 (salt)

6 Jeremiah 17:11 (eggs)

1/2 c. Judges 4:19, last clause (milk)

2 tsp. Amos 4:5 (leavening/soda)

2 Chronicles 9:9 (spices)

Follow Solomon's advice for making good boys (Proverbs 23:1 4) and you will have a fine cake. There were no particular spices listed with this recipe. I do think that cinnamon and nutmeg would do nicely. This resembles a fruit-cake, so if you do try it, bake it in a slow oven for at least an hour or until a pick in the center comes out clean. Hope you enjoy it!

## *Talking With God*

---

Dear Lord,

There she sits this May evening, across the dinner table, her youthful mind rooted in graduation a few days away. For 17 years now, I've watched her mature physically, mentally and spiritually. Tonight realization hits, she is revving up for flight.

Where have all the dinners gone? Considering we've spend some 6,000 days together, there should be hundreds of memories to hold on to, yet only a few stand out. I remember distinctly preschool years from crib to first steps, first words, first haircut, first day of school. And, I'm keenly aware of now, the final days she will be living at home. But where has the in-between gone? When was age 10? 13? What happened in fourth grade? Junior high?

I cherish memories of birthdays, fishing trips, wiener roasts, bicycles, Barbie dolls, hula hoops, pillow fights, skinned knees and giggles. What was the rush? Did we let much of what could have been get lost in the daily cycle of coming and going?

Lord, though I'd like to freeze everyone's fork in midair and hold this moment forever, You know I'm happy for her. Along with tear-brimmed eyes and lumpy throat she goes with my blessing.

Watch over her. Tell her to turn right at the corner of temptation and honesty and tell her that dinner is always waiting at the end of the road which leads back home. Thank You, Lord, for the family tie which binds, yet allows each to go free.

- Amen

## *Mother's Old Recipes*

---

My mother never could explain, just how she baked her bread or made her pies, her recipes were carried in her head. Her cakes were gems, but when she tried to tell me just her way -- "*The flour? Oh just a cup or two*" or "*just enough*" she'd say. Her measurements were not precise as mine must be today; yet seldom have I "*just enough*" as mother use to say.

- *The loveliest hands in masculine eyes are the hands that make the loveliest pies.*

-*Don't cry that it is over,  
Smile that it happened.*

- *Don't let the first time you go to church, be in the back of a hearse.*

- *A good example is the best sermon.*

What is missing?

CH - - CH

Be

Do

Have

What the formula says is:

BE committed

DO what it takes

You will HAVE what you want.

-*Dr. Phil*

## *Recipe for a Happy Home*

---

4 cups Love

2 cups Loyalty

3 cups Forgiveness

1 cup Friendship

3 spoons Kindness

5 spoons Hope

2 spoons Tenderness

4 spoons Understanding

4 qt. Faith

1 barrel of Laughter

Take Love, Loyalty and Forgiveness and mix thoroughly with Faith. Blend with Tenderness, Kindness and Understanding. Add Friendship and Hope. Sprinkle abundantly with Laughter. Bake it with Son-shine. Serve daily in generous helpings.

- *Before you go to bed at night, give all your problems to God. He's going to be up all night anyway.*
  - *Life is 10% what you make it and 90% how you take it.*
  - *Today is the tomorrow you worried about yesterday.*
  - *Make your job important and it will return the favor.*
  - *You are only young once - after that it takes another excuse.*
- *May the joys of yesterday and the hopes of tomorrow blend into a perfect today.*
  - *Pick your friends - but not to pieces.*
  - *Instead of pointing a finger, why not hold out a hand.*
  - *The greatest remedy for anger is delay.*
- *Worry is like a rocking chair; it will give you something to do, but won't get you anywhere.*
  - *Kindness is becoming at any age.*
  - *The only time you mustn't fail is the last time you try.*
- *Any house wife, no matter how large her family, can always get some time alone by doing the dishes.*
  - *The future is but speculation. Now is the time to live tomorrow's memories.*
  - *Don't brag, it isn't the whistle that pulls the train.*
  - *Even the mosquito gets a pat on the back when he's working.*
  - *A raisin is a grape that's had too many worries.*
- *Common sense is the knack of seeing things as they are and doing things as they ought to be.*

- *Despite the jet age, man hasn't invented anything that goes faster than a vacation.*

- *The secret of patience is doing something else in the meanwhile.*

- *Planning your work is good, but doing it is always better.*

- *Success comes in cans - failure comes in cant's.*

- *An old-timer remembers when a pie was set on a window sill to cool, not to thaw.*

- *Love reduces friction to fraction.*

- *Patience - the ability to let your light shine after you fuse is blown.*

- *Today is the first day of the rest of your life.*

- *The biggest room in the world is the room for improvement.*

- *Life by the yard is hard - but by the inch, it's a cinch.*

- *Don't let yesterday use up too much of today.*

*"You can't expect people to see eye to eye with you if you look down on them."*

*"Are you lonely, O my brother?  
Share a little with another!  
Stretch a hand to one unfriended,  
And your loneliness is ended."*

*"Spend some time during your lifetime on a project that will last longer than your life."*

*"Experience is the best teacher, but too often we don't have it until it is too late."*

*"Life is hard by the yard, but by the inch, life's a cinch!"*

*"Good judgment comes from experience. Experience comes from bad judgment."*

*No family hides its' secrets well  
Whose children shine at "Show and Tell."*

*"We can't take it with us, but perhaps how we got it may determine where we'll go."*

*"Tomorrow is not promised us, so make the very most of today."*

*"Intelligence is like a river---the deeper it flows, the less noise it makes."*

*The most important thing a father can do for his children is to love their mother.*

*If you are too busy to pray, you are too busy.*

*A friend is a person who goes around saying nice things behind your back.*

*Can I neglect to pray while there is one who needs the help my prayer can give?*

*God meant the Bible to be bread for our daily use; not just cake for  
special occasions.*

### *Recipe for Raising a Child*

---

1 cup Proverbs 22:6

1/2 tsp Proverbs 3:5

2 T. Proverbs 19:19; 23:13

1/2 cup Titus 2:3-7

Pinch Ephesians 6:4

Mix all ingredients, add a pound of persistence, one cup of love and whip until right consistency. This recipe is recommended by the creator of mankind.

#### *2 Timothy 3:14-15*

Continue thou in the things which thou hast learned and hast been assured of,  
Knowing of whom thou hast learned them;  
And that from a child thou hast known the holy scriptures, which are able to make  
thee wise unto salvation through faith which is in Christ Jesus.

#### *Psalms 119:165*

There is lasting peace for those who love your teachings.  
Nothing can make those people stumble.

## What I Learned In Sunday School

I learned ...

- that you shouldn't run in the church.
- that you should be quiet in church so you can hear the pastor.
- that you should memorize your key verses for sunday school.
- that you should obey your adult suporvizors.
- that you should remember the songs you sing so you know the words for your program.
- that you have to be good to get a treat.
- that you should try to memorize your 10 commandments.
- that you should be thankful when you get your bibles in 2nd grade.
- that you should be kind when you are around the church area.
- that you should be greatful that you have a great pastor who teaches with his seroms.
- that you should be thankful we get good meals after pastors seroms.
- that should have good manners when your in the church.
- that you should not eat or drink in the sanctuary.
- that you don't want to miss chior practice.
- that you don't be mouthey to a adult in the church.
- that you should NOTditch sunday school.
- but the most important thing I learned about is God and Jesus.

By: Emma Drees

(This was written and typed by Emma, during one of our late-night-working-on-the-cookbook sessions. She kept me company while I worked; I took it off her disk as it was spelled and typed!)

**Bailey Balmer read a cake mix box to Grandma Balmer and this is how Bailey said the cake should be made:**

“Bake at 2420 degrees. Add 2 cups salt. 4 1/2 cups flour. 3 1/2 cups vanilla.  
3 eggs. Mix it and bake it 40-60.”

“The best and most beautiful things in the world cannot be seen or even touched.  
They must be felt with the heart.” - *Helen Keller*

*- Peace on the outside comes from knowing God within.*

*- God still makes house calls. All you need to do is answer the door.*

*- "Spring," someone said, "is God thinking in gold, laughing in blue, and speaking in green."*

*- If you live close to God and His infinite grace, You don't have to tell, it shows on your face.*

Let me be a little kinder,  
Let me be a little blinder,  
To the faults of those around me,  
Let me praise a little more. - *Edgar Guest*

Give us a pure heart that we may see Thee,  
A humble heart that we may hear Thee,  
A heart of love that we may serve Thee,  
A heart of faith that we may live Thee,  
- *Dag Hammargkjold*

In prayer it is better to have a heart without words, than words without a heart. -  
*John Bunyan*

*- A merry heart doeth good like a medicine. - Proverbs 17:22*

A man who puts his religion aside because he is going into society is like one taking off his shoes because he is about to walk upon thorns. - *Richard Cecil*

Teach me to feel another's woe,  
To hide the fault I see;  
That mercy I to others show,  
That mercy show to me.  
- *Alexander Pope*

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. -  
Isaiah 40:31*

*But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. - Philippians 3:13-14*

*If you aren't as close to God as you once were, you can be very certain as to which one of you has moved.*

*Burton Hillis*

Our Lord has written the promise of the Resurrection, not in books alone,  
but in every leaf in Springtime.

*-Martin Luther*

The Lord's Prayer is not, as some fancy, the easiest, the most natural of all devout utterances. It may be committed to memory quickly, but it is slowly learned by the heart. *-Maurice*

### *Prayer for Unity*

---

Our Father, we thank You for the privilege of being together at this time  
and in this place.

As Your people, we pray that Your love will unite us into a fellowship of discovery.  
Cleanse us of everything that would sap our strength for togetherness.

Unravel the knots in our spirits.

Cleanse the error of our minds.

Free us from the bondage of our negative imaginations.

Break down the barriers that sometimes keep us apart and cause us to drift along  
without a dream.

As we go from here -

Explode in us new possibilities for service.

Kindle within us the fires of Your compassion so that we may not wait too long to  
learn to love.

May we be a people with loving purposes --

Reaching out --Breaking walls --Building bridges --

Let us be Your alleluia in a joyless, fragmented world.

In the name of Our Lord, we pray.

Amen.

-- Champ Traylor

## *Still Jesus Loves Me*

---

Jesus loves me, this I know,  
Though my hair is white as snow,  
Though my sight is growing dim,  
Still he bids me trust in Him.

Though my steps are oh so slow,  
With my hands in His I'll go,  
On through life, let come what may,  
He'll be there to lead the way.

Though my steps are oh, so slow.  
With my hands in His I'll go  
On through life, let come what may  
He'll be there to lead the way.

Though I am no longer young,  
I have much which He's begun  
Let me serve Christ with a smile,

Go with other's the extra mile.

When the nights are dark and long,  
In my heart he puts a song,  
Telling me in words so clear,  
"Have no fear for I am near."

When my work on earth is done,  
And life's victories have been won,  
'He will take me home above,  
Then I'll understand His love.

I love Jesus, does He know?  
Have I ever told Him so?  
Jesus loves to hear me say  
That I love him every day.

-by Merle Cline

(Can be sung to the tune of "Jesus Loves Me.")

---

*- Retirement is twice as much husband on half as much money.*

*- Lord, grant enough determination to make each day better than the day before.*

*- If you want to leave footprints in the sand of time, wear work shoes!*

*- The Great Physician isn't expensive, but His work is priceless -- so glad He is taking care of you.*

## *Concerning Your Child*

---

Don't look too soon for the finished product. Remember they are subject to weakness and temptations like us. Love them. Encourage them and be patient with them.

*- Flattery should be treated like chewing gum, enjoy it for a short while, but don't swallow it.*

*- A burden shared, is only half as heavy.*

## *“Hands”*

---

Hands that so the masters work and often fold in prayer.  
 Hands that gently hold His word and find assurance there.  
 Hands that never seem to tire of finding good to do.  
 Hands that God must especially bless - such hands belong to you.

## *A Farmer's Hands*

---

A farmer's hands - veins like cables, hard crisscrossed skin.  
 They tell quite a story.  
 Of course they speak of sacrifice and life long labor.  
 The land doesn't surrender a living any other way.  
 But look again. They tell another story.  
 They speak of the rewards that only farmers know.  
 Of open skies - of working in morning air so charged with life,  
 it's like a silent hymn;  
 And of watching a child grow up under those skies and in that air  
 a farmers hands -- We know the story they tell very well.

*The Lord delights in using ordinary people like us to do extra-ordinary things.*

*- The IRS can't tax the riches you store in your soul.*

*- We may face situations beyond our reserves, but never beyond God's resources.*

*- Be a lighthouse in a dark world!*

*“You've given me one of life's most precious gifts --- your loving example to follow.”*

*-- by Tina Hacher*

**Parents** -- *“Your home is the single most powerful arena on earth to change a life for God.”*

*A hospital bed is a classroom in the school of faith. There you are to learn to trust in Him alone. It becomes a prayer chamber where I learn how to pray, and it becomes a “haven of rest” where I learn to relax in God. God is always by the sickbed.*

*There you are never alone!*

- *All that I have seen teaches me to trust the Creator for what I have not seen.*

- *Good things become bad when they keep you from God's best.*

- *Sometimes a smile happens in a flash but the memory of it lasts a lifetime.*

- *A candle loses nothing of its light by lighting another candle.*

- *Yesterday, He helped me - Today, He did the same. How long will this continue?  
Forever! Praise His Name!*

- *Facing an impossibility gives us the opportunity to trust God.*

### *Morning Prayer*

---

For this new morning light  
For rest and shelter of the night  
For health and friends  
For everything Thy goodness sends  
We thank Thee, Heavenly Father. Amen.

Lord, saturate my thoughts with truth and let Thy Word in me abide--  
While thinking on the pure and good --  
May my whole life be edified. *Amen.*

*Hardships and trial are pressing you this very hour of your life. The hardest things are not those that the world knows of. Down in your secret soul - unseen and unknown by anyone -- but Jesus. There is a trial that you would not dare to mention, that is harder for you to bear than martyrdom.*

*The very hardships in your life today are given by the Master for the explicit purpose of enabling you to win your crown. "...I do not ask my cross to understand; my way to see ... better in darkness just to feel Thy hand and follow Thee."*

### *Anniversary Blessing*

---

*"Anniversary Blessings -- it's a gift of God to walk side-by-side, and hand-in-hand sharing love and life, shadows and sunshine, together forever..."*

- *May the thoughts that I think and express be room deodorizers to freshen up the atmosphere and give others healthy, positive air to breathe.*

When a child is born, all rejoice;  
when someone dies, all weep.

But it makes just as much sense, if not more,  
to rejoice at the end of a life as at the beginning.

For no one can tell  
what events await a newborn child,  
but when a mortal dies  
he has successfully completed a journey.

*-Talmud*

The center of power is not to be  
found in summit meetings or in peace  
conferences. It is not in Peking or  
Washington or the United Nations,  
but rather where a child of God  
prays in the power of the Spirit for  
God's will to be done in her life,  
in her home, and in the  
world about her.

*Ruth Bell Graham*

Prosperity is living easily and  
happily in the real world,  
whether you have money or not.

*Jerry Giles*

We may run, walk, stumble, drive, or  
fly, but let us never lose sight of the  
reason for the journey, or miss a  
chance to see a rainbow on the way.

*Gloria Gaither*

Only when the heart loves can the  
intellect do great work.

*N. D. Hillis*

A joyful heart is like a sunshine of  
God's love, the hope of eternal  
happiness, a burning flame of  
God.... And if we pray, we will  
become that sunshine of God's love--  
in our own home, the place where  
we live, and in the world at large.

*Mother Teresa*

God created the world out  
of nothing, and so long as  
we are nothing, He can  
make something out of us.

*Martin Luther*

Make the least of all that goes and  
the most of all that comes. Don't  
regret what is past. Cherish what you  
have. Look forward to all that is to  
come. And most important of all, rely  
moment by moment on Jesus Christ.

*Gigi Graham Tchividjian*

Not everyone possesses boundless energy or a conspicuous talent. We are not equally blessed with great intellect or physical beauty or emotional strength. But we have all been given the same ability to be faithful.

*Gigi Graham Tchividjian*

At the end of your life you will never regret not having passed one more test, not winning one more verdict, or not closing one more deal. You will regret time not spent with a husband, a friend, a child, or a parent.

*Barbara Bush*

The only ones among you who will be really happy are those who have sought and found how to serve.

*Albert Schweitzer*

If you can't be a pine  
on the top of the hill,  
Be a shrub in the valley but be  
The best little shrub  
by the side of the hill;  
Be a bush if you can't be a tree.

*Douglas Malloch*

How do I love God?... By doing beautifully the work I have been given to do, by doing simply that which God has entrusted to me, in whatever form it may take.

*Mother Teresa*

Happiness is found in relationships. And life's greatest happiness is found in life's greatest relationship: a personal relationship with God through Jesus Christ.

A life spent in brushing clothes, and washing crockery, and sweeping floors - a life which the proud of the earth would have treated as the dust under their feet; a life spent at the clerk's desk; a life spent in the narrow shop; a life spent in the laborer's hut, may yet be a life so ennobled by God's loving mercy that for the sake of it a king might gladly yield his crown.

*Frederic William Farrar*

Why should we live halfway up the hill and swathed in the mists, when we might have an unclouded sky and a radiant sun over our heads if we would climb higher and walk in the light of His facet

*Alexander MacLaren*

The wise woman in the storm prays to God, not for safety from danger, but for deliverance from fear. It is the storm within which endangers her, not the storm without.

*Ralph Waldo Emerson*

Have your heart right with Christ, and He will visit you often, and so turn weekdays into Sundays, meals into sacraments, homes into temples, and earth into heaven.

*Charles H Spurgeon*

The true calling of a Christian is not to do extraordinary things, but to do ordinary things in an extraordinary way.

*Dean Stanley*

With God, life is eternal-both in quality and length. There is no joy comparable to the joy of discovering something new from God, about God. If the continuums of life is a life of joy, we will go on discovering, learning.

*Eugenia Price*

Something deep in all of us yearns for God's beauty, and we can find it no matter where we are.

*Sue Monk Kid*

Our Lord does not care so much for the importance of our works as for the love with which they are done.

*Teresa of Avila*

Yesterday is already a dream and tomorrow is only a vision. But today well lived makes ever yesterday a dream of happiness and tomorrow a vision of hope

*Kalidasa*

Thou hast made us for thyself O Lord; and our heart is restless until it rests in thee.

*Augustine*

Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens.

It is the direct route to serenity and contentment.

*Grenville Kleiser*

If you have never heard the mountains singing, or seen the trees of the field clapping their hands, do not think because of that they don't. Ask God to open your ears so you may hear it, and your eyes so you may see it, because, though few people ever know it, they do, my friend, they do.

*McCandlish Phillips*

*All that you do, do with all your might,*

*Things done by halves are never done right.*

I meant to do my work today but a brown bird sang in the apple tree, and a butterfly flitted across the field, and all the leaves were calling me. And the wind went sighing over the land, tossing the grasses to and fro, and a rainbow held out his shining hand-so what could

I do but laugh and go?

*Richard LeGallienne*

The real joy of life is in its play. Play is anything we do for the joy and love of doing it, apart from any profit, compulsion, or sense of duty. It is the real living of life with the feeling of freedom and self-expression. Play is the business of childhood, and its continuation in later years is the prolongation of youth.

*Walter Rauschenbusch*

*The opportunity that God sends does  
not wake up one who is asleep.*

Things turn out best for the  
people who make the best or  
the way things turn out.

*Art Linkletter*

*It's the little things that make  
up the richest part of the  
best and rest of our lives.*

Is life not full of opportunities for  
learning love? Every man and  
woman every day has a thousand  
of them. The world is not a  
playground, it is a schoolroom. Life  
is not a holiday, but an education.  
And the one eternal lesson for us  
all is how better we can love.

*Henry Drummond*

There is a loftier ambition than  
merely to stand high in the world  
It is to stoop down and lift  
mankind a little higher.

*Henry van Dyke*

And when we obey him, every path  
he guides us on is fragrant with his  
loving kindness and his truth.

*Psalms 25:10 TLB*

*The best kind of pride is that which  
compels a person to do their best  
work even when no one is looking.*

Joy comes from knowing God  
loves me and knows who I am and  
where I'm going, ..that my future  
is secure as I rest in Him.

*Dr. James Dobson*

Somebody said that it couldn't be  
done-but she with a chuckle replied  
that maybe it couldn't but she would  
be one who wouldn't say so till she'd  
tried. So she buckled right in with a  
bit of a grin on her face-if she  
worried she hid it; she started to sing  
as she tackled the thing that couldn't  
be done - and she did it!

*Edgar Guest*

*Notes :*



# Household Hints

And now our book comes to an end,  
We've been glad to share it with you, our friends.  
Some hints for you these last pages hold,  
Some will be new and others old.  
Remember the love within this book.  
It says we are a family ... with lots of great cooks!





## I. The Kitchen

### GENERAL

#### Salt

1. If stew is too salty, add raw cut potatoes and discard once they have cooked and absorbed the salt. Another remedy is to add a teaspoon each of cider vinegar and sugar. Or, simply add sugar.
2. If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.

#### Gravy

3. For pale gravy, color with a few drops, of Kitchen Bouquet. Or to avoid the problem in the first place, brown the flour well before adding the liquid. This also helps, to prevent lumpy gravy.
4. To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water, shake, and in a few minutes you will have a smooth paste for gravy.
5. To remedy greasy gravy, add a small amount of baking soda.
6. For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.

#### Vegetables

7. If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour or so.
8. Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.
9. Lettuce and celery will crisp up fast if

you place it in a pan of cold water and add a few sliced potatoes.

10. If vegetables are overdone, put the pot in a pan of cold water. Let it stand from 15 minutes to 1/2 hour without scraping pan.

11. By lining the crisper section of your refrigerator with newspaper and wrapping vegetables with it, moisture will be absorbed and your vegetables will stay fresher longer.

12. Store leftover corn, peas, green beans, carrots, celery, potatoes and onions in a container in the freezer. Add to other ingredients when making stew.

13. To keep the flavor in the vegetables, add a small amount of sugar to the water after cooking carrots, peas, beets, and corn.

14. Onions, broccoli and Brussels sprouts will cook faster if you make an X-shaped cut at the base of the vegetable,

#### Eggs

15. If you shake the egg and you hear a rattle, you can be sure it's stale. A really fresh egg will float and a stale one will sink.

16. If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.

17. The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.

18. To make light and fluffy scrambled eggs, add a little water while beating the

eggs.

**19.** Add vinegar to the water while boiling eggs. Vinegar helps to seal the egg, since it acts on the calcium in the shell.

**20. STORING EGGS:** 1. Place your eggs in those tight sealing egg container and they will last longer in the refrigerator. You really shouldn't keep eggs longer than 11 days. 2. Cover them with oil on the top in a sealed container in the refrigerator. 3. For long term storage: If there's a special on eggs at your local supermarket, you can take advantage of it. Just crack all the eggs open and put them in the freezer unit. To use one egg at a time, put single eggs in the ice tray. When frozen, put the egg cubes in a sealed plastic bag. You can take out the cubes one at a time for daily use. If you use eggs in twos or threes, freeze them that way in a plastic sack.

**21.** To make quick-diced eggs, take your potato masher and go to work on a boiled egg.

**22.** If you wrap each egg in aluminum foil before boiling it, the shell won't crack when it's boiling.

**23.** To make those eggs go further when making scrambled eggs for a crowd, add a pinch of baking powder and 2 teaspoons of water per egg.

**24.** A great trick for peeling eggs the easy way. When they are finished boiling, turn off the heat and just let them sit in the pan with the lid on for about five minutes. Steam will build up under the shell and they will just fall away.

**25.** Or, quickly rinse hot hard-boiled

eggs in cold water, and the shells will be easier to remove.

**26.** When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.

**27.** Fresh or hard-boiled? Spin the egg. If it wobbles, it is raw - if it spins easily, it's hard boiled.

**28.** Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.

**29.** Add one tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.

**30.** Try adding eggshells to coffee after it has perked, for a better flavor.

**31.** Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.

**32.** Pierce the end of an egg with a pin, and it will not break when placed in hot water.

**33.** Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).

**34.** A small funnel is handy for separating egg whites from yolks. Open the egg over the funnel and the white will run through and the yolk will remain.

**35.** For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.

**36.** Brown and white shells are the same quality.

**37.** Egg whites can be kept up to 1 year. Add them to a plastic container as you

"collect them" for use in meringues, angel food cake ... 1 cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.

**38.** For fluffier omelets, add a pinch of cornstarch before beating.

### Potatoes

**39.** Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

**40.** To hurry up baked potatoes, boil in salted water for 10 minutes, then place in a very hot oven. Or, cut potatoes in half and place them face down on a baking sheet in the oven to make the baking time shorter.

**41.** When making potato pancakes, add a little sour cream to keep potatoes from discoloring.

**42.** Save some of the water in which the potatoes were boiled - add to some powdered milk and use when mashing. This restores some of the nutrients that were lost in the cooking process.

**43.** Use a couple of tablespoons of cream cheese in place of butter for your potatoes; try using sour cream instead of milk when mashing.

### Onions

**44.** To avoid tears when peeling onions, peel them under cold water or refrigerate before chopping.

**45.** For sandwiches to go in lunchboxes, sprinkle with dried onion. They will have turned into crisp pieces by lunchtime.

**46.** Peel and quarter onions. Place one layer deep in a pan and freeze. Quickly

pack in bags or containers while frozen. Use as needed, chopping onions while frozen, with a sharp knife.

### Tomatoes

**47.** Keep tomatoes in storage with stems pointed downward and they will retain their freshness longer.

**48.** Sunlight doesn't ripen tomatoes. It's the warmth that makes them ripen. So find a warm spot near the stove or dishwasher where they can get a little heat.

**49.** Save the juice from canned tomatoes in ice cube tray. When frozen, store in plastic bags in freezer for cooking use or for tomato drinks.

**50.** To improve the flavor of inexpensive tomato juice, pour a 46-ounce can of it into a refrigerator jar and add one chopped green onion and a cut-up stalk of celery.

### A quick way to whip cream

**51.** A pinch of salt added to the cream before whipping strengthens the fat cells and makes them more elastic. This helps cream stiffen much more quickly

### Cream that will not whip

**52.** Chill cream, bowl and beater well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not separate if you add a touch of unflavored gelatin (1/4 teaspoon per cup of cream). To eliminate a lot of mess when whipping cream with an electric beater, try

this: Cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the marline. Simply place paper and beaters over the bowl and whip away.

### **Rock-hard brown sugar**

**53.** Add a slice of soft bread to the package of brown sugar, close the bag tightly, and in a few hours the sugar will be soft again. If you need it in a hurry, simply grate the amount called for with a hand grater. Or, put brown sugar and a cup of water (do not add to the sugar, set it alongside of it) in a covered pan. Place in the oven (low heat) for a while. Or, buy liquid brown sugar.

### **Thawing frozen meat**

**54.** Seal the meat in a plastic bag and place in a bowl of very warm water. Or, put in a bag and let cold water run over it for an hour or so.

### **Caked or clogged salt**

**55.** Tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.

### **Soggy potato chips, cereal and crackers**

**56.** If potato chips lose their freshness, place under the broiler for a few moments. Care must be taken not to brown them. You can crisp soggy cereal and crackers by putting them on a cookie sheet and heating for a few minutes in the oven.

### **Pancake syrup**

**57.** To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.

### **Easy topping**

**58.** A good topping for gingerbread, coffee cake, etc., can easily be made by freezing the syrup from canned fruit and adding 1 tablespoon of butter and 1 tablespoon of lemon juice to 2 cups of syrup. Heat until bubbly, and thicken with 2 tablespoons of flour.

### **Tasty cheese sandwiches**

**59.** Toast cheese sandwiches in a frying pan lightly greased with bacon fat for a delightful new flavor.

### **No spattering or sticking**

**60.** To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape.

**61.** Always heat the frying pan before adding oil or butter. This will keep things from sticking to the pan,

**62.** Boil vinegar in a brand new frying pan to keep things from sticking to it.

### **Hurry-up hamburgers**

**63.** Poke a hole in the middle of the patties while shaping them. The burgers will cook faster and the holes will disappear when done.

### **Shrinkless links**

**64.** Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll

them lightly in flour before frying,

### **Frozen bread**

**65.** Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325°F oven to thaw completely.

### **Removing the corn silk**

**66.** Dampen a paper towel or terry cloth towel and brush downward on the cob of corn. Every strand should come off.

### **Nuts**

**67.** To quickly crack open a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.

**66.** If nuts are stale, place them in the oven at 250°F, and leave them there for 5 or 10 minutes. The heat will revive them.

### **Preventing boil over**

**69.** Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

### **Softening batter**

**70.** Soften butter quickly by grating it Or heat a small pan and place it upside-down over the butter dish for several minutes. Or place in the microwave for a few seconds.

### **Measuring sticky liquids**

**71.** Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.

### **Scalded milk**

**72.** Add a bit of sugar (without stirring) to milk to prevent it from scorching.

**73.** Rinse the pan in cold water before scalding milk, and it will be much easier to clean.

### **Tenderizing meat**

**74. Boiled meat:** Add a tablespoon of vinegar to the cooking water.

**75. Tough meat or game:** Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.

**76. Steak:** Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.

**77. Chicken:** To stew an old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.

### **Instant white sauce**

**78.** Blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

### **Unpleasant cooking odors**

**79.** While cooking vegetables that give off unpleasant odors, simmer a small pan of vinegar on top of the stove. Or, add vinegar to the cooking water. To remove the odor of fish from cooking and serving implements, rinse in vinegar water.

### **Don't miss those vitamins**

**80.** Put vegetables in water after the water boils, not before, to be sure to preserve all the vegetables' vitamins.

### **Clean and deodorize your cutting board**

**81.** Bleach it clean with lemon juice.

Take away strong odors like onion with baking soda. Just rub it in.

### **Keep the color in beets**

**82.** If you find that your beets tend to lose color when you boil them, add a little lemon juice.

### **No-smell cabbage**

**83.** Two things to do to keep cabbage smell from filling the kitchen: don't overcook it (keep it crisp) and put half a lemon in the water when you boil it.

### **A great energy saver**

**84.** When you're near the end of the baking time, turn the oven off and keep the door closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.

### **Grating cheese**

**85.** Chill the cheese before grating and it will take much less time.

### **Special looking pies**

**86.** Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!

### **Removing ham rind**

**87.** Before placing ham in the roasting pan, slit rind lengthwise on the underside. The rind will peel away as the ham cooks, and can be easily removed.

### **Sluggish catsup**

**88.** Push a drinking straw to the bottom of the bottle and remove. This admits enough air to start the catsup flowing.

### **Unmolding gelatin**

**89.** Rinse the mold pan in cold water and coat with salad oil. The oil will give the

gelatin a nice luster and it will easily fall out of the mold.

### **Leftover squash**

**90.** Squash that is left over can be improved by adding some maple syrup before reheated.

### **No-spill cupcakes**

**91.** An ice cream scoop can be used to fill cupcake papers without spilling.

### **Slicing cake or forte**

**92.** Use dental floss to slice evenly and cleanly through a cake or forte - simply stretch a length of the floss taut and press down through the cake.

### **Ice cream**

**93.** Buy bulk quantities of ice cream and pack into small margarine containers. These provide individual servings.

### **Canning peaches**

**94.** Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.

### **Angel food cookies**

**95.** Stale angel food cake can be cut into 1/2" slices and shaped with cookie cutters to make delicious "cookies". Just toast in the oven for a few minutes.

### **How to chop garlic**

**96.** Chop in a small amount of salt to prevent pieces from sticking to the knife or to the chopping board. Then pulverize garlic with the tip of the knife.

### **Excess fat on soaps or stews**

**97.** Remove fat from stews or soups by refrigerating and eliminating fat as it

rises and hardens on the surface. Or add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.

### **Broiled meat drippings**

**98.** Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.

### **Fake sour cream**

**99.** To cut down on calories, run cottage cheese through the blender. It can be flavored with chives, extracts, etc., and used in place of mayonnaise.

### **Browned butter**

**100.** Browning brings out the flavor of the butter, so only half as much is needed for seasoning vegetables if it is browned before it is added.

### **Cooking dried beans**

**101.** When cooking dried beans, add salt after cooking; if salt is added at the start, it will slow the cooking process.

### **Tasty carrots**

**102.** Adding sugar and horseradish to cooked carrots improves their flavor.

### **Carrot marinade**

**103.** Marinate carrot sticks in dill pickle juice.

### **Clean cukes**

**104.** A ball of nylon net cleans and smoothes cucumbers when making pickles.

### **Fresh garlic**

**105.** Peel garlic and store in a covered jar

of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.

### **Leftover waffles**

**106.** Freeze waffles that are left; they can be reheated in the toaster.

### **Fluffy rice**

**107.** Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.

### **Nutritional rice**

**108.** Cook rice in liquid saved from vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.

### **Perfect noodles**

**109.** When cooking noodles, bring required amount of water to a boil, add noodles, turn the heat off and allow to stand for 20 minutes. This prevents over boiling and the chore of stirring. Noodles won't stick to the pan with this method.

### **Easy croutons**

**110.** Make delicious croutons for soup or salad by saving toast, cutting into cubes, and sauteeing in garlic butter.

### **Baked fish**

**111.** To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.

### **Non-sticking bacon**

**112.** Roll a package of bacon into a tube before evening. This will loosen the slices and keep them from sticking together.

**Tasty hot dogs**

**113.** Boil hot dogs in sweet pickle juice and a little water for a different taste.

**Golden-brown chicken**

**114.** For golden-brown fried chicken, roll it in powdered milk instead of flour.

**Double boiler hint**

**115.** Toss a few marbles in the bottom of a double boiler. When the water boils down, the noise will let you know!

**Flour Puff**

**116.** Keep a powder puff in your flour containers to easily dust your rolling pin or pastry board.

**Jar labels**

**117.** Attach canning labels to the lids instead of the sides of jelly jars, to prevent the chore of removing the labels when the contents are gone.

**Different meatballs**

**118.** Try using crushed cornflakes or corn bread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips

**CLEAN-UP TIPS****Appliances**

**119.** To rid yellowing from white appliances try this: Mix together: 1/2 cup bleach, 1/4 cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

**120.** Instead of using commercial waxes, shine with rubbing alcohol

**121.** For quick clean-ups, rub with equal parts water and household ammonia.

**122.** Try club soda. It cleans and polishes at the same time.

**Blender**

**123.** Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

**Breadboards**

**124.** To rid cutting board of onion, garlic or fish smell, cut a lime or lemon in two and rub the surface with the cut side of the fruit.

**125.** Or, make a paste of baking soda and water. Apply generously. Rinse.

**Copper pots**

**126.** Fill a spray bottle with vinegar and add 3 tablespoons of salt. Spray solution liberally on copper pot. Let set for a while, then simply rub clean.

**127.** Dip lemon halves in salt and rub.

**128.** Rub with Worcestershire sauce or catsup. The tarnish will disappear.

**129.** Clean with toothpaste and rinse.

**Burnt and scorched pans**

**130.** Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

**131.** Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, 1/2 cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

**Cast-iron skillets**

**132.** Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains

can be removed with vinegar and water.

### **Can opener**

**133.** Loosen grime by brushing with an old toothbrush. To thoroughly clean blades, run a paper towel through the cutting process.

### **Enamelware or casserole dishes**

**134.** Fill a dish that contains stuck food bits with boiling water and 2 tablespoons of baking soda. Let it stand and wash out.

### **Dishes**

**135.** Save time and money by using the cheapest brand of dishwashing detergent available, but add a few tablespoons of vinegar to the dishwasher. The vinegar will cut the grease and leave your dishes sparkling clean.

**136.** Before washing fine china and crystal, place a towel on the bottom of the sink to act as a cushion.

**137.** To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

### **Dishwasher**

**138.** Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

### **Clogged drains**

**139.** When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

**140.** Coffee grounds are a no-no. They do a nice job of clogging, especially if

they get mixed with grease.

### **Garbage disposal**

**141.** Grind a half lemon or orange rinds in the disposal to remove any unpleasant odor.

### **Glassware**

**142.** Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

**143.** Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

**144.** When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

### **Grater**

**145.** For a fast and simple clean-up, rub salad oil on the grater before using.

**146.** Use a tooth brush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.

### **Meat grinder**

**147.** Before washing, run a piece of bread through it.

### **Oven**

**148.** Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge,

**149.** Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

**150.** A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself

**151.** An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

#### **Plastic cups, dishes and containers**

**152.** Coffee or tea stains can be scoured with baking soda.

**153.** Fill the stained cup with hot water and drop in a few denture cleanse tablets. Let soak for 1 hour.

**154.** To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

#### **Refrigerator**

**155.** To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

**156.** An open box of baking soda will absorb food odors for at least an hour or two.

**157.** A little vanilla poured on a piece of cotton and placed in the refrigerator will

eliminate odors.

**158.** To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus.

**159.** Use a glycerin-soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

**160.** Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

#### **Sinks**

**161.** For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for 1/2 hour or so.

**162.** Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleaners.

**163.** Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

**164.** Spots on stainless steel can also be removed with white vinegar.

**165.** Club soda will shine up stainless steel sinks in a jiffy.

#### **Sponges**

**166.** Wash in your dishwasher or soak overnight in salt water or baking soda added to water.

#### **Teakettle**

**167.** To remove lime deposits, fill with equal parts of vinegar and water. Bring

to a boil and allow to stand overnight.

### **Thermos bottle**

**166.** Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

### **Tin pie pans**

**169.** Remove rust by dipping a raw potato in cleaning powder mid scouring.

### **Fingerprints off the kitchen door and wall**

**170.** Take away fingerprints and grime with a solution of Vi water and ammonia. Put it in a spray bottle from (me of the expensive cleaning products, you'll never have to buy them again.

### **Formica tops**

**171.** Polish then to a sparkle with club soda.

cold milk, so don't pour milk back into the carton.

### **Brown sugar**

**177.** Wrap in a plastic bag and store in refrigerator in a coffee can with a snap-on lid.

### **Cocoa**

**178.** Store cocoa in a glass jar in a dry and cool place.

### **Cakes**

**179.** Putting half an apple in the cake box will keep cake moist.

### **Ice cream**

**180.** Ice cream that has been opened and returned to the freezer sometimes forms a Wax-like film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

### **Lemons**

**181.** Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

### **Limes**

**182.** Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

### **Smoked meats**

**183.** Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

### **Strawberries**

**184.** Keep in a colander in the refrigerator. Wash just before serving.

## **KEEPING FOODS FRESH AND FOOD STORAGE**

### **Celery and lettuce**

**172.** Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

### **Onions**

**173.** Wrap individually in foil to keep them from becoming soft or sprouting.

**174.** Once an onion has been cut in half rub the leftover side with butter and it will keep fresh longer.

### **Cheese**

**175.** Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

### **Milk**

**176.** Milk at room temperature may spoil

**Soda crackers**

**185.** Wrap tightly and store in the refrigerator.

**Vegetables with tops**

**186.** Remove the tops on carrots, beets, etc. before storing.

**Bread**

**187.** A rib of celery in your bread bag will keep the bread fresh for a longer time.

**Cookies**

**188.** Place crushed tissue paper on the bottom of your cookie jar.

**Cottage cheese**

**189.** Store carton upside-down. It will keep twice as long.

**Garlic**

**190.** Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.

**191.** Garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic-flavored oil for salad dressing.

**Honey**

**192.** Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

**Marshmallows**

**193.** They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

**Olive oil**

**194.** You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

**Parsley**

**195.** Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

**Popcorn**

**196.** It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate the "old-maids".

**SUBSTITUTES****For bread crumbs**

**197.** Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.

**For butter**

**198.** Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt

**For fresh milk**

**199.** To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water.

**200.** For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2 1/2 teaspoons butter or margarine.

**For sugar**

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

**For superfine sugar**

**202.** Process regular granulated sugar in your blender.

**For red and green sweet pepper**

**203.** Use canned pimientos.

**For vanilla extract**

**204.** Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.

**For flour**

**205.** Use 1 tablespoon cornstarch instead of 2 tablespoons of flour. Or try using, instant potatoes or cornmeal.

**For buttermilk**

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

**For catsup**

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

**For unsweetened chocolate**

**208.** Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened cocoa to equal 1 square of unsweetened chocolate.

**For corn syrup**

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

**For eggs**

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

**For cake flour**

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

**For fresh herbs and spices**

**212.** Use 1/3 the amount of dried herbs or spices. Dried herbs are more concentrated.

**For honey**

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

**II. TO REMOVE STAINS FROM WASHABLES****Alcoholic beverages**

**214.** Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent wait 15 minutes; rinse. Repeat if necessary Wash with detergent in hottest water safe for fabric.

**Blood**

**215.** Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons-per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

**Candle wax**

**216.** Use a dull knife to scrape off as much as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

**Chewing Gum**

**217.** Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric. Or, rub in peanut butter very well.

Scrape off with a dull kitchen knife. Wash in the hottest water possible for the fabric when you have gotten all the gum removed.

### **Chocolate and cocoa**

**218.** Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

### **Coffee**

**219.** Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with nonflammable dry cleaning solvent. Wash again.

### **Crayon**

**220.** Scrape with dull blade. Wash in hottest water safe for fabric, With detergent and 1-2 cups of baking soda. NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

### **Deodorants**

**221.** Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

### **Dye**

**222.** If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. **CAUTION:** Do not use color remover in washer, or around washer and dryer as it may damage the finish.

### **Egg**

**223.** Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

### **Fruit and fruit juices**

**224.** Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

### **Grass**

**225.** Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, add bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

### **Greasy oil, tar**

**226. Method 1:** Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

**227. Method 2:** Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

### **Ink or ball-point pen**

**228.** Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

## Lipstick

**229.** Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

## Meat juices

**230.** Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

## Mildew

**231.** Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric. **NOTE:** Mildew is very hard to remove; treat promptly.

## Milk, cream, ice cream

**232.** Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

## Nail polish

**233.** Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

## Paint

**234.** Oil base: Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

**235.** Water base: Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

## Perspiration

**236.** Sponge fresh stain with ammonia; old stain with vinegar. Presoak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with color less mouthwash.

## Rust

**237.** Soak in lemon juice and salt or axolic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover maybe used. **CAUTION: Handle poisonous rust removers carefully. Keep out of reach of children. Never use oxalic acid or any rust remover around washer or dryer, as it can damage the finish. Such Chemicals may also remove permanent press finishes.**

## Scorch

**238.** Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well. **CAUTION: Severe scorching cannot be removed because of fabric damage.**

## Soft drinks

**239.** Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

**Tea**

**240.** Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

**III CARPETS AND FLOORS****Flattened shag carpets**

**241.** Raise flattened spots in your carpeting where heavy furniture has stood by using a steam iron. Hold the iron over the spot and build up a good steam. Then brush up the carpet

**Candle drippings**

**242.** For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

**Dog stains**

**243.** Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

**Rug care**

**244.** When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

**Cleaning rugs**

**245.** If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

**What to do with new carpet**

**246.** Wait about three months before attempting to clean your new carpet. It

needs that amount of time to spring up and keep its normal nap.

**Spills on the rug**

**247.** When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

**Liven up your carpet**

**248.** Give your carpet a new lease on life. Sprinkle some salt on it right before you vacuum. The rug will be much brighter when you have finished vacuuming.

**Ballpoint ink marks**

**249.** Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

**Glue**

**250.** Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

**Repairing braided rugs**

**251.** Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

**Repairing a burn**

**252.** Remove some fuzz from the carpet, either by shaving or pulling out with a tweezers. Roll into the shape of the burn. Apply a good cement glue to the bating of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and you will get the best results.

**Spot remover for outdoor carpeting**

**253.** Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

**Blood on the rug**

**254.** When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with coldwater.

**255.** Use silver polish to remove from vinyl tile or linoleum.

**Spilled nail polish**

**256.** Allow to almost dry, then peel off of waxed floors or tile.

**Tar spots**

**257.** Use paste wax to remove tar from floors. Works on shoes, too.

**Dusting floors**

**258.** Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

**Varnished floors**

**259.** Use cold tea to clean woodwork and varnished floors.

**Spilled grease**

**260.** Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

**Quick shine**

**261.** Put a piece of waxed paper under your dust mop. Dirt will stick to the mop

and the wax will shine your floors.

**Unmarred floors**

**262.** Put thick old socks over the legs of heavy furniture when moving across floors.

**Wood floor care**

**263.** Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

**Floor polisher**

**264.** When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

**Garage floors**

**265.** In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

**Basement floors**

**266.** Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

**Fix those loose linoleum edges**

**267.** Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books, over the whole area and keep it weighed down for the amount of time it says on the can of adhesive.

**Stop squeaking floors**

**268.** Just dust some talcum powder between the cracks and it should do the job. If you have really serious squeaking, it

could be that you need to wedge in some slivers of wood to the underneath side.

### **Heel marks**

**269.** Just take a pencil eraser and wipe (erase) them off.

## **IV. WINDOWS**

### **Window cleaning**

**270.** Newspaper is much cheaper to use for drying freshly-washed windows than paper toweling.

### **Drying windows**

**271.** Dry the inside panes with up-and-down strokes, and the outside with back-and-forth motions to see which side has smudges.

### **Window cleaning solution**

**272.** The best mixture for cleaning windows is 1/2 cup of ammonia, 1 cup of white vinegar, and 2 tablespoons of cornstarch in a bucket of warm water.

### **Cold weather window cleaning**

**273.** Add 1/2 cup of rubbing alcohol to the mixture in #272 on cold days to prevent ice from forming on your windows.

### **Clean window sills**

**274.** To remove spots on window sills, rub the surface with rubbing alcohol.

### **Puttying windows**

**275.** Mix some putty to match the woodwork before puttying windows.

### **Loosening window panes**

**276.** Dig through old putty with a very hot instrument to loosen a window pane.

### **Aluminum window frames**

**277.** Use cream silver polish to clean

aluminum window frames.

### **Grease spots**

**278.** Any cola drink will remove grease spots from windows.

### **Numbered windows**

**279.** When cleaning, painting or changing windows, number each with a ball-point pen and put the corresponding number inside the proper window frame.

### **Window shade tears**

**280.** Repair with colorless nail polish. This works wonders on small tears in shades.

### **Cleaning screens**

**281.** For a thorough job, brush on both sides with kerosene. Wipe with a clean cloth. This method will also prevent rust from forming. Be sure to dust the screens with a small paintbrush before you begin.

**282.** For small jobs, rub a brush-type hair roller lightly over the screen and see how easily it picks up all the lint and dust.

## **V. FURNITURE**

### **Fantastic polish**

**283.** Use 1/3 cup each boiled linseed oil, turpentine and vinegar. Mix together and shake well. Apply with a soft cloth and wipe completely dry. Wipe again with another soft cloth. Do not try to boil your own linseed oil it is not the same. Buy it at a hardware or paint store.

### **To remove polish build-up**

**284.** Mix 1/2 cup vinegar and 1/2 cup water. Rub with a soft cloth that has been moistened with solution, but wrung out.

Dry immediately with another soft cloth.

### Polishing carved furniture

**285.** Dip an old soft toothbrush into furniture polish and brush lightly.

### Cigarette burns

**286.** For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

**287.** Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

**288.** Make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of the wood. Wipe clean with a cloth that has been dampened with oil. Wipe dry and apply your favorite furniture polish.

### Scratches

**289.** Make sure you always rub with the grain of the wood when repairing a scratch. Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

**290.** Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

**291.** Red Mahogany: Apply ordinary iodine with a number 0 artistes brush.

**292.** Maple: Combine equal amounts of

iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

**293.** Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

**294.** Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

**295.** Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

**296.** For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

**297.** For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint stores) or a crayon that matches tile finish of the wood.

### Removing paper that is stuck to a wood surface

**298.** Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

**299.** Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

### Three solutions to remove hard water rings and spots

**300.** Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

**301.** Make a paste of butter or mayon-

naise and cigarette ashes. Apply to spot and buff away.

**302.** Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

### **Marble table-top stains**

**303.** Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub harder you will ruin the polished surface. Wash off with soap and water.

**304.** Scour with a water, and baking soda paste. Let stand for a few minutes before rinsing with warm water.

### **Removing candle wax from wooden finishes**

**305.** Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

### **Plastic table tops**

**306.** You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

**307.** Rub in toothpaste and buff.

### **Glass table tops**

**308.** Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

**309.** Toothpaste will remove small scratches from glass.

### **Chrome cleaning**

**310.** For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

### **Removing glue**

**311.** Cement glue can be removed by rubbing with cold cream, peanut butter

or salad oil

### **Wicker**

**312.** Wicker needs moisture, so use a humidifier in the winter.

**313.** To prevent drying out, apply lemon oil occasionally.

**314.** Never let wicker freeze. This will cause cracking and splitting.

**315.** Wash with a solution of warm salt water to keep from turning yellow.

### **Metal furniture**

**316.** To remove rust, a good scrubbing with turpentine should accomplish this job.

### **Vinyl upholstery**

**317.** Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dish-washing soap.

### **Leather upholstery**

**318.** Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

### **Grease stains**

**319.** Absorb grease on furniture by pouring salt on the spill immediately.

### **Soiled upholstery**

**320.** Rub soiled cotton upholstery fabric with an art gum eraser or squares purchased at stationary stores.

## VI LAUNDRY

### Spot removal

**321.** Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

### Clean machine

**322.** Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

### Too sudsy

**323.** When your washer overflows with too many suds, sprinkle salt in the water; the suds will disappear.

### Final rinse

**324.** Add 1 cup of white vinegar to the final rinse when waving clothes to make sure the alkalizes in the soap are dissolved.

### Hand-washed sweaters

**325.** Add a capful of hair cream rinse to the final rinse water when washing sweaters.

### Whiter fabric

**326.** Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

### Whitest socks

**327.** Boil socks in water to which a lemon slice has been added.

### Clean work clothes

**328.** To your wash water, add 1/2 cup of household ammonia,

### Freshen feather pillows

**329.** Put feather pillows in the dryer and tumble, then air outside.

### Lintless corduroy

**330.** While corduroy is still damp, brush with clothes brush to remove all lint.

### Ironing tip

**331.** When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

### Creaseless garments

**332.** Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

### Remove creases from hems

**333.** Sponge material with a white vinegar solution and press flat to remove creases in hems.

### Bedroom ironing

**334.** A good place to iron is in the bedroom. Closets a nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

### Ironing board cover

**335.** When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.

**336.** Starch your ironing board cover. This helps the cover stay clean longer.

### Lint remover

**337.** Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.

**Washer advice**

**338.** Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

**Soiled collars**

**339.** Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

**Faster ironing**

**340.** Place a trip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through to the underside of the garment.

**Ironing embroidery**

**341.** Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

**VII. BATHROOM****Bathroom tile**

**342.** Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand 10 minutes and buff or polish.

**343.** Use a typewriter eraser to clean space between bathroom tiles.

**Metal shower head**

**344.** To clean mineral deposits from clogged shower head, boil it with 1/2 cup of white vinegar and one quart of vinegar for awhile.

**Plastic shower head**

**345.** Soak a plastic shower head in a hot vinegar and water mixture to unclog it.

**Shower curtains**

**346.** Before hanging shower curtains, soak them in a salt water solution to prevent mildew.

**347.** To remove mildew on shower curtains, wash them in hot soapy water, rub with lemon juice, and let them dry in the sun.

**Bathroom fixtures**

**348.** Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.

**Removing film and scum**

**349.** Use a piece of very fine steel wool to remove film from the shower stall.

**Porcelain cleaners.**

**350.** Lighter fluid will remove most dark, stubborn stains from sink and bathtub.

**Yellowed bathtub**

**351.** Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.

**Shower mat tip**

**352.** Dip a stiff brush in a kerosene and warm water solution to clean the bath mat.

**Rust stains**

**353.** Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 or 3 hours.

**Rusty tile**

**354.** Rust stains on tile can be removed with kerosene.

**Cleaning slower doors**

**355.** Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.

**Steam-free mirror**

**356.** If your medicine cabinet has two sliding mirrors, slide one side open before taking a bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.

**Steamy bathrooms**

**357.** If you run about an inch of cold water before adding hot water to your bath, there will be absolutely no steam in your bathroom.

**Medicine cabinet**

**358.** It's a good idea to go through your medicine cabinet several times a year and throw away medicines that are older and out-dated. They could be dangerous.

**Easy bathroom cleaning**

**359.** Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc., will be much easier to clean because the steam will have loosened the dirt.

**Sink cleaners**

**360.** Light stains can often be removed by simply rubbing with a cut lemon.

**361.** For dark stains, and especially rust, rub with a paste of borax and lemon juice.

**Dripping faucet**

**362.** If the drip occurs during the night

and you can't sleep, simply wrap a cloth around the coning of the faucet.

**Sweet-smelling bathroom**

**363.** Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When tile light is on, the heat releases the aroma.

**VIII. HANDYPERSON****Leaky vase**

**364.** Fix a leaky vase by coating the inside with paraffin and letting it harden.

**Plywood cutting**

**365.** Put a strip of masking tape at the point of plywood where you plan to begin sawing to keep it from splitting.

**Locating wall studs**

**366.** Move a pocket compass along the wall. When the needle moves, usually the stud will be located at that point. Studs are usually located 16" apart.

**Fraying rope**

**367.** Shellac the ends of the rope to prevent fraying.

**Praying nylon cord**

**368.** Heat the cut end of nylon cord over a match flame to bond the end together.

**Loosening rusty bolts**

**369.** Apply a cloth soaked in any carbonated soda to loosen rusted bolts.

**Sandpaper hint**

**370.** By dampening the backing on sandpaper, it will last longhand resist cracking.

**Tight screws**

**371.** Loosen a screw by putting a couple of drops of peroxide on it and letting it soak in.

**Screwdriver tip**

**372.** Keep a screwdriver tip from slipping by putting chalk on the blade.

**Loosening joints**

**373.** Loosen old glue by applying vinegar from an oil can to the joint

**Rate to remember**

**374.** Left is loose and right is tight Or, Lefty-loosey. righty-tighty

**Sticking drawers**

**375.** Rub the runners of drawers with a candle or a bar of soap so they will slide easily.

**Stubborn locks**

**376.** Dip key into machine oil or graphite to loosen up a lock. Or, rub pencil on the edges of the key.

**Loose draw knobs**

**377.** Before inserting a screw into the knob, coat with fingernail polish to hold it tightly.

**Slamming doors**

**376.** Reduce the noise level in your home by putting self-sticking protective pads on the inside edges of cabinet doors, cupboards, etc.

**Icy sidewalk tip**

**379.** Sprinkle sand through a strainer on an icy sidewalk to distribute evenly.

**Garbage can tip**

**360.** Garbage cans will last longer if they

are painted. Use primer on galvanized metal, then paint with matching house paint.

**Towel rack tip**

**381.** Replace the bottom screws of towel racks with cup hooks. Small towels and washcloths may be hung from them.

**Screen repair**

**382.** Use clear cement glue to repair a small hole in wire screening.

**Hairdryer hint**

**383.** Thaw a frozen pipe with a portable hairdryer.

**Finding a gas leak**

**384.** Lather the pipes with soapy water. The escaping gas will cause the soapy water to bubble, revealing the damaged areas. You can make a temporary plug by moistening a cake of soap and pressing it over the spot. When the soap hardens, it will effectively close the leak until the gasman comes.

**Hanging pictures**

**385.** Before you drive nails into the wall, mark the spot with an X of cellophane tape. The trick will keep the plaster from cracking when you start hammering.

**388.** When the landlady says, "no nails in the wall", hang pictures with sewing machine needles. This will hold up to 30 pounds.

**IX. BEAUTY****Natural facial**

**387.** A good and inexpensive facial to try: mash half an avocado, spread thickly on face, and remove with warm water 20

minutes later.

### Cuticle treatment

**388.** Apply a mixture of equal parts of castor oil and white iodine to your cuticles every night.

### Sunburn relief

**389.** A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.

**390.** Dab on some apple cider vinegar. The pinkness and pain will disappear.

**391.** For a super bad burn, put on a paste of water and baking soda.

### Hair shiner

**392.** These hair rinses will remove soap film and shine hair: For blondes, rinse water containing a few T. of lemon juice.

For brunettes and redheads, a few T. of apple cider vinegar in the rinse water.

### Broken lipstick

**393.** Hold a match under the broken ends until they melt enough to adhere to each other. Cool in the refrigerator.

### Nail polish

**394.** Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.

**395.** Instead of storing the nail polish bottle right-side-up, put it on its side. Stir it up with the brush when you need some.

**396.** Before you put on polish, put vinegar on your nails. It will clean them completely and help nail polish stick longer.

### Deodorant

**397.** To make your own pump-spray deodorant, just add 4 T. of alum to 1 quart of water. Mix it up and put into a spray bottle. If you want a scent, add your favorite Cologne.

### Your own manicure

**398.** Soak your hands in warm water with lemon juice added. Take them out after about 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.

### Baking soda for teeth

**399.** Baking soda instead of toothpaste does as good a job. It also works on dentures.

### Cleaning combs and brushes

**400.** A solution of baking soda and hot water cleans hair brushes and combs.

### Hair conditioner

**401.** Mayonnaise gives dry hair a good conditioning. Apply 1/2 cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Raise a few times before shampooing thoroughly.

### Homemade dry shampoo

**402.** Mix together 1 T. salt and 1/2 cup cornmeal for your own homemade dry shampoo. Transfer to a larger-holed shaker, sprinkle it on oily hair lightly and brush out dirt and grime.

**403.** Baby powder or cornstarch can also, used as dry shampoos.

**Tired eyes**

**404.** Place fresh cold cucumber slices on your eye-lids to rid them of redness and puffiness.

**X. SEWING.****Threading needles**

**405.** Apply some hair spray to your finger and to the end of the thread, stiffening it enough to be easily threaded.

**Sharp machine needier**

**406.** Sharpen sewing machine needles by stitching through sandpaper.

**Buttons**

**407.** Coat the center of buttons with clear nail polish and they'll stay on longer.

**408.** On a four-hole button, sew through two holes at a time, knotting the thread and tying off for each set of holes.

**409.** Use dental floss or elastic thread to sew buttons on children's clothing. The buttons will take a lot of wear before falling off.

**Dropped needles and pins**

**410.** Instead of groping around your floor for fallen needles and pins, keep a magnet in your sewing kit. Simply sweep it across your rug to pick up those strays.

**Sewing machine oil**

**411.** Stitch through a blotter after oiling your sewing machine to prevent extra oil from damaging your garments.

**Patterns**

**412.** Instead of trying to fit used patterns back into their envelopes, store them in plastic bags.

**413.** Keep patterns from tearing and

wrinkle free by spraying with spray starch.

**Recycled elastic**

**414.** Remove elastic waistband from used pantyhose for use in other sewing projects.

**Heavy seams**

**415.** Rub seams with a bar of soap to allow a sewing machine needle to easily pass through.

**Sewing on nylon**

**416.** When repairing seams on nylon jackets or lingerie, make the job a lot simpler by placing a piece of paper underneath the section you are going to sew. Stitch through the fabric and paper. When finished, tear the paper off.

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