

God Bless America

With a government FOR the people
and BY the people

Cookbook



“Boone County Courthouse”
Boone, Iowa

Compiled by
Boone County Democratic Women

Expression of Appreciation

Our appreciation and thanks to all who donated recipes, helped with compiling and selling or contributed in other ways to the publication of this delightful cookbook.

Special thanks to national, state and local office holders who provided some of their favorite recipes, and to our typists—Candie and Cindie.

Thank you to each individual member who arose on occasions of need to make this truly the work of no one individual ... truly a group effort and accomplishment.

The Boone County Democratic Women

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“ABOUT THE COVER”

The **BOONE COUNTY COURTHOUSE** pictured on the cover is located at Boone, Iowa, on West Mamie Eisenhower.

Our organization chose this picture as it is our local “seat of government”. It is, therefore, symbolic of our belief that good government under God **FOR** the People and **BY** the people **BEGINS AT THE GRASSROOTS...**in our home, our township and our county.

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APPETIZERS, PICKLES, RELISHES

TABLE OF CONTENTS

Appetizers, Pickles, Relishes	3
Soups, Salads, Vegetables	13
Main Dishes	39
Breads, Rolls, Pastries	67
Cakes, Cookies, Desserts	81
Candy, Jelly, Preserves	131
Beverages, Lo-Cal, Microwave, Miscellaneous	135

Appetizers, Pickles, Relishes



TO MAKE YOU BECOME A SEASONED SEASONER

- 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)**....is 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, seafoods, stews, soups, chowder, chop suey and cooked vegetables.
- OREGANO**....the leaf of a safe bush growing in Italy, Greece and Mexico. **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, in 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.

APPETIZERS, PICKLES, RELISHES

APPETIZERS

AMERICAN FONDUE

1 pkg. onion soup mix
1 lb. Velveeta, cubed
2 c. tomato juice
4 tsp. lemon juice
French or rye bread, cut into
bite-size pieces

Combine onion soup mix, tomato juice and lemon juice in saucepan. Heat slowly; as juice simmers, add small portions of cheese. Keep stirring until cheese melts. Keep warm in fondue pot or warmed casserole dish.

Cindy Smalley

AVOCADO DIP

1 avocado, mashed
1 Tbsp. or slightly more
chili sauce
1 tsp. or little more lemon juice
1 small green onion, diced
Salt and pepper to taste

Mix, chill and serve with chips.

Mrs. Lloyd M. Hines

CREAMY ONION DIP

1/3 c. sour cream
1 Tbsp. dry onion soup mix
1/3 c. mayonnaise

Mix, chill and serve with chips or vegetables.

Betty Smalley

CRACKER STUFF

1 pkg. Hidden Valley
Ranch salad dressing
mix
1 c. vegetable oil
1/2 tsp. dill weed
2 pkg. oyster crackers
1/2 tsp. garlic powder
1/2 tsp. lemon pepper

Put crackers in brown paper bag. Mix other ingredients well and pour over crackers. Shake and store in airtight container. Great for salads, soup, or party mix.

Jeanne Eide, Marlyn Sprecker

DRIED BEEF CHEESE SPREAD

2 (8 oz.) pkg. cream cheese at room temperature	6 green onions, chopped
Garlic powder to taste	3 Tbsp. Miracle Whip salad dressing
	Dash of Tabasco sauce
	2 c. dried beef

Stir all together well. Chill and serve with crackers.
Marlyn Sprecker

GUACAMOLE DIP

1 pkg. onion soup mix	1/2 tsp. garlic powder
1 avocado, mashed	2 c. sour cream
1/2 c. green pepper, chopped	1 medium tomato, chopped
	1 tsp. lemon juice

Mix all ingredients, chill, serve with tortilla chips.
Candie Smalley

POTATO CHIP DIP

1 small ctn. small curd cottage cheese	1 c. mayonnaise or sour cream
	1 pkg. dry onion soup mix

Blenderize all ingredients. May add some milk until
creamy. May substitute onion flavoring for anything you like,
such as garlic, chive, bacon, etc.

Candie Smalley

SHRIMP DIP

Heat 1 can (undiluted) tomato soup and 8 ounces cream
cheese until the cheese melts. Dissolve 1 envelope Knox
gelatine in 1/2 cup of water. Add to soup. Cool to room
temperature. Add 3/4 cup fine chopped celery, 3/4 cup fine-
ly chopped green onion and 1 cup mayonnaise. Mix and then
add small sized shrimp, 1 cup.

Betty Smalley

SHRIMP DIP

1 can shrimp*	1/4 c. ketchup
1/2 c. mayonnaise	1 tsp. lemon juice
1/2 c. dairy sour cream	1 tsp. horseradish

Combine ingredients in bowl and fold in shrimp, cut in small pieces. Chill overnight, if time permits, or at least 2 to 3 hours. Serve with potato chips or crackers.

*If small shrimp are not available. If possible, use bags of small frozen cocktail shrimp, found in frozen food departments at local supermarkets.

Mrs. Lloyd Hines

SMOKED SALMON SPREAD

1 lb. can red salmon	8 oz. cream cheese
1 Tbsp. lemon juice	1 small green onion, chopped
1 tsp. horseradish	1/4 tsp. salt
1/2 tsp. liquid smoke	

Mix all ingredients together with hands. Let stand in refrigerator for 24 hours. Serve with crackers.

Betty Smalley

SUSIE'S ISLANDER CHEESE BALL

16 oz. cream cheese, softened	2 Tbsp. green onions, chopped
8 oz. crushed pineapple, drained	1/2 c. green pepper, chopped
	2 tsp. seasoned salt
	2 c. pecans, chopped

Thoroughly mix cheese and pineapple. Stir in onions, pepper, salt and 3/4 cup pecans. Roll into 1 large ball, 2 logs, or fill a scooped out fresh pineapple half. Roll or top with remaining pecans. Serve with bacon flavored crackers.

I always serve this recipe in a pineapple half. This recipe was originally given to me by Suzie Skelton, wife of Ike Skelton of Missouri.

Mrs. Neal Smith, Iowa U.S.
Representative

VEGETABLE DIP

- | | |
|-----------------------------------|------------------------|
| 1 c. mayonnaise | 1 tsp. curry powder |
| 2 1/2 tsp. horseradish
mustard | 1 tsp. vinegar |
| 1 tsp. minced onion | 1/2 tsp. garlic powder |

Mix well and chill. Great for raw vegetables.
Karen Uthe

HOT CRABMEAT APPETIZERS

- | | |
|-------------------------------------|--------------------------|
| 8 oz. cream cheese | 1/4 tsp. salt |
| 2 Tbsp. finely chopped
onion | 1 1/2 c. flaked crabmeat |
| 1/2 tsp. cream style
horseradish | 2 Tbsp. milk |
| | Dash of pepper |
| | 1/3 c. sliced almonds |

Mix all ingredients together, chill, serve with crackers.
Cindy Smalley

HOT DOG HORS D'OEUVRES

- | | |
|--|------------------------------|
| 1 lb. pkg. hot dogs,
cut in bite-sized chunks | 1 c. brown sugar |
| 2 c. ketchup | 1 Tbsp. Worcestershire sauce |

Mix last three ingredients together and bring to a boil. Add hot dog chunks and allow to simmer for 45 minutes. Instead of hot dogs, small meatballs can be made, browned and added to the sauce.

Mrs. Lloyd M. Hines

STUFFED MUSHROOM APPETIZERS

- | | |
|---|---|
| 1 (7 1/2 oz.) can crabmeat | 12 jumbo mushroom caps or 24
medium caps (about 1 lb.) |
| 1/4 c. grated Parmesan
cheese | Grated Parmesan cheese |
| Small pinch of each:
Rosemary, thyme,
oregano, savory, salt
and pepper | 5 scallions |
| | 1/2 c. mayonnaise |
| | 1/2 c. butter |

Drain crabmeat, remove cartilage and press to remove excess fluid. Mix crabmeat, scallions, 1/4 cup Parmesan cheese, the seasonings and mayonnaise.

Remove stems and scrape gills from mushroom caps to make a deep cup. Cook mushrooms cap sides down in butter about 10 minutes, basting frequently. Remove caps, drain and cool.

Heat oven to 325°. Stuff caps generously with crab mixture. Place in ungreased shallow baking dish. Bake 5 minutes. Sprinkle lightly with Parmesan cheese. Heat oven to broil or 550°. Broil appetizers until golden brown, about 5 minutes.

Candie Smalley

PICKLES

CANDIED PICKLES

7 lb. cucumbers, that have been peeled, seeds taken out, and diced in bite-size pieces	2 c. lime 8 1/2 c. cold water
---	----------------------------------

Soak the above for 24 hours. Rinse thoroughly and put in big pan. Put 1 cup vinegar, 1/2 bottle red food coloring, and 1 teaspoon alum in pan with cukes that water has been added to, to cover the cukes. Simmer for 1 hour. While that is simmering, make the syrup.

Syrup:

2 c. vinegar	2 (10 oz.) bags red hot candies
2 c. water	5 sticks cinnamon
10 c. sugar	

Drain the cukes from vinegar water and pour the syrup over the cukes. Cover, let set overnight. Next morning, boil 20-30 minutes, until the cukes are clear. It is very important that the cukes are clear enough so that you can see through them. Seal in hot jars. This is an excellent way to use up those cucumbers that have grown super big.

Dave Metcalf Family,
Cindy Smalley

BREAD AND BUTTER PICKLES

16 c. cucumbers, sliced 1/4 inch thick (4 lb.)	5 c. sugar
6 c. thinly sliced onion	5 c. cider vinegar
1/2 c. salt	1 1/2 tsp. turmeric
	1 1/2 tsp. celery seed
	1 1/2 tsp. mustard seed

In large 7 quart kettle, mix well cucumbers, onion and salt, cover with cold water and 3 trays of ice cubes. Let stand for 3 hours. Drain, rinse well, and drain again. Set aside.

In large kettle mix the remaining ingredients and bring to a boil over high heat. Then reduce heat to simmer for 30 minutes, uncovered, or until syrupy. Stir often.

Prepare jars and caps for processing. Add cucumbers and onions to syrup. Then bring mixture almost to a boil over high heat. Stir occasionally. DO NOT BOIL.

Ladle hot mixture into hot jars, leaving 1/2 inch head space. Screw on jar lids.

Cindy Smalley

PICKLED CHERRIES

1 1/2 tsp. salt

1/2 c. vinegar

1 1/2 tsp. sugar

Fill a one pint jar with cherries with stems attached. Add the sugar, salt and vinegar and fill jar with cold water and seal for canning. If preferred, do not seal and keep in refrigerator, with tight lid covering. Will keep several weeks.

Mrs. Lloyd Hines

CINNAMON PICKLES

(Mock Apple Rings)

Cut one gallon of large cucumbers in 1/2 inch slices. Scoop out centers and peel the outside, if desired. Place in large crock. Do not use metal or plastic! Pour over this 1 cup lime dissolved in 4 1/2 quarts of water. Soak for 24 hours. Wash thoroughly, until no white particles remain. Place cucumbers in kettle and add the following syrup:

1 1/2 tsp. alum

2 to 3 drops cinnamon oil

1 c. water

1 c. vinegar

3/4 tsp. or more red

5 c. sugar

food coloring

1 or 2 drops clove oil

Simmer for 2 hours until glossy and clear. If cucumbers appear limp, take out some syrup and add a little more alum. Return to kettle and simmer a while longer. Makes about 4 1/2 pints.

Mable Reed

GREEN TOMATO PICKLES

7 lb. firm green tomatoes 2 c. powdered lime
2 gal. water

Slice tomatoes. Put in lime solution for 24 hours. Wash in cold water until no white particles remain. Let set in cold water for three hours, then drain. Then mix:

2 qt. vinegar 1 Tbsp. mixed pickling spices
1 Tbsp. salt (in bag)
4 1/2 lb. sugar 1 Tbsp. celery seed

Bring to boil; cool and pour over tomatoes in crock. Let stand overnight, then simmer for 35 minutes. Need not seal. Ready to serve.

Mabel Reed

PICKLED FISH

Soak 5 pounds fish (cut up) in strong salt water for 48 hours. Drain. Soak in white vinegar for 24 hours. Drain. Boil 4 cups white vinegar and 3 cups sugar; cool. Add 1 cup dry white wine and 1/4 cup pickling spices. Pour over fish. Refrigerate 72 hours. Put in jars.

Marlene Lestina

PICKLED EGGS AND ONIONS

1 Tbsp. prepared mustard 1 1/2 c. vinegar, divided
3/4 c. water 1/2 c. sugar
1 Tbsp. salt 1 tsp. whole pickling spice
1 medium onion, sliced, 12 shelled, hard cooked eggs
 ringed

In small saucepan blend mustard with 1/2 cup vinegar; add remaining 1 cup vinegar and remaining ingredients, except eggs. Simmer uncovered 5 minutes or until sugar dissolves and onion is crisp-tender. Pour over eggs. Cover and refrigerate overnight. Can be refrigerated up to 2 weeks.

Note: For a delicious salad dressing, add 1 part oil to 3 parts leftover pickling juice.

Candie Smalley

REFRIGERATOR PICKLES

4 c. sugar	1 1/3 tsp. mustard seed
4 c. vinegar	1 1/3 tsp. celery seed
1/2 c. pickling salt	1 1/3 tsp. (scant) turmeric

Mix all together, but do not heat it. Pour over sliced cucumbers and onions. Slice cucumbers and desired amount of onion slices in jars and pour solution over to cover. Cover with tight lids and store in refrigerator. Will keep 90 days or longer. Do not peel cucumbers.

Mrs. Lloyd M. Hines

RELISHES

BAKED CRANBERRY RELISH

1 qt. cranberries	2 1/2 c. sugar
1 c. orange marmalade	1/2 c. nuts (optional)

Mix together and pour into 9x13 inch baking dish. Cover with foil. Bake about 1 hour at 350° to 375°.

Mabel Reed

CORN RELISH

8 c. (18 ears) fresh whole kernel corn	2 tsp. celery seed
3 c. chopped onion	3 c. cider vinegar
1 medium red pepper, chopped	2 medium green peppers, chopped
1 c. packed light brown sugar	1 c. cucumber, chopped
1 Tbsp. dry mustard	2 Tbsp. salt
	1 tsp. ground turmeric
	1/2 c. flour
	1/2 c. light corn syrup

Prepare vegetables; set aside. Mix sugar, salt, mustard seed and flour in Dutch oven. Stir in vinegar and corn syrup. Heat to a boil, stirring constantly. Add vegetables; reduce heat. Simmer 30 minutes, stirring constantly.

Pour boiling hot relish into sterilized jars, leaving 1/4 inch head space. Wipe rims of jars with clean damp cloth; seal jars according to manufacturer's instructions.

Process pints 20 minutes in simmering hot water. Start counting processing time as soon as water restarts to boil. Cool jars out of drafts on several thickness of cloth. Do not

cover.

Tips: Two packages (20 ounces) frozen whole kernel corn or 4 (16 ounce) cans may be substituted for the fresh corn.

Betty Smalley

CRANBERRY - PINEAPPLE RELISH

2 c. ground cranberries	2 c. miniature marshmallows
1 small can crushed pineapple, drained	1 c. sugar

Mix and let set 1 hour. Add 1/2 pint whipping cream, whipped. Chill and then serve.

Cindy Smalley

PEPPER RELISH

2 c. green peppers	2 c. red peppers
2 c. onions	4 c. green tomatoes
2 c. granulated sugar	1 scant c. vinegar
4 Tbsp. salt	

Grind all vegetables through a meat grinder before measuring. Add salt, pour boiling water to cover and let stand 5 minutes. Drain through colander. Add sugar and vinegar. Boil 15 minutes. Seal while hot.

Mrs. Lloyd Hines

CUCUMBERS, ONION, AND DRESSING

Peel and slice cucumbers. Peel and slice onions. Cover with strong salt water and let stand for 2 hours. Drain and rinse.

Dressing:

1 c. sugar	1/2 c. water
1/3 c. vinegar	

Stir together and add 1/2 cup milk. Mix with cucumbers and onion.

Genivive Davis

Soups, Salads, Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12×20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10×12" sheet cake 1½ 10" layer cakes	1 12×20" sheet cake 3 10" layer cakes	2 12×20" sheets cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	¾ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

SOUPS

FRENCH ONION SOUP

- | | |
|--|-------------------------------|
| 3 medium size onions,
thinly sliced | 4 c. water |
| 3 Tbsp. butter | 1/4 c. boiled milk |
| 1 Tbsp. flour | 1/4 lb. grated Swiss cheese |
| 2 c. (2 cans) beef
consomme | Salt and pepper |
| | 2 Tbsp. melted butter |
| | 6 slices toasted French bread |

In heavy skillet, cook onions in heated butter until golden. Sprinkle with flour and cook over low heat until golden. Don't allow to become dark brown. Add consomme and water. Bring to boil, stirring with wooden spoon. Simmer gently 20 minutes, uncovered. Add milk. Pour into ovenproof bowls. Bread slices go on top. Sprinkle generously with cheese. Sprinkle with salt and pepper and dribble melted butter over top. Brown quickly under broiler.

Mary Maloney

CHEESE BROCCOLI SOUP

- | | |
|--|--|
| 1 (8 oz.) Merki's Cheddar
with cheese spread | 1 1/2 qt. chicken stock or 1 1/2
qt. water with 8 chicken
bouillon cubes |
| 1 lb. fresh broccoli,
chopped, or 1 (10 oz.)
pkg. frozen | 2/3 c. flour |
| 1 c. hot milk | 1/2 c. butter |
| | 1 small onion, diced |
| | 5 strips bacon, diced, sauteed |

Reserves 6 to 8 flowerets of broccoli for garnish. Cook broccoli and chicken stock until soft. Saute onion in butter in large saucepan. Add flour; cook 5 minutes, stirring to combine. Add broccoli and soup stock mixture. Bring to boil and simmer 10 minutes. Add cheese spread and allow to melt. Add hot milk and bacon bits. Pour into soup tureen and garnish with reserved flowerets.

Betty Smalley

CLOPPINO MEDITERRANEAN

1/4 c. chopped green pepper	1/4 tsp. basil
1 clove garlic, minced	1 lb. perch fillets
2 Tbsp. finely chopped onion	1 (4 1/2 oz.) can shrimp, drained
1 Tbsp. cooking oil	1 (8 oz.) can tomato sauce
1 (16 oz.) can tomatoes, cut up	3 Tbsp. snipped parsley
1/4 c. dry red wine	1/4 tsp. oregano
1/2 tsp. salt	Dash of pepper
	1 (7 1/2 oz.) can minced clams

In a large saucepan cook chopped green pepper, onion and garlic in cooking oil until tender, not brown.

Add undrained tomatoes and tomato sauce, wine, parsley, and spices to saucepan. Bring mixture to boiling. Reduce heat, cover and simmer 20 minutes.

Remove skin from perch fillets, cut fillets into pieces, removing any bones. Add fish to mixture in saucepan; simmer 5 minutes. Add undrained clams and shrimp; continue simmering, covered, about 3 minutes more, or until perch is tender. Serve in individual soup bowls. Makes 6 servings.

Candie Smalley

CORN CHOWDER

8-10 medium potatoes, cooked and cubed	3-4 c. cubed ham
2 cans cream style corn	1 medium onion, diced, or 1 Tbsp. minced onion
2 cans cream of mushroom soup	1 c. diced celery
2 c. milk	1 c. cubed Velveeta cheese
1 1/2 c. potato water	4 Tbsp. butter
	Salt and pepper to taste

Mix all ingredients. Simmer until hot.

Betty Smalley

CHEESE CHOWDER

1/2 c. chopped onion	3/4 c. boiling water
1/2 c. chopped celery	1/4 c. flour
3 Tbsp. butter	1/2 tsp. garlic powder
1/3 tsp. dry mustard	2 c. milk
1/2 tsp. MSG	1 (13 1/2 oz.) can chicken broth
1 Tbsp. Worcestershire sauce	1 1/2 to 2 c. American cheese, shredded
1/2 c. chopped carrots	

Cook carrots and celery in water until tender, do not drain. Cook onion in butter until tender. Stir in flour, mustard, garlic, and MSG. Gradually add milk and Worcestershire sauce. Cook, stirring constantly, until thick. Add broth, cheese and vegetables with cooking liquid. Stir over low heat until cheese melts. Serves 6.

Candie Smalley

ELEPHANT STEW

2 elephants, medium size	Brown gravy, enough to cover
2 rabbits, optional	Salt and pepper to taste

Cut elephant into bite-sized pieces. This should take about 2 months. Add brown gravy and cook over kerosene fire approximately 4 weeks at 465°. Will serve 3,000 people. If more are expected, add two rabbits. Do so only if necessary, as most people do not like to find hare in their stew.

CLAM CHOWDER

1/2 c. diced bacon	2 c. diced peeled potatoes
1/2 c. minced onion	1/2 c. water
1 tsp. salt	1 c. milk or cream
2 (7 oz.) cans minced or whole clams, drained and reserve the juice	1/8 tsp. pepper

In large saucepan cook and stir bacon and onion until bacon is crisp and onion tender. Add clam juice, water and potatoes. Cook uncovered until potatoes are tender, about 10 minutes, uncovered. Add clams, seasonings, and milk. Simmer for 30 minutes. Serves 6.

Candie Smalley

FRESH BROCCOLI SOUP

2 c. water	1 (13 3/4 oz.) can chicken broth
3/4 tsp. salt	1 1/4 lb. fresh broccoli, cut into 1 inch pieces
1 c. sliced carrots	1/2 c. skim milk
1 medium onion, chopped	1/8 tsp. pepper
1 Tbsp. butter	

In large saucepan bring water, chicken broth and salt to a boil. Add broccoli, carrots and onion. When boiling, reduce heat to moderate, cover, 15-20 minutes until broccoli and carrots are tender. Put 1 cup of vegetables and liquid in a blender and blend 40-50 seconds until smooth; pour into a bowl.

Repeat with the rest of the mixture. Stir in milk and butter until melted. Sprinkle with pepper. Makes 6 servings, 70 calories each.

Candie Smalley

FIVE HOUR STEW

1 1/2 lb. stew meat	1 can tomato soup
5 carrots, sliced	1 bay leaf
5 potatoes, chopped	2 Tbsp. Worcestershire sauce
3 onions, chopped	1 tsp. salt and pepper
1 large can tomatoes	1/2 c. wine
	1 Tbsp. garlic

Place all ingredients in roasting pan, covered. Bake at 375° for 5 hours.

Betty Smalley

IRISH STEW

4 1/2 lb. lamb neck chunks	3 medium potatoes
2 Tbsp. butter/margarine	6 small white onions
2 1/2 c. water	1 pkg. frozen green peas
2 tsp. salt	1/4 lb. fresh or canned, sliced mushrooms
1/4 tsp. each pepper and thyme	1 c. light cream or milk
	1/4 c. flour

Brown lamb in butter. In large Dutch oven or kettle, add water and seasonings. Cover and simmer for 45 minutes.

Meanwhile, peel potatoes and cut into medium-sized chunks. Skim excess fat off top of kettle after 45 minutes of cooking, and add potatoes and onions. Simmer covered for 15 minutes.

Add peas and mushrooms and simmer covered for 15 minutes more, or until lamb and vegetables are tender.

In bowl, blend the cup of milk/cream into 1/4 cup of flour, stirring until well mixed. Pour flour mixture into bubbling stew and boil one minute, stirring constantly. Add more seasonings if desired and serve. Serves 6.

Tom Harkin, U.S. Representative, Fifth District of Iowa

SALADS

FROZEN DAIQUIRI SALAD

- | | |
|--|--|
| 1 (8 oz.) cream cheese | 1/2 c. mayonnaise |
| 1 large pkg. golden egg
custard mix (Jello) | 13 oz. can crushed pineapple,
drained |
| 1 small can frozen daiquiri | 1 pt. Cool Whip or other topping |
| | 1/2 c. chopped pecans |

Mix together and freeze. Can be put in paper cups in muffin pans for easy mold.

Mrs. Lloyd M. Hines

CORNED BEEF SALAD

- | | |
|----------------------------|-------------------------------|
| 1 (3 oz.) pkg. lemon Jello | 2 c. celery, chopped |
| 1 1/2 c. hot water | 2 Tbsp. green pepper, chopped |
| 1 can corned beef, minced | 2 Tbsp. onion, chopped |
| 3 hard-boiled eggs, cut up | 1/2 c. mayonnaise |

Dissolve Jello in hot water. When cool add other ingredients. Place in mold or Pyrex dish and chill until firm.

Mrs. Lloyd M. Hines

CRANBERRY SALAD

- | | |
|--------------------------------------|---|
| 1 pkg. cherry Jello | 1 small can crushed pineapple,
not drained |
| 1 c. boiling water | 1/2 c. diced celery |
| 1 small can whole
cranberry sauce | 1/2 c. chopped nutmeats |

Dissolve Jello with water, let thicken and add fruits, celery and nuts. Serve with mayonnaise topping or Cool Whip.

Mrs. Lloyd M. Hines

CUCUMBER CHIPS

- | | |
|----------------------------------|---------------------|
| 7 large cucumbers | 1 tsp. salt |
| 1 medium to large onion | 2 c. sugar |
| 1 medium to large bell
pepper | 1 c. vinegar |
| | 1 Tbsp. celery seed |

Slice cucumbers, onion and bell pepper. Add salt and let stand for one hour. Drain. Add rest of ingredients. Store in airtight container in refrigerator. Keeps a long time. For an additional change of taste add sour cream.

HOT GERMAN POTATO SALAD

- | | |
|------------------------|--------------------------------|
| 18 small potatoes | 3 slices bacon, cut into cubes |
| 1 small onion, chopped | 1 rounded Tbsp. flour |
| 1 rounded Tbsp. butter | 1/4 c. white vinegar |
| 3/4 c. water | 1/4 c. sugar |
| 1/2 tsp. pepper | 1 Tbsp. salt |

Cook potatoes until soft; peel and slice. Add onion. Fry bacon golden brown; remove from pan. Add butter and flour to bacon grease. While stirring, add vinegar, water sugar, salt and pepper. Let come to boil and pour over potatoes. Stir lightly to blend. Sprinkle the bacon on top. Serve warm.

Betty Smalley

RED RASPBERRY SALAD

- | | |
|--|---------------------------------|
| 1 (3 oz.) pkg. red raspberry Jello | 1/2 c. whipped cream or topping |
| 1 c. boiling water | 5 large marshmallows |
| 1 (10 oz.) pkg. frozen red raspberries | 1 (3 oz.) pkg. cream cheese |

Dissolve Jello in hot water. Add frozen raspberries and juice. Pour into 5x8 inch loaf pan. Chill until firm. Whip together remaining ingredients until stiff. Spread over Jello and refrigerate.

Mrs. Lloyd M. Hines

CLOVE SALAD

- | | |
|----------------------|-------------------------------|
| 1 pkg. lemon Jello | 1/2 c. chopped nuts |
| 2 Tbsp. whole cloves | 1/2 c. chopped sweet pickles |
| 1 c. sugar, scant | 1/2 c. stuffed olives, cut up |
| 2 c. boiling water | 1 small can mandarin oranges |

Boil sugar, water and cloves 5 minutes. Strain and pour over Jello. Cool and add rest of ingredients.

Mrs. Lloyd M. Hines

RED RHUBARB SALAD

- | | |
|-----------------------------|------------------------|
| 3 c. diced fresh rhubarb | 1/4 tsp. lemon extract |
| 1/2 c. sugar | 2 c. cold water |
| 1/4 tsp. salt | 2 c. diced celery |
| 6 oz. pkg. strawberry Jello | |

Place rhubarb, sugar and salt in saucepan over low heat. Do not stir or add water, rhubarb will make its own juice and pieces will stay whole. When tender, bring quickly to boiling, remove from heat and add Jello, stirring gently to dissolve. Add remaining ingredients and chill until firm.

Mrs. Lloyd M. Hines

GREEK SALAD

1 head lettuce	1 cucumber, thinly sliced
4 small ripe tomatoes, cut into wedges	1 large red onion, sliced
1 c. crumbled Feta cheese	1/2 c. sliced radishes
	12 Greek olives
	Greek Salad Dressing

Line salad bowl with lettuce leaves, arrange all ingredients in bowl. Prepare Greek dressing. Pour over salad and toss lightly.

Dressing: Combine 1 teaspoon crumbled leaf oregano, 1/2 cup olive oil, 2 tablespoons wine vinegar, 1/2 teaspoon dry mustard, 1/2 teaspoon salt and 1/8 teaspoon pepper. Shake to blend. Makes about 2/3 cup.

Candie Smally

FANTASTIC FROZEN SALAD

1 (10 oz.) Cool Whip, softened	3 Tbsp. lemon juice
1 can sweetened condensed milk	1 c. chopped pecans
1 (16 oz.) crushed pineapple, drained	1 can fruit cocktail, drained
	1/2 tsp. lemon flavoring
	1/4 tsp. pineapple flavoring

Mix all ingredients. Pour into a pan, mold, or paper cups. Cover well and freeze.

Betty Smalley

CRAB SALAD

1 c. crab, shredded	4 to 6 hard-boiled eggs, diced
1 small carrot, shredded	4 to 6 potatoes, cooked, diced
1 or 2 diced tomatoes	2 or 3 celery sticks, chopped fine
Mayonnaise	A little cream
Salt and pepper to taste	

Mix all ingredients in a large bowl. Use as much mayonnaise to your taste and just enough cream to keep the salad moist.

Cindy Smalley

TACO SALAD

1 head lettuce, chopped	1 onion, chopped
4 tomatoes, chopped	1 can chili beans, drained
1 c. grated Cheddar cheese	1 lb. ground beef, browned
1/4 c. catsup	1/2 tsp. chili powder
1/4 tsp. oregano	1/2 c. mayonnaise
1/2 c. hot taco sauce	1 bag tortilla chips

In a salad bowl line well with chopped lettuce, then add to tomatoes and onions. Mix beans, beef, catsup, oregano, chili powder, taco sauce and mayonnaise. Then spoon over top of salad. Place grated cheese over this. Then place chips around the edge and some crumbled in the center.

Betty Smalley

MARINATED SLICED TOMATOES

3 large tomatoes	1/3 c. olive oil
1/2 c. red wine vinegar	1 tsp. salt
1/4 tsp. pepper	1/2 clove garlic, crushed
2 Tbsp. snipped parsley	1 tsp. crushed basil leaves
2 Tbsp. finely chopped onion	

Slice tomatoes 1/2 inch thick and place in single layer in large shallow serving dish. Mix the remaining ingredients and pour evenly over tomatoes. Cover and refrigerate 1 to 3 hours before serving.

Cindy Smalley

WALNUT - SHRIMP SALAD

1 Tbsp. butter	1/2 c. sweet and sour dressing
1 c. walnut halves	1 Tbsp. soy sauce
1/2 c. sliced green onions	1 c. diagonally sliced celery
1 can mandarin oranges, drained	1 (5 oz.) can sliced water chestnuts, drained
2 lb. cooked shrimp	Crisp salad greens

Melt butter; add soy sauce and walnuts. Stir gently over low heat until walnuts are lightly toasted, about 10 minutes. Remove and cool. Mix celery, onions, water chestnuts, orange segments and shrimp. Toss with dressing and walnuts; place on salad greens. Serve with additional dressing if desired.

Candie Smalley

CHERRY JUBILEE

Prepare 1 large package cherry Jello following directions on package. Mix in a can of cherry pie filling, then chill.

Betty Smalley

ORANGE TAPIOCA SALAD

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|--------------------------------|--------------------------------|
| 1 pkg. vanilla tapioca pudding | 1 c. small marshmallows |
| 1 pkg. orange tapioca pudding | 3 c. water or juice from fruit |
| 1 can mandarin oranges | 1 can crushed pineapple |
| | 2 bananas, sliced |

Cook pudding as directed on package. Cool, then mix with fruit and chill.

Betty Smalley

CHERRY SALAD

- | | |
|---------------------------------|---------------------------------|
| 1 can cherry pie filling | 1 can oranges, drained |
| 1 can pineapple chunks, drained | 1 can pears, drained (optional) |

Mix all ingredients, garnish with coconut.

Betty Smalley

FRUIT SALAD

Drain fruit juice from 1 can each of peaches, pears, apricots and oranges; reserve juice. Measure juice and cook with tapioca as directed on the package. Cool and mix with fruit. Garnish with red cherries.

Candie Smalley

MACARONI SALAD

- | | |
|-------------------------------------|---------------------------|
| 1 c. macaroni, cooked | 1/4 c. diced green onion |
| 1 c. sour cream | 2 tsp. mustard |
| 1/4 c. sweet pickle relish, drained | 2 c. cubed Cheddar cheese |
| 1/4 c. diced green pepper | 8 oz. cubed ham or salami |

Mix all ingredients together.

Cindy Smalley

CHICKEN JELLO SALAD

Prepared 1 (3 ounce) package lemon Jello as directed on package. When partially set mix 1 envelope plain Knox gelatine with 1/4 cup chicken juice and add to Jello. Then add 1 table-spoon of vinegar, 1 cup diced chicken, 1 cup chopped celery, 1/2 cup stuffed olives and 1 cup canned peas. Let set until firm.

Ebba Larson

SALAD OIL DRESSING

1 Tbsp. Knox gelatine	1 c. sugar
1 c. salad oil	Celery seed
1 c. vinegar	

Dissolve gelatine in 1/4 cup cold water, and add the rest of the ingredients. Mix with 6 to 8 cups of cut up cabbage.

Ebba Larson

SUNSHINE SHRIMP SALAD

3 1/2 oz. shrimp	1/2 tsp. minced green dressing
1 orange, diced	1 Tbsp. diet salad dressing
1 c. celery, diced	

Chill shrimp. Add orange, celery and onion. Add dressing and chill. Serve on crisp lettuce.

CHERRY SALAD SUPREME

1 (3 oz.) pkg. raspberry Jello	1/3 c. mayonnaise
1 (21 oz.) can cherry pie filling	1 (8 3/4 oz.) can crushed pineapple
1 (3 oz.) pkg. lemon Jello	1 1/2 c. small marshmallows
1 (3 oz.) pkg. cream cheese	2 Tbsp. chopped nuts
	1 c. Cool Whip

Dissolve raspberry Jello in 1 cup boiling water. Stir in pie filling. Turn into 9x13 inch glass baking dish. Chill until partially set. Dissolve lemon Jello in 1 cup boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon Jello. Stir in undrained pineapple. Fold in Cool Whip and marshmallows into lemon mixture. Spread on top of cherry layer. Top with nuts and chill until set. Cut in squares.

Edna Rieck

DIET SALAD DRESSING

Beat in blender at high speed:

1 egg	1 tsp. dry mustard
1/2 tsp. salt	2-3 Tbsp. apple cider vinegar

Pour in a slow steady stream: 1 cup corn or sunflower oil. This gets very thick and you may have to stop the blender and stir with a spatula as the last 1/2 cup of oil is added, then continue blending. Can add as you prefer: Pepper, paprika, onion powder, garlic powder or dill weed. This makes a small amount so I double the recipe.

SHRIMP AND RICE SALAD

1 (8 oz.) pkg. frozen cooked shrimp, thawed	2 Tbsp. chopped pimiento
2 c. cooked rice	1/2 c. mayonnaise
1/2 c. frozen green peas, cooked and cooled	1 Tbsp. lemon juice
1 c. finely diced celery	1/2 tsp. salt
	Dash of ground white pepper

Combine all ingredients. Toss lightly. Cover and chill. Serve on salad greens with radish roses, if desired. Makes 6 servings.

Candie Smalley

"BLT" IN A BOWL

1 head iceberg lettuce	1/2 c. chopped sweet red onions
Mustard Dressing	2 hard cooked eggs, sliced
1 c. sliced fresh mushrooms	4 slices bacon, halved and cooked crisp
	2 small tomatoes, cut into wedges

Core, rinse and thoroughly drain lettuce; chill. Prepare Mustard Dressing. Shortly before serving, line serving bowls with lettuce leaves. Cut remaining lettuce into bite-size chunks. Combine with mushrooms, radish and onion. Divide into the 4 small serving bowls. Top with egg slices and bacon strips. Garnish with tomato wedges. Serve at once with Mustard Dressing.

MUSTARD DRESSING

Combine 1/2 cup oil, 1/4 cup cider vinegar, 1 tablespoon sugar, 1 teaspoon prepared mustard, 1 teaspoon chopped parsley, 1/2 teaspoon celery salt and 1/4 teaspoon each onion powder and pressed fresh garlic in a jar. Cover and shake well to blend. Shake again just before serving. Makes 3/4 cup dressing.

Betty Smalley

POPPY SEED DRESSING

1/3 c. sugar	1/2 tsp. dry mustard
1/2 tsp. salt	3 Tbsp. vinegar
2 tsp. onion juice	1/2 c. vegetable juice
2 tsp. poppy seeds	

Place sugar, seasonings, vinegar and onion juice in blender container, cover and blend. Gradually add oil in slow steady stream; blend until thickened. Stir in poppy seeds. Makes 1 cup.

Candie Smalley

ARTICHOKES AND MUSHROOM SALAD

2 (9 oz.) pkg. frozen artichoke hearts	3 Tbsp. cider vinegar
1 lb. medium mushrooms	1 Tbsp. lemon juice
2 (4 oz.) jars pimento, drained	1 Tbsp. prepared mustard
1/2 c. salad oil	1/2 tsp. salt
	1/8 tsp. pepper
	Lettuce leaves

Prepare 1 1/2 hours before serving or early in day. Prepare frozen artichoke hearts as label directs, but prepare both packages together and omit salt; drain. Meanwhile, thinly slice mushrooms; cut pimento into thin strips.

In large bowl with fork or wire whisk, mix salad oil, vinegar, lemon juice, mustard, salt and pepper. Add artichoke hearts, mushrooms and pimento; toss gently to coat with dressing. Cover and refrigerate at least 1 hour, stirring occasionally.

To serve: Line chilled platter with lettuce leaves; spoon vegetables and dressing onto lettuce. Makes 8 servings.

Candie Smalley

CRANBROSIA

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|--|---------------------------------|
| 2 c. fresh or frozen
cranberries, coarsely
ground or chopped | 1 large banana, cubed |
| 1 c. sugar | 1 c. sour cream |
| 1 can pineapple chunks,
drained | 1 can mandarin oranges, drained |
| | 1 c. coconut |
| | 2 env. unflavored gelatin |
| | 1 c. heavy or whipping cream |

Combine cranberries and sugar. Mix thoroughly to dissolve sugar. Drain well and reserve liquid from oranges and pineapple, coconut and banana to cranberries. Sprinkle gelatin over $\frac{3}{4}$ cup of combined juices to soften. Place over medium heat, stirring constantly to dissolve gelatin. Add to fruits. Fold in sour cream. Whip the cream until stiff peaks form. Fold into fruit mixture. Turn into 2 quart dish or mold. Chill thoroughly until firm, overnight if possible. If desired, servings may be topped with more sweet or sour cream. Serve as a salad or dessert. Makes 16 servings.

Betty Smalley

CHICKEN SALAD PITAWITCHES

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|---|---|
| 4 c. diced, cooked
chicken | 1/3 c. plain yogurt |
| 3/4 c. grated carrot | 1 Tbsp. milk |
| 1 c. shredded spinach
or lettuce | 1/8 tsp. dried dill |
| 3/4 c. coarsely chopped
walnuts (2 3/4 oz. pkg.) | 2 Tbsp. grated Parmesan cheese |
| | 1 tsp. sugar |
| | Dash of pepper |
| | 3 large pita (pocket) bread rolls,
halved, or 6 bagels or Kaiser
rolls, split |

In a large bowl toss together the chicken, shredded spinach, carrot and walnuts. In another small bowl stir together the yogurt and the remaining ingredients; mix well. Stir dressing mixture into the chicken mixture; cover and chill. Spoon salad into pita bread or on bagels or Kaiser rolls. Makes enough for 6 sandwiches.

Candie Smalley

CRANBERRY SALAD

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|--------------------|------------------------|
| 1 qt. cranberries | 1 c. sugar |
| 1/2 c. water | 2 pkg. raspberry Jello |
| 3 c. boiling water | 1 c. grapes |
| 1 c. nutmeats | 1 c. celery |

Cook cranberries in water and sugar for 5 minutes until the cranberries are cooked. Mix raspberry Jello and boiling water. Mix with cranberries. Add grapes, nutmeats and celery and place in large salad bowl.

Betty Smalley

RIBBON SALAD

6 oz. fresh spinach, cleaned, drained and torn into pieces	1 1/2 c. (6 oz.) shredded Cheddar cheese
2 medium tomatoes, thinly sliced	4 hard-boiled eggs, sliced
Salt and pepper	Pepper
1 small Bermuda onion, thinly sliced and separated into rings	1 (10 oz.) pkg. frozen peas, thawed
1/2 tsp. pepper	1/2 c. chopped celery
	1 1/2 c. sour cream
	1/3 c. grated Parmesan cheese
	4 slices bacon, cooked and crumbled

Place spinach in bottom of clear tall bowl. Top with tomatoes; sprinkle lightly with salt and pepper. Layer onions, Cheddar cheese and eggs. Sprinkle lightly with salt and pepper. Combine peas and celery. Sprinkle over eggs. Combine sour cream, Parmesan cheese and 1/2 teaspoon pepper. Spread over peas. Cover with plastic wrap and refrigerate several hours or overnight. Just before serving sprinkle with bacon. Serve, making sure each serving contains some of every layer.

Betty Smalley

SUNSHINE SALAD

1 can mandarin oranges, drained	1 c. coconut
1 can pineapple tidbits, drained	1 c. marshmallows
	1 small pkg. sour cream

Mix all ingredients together.

Betty Smalley

FROZEN CRANBERRY SALAD

1 qt. raw cranberries	1 small can crushed pineapple, <u>not drained</u>
6 apples, peeled, cored	1 lb. marshmallows (miniature)
1 1/4 c. sugar	1 tall can evaporated milk, chilled and whipped or 2 c. whipped cream
1/2 c. nuts	

Grind apples and cranberries. Add sugar, pineapple and marshmallows. Stir and set aside for 15 minutes. Add nuts and fold in whipped cream or milk. Spoon into containers and freeze at once. Make 4 quarts.

Mabel Reed

EGG MACARONI SALAD

1 (7 1/2 oz.) macaroni and cheese pkg.	1 medium tomato, diced
1 (10 oz.) frozen peas	1 medium onion, diced
1/2 c. celery, diced	3/4 c. Miracle Whip dressing
	6 hard-boiled eggs

Prepare macaroni and cheese dinner as directed on package. Cool. Cook peas and drain. Combine all ingredients and chill. Serves 8 or more.

Mabel Reed

GREEN SALAD

16 large marshmallows	1 c. whipping cream
1 c. milk	1/2 c. salad dressing
1 small pkg. lime Jello	1 (No. 2) can crushed pineapple
1 large pkg. Philadelphia cream cheese	

Melt marshmallows in milk over hot water. Pour hot mixture over lime Jello and stir until all dissolved. Add cream cheese and mix until all melted. Add pineapple and let set a while. Then stir in salad dressing and then whipping cream. Chill.

Margaret Ades

FRESH FRUIT SALAD

1 qt. strawberries	4 small bananas
1 lb. seedless grapes	1 vanilla yogurt
1 large can mandarin oranges	1 lemon yogurt

Mix together; refrigerate. Add bananas last.

Mary Todd

FRESH VEGETABLE MARINADE

5 c. cauliflowerets	1 onion, separated into rings
4 c. broccoli flowerets (1 bunch)	1 1/2 c. cooking oil
8 large fresh mushrooms, sliced	1/2 c. vinegar
3 stalks celery, chopped	2 Tbsp. sugar
1 green pepper, cut into strips	2 Tbsp. poppy seeds
	2 tsp. dry mustard
	1 tsp. salt

Combine vegetables in large bowl. Shake remaining ingredients in jar. Pour dressing over vegetables. Cover and chill. Makes 12 servings.

HOT BACON DRESSING (For Wilted Lettuce or Spinach Salad)

Saute five slices of bacon until crisp. Drain on paper towel. Remove frying pan from heat and pour off all but 2 tablespoons of the drippings. Next, stir in 1/4 cup vinegar, 1 tablespoon sugar, 2 tablespoons of water, 1/2 teaspoon salt, 1/4 teaspoon pepper and 1/4 teaspoon dry mustard. Mix, pour over spinach greens or lettuce and toss lightly to coat well. Garnish with crumbled bacon and serve immediately.

Betty Smalley

FRUIT SALAD

3 Tbsp. frozen lemonade concentrate	1/2 c. seedless grapes, halved
1 medium apple, cored and diced	1/2 c. blueberries
1 medium orange, peeled, sectioned and diced	1/2 c. frozen red raspberries (optional)
1 peach, pitted, diced	1/2 c. fresh or frozen strawberries (optional)
1 banana, peeled, sliced	2 Tbsp. finely chopped walnuts

Place lemonade concentrate in a large bowl and mix lightly with fruits as they are prepared. Garnish each serving with chopped walnuts.

Lemon juice and artificial sweetener may be substituted for lemonade concentrate. If including raspberries and strawberries, add them just a few minutes before serving. Serves 6-8.

Mrs. Neal Smith,
Iowa Representative

PINEAPPLE BAKE

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|--|------------------------------|
| 2 medium cans chunk
pineapple, well drained | 1 c. shredded Cheddar cheese |
| 3/4 c. sugar | 3 Tbsp. flour |
| Ritz cracker crumbs | 1/2 c. butter, melted |

Mix pineapple, sugar and flour. Put in a baking dish. Then sprinkle cracker crumbs over this and drizzle melted butter over the crumbs. Then sprinkle cheese on top. Bake at 350° for 20 minutes. This dish can be served as a hot salad or an accompaniment to meat, such as ham.

Betty Smalley

HEARTY MUSHROOM SALAD BOWL

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|---|--------------------------------|
| 1 lb. mushrooms, sliced
or 2 (8 oz.) cans | 1 lb. (2 c.) diced, cooked ham |
| 1 (10 oz.) pkg. frozen
peas, cooked and
chilled | 3 c. sliced, cooked potatoes |
| 1/4 c. vinegar | 1/2 c. sliced scallions |
| 1 Tbsp. salt | 3/4 c. salad oil |
| | 4 tsp. basil leaves, crumbled |
| | 1/2 tsp. black pepper |
| | 1/4 tsp. ground cumin seed |

Rinse, pat dry and slice fresh mushrooms. In large bowl put mushrooms, peas, ham, potatoes and scallions. Mix remaining ingredients and pour over salad. Toss gently and serve on lettuce lined salad plates. Yields 8 servings.

Cindy Smalley

MARINATED MUSHROOM SALAD

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|-----------------------------------|----------------------------|
| 1 lb. fresh mushrooms | 1 c. white vinegar |
| 2 c. water | 1/2 c. sliced carrots |
| 1/2 c. diced celery | 1/2 c. green pepper strips |
| 1/3 c. olive oil | 1/2 c. red pepper strips |
| 1 tsp. oregano leaves,
crushed | 3/4 tsp. salt |
| 1/4 tsp. garlic powder | 1/4 tsp. black pepper |

Rinse, pat dry and slice mushrooms (makes about 5 cups). In a medium saucepan combine mushrooms and vinegar; bring to a boil. Reduce heat and simmer, covered, for 2 minutes. Drain mushrooms; set aside to cool. In a small saucepan bring water to a boil. Add carrots and celery; return to a boil. Reduce heat and simmer, covered, for 3 minutes. Add red and green peppers; cover and simmer until all vegetables are tender, about 3 minutes. Drain and set aside to cool. In a medium bowl mix

olive oil and remaining spices. Let stand for 10 minutes. Stir in all the vegetables; mix well. Cover and refrigerate at least 2 hours before serving. Yield: 4 1/2 cups.

Betty Smalley

MUSHROOM AND SPINACH CAESAR SALAD

1/2 lb. fresh mushrooms	1/2 c. salad oil
2 Tbsp. lemon juice	1 tsp. Worcestershire sauce
1 small garlic clove, crushed	1/2 tsp. salt
1/8 tsp. black pepper	1/2 lb. fresh spinach or romaine lettuce
1 c. croutons	1/4 c. thinly sliced onion
1/4 c. grated Parmesan cheese	1 raw egg

Combine oil, lemon juice, Worcestershire sauce, garlic, salt and pepper; mix well. Pour over mushrooms in salad bowl. Toss well to coat. Tear spinach into bite-size pieces. Add to salad bowl along with croutons, onion and cheese; toss lightly. Add egg and toss until egg is not visible. Serve immediately. Serves 6 portions.

Candie Smalley

MOTHER'S MAYONNAISE

3/4 c. sugar	1 level tsp. dry mustard
2 level Tbsp. flour	1/4 tsp. salt

Mix thoroughly. Add enough cold water to make a smooth paste. Add two well beaten eggs, 3/4 cup vinegar and fill cup with water. Cook until bubbling thick over slow fire, stirring constantly. As dressing is used, add milk or cream to thin to desired consistency.

Mrs. Lloyd Hines

RUSSIAN DRESSING

1 c. salad oil	1 Tbsp. Worcestershire sauce
1/2 c. sugar	1/2 tsp. salt
1/2 c. ketchup	1 tsp. paprika
1/4 c. vinegar	1 clove garlic, grated

Mix in blender and chill. Makes about one pint.

Mrs. Lloyd Hines

ALL-PURPOSE DRESSING

1 c. powdered sugar	1 tsp. celery seed
1 tsp. dry mustard	1/4 tsp. onion juice
1 tsp. paprika	1/3 c. vinegar
1/4 tsp. salt	1 c. salad oil

Mix 2 tablespoons of vinegar with dry ingredients and beat until thick. Add remaining oil and vinegar, alternating. Last, add onion juice. Shake well for each using. Place in jar for keeping in refrigerator.

Mrs. Lloyd Hines

THOUSAND ISLAND DRESSING

Whip 1/2 cup coffee cream or half & half as thickly as possible. Add one tablespoon salad dressing and blend well. Add following, cut fine: 1 small green pepper, if desired, 1 small can pimentos, 1 small onion, 1/2 cup diced celery, 1 cup chili sauce, two hard-boiled eggs, diced, salt and pepper to taste. Mix all ingredients thoroughly and chill. Serve on lettuce or tossed salads.

Mrs. Lloyd Hines

VEGETABLES

SOUR CREAM SCALLOPED CORN

1 stick oleo, melted	1 c. sour cream
1 can creamed corn, including liquid	2 beaten eggs
1 can whole kernel corn, including liquid	1 box Jiffy corn muffin mix

Melt butter, then add remaining ingredients. Stir well and bake, uncovered, at 350° for one hour. Use a 1 1/2 quart baking dish. May be frozen. May be rewarmed in a microwave oven about 10-15 minutes. Serve hot.

Bea Smith, Wife of Neal Smith,
Member of Congress

BAKED STUFFED ONIONS

4 large yellow onions (about 3 inches in diameter)	1/2 tsp. marjoram 2 Tbsp. water 1/4 tsp. salt
1 lb. lean lamb shoulder, boneless	2 cloves garlic, crushed 1 tsp. salt
1 (8 oz.) can tomato sauce	1/2 tsp. thyme
1/2 tsp. oregano	1/2 tsp. pepper

Remove onion skins and centers, leaving 1/2 inch thick shells. Chop and reserve 1/2 cup onion. Place onion shells and water in greased 2 quart casserole; cover and bake for 30 minutes at 400°.

Cut lamb into small pieces; sprinkle with 1/4 teaspoon salt. Cook and stir lamb, garlic and reserved onion in skillet until lamb is brown and liquid has evaporated, about 10 minutes.

Stir in tomato sauce and spices. Spoon 1/2 cup of meat mixture into each onion shell; cover. Bake 30 minutes longer.

Cindy Smalley

SPINACH CHEESE STRATA

1 loaf French bread (day-old is best)	1 tsp. dill weed Pinch of pepper
1 large onion, chopped	3 eggs
3/4 c. cooked, chopped spinach (8 c. fresh) or 1 (10 oz.) frozen, chopped spinach, thawed	2 Tbsp. butter 1 tsp. salt 6 oz. shredded Swiss cheese 2 1/2 c. milk

Cut bread into thin slices; line bottom of buttered shallow 6 cup baking dish with half the slices. Saute onion in butter in large skillet 5 minutes. Squeeze spinach dry and add to pan with dill, 1/4 teaspoon of the salt and pepper. Stir just to combine. Spread spinach over bread in pan; sprinkle with 1 cup of the cheese. Arrange remaining bread, overlapping on top. Beat eggs in medium sized bowl; stir in milk and remaining 1/4 teaspoon salt. Pour over bread. Sprinkle with remaining cheese. Cover and chill at least one hour or overnight. Bake, uncovered, in a moderate oven of 375° for 45 minutes or until puffed and golden. If bread is browning too quickly, cover with foil. Remove to wire rack. Let stand for 10 minutes before serving.

Cindy Smalley

PERFECT FRENCH - FRIED ONION RINGS

Slice 6 medium Bermuda or mild onions in 1/4 inch thick slices, then separate into rings. Combine 2 cups of milk and 3 eggs, beaten, into shallow pan. Drop a few onion rings at a time into pan. With fingers, swish rings around until each is well coated with the liquid. Lift onions out and shake off the excess liquid. Then drop the rings a few at a time in a pan of flour, coating each well and then shake off the excess flour. Fill frying basket 1/4 full to provide even browning. Set basket in deep hot fryer at 375°, cook onions until crisp and golden. Stir rings once with fork to separate them. Drain on paper towels. Sprinkle with salt before serving.

Margaret McGlynn

EASY GARDEN QUICHE

1 single 9 inch pie crust	1/2 can French fried onions
1 c. chopped, fresh or frozen, thawed broccoli	4 eggs
1 c. (4 oz.) shredded Swiss cheese	2 c. whipping cream
	3/4 tsp. salt
	1/4 tsp. sugar
	1/8 tsp. cayenne pepper

Sprinkle broccoli, cheese and onions in crust. Beat remaining ingredients, pour over broccoli mixture. Bake 15 minutes at 425°. Reduce oven temperature to 300°. Bake until knife inserted 1 inch from edge comes out clean, about 35 minutes. Let stand 10 minutes before cutting.

Candie Smalley

VEGETABLE CASSEROLE

1 (10 oz.) pkg. frozen green beans	1 (8 oz.) can small whole onions, drained
1 (10 oz.) pkg. frozen broccoli	8 slices of cheese, cubed
1 (10 oz.) pkg. frozen cauliflower	2 (10 1/2 oz.) cans mushroom soup, undiluted
	1/2 of 8 oz. pkg. herb bread dressing

Partially cook the vegetables in separate pans. Drain. Place partially cooked vegetables and onions in layers in a large casserole. Place the cubed cheese over the top. Heat soup until well blended, and pour over the vegetables. Cover the casserole and bake in a 350° oven for 40 minutes. Uncover and put the dry herb bread dressing over the top for the last 10 minutes of the baking time.

Betty Smalley

VEGETABLE CASSEROLE

- | | |
|-----------------------------------|-------------------------------|
| 1 small jar Cheez Whiz | 1 box frozen cauliflower |
| 1 can mushroom soup | 1 box frozen Brussels sprouts |
| 1 box frozen, chopped
broccoli | |

Cook vegetables and drain. Put in greased casserole. Combine cheese and soup. Mix lightly. Bake in 350° oven for 30 minutes.

Ebba Larson

STUFFED EGGPLANT

- | | |
|----------------------------------|--------------------------------|
| 1 (1 lb.) medium eggplant | 1/2 tsp. salt |
| 1 Tbsp. oil | 4 oz. pork sausage, crumbled |
| 1 small green pepper,
chopped | 1 small onion, chopped |
| 1/3 c. seasoned bread
crumbs | 1 clove garlic, minced |
| | 2 Tbsp. grated Parmesan cheese |
| | 1 c. meatless spaghetti sauce |

Halve eggplant lengthwise. Scoop out pulp, leaving 1/2 inch shell. Chop pulp coarse. In medium skillet over medium heat saute sausage in oil 3 minutes. Add onion, green pepper, garlic and eggplant pulp; saute 5 minutes or until onion is tender. Stir in crumbs, Parmesan and salt; spoon mixture into eggplant halves. Pour spaghetti sauce into skillet. Add eggplant; cover; simmer 15 to 20 minutes or until eggplant shells are tender. Place on serving dish; spoon sauce over top and sprinkle with more Parmesan cheese.

Candie Smalley

GREEN BEAN CASSEROLE

- | | |
|---------------------------------|----------------------------|
| 1 can green beans | 1 can refried onion rings |
| 1 can cream of mushroom
soup | 1 c. diced Velveeta cheese |

Butter a casserole dish. Mix all ingredients but onion rings. Put in casserole dish. Sprinkle onions on top. Cover with foil. Bake at 350° for 25 to 30 minutes.

Cindy Smalley

EXTRA DELICIOUS BEANS

3 (10 oz.) pkg. frozen lima beans	3/4 c. catsup
6 slices bacon, diced	1 (1 lb.) can butter beans
1 c. brown sugar	2 (1 lb.) cans pork and beans
2 Tbsp. dried onions	Salt and pepper
	Heavy cream

Cook frozen beans until tender; drain thoroughly. Fry diced bacon until crisp; remove the fat. Mix together the brown sugar and catsup. Combine all beans, add brown sugar mixture. Turn into long flat baking dish and pour heavy cream over it, just enough to come up to the edge of the beans. Bake in a 350° oven for one hour.

Betty Smalley

MIXED VEGETABLE CASSEROLE

2 (10 oz.) pkg. frozen mixed vegetables	1/2 c. grated Parmesan cheese
1/4 c. water	1/8 tsp. garlic salt
1 tsp. salt	Pinch of nutmeg
1/4 tsp. garlic salt	Pinch of thyme
3 Tbsp. melted butter	2 c. liquid (from cooked vegetables, plus milk to make 2 c.)
1/4 c. flour	
1/4 c. butter	1/2 c. fine dry bread crumbs

Cook the vegetables in the water until almost tender. Drain, saving the liquid and add salt, garlic salt and melted butter (2 tablespoons) to the cooked vegetables. Mix lightly and put into a 1 quart buttered casserole. Make a sauce of the 1/4 cup butter, flour, Parmesan cheese, garlic salt, nutmeg and thyme, and the 2 cups of liquid that was saved. Pour over the vegetables and top with the bread crumbs which have been buttered with the remaining 1 tablespoon of melted butter. Bake at 350° for about 30 minutes. Serves 8 to 10.

Betty Smalley

CARROT CASSEROLE

1-2 pkg. carrots, peeled, sliced and cooked until tender	2 c. Velveeta cheese, cubed
	Buttered croutons

White Sauce:

1 stick butter	1/2 tsp. salt
3 Tbsp. flour	Dash of celery seed
1 1/2 c. milk	Dash of dried mustard

COMPANY POTATOES

8-10 medium potatoes
1 large pkg. sour cream
1 (8 oz.) pkg. cream
cheese, softened

Butter
Salt, pepper and paprika
Chives and grated Cheddar
cheese (optional)

Boil and smash potatoes. Cream together sour cream and cream cheese together and then mix into potatoes. Add chives and/or minced onions if desired. Add some milk to make the potatoes fluffy. Put in greased baking dish. Dot with butter, sprinkle with salt, pepper and paprika. Cover with shredded cheese if desired. Bake in 350° oven for 30 minutes.

Cindy Smalley

SCALLOPED CORN

1 can cream corn
1 small diced onion
1 egg

10-12 crackers
Salt and pepper

Put in greased casserole dish. Mix all ingredients. Bake in oven at 350° for 30-45 minutes.

Candie Smalley

SCALLOPED CABBAGE CASSEROLE

1 medium head cabbage
1/2 tsp. salt
1 medium onion, diced

1 c. celery, chopped
1/2 c. green pepper (optional)

White Sauce:

1/2 tsp. minced garlic
1/4 c. butter
3 Tbsp. flour

1 1/2 c. milk
1/2 tsp. salt
Dash of celery seed
Dash of dried mustard

Slice and cook cabbage until tender. Do not overcook. Put in casserole dish. Put in rest of vegetables. Pour on white sauce and then cheese. Sprinkle cracker crumbs over that. Bake at 325° for 45 minutes.

Betty Smalley

COPPER PENNIES
(Carrots)

2 lb. carrots, sliced and
cooked

1 medium onion, sliced thin
1 green pepper, diced fine

Sauce:

1 can tomato soup
1/2 c. vinegar
Salt (to taste)

1 c. sugar
1/2 c. oil (cooking)

Heat sauce mixture and pour on carrots, onion and pepper. Let stand overnight. Serve hot or cold, pour off sauce and use sauce over baked beans or as a salad dressing.

CHEESY VEGETABLE COMBO

1 (10 oz.) pkg. frozen,
chopped broccoli
1 (10 oz.) pkg. frozen
cauliflower
10 oz. jar cheese spread

2 or 3 Tbsp. Worcestershire
sauce
3/4 c. slivered, toasted almonds
1 Tbsp. butter or margarine
1 (10 oz.) pkg. Brussels sprouts
1/2 c. chopped scallions

Cook vegetables 3-5 minutes in boiling, salted water and drain. Saute scallions in butter. Mix with vegetables and place in 2 quart casserole. Stir cheese spread and Worcestershire sauce over low heat until melted. Pour over vegetables and sprinkle with almonds. Bake in 350° oven for 30 minutes.
Mrs. Davitt

WORTH REMEMBERING BAKED BEANS

1 tall can pork and beans
1 regular can chili beans
1 tsp. Worcestershire sauce
1 tsp. catsup

1 regular can butter beans
3/4 c. brown sugar
1 small chopped onion

Combine ingredients and bake 45 minutes at 300°. Strips of bacon on top are optional but good.

Mrs. Davitt

FLORIDA SUNSHINE SALAD

3 oz. pkg. lemon Jello
12 oz. can apricot nectar
6 oz. can frozen orange
juice

3 oz. pkg. cream cheese
1/2 c. pecans (or walnuts),
chopped

Heat apricot nectar to boiling point. Dissolve Jello in this. Do not dilute. Add frozen orange juice, undiluted. Make small balls of cream cheese and roll in chopped nuts to cover. Place three small balls in each mold. Fill mold with juice/Jello mixture and refrigerate until set. Serve on lettuce leaf.

Good with fowl, pork or ham. May be used at holiday time in place of cranberry sauce. One large or individual molds may be used.

Donna Lou Askew, Reubin O'D.
Askew

** NOTES **

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight in Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10-inch ribs)	4	1¾	140° (rare)
		2	160° (medium)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer	8	2½	170° (well done)
		3	140° (rare)
		4½	160° (medium)
Rolled Ribs	4	2	170° (well done)
		2½	140° (rare)
		3	160° (medium)
Rolled rump ²	5	2¼	170° (well done)
		3	140° (rare)
		3¾	160° (medium)
Sirloin tip ² ² Roast only if high quality. Otherwise, braise.	3	1½	170° (well done)
		2	140° (rare)
		2¼	160° (medium)
LAMB			
Leg ³	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

BEEF

BEEF MARINATING SAUCE

- | | |
|-------------------------------------|--------------------------|
| 1/2 c. soy sauce | 3 garlic cloves, crushed |
| 3 Tbsp. honey or dark
Karo syrup | 1/4 tsp. ginger |
| | 1/2 tsp. salt |

Marinate your beef for one hour, then cook.

Candie Smalley

FIRE AND ICE MARINADE

- | | |
|-------------------------|-------------------------------|
| 3/4 c. white vinegar | 1 tsp. salt |
| 1 c. sugar | 2 tsp. minced garlic |
| 1 1/2 tsp. mustard seed | 1 tsp. olive oil or salad oil |
| 1 tsp. celery salt | 1/2 tsp. sweet basil |
| 1/2 tsp. black pepper | |

Combine all ingredients in saucepan and boil for 1 minute. Cool and pour over vegetables: Tomatoes, onion, cucumbers, sweet peppers. This can be used again and again by adding more vegetables.

Betty Smalley

SUMMER SAUSAGE

- | | |
|----------------------|--|
| 4 lb. hamburger | 1/2 tsp. crushed red pepper |
| 2 tsp. onion salt | 4 tsp. hickory smoked salt |
| 2 tsp. mustard seed | 4 Tbsp. Morton's Tender-Quick
curing salt |
| 2 tsp. garlic powder | 2 c. cold water |

Mix all ingredients and divide in four rolls. Wrap each in foil and refrigerate for 24 hours. Boil for 1 hour. Drain juice and store in refrigerator. Freezes well.

Edna Rieck

LA STRATA

1 lb. ground beef	1 (4 oz.) can mushrooms, drained
1/4 c. minced onion	
1 (8 oz.) can tomato sauce	1 (10 oz.) pkg. frozen, chopped spinach (thawed and drained)
1 tsp. basil	8 oz. cottage cheese
1 tsp. chopped parsley	4 oz. shredded Mozzarella cheese
1/4 tsp. oregano	3 hard cooked eggs, sliced
Dash of garlic salt and pepper	

Preheat oven to 350°. In medium skillet, saute ground meat and onion until meat is browned. Drain off fat. Add tomato sauce and spices. Combine spinach and cottage cheese. In 8 inch square baking dish, arrange in layers - spinach mixture, meat mixture, then Mozzarella cheese. Repeat layers, ending with cheese. Before last layer of cheese, arrange egg slices on meat mixture, then top with remaining Mozzarella cheese. Bake 20 to 30 minutes. Makes 4 servings.

Edna Rieck

ALL - IN - ONE CASSEROLE

1 medium size head cabbage, cut up	1 chopped onion
1 layer carrots, sliced	1/2 c. uncooked rice
1 layer potatoes, sliced	Salt and pepper to taste
1 lb. ground beef	1 (10 1/2 oz.) can tomato soup
	1 soup can water

Place cabbage in greased baking dish. Put potatoes and next carrots. Brown beef and onion. Stir in rice and place mixture over vegetables and season. Combine soup with water and pour into dish. Cover with foil. Bake in 350° oven for one hour.

Margaret Ades

HAMBURGER MIX

(Makes 5 pints)

4 medium onions, chopped	1/2 tsp. pepper
2 c. chopped celery	3 cloves garlic, finely chopped
4 lb. ground beef	1 Tbsp. fat
3 Tbsp. Worcestershire sauce	2 (12 oz.) bottles catsup
	2 tsp. salt (optional)

Pan fry onion, garlic, and celery in fat in large kettle. Add ground beef and stir; cook until all redness of meat disappears. Add catsup, Worcestershire sauce, salt and pepper. Simmer 20 minutes. Cool, skim off excess fat that has solidified.

To Freeze: Spoon cooled mixture into 1 pint containers. Seal. Label with name and date. Do not stack containers until thoroughly frozen. For best quality, keep no longer than 3 months.

To Thaw: Place container in hot water or under running hot water just long enough to allow mixture to slip out of container.

Barbecue: Heat mixture slowly in a pan. Spoon into hot buns allowing 1/4 cup mix for each bun. Makes 6 to 8 servings per pint.

Mock Pizza: Let mix thaw in refrigerator. Spoon mix generously over English muffin halves. Cover each with Italian or American cheese and sprinkle with oregano. Broil until cheese is bubbly.

Spaghetti Sauce: Heat mix in a saucepan. Add a dash of cayenne pepper and garlic powder. Serve over spaghetti and topped with grated Parmesan cheese

Quick Chili Con Carne: Heat 1 pint mix in skillet with 1 (16 ounce) can red kidney beans. Season with chili powder.
Betty Smalley

MUSHROOM - STUFFED FLANK STEAK

1/2 lb. fresh mushrooms, chopped	1/2 c. onion, chopped
1 Tbsp. oil	1/2 tsp. poultry seasoning
2 Tbsp. bacon bits	1 (1 1/2 lb.) flank steak
1 Tbsp. oil	1 c. dry red wine
2 Tbsp. water	1 Tbsp. flour

Cook and stir mushrooms and onion in 1 tablespoon oil over high heat until tender. Remove from heat; stir in poultry seasoning and bacon bits. Reserve.

Trim excess fat from meat. Pound meat into thin triangle, 1/4 inch thick. Spread stuffing over meat; roll up from long side. Secure with skewers. Cook meat in 1 tablespoon oil until brown, 15 minutes; reduce heat. Pour wine over meat; cover. Simmer 1 1/2 hours. Remove meat to platter; keep warm.

Mix water and flour until smooth. Stir into wine mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve with steak. Serves 5.

Candie Smalley

CHILI DOGS

1/2 lb. ground beef	1/4 tsp. minced garlic
1/4 tsp. salt	1 (8 oz.) can tomato juice
1/2 c. water	1/2 tsp. chili powder
1/2 c. chopped onion	

Mix salt and ground beef and cook until brown. Pour off excess fat. Add other ingredients and simmer 10 minutes. Makes 12.

Lillian Frahz

MINUTE STEAK ROLLS

6 minute steaks	Salt and pepper
1 (3 oz.) can boiled, chopped mushrooms	2 Tbsp. oil
1/2 c. chopped onion	1 (10 1/2 oz.) can condensed beef broth
1/2 c. chopped fresh parsley	2 Tbsp. cornstarch
	1/2 c. grated Parmesan cheese
	Fresh tomato wedges for garnish

Pound steak if thick. Drain mushrooms, reserve the liquid. Sprinkle some of the mushrooms, onions, parsley, salt and pepper over each steak. Begin at the narrow end and roll up the steaks and fasten with toothpicks. Heat the oil in a skillet and brown the rolls slowly. Add about half the beef broth and simmer 30 to 40 minutes or until steaks are tender. Remove hot steaks to platter. Combine the cornstarch, mushroom liquid and remaining beef broth. Stir into drippings in skillet and cook, stirring constantly, until thickened. Pour the sauce over the rolls and sprinkle with Parmesan cheese. Garnish with tomato if you wish.

MECTZA PIE

1 lb. ground beef	1/2 c. bread crumbs
2/3 c. evaporated milk	1 tsp. garlic salt

Mix and spread in pie plate. Pour 1/2 cup tomato sauce over meat and 3 1/2 ounce can of mushrooms. Top with grated cheese and sliced stuffed olives.

SUMMER SAUSAGE

2 lb. lean ground beef	2 Tbsp. Morton's Tender-Quick meat curing salt
1 tsp. onion salt	
1 tsp. mustard seed	1 tsp. Morton's smoke salt
1 tsp. garlic salt	1 c. cold water
1 tsp. peppercorns	1/8 tsp. red pepper

Mix together; divide into 2 rolls; wrap in aluminum foil and refrigerate 24 hours. Put in cold water and boil 1 hour. Drain juice off.

ITALIAN MEATBALLS AND SAUCE

Meatballs:

1 lb. ground pork	1/2 c. grated Romano cheese
1 1/2 lb. ground beef	1 tsp. salt
3 eggs	1/2 tsp. garlic powder
3 c. bread crumbs	1 tsp. basil
1 tsp. black pepper	

Mix with hands. If too hard, add one more egg. If too soft, add more cheese or bread crumbs or both. Roll into balls, fry, drain grease, add to sauce.

Sauce:

2 strips bacon	4 cans water
1 (15 oz.) can tomato sauce	Salt, pepper, garlic powder and Italian seasonings to taste
1 can water	
1 (6 oz.) can tomato paste	

Optional: Red peppers, green peppers, onions and mushrooms. In saucepan, brown bacon. Add tomato sauce and other ingredients. Cook until sauce is thick.

Mary Maloney

BEEF AND POTATO BAKE

4 c. raw potatoes, thickly sliced	1/2 tsp. salt 1/2 c. cubed Velveeta cheese
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Mix together:

1 lb. lean ground beef	1/4 c. onion, chopped
3/4 c. evaporated milk	1/4 c. catsup
1/2 c. rolled oats (uncooked)	Dash of pepper

Arrange potatoes in an oblong 2 quart baking dish. Sprinkle with salt and pepper. Add cheese. Mix together ground beef mixture. Bake in 350° oven for 1 hour.

Mary Todd

HAMBURGER CASSEROLE

1 can celery soup 2 Tbsp. onion flakes
1 lb. hamburger 1 box tater tots

Break raw hamburger into 1 1/2 quart baking dish. Sprinkle with onion. Layer tots over that. Cover evenly with soup. Bake 1 1/4 hours in 350° oven.

Ebba Larson

CHINESE BEEF AND PEA PODS "FOR CROCK POT"

1-2 lb. flank or round 1 bunch green onions, sliced
steak 2 Tbsp. cornstarch
1 (10 1/2 oz.) can 2 Tbsp. water
condensed beef consomme 1 (7 oz.) pkg. frozen Chinese
1/4 c. soy sauce pea pods, partially thawed
1/4 tsp. ground ginger

Thinly slice steak, diagonally across grain. Combine strips in slow cooking pot with consomme, soy sauce, ginger and onions. Cover and cook on low for 5 to 7 hours. Turn to high heat. Cook 1/2 to 1 hour. Keep on high heat, dissolve cornstarch in water. Stir into mixture, cook for 10 to 15 minutes or until thick. Stir in pea pods the last 5 minutes. Serve over hot rice.

Candie Smalley

BEEF TERIYAKI

1 lb. beef chuck, cut 1 c. red and green peppers,
into strips cut into strips
1 large onion, sliced 2 c. bouillon (beef)
1 garlic clove, minced 3 Tbsp. soy sauce
1 Tbsp. oil 2 Tbsp. sherry (optional)
3/4 tsp. ground ginger 1 1/2 c. Minute rice

Brown beef, onion and garlic in oil. Add ginger, pepper strips, bouillon, soy sauce and sherry. Bring to a boil. Stir in rice, cover, remove from heat. Let stand 5 minutes and stir before serving. Makes 4 servings.

BEEF BURGERS

4 lb. ground beef	2 Tbsp. brown sugar
2 Tbsp. oil or butter	1 Tbsp. Worcestershire sauce
1 c. chopped onions	1 Tbsp. salt
1/2 c. chopped celery	2 tsp. vinegar
1 (14 oz.) bottle catsup	1 tsp. Accent
1 c. water	1 tsp. liquid smoke (optional)
1/4 c. lemon juice	1/2 tsp. dry mustard

Saute onions and celery. Brown meat in onion mixture. Drain. Add the rest of the ingredients and simmer for an hour or more. Will serves 25 to 30 buns.

Mabel Reed

IMPOSSIBLE TACO PIE

(The pie that does the impossible by making its own crust)

1 lb. ground beef	1 1/4 c. milk
1/2 c. chopped onion	3/4 c. Bisquick baking mix
1 pkg. taco seasoning mix	3 eggs
1 (4 oz.) can chopped green chilies, drained	2 tomatoes, sliced
	1 c. shredded Monterey Jack or Cheddar cheese

Heat oven to 400°. Grease pie plate, 10 1/2 inches. Cook and stir beef and onion until brown; drain. Stir in seasoning mix. Spread in plate, top with chilies. Beat milk, baking mix and eggs until smooth, 15 seconds in blender or 1 minute with hand beater. Pour into plate. Bake 25 minutes. Top with tomatoes and cheese. Bake until knife inserted in center comes out clean, 8 to 10 minutes. Cool 5 minutes. Serve with sour cream, chopped tomatoes, shredded lettuce and shredded cheese on top if desired. Makes 6 to 8 servings.

Betty Smalley

OLD FASHIONED MEAT PIE

Cut up one stalk of celery, one medium onion and one large carrot. Add to gravy and leftover roast beef, cubed. Cook for about 30 minutes on top of stove. Add cup of cubed potatoes, either precooked or raw, and small can of peas. Cook about 15 minutes longer, or until all vegetables are tender. Pour into buttered casserole and cover with rich biscuit dough, about 1/2 inch thick. Bake in 400° oven, uncovered, about 45 minutes, until golden brown. If not enough gravy is left-over, add water to make about a quart or more of liquid. Make dough same as for biscuits, but add 2 tablespoons more shortening.

LEMON - PEPPERED STEAKS

2 (12 oz.) beef rib steaks	1/2 c. whipping cream
2 tsp. lemon pepper	1 Tbsp. butter
1 Tbsp. oil	Salt
2 Tbsp. chopped green onion	1 Tbsp. butter
2 tsp. flour	1/4 tsp. salt
	1 Tbsp. brandy

Pat steaks dry with paper toweling. Sprinkle both sides of steaks with lemon pepper, pressing it into the meat; cover. Let stand 30 minutes.

Heat 1 tablespoon butter and the oil in large skillet. Brown steaks 3 to 4 minutes on each side. Remove to hot platter; sprinkle with salt and keep warm.

Pour fat from skillet. Cook and stir green onions in 1 tablespoon butter for 1 minute; mix in flour and 1/4 teaspoon salt. Stir in cream and brandy gradually. Cook and stir until bubbly. Pour over steaks. Garnish with mushroom caps and watercress if desired. Makes 2 servings.

Betty Smalley

AUNT FREIDA'S FAVORITE

1 3/4 lb. lean ground beef	1 c. grated Cheddar cheese
1 (4 oz.) can mushrooms, drained	2 Tbsp. butter
1 1/2 c. chopped green pepper	1 1/2 c. sliced onions
1 Tbsp. salt	1/2 tsp. pepper
1/4 lb. fine noodles, uncooked	1 1/2 c. canned tomatoes, crushed

Saute meat in butter in skillet until brown. Add vegetables, salt and pepper and cook until tender. Cook and drain noodles. Add to meat. Add tomatoes. Pour into 2 quart casserole. Sprinkle with cheese. Bake at 275° for one hour. Serves 10 to 12.

Candie Smalley

CREOLE GRILLADES WITH GRAVY

1/2 lb. boneless beef round, 1/2 inch thick, well trimmed	1 Tbsp. flour
Salt to taste	1 to 2 Tbsp. wine vinegar
Dash of cayenne	Pepper to taste
1 small onion, sliced thin	2 Tbsp. oil
	1 large garlic clove, minced
	2 large tomatoes, chopped
	1 c. hot water

Cut beef in 3 to 4 inch squares. Using meat mallet, pound each square to about 1/2 inch thickness. Season well on both sides with salt, pepper and cayenne, rubbing seasonings into meats with the hands. Heat oil in large heavy skillet. Add onion and garlic; saute until golden. Stir in flour and cook until brown. Add tomatoes; cook 2 minutes. Add meat; over medium heat, brown meat on both sides. Combine vinegar and water; pour over meat. Cover tight and simmer over low heat, turning meat and stirring once, 20 to 30 minutes or until tender. Serve with grits or steamed rice. Makes 4 servings.

Candie Smalley

ZIPPY BARBECUED BEEF STRIPS

3 lb. beef round steak, cut 1/8 inch thick	12 hamburger buns
1/4 c. flour	2 tsp. salt
1/8 tsp. pepper	1/4 c. cooking fat
1/2 c. chopped onion	3/4 c. water
1 1/2 c. barbeque sauce	1/2 lb. fresh mushrooms, sliced or canned

Partially freeze round steak and cut into strips 1/8 inch thick and approximately 3 inches long. Combine flour, salt and pepper. Dredge strips of beef in seasoned flour and brown lightly in cooking fat. Pour off drippings. Add onion and water, cover lightly and cook slowly 30 minutes. Add barbeque sauce and sliced mushrooms, cover and continue cooking slowly 30 minutes, stirring occasionally. Serve on hamburger buns. Yield: 12 servings.

Betty Smalley

FISH

KACHAPHURI WITH SALMON (Makes 1 (9 inch) round loaf)

Dough:

2 pkg. active dry yeast	1 1/2 Tbsp. sugar
1 c. lukewarm water	3 1/2 to 4 c. flour
2 tsp. salt	1/2 c. softened butter

Filling:

3 Tbsp. butter	2 1/2 lb. salmon, poached and drained
1 lb. spinach, cooked, squeezed dry and chopped	1 onion, finely chopped
Pinch of nutmeg	1 egg, slightly beaten
Salt and pepper	1/4 c. heavy cream
	8 oz. Jarlsberge cheese, cut into 8 slices

Sprinkle the yeast and 1/2 tablespoon of sugar into 1/2 cup milk. Let stand 2 minutes then stir. Pour 3 cups of flour in a large bowl and make a deep well in center. Add yeast mixture, remaining milk and sugar, salt and butter. Beat with a spoon until smooth and well blended. Put the remaining flour on a work surface and knead the ball of dough for 10 minutes, until smooth and elastic. Put the dough in a large greased bowl, grease the top of the dough and cover. Let rise in a warm place until it doubles in size (about 1 hour). Punch down and let it rise again for another 30-40 minutes, until double in size. Meanwhile, saute onion in butter for 5 minutes, add spinach and nutmeg. Saute 5-6 minutes or until spinach is dry. Stir in cream, add salt and pepper. Cool.

Turn dough out onto a lightly floured surface and knead it into a smooth ball. Roll it out to a 22 inch round and fold it into quarters. Put the point of the wedge at the center of a 9 inch greased spring form pan. Unfold the dough, draping the outer rim of circle over edge of pan. Smooth out center. Layer half of the cheese evenly over the dough. Next layer with half of the spinach mixture, then all of the salmon. Top with remaining spinach and cheese. Fold excess dough over the filling by drawing up sides and pleating the dough evenly all around on top. Turn the pan as you go along. Gather the edges - ends of the dough together in the center - and twist into a small knot. Brush with beaten egg. Let loaf rise in a warm place for 30 minutes. Then bake in 375° oven for 1 hour or until golden brown. Remove side of the pan and cool before serving.

Candie Smalley

BAKED NOODLES AND TUNA FISH

1/4 lb. (1 - 1 1/2 c.) noodles, cooked	1 c. chopped celery
1 c. (7 oz. can) tuna fish, flaked	2 tsp. grated onion
1 c. cooked peas	2 c. cream of mushroom soup (1 can)
	Fine buttered bread crumbs

Spread alternate layers of cooked noodles, tuna fish, peas and celery; topping with a layer of noodles. Add onion to soup; pour over noodles mixture. Top with buttered bread crumbs. Bake in preheated 400° oven for 30-40 minutes.

In Memory of Kay Thompson

FISH AND CHEESE

3 Tbsp. butter	2 slices dried bread, crumbled
1 pkg. frozen sole	1 small onion, chopped
1 c. grated Swiss cheese	

Melt butter and mix in bread crumbs, onion and cheese. Boil fish, skin side up, for 12 to 15 minutes. Remove and turn fish oven. Cover with cheese mixture, then broil for 3 to 4 minutes longer, until cheese melts and is slightly toasted.

Candie Smalley

SALMON CAULIFLOWER CASSEROLE

1 (10 oz.) pkg. frozen cauliflower	1 (7 3/4 oz.) can salmon, drained, deboned and chunked
1/4 c. finely chopped onion	1 Tbsp. butter
1 can Cheddar cheese soup	4 oz. canned chopped mushrooms
1/4 c. Parmesan cheese	1 Tbsp. lemon juice
1/2 tsp. dried dill weed	Dash of pepper

In saucepan cook cauliflower for 3 minutes in small amount of salt water. Cut into small pieces and set aside. Then in saucepan saute onions in butter until tender. Stir in cheese soup and heat. Stir in drained mushrooms, Parmesan cheese, lemon juice, dill weed and pepper. Fold in salmon and cauliflower. Turn into ungreased casserole dish (1 quart). Bake uncovered in 350° oven for 30 to 35 minutes. Garnish with lemon.

Betty Smalley

SOLE EN PAPILOTE

8 sole fillets	1/2 lb. shrimp
1/2 lb. mushrooms, sliced	Salt, pepper, paprika
1 tsp. lemon juice	White sauce (recipe follows)
1/2 c. snipped parsley	

Wash fillets thoroughly, pat dry with paper toweling. Cut 8 pieces of foil, each about 14x14 inches. Place one fillet in the center of each foil square. Arrange shrimp and mushrooms over fillets. Sprinkle with salt, pepper and paprika, and lemon juice. Top each with white sauce, about 1/4 cup, then sprinkle with parsley. Fasten sides of foil together using a double fold to make a tight seal. Fold in ends of foil. (Packets may be refrigerated overnight, if desired). Bake in a 400° oven for 35 minutes. Serve in foil packets or place in au gratin dishes.

White Sauce:

1/4 c. butter, melted	1/4 c. flour
1/2 tsp. salt	1/2 tsp. seasoned salt
1/4 tsp. paprika	2 c. milk
1 tsp. Worcestershire sauce	

In a saucepan combine butter, flour, salt, seasoned salt and paprika. Mix milk and Worcestershire sauce. Add to saucepan all at once. Cook and stir until thickened and bubbly. Makes 2 cups.

Candie Smalley

BAKED FISH WITH MUSHROOMS

1/2 lb. mushrooms, fresh or 8 oz. canned, sliced	1/8 tsp. black pepper
1 (8 oz.) can tomato sauce	3 Tbsp. chopped onions
3 Tbsp. chopped green pepper	1 tsp. lemon juice
1 tsp. salt	1/2 tsp. sugar
	1 1/2 lb. halibut steaks

Preheat oven to 350°. Rinse and pat dry and slice mushrooms, or drain canned mushrooms. Place mushrooms in medium saucepan along with tomato sauce, onion, green pepper, lemon juice, salt, sugar and black pepper. Bring to boil, stirring constantly. Reduce heat and simmer, uncovered for 2 minutes.

Spoon half of mushroom mixture into lightly greased 12x8x2 inch baking pan. Top with fish. Cover with remaining

mushroom mixture. Bake uncovered, until fish flakes easily when tested with fork, about 20 minutes. Makes 4 servings, 268 calories per portion.

Candie Smalley

TROUT AMANDINE

4 to 6 trout	1 slightly beaten egg
1/4 c. cream or milk	1/4 c. flour
2 Tbsp. oil	2 Tbsp. butter
1/4 c. slivered almonds	1/4 c. butter
2 Tbsp. lemon juice	

Pat fish dry with paper toweling. Season with a little salt and pepper. Mix egg and cream. Dip trout in flour, then in egg mixture. In large skillet heat oil and the 2 tablespoons butter. Fry dish 8 to 10 minutes, turning once. Drain.

In another skillet cook almonds in melted butter until golden. Remove from heat; stir in lemon juice. Place fish on platter; pour almond mixture atop. Serve at once. Makes 4-6 servings.

Candie Smalley

CRAB BROCCOLI QUICHE

2 (9 inch) unbaked pie shells	2 Tbsp. chopped pimiento
4 -6 oz. canned crabmeat	1 c. (4 oz.) each of Cheddar and Swiss cheese, shredded
1 pkg. frozen chopped broccoli, thawed and drained	4 Tbsp. flour
1/2 c. chopped onion	4 eggs, well beaten
	2 c. half & half or cream

Preheat oven to 425°. Bake pie shells for 8 minutes. Remove from oven, then reduce oven to 350°. Mix crabmeat, broccoli, onion and pimiento in bowl, then divide the mixture between the two pie shells. Sprinkle Cheddar and Swiss cheese on top. Then sprinkle flour over cheese. Mix eggs and cream together and pour over quiche mixture. Bake 40 to 45 minutes. Let stand 10 minutes before serving.

Candie Smalley

COMPANY CRABMEAT
(1 1/2 quart casserole)

1/2 c. chopped green pepper	1 tsp. poppy seed
1/4 c. flour	1/4 c. butter
1 tsp. celery seed	1 tsp. dry mustard
1 tsp. Worcestershire sauce	1 (1 lb.) can tomatoes
1 c. shredded Cheddar cheese	1 (7 1/2 oz.) can crabmeat, drained and flaked
1 can refrigerated buttermilk biscuits	1/4 c. cooking sherry (optional)

Saute green pepper in butter in a saucepan until tender, about 5 minutes. Blend in flour and mustard. Gradually stir in celery seed, tomatoes and Worcestershire sauce. Cook over medium heat until mixture boils and thickens. Add crabmeat and simmer, covered, 10 minutes. Stir in cheese and sherry. Pour into casserole. Open biscuit dough. Separate biscuits and arrange on top of casserole, overlapping edges of biscuits. Bake in 350° oven for 30 minutes or until biscuits are golden brown.

Candie Smalley

SHRIMP PETITES

1 1/2 lb. frozen shrimp, thawed, drained	Bread crumbs
2 Tbsp. butter	2 Tbsp. flour
1 1/4 c. cream	Salt and pepper to taste
1/3 c. catsup	1/2 c. finely chopped onion
1/4 tsp. minced garlic	Tiny pinch of nutmeg

Melt butter, saute onion and garlic, then blend in flour. Add cream slowly, with salt and pepper. Cook until thickened. Stir in catsup and nutmeg. Add shrimp and pour into 4 (10 ounce) deep pie dishes. Sprinkle with bread crumbs. Bake in 325° oven for 20 to 25 minutes. Garnish with parsley. Serves 4.

Candie Smalley

BUTTERY SHRIMP DE JONGHE

2/3 c. butter	1 1/2 c. crushed thin bacon flavored crackers
1/2 tsp. garlic powder	2 Tbsp. dried chives
2 (10 oz.) pkg. frozen cocktail size shrimp, thawed and drained	1/8 tsp. pepper

In heavy 2 quart saucepan melt butter over medium heat for 4 to 5 minutes. Add chives, garlic powder and pepper; stir to blend. Dip shrimp into melted butter then roll in crumbs to coat. Layer shrimp in 8 inch (1 1/2 quart) baking dish. Add remaining crumbs to the remaining butter; stir to blend. Sprinkle shrimp with remaining crumb mixture. Bake for 24 to 30 minutes or until shrimp are tender.

Betty Smalley

SHRIMP CREOLE

1/3 c. minced onion	1 (8 oz.) pkg. frozen, cooked shrimp, thawed
1 small garlic clove, minced	2 Tbsp. butter
1/4 c. chopped celery	1/4 c. chopped green pepper
1 Tbsp. chopped parsley	1 (8 oz.) can tomato sauce
1/2 tsp. salt	1 small bay leaf
1/8 tsp. pepper	1/4 tsp. each thyme and paprika
Hot cooked rice (optional)	Dash of hot pepper sauce

In medium skillet saute onion in butter until tender. Add garlic, green pepper and celery; saute 3 minutes. Add remaining ingredients except shrimp and rice. Cover, simmer 10 minutes. Add shrimp; heat through over low heat. Discard bay leaf. Serve over rice. Makes 2 servings.

Candie Smalley

SHRIMP AND MUSHROOMS

2 c. sliced celery	2 (6 oz.) cans sliced mushrooms, drained, reserving liquid
1 Tbsp. soy sauce	1 tsp. ground ginger
2 Tbsp. cornstarch	1 tsp. Wyler's instant beef bouillon
2 Tbsp. cold water	2 (4 1/2 oz.) cans shrimp, rinsed and drained
1 c. water	
2 to 3 c. cooked rice	

Cook and stir celery, reserved mushroom liquid, soy sauce and ginger in large skillet until celery is tender-crisp, about 5 minutes. Mix cornstarch and water until smooth. Stir cornstarch mixture, bouillon and water into celery mixture. Cook, stirring constantly, until thick and boiling. Boil and stir 1 minute. Stir in shrimp and mushrooms; heat through, stirring frequently. Serve on rice.

Cindy Smalley

SOLE PINWHEELS

Shrimp Stuffing (recipe follows)	1 egg, slightly beaten
1 (16 oz.) pkg. frozen sole fillets, thawed	2/3 c. seasoned bread crumbs
Flour	3 Tbsp. salad oil
	Lemon wedges

Prepare shrimp stuffing. Cut fillets in half lengthwise; drain. Spread shrimp stuffing on fillets. Roll from narrow ends; secure with wooden picks. Coat fish with flour and dip in egg; coat with bread crumbs. Heat oil in large skillet; brown fish rolls on all sides. Heat oven to 325°. Arrange fish in 10 x 6 x 1 1/2 inch baking dish. Bake uncovered for 30 minutes. Remove wooden picks. Serve pinwheels with lemon wedges. Makes 4 or 5 servings (10 pinwheels).

Shrimp Stuffing:

4 oz. shrimp cocktail sauce	1/3 c. seasoned bread crumbs
1 pimiento, chopped	1/4 tsp. lemon pepper
	6 pimiento-stuffed olives, chopped

Remove shrimp from cocktail sauce; reserve sauce. Chop shrimp into small pieces. Mix shrimp, reserved sauce and remaining ingredients in a small bowl. Proceed with Sole Pinwheels recipe.

Cindy Smalley

PORK

HAM BALLS

2 1/2 lb. ground ham	2 c. milk
1 lb. ground beef (lean)	3 eggs
3 c. graham cracker crumbs	

Mix all and make into balls.

Sauce:

2 cans tomato soup (no water)	2 c. brown sugar
3/4 c. vinegar	2 tsp. mustard

Mix and pour over meatballs. Bake in a 300° oven for 1 hour.

Mary Todd

MEAT BALLS

1 lb. ground beef	1 tsp. sugar
4 slices bread, cubed	Pepper to taste
2 beaten eggs	1 onion, minced fine
1 tsp. salt	1/2 c. milk
1 can mushroom soup	1 can water

Mix all ingredients except mushroom soup and water. Form into balls and roll in flour. Brown well. Place in casserole dish. Beat together soup and water. Pour over meat balls. Bake in slow oven for 1 hour.

Ruth Smith

HAM CASSEROLE

2 c. chopped ham	1 (20 oz.) pkg. frozen French style green beans
1/2 c. chopped onion	
1 (4 oz.) can mushrooms, drained	1 (5 oz.) can water chestnuts, sliced and drained

Pour boiling water over beans to separate; drain well. Combine ham and vegetables in large bowl and mix with cheese sauce:

5 Tbsp. butter	1/2 c. flour
2 c. milk	1 c. shredded sharp Cheddar cheese

Blend flour with melted butter, add milk, cook until slightly thickened. Add cheese, cook until blended; add 2 teaspoons soy sauce and 1/8 teaspoon Tabasco.

Pour mixture into a 2 quart utility dish and bake 45 minutes at 350°. Top with 1 can French fried onions the last 10 minutes of baking. Allow casserole to rest 10 to 15 minutes before serving. (Good with a little green pepper and pimento if you like.)

Opal Chinstedt

IOWA CHOPS (Stuffed)

2 Iowa chops	3/4 Tbsp. parsley
1/2 c. whole kernel corn	Pinch of sage
1/2 c. bread crumbs	1/2 Tbsp. chopped onion
Pinch of salt	1/2 c. diced apple
Pinch of pepper	1 Tbsp. milk (whole)

Basting Sauce: (baste often)

1/4 c. mustard
1/4 c. honey
1/2 tsp. salt

1/4 tsp. rosemary leaves
Pinch of pepper

Cut pocket into side of chop. Combine ingredients and stuff. Brown in pan, then bake in 350° oven for about one hour. Baste often.

Tom Harkin,
U.S. Representative

HOT DOG CASSEROLE

Instant mashed potato
puffs or 6 medium
potatoes
1/4 c. sweet pickle relish
1 Tbsp. instant minced
onion

4 hot dogs
Paprika
2 Tbsp. mayonnaise
2 tsp. prepared mustard
Grated American cheese

Prepare potato puffs for 4 to 6 servings as directed on package. Or peel and boil 6 medium potatoes and whip with milk and butter. Stir in pickle relish, mayonnaise, onion and mustard. Spoon into greased 1 quart casserole dish. Cut hot dogs in half again. Put them on top of the potatoes. Cover with enough grated cheese to cover the hot dogs and potatoes. Sprinkle with paprika. Bake uncovered at 350° for 25 to 30 minutes.

Cindy Smalley

CRANBERRY - GLAZED HAM

8 to 10 lb. fully cooked
boneless smoked ham
1/2 c. chopped onion
4 tsp. curry powder

1/4 c. butter
1 (16 oz.) can whole cranberry
sauce
2 Tbsp. light corn syrup

Score ham, if desired. Place on a rack in a shallow roasting pan. Insert meat thermometer. Bake, uncovered, in a 325° oven for 2 hours or until meat thermometer registers 140°.

Meanwhile, cook onion and curry powder in butter until onion is tender but not brown. Stir in cranberry sauce and corn syrup; heat through. Brush ham with glaze. Bake ham 20 minutes more. Keep glaze warm. Pass remaining glaze to serve over ham slices. Makes 16 servings.

Candie Smalley

BROCCOLI - HAM CASSEROLE

12 slices white bread	1/4 tsp. dry mustard
1 (10 oz.) pkg. frozen chopped broccoli	3/4 lb. American cheese
6 beaten eggs	2 c. diced ham
2 Tbsp. minced onion	3 1/2 c. milk
	1/2 tsp. salt

Remove bread crusts and cut into triangles. Fit bread in bottom of 13x9x2 inch pan. Place cheese layer over bread. Layer broccoli and then ham. Then another layer of bread. Combine remaining ingredients and pour over layered mixture. Cover and refrigerate overnight or at least 6 hours. Bake uncovered in 325° oven for 55 minutes. Let stand 10 minutes before serving.

Cindy Smalley

ITALIAN SAUSAGE STRATA

1/2 lb. Italian sausage	1/2 c. chopped green pepper
1/2 c. chopped onion	1 (16 oz.) can tomatoes, drained
1/2 loaf Italian bread	3 eggs
2 1/2 c. milk	1 tsp. salt
1 Tbsp. grated Parmesan cheese	

Remove casing from sausage. Brown sausage in a large skillet about 10 minutes, breaking it up with a wooden spoon as it browns. Stir in green peppers and onions. Cook another 5 minutes; add tomatoes, breaking up pieces. Cook 15 minutes to remove most of the liquid.

Slice bread; place half the slices in bottom of buttered 8x8x2 inch baking dish; then spread meat mixture. Top with remaining bread.

Beat eggs in medium sized bowl. Stir in milk and salt. Pour over bread. Sprinkle with cheese. Cover and refrigerate at least 1 hour or overnight.

Bake in a moderate oven (325°) for 1 hour or until puffed and golden. Remove to wire rack. Let stand 10 minutes before serving. Makes 4 servings.

Candie Smalley

PORK CHOPS AND KRAUT

2 smoked pork chops per person	1-2 strips bacon
1/4 c. wine (red or white)	Drained kraut
Salt and pepper	1-2 tsp. sugar
	1/2 - 1/4 onion
	2 Tbsp. cooking oil

Rub pan with garlic clove. Place oil in pan, brown pork chops and bacon. Remove bacon and crumble, then mix with onion and kraut. Place kraut mixture over pork chops. Sprinkle with salt and pepper, add wine. Simmer 15 to 45 minutes. Serve with potatoes.

Candie Smalley

NEW YEAR'S BRUNCH CASSEROLE

- | | |
|----------------------------------|----------------------------|
| 6 slices bread | 1/4 tsp. dry mustard |
| 1/2 c. sliced, stuffed
olives | 1 can mushroom pieces |
| 1 c. cooked ham or turkey | 1 c. grated Cheddar cheese |
| 2 c. milk | 4 eggs |
| | 1/4 tsp. butter flavoring |
| | 1/2 tsp. salt |

Cut bread into cubes. Place half of the bread cubes in a buttered casserole dish. Spread layers of mushrooms, olives, cheese and meat over the bread layer. Spread remaining bread cubes on top. Beat eggs and add milk, flavorings and seasonings. Pour over layered mixture. Refrigerate overnight or several hours. Bake 45 minutes to one hour. Let set for 5 to 10 minutes before serving.

Betty Smalley

POULTRY

CASHEW CHICKEN

- | | |
|----------------------------------|----------------|
| 1 lb. chicken, boneless
cubed | White rice |
| 2 beaten eggs | 1 c. flour |
| 1/2 c. green onion | 1 tsp. salt |
| | 1/2 c. cashews |

Sauce:

- | | |
|-----------------------------------|--------------------|
| 1 pkg. white chicken
gravy mix | 2 Tbsp. butter |
| 2 c. water | 1 Tbsp. soy sauce |
| 1 can bean sprouts | 2 Tbsp. cornstarch |
| | 1 can mushrooms |

Make batter: 2 eggs, flour and salt. Dip chicken in batter and deep fry until golden brown. Cook rice as package directs. Mix sauce ingredients and cook until thick. Place rice on plate, then chicken. Cover with sauce topped with green onion tops and cashews.

Betty Smalley

CHICKEN LIVERS STROGANOFF

2 c. thinly sliced onion	1/4 c. butter
1/2 - 1 c. chicken livers, halved	1 c. sour cream
1/2 tsp. salt	1 Tbsp. paprika
	Dash of pepper
	Hot cooked rice

Cook onion in butter until tender but not brown. Add chicken livers. Seasons are now added. Slowly brown livers. Cover and cook over low heat 10 minutes or until livers are tender. Add sour cream; heat through. Serve over hot cooked rice. Garnish with parsley if desired. Makes 4 servings.

Candie Smalley

ALMADEN CHABLIS CHICKEN

Bone, skin and halve 2 whole chicken breasts (2 pounds total) to make 4 pieces. Sprinkle salt and nutmeg on both sides. Brown in skillet in 2 tablespoons butter.

Add 2 tablespoons minced onion, 1/4 pound mushrooms, quartered and 2/3 cup Almaden Mountain white chablis wine. Bring to boil, cover, reduce heat and simmer 15 minutes.

Remove chicken to a warm serving platter. Bring pan juices to a boil and cook, stirring juices until liquid is slightly reduced. Stir in a mixture of 1 teaspoon cornstarch and 2 teaspoons chablis. Cook, stirring mixture until thickened. Spoon sauce over chicken. Serve with pilaf rice and a vegetable.

Candie Smalley

CHICKEN AND RICE CASSEROLE

1 small can mushrooms	1 lb. chicken, diced
1 can cream of mushroom soup	1 or 2 green peppers, diced
1 c. Minute rice, cooked as directed by pkg.	1 c. Velveeta cheese, cubed
	1 medium onion, diced

Mix all ingredients together in 9x13 inch pan. Bake in 350° oven for 30 minutes. Put cheese slices on top 5 minutes before serving.

Cindy Smalley

HAWAIIAN CHICKEN

1 (8 oz.) can pineapple chunks in heavy syrup	1/4 c. vinegar
1 lb. chicken parts	2 1/4 tsp. soy sauce
2 Tbsp. shortening	1 large clove garlic, minced
1 can chicken broth	1 medium green pepper, cut into squares
2 Tbsp. brown sugar	3 Tbsp. cornstarch
	1/4 c. water

Drain pineapple chunks, reserve the syrup. In skillet, brown chicken in shortening. Pour off fat. Add reserved syrup, broth, sugar, vinegar, soy sauce and garlic. Cover and cook over low heat for 40 minutes. Add green pepper and pineapple. Cook 5 minutes more or until done. Stir occasionally. Combine cornstarch and water, gradually stir into sauce. Cook, stirring, until thickened. Serve over cooked parsley and rice. Makes 4 servings.

Jeanne Rand

ESCALLOPED CHICKEN

Cook a 3 pound cut up chicken in small amount of water to provide rich liquid. When chicken is done, remove skin and cut chicken from bones. Use one medium sized loaf of bread, not the crusts, let dry partially (not completely dry), cut off crusts and cut in small cubes.

Beat 3 eggs well and add to chicken; add about one pint of broth to the chicken-egg mixture. Then add one pint milk, and lastly add the bread cubes. Mix all well. Grease fairly large oblong pan with the chicken fat. Bake in 325° oven until well set, about 1 1/2 hours.

Mrs. Lloyd M. Hines

BARBECUED CHICKEN

1/3 c. each vinegar and ketchup	2 Tbsp. Worcestershire sauce
1/4 c. brown sugar	2 Tbsp. lemon juice
1/4 tsp. butter or margarine, melted	1 tsp. each salt, paprika, dry mustard and chili powder

Roll chicken pieces in sauce and place in casserole or shallow pan. Pour remaining sauce over chicken and bake in 350° oven about 1 1/2 hours. Cover dish while baking.

Mrs. Lloyd M. Hines

CHICKEN BREASTS BAKED IN CREAM

3 lb. chicken breasts, cut in halves	1 c. chicken broth
1/2 c. chopped onion	2 tsp. salt
1 clove minced garlic	1/8 tsp. pepper
1 c. 20% butterfat cream	1 Tbsp. Worcestershire sauce

Brown chicken breasts in hot fat. Put into baking dish and cover with remaining ingredients. Cover tightly. Bake in 300° oven for at least 2 hours or until very tender.

Betty Smalley

CHICKEN, BROCCOLI CASSEROLE

2 c. noodles, cooked (3 c. when cooked)	2 (5 oz.) cans Swanson's chicken or 1 1/2 to 1 1/4 c. cooked chicken
1 (10 oz.) pkg. frozen cut broccoli, cook as directed	1 c. cubed cheese (Velveeta type)
1 can cream of celery soup	1/2 can French fried onions

Mix together. Put in casserole dish, top with slices of cheese. Bake in 350° oven for about 25 minutes or until bubbly. The last 10 minutes, put rest of onions on top. Serves 6 to 8 large servings.

Mae Stumbo

TOASTED CHEESE SQUARES

Makes 144 squares. Bake frozen at 350° for 20 minutes. Freeze 3 loaves Pepperidge Farm sandwich bread. Keep frozen and cut off crusts with electric knife. Mix 5 jars Old English cheese spread, 1 pound margarine, coarse ground black pepper, 1 teaspoon Worcestershire sauce, 5 drops of Tabasco sauce, 1 tablespoon dill weed and Lawry's salt. Mix in mixer. Spread 3 slices of bread with mixture and stack together. Cut stack into 9 squares and frost all sides except bottom. Freeze individually on cookie sheet. Store in plastic container in freezer until ready to bake.

Mary Todd

CHICKEN SHERRY

Slightly brown chicken breast in 2 to 4 tablespoons butter (6 to 8 breasts). Then add 1 to 2 cups fresh sliced mushrooms, and 1 medium onion, chopped. Add 1 cup sherry. Cook until chicken is tender. Add more sherry if fluids get dry. When chicken is tender add 2 cups of sour cream and cook for 5 minutes. Serve over cooked rice.

Candie Smalley

CHICKEN CASSEROLE

1 (3 lb.) chicken, cooked and cut up	1 tsp. sage
1 1/2 c. broth	1 tsp. baking powder
8 slices bread cubes	1 tsp. salt
1 c. chopped celery, partially cooked	1/4 tsp. pepper
3 beaten eggs	1/2 c. melted oleo
	1 c. milk plus 1 cup broth
	1 can mushroom soup (not diluted)

Grease 9x13 inch pan. Arrange chicken on bottom. Pour over 1 1/2 cups broth. Mix bread, sage, baking powder, celery, eggs, salt and pepper. Spread over chicken evenly. Mix melted butter, milk, 1 cup broth and pour over bread mixture. Then spread over that the mushroom soup. Bake in 325° oven for 1 hour.

Ebba Larson

BAKED CHICKEN SOUFFLE

Layer the following into a buttered 9x13 inch pan:

8 slices Pepperidge Farm thin sliced bread, crust removed	1 can water chestnuts, drained and sliced
4 c. diced chicken	1/2 c. mayonnaise, dropped in globs
1 (4 oz.) can mushrooms, sauteed in 4 Tbsp. butter	8 slices processed sharp cheese

Then combine the following and pour over:

4 well beaten eggs	1 tsp. salt
2 c. milk	

Combine the next 3 ingredients and spoon over all:

1 can cream of mushroom soup	1 (2 oz.) jar pimienta
1 can cream of celery soup	

Cover with foil and refrigerate overnight. Remove foil and bake 1 1/2 hours at 350°. Sprinkle with 2 cups coarse bread crumbs the last 15 minutes.

Opal Chinstedt

HOLIDAY CORNISH HENS

6 (1 lb.) Cornish hens	6 Tbsp. butter
1/2 lb. sliced mushrooms	2 celery stalks, diced
1 small onion, diced	1/2 lb. chicken livers, cut into 1 inch pieces
3 c. white bread cubes (6 slices)	2 Tbsp. dry sherry
Salt and pepper	Salad oil
Paprika	Watercress sprigs for garnish

About 2 hours before serving, prepare: Rinse hens with running cold water; pat dry with paper towels; refrigerate.

Prepare stuffing: In 12 inch skillet over medium heat, in hot butter, cook mushrooms, celery and onion until tender, stirring occasionally. Push vegetables to one side of the pan; add chicken livers; cook until livers lose their pink color. Remove skillet from heat. Stir in bread crumbs, sherry, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Lightly spoon some stuffing into body cavity of each hen. Fold neck skin to back; lift wings up toward neck, then fold under back. When string, tie legs and tail of each hen together. Place hens, breast side up, on rack in open roasting pan. Brush hens with salad oil; lightly sprinkle with salt, pepper and paprika. Roast hens in 350° oven for 1 1/2 hours or until legs can be moved easily.

Betty Smalley

MISCELLSNEOUS

CHEDDAR STRATA

9 slices bread, cubed	3 eggs
1 1/2 Tbsp. instant minced onion	1 tsp. dry mustard
1 lb. sharp Cheddar cheese, grated	1 tsp. Worcestershire sauce
	1/2 tsp. pepper
	3 c. milk

Optionsl: Add one of the following -

1/2 lb. bacon, cooked crisp and crumbled	1 c. cubed, cooked ham, turkey or chicken
	1 c. sauteed mushrooms

Butter a 2 quart baking dish. Layer bread, onion, cheese and, if desired one of the optional ingredients. Beat eggs, milk and seasonings together. Pour over bread mixture. Cover and let stand overnight in refrigerator. Bake at 325°F. for 1 hour, or until puffed and center is set. Serves 8.

Joyce Lenergan,
State Representative
87th District

HAM LOAF

1 lb. cured ham, ground	2 eggs, beaten
1/2 lb. fresh ham, ground	3/4 c. milk
1 1/2 c. dry bread crumbs	Pepper to taste

Dressing:

1/4 c. vinegar	1/4 c. sugar
1/2 c. water	1 Tbsp. mustard

Mix first group of ingredients well, form into loaf. Melt sugar in water and vinegar; add mustard. Pour 3/4 dressing over loaf. Baste frequently (sauce will be syrupy). Add additional sauce if necessary. Bake at 350° for 1 1/2 hours.

Mrs. John Glenn

YAP YAP

12 oz. pkg. noodles	1 can vegetable soup
6 stalks celery	1 can tomato soup
2 lb. hamburger	1 can mushroom soup
1 can cream of chicken soup	

Cook noodles in salt water. Cook celery in a little butter until transparent. Add beef and brown. Stir in soups. Don't add extra seasoning. Put in two medium casseroles which have been oiled. Freeze one and bake one at 350° for 1 hour.

Margaret Ades

MEXICAN CHICKEN CASSEROLE

2 cans cream of chicken soup	2 heaping tsp. chili powder
2 c. chicken broth	2 tsp. chopped pimento
1 (3 oz.) can chopped green chiles	2 Tbsp. cornstarch
2 tsp. chopped onion	1/4 c. water
	4 c. cooked, diced chicken
	2 1/2 c. grated Cheddar cheese
	1 medium pkg. Doritos

1. Combine soup, broth, chiles, onion, chili powder, pimento and simmer 15 minutes.

2. Combine and stir cornstarch and water into above mixture and cook until mixture boils.

3. Add chicken, slightly crush chips, spread into greased 9x13 inch pan; half of chips, then half of chicken mixture, then rest of chips, then chicken. Spread cheese on top and bake at 250° for 30-35 minutes.

Marlyn Sprecker

ESCALLOPED CHICKEN

1 small chopped onion

3 4 c. finely chopped

celery

1 c. water

3 c. chicken or turkey
pieces

1 1/2 tsp. ground sage

10-12 slices bread, broken into
small pieces

1 egg

1 can cream of chicken soup

1 1/2 c. chicken broth

1/2 tsp. salt

Dash of pepper

Cook onion and celery in water to cover until tender. Do not drain. Add chicken, bread pieces, egg, soup, broth, salt, pepper and sage. Mix well and pour into 9x13 inch pan. Bake at 350° about one hour. (If desired, you may add raisins to mixture.)

Edna Rieck

** NOTES **

**** NOTES ****

Marlyn Sprocket

FACI MAN

SCALLOPED CHICKEN

- 1/2 cup finely chopped onion
- 1/2 c. finely chopped celery
- 1 c. water
- 3 c. chicken or turkey pieces
- 1 1/2 tsp. ground sage
- 1/2 tsp. salt
- dash of pepper
- 1 can cream of chicken soup
- 1 1/2 c. chicken broth
- 1/2 tsp. salt
- dash of pepper

Edna Block

PAY PAY

**** NOTES ****

- 1/2 cup finely chopped onion
- 1/2 c. water
- 3 c. chicken or turkey pieces
- 1 1/2 tsp. ground sage
- 1/2 tsp. salt
- dash of pepper
- 1 can cream of chicken soup
- 1 1/2 c. chicken broth
- 1/2 tsp. salt
- dash of pepper

MEXICAN CHICKEN

- 1/2 cup finely chopped onion
- 1/2 c. water
- 3 c. chicken or turkey pieces
- 1 1/2 tsp. ground sage
- 1/2 tsp. salt
- dash of pepper
- 1 can cream of chicken soup
- 1 1/2 c. chicken broth
- 1/2 tsp. salt
- dash of pepper

Breads, Rolls, Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.	2 pt.	1 qt.
2 tbsp.	1/8 c.	1 qt.	4 c.
4 tbsp.	1/4 c.	5/8 c.	1/2 c. + 2 tbsp.
8 tbsp.	1/2 c.	7/8 c.	3/4 c. + 2 tbsp.
16 tbsp.	1 c.	1 jigger	1 1/2 fl. oz. (3 tbsp.)
5 tbsp. + 1 tsp.	1/3 c.	2 c. fat	1 lb.
12 tbsp.	3/4 c.	1 lb. butter	2 c. or 4 sticks
4 oz.	1/2 c.	2 c. sugar	1 lb.
8 oz.	1 c.	2 2/3 c. powdered sugar	1 lb.
16 oz.	1 lb.	2 2/3 c. brown sugar	1 lb.
1 oz.	2 tbsp. fat or liquid	4 c. sifted flour	1 lb.
2 c.	1 pt.	4 1/2 c. cake flour	1 lb.
3 1/2 c. unsifted whole wheat flour	1 lb.	4 oz. (1 to 1 1/4 c.) uncooked macaroni	2 1/4 c. cooked
8 to 10 egg whites	1 c.	7 oz. spaghetti	4 c. cooked
12 to 14 egg yolks	1 c.	4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked
1 c. unwhipped cream	2 c. whipped	28 saltine crackers	1 c. crumbs
1 lb. shredded American cheese	4 c.	4 slices bread	1 c. crumbs
1/4 lb. crumbled blue cheese	1 c.	14 square graham crackers	1 c. crumbs
1 lemon	3 tbsp. juice	22 vanilla wafers	1 c. crumbs
1 orange	1/3 c. juice		
1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cups milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1/2 cup **evaporated milk** and 1/2 cup **water** or 1 cup **reconstituted nonfat dry milk** and 1 tablespoon **butter** = 1 cup whole milk.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1 1/2 c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed
- 3 c. **dry corn flakes** = 1 c. crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

BREADS, ROLLS, PASTRIES

BREADS AND ROLLS

PUMPKIN BREAD

Cream well:

4 eggs
3 c. sugar

1 c. salad oil

Add:

2 c. (1 can) pumpkin
1 tsp. cinnamon
1 tsp. nutmeg

1 1/2 tsp. salt

2 tsp. baking soda

Alternate and mix well 3 1/2 cups flour and 2/3 cup water.
Bake 1 hour at 350°.

Roxanne Conlin

NEAL'S BISCUITS

4 tsp. baking powder
1 tsp. salt
7 Tbsp. margarine

3/4 to 1 c. milk

2 c. flour

Combine dry ingredients, cut in oleo thoroughly. Add milk. Stir until soft and sticky. Knead 10 times. Bake ten minutes at 450°. Serves 6.

Neat taught Doug to make biscuits when he was young and Doug, in turn, taught his two sons. Brennen and Ryan, ages 6 and 3, entered these biscuits and received a blue ribbon at the Southeast Polk Bicentennial Celebration in 1976. I've always suspected there was a little help received from their father!

Mrs. Neal Smith,
Member of Congress

BANANA DATE SCONES

2 c. flour
1 Tbsp. sugar
2 1/4 tsp. baking powder
1 tsp. salt
1/4 c. butter

2 eggs

1/4 c. whipping cream

2 ripe bananas, mashed

3/4 c. chopped dates

In a bowl, stir together flour, sugar, baking powder, and

salt. Cut in butter until mixture is crumbly. Beat eggs, reserve 2 tablespoons egg mixture. To remaining egg, add cream and bananas. Add this banana mixture all at once to flour mixture, along with dates; stir gently until moistened. Turn onto lightly floured board. Pat out gently with floured hands to 1/2 inch thick. Cut into diamond shapes and place on lightly greased baking sheets. Brush top with reserved egg and sprinkle with sugar. Bake in 450° oven for 15 minutes. Serve warm. Makes about one dozen.

Betty Smalley

APPLESAUCE DATE NUT BREAD

3/4 c. chopped walnuts	1 c. cut up dates
1 1/2 tsp. baking soda	1/2 tsp. salt

Mix together with fork. Add 1 cup hot applesauce and 3 tablespoons shortening. Let stand 20 minutes. Beat 2 eggs, add 1 teaspoon vanilla, 1 cup sugar, and 1 1/2 cups flour. Mix into date mixture. Grease 1 loaf pan or 2 small loaf pans. Bake at 350° for 1 hour.

Gloria Moorman

DILL - ONION RYE BREAD

(Makes 2 loaves)

1 c. milk	Coarse salt, if desired
1/2 c. honey	1 c. warm water (105° to 115°)
1 Tbsp. plus 1/2 tsp. salt	1 c. creamed cottage cheese (small cured)
1/4 c. vegetable oil	1 c. finely chopped onion
2 pkg. active dry yeast	Corn meal
1 Tbsp. dried dill weed or 2 Tbsp. finely snipped fresh dill	Light cream
2 c. rye flour	5 1/2 c. unbleached flour

Scald milk; stir in honey, salt and vegetable oil. Cool to lukewarm. Dissolve yeast in warm water; stir into milk mixture. Measure cottage cheese into blender; cover and blend until smooth. Stir cottage cheese, onion, dill weed and 2 cups of rye flour into milk mixture. Beat until smooth. Mix in enough unbleached flour to make dough easy to handle.

Turn dough onto board lightly floured with rye flour. Knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 1/2 hours. (Dough is ready if impression remains.) Punch down dough, folding edges into center. Cover and let rise until double, about 1 hour.

Punch down dough; divide in half. Roll each half into rectangle 18x9 inches. Roll up, beginning at long sides. With side of hand, press each end to seal. Fold ends under loaves. Sprinkle bottoms of loaves with corn meal; place on greased baking sheet. Brush loaves with cream and sprinkle lightly with coarse salt. Cover; let rise until double, about 1 hour. Heat oven to 350°. Bake until loaves sound hollow when tapped, about 1 hour. Cool on wire rack.

Candie Smalley

ZUCCHINI BREAD

2 c. grated zucchini	1 tsp. soda
1/2 c. oil	1 tsp. salt
3 eggs	1/4 tsp. baking powder
2 c. sugar	3 tsp. cinnamon
3 tsp. vanilla	1/2 c. chopped walnuts

Put ingredients together in order. Bake in 325° oven for 1 1/2 hours. Makes 2 small loaves. Grease the loaf pans.

Candie Smalley

CINNAMON ROLLS

1 1/2 c. milk	1 tsp. salt
1/2 c. warm water	2 pkg. yeast
3/4 c. sugar	8 c. flour
1/2 c. margarine	Sugar-cinnamon
3 eggs, beaten	

Scald milk, add water. Dissolve sugar, margarine and salt in milk mixture. Cool. Add eggs and stir well. Add yeast to 1 cup flour; add to milk mixture and stir well. Add remaining flour gradually. Knead. Put in greased bowl. Let rise until double; punch down. Let rise until double. Roll out, half of the dough at a time. Spread with softened margarine and sprinkle with cinnamon sugar. Roll up like a jelly roll. Cut with string. Place rolls in a greased pan. Let rise until double in size. Bake at 350° for 20 minutes.

Note: Chopped nuts may also be sprinkled on top of sugar-cinnamon if desired.

Betty Smalley

APPLE BREAD

1/2 c. soft shortening	2 c. flour
2/3 c. brown sugar	1 tsp. baking powder
2 eggs	1 tsp. soda
1 c. applesauce (sweet or unsweetened)	1/2 tsp. salt
	1/2 c. nuts

Mix together shortening, brown sugar and eggs. Add 1 cup applesauce. Then add flour, baking powder, soda, salt and nuts. Bake at 350° for 50-55 minutes. Makes 1 loaf.

MONKEY BREAD

1 2/3 c. sugar	1 stick margarine
4 tubes biscuits	1 tsp. vanilla
2 tsp. cinnamon	

Cut biscuits in 4 pieces. Mix 2/3 cup of sugar and 1 teaspoon cinnamon. Roll each fourth in it. Put in greased Bundt pan. (I use 12 inch angel pan sprayed with Pam.) Combine rest of sugar, cinnamon and vanilla. Bring to boil and pour over biscuits. Bake at 350° for 40 minutes.

ZUCCHINI BREAD

3 eggs	1 tsp. cinnamon
2 c. sugar	1 tsp. soda
1 c. salad oil	1 tsp. salt
1 tsp. vanilla	1/4 tsp. baking powder
2 c. flour	2 c. chopped raw zucchini
1 c. quick oats	1 c. nuts (optional)

Beat eggs and sugar. Add oil and vanilla. Add flour, oats, cinnamon, soda, salt, baking powder and mix well. Pour into two 4x8 inch loaf pans (greased and floured). Bake 1 hour at 350°.

SUGAR PLUM RING

1 loaf frozen bread, thawed	1/2 c. chopped nuts
1 c. white sugar	1/2 c. maraschino cherries, drained
1 Tbsp. cinnamon	1/2 c. white syrup
1 stick oleo	

Make walnut size balls from the bread dough and dip in

the melted oleo and then into the sugar and cinnamon mixture. Then place in one piece angel food cake pan or Bundt cake pan. Sprinkle nuts and cherries as you put the dough in pan. Let rise until double in size and pour the syrup and oleo mixed together over the dough. Bake at 350° for 25-30 minutes.

Marlyn Sprecker

BEST BISCUITS

Sift together:

2 c. flour	1/2 tsp. salt
4 tsp. baking powder	1 Tbsp. sugar (if using for short cake, use 2 1/2 Tbsp.)
1/2 tsp. cream of tartar	1/2 c. shortening

Then mix 1 egg with 2/3 cup milk. Add the above mixture. Knead 5 times. Pat out into 1/2 inch thick layer and then cut with round biscuit cutter. Bake in 450° oven for about 12 to 15 minutes or until brown.

Betty Smalley

BANANA BREAD

1/2 c. shortening	1 c. mashed banana or 3 medium bananas
2 eggs	2 c. flour
1 c. sugar	1/2 c. chopped nuts (optional)
1 tsp. soda	
1/2 tsp. soda	

Cream sugar and shortening. Add egg, bananas and beat well. Sift together flour, salt and soda. Add to above mixture and blend well. Add nuts and stir together. Bake in 2 small loaf pans, greased and floured. Bake 45 minutes at 350°.

Thora A. McPike

BUTTERMILK PANCAKES

2 eggs	2 1/2 c. flour
2 1/2 c. buttermilk	2 tsp. baking powder
4 Tbsp. melted oil	1 tsp. soda
2 Tbsp. sugar	1 tsp. salt

Mix all ingredients and cook on a grill.

Betty Smalley

HOBO BREAD

1 c. raisins	3 Tbsp. oil
2 tsp. soda	2 c. flour
1 c. boiling water	1/2 tsp. salt

Combine raisins, soda and boiling water. Cover and let stand overnight. Next day, stir together oil, flour and salt. Add raisin mixture. Put dough into greased pan. Bake at 350° for 1 hour.

Lillian Frahz

BANANA BREAD

1 c. shortening	4 eggs, separated
2 1/4 c. sugar	2 tsp. vanilla
3 c. flour	2 c. ripe bananas
1 1/2 tsp. soda	1 c. pecans

Mix all ingredients together. Put into 2 greased loaf pans. Bake in 350° oven for 45 minutes to one hour.

RYE BREAD

2 pkg. dry yeast	1 Tbsp. salt
5 c. warm water	1 c. shortening
1 c. brown sugar	4 c. medium rye flour
1 c. white sugar	8 c. white flour
1/2 c. sorghum	1 tsp. fennel seed

In large bowl or pan mix all ingredients but white flour very thoroughly. Add white flour until barely sticky, but workable. Knead for 10 minutes. Let rise and work down twice. On floured board divide into 6 or 7 loaves. Place in loaf pans. Let rise again. Bake at 275° about 1 hour.

Mabel Reed

SCOTCH SHORTBREAD

2 c. butter (do not substitute with margarine)	1 1/2 c. brown sugar, packed firmly
	4 1/2 c. sifted flour

Cream butter and sugar together; work in flour. Chill. Roll out about 1/2 inch thick on lightly floured board. Put in pie tins and prick with fork. Bake in slow oven at 325° until golden brown.

Mary Todd

PINEAPPLE NUT BREAD

1 3/4 c. sifted all-purpose flour	3/4 c. chopped walnuts
2 tsp. baking powder	3/4 c. granulated sugar
1/2 tsp. salt	3 Tbsp. soft butter or margarine
1/4 tsp. soda	2 eggs, unbeaten
	1 (8 1/2 oz.) can (1 c.) pineapple, not drained

Measure first four ingredients into sifter; set aside. Gradually beat sugar into butter. Beat in eggs, one at a time. Add nuts. Sift in about half the flour mixture; stir (don't beat) just until moistened and fairly smooth. Add pineapple with its syrup, then stir in rest of flour mixture. Quickly, but gently, spoon the heavy batter into greased 9x5x3 inch loaf pan. Sprinkle with a topping mixture of 2 tablespoons sugar and 1/2 teaspoon cinnamon. Bake at 350° for 60 to 70 minutes, or until done when tested. Turn out onto a rack.

Mrs. Lloyd M. Hines

HOLIDAY FRUIT BREAD

2 c. flour	1/2 c. chopped nuts
1/4 tsp. salt	2 well beaten eggs
3 tsp. baking powder	1 c. milk
3/4 c. sugar	3 Tbsp. melted shortening or salad oil
3/4 c. candied fruit	

Sift flour, salt, baking powder and sugar. Add fruit and nuts. Add eggs mixed with milk and shortening, stir slightly. Pour into 5x9 inch greased loaf pan. Let stand 30 minutes. Bake in 350° oven 1 hour, or until done when tested.

Mrs. Lloyd M. Hines

NINETY MINUTE DINNER ROLLS

2 to 2 1/2 c. unsifted flour	1/2 c. milk
2 Tbsp. sugar	1/4 c. water
1/2 tsp. salt	2 Tbsp. margarine
1 pkg. dry yeast	

Mix 3/4 cup flour, sugar, salt and undissolved yeast. Heat milk and margarine. Gradually add to dry ingredients and beat 2 minutes, at medium speed on mixer. Add 1/4 cup flour, beat for 2 minutes on high speed of mixer. Stir enough additional flour to make a soft dough on floured board. Knead 2 to 3 minutes. Divide dough into 12 equal pieces. Shape into balls placed on greased 8 inch pan. Put in 1 inch depth of

boiling water into a large pan on bottom rack of cold oven. Set rolls on rack above water. Cover. Close oven door; let rise 30 minutes; uncover the rolls, remove the water. Turn oven to 375° and bake 20 to 25 minutes, or until done.

MRS. MONDALE'S PUMPKIN BREAD

Sift together:

1 1/2 c. sugar	1/2 tsp. cloves
1 tsp. soda	1/2 tsp. nutmeg
1/4 tsp. baking powder	3/4 tsp. salt
1/2 tsp. cinnamon	1 2/3 c. flour

Add and mix with beater:

2 eggs	1 c. canned pumpkin
1/2 c. oil	1/2 c. water

Add 1/2 cup chopped nuts and 1/2 cup chopped dates. Bake for 1 1/2 hours at 350°.

PASTRIES

DOUGHNUTS

3 1/4 c. flour	3 tsp. baking powder
1 c. sugar	2 eggs
1/2 tsp. nutmeg	3 tsp. melted shortening

Put 1 1/2 cup flour in bowl. Stir in remaining ingredients. Stir in remaining flour; mix well. Knead, roll out 3/8 inch, cut out. Deep fat fry in preheated fat at 350°.

In Memory of Marguerite Bauler

FUNNEL CAKE

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

Sift the above ingredients together in a separate bowl. Mix 1 beaten egg and 2/3 cup milk (more if batter is too thick). Mix together and add to dry ingredients. Beat until smooth.

Hold finger over bottom of funnel, pour in some batter, remove finger and let batter drop in a spiral motion into pan

filled with 1 inch of hot oil (375°F.). Fry until golden brown, turning once. Remove from pan and drain on paper towel. Sprinkle with powdered sugar and serve hot.

Joyce Lonergan
State Representative
87th District

DANISH PUFF

1 c. flour	1 c. water
1/2 c. soft butter	1 Tbsp. almond flavoring
2 Tbsp. water	1 c. flour
1/2 c. butter	3 eggs

Cut 1/2 cup butter into 1 cup flour. Sprinkle with 2 tablespoons water and mix. Round into two balls and pat dough into two long strips on ungreased cookie sheet (or shape into any design you want). Next, in saucepan, bring to a boil 1/2 cup butter and 1 cup of water. Remove from heat, add 1 cup flour and 1 tablespoon almond flavoring and stir well until smooth. Add eggs (one at a time), beating well. Spread over dough. Bake for 1 hour at 350°. Cool and frost with the below ingredients mixed together with a mixer:

1/2 c. Crisco or butter	1 tsp. almond flavoring
2 c. powdered sugar	Milk enough to make it fluffy and spreadable

Garish with coconut and cherries.

Betty Smalley

PRALINE PUMPKIN MOUSSE PIE

1 env. unflavored gelatin	1/2 c. sugar
4 eggs, separated	1/2 c. praline liqueur
1/4 c. butter	1 c. (16 oz.) pumpkin
1/2 c. brown sugar	1 tsp. cinnamon
1/2 tsp. salt	1/4 tsp. cloves
1/8 tsp. cream of tartar	1/4 c. whipping cream, whipped
9 inch graham cracker crust	Pecan Nut Topping (recipe follows)

In medium saucepan, mix together gelatin and sugar; blend in egg yolks that have been beaten with liqueur and butter. Let stand for one minute. Stir over low heat until gelatin dissolved (about 5 minutes). Blend in pumpkin, brown sugar and spices. Pour into bowl and chill, stirring occasionally until mixture mound slightly when dropped from a spoon.

Beat egg whites until soft peaks form; gradually add cream

of tartar and beat until stiff. Fold egg whites into whipped cream, and then fold into pumpkin mixture. Turn 3/4 of mixture into pie crust. Chill until almost set, then spoon on remaining mixture; chill until firm. Garnish with Pecan Nut Topping and additional whipped cream. Makes 8 servings.

Pecan Nut Topping: Grease cookie sheet. In small skillet, combine 1/2 cup sugar, dash of cream of tartar and 2 tablespoons of water. Cook over medium heat, stirring constantly, until mixture becomes light caramel color. Stir in 1/2 cup coarsely chopped pecans. Quickly spread on cookie sheet; cool. Chop into small pieces.

Candie Smalley

CREAM PIE

Scald 2 cups of milk with 1/4 cup white syrup. In separate bowl mix 4 tablespoons cornstarch, 1/2 cup sugar, 3 egg yolks, 1 teaspoon vanilla and 1/2 cup of milk; blend well. Add this mixture to scalded milk. Bring to a boil and cook over medium heat until thick. Pour into pie crust shell.

Betty Smalley

FRENCH MINT PIE

1 c. butter	1 butter cookie pie crust, or
1/2 tsp. mint flavoring	chocolate cookie pie crust
1/2 c. powdered sugar	2 tsp. vanilla
4 env. Nestle's Choco-bake	4 eggs

Cream butter, add flavorings. Beat in powdered sugar. Add eggs one at a time, beating thoroughly after each addition, until mixture is fluffy and stiff. Spoon into pie crust. Serve with whipped cream and a peppermint sprig, if desired. Do freeze overnight before serving.

Betty Smalley

GRAPE CREAM PIE

1 can sweetened	2 Tbsp. lemon juice
condensed milk	1 small container Cool Whip
1 (6 oz.) can grape juice	

Mix all ingredients together. Pour into a baked, cool 9 inch pie crust. Garnish with more Cool Whip. Refrigerate.

Betty Smalley

STRAWBERRY PIE

1 baked pie shell	1 c. sugar
1 qt. whole strawberries	Red food coloring
1 1/2 c. water	

Boil water, sugar and food coloring until sugar is dissolved. Mix 1/4 cup cold water and 2 tablespoons cornstarch. Add to boiled mixture; cook until thickened. Add 1/2 package strawberry Jello, 1 tablespoon butter and 1/2 teaspoon vanilla. Bring to a boil. Cool. Pour over berries which have been arranged in a shell. Refrigerate. Top with whipped cream before serving.

Mary Todd

LEMON VELVET PIE

1 1/3 c. sugar	1 tsp. grated lemon rind
6 Tbsp. cornstarch	1 tsp. vanilla
1/2 tsp. salt	1 Tbsp. unflavored gelatin
1 1/2 c. cold water	1/4 c. cold water
2 egg yolks, slightly beaten	1 c. light cream
2 Tbsp. butter	2 egg whites, stiffly beaten
1/3 c. lemon juice	1 (9 inch) pie shell
	1 c. heavy cream, whipped

Combine sugar, cornstarch and salt in a saucepan. Gradually stir in 1 1/2 cups water. Cook over medium heat, stirring constantly, until mixture is smooth and thick enough to mound when dropped from spoon. Stir some of the hot mixture into the egg yolks. Slowly stir yolks and butter into remaining hot mixture; cook for 2 minutes. Remove from heat and stir in lemon juice, rind and vanilla. Remove 1 cup filling and set aside to cool.

Soften gelatin in 1/4 cup water. Add to remaining hot filling and stir until dissolved. Gradually stir in light cream. Cool. When mixture begins to thicken, fold in egg whites. Pour into pie shell. Chill 15 minutes. Spread with reserved 1 cup filling. Chill well. Serve with whipped cream.

Joan Sorensen

CREAM CHEESE PIE

2 (8 oz.) pkg. cream cheese	1 tsp. vanilla
2 eggs	1 tsp. vanilla
2/3 c. sugar	1 small ctn. sour cream
	1/2 c. sugar

Use 9 inch pastry shell, baked, or graham cracker crumb crust. Beat cream cheese, eggs, sugar and first teaspoon of vanilla until creamy. Pour into crust. Bake in 350° oven for 20 minutes or until set. Cool 15 minutes. Top with the sour cream mixed with the sugar and second teaspoon of vanilla. Bake for 10 minutes at 400°.

Cindy Smalley

RHUBARB SURPRISE PIE

1 c. sifted flour	3 c. diced, raw rhubarb
1 tsp. baking powder	1 (3 oz.) pkg. strawberry Jello
1/2 tsp. salt	1/2 c. unsifted flour
2 Tbsp. butter	1 c. sugar
1 egg, beaten	1/2 tsp. cinnamon
2 Tbsp. milk	1/4 c. melted butter

Sift together 1 cup flour, baking powder and salt. Cut in butter. Add egg and milk; mix. Press into a greased 9 inch pie plate. Arrange rhubarb in pie shell. Sprinkle with gelatin. Combine remaining ingredients; sprinkle on top of pie. Bake at 350° for 50 minutes or until rhubarb is tender.

Joan Sorensen

MINCEMEAT FILLING

1 1/2 lb. lean hamburger	2 c. raisins
2 c. water	2 1/2 c. sugar
2 tsp. salt	2 Tbsp. cinnamon
6 c. ground apple	1 1/2 c. sweet vinegar (I use the
1 lemon, ground	vinegar from sweet pickles)
1 orange, ground	1/2 tsp. nutmeg

Combine beef, water and salt; cook 30 minutes. Add the rest of the ingredients and cook slowly until thick, about 45 minutes to one hour. Stir often while cooking. Makes 3 quarts, average.

GLAZED STRAWBERRY PIE

Glaze:

1 c. sugar	2 Tbsp. cornstarch
3 to 5 Tbsp. strawberry Jello	1 c. boiling water

Combine and cook until clear. Cool. Place halved strawberries in baked 9 inch pie shell. Pour cooled glaze over. Cover with whipped cream.

Joan Sorensen

EASY STRAWBERRY CREAM PIE

1 (8 oz.) pkg. cream cheese	1/4 c. sugar
1 1/2 tsp. vanilla	Dash of nutmeg
1 c. strawberry slices	1 c. whipping cream
1/4 c. powdered sugar	1 (9 inch) graham cracker pie crust

Combine softened cream cheese, sugar, vanilla and nutmeg, mixing well until blended. Mash 3/4 cup of strawberry slices; stir into cream cheese mixture. Whip cream with powdered sugar until stiff peaks form; fold into cream cheese mixture. Fold remaining strawberry slices into cream cheese mixture; spoon into pie crust. Chill several hours or overnight. Garnish with additional strawberries if desired.

Cindy Smalley

CRANBERRY CREAM PIE

1 (3 oz.) pkg. raspberry gelatin	1 Tbsp. sugar
1 (1 lb.) can whole cranberry sauce	1 1/4 c. boiling water
1 (9 inch) pie crust	1 c. sour cream
	1/2 c. whipping cream, whipped

Dissolve gelatin in boiling water; add the cranberry sauce. Chill until slightly thickened. Beat in sour cream with mixer. Chill until partially set. Spoon into pastry pie shell. Fold sugar into whipped cream; spread over pie. Chill until firm.

Candie Smalley

ALMOND CREAM PIE

1 (3 1/2 oz.) can flaked coconut	1/2 c. graham cracker crumbs
3 Tbsp. butter, softened	4 eggs, separated
1 c. milk	3/4 c. sugar
1 pkg. unflavored gelatin	1 tsp. almond extract
1/4 tsp. salt	1 c. whipping cream

Preheat oven to 375°. Spread coconut evenly on a cookie sheet. Bake 10 minutes or until lightly browned, stirring

occasionally. Reserve 1/4 cup toasted coconut for garnish. In 9 inch pie plate with hand, mix graham cracker crumbs, butter, and remaining toasted coconut. Press mixture firmly onto bottom and up side of pie plate, making a small rim. Bake 5 minutes or until golden brown. Cool.

In heavy 2 quart saucepan with wire whisk, beat egg yolks, milk and sugar until well mixed. Sprinkle gelatin evenly over egg mixture. Cook over medium heat until gelatin is completely dissolved and mixture is thickened and coats a spoon, about 20 minutes (do not boil or mixture will curdle). Stir in almond extract. Refrigerate until chilled but not set, about 45 minutes.

In large bowl with mixer at high speed, beat egg whites. Add salt. Beat until stiff peaks form; set aside. In small bowl, using the same beaters, with mixer at medium speed, beat the whipping cream until stiff peaks form.

With wire whisk, gently fold egg yolks mixture and whipped cream into egg white mixture. Spoon into pie crust; refrigerate until set, about 3 hours. To serve, garnish top of pie with reserved toasted coconut.

Cindy Smalley

IMPOSSIBLE FRENCH APPLE PIE

6 c. sliced apples	1/2 c. Bisquick baking mix
1 1/4 tsp. cinnamon	2 eggs
1/4 tsp. nutmeg	2 Tbsp. margarine, softened
1 c. sugar	Streusel
3/4 c. milk	

Preheat oven to 325°. Grease 10 x 1 1/4 inch pie plate. Mix apples and spices. Turn into pie plate. Combine remaining ingredients (except streusel) and beat 15 seconds in blender until smooth. Pour over apples. Sprinkle with streusel (1 cup Bisquick, 1/2 cup chopped nuts, 1/3 cup brown sugar, and 3 tablespoons firm margarine; mix until crumbly). Bake 55-60 minutes until knife inserted in center comes out clean.

Edna Rieck

Cakes, Cookies, Desserts

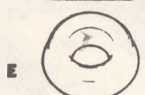
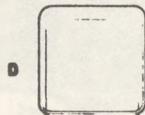
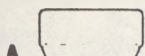


HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:



4-cup baking dish:

- 9-inch pie plate
- 8x1 $\frac{1}{4}$ -inch layer cake pan—C
- 7 $\frac{3}{8}$ x 3 $\frac{5}{8}$ x 2 $\frac{1}{4}$ -inch loaf pan—A

6-cup baking dish:

- 8 or 9x1 $\frac{1}{2}$ -inch layer cake pan—C
- 10-inch pie plate
- 8 $\frac{1}{2}$ x 3 $\frac{5}{8}$ x 2 $\frac{5}{8}$ inch loaf pan—A

8-cup baking dish:

- 8x8x2-inch square pan—D
- 11x7x1 $\frac{1}{2}$ -inch baking pan
- 9x5x3-inch loaf pan—A

10-cup baking dish:

- 9x9x2-inch square pan—D
- 11 $\frac{1}{4}$ x7 $\frac{1}{2}$ x1 $\frac{1}{4}$ -inch baking pan
- 15x10x1-inch jelly-roll pan

12-cup baking dish and over:

- 13 $\frac{1}{2}$ x8 $\frac{1}{2}$ x2-inch glass baking pan 12 cups
- 13x9x2-inch metal baking pan 15 cups
- 14x10 $\frac{1}{2}$ x2 $\frac{1}{2}$ -inch roasting pan 19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

- 7 $\frac{1}{2}$ x3-inch "Bundt" tube pan—K 6 cups
- 9x3 $\frac{1}{2}$ -inch fancy tube or "Bundt" pan J or K 9 cups
- 9x3 $\frac{1}{2}$ -inch angel cake pan—I 12 cups
- 10x3 $\frac{3}{4}$ -inch "Bundt" or "Crownburst" pan—K 12 cups
- 9x3 $\frac{1}{2}$ -inch fancy tube mold—J 12 cups
- 10x4-inch fancy tube mold (Kugelhupf)—J 16 cups
- 10x4-inch angel cake pan—I 18 cups

Melon Mold:

- 7x5 $\frac{1}{2}$ x4-inch mold—H 6 cups

Spring-Form Pans:

- 8x3-inch pan—B 12 cups
- 9x3-inch pan—B 16 cups

Ring Molds:

- 8 $\frac{1}{2}$ x2 $\frac{1}{4}$ -inch mold—E 4 $\frac{1}{2}$ cups
- 9 $\frac{1}{4}$ x2 $\frac{3}{4}$ -inch mold—E 8 cups

Charlotte Mold:

- 6x4 $\frac{1}{4}$ -inch mold—G 7 $\frac{1}{2}$ cups

Brioche Pan:

- 9 $\frac{1}{2}$ x3 $\frac{1}{4}$ -inch pan—F 8 cups

CAKES, COOKIES, DESSERTS

CAKES

POPPY SEED CAKE

- | | |
|-------------------------|--------------------------------------|
| 1 yellow layer cake mix | 1 small pkg. instant vanilla pudding |
| 1 stick oleo, melted | |
| 1 c. water | 1/4 c. vegetable oil |
| 4 eggs | 3 tsp. poppy seed |

Beat all ingredients with wooden spoon. Grease and sugar Bundt pan. Bake 30 to 40 minutes at 350°.

Joanne Eide

CHOCOLATE FOREST CAKE

- | | |
|--------------------------|-----------------------------|
| Chocolate cake mix | Maraschino cherries |
| 2 eggs | Chocolate Butter Cream |
| 1 can cherry pie filling | Frosting (recipe to follow) |

Mix together cake mix, pie filling and eggs. Bake in two round pans according to package directions. Cool, then frost and garnish with maraschino cherries

Chocolate Butter Cream Frosting:

- | | |
|--------------------------|---------------------------------------|
| 6 Tbsp. butter | 1 (16 oz.) or 4 3/4 c. powdered sugar |
| 1/4 c. unsweetened cocoa | |
| 2 or 3 Tbsp. milk | 1/3 c. creme de cocoa |

Cream all ingredients together until creamy with mixer.

Betty Smalley

STRAWBERRY CAKE

- | | |
|-----------------------------------|--|
| 1 pkg. white cake mix | 1/2 small pkg. frozen strawberries, thawed |
| 3 Tbsp. flour | |
| 1 (3 oz.) pkg. strawberry gelatin | 1 c. oil |
| | 4 eggs |
| | 1/2 c. cold water |

Mix cake mix, flour and gelatin. Add oil. Beat in eggs. Add water and strawberries. Mix well. Bake in two loaf pans, greased and floured, or one (13x9 inch) pan for 40 to 50

minutes in 350° oven. Frost with following icing:

2 Tbsp. butter	2 or 3 Tbsp. strawberry liquid
1 c. powdered sugar	

Melt butter, add strawberry liquid. Mix in powdered sugar until spreading consistency.

Candie Smalley

STRAWBERRY MERINGUE CAKE

1 angel food cake, baked	1/2 gal. strawberry ice cream,
1 pt. strawberries, sliced	softened
1/4 c. strawberry liqueur	1/4 c. strawberry jelly, melted
1/4 tsp. cream of tartar	3 egg whites
1/2 tsp. vanilla	6 Tbsp. sugar
	Strawberry halves

Place baked cake upside down; cut down into cake with serrated knife 1 inch from outer edge and 1 inch from edge of hole, leaving a wall on each side. Remove cake within cuts, being careful to leave a base of cake 1 inch thick. Spoon ice cream into hollowed out portion of cake. Wrap and freeze.

Mix 1 pint strawberries, jelly and liqueur to make a sauce; cover and refrigerate.

Heat oven to 450°. Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 tablespoon at a time, beat until stiff and glossy. Beat in vanilla. Place frozen cake on heat-proof plate. Spread meringue on cake. Bake until meringue is golden, about 3 minutes. Garnish with strawberries.

To serve, slice cake into wedges. Spoon strawberry sauce over wedges.

Candie Smalley

GOURMET CHOCOLATE CAKE

2/3 c. sour cream	1/4 c. butter, softened
1 pkg. sour cream	1 pkg. creamy white frosting mix
chocolate fudge cake mix	Chocolate curls, if desired

Mix sour cream with frosting mix in small mixing bowl; refrigerate at least 2 hours.

Bake cake in 2 round layer pans, according to package directions; cool. Then blend butter and sour cream frosting mixture; beat 1 minute with mixer on low speed. Do not over-beat. Fill layers and frost cake. Garnish top with chocolate curls.

Candie Smalley

PEACH GLAZE CAKE

- | | |
|------------------------|----------------------------------|
| 1 pkg. yellow cake mix | 1 can cling peach slices |
| 2 tsp. cornstarch | 1 pkg. creamy white frosting mix |

Mix and bake cake in round layer pans according to package directions. Cool completely. Drain peach slices, reserving 1/2 cup of liquid. Mix reserved liquid and cornstarch; cook over medium heat, stirring constantly, until mixture boils and is thick and clear, about 1 minute. Cool. Prepare frosting mix according to package directions. Spread frosting thinly on 1 layer; arrange peach slices on top of this layer. Spoon glaze over fruit carefully (add a few drops of water if glaze is too thick). Spread about 1/2 cup frosting on other layer. Place fruit glazed layer on top. Frost side with remaining frosting.

Cindy Smalley

SPICY PUMPKIN CAKE

- | | |
|----------------------------|-------------------------------|
| 1 spice cake mix | 3/4 c. chopped cherries |
| 1 c. pumpkin | 1 c. milk |
| 1 tsp. burnt sugar extract | 2 eggs |
| 1/2 c. chopped nuts | 1/4 tsp. black walnut extract |
| | 1 1/4 c. chopped dates |

Mix all ingredients and bake as directed on cake mix package. Cool and frost with a butter frosting.

Betty Smalley

SOUR CREAM SPICE LAYER CAKE

- | | |
|------------------------------|----------------------------|
| 1 1/4 c. brown sugar, packed | 1/2 c. butter |
| 3 eggs | 1 tsp. cinnamon |
| 1 3/4 c. flour | 1/2 tsp. allspice |
| 2 tsp. baking powder | 1/2 tsp. nutmeg |
| 1/2 tsp. soda | 3/4 c. sour cream |
| 1/4 tsp. salt | 1/2 c. finely chopped nuts |

Cream together sugar and butter. Add eggs one at a time, beating well after each addition. Combine flour, baking powder, soda, salt and spices. Then add flour mixture in small amounts, alternating with sour cream to cream mixture, beginning and ending with dry ingredients. Stir in nuts. Spoon into 8 inch round pans. Bake at 350° in oven for 30-35 minutes. Cool.

Frost with: Mix together 4 cups powdered sugar, 1/2 cup

softened butter, dash of salt, 3 tablespoons sour cream, and 1 teaspoon of vanilla. Then spoon over a chocolate glaze: Melt together 2 squares of unsweetened chocolate and 2 tablespoons of butter over low heat.

Betty Smalley

BUTTER PECAN CREAM CAKE

1 (4 oz.) pkg. butterscotch pudding mix	1 c. heavy whipping cream, whipped
3/4 c. evaporated milk	Pecan halves
3/4 c. water	1 c. pecans, ground
Maraschino cherries	10 inch angel food cake

Combine pudding mix with evaporated milk and water, cook according to package directions. Cool. Then fold in whipped cream and ground pecans into cooled pudding. Split cake into three layers, spread 1/3 of pudding mixture on bottom layer, and another 1/3 between the next two layers. Spread the remaining 1/3 on top, then garnish with pecan halves and cherries,

Betty Smalley

MOIST 'N CREAMY CAKE

1 pkg. yellow cake mix	1 1/2 c. milk
1/2 c. sugar	2 c. coconut
8 oz. Cool Whip, thawed	

Prepare cake mix as directed on package. Bake in 13x9 inch pan. Cool 15 minutes. Poke holes in cake with fork. Meanwhile, combine milk, sugar and 1/2 cup coconut in saucepan. Bring to a boil and simmer for 1 minute. Spoon over cake, allowing liquid to soak through the holes. Cool completely. Mix 1/2 cup coconut with Cool Whip and spread over cake. Then sprinkle remaining coconut on top. Refrigerate.

Cindy Smalley

EASY COFFEE CAKE

Cream together 1/2 cup butter and 3/4 cup sugar. Then add:

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

Topping: Mix together -

3/4 c. sugar	2 tsp. cinnamon
2 Tbsp. flour	2 Tbsp. butter
Nut	

In 8x8 inch pan spoon in 1/2 of cake mixture then 1/2 of topping mixture. Repeat again with cake and then topping. Bake in 350° oven for 40 minutes.

Cindy Smalley

DANISH COFFEE CAKE

1st Step:

4 c. flour	1 c. vegetable shortening
4 Tbsp. sugar	1/2 tsp. salt

Mix like a pie crust.

2nd Step:

1 c. milk, scalded and cooled	1 pkg. yeast
1/4 c. warm water	4 eggs, slightly beaten with milk

Dissolve yeast in water. Mix steps 1 and 2 (this is a soft dough). Chill all night in refrigerator. In morning roll out thin. Pour over melted butter, cinnamon, sugar, nuts and raisins. Fold in thirds. Let stand 1 hour on greased sheets, or until light. Bake at 400° for 15 to 20 minutes, or until done. Ice right away with 1 cup powdered sugar, 1 tablespoon butter and a little water.

BACARDI RUM CAKE

Cake:

1 c. chopped pecans or walnuts	1/2 c. Bacardi dark rum, 80%
1 (3 3/4 oz.) pkg. instant pudding	1 yellow cake mix
1/2 c. cold water	4 eggs
	1/2 c. oil

Glaze:

1/4 lb. butter	1/4 c. water
1 c. sugar	1/2 c. dark rum, 80%

Preheat oven to 325°. Grease and flour 10 inch tube or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up.

For glaze, melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

Optional: Decorate with whole maraschino cherries and border of sugar frosting or whipped cream, or serve with green grapes dusted with powdered sugar.

Candie Smalley

LEMONADE ANGEL DESSERT

1 env. (1 Tbsp.) unflavored gelatin	1 (14 1/2 oz.) can evaporated milk, chilled ice cold and whipped
Dash of salt	Yellow food coloring
2 beaten eggs	1 (10 inch) tube angel cake
1 (6 oz.) can frozen lemonade concentrate	1/2 c. sugar
	1/2 c. water

Thoroughly mix gelatin, sugar and salt; add eggs and water. Cook and stir until gelatine dissolves and mixture thickens slightly; remove from heat. Stir in concentrate. Chill until partially set; fold into whipped milk. Add a few drops of yellow food coloring. Rub the brown crumbs off cake; tear cake into bite-size pieces.

Cover bottom of 10 inch tube pan with thin layer of gelatin mixture. Arrange 1/3 of cake on top. Pour 1/3 of remaining gelatin oven. Repeat layers. Chill until firm. Unmold on serving plate. Trim with daisies. Makes 12 servings.

Candie Smalley

REAL OLD - FASHION POUND CAKE

2 c. butter, softened	2 c. sugar
10 eggs, separated	1 tsp. ground mace
3 Tbsp. brandy	4 c. flour

Grease and flour tube pan or two (9x5x3) inch loaf pans and line bottoms with waxed paper. Grease waxed paper.

In large bowl cream butter until light and fluffy. Gradually beat in sugar 1/4 cup at a time, beating well after each addition. Beat in egg yolks, one at a time. Beat in mace and brandy. On low speed gradually add flour and beat just until

smooth; do not overbeat. In large bowl beat egg whites until stiff; fold gently into batter. Turn into baking pan. Bake in preheated oven of 325° for 1 1/4 - 1 1/2 hours for tube pan, or 1 - 1 1/4 hours for loaf pans. Cool for 15 minutes, then remove from pan and cool completely before slicing.

Betty Smalley

SOUR CREAM POUND CAKE

1 c. butter, softened	3 c. sugar
6 eggs, separated	1 tsp. lemon extract
1 tsp. vanilla	1/4 tsp. baking soda
1 c. sour cream	3 1/3 c. sifted flour

Grease and flour a 10x4 inch tube pan. Preheat oven to 325°. Beat butter and 2 1/2 cups of the sugar in a large bowl with mixer until well blended. Add egg yolks, 1 at a time, and continue beating until mixture is creamy light; add lemon extract and vanilla.

Beat egg whites in a medium bowl until foamy. Add remaining 1/2 cup sugar, 1 tablespoon at a time, beating until mixture forms soft glossy peaks.

Stir in baking powder into sour cream. Add flour alternately with sour cream mixture to butter mixture, blending well after each addition. Fold in beaten egg white mixture until no streaks of white remain. Pour into prepared pan.

Bake in oven of 325° for 1 hour and 30 minutes. Cool in pan for 10 minutes. Loosen around edge and tube; remove from pan; cool completely.

Candie Smalley

RUM CAKE JUBILEE

Cake:

Yellow cake mix	1/4 c. rum
1 c. sour cream	3 eggs
1/3 c. oil	

Sauce:

21 oz. can cherry pie filling	16 oz. can whole cranberry sauce
	1/2 c. rum

Heat oven to 350°. Grease and flour two (8 or 9 inch) round cake pans. In large bowl combine all cake ingredients at low speed until moistened. Beat 2 minutes at high speed. Pour evenly into prepared pans.

Bake for 25 to 35 minutes until toothpick inserted into the center comes out clean. Cool in pans for about 15 minutes, then remove.

Just before serving, heat fruit in large skillet until mixture just comes to a boil. Pour rum over hot fruit. Do not stir. Ignite and ladle over cake wedges. Makes 16 servings.

Tip: If desired, heat fruit and stir in 1/4 cup rum. Spoon over cake wedges.

Candie Smalley

SPICY CRUMB CAKE

1 3/4 c. flour	1 c. butter, softened
1/2 c. sugar	1/4 c. milk
2 tsp. baking powder	3 eggs
1 Tbsp. honey	1/4 tsp. ground allspice
1/4 tsp. cinnamon	Crumb Topping

Prepare crumb topping; set aside. Grease and flour 9 inch spring form pan. Preheat oven to 350°.

In large bowl with mixer at low speed, beat flour, butter, milk, baking powder and eggs until just blended. Continue beating for 2 minutes. Spoon batter into prepared pan.

In cup, mix honey, allspice and cinnamon; drizzle over batter. With fork, swirl honey mixture just on top of batter, sprinkle with crumb topping. Bake cake 55 to 60 minutes until toothpick inserted in center of cake comes out clean and crumb topping is golden brown. Cook cake in pan on wire rack for 10 minutes. Remove cake from pan; serve cake warm, or cool to serve later. Makes 10 servings.

Crumb Topping: In medium bowl with fork, stir 1/2 cup flour, 1/4 cup walnuts, finely chopped, and 2 tablespoons sugar. With fork cut 1/4 cup butter into flour mixture until mixture resembles coarse crumbs.

Betty Smalley

RHUBARB OR BLUEBERRY COFFEECAKE

1 1/2 c. sugar	3 c. diced rhubarb or 3 c. blueberries, drained
1/2 c. shortening	1 c. buttermilk (no substitute)
1 egg	1 tsp. vanilla
Pinch of salt	2 c. flour
1 tsp. soda	

Cream sugar and shortening. Add egg and salt. Then add buttermilk and vanilla. Sift dry ingredients and mix in. Then fold in fruit. If using blueberries, gently mix in a little bit of flour with the blueberries. While baking, this helps the

blueberries to not all go to the bottom. Bake at 350° for 40-45 minutes. For the last 15 minutes of the baking time, mix together and sprinkle on the topping.

Topping for Rhubarb:

1/2 c. brown sugar Nuts
1 tsp. cinnamon

Topping for Blueberries;

1/3 c. flour 1/2 tsp. cinnamon
1/2 c. sugar 1/4 c. butter

Cindy Smalley

ORANGE ANGEL CAKE

Cut 1 baked angel food cake into 3 layers.

Cake Filling:

1 c. sugar 2 Tbsp. orange rind
2 Tbsp. cornstarch 1/2 c. orange juice
2 eggs 2 c. whipped cream

Combine sugar and cornstarch, stir in eggs, rind and juice. Cook in double boiler until thick. Remove from heat. Cool. Add 2 cups of whipped cream. Spread filling between layers.

Frosting:

1/4 c. butter 1 Tbsp. grated rind
2 c. powdered sugar 2 Tbsp. milk
2 Tbsp. orange juice

Melt butter. Add rind, juice and milk. Beat in sugar and frost the cake.

Cindy Smalley

APPLESAUCE CAKE

1 c. sugar 1 tsp. ground cinnamon
2 c. sweetened applesauce 1/2 tsp. cloves
1/2 c. shortening 2 c. flour
2 tsp. soda, dissolved in 1 c. raisins
a little hot water 1/2 c. chopped nutmeats

Cream sugar and shortening, add applesauce and mix thoroughly. Add dissolved soda and stir well. Sift cinnamon, cloves and flour together and add to mixture. Add raisins and nuts and mix well. Bake in greased and floured cake pan, about 11x8 inches, in 350° oven for about 1 hour and 15 minutes, or until done. Cool on rack. Frost with Fluffy White Frosting or, if preferred, cover with powdered sugar frosting, partly thinned with orange juice.

Mrs. Lloyd M. Hines

FLUFFY WHITE FROSTING

Combine 2 egg whites, 3/4 cup sugar, 1/3 cup white Karo, 2 tablespoons water, 1/4 teaspoon cream of tartar and 1/4 teaspoon salt in top of double boiler. Beat with rotary beater over boiling water until mixture stands in peaks. Remove from heat, add 1 teaspoon vanilla and continue beating by hand until thick enough to spread.

Mrs. Lloyd M. Hines

LEMON FILLING FOR WHITE CAKE

Grated rind and juice
of 1 lemon
3/4 c. sugar

Yolk of 1 egg
2 level Tbsp. flour
1 Tbsp. water

Cook until thick and add bit of butter. Let get cold and spread between cake layers, or spread over top of loaf cake and then cover with fluffy white frosting.

Mrs. Lloyd M. Hines

APPLE MUFFINS OR COFFEE CAKE

Mix:

3/4 c. sugar
1 egg

1/4 c. soft shortening
(preferably butter)

Stir in 1/2 cup milk. Sift:

1 1/2 c. flour
2 tsp. baking powder

1/2 tsp. salt

Bake in 375° oven for 25 to 30 minutes. You may vary the topping on this. Slice of apple with cinnamon and sugar topping.

Cinnamon and sugar topping with nuts:

1 c. cinnamon
2 Tbsp. sugar

Sprinkle with brown sugar

Or:

1/2 c. brown sugar
2 Tbsp. flour
2 tsp. cinnamon

2 Tbsp. melted butter
1/2 c. chopped nuts

Lillian Frahz

CREME DE MENTHE CAKE

Prepared 1 Pillsbury Plus cake mix, except substitute 3 tablespoons creme de menthe liqueur for some of the water in the cake mix. Bake and cool at least 4 hours. Spread one can Hershey's fudge topping on top of cool cake. Then mix 3 tablespoons creme de menthe into a large container of Cool Whip. Spread this over the fudge and refrigerate.

Bonnie Wisecup

RED DEVILS FOOD CAKE

2 c. white sugar
3/4 c. shortening
2 eggs
1 c. sour milk
1 tsp. vanilla
2 1/2 c. flour

2 tsp. soda
1 tsp. salt
1/2 c. cocoa
1 c. boiling water
Red food coloring if deeper
color is desired

Cream shortening and sugar. Add unbeaten eggs one at a time. Add vanilla to milk. Alternate milk with sifted dry ingredients. Add boiling water all at once and stir until well combined. Makes 3 layers (round) or 9x12 inch cake pan. A very moist cake. Bake at 350° for about 45 minutes. Has been a blue ribbon winner at the county fair.

Ruth Smith

FRESH APPLE CAKE AND SAUCE

Cream 1/2 cup butter, 2 cups sugar, 3 eggs (beaten), 1 teaspoon vanilla, 1 teaspoon cinnamon and 2 cups flour, 2 teaspoons soda and 1/2 teaspoon nutmeg. Fold in 3 cups chopped apples and 1 cup nuts. Bake in 350° oven for 1 hour.

Sauce:

1 1/2 c. sugar	1 c. orange juice
4 Tbsp. cornstarch	4 tsp. butter
1 c. water	2 tsp. lemon juice

Cook until thickened, serve warm over cake.

Ebba Larson

SNICKER CAKE

1 German's chocolate cake mix	1/3 c. milk
1/2 c. oleo	3/4 c. chocolate chips
1 (14 oz.) pkg. caramels	1 c. pecans

Prepare cake mix according to package. Bake half of batter in 9x13 inch pan at 350° for 20 minutes. Melt caramels, oleo and milk until smooth. Put this on baked cake, top with chips and pecans. Then put remaining batter over all. Reduce oven to 250°. Bake for 20 minutes. Then increase to 350° and bake 10 minutes. Cool and serve with whipped cream or ice cream.

Marlyn Sprecker

BUNDT RHUBARB COFFEE CAKE

1/2 c. shortening	1 c. buttermilk
1 c. granulated sugar	2 c. finely cut rhubarb
1/2 c. brown sugar	1/2 c. chopped walnuts (optional)
1 egg	1 tsp. vanilla
2 1/2 c. flour	1/2 c. granulated sugar
1 tsp. soda	1 tsp. cinnamon
1 tsp. salt	

In large bowl cream shortening with first sugar amount and brown sugar; add egg. Sift together dry ingredients and add alternately with buttermilk. Add rhubarb, nuts and vanilla. Blend remaining sugar with cinnamon; sprinkle half of cinnamon-sugar mixture into greased 12 cup Bundt pan. Pour in batter; sprinkle with remaining cinnamon-sugar mixture. Bake at 350° for 45-50 minutes or until cake tests done. Cool in pan 10 to 15 minutes; turn out on wire rack or serving plate and cool.

Edna Rieck

CHOCOLATE ZUCCHINI CAKE

3 eggs	1 tsp. salt
2 c. sugar	1 tsp. cinnamon (I use less)
1/2 c. butter or margarine	2 1/2 c. flour
1/4 c. oil	1/2 c. cocoa
2 tsp. vanilla	2 c. peeled and shredded zucchini
1 1/2 tsp. soda	1/4 c. milk
2 1/2 tsp. baking powder	

Cream the first five ingredients. Sift the next six ingredients and add to the first. Add zucchini and milk. Blend and bake in 9x13 inch greased (use Pam) pan at 350° for 50 or 55 minutes.

HUMMINGBIRD CAKE

3 c. flour	1/2 c. salad oil
2 c. sugar	1 1/2 tsp. vanilla
1 tsp. salt	1 (8 oz.) can crushed pineapple, drained
1 tsp. soda	1 c. nuts
1 tsp. cinnamon	2 c. chopped banana
3 eggs, beaten	

Stir together and pour into three layer pans. Bake at 350° for 25-30 minutes.

OATMEAL CAKE

1 1/2 c. boiling water	1 1/2 c. flour
1 c. quick oatmeal	1 tsp. cinnamon
1 c. white sugar	1 1/2 tsp. baking powder
1 c. brown sugar	1 1/2 tsp. soda
1/2 c. margarine	1/2 tsp. salt
2 eggs, beaten	

Combine boiling water and oats and let stand 20 minutes. Cream sugar and butter and add eggs. Add dry ingredients to butter mixture. Add oats and beat. Bake in greased 9x9x2 inch pan at 325° for 35 to 45 minutes.

BRANDY NUT CAKE

1/2 c. chopped, dried apricots	1 c. light raisins
3 c. chopped walnuts	1/2 c. dark raisins
1 1/2 c. maraschino cherries, halved	3/4 c. all-purpose flour
	3/4 c. sugar
	1/2 tsp. baking powder

1/2 tsp. salt
3 eggs

2 Tbsp. apricot brandy
1/2 c. apricot brandy

In bowl combine nuts, cherries, apricots, and raisins. Stir together flour, sugar, baking powder and salt. Add to nut mixture, tossing to coat well. Beat eggs until frothy. Add 3 tablespoons brandy. Pour egg mixture over nut mixture. Mix well. Pour into a greased and floured 9x5x3 inch loaf pan. Bake in 300° oven for 1 3/4 hours. Cool cake in pan. Remove. Moisten several layers of cheesecloth with 1/4 cup of brandy. Wrap cake. Then overwrap in foil. Refrigerate 2 to 3 days. Remoisten cheesecloth with remaining brandy. Rewrap and refrigerate cake.

Betty Smalley

BOILED SPICE CAKE

2 c. sugar
2 c. water
2 c. raisins
2 tsp. cloves

2 tsp. cinnamon
1 tsp. salt
1 c. shortening

Put in a pan and bring to boil; cool, then add 3 cups flour and 2 teaspoons soda. Put in a greased and floured 9x13 inch pan. Bake at 350° for 30 to 35 minutes.

Joyce Lonergan
State Representative
87th District

APPLE CAKE

2 medium apples, unpeeled,
cored and chopped
Artificial sweetener to
equal 12 tsp. sugar
1/2 tsp. cinnamon

1/4 tsp. nutmeg
3/4 c. water
4 eggs, separated
1 1/4 c. instant nonfat dry
milk

In saucepan place apples, sweetener to equal 3 teaspoons sugar, spices, and water. Simmer 3 to 5 minutes. Place separated egg whites in a bowl and beat until stiff; slowly beat in dry milk until thoroughly blended. In another bowl combine egg yolks and remaining sweetener; mix well. Gently fold yolk mixture into egg whites.

Variation 1: Cupcakes. Place paper cupcake liners in appropriate pan. Place a scant 1 tablespoon egg mixture in each liner. Arrange apple pieces on top, pour additional batter over apples to fill to 2/3 full. Bake at 350° for 25-35 minutes or until lightly browned. Serves 14 to 16 cupcakes.

Variation 2: 9x9 inch cake. Pour half of egg mixture into 9x9 inch baking pan. Layer apples on top and pour remaining egg mixture over apples. Smooth level with back of spoon. Bake at 350° for 30-35 minutes or until lightly browned. Do not grease pan. Serves 9. Per cupcake serving: 42 calories; per cake serving: 77 calories.

Doris VanSickle, Prof. Diet Systems

COOKIES

SUNFLOWER COOKIES

1 c. white sugar	1 c. coconut
1 c. brown sugar	1 tsp. soda
1 c. shortening	1/2 tsp. baking powder
2 eggs	2 c. quick oats
1 c. sunflower nuts	2 c. flour

Drop by teaspoon on greased cookie sheet. Bake at 350° for 8-10 minutes.

LACE COOKIES

1 stick butter, melted	1/2 tsp. salt
1 1/2 c. quick oats	1 egg, beaten
3/4 c. sugar	2 tsp. vanilla
1 tsp. baking powder	1 c. chopped pecans or other nuts
1 Tbsp. flour	

Pour butter over oats and then add sugar, baking powder, flour and salt; mix well. Add egg, vanilla and nuts. Mix thoroughly. Drop by spoonfuls on foil covered cookie sheet. Bake at 375° for 10 to 15 minutes. Cool and peel off foil. Don't drop close because they spread.

PEANUT BUTTER KISSES

1 3/4 c. all-purpose flour	1/3 c. creamy or chunky peanut butter
1/2 c. softened butter	
1 tsp. baking soda	1/2 c. packed brown sugar or
1 egg	1/2 c. white sugar
1/4 tsp. salt	Chocolate kisses

Into large bowl, put all ingredients except the chocolate kisses. With mixer at low speed, beat ingredients until blended.

Shape dough into a ball; wrap with plastic wrap. Refrigerate dough 1 hour or until easy to handle.

Preheat oven to 375°. Shape dough into 1 inch balls. Place balls 2 inches apart on ungreased cookie sheet.

Bake cookies 15 minutes or until cookies are golden; quickly press a milk chocolate kiss into center of each cookie. Remove cookies to cool.

Betty Smalley

CHOCOLATE DROP COOKIES

Cream together:

1/2 c. shortening or butter	1 egg
1 c. sugar	2 sq. melted chocolate

Sift together, then mix with above:

1 3/4 c. sifted flour	1/2 tsp. soda
1/2 tsp. salt	

Add 3/4 cup buttermilk and 1 cup chopped nuts. Drop from teaspoon on greased cookie sheet. Bake at 400° for 12 to 15 minutes. Frost with chocolate icing. Makes 4 dozen.

Mrs. Eva M. Hughes, Wife of
Senator Harold E. Hughes

BAKER'S AMMONIA COOKIES

2 c. white sugar	2 heaping tsp. Baker's ammonia
1 c. butter or margarine	3 c. flour
3 egg yolks, beaten	1 tsp. vanilla extract
1 heaping tsp. soda	

Cream sugar, butter and extract together. Add beaten egg yolks. Add soda and Baker's ammonia. Add flour. Form into medium sized balls with hand. Bake one first to see if dough is right. You may wish to add a little more flour. Bake in very slow oven (325°) until done.

Mrs. Eva M. Hughes, Wife of
Senator Harold E. Hughes

SCOTCHAROO

Bring 1 cup of sugar and 1 cup of white syrup to a quick boil. Add 1 cup peanut butter; mix well. Then add 6 cups of Rice Krispies. Put into 9x13 inch greased pan. Top with melted 6 ounce package of butterscotch and 6 ounce package of chocolate chips. Cool.

Joanne Eide

HUNGARIAN FILLED COOKIES

1 1/3 c. flour	1/3 c. light corn syrup
2/3 c. creamed cottage cheese	2/3 c. butter
3/4 tsp. vanilla	1/4 c. powdered sugar
1/3 c. apricot preserves	1/8 tsp. salt
	1/3 c. walnuts, finely chopped

Into medium bowl, combine flour, butter, cottage cheese, powdered sugar, vanilla and salt. With hands, knead ingredients until well blended. Shape dough into a ball; wrap with plastic wrap. Refrigerate dough 1 hour or until easy to handle.

Preheat oven to 375°. Grease large cookie sheets. On lightly floured surface with floured rolling pin, roll 1/3 of dough 1/8 inch thick, keeping remaining dough refrigerated. Using 10 inch plate as a guide, cut dough into 10 inch rounds. Spread dough with 1/3 of preserves; sprinkle with 1/3 of walnuts.

Cut dough round into 12 wedges. Starting at curved edge, roll up each wedge, jelly roll fashion. Place cookies, point side down, 1 1/2 inches apart, on cookie sheet. Repeat with remaining dough, preserves and walnuts. Bake 25 minutes or until golden. Remove cookies to wire racks to cool.

To glaze cookies: In small saucepan over medium heat, heat corn syrup to boiling; cook 2 minutes. Brush cooled cookies with some corn syrup; let stand 30 minutes to dry. Store in tightly covered container. Makes 3 dozen.

Candie Smalley

PARISIAN HEARTS

1 1/2 c. flour	1 (4 1/2 oz.) very finely ground almonds
3/4 c. softened butter	
1/8 tsp. salt	1/2 tsp. almond extract
Powdered sugar	1 egg
3 Tbsp. raspberry preserves	4 tsp. lemon juice

Into large bowl combine flour, ground almonds, butter,

almond extract, 1/8 teaspoon salt, egg and 1/2 cup powdered sugar. With mixer at low speed, beat ingredients until well blended. Refrigerate dough 2 hours or until easy to handle.

Preheat oven to 375°. Grease 2 large cookie sheets. On lightly floured surface with lightly floured rolling pin, roll half of dough 1/8 inch thick, keeping remaining dough refrigerated. With floured 3 1/2 inch heart shaped cookie cutter, cut dough into hearts. With floured 1 inch round cookie cutter, cut out centers from half of hearts.

Place hearts 1/2 inch apart on cookie sheet. Bake 10 minutes or until golden.

To assemble cookies: In small bowl, stir lemon juice with 1/2 cup powdered sugar until smooth. Spread a little layer of lemon icing on hearts without cut out centers; top each with a heart with cut out center, gently pressing hearts together. Fill cut out center with a heaping 1/4 teaspoon of preserves. Sprinkle cookies lightly with powdered sugar. Store in an airtight container. Makes about 14.

Candie Smalley

ESPRESSO MACAROONS

2 sq. unsweetened chocolate	1/4 tsp. salt
1 (3 1/2 oz.) can flaked coconut	1 (14 oz.) can sweetened condensed milk
2 tsp. instant espresso coffee	3/4 c. walnuts, coarsely chopped
	1/4 tsp. almond extract

In heavy 2 quart saucepan over low heat, heat chocolate until melted, stirring frequently. Remove saucepan from heat; stir in sweetened condensed milk and the remaining ingredients until well mixed.

Preheat oven to 350°. Grease 2 large cookie sheets. Drop mixture by tablespoonfuls, about 1 inch apart, onto cookie sheets. Bake 12 minutes. Cool and store in airtight container. Makes about 3 dozen.

Betty Smalley

NUTTY COCONUT TRIANGLES

1/2 c. butter, softened	Flour
1/2 c. light brown sugar	2 eggs
1 tsp. vanilla	1/2 tsp. baking powder
1/4 tsp. salt	1 (3 1/2 oz.) flaked coconut
1 c. pecan halves, chopped	

Preheat oven to 375°. In small bowl with mixer at low

speed, beat butter, 1 cup flour and 1/2 cup packed light brown sugar until well blended. With hand, evenly pat dough into 13x9 inch baking pan. Bake 15 minutes or until lightly browned.

Meanwhile, into large bowl, combine eggs, vanilla, baking powder, salt, 3/4 cup packed light brown sugar and 3 table-
spoons flour. With mixer at medium speed, beat ingredients until well blended. With spoon, stir in coconut and nuts.

Evenly spread coconut mixture over baked layer in pan. Bake 20 to 25 minutes longer or until golden. Cool in pan on wire rack. When cool, cut into 24 triangle cookies.

Betty Smalley

DUTCH BUTTER COOKIES

2 1/2 c. flour	1 egg yolk
1 c. softened butter (no substitutes)	1/4 c. chopped candied ginger
1 1/2 tsp. baking powder	1 c. sugar
1/2 tsp. salt	1 tsp. vanilla
	1 egg
	2 Tbsp. water

In large bowl combine flour, sugar, butter, baking powder, vanilla, salt and 1 egg, mixing at low speed; blend well. With hands, on waxed paper, roll dough into three (6 inch long) rolls. Flatten each roll slightly to shape into a rectangular bar. Wrap each roll in waxed paper. Refrigerate dough 2 hours or until firm enough to slice.

Preheat oven to 350°. Grease large cookie sheet. In cup with fork, beat egg yolk with water. Slice one roll of dough at a time crosswise into 1/4 inch thick slices. Place slices, 1 inch apart, on cookie sheet. Brush each cookie with some egg yolk mixture and press some candied ginger into top of each cookie. Bake 10 minutes or until lightly browned. With pancake turner, remove cookies to wire racks to cool. Store in tightly covered container. Makes about 6 dozen.

Cindy Smalley

SNOWFLAKES

1 1/2 c. flour	2 Tbsp. flaked coconut
1/3 c. sugar	1/2 c. butter
1 tsp. vanilla	1 Tbsp. water
1/4 tsp. salt	1/2 tsp. baking powder
1 sq. semi-sweet chocolate, melted	1 egg

Into large bowl, combine flour, butter, sugar, water,

vanilla, baking powder, salt and egg. Blend well with mixer on low speed. Shape dough into a ball; wrap with plastic wrap. Refrigerate dough 2 to 3 hours until easy to handle.

Preheat oven to 350°. Grease large cookie sheet. On lightly floured surface with lightly floured rolling pin, roll 1/2 of dough 1/8 inch thick, keeping remaining dough refrigerated. With floured 2 3/4 inch star shaped cookie cutter, cut out 12 stars. With 2 inch star shaped cutter, cut 12 more stars. Place stars on cookie sheet 1/2 inch apart. Bake 6 to 8 minutes until lightly browned. Remove cookies to racks to cool. Repeat with remaining dough and trimmings, cutting out equal numbers of large and small stars.

To assemble cookies; with small metal spatula, lightly spread bottom of each small star with some melted chocolate. Immediately place small stars on top of large stars so that small star points are between large star points. Then spread a dab of chocolate on top center of each snowflake, press some coconut on chocolate; let dry. Store cookies in tightly covered container. Makes about 2 dozen.

Candie Smalley

LEMON CUSTARD BARS

1 (3 1/2 oz.) sliced blanched almonds	1 tsp. baking powder
3/4 c. butter, softened	1/2 c. powdered sugar
1/2 tsp. lemon extract	Flour
Salt	2 medium lemons
4 eggs	1 1/4 c. sugar

Reserve 1/2 cup almonds. In covered blender at medium speed or in food processor with knife blade attached, blend remaining almonds until finely ground.

Preheat oven to 350°. Into medium bowl, combine butter, powdered sugar, lemon extract, 1 1/2 cups flour and 1/8 teaspoon salt; add ground almonds. With hands, knead ingredients until blended. Pat mixture into bottom of 13x9 inch baking dish; bake 15 to 20 minutes until golden.

From lemons, grate 1 tablespoon peel and squeeze 1/3 cup juice. Place peel and juice in small bowl; add eggs, sugar, baking powder, 1/4 cup flour and 1/4 teaspoon salt. With mixer at medium speed, beat ingredients until well blended, about 1 minute, occasionally scraping bowl with rubber spatula. Pour egg mixture over baked layer; top with reserved almonds. Bake 25 minutes longer or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Cut into 27 bars. Store bars in tightly covered container.

Cindy Smalley

CHEWY BUTTERSCOTCH BROWNIES

3/4 c. pecan halves	1/4 tsp. salt
3/4 c. packed light brown sugar	1 c. flour
4 Tbsp. butter, softened	1/2 c. coconut
1 tsp. vanilla	1 tsp. baking powder
	1 egg

Reserve 16 pecan halves; chop remaining pecans. Preheat oven to 350°. Grease 8x8 inch baking pan. Into large bowl, combine chopped pecans, flour and remaining ingredients. With mixer at low speed, beat ingredients until well blended. Pat brownie mixture into baking pan. Arrange reserved pecans on top. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool brownies, then cut into 2x2 inch squares.

Betty Smalley

COCONUT ROUNDS

1 c. flour	1/2 c. softened butter
1/4 c. sugar	1 tsp. vanilla
1/4 tsp. salt	Water
1 egg white	1/2 c. flaked coconut

Into large bowl combine flour, butter, sugar, vanilla, salt and 1 tablespoon water. Mix well with mixer on low speed.

Preheat oven to 350°. In pie pan with fork, beat egg white and 1 tablespoon water. Place coconut on waxed paper. Shape dough into balls, dip in egg white and roll in coconut. Place on cookie sheet, ungreased, 2 inches apart. Bake 15 minutes until golden. Makes 2 dozen.

Candie Smalley

SUGAR BATONS

2 1/2 c. flour	1 c. butter, softened
1 1/4 tsp. vanilla	1 egg
Sugar	

Into large bowl combine flour, butter, vanilla, egg and 1/2 cup sugar. With mixer at low speed, beat ingredients until well blended.

Preheat oven to 400°. Spoon half of dough into decorating bag with medium rosette tube. Pipe dough into 3 inch lengths, about 1 inch apart onto ungreased cookie sheet. Sprinkle cookies lightly with sugar. Bake 6 to 8 minutes until golden. Carefully remove cookies to racks to cool. Repeat until all dough is used. Store in tightly covered container. Makes 5 dozen.

CHOCOLATE MINT BARS

1 c. butter	4 sq. unsweetened chocolate
2 c. sugar	1 c. flour
1 tsp. vanilla	1/2 tsp. salt
4 eggs	1 c. walnuts, coarsley chopped
3/4 c. powdered sugar	1/4 tsp. peppermint extract
Green food color	

Preheat oven to 350°. Grease 13x9 inch baking pan. In small saucepan over very low heat, melt butter and chocolate, stirring occasionally.

Pour butter mixture into large bowl. Add sugar, flour, vanilla, salt and eggs. With mixer at low speed, beat ingredients until blended. Stir in nuts. Pour chocolate mixture into pan. Bake 35 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack.

In small bowl with spoon, mix powdered sugar, water and peppermint extract until icing is smooth. Then stir in enough green food coloring to tint a pretty green color. Drizzle icing over cooled chocolate layer in pan. When icing is dry, cut into 32 bars. Cover and refrigerate. Makes 32 bars.

Candie Smalley

FINNISH ALMOND COOKIES

To make this crisp delicate cookie with its sugary almond topping, you start with a dry dough; but the more you knead, the softer the dough becomes.

2 c. flour	3/4 c. softened butter
1 tsp. almond extract	Sugar
1 egg, separated	2/3 c. sliced blanched almonds

Into large bowl put flour, butter, almond extract, 1/4 cup sugar and egg yolk. With hands, knead ingredients until well blended and mixture holds together. (Mixture will appear dry at first; if too dry, add about 1 tablespoon water while kneading.)

Preheat oven to 375°. On lightly floured surface with lightly floured rolling pin, roll half of dough into a 10x9 inch rectangle. With pastry brush, brush dough with half of egg white; sprinkle with half of almonds and 1 tablespoon sugar.

Cut dough into fifteen 3x2 inch rectangles. With pancake turner, place cookies on ungreased cookie sheet. Bake 10 to 12 minutes until lightly brown. With pancake turner, remove cookies to wire rack to cool. Repeat with remaining dough. Store cookies in tightly covered container to use up within 2 weeks. Makes 2 1/2 dozen.

Cindy Smalley

BUTTERSCOTCH CRISPIES

2 c. flour	1 (6 oz.) pkg. butterscotch bits
1/2 tsp. salt	2 eggs
1/2 tsp. soda	1 tsp. vanilla
1 1/2 c. packed brown sugar	2 c. oatmeal
	1 c. soft butter

Mix flour, salt and soda. Add sugar, butter, eggs and vanilla. Stir in oats and butterscotch bits. Drip heaping teaspoonfuls on greased cookie sheet. Bake in 350° oven for 12 to 14 minutes.

Betty Smalley

QUICK COOKIE

3 c. sugar	1/2 c. cocoa
1/4 c. butter	1 tsp. salt
1 c. peanut butter	1 tsp. vanilla
2 c. dry quick oatmeal	1/3 c. plus 1 Tbsp. milk

Bring sugar, cocoa, butter, milk and salt to a boil in saucepan. Boil for 1 minute then remove from heat. Add peanut butter and vanilla and stir well. Add oatmeal, stir well. Add nuts if desired. Drop on wax paper or spread into a pan. Makes about 72 (1 inch) squares.

Candie Smalley

APRICOT COCONUT BALLS

1/4 c. butter	2 c. Rice Krispies
6 Tbsp. sugar	1/2 tsp. vanilla
1 egg yolk	2 1/2 c. coconut
1/2 can Solo apricot filling	1/2 c. chopped nuts

Melt butter in heavy pan. Add sugar, filling and egg yolk. Cook and stir over low heat for 10 minutes. Remove from heat and stir in nuts, cereal and vanilla. Form small balls and roll in coconut. Store in refrigerator. Makes 36 balls.

Candie Smalley

CHOCOLATE CHIP SQUARES

2/3 c. softened butter	2 1/4 c. (1 lb.) brown sugar
3 eggs	2 3/4 c. flour
2 1/2 tsp. baking powder	1/2 tsp. salt
1 c. broken pecans	1 c. chocolate chips

Combine butter, sugar and eggs. Mix in dry ingredients and nuts. Put into 11x16 inch pan and bake for 25-30 minutes in 350° oven.

Betty Smalley

LEMON SQUARES

1 c. flour	1 c. sugar
1/2 c. butter	1/2 tsp. baking powder
1/4 c. powdered sugar	1/4 tsp. salt
2 eggs	2 Tbsp. lemon juice

Blend flour, butter and powdered sugar. Press in 8x8x2 inch pan. Bake for 20 minutes. Beat the rest of the ingredients together. Pour over crust and bake for 20 to 25 minutes more. Use a 350° oven.

Candie Smalley

MELT AWAY SUGAR COOKIES

1 c. white sugar	1 c. powdered sugar
1 c. butter	1 c. vegetable oil
2 eggs	1 tsp. salt
1 tsp. baking soda	1 tsp. cream of tartar
1 tsp. vanilla	4 c. flour

Mix together sugars, shortenings. Add eggs. Mix in salt, baking soda, cream of tartar and vanilla. Add flour and mix. Drop from teaspoon and flatten with sugared bottom of glass. Bake in 350° oven for 8 minutes.

Betty Smalley

LACE ROLLUPS

1 c. flour	1 c. nuts, chopped fine
1/2 c. corn syrup	2/3 c. brown sugar, packed
1/2 c. butter	

Mix flour and nuts together; set aside. In saucepan heat corn syrup, butter and sugar over medium heat to boiling. Remove from heat, gradually stir in flour and nuts. Drop dough by teaspoon about 3 inches apart on lightly greased cookie sheet. Bake 8 to 9 cookies at a time. Bake for 5 minutes, cool for 3 minutes, then while warm roll into cylindrical forms. If hardened before shaping, put back into oven for a minute.

Betty Smalley

EASY PEANUT BUTTER COOKIES

1 c. peanut butter	2 Tbsp. water
1 box yellow cake mix	2 eggs
2 c. butter	

Mix ingredients together, then add 2 eggs and 2 table-
spoons water. Drop by teaspoons and bake for 15 minutes in a
350° oven.

Betty Smalley

THREE LAYER COOKIES

1st layer:

1/4 c. butter	1 tsp. vanilla
1/3 c. cocoa	2 c. graham crackers
1/3 c. sugar	1/3 c. nuts
1 egg, beaten	1 c. coconut

Mix all ingredients and bring to a boil. Then mix in 2 cups crushed graham crackers. Spread in bottom of 9x12 inch pan. Cover with 1 cup chopped coconut and 1/3 cup of nuts.

2nd layer:

1/2 c. butter	2 c. powdered sugar
2 tsp. vanilla	1 pkg. instant vanilla pudding
3 Tbsp. milk	

Cream all ingredients together. Spread over first layer.
Let stand until firm.

3rd layer: Melt together 4 ounces chocolate bits and 1
tablespoon butter. Then spread over the second. Layer.
Refrigerate, cut into squares.

Betty Smalley

CHOCOLATE CRINKLES

1/2 c. oil	1/2 tsp. salt
4 sq. (4 oz.) unsweetened chocolate	2 tsp. vanilla
2 c. flour	2 c. sugar
2 tsp. baking powder	4 eggs
	1 c. powdered sugar

Mix oil, chocolate (melted) and sugar. Blend in one egg
at a time. Add vanilla, stir in flour, baking powder and salt

into mixture. Chill overnight. Heat oven to 350°. Drop teaspoonfuls of dough into powdered sugar. Place 2 inches apart. Bake 10 to 12 minutes. Do not overbake.

Candie Smalley

COCONUT SURPRISE

1/2 c. butter	1 can condensed milk
1 c. shredded coconut	1 c. graham cracker crumbs
1 (6 oz.) pkg. semi-sweet chocolate chips	1 c. chopped walnuts

Melt butter in 9 inch square baking pan. Sprinkle cracker crumbs over the butter. Add coconut, then walnuts, then chocolate pieces. Pour condensed milk over this mixture. Bake for 30 to 35 minutes in 350° oven. Chill thoroughly before cutting squares.

Betty Smalley

HONEY CHOCOLATE OATMEAL COOKIES

1 c. butter	1/4 c. honey
2 eggs	2 sq. unsweetened chocolate, melted
1 1/2 c. oatmeal	2 1/2 c. flour
1 tsp. baking powder	1/4 tsp. soda
1/2 tsp. salt	1 tsp. cinnamon
1 c. pecans or coconut	1 tsp. vanilla

Mix all ingredients together. Drop by spoonfuls on cookie sheet. Bake for 15 minutes in 350° oven.

Betty Smalley

LEMON COCONUT BARS

1/2 c. butter	1 pkg. lemon frosting mix
1/2 c. brown sugar	1 c. coconut
1 c. flour	1 c. almonds

Mix butter and sugar thoroughly. Stir in flour. Press mixture into 13 x 9 1/2 x 2 inch pan. Bake for 10 minutes in 350° oven. Make frosting per package directions then fold in coconut and almonds. Spread over base cookie. Then bake for 25 minutes longer. Makes 2 1/2 dozen 3x1 inch bars.

Candie Smalley

COCONUT MOUNDS

Mix 1 cup graham cracker crumbs, 1 stick of butter and 1/4 cup of powdered sugar. Press into 9x12 inch pan and bake for 10 minutes at 350°. Meanwhile, mix 2 cups coconut and 1 can condensed milk. Pour over baked crust and bake 10 minutes. Melt 1 cup chocolate chips and 3 Hershey's bars and then spread over the top of cookie mixture. Cool and cut into bars.

Betty Smalley

SUGAR COOKIES

1 c. powdered sugar	2 eggs
1 c. sugar	1 tsp. salt
1 c. butter	1 tsp. soda
1 c. oil (vegetable)	1 tsp. cream of tartar
1 tsp. vanilla	4 c. flour

Cream sugars, butter and oil. Add eggs, mix until fluffy. Add rest of the ingredients. Roll into ball. Place on ungreased cookie sheet and press the balls down with a glass dipped in sugar. Bake at 375° for 10 minutes.

Cindy Smalley

BAR COOKIE

20 graham crackers	2 Tbsp. sugar
1/3 c. melted butter	

Mix and pat into bottom of pan. Bake 10 minutes in 350° oven. Mix 1 can condensed milk and 2 cups coconut. Mix and pour over first layer, then bake again for 15 minutes. Place 1/2 cup chocolate chips on top and put in oven for 3 minutes.

Margaret McGlynn

MOLASSES SUGAR COOKIE

3/4 c. butter, melted	2 c. flour
1 c. sugar	1/2 tsp. cloves
1/4 c. molasses	1/2 tsp. ginger
1 egg	1 tsp. cinnamon
2 tsp. baking soda	1/2 tsp. salt

Beat well the butter, sugar, molasses and egg. Add the remaining ingredients and mix well. Chill, form into balls and roll in sugar. Bake on greased cookie sheet at 375° for 8 to 10 minutes.

OATMEAL COOKIES

2 c. butter	3 c. flour
2 c. packed brown sugar	2 tsp. salt
2 c. white sugar	2 tsp. baking soda
2 tsp. vanilla	6 c. quick oatmeal
4 eggs	1/2 c. coconut

Beat butter and sugar. Add vanilla and eggs. Then add remaining ingredients. Drop by teaspoon on greased cookie sheet. Bake at 375° for 10 minutes. Let cookies set on pan for a couple of minutes, then remove from pan.

Cindy Smalley, Betty Smalley

CREAM WAFERS

1 c. soft butter	1/3 c. whipping cream
2 c. flour	(preferably heavy cream)

Mix thoroughly the butter, cream and flour. Cover and chill. Heat oven to 375°. Roll out part of dough to 1/8 inch thickness on a floured board. Keep remaining dough in the refrigerator until it is ready to roll. Cut into 1 1/2 inch circles or flower cookie cutter. Bake 7-9 minutes until set. Do not let it turn a brown color. Cool.

Spread one cookie with a filling and top it with another cookie. The filling is:

1/4 c. butter	1 tsp. vanilla
3/4 c. powdered sugar	A few drops of food coloring

Cream all ingredients until smooth and fluffy. Add a few drops of water until a spreading consistency is reached.

Betty Smalley

ALMOND BARK COOKIES OR CANDY

2 lb. white almond bark	2 c. Cap'n Crunch cereal
1 c. dry roasted peanuts	2 c. colored miniature marshmallows
2 c. Rice Krispies	

Melt almond bark in 9x13 inch pan in a 200° oven. Stir occasionally. When bark is melted stir in rest of ingredients thoroughly and quickly. Drop by teaspoon on wax paper. These freeze well. Put in tight container.

Mary Todd

POPCORN MACAROONS

1 c. popped corn	3 egg whites
1 c. chopped walnuts	1/4 tsp. baking powder
1 tsp. vanilla	1/4 tsp. salt
1 tsp. lemon extract	1/2 c. sugar

Put popped corn through food chopper using coarse blade; mix with nuts. Beat egg whites until soft peaks form. Fold in baking powder and salt. Add sugar gradually, beating until stiff peaks form. Fold in lemon and vanilla. Fold in popcorn and nuts. Drop by heaping teaspoonful onto greased cookie sheet. Bake in 325° oven for 20 minutes. Cool slightly then remove from cookie sheet.

CORN FLAKE COOKIES (No Bake)

1 (16 oz.) pkg. butterscotch chips	1 c. chunky peanut butter
	5 c. corn flakes

Melt chips and peanut butter. Add corn flakes. Mix well and put by tablespoons on cookie sheet. Put in refrigerator to set.

FORGOTTEN COOKIES

2 egg whites	1 (6 oz.) chocolate chips
3/4 c. sugar	Raisins or nuts

Heat oven to 375°. Beat egg whites to very stiff. Add chocolate chips. Drop on greased cookie sheet. Turn oven off and put cookies in oven and leave overnight or until cool.

Lillian Frahz

TOFFEE COOKIES

1 c. butter	2 c. flour
1 c. packed brown sugar	1/2 tsp. vanilla
1 egg yolk	1/2 tsp. salt

Cream butter and brown sugar until light. Stir in egg yolk. Then add remaining ingredients and mix well.

Lillian Frahz

PEANUTTY GRANOLA BARS

3 1/2 c. quick oatmeal	1/2 c. firmly packed brown sugar
1 c. coconut	1/3 c. light corn syrup
2/3 c. margarine	3/4 c. chopped peanuts
1/3 c. peanut butter	1 egg

Toast oats in shallow pan at 350° for 8 minutes, add coconut and toast an additional 5 minutes. Melt together margarine, brown sugar, peanut butter and syrup in medium saucepan over low heat. Add toasted oat mixture, peanuts and egg. Mix well. Press into jelly roll pan. Bake at 350° for 20 minutes.

Margaret McGlynn

KRISPIES

1/4 c. milk	1/2 tsp. salt
1/4 c. sugar	1/4 c. margarine

Heat to boiling point and cool to lukewarm. Then add 1 package yeast and 1/4 cup warm water. (Dissolve together and add to milk mixture.) Add 1 beaten egg and 1 cup of flour. Beat until smooth. Then add 1 1/4 cups flour to make a soft dough. Turn on lightly floured board and knead until smooth and elastic. Put in greased bowl, turn to grease top. Cover and let rise until double, about one hour. Punch down and let rise until almost double, about 1/2 hour. Punch down and turn onto floured board. Roll into 9x18 inch oblong. Brush with melted butter. Mix together 1 cup sugar, 1 cup chopped pecans and sprinkle 1/2 of it over dough. Roll up dough like a jelly roll and cut in 1 inch pieces. Roll 4 inch circle, using nut mixture on board. Cover and let rise until double in size. Bake in 350° oven for 10 minutes.

Margaret McGlynn

HOLIDAY MINCEMEAT SQUARES

2 c. oats	1 tsp. cinnamon
2 c. flour	1 c. butter or margarine
1 3/4 c. firmly packed brown sugar	3 c. mincemeat (homemade or pkg.)
1 1/2 tsp. salt	1/2 c. nuts, chopped fine

Combine oats, flour, sugar, salt, and cinnamon. Stir well, add margarine and cut into fine crumb texture. Grease 13x9x2 inch pan and spoon 2/3 of mixture into it, patting down firmly, and spread mincemeat over it. Lastly mix the nuts with

remaining crumb mixture and scatter over mincemeat. Bake in 350° oven for about 1 hour, or until done. Cool and cut in squares.

Mrs. Lloyd M. Hines

APPLESAUCE COOKIES

1 c. applesauce	2 c. sifted all-purpose flour
1 c. raisins	1 tsp. each salt, baking powder and cinnamon
1 c. granulated sugar	1/2 tsp. each soda, nutmeg and cloves
1/2 c. shortening	1 c. chopped nuts
1 egg, unbeaten	

Measure applesauce and raisins and set aside. Combine sugar, shortening and egg in mixing bowl. Beat until fluffy. Stir in applesauce and raisins. Sift flour with salt, baking powder, soda and spices. Add and mix well. Stir in nuts. Drop soft dough by teaspoonfuls 2 inches apart on greased baking sheets. Bake in 375° oven about 15 minutes, until lightly browned and done to touch. Makes about 4 to 5 dozen soft cookies.

Mrs. Lloyd M. Hines

SOUR CREAM DROP COOKIE

1/2 c. shortening	1 3/4 c. flour
3/4 c. sugar	1/2 tsp. baking powder
1 egg, beaten	1/2 tsp. vanilla
1/4 c. sour cream	1/2 c. chopped nuts (if desired, a few maraschino cherries, cut up, can be added)
1/2 tsp. soda (scant)	

Cream shortening and sugar. Add beaten egg. Dissolve soda in sour cream and add to mixture alternately with baking powder and flour sifted together. Mix thoroughly, add vanilla and nuts. Drop by teaspoons on lightly greased cookie sheet. Bake in 375° oven for 10 to 12 minutes or until done. Cookies do not brown much; remain light in color.

Mrs. Lloyd M. Hines

REFRIGERATOR COOKIES

1 c. shortening	1/2 tsp. salt
2 c. brown sugar	1 c. chopped nuts
2 eggs	1 tsp. almond flavoring
1/2 tsp. soda (scant)	3 1/2 c. flour

Cream sugar and shortening. Add beaten eggs and beat well. Sift flour, salt and soda and add to mixture. Add nuts and flavoring. Dough is very stiff. Knead in flour and form into rolls. Chill overnight. Cut in thin slices and bake in 400° oven about 8 to 10 minutes, until light brown.

Mrs. Lloyd M. Hines

HOMEMADE VANILLA WAFERS

1 c. flour	1/3 c. butter
1/2 c. whole wheat flour	1/2 c. sugar
1 tsp. baking powder	1 egg
1/2 tsp. soda	1/4 c. corn syrup
1/4 tsp. salt	2 tsp. vanilla

Blend flours, leavening and salt. Cream butter and sugar, add egg, syrup and vanilla; mix well. Stir in flour mixture and drop by level teaspoon 1 inch apart on a lightly greased cookie sheet. Bake at 400° for 6 to 7 minutes, or until medium brown. Makes about 8 1/2 dozen cookies.

Margaret McGlynn

FUDGE FILLED SQUARES

Cookie bars and topping:

1 c. margarine	2 c. all-purpose flour
1 1/3 c. firmly packed brown sugar	1 tsp. baking soda
1 egg	1 tsp. salt
1 tsp. vanilla	2 1/2 c. quick oats, uncooked

Filling:

1 (12 oz.) chocolate pieces	1/2 tsp. salt
1 can Eagle Brand milk	1 c. chopped nuts
2 Tbsp. margarine	1 tsp. vanilla

For cookie base, beat margarine and sugar until light and fluffy, blend in egg and vanilla. Add flour, soda and salt. Mix well, then stir in oats. Press half of mixture into a 9x13 inch pan. Next melt chocolate, milk, margarine and salt in heavy pan over low heat until smooth. Stir in nuts, then spread over base, then add base mixture on top. Bake in 350° oven for 35 to 40 minutes.

Margaret McGlynn

SALTED NUT ROLL BARS

1 yellow cake mix
1/3 c. margarine

1 egg

Mix these ingredients and press in a 9x13 or slightly larger ungreased pan. Bake 13 minutes at 350°. Remove and cover with 3 cups miniature marshmallows and return to oven for 3 minutes. Remove and let stand while preparing topping.

Topping:

2/3 c. Karo syrup	1 (12 oz.) pkg. peanut butter
1/4 c. margarine	chips
2 tsp. vanilla	2 c. salted peanuts
	2 c. Rice Krispies

Heat Karo and margarine and chips, just enough to melt the chips. Then stir in rest of ingredients. Spoon over marshmallow and cake mixture. Cool, cut and serve.

Rosella Morgan

CRUNCHY LEMON SQUARES

1 c. uncooked quick oats	1 tsp. baking powder
1 c. flour	1/2 c. melted butter
1/2 c. flaked coconut	1 can sweetened condensed milk
1/2 c. coarsely chopped pecans	1/2 c. lemon juice
1/2 c. firmly packed light brown sugar	1 Tbsp. grated lemon rind

1. Preheat oven to 350°. 2. Combine oats, flour, coconut, nuts, sugar, baking powder, and butter. Stir to form a crumbly mixture. Set aside. 3. Next, combine sweetened condensed milk, lemon juice and rind. 4. Pat 1/2 of crumb mixture evenly on bottom of 9x9 inch baking pan. Spread sweetened condensed milk mixture on top and sprinkle with remaining crumbs. 5. Bake 25 to 30 minutes or until lightly browned. 6. Cool thoroughly before cutting.

Candie Smalley

COCONUT DESSERT

1 c. flour
1/2 c. oleo

1/4 c. crushed pecans
2 Tbsp. sugar

Mix for pie crust. Spread in 9x13 inch pan. Bake 15 minutes at 350°. Cool.

1st layer:

1 (8 oz.) pkg. cream cheese
1 1/2 c. powdered sugar

Add 1/3 of a large container of Cool Whip. Beat until creamy. Spread over baked crust.

2nd layer:

2 (3 oz.) pkg. coconut pie filling (not instant)
3 c. milk

Cook until it boils. Let cool. Spread over cheese layer.

3rd layer: Put rest of Cool Whip on top of pudding and sprinkle chopped pecans over all. Refrigerate. It's good made the day before serving.

Margaret Ades

JELLY ROLL

3 eggs
1 c. sugar
1/3 c. water
1 tsp. vanilla
1 c. cake flour or 3/4 c. all-purpose flour

1 tsp. baking powder
1/4 tsp. salt
2/3 c. jelly or jam
Powdered sugar

Heat oven to 375°. Line jelly roll pan with waxed paper, greased. In mixer bowl, beat eggs about 5 minutes or until very thick and lemon colored. Pour eggs into large mixer bowl, gradually beat in sugar on low speed. Blend in water and vanilla. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan, spreading batter. Bake 12 to 15 minutes. Loosen cake from edges of pan. Invert on towel sprinkled with powdered sugar. Remove wax paper. While hot, roll cake and towel from small end, cool on wire rack. Unroll cake, remove towel. Beat jelly slightly with fork to soften, spread over cake. Roll up, sprinkle with powdered sugar.

Or, use a creamy filling: Cream 1/4 cup soft butter, 3/4 cup powdered sugar and 1 teaspoon vanilla until smooth and fluffy. Tint with a few drops of food coloring.

Cindy Smalley

CREAMY CHEESE TRIANGLES

1/2 c. butter, softened	1 egg
1/2 c. packed brown sugar	1 1/2 c. flour
2 (8 oz.) pkg. cream cheese, softened	3/4 c. walnuts, finely chopped
2 Tbsp. grated orange peel	1/3 c. sugar
	1 tsp. orange extract

Preheat oven to 350°. Grease 12x8 inch baking pan; set aside. In small bowl with mixer at low speed, beat butter, flour and brown sugar until well blended, mixture will be crumbly. Stir in walnuts. Reserve 1 1/2 cups of crumb mixture. Evenly pat remaining mixture into bottom of baking pan. Bake 20 minutes or until lightly browned.

Meanwhile, in large bowl with mixer at medium speed, beat cream cheese, sugar, grated orange peel, orange extract, and egg until well blended. Evenly spread cream cheese mixture over baked layer in pan. Sprinkle with reserved crumb mixture. Bake 30 minutes longer or until golden. Refrigerate until well chilled, at least 2 hours.

To serve: Cut dessert into 2x2 inch squares. Cut squares into triangles. Makes 48.

Candie Smalley

FROZEN RED RASPBERRY DESSERT

1 (7 oz.) pkg. vanilla wafers	1/2 c. butter
1 1/2 c. powdered sugar	1/2 pt. whipping cream, whipped
1 c. chopped pecans	1 can frozen red raspberries, drained

Place half of crushed vanilla wafers in bottom of 9x13 inch cake pan. Cream butter, powdered sugar and eggs together. Then spread this mixture on top of the wafers. Mix the whipped cream, pecans and raspberries together and spread on top of the egg mixture. Top with remaining crushed wafers. Place in refrigerator until ready to serve.

Betty Smalley

ALMOND MERINGUE RING WITH STRAWBERRIES

1 c. sliced almonds	1 pt. strawberries, hulled and halved (fresh or frozen)
1/2 tsp. cream of tartar	
1 1/3 c. sugar	4 egg whites (room temperature)

Spread almonds in shallow pan and toast in 350° oven for 8 minutes or until light brown. Cool oven to 275°. Place pan of toasted almonds in refrigerator to cool them quickly. Beat egg whites with cream of tartar until foamy. Gradually sprinkle in sugar, beating all the time, until very stiff peaks form. (This will take about 15 minutes.) Fold in all but 2 tablespoons of almonds. Shape this meringue into an 8 inch ring on greased and floured cookie sheet. Pile meringue up high. Sprinkle reserved almonds on outside of the meringue. Bake at 275° in oven for about 1 hour or until lightly browned, slightly cracked and a pick inserted into center comes out dry. Let ring cool in oven with door open. Wrap loosely in wax paper until ready to use. (It will keep overnight.) Sprinkle fresh strawberries with a little sugar to bring out the juice; chill a few hours or overnight. Spoon strawberries over ring when ready to serve. Makes 6 to 8 servings.

Betty Smalley

CARAMEL DUMPLINGS

1/2 c. sugar	2 c. boiling water
2 Tbsp. butter	1 c. sugar
1 tsp. salt	

Caramelize 1/2 cup sugar in heavy skillet. Stir constantly on low heat until melted and golden brown. Pour boiling water in slowly. Add butter and 1 cup of sugar with salt. Cook about 10 minutes while preparing the dumplings.

1 1/2 c. flour	2 tsp. baking powder
2 Tbsp. butter	1/2 c. milk
1 tsp. vanilla	

Cream together butter and sugar. Stir in milk and vanilla. Then add flour and baking soda. Drop by spoonfuls into hot caramel sauce. Cover and cook 10 to 15 minutes.

Betty Smalley

PEACHES 'N' CREAM DESSERT PIZZA

1 can sweetened condensed milk	1 c. flour
1/2 c. sour cream	1/4 c. quick oats
1/4 c. lemon juice	1/4 c. finely chopped walnuts
1 tsp. vanilla extract	1 (29 oz.) can cling peach slices, drained
1/2 c. butter, softened	Pam vegetable cooking spray
1/4 c. firmly packed light brown sugar	Additional chopped walnuts for garnish

Preheat oven to 375°. In medium bowl, combine sweetened condensed milk, sour cream, lemon juice and vanilla; mix well. Chill. In medium bowl, cream together butter and sugar, mix in flour, oats and walnuts until thoroughly blended. Spray pizza pan or baking sheet with Pam. On pan, press dough into 12 inch circle, forming ridge around edge. Prick with fork. Bake 10 to 12 minutes or until golden brown. Cool. Spoon filling evenly; garnish with remaining nuts. Chill before serving. Refrigerate leftovers.

Candie Smalley

APRICOT NECTAR DESSERT

Heat 1 large can apricot juice and 2 cups of sugar. Then thicken with 8 tablespoons of cornstarch; let cool. Then pour over angel food cake pieces that have been arranged in an oblong cake pan (9x13 inches). Cover with whipping cream, whipped; refrigerate.

Cindy Smalley

RUM CREAM TRIFLE

1/2 c. rum	3/4 c. chopped almonds
3/4 c. golden raisins	1 (3 oz.) pkg. vanilla pudding
1 c. chilled whipping cream, divided in half	1 angel food cake
Maraschino cherries	Sliced almonds

Pour rum over chopped almonds and raisins in small bowl. Let stand for one hour. Prepare vanilla pudding according to package directions (except use 2 1/2 cups milk), then cool. Beat 1/2 cup whipping cream in chilled bowl; fold into pudding. Cut cake into 1/2 inch cubes (about 8 cups). Layer 1/3 of the cake twice, ending with pudding. Cover. Refrigerate at least 3 hours, no longer than 24 hours.

Beat remaining 1/2 cup whipping cream in chilled bowl just before serving. Spread over pudding. Garnish with sliced almonds and maraschino cherries.

FESTIVE CRANBERRY TORTE

- | | |
|-----------------------------------|------------------------|
| 1 1/2 c. graham cracker
crumbs | 1/2 c. chopped pecans |
| 1/4 c. sugar | 6 Tbsp. butter, melted |

In a mixing bowl combine graham cracker crumbs, pecans, the 1/4 cup sugar and the melted butter; press onto bottom and up sides of 8 inch spring form pan. Chill.

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|--------------------------------------|--|
| 1 1/2 c. ground fresh
cranberries | Fresh orange slices, quartered |
| 2 egg whites | 1 c. sugar |
| 1 tsp. vanilla | 1 Tbsp. frozen orange juice
concentrate, thawed |
| 1 c. whipping cream | 1/8 tsp. salt |
| | 1 recipe Cranberry Glaze
(to follow) |

In large mixing bowl combine cranberries and 1 cup sugar; let stand 5 minutes. Add unbeaten egg whites, orange juice, vanilla and salt. Beat on low speed until frothy. Then beat at high speed 6 to 8 minutes or until stiff peaks form. In small mixing bowl whip cream and then fold into cranberry mixture. Turn into crust. Freeze firm.

To serve, remove torte from pan. Place on serving dish. Spoon Cranberry Glaze in center, place orange slices around outside. Makes 8 to 10 servings.

Cranberry Glaze:

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|--------------------------|--------------------|
| 1/2 c. sugar | 1 Tbsp. cornstarch |
| 3/4 c. fresh cranberries | 2/3 c. water |

In saucepan stir together sugar and cornstarch; stir in cranberries and water. Cook and stir until bubbly. Cook, stirring occasionally, just until cranberry skins pop. Cool to room temperature (do not chill). Makes 1 cup.

Candie Smalley

RHUBARB PUDDING

- | | |
|-------------------------------|----------------------|
| 3 c. fresh rhubarb,
cut up | 1/2 c. sugar |
| 1 c. sugar | 1/2 c. flour |
| 1 Tbsp. butter | 1 Tbsp. butter |
| 1 egg | 1 tsp. baking powder |

Place rhubarb in a greased pan. Sprinkle with 1 cup sugar and 1 tablespoon butter. Beat egg, 1/2 cup sugar,

flour, 1 tablespoon butter and baking powder. Pour over rhubarb and bake at 350° until done.

Betty Smalley

MRS. HARRY TRUMAN'S PUDDING

1 egg	1/2 c. chopped apples
3/4 c. sugar	1/2 c. chopped pecans
1/3 c. flour	1 tsp. vanilla
2 tsp. baking powder	

Preheat oven to 325°. Grease 9 inch pan. Beat egg, add sugar, beat until creamy. Add flour, baking powder and apples, nuts and vanilla. Stir until just mixed. Bake for 30 minutes. Serve with cream or whipped cream. Makes 6 servings.

CHERRY SUPREME

Line bottom of 8x6 inch pan with graham cracker crust crumbs. Cover with following: Mix together 1 package Dream Whip, 8 ounce package Philadelphia cream cheese, 1 cup powdered sugar, 1 teaspoon vanilla. Top with one can cherry pie filling and chill in refrigerator. Blueberry, or any other pie filling, may be used also.

Mrs. Lloyd M. Hines

STRAWBERRY PIE

Bring 1 1/3 cups sugar and 1/2 cup of water to a boil. Add 1/3 cup cornstarch and 3/4 cup water, which have been shaken together, to the syrup and cook together until thick and clear. Add red coloring and one tablespoon lemon juice. Cool mixture. Fold in one quart whole strawberries and pour into 9 inch baked pastry shell. Top with whipped cream or commercial topping immediately before serving. Keep pie in refrigerator.

Mrs. Lloyd M. Hines

CHERRY DESSERT

Crumb 24 graham crackers and mix with 1/2 cup melted margarine. Melt 24 marshmallows or two rounded cupfuls miniatures with 1/2 cup milk over slow heat. Add package of Dream Whip. Set aside to cool.

Pat 1/2 crumbs in Pyrex dish. Cover with 1/2 cream

mixture. Fold 1 can of cherry or blueberry pie filling over mixture and top with rest of cream mixture, then top with remaining crumbs. Refrigerate overnight.

Mrs. Lloyd M. Hines

STRAWBERRY DESSERT

Dissolve 3 packages of strawberry Jello in 3 cups boiling water. Add 1 1/2 to 2 pints of frozen strawberries and stir until all dissolves. Let thicken (requires only short time). Whip one large packet of Dream Whip (or two cups Cool Whip). Tear loaf or medium sized round angel food cake into pieces. Fold Dream Whip and cake pieces into strawberry mixture and chill. Serves about ten.

Mrs. Lloyd M. Hines

FRUIT COCKTAIL PUDDING

1 egg
1 lb. can fruit cocktail

1 c. flour
1 tsp. soda

Mix well and spread into ungreased pan. Mix 3/4 cup brown sugar with 1/2 cup nutmeats, chopped, and sprinkle over top. Bake 30 minutes in 350° oven.

Mrs. Lloyd M. Hines

RHUBARB CRISP

2 c. pineapple tidbits,
drained

2 c. rhubarb, cut in 1
inch pieces

1/2 c. sugar, divided

1/2 c. each flour and oats
1/4 c. margarine, softened
1 tsp. cinnamon
1/4 tsp. salt

Mix pineapple and rhubarb in 8 inch pan and sprinkle over that 1/4 cup of the sugar. In small bowl mix 1/4 cup sugar, flour, oats, margarine, salt and cinnamon until crumbled, and sprinkle over fruit. Bake in 375° oven for 30 to 40 minutes, until brown and tender.

Mrs. Lloyd M. Hines

STRAWBERRY CRUNCH

1 c. flour
1/2 c. brown sugar

1/2 c. chopped nuts
1 stick margarine

Blend all together. Place in Pyrex dish and bake 1/2 hour in 300° oven, stirring 2 or 3 times. Save 1/2 of crumbs for topping.

Beat 3 egg whites to peak, add 1 cup white sugar and 1 1/2 teaspoons lemon juice. Add two small or one large package frozen strawberries, thawed in advance. Beat 10 minutes. Fold in 2 cups Cool Whip, or similar topping. Freeze. Put 1/2 crunch on bottom of pan; add filling. Put 1/2 crunch on top and freeze. Will keep a long time.

Mrs. Lloyd M. Hines

ALMOND TORTE

Step 1 - Meringue:

1 1/2 c. finely chopped almonds
3/4 c. sugar

1 Tbsp. cornstarch
6 egg whites, stiffly beaten
1/4 tsp. cream of tartar

Mix almonds, sugar and cornstarch together. Beat egg whites and cream of tartar until stiff. Fold into nut mixture. Line two cookie sheets with foil. Shape meringue mixture into 10 inch rounds (one on each sheet). Bake at 350°; 20 to 25 minutes until golden brown and crisp. Cool.

Step 2 - Buttercreme:

6 egg yolks
2 tsp. vanilla
2 tsp. almond flavoring
1 c. heavy whipping cream

6 Tbsp. sugar
2 c. softened butter
2 Tbsp. Amaretto liqueur
2 Tbsp. sugar

Blend egg yolks, sugar and vanilla and butter until smooth. Mix in almond flavoring and Amaretto. Chill until spreadable. Set aside 1/2 of creme mixture into a pastry bag with a star tip, for step 3. Next, whip the cream until thick, fold into the remaining 1/2 of creme mixture.

Step 3: Place one meringue layer on plate. Pipe a border line around the edge with the buttercreme in the pastry bag. Fill center in with the buttercreme and whipped cream mixture. Then top that with the second meringue layer. Pipe remaining buttercreme around the edge on top. Garnish with powdered sugar and almonds. Chill.

Candie Smalley

CHERRIES CRISP DESSERT

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|---|--|
| 2 1/2 c. (No. 2 can) red cherries and juice | 2 1/2 c. (No. 2 can) crushed pineapple and juice |
| 1 1/2 c. sugar | 1/3 c. Minute tapioca |

Cook until clear and thick, about 5 minutes.

- | | |
|-------------------|-------------------------------|
| 3/4 c. butter | 3 or 4 drops almond flavoring |
| 1 c. bran flakes | 1 c. brown sugar, packed |
| 2 c. sifted flour | 1/4 tsp. salt |
| 1 tsp. soda | 1 1/2 tsp. vanilla |

Mix above ingredients into crumb mixture and put over half in bottom of 9x13 inch pan. Add fruit mixture and then remaining crumb mixture on top. Bake 30 minutes in 375° oven. Let stand overnight. Can be served with whipped cream or ice cream.

LaRue Danilson

STRAWBERRY TRIFFLE

- | | |
|--|---|
| 1 box yellow cake mix, baked as directed | 1 (10 oz.) pkg. frozen strawberries, thawed |
| 1 (3 oz.) pkg. vanilla pudding, cooked as directed | 1 large container Cool Whip |
| | Orange juice |
| | Slivered almonds |

Let cake and pudding cool. Then cut the cake up and arrange it in a large bowl. Sprinkle each piece with a little bit of orange juice. Pour strawberries and juice in the middle of the bowl. Pour cooled pudding over the strawberries. Put half of the Cool Whip on top. Sprinkle with slivered almonds. Garnish with the remaining Cool Whip around the outer edge and in the center.

Betty Smalley

ESPRESSO NUT MOUSSE

- | | |
|------------------------------------|-------------------------|
| 1 3/4 c. walnuts | 3 c. milk |
| Sugar | Instant espresso coffee |
| 2 env. unflavored gelatin | 1/4 tsp. salt |
| 4 egg whites (at room temperature) | 2 c. whipping cream |

Prepare 5 hours before serving or day ahead. Reserve about 1 tablespoon walnuts for garnish. In blender at medium

speed or in food processor finely grind walnuts.

In 1 quart saucepan, mix 1 1/2 cups milk, 1/2 cup sugar, and 3 tablespoons instant espresso coffee; sprinkle gelatin evenly over mixture; over medium heat, cook, stirring constantly, until gelatin is completely dissolved. In bowl, mix gelatin mixture, walnuts, salt and remaining 1 1/2 cups milk. Cover and refrigerate until mounds drop from a spoon, about 45 minutes.

Meanwhile, prepare collar for 1 1/2 quart souffle dish: Fold a 20 inch strip of waxed paper or foil lengthwise into 20x6 inch strip; wrap around outside of dish so collar stands 2 inches above rim. Secure with tape. In a small bowl with mixer, beat egg whites until soft peaks form. Beating at high speed, gradually sprinkle 1/4 cup sugar. Beat until sugar dissolves and they have stiff, flossy peaks. Then in large bowl beat 1 3/4 cups whipping cream until stiff peaks form (reserve remaining 1/4 cup of cream for garnish). With rubber spatula or wire whisk, fold walnut mixture and egg whites into whipped cream until blended. Spoon mixture into souffle dish; cover and refrigerate until set, about 2 1/2 hours.

To Serve: Coarsely chop reserved walnuts, and beat remaining whipping cream with 1/2 teaspoon sugar. Remove collar from souffle dish. Garnish top with whipped cream and walnuts. Makes 12 servings.

Betty Smalley

SWEDISH APPLE PUDDING

3 c. soft bread crumbs	1/4 c. butter, melted
3 Tbsp. sugar	1/2 c. whipping cream
1 Tbsp. sugar	1/4 tsp. vanilla
1 (15 oz.) jar chunk style applesauce	1/3 c. chopped almonds (toasted if desired)
2 Tbsp. raspberry jam	

Combine bread crumbs, melted butter and the 3 tablespoons sugar. Spread in 13x9x2 inch baking pan. Bake in 375° oven for 15 to 20 minutes or until lightly toasted, stirring once or twice. Beat cream with the one tablespoon sugar and the vanilla just until soft peaks form. In a 1 quart clear bowl, layer 1/3 of the crumb mixture, half of the applesauce, half of the almonds, and half of the whipped cream. Repeat layers, ending with crumbs. Cover and chill. To serve, melt jam and drizzle atop. Makes 8 servings.

Betty Smalley

EASY CHOCOLATE TORTE

1 pkg. chocolate cake mix	2 (8 oz.) pkg. Baker's German's sweet chocolate
3/4 c. butter, softened	
8 oz. Cool Whip, thawed	1/2 c. almonds

Prepare cake as directed on package. Bake 2 (9 inch) layer pans. Split the layers after cooled. Melt 1 1/2 packages of chocolate in saucepan over very low heat. Cool; beat in butter. Add almonds. Make chocolate curls from remaining chocolate. Spread the chocolate mixture between the split layers and spread whipped cream in the middle and on top. Garnish with the chocolate curls on top. Chill 1 hour.

Candie Smalley

PINEAPPLE - BERRY BOWL

Chill 1 (No. 2) can (2 1/2 cups) pineapple chunks; drain, reserving syrup. Rinse 1 pint each of fresh raspberries and strawberries; slice the strawberries. In clear bowl arrange the strawberries, then the pineapple, and top with the raspberries. Pour chilled pineapple syrup over fruit. Serve with cream. Serves 6.

Cindy Smalley

CRANBERRY DANISH CREAM

1 pkg. raspberry flavored Danish dessert	1 pkg. custard flavored dessert mix
1 pt. bottle cranberry juice cocktail	1/2 c. whipping cream, whipped Slivered almonds, toasted

Prepare Danish dessert according to directions, but using cranberry juice for the liquid. Cool about 30 minutes. Meanwhile, prepare custard according to directions. Pour into sherbets and chill until set. Spoon Danish dessert over custard; chill until set, about 3 hours. Top with whipped cream and almonds. Serves 6 to 8.

Candie Smalley

CHERRY CREAM FREEZE

1 can sweetened condensed milk	1/4 c. lemon juice
1 can cherry pie filling	Small (9 oz.) can crushed pineapple, drained
1/4 tsp. almond extract	

Combine all the above ingredients, mixing well. Fold in 2 cups of whipped cream. Cover with foil and freeze for 24 hours before serving.

Betty Smalley

APRICOT COCONUT RING

1 (1 lb. 14 oz.) can apricot halves	2 Tbsp. brown sugar
1/3 c. brown sugar	3 Tbsp. butter
1 pkg. (1 layer) white cake mix	2/3 c. flaked coconut
	1 Tbsp. cornstarch

Drain apricots, reserving syrup. Combine butter, 3 tablespoons of reserved syrup and 1/3 cup brown sugar. Heat until butter melts and sugar dissolves. Pour into a greased 5 1/2 cup ring mold. Sprinkle coconut evenly over butter-sugar mixture. Prepare cake mix according to package directions; spoon batter over coconut. Bake in 350° oven for 25 to 30 minutes, or until done. Remove ring mold. Pile apricot halves in the middle.

For glaze, mix cornstarch and 2 tablespoons brown sugar in saucepan. Add remaining apricot syrup. Bring to a boil. Cook until mixture is thickened. Spoon glaze over sides and top of cake and fruit. Makes 6 to 8 servings.

Betty Smalley

APPLE CRUNCH

6 c. cut up apples	1 egg, beaten
1 c. flour	1/4 tsp. salt
1 1/2 c. sugar	1/3 c. butter
1 tsp. baking powder	Cinnamon and nutmeg for topping

Place apples in greased 9 inch square baking dish. Combine dry ingredients. Mix in egg. Sprinkle this mixture evenly over apples. Pour melted butter over this. Sprinkle with cinnamon and nutmeg. Bake at 350° for 50-60 minutes. Serve at room temperature with ice cream, yogurt or sour cream. Makes enough for 8 servings.

Mrs. Ernest F. (Fritz) Hollings,
South Carolina

FROZEN OREO COOKIE DESSERT

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|---------------------------------------|--|
| 1 large pkg. Oreo cookies,
crushed | 1 can Hershey's hot fudge
topping |
| 1/2 gal. vanilla ice cream | 1 jar peanuts (dry roasted or
regular), crushed |
| 1 jar Kraft caramel topping | 1 (9 oz.) Cool Whip (or larger) |

Mix well caramel and hot fudge toppings. Save at least 1 cup crushed Oreos for topping. In a baking dish (larger than 9x13x2 inches) make layers in order given above. Top with crushed Oreos reserved. Freeze at once. Very rich, but delicious.

Opal Chinstedt

BAVARIAN CREAM

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|----------------------|-------------------------------|
| 1 env. Knox gelatine | 1 c. whipping cream |
| 1 c. sugar | 1 large can crushed pineapple |
| 1 c. pecans, broken | |

Drain pineapple, reserve liquid and add enough water to make 1 pint. Soak gelatine in pineapple juice; add sugar and bring to boil, boiling 1 minute. Cool to room temperature, then refrigerate thoroughly. Whip cream; add cooled gelatine mixture. Fold in pineapple and nuts. Refrigerate overnight.

This will be rather thin when you refrigerate but will thicken. Serve in parfait glasses. Use large mixing bowl when preparing.

Bea Smith, Wife of Neal Smith

LEMONADE DESSERT

- | | |
|--------------------------|--------------|
| 60 Ritz crackers, rolled | 1/2 c. sugar |
| 1 stick oleo, melted | |

Mix and press in 9x13 inch pan. Reserve some for topping (1/2 cup) for top of dessert.

Filling:

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|---|---|
| 2 pkg. Dream Whip or
8 oz. Cool Whip | 1 small can pink or regular
lemonade |
| | 1 can Eagle brand sweetened
condensed milk |

Beat together. Pour over crust and top with remaining crackers. Refrigerate. Cut and serve.

Joanne Eide

ENGLISH PLUM PUDDING

Grind and mix together:

1 c. suet	1 c. chopped nuts
1 c. raisins	1 c. dates
1 c. dry bread crumbs	1/4 - 1/2 c. candied fruit
Figs (optional)	

Add 1 cup sugar and 1/2 cup wine or brandy. Mix well and let stand overnight. Sift together:

3/4 c. flour	1/4 tsp. cloves
1/2 tsp. nutmeg	1 tsp. baking powder
1/2 tsp. cinnamon	1/4 tsp. salt

Add 2 eggs, slightly beaten. Combine with fruit mixture and mix well. If mixture seems a little stiff add a bit of milk or if it seems too thin, add flour. Steam three or more hours. You may use well oiled coffee cans or juice cans or loaf pans. Grandma Love saved leftover canned fruits such as peaches, cherries and the like for weeks, let them ferment and added to the pudding to take the place of wine or brandy. This pudding can be wrapped and stored in the refrigerator and kept for as long as a year. It ages and tastes more flavorful with time.

Mrs. Davitt

MRS. MONDALE'S CHOCOLATE SAUCE

2 sq. unsweetened chocolate	1/2 tsp. salt
1/2 c. butter or margarine	3/4 c. evaporated milk
1 1/2 c. sugar	1/2 tsp. vanilla

Melt chocolate and butter in top of double boiler over hot water. Stir until chocolate melts. Gradually add sugar and salt, stirring. Blend in milk and cook until mixture is creamy. Remove from heat. Stir in vanilla. Serve warm over ice cream or plain cake. Keep in refrigerator. Reheat to use. Makes 2 cups of sauce.

APPLE - WALNUT SQUARES

4 c. coarsely chopped, peeled apples	2 c. flour
2 c. sugar	2 tsp. baking soda
2 eggs, slightly beaten	2 tsp. cinnamon
1/2 c. vegetable oil	1/2 tsp. salt
	1 c. black walnut pieces

Combine apples and sugar. Let stand until sugar is absorbed and moist, about 45 minutes. Beat eggs and vegetable oil together by hand. Sift flour, baking soda, cinnamon and salt together. Stir alternately with apple and sugar mixture. Stir in black walnut pieces. Bake in greased, floured 13x9x2 inch pan in 350° oven for one hour. Orange or lemon butter frosting is optional. May be served warm with whipped cream, frozen non-dairy topping, or ice cream.

Donna Lou Askew

** NOTES **

** NOTES **

1 c. coarsely chopped
 2 c. peeled apples
 1 c. sugar
 2 eggs, slightly beaten
 1/2 c. vegetable oil
 1 c. baking soda
 1/2 tsp. cinnamon
 1/2 tsp. salt

Combine apples and sugar. Let stand until sugar is dissolved and mashes. Beat eggs and vegetable oil together by hand. Mix flour, baking soda, cinnamon and salt together. Stir alternately with apple and sugar mixture. Bake in greased, floured (flour) 9x13 inch pan in 350° oven for one hour. Orange or lemon poppy frosting is optional. May be served warm with whipped cream, frozen non-dairy topping or ice cream.

Mrs. Devin

MRS. DONALD'S CHOCOLATE SAUCE

2 sq. unsweetened chocolate
 1/2 cup sugar
 1/2 c. butter or margarine
 1/2 c. evaporated milk
 1/2 c. water

Melt chocolate and butter in top of double boiler over water. Stir until chocolate melts. Gradually add sugar and milk, stirring. Blend in milk and cook until mixture is thick. Remove from heat. Stir in vanilla. Serve warm over ice cream or plain cake. Keep in refrigerator. Makes 1 cup of sauce.

Candy, Jelly, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

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°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	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 ½ 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 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.

CANDY, JELLY, PRESERVES

CANDY

PULLED TAFFEE

2 c. sugar	1 tsp. vinegar
3/4 c. white Karo syrup	1/2 tsp. vanilla
1 Tbsp. butter	

Boil first 4 ingredients together until a few drops of it in cold water will form a hard ball. Add vanilla, pour into buttered pie tins and cool until the mixture can be handled. Butter hands and pull, pull, pull! When candy holds shape and is creamy in color, twist to about the size of one's little finger; then cut with scissors into bite-size portions and drop onto wax paper.

Neal Smith, Member of Congress

POPCORN BALLS

2 1/2 c. sorghum	1/2 tsp. vinegar
1/2 c. water	1 tsp. vanilla
1/2 tsp. salt	5 qt. popped popcorn

Mix sorghum, water, salt and vinegar and bring to a hard ball, 250°. Add vanilla, pour over popcorn and mix evenly. Let cool until sticky. Butter hands and form popcorn mixture into balls. Wrap in plastic to keep fresh.

Neal Smith, Member of Congress

OVEN BAKED CARAMEL CORN

7 1/2 c. popped corn, unsalted	1/2 c. white corn syrup
2 c. brown sugar	1 c. margarine
	1 tsp. salt

Boil sugar, syrup, margarine and salt for 5 minutes at about 245° (use thermometer if you have one). Remove from heat and add one teaspoon soda, stir and pour immediately over corn. Mix well. Add peanuts if desired. Put into 2 large shallow baking pans. Bake in 225° oven for 1 hour, stirring every 15 minutes. Cool completely, stir while cooling.

CHRISTMAS TOFFEE

- | | |
|--------------------------|--------------------------------|
| 1 c. butter | 1 c. sugar |
| 1 Tbsp. white corn syrup | 3 Tbsp. water |
| 1 1/2 c. chopped walnuts | 1 (6 oz.) pkg. chocolate chips |

Butter a 9x9x2 inch square pan. Melt butter in 2 quart saucepan. Stir in sugar. Add corn syrup and water. Cook, stirring occasionally to 290°. Add 1 cup of walnuts. Cook for 3 minutes more, stirring constantly. Pour into pan. Melt the chocolate and pour 1/2 over the toffee. Sprinkle 1/4 cup of walnuts over this. Allow to set then turn over and repeat on the other side.

Betty Smalley

CHOCOLATE CREAMS

Fondant:

- | | |
|-------------------------|--------------------------------|
| 1 box powdered sugar | 1 can sweetened condensed milk |
| 1 1/3 c. flaked coconut | 1 1/2 c. chopped nuts |
| 1/2 c. butter | 1 tsp. maple flavoring |

Mix all ingredients and shape into balls, then refrigerate overnight. Then use a toothpick to dip each cream into chocolate coating and lay on cookie sheet to harden.

Chocolate Coating:

- | | |
|--|-------------------|
| 1 (6 oz.) bag semi-sweet chocolate chips | 4/5 paraffin cake |
|--|-------------------|

Melt over hot water.

Betty Smalley

POPCORN NIBBLE - ONS

- | | |
|----------------------|----------------------|
| 3 qt. popped corn | 1/2 tsp. garlic salt |
| 2 c. cheese nibbles | 1/2 tsp. onion salt |
| 2 c. Spanish peanuts | 1/2 tsp. salt |
| 2 c. pretzel stix | 1/2 tsp. curry |
| 1/2 c. melted butter | |

Mix together popped corn, cheese nibbles, Spanish peanuts and pretzel stix. Then mix butter with all the spices above and pour over the snack mix. Toss to mix. Heat in oven at 250° for 1 hour. Stir several times. Can be frozen in air-tight container.

Betty Smalley

BUTTER CANDY

1 c. butter
1 c. sugar

1 1/2 c. unsalted nuts or
mixed nuts

Bring sugar and butter to a boil and continue boiling until golden brown in an iron skillet. Add nuts and pour into lightly greased square pan. Cool and cut into pieces.

Betty Smalley

PECAN ROLL

2 c. sugar
1/2 c. white corn syrup
1 1/2 c. pecans

1 c. brown sugar
1/2 c. cream

Boil cream, sugar and syrup to soft ball stage. Cool to room temperature. Beat until creamy. Turn onto board dusted with powdered sugar. Knead until firm. Shape into a roll and cover outside with pecans. I like it poured in buttered dish and cut in squares.

CARAMELS

2 c. white sugar
1 c. corn syrup (white)
1 c. butter
1 1/2 tsp. vanilla

1 c. brown sugar
1 c. milk
1 c. heavy cream

Combine sugars, corn syrup, cream, milk and butter. Cook slowly, stirring occasionally to a firm ball stage (248°). Remove from heat and add vanilla. Pour into greased pan. Cool and cut, wrap in plastic wrap.

Cindy Smalley

CHRISTMAS PECAN ROLLS

2 c. sugar
1 c. brown sugar
1/2 c. corn syrup

1 c. light cream
1/2 c. chopped pecans

Cook the above ingredients to warm (110°). Then beat until creamy. Turn onto board and knead until firm. Shape into 3 or 4 rolls. Cover the outside with pecans. Set aside until firm

Cindy Smalley

JELLY AND PRESERVES

RHUBARB JAM

5 c. rhubarb, cut finely 4 c. sugar

Let stand overnight. Boil for 15 minutes. Add 1 (3 oz.) package Jello and stir until dissolved. Pour and seal.

Lillian Frazz

CORNCOB JELLY

12 - 14 large corncobs 1 pkg. pectin
3 pt. water 1 c. sugar

Wash corncobs well in cold water. Put in large kettle; cover with water. Boil 30 minutes. Add sugar and boil one minute. Skim and let cool slightly. Pour into glasses and seal.

Lillian Frazz

WINE JELLY

3 c. sugar 1 (3 oz.) foil pouch liquid
2 c. any flavor wine fruit pectin
Paraffin

Measure sugar and wine into double boiler. Mix well. Place over but do not let touch rapidly boiling water. Stir 3 to 4 minutes or until sugar is dissolved. Remove from heat. At once stir in fruit pectin and mix well. Skim off foam. Fill glasses and cover with paraffin.

Betty Smalley

** NOTES **

Beverages, Microwave, Misc.



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2 - 2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BEVERAGES, MICROWAVE, MISCELLANEOUS

BEVERAGES

FRUIT COCKTAIL SODA

In each glass, place 2 scoops of lime or mint sherbet. Spoon canned fruit cocktail over sherbet and fill with ginger ale.

Candie Smalley

WHITE SANGRIA

In pitcher combine:

1 bottle chilled, light,
semi-dry white wine
1/2 c. brandy
1/4 c. sugar

Sliced fruit: 1 orange, 1 lemon
or lime, 1 peach, 1/2 c.
strawberries, 1/2 c. pineapple

Stir, crush the fruit. Chill at least 1 hour. Add ice and 2 cups of club soda and serve.

Betty Smalley

HOT CHOCOLATE MIX

8 qt. powdered milk
1 lb. Hershey's instant
cocoa mix

1 c. powdered sugar
6 oz. jar Coffee-mate

Mix all ingredients together. Store in airtight container. Mix with hot water to taste.

Betty Smalley

RUSSIAN TEA

2 c. Tang
2 c. sugar
1/2 c. instant tea

2 tsp. cinnamon
1/2 tsp. cloves
1 pkg. Wyler's lemonade mix

Mix all ingredients together. Store in airtight container. Mix with hot water to taste. Use about 3 teaspoons.

Candie Smalley

STRAWBERRY DAIQUIRI

1 c. frozen strawberries 1/4 c. fresh lime juice
1 c. Fresca, chilled

Place all ingredients in a blender at high speed. Good diet drink.

HOLIDAY PUNCH

2 (3 oz.) pkg. Jello 3 c. sugar
(cherry for red, lime 3 c. water
for green)

Boil sugar and water until sugar is dissolved. Add Jello. Add 1 (46 ounce) can unsweetened pineapple juice and 17 cups cold water. Put in containers and freeze. Remove from freezer at least six hours before serving. Makes about 2 gallons of 40 servings.

Mabel Reed

HOT APPLE CIDER

1 gal. apple cider 3 cinnamon sticks
1/2 gal. cranberry juice 2 Tbsp. whole cloves
1/2 c. brown sugar 1 lemon, sliced

Place apple cider and cranberry juice in a 30 cup or bigger percolator. In the basket place the other ingredients. Perk until done.

Karen Uthe

PUNCH TO FILL PUNCH BOWL

3 (12 oz.) cans frozen 18 c. water
orange juice 3 c. sugar
6 (6 oz.) cans frozen 2 (12 oz.) bottles ginger ale
lemon juice

Mix together.

Margaret McGlynn

HERB DIP

- | | |
|-------------------------------|---------------------------------|
| 1/2 c. low fat plain yogurt | 1 Tbsp. chopped fresh |
| 1/2 c. low fat cottage cheese | tarragon, <u>or</u> 1 tsp. leaf |
| | tarragon, crumbled |
| 1 Tbsp. chopped parsley | 1/2 tsp. ground coriander |

Combine all ingredients in container of electric blender; cover. Whirl until smooth.

REFRIGERATOR FRUIT SPREAD

Makes about 3/4 cup, 5 calories per tablespoon.

- | | |
|--|--|
| 1 ripe peach, <u>or</u> 1 ripe pear, <u>or</u> 1 c. fresh strawberries | Juice of 1/2 lemon |
| | Sugar substitute equal to 1 to 2 Tbsp. sugar |

Pare and pit peach, or peel pear or hull strawberries. Combine fruit with lemon juice and sugar substitute in container of electric blender; cover. Whirl until just coarsely crushed. Serve, or refrigerate up to 3 days.

Candie Smalley

HERB SEASONING MIX

- | | |
|-----------------------------|------------------------------|
| 1 tsp. dill weed | 1/4 tsp. garlic powder |
| 1 tsp. leaf basil, crumbled | 1/8 tsp. powdered lemon peel |
| 1/2 tsp. paprika | |

Combine all ingredients in small bowl; mash to powder. Store in small plastic shaker. Makes about 1 tablespoon.

Candie Smalley

RED AND WHITE COLESLAW

Makes 4 servings, 29 calories per serving.

- | | |
|-----------------------------|---|
| 1 c. shredded red cabbage | 2 Tbsp. mayonnaise*, <u>or</u> low calorie salad dressing |
| 1 c. shredded green cabbage | 2 Tbsp. low fat plain yogurt |
| 2 Tbsp. grated onion | 1 tsp. caraway seeds |
| | Salt, pepper |

Combine all ingredients in large bowl; toss. Chill.

*Using mayonnaise, makes 1 1/2 cups. 14 calories per tablespoon.

1 c. low-fat cottage
cheese
1 egg
1 Tbsp. vegetable oil

1 Tbsp. lemon juice
Dash of dry mustard
paprika, salt, red pepper

Combine all ingredients in electric blender; cover. Whirl until smooth.

Candie Smalley

HERBED LOW - FAT COTTAGE CHEESE

Makes 1 1/4 cups, 40 calories per 1/4 cup.

1/4 c. low-fat plain yogurt
1 c. low-fat cottage cheese
1 Tbsp. chopped parsley

1 Tbsp. chopped fresh chives
1 tsp. leaf tarragon, crumbled

Combine all ingredients in container of electric blender; cover. Whirl until smooth. Scrape into small bowl. Cover; refrigerate.

Candie Smalley

STIR - FRY AND RICE SALAD WITH WATER CHESTNUTS

Makes 1 serving, 144 calories per serving.

1/2 c. leftover stir-fried or
cooked vegetables
1/2 c. cooked brown rice
2 water chestnuts, sliced,
or 1 stalk celery,
thinly sliced

1 Tbsp. soy sauce
2 Tbsp. apple juice or
applesauce
Pinch of ground ginger

Combine vegetables, rice and water chestnuts in bowl. Combine soy sauce, apple juice and ginger in small bowl. Toss with vegetable mixture.

Candie Smalley

WHOLE - WHEAT BRAN ENGLISH MUFFINS

Makes 14 muffins, 90 calories per muffin.

2 env. active dry yeast	4 1/2 to 5 c. sifted half bread flour, half whole wheat flour
1 1/2 c. very warm water	
1 Tbsp. instant nonfat dry milk	1 tsp. salt
	Unprocessed bran

1. Sprinkle yeast over very warm water in large bowl. ("Very warm water" should feel comfortably warm when dropped on wrist.) Add dry milk, 2 1/2 cups of the sifted flour and the salt; beat well. Cover; let rise in warm place for 1 hour.

2. Punch dough down. Add 2 to 2 1/2 cups flour or enough to make a stiff dough. Turn out on lightly floured surface. Knead 8 to 10 minutes or until smooth and elastic. Place in lightly oiled bowl; turn to coat. Cover; let rise in warm place until doubled in size, about 1 hour.

3. Punch dough down. Pat out on work surface to 1/2 inch thickness. Cut into 3 inch rounds. Dust both sides of rounds with bran. Let rise, covered, until doubled, about 30 minutes.

4. Brown muffins on both sides on lightly greased griddle or in skillet, over medium-high heat. 5. Split muffins with fork; toast.

Candie Smalley

SALSA

Makes 1 1/4 cups, 3 calories per tablespoon.

3/4 c. finely chopped fresh or canned tomatoes	2 sprigs coriander or parsley, leaves only, finely chopped
1 medium size onion, finely chopped	3 to 4 fresh or canned hot green chiles, finely chopped

Combine ingredients in bowl. Stir before serving. Store in refrigerator, covered, up to 2 weeks. For a thinner salsa, stir in a little water.

Candie Smalley

MUSHROOM GRAVY CHICKEN

4 chicken halves, skin removed	1/4 c. onion, finely chopped
1 chicken bouillon cube	2 tsp. parley flakes
3/4 c. water	1/4 tsp. paprika
1 (4 oz.) can mushrooms, drained (reserve liquid)	1/2 tsp. basil
	Garlic powder
	1 Tbsp. flour
	3 Tbsp. water

Combine bouillon, water and reserved liquid from mushroom; set aside. Coat skillet with non-stick vegetable spray. Heat skillet and brown chicken over medium heat. Pour bouillon mixture onto chicken. Stir in all remaining ingredients except flour and water. Cover and simmer 45 to 55 minutes or until tender. Stir in mushrooms. Combine flour and water; stir into skillet liquid. Stir constantly until mixture thickens. Boil and stir 1 minute. Serves 6. Calories per serving: 220.

Doris VanSickle, Prof. Diet Systems

CHICKEN LIVER KABOBS

4 wooden skewers, 12 inches long	1 green pepper, cut in chunks
1 lb. chicken livers	8 small button onions
8 cherry tomatoes	1 small can pineapple chunks, drained, juice reserved

Marinate:

1 Tbsp. vegetable oil	1/4 c. finely chopped onion
3 Tbsp. pineapple juice	1 Tbsp. soy sauce
1/2 tsp. pepper	

Pat livers dry after removing any attached fat. Combine marinade ingredients. Marinate livers for 3 hours. Thread livers and pineapple chunks onto skewers. Broil 10 minutes. Baste and turn 2 to 3 times during broiling. Serves 4. Calories per serving: 232.

Doris VanSickle, Prof. Diet Systems

OVEN - FRIED CHICKEN

1/2 c. lemon juice	1/4 tsp. powdered thyme
2 Tbsp. vegetable oil	1 (2 1/2 - 3) lb. frying chicken, cut into pieces
1/2 tsp. salt	
1/8 tsp. pepper	

Combine lemon juice, oil and seasonings. Pour over chicken parts and let stand in refrigerator 1 - 1 1/2 hours. Bake, skin side down, in 350° oven for 25 minutes. Turn chicken skin side up and bake 15-20 minutes or until done. Remove skin before serving. Serves 4. Calories per serving: 242.

Doris VanSickle, Prof. Diet Systems

PHILIPPINE CHICKEN

- | | |
|--|--|
| 1 (2 1/2 - 3 lb.) frying
chicken, cut into pieces | 1/2 c. vinegar
1 clove garlic, minced |
| 1/2 c. soy sauce | Pinch of pepper |

In skillet, marinate chicken in all remaining ingredients for 30 minutes. In same skillet, heat on stove top until liquid boils, cover, lower the heat and simmer 40 minutes or until most of the liquid has evaporated. Serves 4. Calories per serving: 175.

Doris VanSickle, Prof. Diet
Systems

LEMON - BAKED CHICKEN

- | | |
|---|---|
| 1 (2 1/2 - 3 lb.) chicken,
cut into pieces | 3 Tbsp. lemon juice
1 clove garlic, minced |
| 1 1/2 Tbsp. oil or melted
margarine | Dash of pepper |

Combine all ingredients except the chicken in a small bowl. Arrange chicken in shallow baking dish and pour lemon mixture over. Cover and bake until tender in 350° oven for 40 minutes. Baste occasionally. Uncover and bake 10 minutes longer for chicken to brown. To serve, garnish with chopped parsley. Serves 4. Calories per serving: 200.

Doris VanSickle, Prof. Diet
Systems

SODA SURPRISE

- | | |
|--|--|
| 1/2 can orange diet soda
pop, chilled | 1/2 can lemon-lime diet soda pop,
chilled |
| 1/3 c. dry powdered milk | 3/4 c. strawberries, frozen |

Combine all ingredients in a blender, mixing well. Serves 2. Calories per serving: 60.

Doris VanSickle, Prof. Diet
Systems

CHICKEN VIENNA

- | | |
|--|---|
| 1 whole chicken breast,
split, skinned and
deboned | 1/8 tsp. each pepper and ginger
3 Tbsp. bread crumbs
1 Tbsp. grated Parmesan cheese |
| 1 Tbsp. flour | |
| 1 egg white | |

Flatten breasts slightly and dust lightly with flour. Combine egg white with seasonings. Dip chicken into egg mixture. Coat with crumbs and cheese. Allow to stand 10 minutes before cooking in heated skillet. Spray skillet with non-stick spray. and cook 5 minutes on each side. Serves 2. Calories per serving: 222.

Doris VanSickle, Prof. Diet
Systems

CHICKEN WITH YOGURT

1 c. plain yogurt	3/4 tsp. ground coriander
1 Tbsp. lemon juice	Pinch of curry powder
1 Tbsp. soy sauce	2 whole chicken breasts, split and skinned

Combine all ingredients except the chicken in 2 quart baking dish. Add chicken and coat well with sauce. Cover and marinate in refrigerator several hours or overnight. Bake in 375° oven for 40-50 minutes or until tender. Baste frequently with the sauce. Serves 4. Calories per serving: 169.

Doris VanSickle, Prof. Diet
Systems

POTATO SALAD

1 large head cauliflower	2 tsp. lemon juice
1/2 green pepper, chopped	2 stalks celery, chopped
3 Tbsp. prepared mustard	1-3 dill pickles, drained and chopped
1 tsp. parsley flakes	1 Tbsp. dried onion flakes
1 tsp. salt	Sweetener to equal 2 tsp. sugar
1/2 tsp. Worcestershire sauce	

Cook cauliflower until done but still firm. Chop well and add remaining ingredients, mixing well. Chill several hours before serving. Calories per 1/2 cup serving: 42.

Doris VanSickle, Prof. Diet
Systems

CROCK POT BREAKFAST

2 apples, core and slice	2 Tbsp. lemon juice
Sweetener to equal 1/4 c. sugar	Dash of cinnamon
	1 1/2 oz. Raisin Bran cereal

Combine the first four ingredients, mixing well. Gently stir in cereal. Place mixture in small or quart size crock pot. Set on low for 8 hours. Serves 2. Calories per serving: 114.

FRESH BANANA PUDDING

1/4 c. cottage cheese	Sweetener to equal 2 tsp. sugar
1 hard-boiled egg, cut in half	1 Tbsp. lemon juice
1 tsp. vanilla	1/2 medium or 1 small banana, very ripe

Combine all ingredients and blend well in blender or hand mixer. Chill one hour only before eating. Serves 2. Texture will not be smooth. Calories per serving: 102.

Doris VanSickle, Prof. Diet Systems

CURRIED RICE

Makes 6 servings. Calories per serving: 131.

1 c. uncooked rice	1/2 small apple, diced
2 c. chicken broth*	1 stalk celery, thinly sliced
1 to 2 tsp. curry powder	

Combine rice with broth, curry, apple and celery in saucepan; stir well. Bring to boiling; cover; lower heat; cook 20 to 25 minutes or until rice is tender.

*Chicken Broth:

4 lb. chicken bones and trimmings (wings, necks, gizzards, backs)	8 white peppercorns
3 qt. cold water	1 onion, studded with 3 cloves
1 tsp. salt	2 carrots, pared and sliced
	Bouquet garni (celery tops, parsley sprigs, fresh dill bay leaf, all tied together)

1. Cover the chicken bones and trimmings in large pot with the cold water. Add salt and peppercorns. Bring to boiling; lower heat; simmer 30 minutes. Skim. 2. Add onion and carrot; cover; simmer 1 1/2 hours. Add bouquet garni; simmer 30 minutes longer. 3. Strain stock through sieve lined with dampened cheesecloth. Cool; cover; refrigerate. Remove solidified fat from top. Refrigerate 4 to 5 days; freeze up to 6 months.

Note: Prepared "instant" chicken soup generally has no fat, but is high in sodium. Canned chicken broth can be chilled and fat then removed from top.

ZUCCHINI STICKS WITH HERB DIP

Makes 6 appetizer serving. Calories per serving: 37.
Cut 3 small zucchini into sticks.

Herb Dip:

1/2 c. low-fat plain yogurt	1 Tbsp. chopped parsley
1/2 c. low-fat cottage cheese	1 Tbsp. chopped fresh tarragon, or 1 tsp. leaf tarragon, crumbled
1 Tbsp. chopped fresh chives	1/2 tsp. ground coriander

Combine all ingredients in container of electric blender; cover. Whirl until smooth

Candie Smalley

DIET - IN - A - GLASS ORANGE SHAKE

Makes about 5 1/2 cups or four (11 oz.) servings at 218 calories each.

1 1/2 c. instant nonfat dry milk	1 (6 oz.) can frozen orange juice concentrate
3 c. cold water	1/4 c. quick cooking oats
1 egg	2 tsp. vanilla

Combine all ingredients except 1 1/2 cups water in blender. Blend on high for 30 seconds. Pour into 2 quart container. Add remaining water; stir vigorously. Store in refrigerator and stir before each use.

Variation: Apple Shake - Substitute apple juice concentrate for the orange and 1/2 teaspoon cinnamon for the vanilla.

Candie Smalley

MELTY MOZZARELLA APPETIZERS

Makes 2 appetizer servings. Calories per serving: 45.

2 slices tomato	Chopped fresh basil <u>or</u> leaf basil, crumbled
2 small slices skim milk Mozzarella cheese	Lettuce leaves
4 slivers sweet red pepper	

Arrange tomato slices on broiler tray. Top each with cheese slice, 2 slivers red pepper and sprinkling of basil. Broil until cheese melts. Serve on lettuce leaves.

Candie Smalley

LONDON BROIL

Makes 4 servings. Calories per serving: 192.

1 tsp. vegetable oil	1/4 tsp. leaf rosemary, crumbled
2 tsp. vinegar	1/8 tsp. pepper
2 Tbsp. fat-free low sodium bouillon	1 clove garlic, mashed
1/4 tsp. ground cloves	1 frank steak or lean shoulder steak (about 1 lb.)

1. Blend oil, vinegar, bouillon, cloves, rosemary, pepper and garlic. Pierce flank steak with fork; spread lightly with oil mixture to coat. Let stand a few minutes.

2. Broil 4 inches from heat, 5 minutes. Turn; brush with any remaining oil mixture. Broil 4 minutes or until desired doneness. 3. Cut into very thin diagonal slices.

Candie Smalley

ZESTY TOMATO DRESSING

Makes 2/3 cup. Calories per tablespoon: 6.

1/3 c. tomato juice	1 clove garlic, minced
1 Tbsp. wine vinegar	Pinch of dry mustard
1 Tbsp. lemon juice	Salt (optional)
1 tsp. vegetable oil	Black pepper

Combine all ingredients in jar with tight fitting lid; cover. Shake to blend before using.

Candie Smalley

LEMON WHIP

Makes 4 servings. Calories per serving: 42.

1 env. unflavored gelatin	2 Tbsp. instant nonfat dry milk
2 Tbsp. brown sugar	
Pinch of salt	1 1/2 c. ice cubes
1/4 c. cold water	4 strawberries
1/4 c. lemon juice	

1. Combine gelatin, sugar and salt. Sprinkle over water in small pan to soften. Stir over medium heat to dissolve gelatin. 2. Pour into container of electric blender. Add lemon juice, dry milk and ice cubes; cover. Whirl 6 seconds until blended and light. 3. Spoon immediately into 4 serving dishes or champagne glasses. Mixture will set very quickly. Garnish with strawberry.

Candie Smalley

MOLASSES BRAN MUFFINS

Bake at 375° for 16 minutes. Makes 18 muffins. Calories per muffin: 84.

1 1/2 c. whole wheat flour	1 c. buttermilk <u>or</u> low-fat
1/2 c. unprocessed bran	plain yogurt
2 tsp. baking powder	1/4 c. molasses
1 tsp. baking soda	1/4 c. vegetable oil
1/4 tsp. salt	2 tsp. raisins

1. Combine flour, bran, baking powder, baking soda and salt in bowl. Combine buttermilk, molasses and oil in small bowl. Stir into dry ingredients just until moistened. Add raisins. Half fill 18 greased muffin cups. 3. Bake in preheated moderate oven (375°) for 14 to 16 minutes or until browned. Cool on wire rack.

Candie Smalley

BRAN MUFFINS

1 c. bran type cereal	1/3 c. instant dry milk
3/4 c. protein powder	3/4 c. warm water
1 tsp. baking powder	1/2 tsp. cinnamon
6-8 pkg. Equal (low calorie sweetener)	1/4 tsp. allspice
3 c. apples with peels, finely chopped or pureed	1/4 tsp. cloves
	1 tsp. vanilla

Preheat oven to 350°. Combine all ingredients and mix well. Place batter 2/3 full in paper lined muffin cups or in an 8x12 inch baking dish that has been sprayed with Pam. Bake for 20 to 25 minutes or until done. Yields 12-16 muffins or one (8x12 inch) cake. Calories per serving (3 muffins): 307.

Doris VanSickle, Prof. Diet Systems

SKINNY CHICKEN SPREAD

1 can Swanson chunk style chicken, flaked	1/4 c. chopped radishes
1/2 c. small curd low-fat cottage cheese	2 Tbsp. chopped green pepper
	1/4 tsp. onion salt

Combine all ingredients and chill. Spread on 3 thin slices of bread. Makes 3 servings, about 135 calories each.

Candie Smalley

BANANA WHIP

Break 2 frozen banana into pieces. Put in blender with 1 cup skim milk. This becomes 2 frothy, cool banana shakes.

Betty Smalley

STRAWBERRY FREEZE

Combine 1 cup fresh strawberries and 4 ice cubes in blender to make a cool, refreshing slush.

Candie Smalley

HOLLANDAISE SAUCE

Makes 1/2 cup. Calories per tablespoon: 24.

1 egg	3 Tbsp. chicken broth* or
1 Tbsp. white wine vinegar or 1 Tbsp. raspberry vinegar	fat-free low sodium chicken broth
1 Tbsp. unsalted butter, softened	1 tsp. lemon juice
	Pinch of cayenne pepper, dry mustard, salt

Combine all ingredients in top of double boiler. Place over simmering water. Beat with wire whisk until thick and creamy (do not boil).

Chicken Broth:

4 lb. chicken bones and trimmings (wings, necks, gizzards, backs)	8 white peppercorns
3 qt. cold water	1 onion, studded with 3 cloves
1 tsp. salt	2 carrots, pared and sliced
	Bouquet garni (celery tops, parsley sprigs, fresh dill and bay leaf all tied together)

1. Cover the chicken bones and trimmings in large pot with the cold water. Add salt and peppercorns. Bring to boiling; lower heat; simmer 30 minutes. Skim. 2. Add onion and carrot; cover; simmer 1 1/2 hours. Add bouquet garni; simmer 30 minutes longer. 3. Strain stock through sieve lined with dampened cheesecloth. Cool; cover; refrigerate. Remove solidified fat from top. Refrigerate 4 to 5 days; freeze up to 6 months.

Note: Prepared "instant" chicken soup generally has no fat, but is high in sodium. Canned chicken broth can be chilled and fat then removed from top.

Candie Smalley

MICROWAVE

WILTED LETTUCE

Power Level: High (100%) Total Cooking Time: 5 to 7 minutes.

3 thin strips bacon	1 Tbsp. sliced green onion
1 Tbsp. sugar	1 medium head lettuce, torn into bite-size pieces
1/4 tsp. dill	2 hard cooked eggs, peeled and sliced thin (cook eggs on conventional range)
1/4 tsp. seasoned salt	
Dash of pepper	
1/4 c. vinegar	
1/4 c. chopped celery	

1. Place bacon in a 3 quart casserole. Microwave on High (100%) for 3 to 4 minutes or until crispy. 2. Remove bacon to paper towels to drain. Crumble. Set aside. 3. Stir sugar, seasonings and vinegar into drippings. Microwave on High (100%) for 2 to 3 minutes or until boiling. 4. Stir in celery and onion. 5. Toss lettuce into hot dressing until each piece is coated and slightly wilted. 6. Top with egg slices and bacon pieces. Serve immediately. Recipe yield: 8 to 10 servings.

Candie Smalley

BROCCOLI WITH CHEESE SAUCE

Power Level: High (100%). Total Cooking Time: 15 1/2 to 19 3/4 minutes.

2 Tbsp. butter or margarine	1 c. milk
2 Tbsp. all-purpose flour	1 c. grated Cheddar cheese
1/2 tsp. salt	2 (10 oz.) pkg. frozen broccoli spears
Dash of pepper	1 medium tomato, sliced
Dash of paprika	

1. Place butter in a 2 cup measure. Microwave on High (100%) for 30 to 45 seconds or until melted. 2. Stir in flour and seasonings until smooth. Slowly stir in milk. Microwave on High (100%) for 3 to 4 minutes until thickened. Stir in cheese until melted. If cheese has not melted, microwave on High (100%) for 30 seconds to 1 minute. Set aside. 3. Place broccoli in a 1 1/2 quart casserole. Cover with a tight fitting lid or plastic wrap. Microwave on High (100%) for 10 to 12 minutes or until broccoli is tender-crisp. Drain off liquid. 4. Pour cheese sauce over broccoli and garnish with tomato slices. Microwave on High (100%) for 2 to 3 minutes or until hot. Recipe yield: 6 to 8 servings.

Candie Smalley

BAKED PEACH MELBA

Power Level: High (100%). Total Cooking Time: 7 to 10 minutes. Calories: 51 per serving.

3 large fresh peaches, halved (remove seeds and peel)	1 tsp. granulated sweetener (sugar substitute)
1 c. unsweetened orange juice	1/4 tsp. allspice
	2 Tbsp. dietetic raspberry preserves

1. Combine orange juice, sweetener and allspice in an 8x8x2 inch baking dish. Microwave on High (100%) for 3 to 4 minutes or until juice is boiling. 2. Arrange peaches in baking dish with sauce. Spoon sauce over peaches. Microwave on High (100%) for 4 to 5 minutes or until peaches are tender. 3. Place peaches, cut side up, on serving dishes. Top with warm liquid and 1 teaspoon of preserves. Recipe yield: 4 to 6 servings.

Candie Smalley

CHEESEBURGER

Power Level: High (100%) and Low (30%). Total Cooking Time: 4 1/2 to 6 1/2 minutes.

1 lb. lean ground beef	2 Tbsp. butter or margarine
1/4 c. chopped onion	1 c. grated Cheddar cheese
2 tsp. Worcestershire sauce	1 tsp. prepared mustard
1/2 tsp. salt	1/4 tsp. pepper
	4 sandwich buns, split

1. Combine beef, onion, Worcestershire sauce, salt and pepper. Form into 4 patties. Place in an 8x8x2 inch baking dish. Cover with waxed paper. Microwave on High (100%) for 3 to 4 minutes. 2. Place butter in a small bowl or a 2 cup measure. Microwave on Low (30%) for 30 to 45 minutes or until softened. Add cheese and mustard. Mix until smooth. 3. Place hamburger on bottom half of bun. Top with cheese sauce and other half of bun. Wrap in paper towels or napkins. 4. Microwave on High (100%) for 1 to 1 1/2 minutes or until cheese begins to melt. Recipe yield: 4 servings.

Candie Smalley

CLAM CHOWDER

Power Level: High (100%). Total Cooking Time: 18 to 22 1/2 minutes.

2 slices bacon, cut in half	1 Tbsp. chopped parsley
1 (8 oz.) can minced clams, drained (reserve liquid)	1 1/2 tsp. cornstarch
1 large potato, peeled and cut into 1/2 inch cubes	2 c. milk
2 Tbsp. minced onion	1 Tbsp. butter
	1 tsp. salt
	Dash of pepper
	3 to 4 sprigs parsley (optional)

1. Place bacon in a 2 quart casserole. Cover with paper towel. Microwave on High (100%) for 2 to 2 1/2 minutes or until crisp. Remove bacon, crumble and set aside. 2. Add clam liquid, potato, onion and parsley to bacon drippings. Cover with a tight fitting lid or plastic wrap. Microwave on High (100%) for 8 to 10 minutes or until vegetables are tender. 3. Stir in cornstarch until smooth. Add clams, milk, butter, salt and pepper. Cover with a tight fitting lid or plastic wrap. Microwave on Medium (50%) for 8 to 10 minutes or until mixture begins to boil. 4. Garnish each serving with bacon and a sprig of parsley. Recipe yield: 3 to 4 servings.

Candie Smalley

ACORN SQUASH WITH APPLE AND RAISIN GLAZE

Power Level: High (100%). Total Cooking Time: 16 to 20 minutes.

2 medium acorn squash	2 Tbsp. brown sugar
1 medium apple, sliced	1/4 tsp. nutmeg
2 Tbsp. raisins	2 Tbsp. butter or margarine
1/4 c. orange juice	

1. Pierce the surface of squash. Microwave on High (100%) for 12 to 15 minutes or until almost tender. 2. Cut squash in half and remove seeds. Place open side up on an 11 3/4 x 7 1/2 x 1 3/4 inch baking dish. 3. Combine apples, raisins, orange juice, brown sugar and nutmeg. Toss lightly until fruit is coated well. Divide into squash. Dot each with butter. 4. Microwave on High (100%) for 4 to 5 minutes or until sauce is bubbly. Recipe yield: 4 servings.

Candie Smalley

BAKED CUSTARD

Power Level: High (100%) and Low (30%). Total Cooking Time: 23 to 26 minutes.

1 3/4 c. milk	1/4 tsp. salt
3 eggs	1 tsp. vanilla
1/3 c. sugar	Nutmeg

1. Place milk in a 2 cup measure. Microwave on High (100%) for 4 to 5 minutes or until steaming. 2. Mix together remaining ingredients, except nutmeg, in a 1 1/2 quart casserole until well blended. Sprinkle with nutmeg. Cover with tight fitting lid or plastic wrap. 3. Microwave on Low (30%) for 14 to 16 minutes or until a knife inserted near edge comes out clean. Turn dish a half turn halfway through cooking. 4. Remove cover immediately and allow to stand on a solid heat resistant surface until center is set. Serve warm or cool.

Candie Smalley

EASY REUBENS

Power Level: High (100%). Total Cooking Time: 1 to 2 minutes.

6 oz. sliced corned beef, chopped	1/4 tsp. salt
1/2 c. sauerkraut, drained and chopped	Dash of hot pepper sauce
2 Tbsp. salad dressing	2 Tbsp. butter or margarine, melted
1/2 tsp. horseradish	4 slices rye bread, toasted
	4 slices Swiss cheese

1. Mix together corned beef, sauerkraut, salad dressing, horseradish, salt and hot pepper sauce. 2. Butter one side of bread. 3. Spread buttered side of bread with 3 tablespoons of corned beef mixture and a slice of cheese. Place on paper towel or paper plate. 4. Microwave in High (100%) for 1 to 2 minutes or until cheese begins to melt. Recipe yield: 4 servings.

Candie Smalley

CORNISH HEN BAKE

Power Level: High (100%) and Medium (50%). Total Cooking Time: 1 hour 2 minutes to 1 hour 11 minute.

2 Tbsp. butter or margarine	1 (6 oz.) pkg. seasoned long grain and wild rice mix
1 stalk celery, chopped	
1 small onion, chopped	1 c. water

1 (10 3/4 oz.) can cream
of mushroom soup

2 (1 lb.) Cornish hens, cut in
halves
1 Tbsp. teriyaki sauce

1. Place butter, celery and onion in an 11 3/4 x 7 1/2 x 1 3/4 inch baking dish. Microwave on High (100%) for 3 to 4 minutes or until vegetables are tender. 2. Stir in rice, soup and water. Cover with plastic wrap. Microwave on High (100%) for 6 to 7 minutes or until boiling. Microwave on Medium (50%) for 18 to 20 minutes or until rice is softened. 3. Arrange hen halves, skin side down, over rice mixture. Brush with half of teriyaki sauce. Cover. Microwave on Medium (50%) for 35 to 40 minutes or until hens are fork tender. Turn hens, skin side up, halfway through cooking and brush with remaining teriyaki sauce. Recipe yield: 4 servings.

Candie Smalley

TAPIOCA PUDDING

Power Level: High (100%). Total Cooking Time: 4 to 6 minutes.

1/4 c. sugar
2 eggs, separated
3 Tbsp. quick cooking
tapioca

1/4 tsp. salt
2 c. milk
2 Tbsp. sugar
1 tsp. vanilla

1. Mix together sugar, egg yolks, tapioca, salt and 1/2 cup milk in a 4 cup measure until smooth. Stir in remaining milk. 2. Microwave on High (100%) for 4 to 6 minutes or until boiling. Stir mixture occasionally during last half of cooking. 3. Beat egg whites until foamy. Gradually beat in 2 table-
spoons sugar and vanilla until soft peaks form. 4. Fold in hot tapioca mixture. Serve warm or cold. Recipe yield: 4 to 6 servings.

Candie Smalley

STUFFED FLANK STEAK

Power Level: High (100%) and Medium (50%). Total
Cooking Time: 28 to 32 minutes.

2 lb. beef flank steak
1/4 tsp. seasoned salt
Dash of pepper
1/2 c. chopped celery
1/4 c. chopped onion

3 Tbsp. butter or margarine
1 1/2 c. seasoned bread cubes
1 (10 3/4 oz.) can golden
mushroom soup
1 Tbsp. parsley

1. Pound flank steak. Sprinkle with seasoned salt and pepper. 2. Combine celery, onion and butter in a 2 quart casserole. Microwave on High (100%) for 3 to 4 minutes or until vegetables are tender. 3. Stir in bread cubes. Spread evenly over steak. Roll up jelly roll fashion. Secure with string or wooden skewers. Place in an 11 3/4 x 7 1/2 x 1 3/4 inch baking dish. Cover. 4. Microwave on Medium (50%) for 20 to 22 minutes or until meat is fork tender. Pour soup over meat and sprinkle with parsley. Cover. Microwave on Medium (50%) for an additional 5 to 6 minutes or until heated through. Allow to stand 5 minutes before serving. Recipe yield: 4 to 6 servings.

Candie Smalley

CREAMY HAM AND POTATO BAKE

Power Level: Medium (50%). Total Cooking Time: 8 to 10 minutes.

2 c. diced, cooked potatoes	2 Tbsp. chopped pimento
2 c. cubed, cooked ham	1 tsp. dry mustard
1 c. grated Cheddar cheese	Dash of cayenne pepper or hot pepper sauce
1/2 c. half & half	

1. Combine all ingredients in a 1 1/2 quart casserole. Cover with waxed paper. 2. Microwave on Medium (50%) for 8 to 10 minutes or until cheese just begins to melt. Stir occasionally. 3. Allow to stand 5 minutes before serving. Recipe yield: 4 to 6 servings.

Candie Smalley

FLUFFY OMELET

Power Level: High (100%) and Medium (50%). Total Cooking Time: 7 to 9 3/4 minutes.

3 eggs, separated	1 Tbsp. chopped chives
2 Tbsp. sour cream	2 Tbsp. butter or margarine
2 Tbsp. mayonnaise	1/2 c. grated Cheddar cheese

1. Beat egg yolks until thick and lemon color. Add sour cream, mayonnaise and chives and continue to beat 1 minute. Set aside. 2. Beat egg whites in a large bowl until soft peaks form. Fold in yolk mixture. 3. Place butter in a 9 inch pie dish. Microwave on High (100%) for 30 to 45 seconds or until melted. Tip to coat plate. 4. Pour egg mixture into pie dish. Microwave on Medium (50%) for 6 to 8 minutes or until set, but still glossy on top. Turn dish a half turn halfway through cooking. 5. Sprinkle with Cheddar cheese. Microwave on

Medium (50%) for an additional 30 seconds to 1 minute or until cheese is melted. 6. Loosen edges of omelet from plate with a spatula. Fold omelet in half and slide onto a serving dish. Serve immediately. Recipe yield: 2 servings.

Candie Smalley

HAM AND CHEESE QUICHE

Power Level: High (100%). Total Cooking Time: 14 to 16 1/2 minutes.

1 (9 inch) baked pastry or quiche shell	1 Tbsp. chopped chives
1/2 c. grated Cheddar cheese	2 tsp. instant minced onion
1/2 c. grated Swiss cheese	1/2 tsp. curry powder
2 c. half & half	1/4 tsp. salt
	Dash of hot pepper sauce
	4 eggs
	1/2 c. finely chopped ham

1. Fill cooled shell with cheese. Set aside. 2. Mix together cream, chives, instant minced onion, curry powder, salt and hot pepper sauce in a 4 cup measure or 1 quart casserole. 3. Microwave on High (100%) for 2 to 2 1/2 minutes or until steaming. 4. Stir a small amount of hot cream into eggs, then stir egg mixture into the remaining hot cream. Pour gently into shell. Sprinkle with ham. 5. Microwave on High (100%) for 12 to 14 minutes or until a knife inserted near center comes out clean. Turn dish a half turn halfway through cooking. 6. Allow to stand 10 minutes before cutting or until center is set. Recipe yield: 6 to 8 servings.

Candie Smalley

SHRIMP ORIENTAL

Power Level: High (100%). Total Cooking Time: 14 to 18 minutes.

1 lb. frozen uncooked shrimp	1 Tbsp. cornstarch
1 (10 oz.) pkg. frozen pea pods	1/4 to 1/2 c. teriyaki sauce
2 Tbsp. cooking oil	1 (8 1/2 oz.) can water chestnuts, drained and sliced

1. Place shrimp and pea pods in a 2 quart casserole. Cover with 1 tight fitting lid or plastic wrap. Microwave on High (100%) for 8 to 10 minutes or until shrimp is opaque. Drain. 2. Mix together cooking oil, cornstarch and teriyaki sauce. 3. Add water chestnuts to shrimp and pea pods. Stir in teriyaki sauce mixture. Cover. Microwave on High (100%)

for 6 to 8 minutes or until hot and bubbly. Stir halfway through cooking. Allow to stand 5 minutes. 4. Serve over rice or chow mein noodles. Recipe yield: 4 servings.

Candie Smalley

BAKED STUFFED WHOLE FISH

Power Level: High (100%). Total Cooking Time: 10 3/4 to 16 minutes. Temperature Probe: 130°.

1/2 c. butter or margarine	2 Tbsp. chopped onion
2 to 3 lb. dressed whole fish	2 Tbsp. boiling water
1/2 tsp. salt	1/2 tsp. grated lemon peel
2 c. toasted bread cubes	1/2 tsp. thyme
1/4 c. finely chopped celery	1/4 tsp. pepper

1. Place butter in a custard cup or small bowl. Microwave on High (100%) for 45 seconds to 1 minute or until melted. 2. Brush inside of fish with 2 tablespoons melted butter. Sprinkle with salt. 3. Toss together remaining ingredients and 1/4 cup melted butter. 4. Spoon stuffing into fish cavity. Fasten edges with wooden skewers or lace closed with string and wooden skewers. Cover head and tail areas with aluminum foil to shield the thinner areas. 5. Place fish in a baking dish. Brush with remaining butter. Cover with plastic wrap. 6. Microwave on High (100%) for 10 to 15 minutes or until fish flakes easily with a fork. Allow to stand 5 minutes before serving. Recipe yield: 4 to 6 servings.

Candie Smalley

BAKED APPLES WITH CARAMEL SAUCE

Power Level: High (100%). Total Cooking Time: 7 to 10 minutes.

4 cooking apples, cored and cut in half, lengthwise	25 vanilla caramels
	1/3 to 1/2 c. milk
	1/4 c. chopped nuts

1. Place apples, cut side up, in an 8x8x2 inch baking dish. Cover with a tight fitting lid or plastic wrap. 2. Microwave on High (100%) for 3 to 4 minutes or until apples are just tender. 3. Combine caramels and milk in a 2 cup measure. Microwave on High (100%) for 2 to 3 minutes or until melted. Stir halfway through cooking. 4. Pour caramel sauce over

apples and sprinkle with nuts. Microwave, uncovered, on High (100%) for 2 to 3 minutes or until sauce is bubbly and apples are tender. Serve warm.

Candie Smalley

PECAN CARAMEL RING

Power Level: High (100%). Total Cooking Time: 10 to 13 minutes.

2 Tbsp. butter or margarine	1/4 c. maraschino cherries, halved
1/2 c. dark brown sugar	1/4 c. pecan halves
2 Tbsp. light corn syrup	1 (10 oz.) roll refrigerated buttermilk biscuits

1. Dot butter in the bottom of a microwave ring mold.
2. Add brown sugar and corn syrup. Microwave on High (100%) for 2 to 3 minutes or until syrup is formed. Stir to blend.
3. Arrange cherry and pecan halves on syrup.
4. Place biscuits close together in a ring over syrup mixture. Microwave on Medium-High (70%) for 8 to 10 minutes. Turn dish a half turn halfway through cooking.
5. Immediately invert onto serving plate, leaving dish over cake for several minutes. Serve warm. Recipe yield: 6 to 8 servings.

Candie Smalley

SOUR CREAM STREUSEL COFFEE CAKE

Power Level: Low (30%) and Medium-High (70%). Total Cooking Time: 8 1/2 to 10 3/4 minutes.

Batter:

1/4 c. butter or margarine	1 1/2 c. all-purpose flour
1 egg	2 1/2 tsp. baking powder
3/4 c. sugar	1/4 tsp. salt
1 tsp. vanilla	3/4 c. sour cream

Topping:

1/4 c. brown sugar	2 Tbsp. all-purpose flour
2 Tbsp. butter or margarine, softened	1 tsp. cinnamon

1. Place butter in a large glass mixing bowl. Microwave on Low (30%) for 30 to 45 seconds or until softened. Add egg, sugar and vanilla. Beat until light and fluffy.
2. Add dry

ingredients alternately with sour cream. Beat on medium speed of mixer for 2 minutes. 3. Pour batter into 8 inch round cake dish. 4. Mix together topping ingredients until crumbly. Sprinkle over batter. 5. Microwave on Medium-High (70%) for 8 to 10 minutes or until cake tester inserted near center comes out clean. Turn dish a half turn halfway through cooking. Recipe yield: 9 to 12 servings.

Candie Smalley

FAVORITE FUDGE

Power Level: High (100%). Total Cooking Time: 21 to 24 minutes.

1 1/2 c. sugar	1 (12 oz.) pkg. chocolate chips
1 (13 oz.) can evaporated milk	1 c. chopped nuts (walnuts or pecans)
1/4 c. butter or margarine	1 tsp. vanilla
1/4 tsp. salt	3 c. miniature marshmallows (or 24 large)

1. Combine sugar, milk, butter and salt in a 3 quart casserole or mixing bowl. Loosely cover with lid or plastic wrap. 2. Microwave on High (100%) for 3 to 4 minutes or until boiling. Uncover. Microwave on High (100%) for 18 to 20 minutes or until soft ball stage is reached. Stir in remaining ingredients until marshmallows and chocolate melts. Pour into a well greased 11 3/4 x 7 1/2 x 1 3/4 inch baking dish. Refrigerate for 2 hours or overnight. Recipe yield: About 4 dozen (1 inch) pieces.

Candie Smalley

SIMPLE CHEESECAKE

Power Level: High (100%) and Low (30%). Total Cooking Time: 6 to 9 minutes.

Crust:

1/4 c. butter or margarine	1 c. graham cracker crumbs
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Filling:

1 (8 oz.) pkg. cream cheese	1 egg
1/3 c. sugar	1 Tbsp. lemon juice

PARTY MIX

Power Level: High (100%). Total Cooking Time: 8 to 10 minutes.

3 c. toasted oat cereal	1/2 lb. mixed nuts
2 c. bite-size wheat square cereal	1/2 c. cooking oil
2 c. bite-size rice square cereal	1 Tbsp. Worcestershire sauce
2 c. thin pretzel sticks	2 tsp. garlic salt
	2 tsp. seasoned salt

1. Mix all ingredients in a 3 quart casserole. 2. Microwave on High (100%) for 8 to 10 minutes or until cereal is hot and crisp. Stir occasionally during cooking. 3. Place in an airtight container. Store in a cool place or freeze. Recipe yield: About 10 cups party mix.

Candie Smalley

MISCELLANEOUS

CHEESE WHIZ

2 lb. Velveeta cheese	1 (13 oz.) can evaporated milk
3/4 c. butter	1/4 tsp. yellow food coloring

Melt all ingredients in top of double boiler until melted. Pour into small jars and store in refrigerator.

Betty Smalley

HOMEMADE CONDENSED MILK

1/2 c. boiling water	1/2 c. granulated sugar
3 Tbsp. oleo	1 1/3 c. dry instant milk powder

Yield 1 1/3 cups, same as one can of purchased condensed milk. Be sure to use boiling water and the instant milk powder. Can use a mixer or blender to mix this mixture together. Use or store in refrigerator 4 or 5 days, be sure to stir or mix once a day.

Margaret McGlynn

POCKET BREAD FILLING

1 lb. hamburger or sausage, browned with onion	Mushrooms Olives
1 (8 oz.) can tomato sauce	Grated cheese
Green pepper	

Mix together and fill pocket bread and serve.
Candie Smalley

SALT SUBSTITUTE

1 tsp. chili powder	2 Tbsp. dry mustard
2 tsp. ground oregano	6 Tbsp. onion powder
2 tsp. black pepper	3 Tbsp. paprika
1 Tbsp. garlic powder	3 Tbsp. poultry seasoning

Mix all seasonings together and put in your salt shaker.
Betty Smalley

PLAYDOUGH

3 c. flour	1 c. water (with food coloring, dissolved)
1 c. salt	1 Tbsp. salad oil

Mix flour and salt, add oil and water gradually until proper consistency. Store in refrigerator.
Roxanne Conlin

HOUSEHOLD HINTS

1. Your cheese souffle will stay up high, light and handsome if you use quick cooking tapioca instead of flour to thicken the milk base. Take 3 tablespoons tapioca to 1 cup of milk for a 3 egg souffle.

2. Believe it or not a boiled egg should never be boiled. Simmering produces a tastier egg with better results. The same is true for hard-boiled eggs.

3. Egg shells can be removed easily from hard-boiled eggs, if they are quickly rinsed in cold water.

4. Use the liquid from canned vegetables in soups, sauces, stews, gravies, casseroles, and for making white sauce for creamed vegetables.

4. Do not soak fresh vegetables or salad greens in water for any great length of time. Soaking dissolves the minerals and reduces the vitamin content.

6. De-salt that over salted soup by merely slicing a raw potato into it and boiling for a short time. Then remove the potato, which will have absorbed most of the salt.
7. No one need know you scorched those vegetables! Just set the pot in a pan of cold water and let it stand for 15 minutes. Don't scrape the bottom of the pot.
8. Beets practically pop right out of their skins after they are boiled if they are dipped in cold water.
9. Mash leafy vegetables such as spinach, thoroughly just before cooking, add no water - the water that clings to the leaves is enough to cook them in.
10. Those pea pods you ordinarily throw away add flavor to soup.
11. Cut carrots and other long vegetables lengthwise when cooking. Less of the nourishing part will escape.
12. Lettuce that is to go into the refrigerator should first be wrapped in a paper towel rather than a cloth bag. Then the leaves will not rust.
13. Lessen the odor of cooking turnips by adding a tea-spoonful of sugar to the water. They will be more flavorful too.
14. Eliminate waste when measuring molasses by greasing the cup lightly.
15. Don't risk soggy fruit or pumpkin pies. Just brush the sides and bottom of crusts with the beaten egg white then sprinkle lightly with flour and then add the filling.
16. Keep those portions of meringue pie unbroken and fluffy by cutting with a knife dipped in cold water.
17. To cut a very fresh cake and bread without crumbling, use a thin bladed knife heated in hot water and then dried.

Margaret McGlynn

** NOTES **

** NOTES **

1. No one need know you cooked these vegetables.
2. Just set the pot in a pan of cold water and let it stand for 10 minutes. Don't scrape the bottom of the pot.
3. These practically pop right out of their skins after they are boiled. If they are boiled in cold water, they are just as easy to peel as spinach, thoroughly just before cooking, add no water - the water that clings to the leaves is enough to cook them in.
4. Those pea pods you ordinarily throw away add flavor to soup.
5. Cut carrots and other long vegetables lengthwise and when cooking, use the ends for soup.
6. Lettuce - first cut into the refrigerator should be washed in a paper towel rather than a kitchen towel. The leaves will not rust.
7. Use a little bit of sugar in your vegetable soup. They will be more flavorful too.
8. Eliminate waste when measuring masses by greasing the cup lightly.
9. Don't stir soggy food in a paper pie. Just brush the sides and bottom of crusts with the beaten egg white then bake.
10. Keep those barrels of margarine pie unbaked. They are better by cutting with a knife dipped in cold water.
11. To cut a very fresh cake and bread without crumbling, use a thin blade knife heated in hot water and dried.

** NOTES **
STYNN GLOMBSCH

1. To cut a very fresh cake and bread without crumbling, use a thin blade knife heated in hot water and dried.
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Notes

INDEX OF RECIPES

APPETIZERS, PICKLES, RELISHES

APPETIZERS

American Fondue
 Avocado Dip
 Creamy Onion Dip
 Cracker Stuff - - - - - 3

Dried Beef Cheese Spread
 Guacamole Dip
 Potato Chip Dip
 Shrimp Dip - - - - - 4

Shrimp Dip
 Smoke Salmon Spread
 Susie's Islander Cheese
 Ball - - - - - 5

Vegetable Dip
 Hot Crabmeat Appetizers
 Hot Dog Hors D'Oeuvres
 Stuffed Mushroom
 Appetizers - - - - - 6

PICKLES

Candied Pickles
 Bread and Butter Pickles - - 7

Pickled Cherries
 Cinnamon Pickles - - - - - 8

Green Tomato Pickles
 Pickled Fish
 Pickled Eggs and Onions - - - 9
 Refrigerator Pickles - - - - 10

RELISHES

Baked Cranberry Relish
 Corn Relish - - - - - 10

Cranberry - Pineapple Relish
 Pepper Relish
 Cucumbers, Onion and
 Dressing - - - - - 11

SOUPS, SALADS, VEGETABLES

SOUPS

French Onion Soup
 Cheese Broccoli Soup - - - - 13

Cloppino Mediterranean
 Corn Chowder
 Cheese Chowder - - - - - 14

Elephant Stew
 Clam Chowder
 Fresh Broccoli Soup - - - - 15

Five Hour Stew
 Irish Stew - - - - - 16

SALADS

Frozen Daiquiri Salad
 Corned Beef Salad
 Cranberry Salad
 Cucumber Chips - - - - - 17

Hot German Potato Salad
 Red Raspberry Salad
 Clove Salad
 Red Rhubarb Salad - - - - - 18

Greek Salad
 Fantastic Frozen Salad
 Crab Salad - - - - - 19

Taco Salad
 Marinated Sliced Tomatoes
 Walnut - Shrimp Salad - - - - 20

Cherry Jubilee
 Orange Tapioca Salad
 Cherry Salad
 Fruit Salad
 Macaroni Salad - - - - - 21

Chicken Jello Salad
 Salad Oil Dressing
 Sunshine Shrimp Salad
 Cherry Salad Supreme - - - - 22

Diet Salad Dressing
 Shrimp and Rice Salad
 "BLT" in a Bowl - - - - - 23

Mustard Dressing
 Poppy Seed Dressing
 Artichokes and Mushroom
 Salad - - - - - 24

Cranbrosia
 Chicken Salad Pitawitches
 Cranberry Salad - - - - - 25

Ribbon Salad
 Sunshine Salad
 Frozen Cranberry Salad - - - - 26

Egg Macaroni Salad
 Green Salad
 Fresh Fruit Salad - - - - - 27

Fresh Vegetable Marinade
 Hot Bacon Dressing
 Fruit Salad - - - - - 28

Pineapple Bake
 Hearty Mushroom Salad
 Bowl
 Marinated Mushroom Salad . . . 29

Mushroom and Spinach
 Caesar Salad
 Mother's Mayonnaise
 Russian Dressing 30

All-Purpose Dressing
 Thousand Island Dressing . . 31

VEGETABLES

Sour Cream Scalloped Corn . . 31

Baked Stuffed Onions
 Spinach Cheese Strata 32

Perfect French - Fried
 Onion Rings
 Easy Garden Quiche
 Vegetable Casserole 33

Vegetable Casserole
 Stuffed Eggplant
 Green Bean Casserole 34

Extra Delicious Beans
 Mixed Vegetable Casserole
 Carrot Casserole 35

Company Potatoes
 Scalloped Corn
 Scalloped Cabbage
 Casserole 36

Copper Pennies
 Cheesey Vegetable Combo
 Worth Remembering Baked
 Beans 37

Florida Sunshine Salad 38

MAIN DISHES

BEEF

Beef Marinating Sauce
 Fire and Ice Marinade
 Summer Sausage 39

La Strata
 All - In - One Casserole
 Hamburger Mix 40

Mushroom - Stuffed
 Flank Steak 41

Chili Dogs
 Minute Steak Rolls
 Mectza Pie 42

Summer Sausage
 Italian Meatballs and
 Sauce
 Beef and Potato Bake 43

Hamburger Casserole
 Chinese Beef and Pea
 Pods "For Crock Pot"
 Beef Teriyaki 44

Beef Burgers
 Impossible Taco Pie
 Old Fashioned Meat Pie 45

Lemon - Peppered Steaks
 Aunt Freida's Favorite
 Creole Grillades with
 Gravy 46

Zippy Barbecued Beef
 Strips 47

FISH

Kachaphuri With Salmon 48

Baked Noodles and Tuna
 Fish
 Fish and Cheese
 Salmon Cauliflower
 Casserole 49

Sole en Papillote
 Baked Fish with Mushrooms . . 50

Trout Amandine
 Crab Broccoli Quiche 51

Company Crabmeat
 Shrimp Petites
 Buttery Shrimp de Jonghe . . . 52

Shrimp Creole
 Shrimp and Mushrooms 53

Sole Pinwheels 54

PORK

Ham Balls 54

Meat Balls
 Ham Casserole
 Iowa Chops 55

Hot Dog Casserole
 Cranberry - Glazed Ham 56

Broccoli - Ham Casserole	
Italian Sausage Strata	
Pork Chops and Kraut	57

New Year's Brunch	
Casserole	58

POULTRY

Cashew Chicken	58
----------------	----

Chicken Livers Stroganoff	
Almaden Chablis Chicken	
Chicken and Rice	
Casserole	59

Hawaiian Chicken	
Escaloped Chicken	
Barbecued Chicken	60

Chicken Breasts Baked in	
Cream	
Chicken, Broccoli Casserole	
Toasted Cheese Squares	61

Chicken Sherry	
Chicken Casserole	
Baked Chicken Souffle	62

Holiday Cornish Hens	63
----------------------	----

MISCELLANEOUS

Cheddar Strata	63
----------------	----

Ham Loaf	
Yap Yap	
Mexican Chicken Casserole	64
Escaloped Chicken	65

BREADS, ROLLS, PASTRIES

BREADS AND ROLLS

Pumpkin Bread	
Neal's Biscuits	
Banana Date Scones	67

Applesauce Date Nut Bread	
Dill - Onion Rye Bread	68

Zucchini Bread	
Cinnamon Rolls	69

Apple Bread	
Monkey Bread	
Zucchini Bread	
Sugar Plum Ring	70

Best Biscuits	
Banana Bread	
Buttermilk Pancakes	71

Hobo Bread	
Banana Bread	
Rye Bread	
Scotch Shortbread	72

Pineapple Nut Bread	
Holiday Fruit Bread	
Ninety Minute Dinner Rolls	73

Mrs. Mondale's Pumpkin	
Bread	74

PASTRIES

Doughnuts	
Funnel Cake	74

Danish Puff	
Praline Pumpkin Mousse Pie	75

Cream Pie	
French Mint Pie	
Grape Cream Pie	76

Strawberry Pie	
Lemon Velvet Pie	
Cream Cheese Pie	77

Rhubarb Surprise Pie	
Mincemeat Filling	
Glazed Strawberry Pie	78

Easy Strawberry Cream Pie	
Cranberry Cream Pie	
Almond Cream Pie	79

Impossible French Apple Pie	80
-----------------------------	----

CAKES, COOKIES, DESSERTS

CAKES

Poppy Seed Cake	
Chocolate Forest Cake	
Strawberry Cake	81

Strawberry Meringue Cake	
Gourmet Chocolate Cake	82

Peach Glaze Cake	
Spicy Pumpkin Cake	
Sour Cream Spice Layer	
Cake	83

Butter Pecan Creamy Cake	
Moist 'N Cream Cake	
Easy Coffee Cake	84

Danish Coffee Cake	
Bacardi Rum Cake	85
Lemonade Angel Dessert	
Real Old - Fashion Pound Cake	86
Sour Cream Pound Cake	
Rum Cake Jubilee	87
Spicy Crumb Cake	
Rhubarb or Blueberry Coffeecake	88
Orange Angel Cake	
Applesauce Cake	89
Fluffy White Frosting	
Lemon Filling for White Cake	
Apple Muffins or Coffee Cake	90
Creme De Menthe Cake	
Red Devils Food Cake	
Fresh Apple Cake and Sauce	91
Snickers Cake	
Bundt Rhubarb Coffee Cake	92
Chocolate Zucchini Cake	
Hummingbird Cake	
Oatmeal Cake	
Brandy Nut Cake	93
Boiled Spice Cake	
Apple Cake	94
<u>COOKIES</u>	
Sunflower Cookies	
Lace Cookies	
Peanut Butter Kisses	95
Chocolate Drop Cookies	
Baker's Ammonia Cookies	96
Scotcheroo	
Hungarian Filled Cookies	
Parisian Hearts	97
Espresso Macaroons	
Nutty Coconut Triangles	98
Dutch Butter Cookies	
Snowflakes	99
Lemon Custard Bars	100
Chewy Butterscotch Brownies	
Coconut Rounds	
Sugar Batons	101
Chocolate Mint Bars	
Finnish Almond Cookies	102
Butterscotch Crispies	
Quick Cookie	
Apricot Coconut Balls	
Chocolate Chip Squares	103
Lemon Squares	
Melt Away Sugar Cookies	
Lace Rollups	104
Easy Peanut Butter Cookies	
Three Layer Cookies	
Chocolate Crinkles	105
Coconut Surprise	
Honey Chocolate Oatmeal Cookies	
Lemon Coconut Bars	106
Coconut Mounds	
Sugar Cookies	
Bar Cookie	
Molasses Sugar Cookie	107
Oatmeal Cookies	
Cream Wafers	
Almond Bark Cookies or Candy	108
Popcorn Macaroons	
Corn Flake Cookies	
Forgotten Cookies	
Toffee Cookies	109
Peanutty Granola Bars	
Krispies	
Holiday Mincemeat Squares	110
Applesauce Cookies	
Sour Cream Drop Cookie	
Refrigerator Cookies	111
Homemade Vanilla Wafers	
Fudge Filled Squares	112
Salted Nut Roll Bars	
Crunchy Lemon Squares	113
<u>DESSERTS</u>	
Banana Split Dessert	
Four Layer Dessert	114

Coconut Dessert	
Jelly Roll	115
Creamy Cheese Triangles	
Frozen Red Raspberry Dessert	116
Almond Meringue Ring with Strawberries	
Caramel Dumplings	117
Peaches 'N' Cream Dessert Pizza	
Apricot Nectar Dessert	
Rum Cream Trifle	118
Festive Cranberry Torte	
Rhubarb Pudding	119
Mrs. Harry Truman's Pudding	
Cherry Supreme	
Strawberry Pie	
Cherry Dessert	120
Strawberry Dessert	
Fruit Cocktail Pudding	
Rhubarb Crisp	121
Strawberry Crunch	
Almond Torte	122
Cherries Crisp Dessert	
Strawberry Trifle	
Espresso Nut Mousse	123
Swedish Apple Pudding	124
Easy Chocolate Torte	
Pineapple - Berry Bowl	
Cranberry Danish Cream	
Cherry Cream Freeze	125
Apricot Coconut Ring	
Apple Crunch	126
Frozen Oreo Cookie Dessert	
Bavarian Cream	
Lemonade Dessert	127
English Plum Pudding	
Mrs. Mondale's Chocolate Sauce	128
Apple - Walnut Squares	129

CANDY, JELLY, PRESERVES

CANDY

Pulled Taffee	
Popcorn Balls	
Oven Baked Caramel Corn	131
Christmas Toffee	
Chocolate Creams	
Popcorn Nibble - Ons	132
Butter Candy	
Pecan Roll	
Caramels	
Christmas Pecan Rolls	133

JELLY AND PRESERVES

Rhubarb Jam	
Corncob Jelly	
Wine Jelly	134

BEVERAGES, MICROWAVE,
MISCELLANEOUS

BEVERAGES

Fruit Cocktail Soda	
White Sangria	
Hot Chocolate Mix	
Russian Tea	135
Strawberry Daiquiri	
Holiday Punch	
Hot Apple Cider	
Punch to Fill Punch Bowl	136

LO - CAL

Herb Dip	
Refrigerator Fruit Spread	
Herb Seasoning Mix	
Red and White Cole Slaw	137
Herbed Low - Fat Cottage Cheese	
Stir - Fry and Rice Salad with Water Chestnuts	138
Whole - Wheat Bran English Muffins	
Salsa	
Mushroom Gravy Chicken	139
Chicken Liver Kabobs	
Oven - Fried Chicken	140

Philippine Chicken		Pecan Caramel Ring	
Lemon - Baked Chicken		Sour Cream Streusel Coffee	
Soda Surprise		Cake	156
Chicken Vienna	141	Favorite Fudge	
Chicken with Yogurt		Simple Cheesecake	157
Potato Salad		Seasoned Vegetable Tray	158
Crock Pot Breakfast	142	Party Mix	159
Fresh Banana Pudding			
Curried Rice	143	<u>MISCELLANEOUS</u>	
Zucchini Sticks with		Cheese Quiz	
Herb Dip		Homemade Condensed Milk	159
Diet - In - A - Glass		Pocket Bread Filling	
Orange Shake		Salt Substitute	
Melty Mozzarella		Playdough	
Appetizers	144	Household Hints	160
London Broil			
Zesty Tomato Dressing			
Lemon Whip	145		
Molasses Bran Muffins			
Bran Muffins			
Skinny Chicken Spread	146		
Banana Whip			
Strawberry Freeze			
Hollandaise Sauce	147		
<u>MICROWAVE</u>			
Wilted Lettuce			
Broccoli with Cheese			
Sauce	148		
Baked Peach Melba			
Cheeseburger	149		
Clam Chowder			
Acordn Squash with Apple			
and Raisin Glaze	150		
Baked Custard			
Easy Reubens			
Cornish Hen Bake	151		
Tapioca Pudding			
Stuffed Flank Steak	152		
Creamy Ham and Potato			
Bake			
Fluffy Omelet	153		
Ham and Cheese Quiche			
Shrimp Oriental	154		
Baked Stuffed Whole			
Fish			
Baked Apples with			
Caramel Sauce	155		

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