

ESTHERVILLE LUTHERAN CHURCH WOMEN COOKBOOK



ESTHERVILLE, IOWA

WEIGHTS AND MEASURES

3 teaspoons = 1 tablespoon
4 tablespoons = ¼ cup
5 ½ tablespoons = ½ cup
8 tablespoons = ½ cup
10 ⅔ tablespoons = ¾ cup
12 tablespoons = ¾ cup
16 tablespoons = 1 cup
1 tablespoon = ½ fluid ounce
1 cup = 8 fluid ounces
1 cup = ½ pint
2 cups = 1 pint
4 cups = 1 quart
2 pints = 1 quart
4 quarts = 1 gallon
1 tablespoon = 14.79 milliliters
1 cup = 236.6 milliliters
1.06 quarts = 1 liter
1 pound = 453.59 grams
1 ounce = 28.35 grams

ROASTING CHART


<i>Meats</i>	<i>Weight</i>	<i>Time</i>	<i>Temperature</i>
Chicken	4-7 lbs.	20 min./lb.	350°
	3-3½ lbs.	13-15 min./lb. (add 15-20 min. if stuffed)	450°
Capon	7-9 lbs.	20-22 min./lb.	350°
Duckling	4-5 lbs.	15-18 min./lb.	350°
Ham (whole)	10-14 lbs.	20-22 min./lb.	325°
Pork loin	3-5 lbs.	20-22 min./lb.	350°
Pork ribs	3-4 lbs.	30 min./lb.	350°
Rib eye (boneless)	3 lbs.	12-13 min./lb. (for rare)	350°
Beef brisket	5-6 lbs.	30-35 min./lb.	375°
Beef rib (bone in)	4-6 lbs.	25 min./lb. (for rare)	300°
Tenderloin	3-3½ lbs.	11-12 min./lb. (for rare)	350°
Turkey (stuffed)	16-24 lbs.	12-15 min./lb.	325°

Based on meat at room temperature before roasting

QUICK SUBSTITUTIONS FOR COMMON INGREDIENTS

Instead of this...

1 cup cake flour.....	1 cup minus 2 tablespoons all-purpose flour
1 tablespoon cornstarch (for thickening).....	2 tablespoons all-purpose flour
1 teaspoon baking powder	½ teaspoon cream of tartar plus ¼ teaspoon baking soda
1 package active dry yeast.....	1 cake compressed yeast
1 cup sugar.....	1 cup packed brown sugar OR 2 cups sifted powdered sugar
¼ cup fine dry bread crumbs	¾ cup soft bread crumbs, OR ¼ cup cracker crumbs, OR ¼ cup cornflake crumbs
1 cup honey.....	1½ cups sugar plus ¼ cup water
1 cup corn syrup.....	1 cup sugar plus ¼ cup water
1 square (1 ounce) unsweetened chocolate	3 tablespoons unsweetened cocoa powder plus 1 tablespoon shortening or cooking oil
1 cup whipping cream, whipped.....	2 cups whipped dessert topping
1 cup buttermilk.....	1 tablespoon lemon juice or vinegar plus enough whole milk to make 1 cup (let stand 5 minutes before using), OR 1 cup whole milk plus 1½ teaspoons cream of tartar, OR 1 cup plain yogurt
1 cup whole milk.....	½ cup evaporated milk plus ½ cup water, OR 1 cup water plus ½ cup nonfat dry milk powder
1 cup light cream	1 tablespoon melted butter plus enough milk to make 1 cup
2 cups tomato sauce	¾ cup tomato paste plus 1 cup water
1 cup tomato juice	½ cup tomato sauce plus ½ cup water
1 small onion, chopped (⅓ cup).....	1 teaspoon onion powder or 1 tablespoon dried minced onion
1 teaspoon dry mustard (in cooked mixtures) ..	1 tablespoon prepared mustard



Estherville Lutheran Church Women Cookbook

**1861-1971 First Edition
1971-1998 Second Edition**

Twenty-seven years after the first cookbook was edited, the Estherville Lutheran Church Women decided to present a second cookbook, updating the first one, commonly known as the "Red Book."


At the present time the ladies meet the second Thursday of each month in Bethany Hall for their Estherville Lutheran Church Women meeting. They are divided into eight circles with Biblical names that meet on the third Monday or Tuesday of each month. These circles meet in members' homes or at the church.

Their Bible study and programs focus on the Bible and material found in the magazine, "Lutheran Women Today." One-half of their collection received at ELCW is sent to the Western Iowa Synod of the ELCA. An additional \$2,000 is sent yearly to support a foreign missionary, presently Mark Jacobson and his wife, Linda, who are serving in Tanzania.

Each month circles collect money for their Sunshine funds. The Sunshine money raised is disbursed at the discretion of the circle members as they see needs arise. Mission offering is also collected monthly. This money supports our missionary.

The women of the ELCW still continue taking turns with other area churches in presenting a devotional each Sunday at 11:00 a.m. over the radio station, KICD. A volunteer group meets on Wednesday afternoon for quilting. Over 100 quilts are sent to Lutheran World Relief for distribution abroad each year. Quilts are also given to fire, flood and tornado victims in the United States. A special quilt is made each year for the Ingham-Okoboji Lutheran Bible Camp.

Room will not permit enumerating the endless activities performed by this dedicated group of ladies. They never finish one project before they start working on another. This cookbook is just such a project. We trust that you will use and enjoy this book with God's blessings.




Thank You

We would like to thank the members of Estherville Lutheran Church for contributing their recipes for this cookbook. Without your time and cooperation, this cookbook would not have been possible. We would like to also thank the ladies who worked on this book and who attended any or all of the meetings: Barb Fransdal, Ollie Fry, Cheryl Hanson, Ruth Knutson, Vivian Montgomery, Norma Richard, Carol Saha, Sandy Sorbo, Charlotte Stinar, and Lorraine Thornburg. A special thank you to Dr. Lepird for his photography work.

On behalf of the women of the Estherville Lutheran Church we wish to express deep gratitude and thanks to the ministers and their spouses who have served or who are still serving Estherville Lutheran. Please look for recipes submitted by present and past pastors and their spouses. A list of our pastors is found on the following page.

Marilyn Anderson, President, ELCW
Nancy Fry, Vice-President, ELCW



Estherville Lutheran Church
Pastors
1971-Present

Pastor Stephen Engelstad	1968-1972
Viola	
Pastor Oscar Engebretson	1970-1973
Irene	
Pastor Stanley Eyberg	1973-1985
Esther	
Pastor Obert Rust	1975-1980
Florence	
Pastor Norman Omodt	1980-1987
Anita	
Pastor Kermit Rye	1986-1996
Doris	
Pastor Michael Kroona	1988-1991
Shelby	
Pastor Arlyn Norris	1991-Present
Wanda	
Pastor Jane Johnston	1996-Present
Presley	

The divine guidance, love, and support of these pastors and their spouses has helped strengthen the endeavors of the Estherville Lutheran Church Women. The goals and aspirations of this group are all to the glory of God.

Please look for and enjoy their favorite recipes.




Table of Contents

Casseroles & Vegetables.....	1-22
Meats, Poultry & Fish	23-40
Salads & Salad Dressings	41-59
Breads, Rolls & Muffins	61-74
Cakes & Frostings	75-94
Cookies & Bars	95-119
Desserts.....	121-139
Pies & Pastries	141-155
Scandinavian & Foreign Foods	157-173
Appetizers, Beverages & Candy	175-192
Soups, Diabetic & Low Fat	193-206
This & That	207-216
Index	

COOKBOOK CORRECTIONS

- Page 97 Grandma Foster's Ginger
 Cookies 1 cup coffee
- Page 110 Deluxe Chocolate Marsh-
 mallow Bars - top with 1 1/3
 C. chocolate chips, 3 T.
 butter, and 1 C. peanut butter
 cooked together in sauce pan
 over low heat, stirring
 constantly until melted and
 well blended. Remove from
 heat and add 2 C. rice krispies.
 Spread on bars and cool. Makes
 3 dozen bars.
- Page 124 Name should read Neomi's
 Peanut Butter Dessert
- Page 132 Pina Colada Dessert 1 lg. can
 crushed pineapple
- Page 162 Danish Kringle should read
 2 C. flour
- Page 165 Potato Lefse should read
 1 1/2 to 2 C. flour
- Page 7 Breakfast Egg and Ham Brunch
 ham and cheddar cheese cubed
 9 x 13 pan
- Page 64 Fruit Cake Loaves
 two 5 x 9 pans
- Page 98 Monster Cookies
 8 tsp. soda



CASSEROLES

AND

VEGETABLES

Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good stew thickener.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice) and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heat-proof.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.

CASSEROLES & VEGETABLES

BARLEY CASSEROLE

Wanda Norris

- | | |
|--|--|
| <i>1 med. onion, chopped</i> | <i>1 qt. chicken broth or water</i> |
| <i>1/2 c. margarine</i> | <i>1/2 c. soy sauce</i> |
| <i>2 c. pearled barley (not quick cooking)</i> | <i>1 to 2 cans mushrooms (4 oz.)</i> |
| | <i>Beef slices or ground beef (opt.)</i> |

Sauté dry barley and onions in margarine until golden. Stir in remaining ingredients and bake uncovered in 2-quart casserole dish for 1½ hours at 350°. Sautéed beef slices or ground beef may be added before baking.

BREAKFAST PIE

Ione Johnson

- | | |
|--------------------------------------|--|
| <i>3 med. baked potatoes</i> | <i>Chopped onion</i> |
| <i>1½ c. shredded cheddar cheese</i> | <i>4 drops Tabasco sauce</i> |
| <i>1/3 c. milk</i> | <i>4 eggs</i> |
| <i>1/2 c. cottage cheese</i> | <i>1/2 c. chopped mushrooms (opt.)</i> |
| <i>1/2 tsp. salt</i> | <i>8 slices bacon</i> |
| <i>1/2 tsp. pepper</i> | <i>1/2 c. crushed cornflakes</i> |

Shred potatoes. Press into a 9 x 10-inch greased pie pan. Mix together cheeses, milk, salt, pepper, onion, Tabasco sauce, mushrooms and 4 beaten eggs. Pour into crust. Sprinkle top with cooked and crumbled bacon and crushed cornflakes. Bake at 325° for 50 minutes. This can be prepared ahead and frozen. May substitute 2½ cups frozen hash brown potatoes, thawed, for baked potatoes.

CHICKEN HOT DISH

Inga Hubbard

- | | |
|--|----------------------------------|
| <i>1 whole chicken or 6 to 8 breasts</i> | <i>1/2 c. water</i> |
| <i>2½ sticks margarine</i> | <i>8 oz. sour cream</i> |
| <i>3 stacks Ritz crackers</i> | <i>1 sm. can water chestnuts</i> |
| <i>1 can golden mushroom soup</i> | <i>2 tsp. grated onion</i> |

Cook chicken and cut into cubes or shred. Melt margarine and add crushed Ritz crackers, saving a few for topping. Mix soup, water, sour cream, onions and water chestnuts together. Grease 9 x 13-inch pan. Layer crumbs on bottom, chicken next and pour soup mix on top. Spread crumbs over top and bake at 350° for 45 to 60 minutes until heated through.

CHICKEN AND RICE HOT DISH

Barb Fransdal

<i>8 chicken breasts</i>	<i>1 can water</i>
<i>1 (10³/₄-oz.) can cream of celery soup</i>	<i>1/2 pkg. Lipton dry onion soup mix</i>
<i>1 (10³/₄-oz.) can cream of chicken soup</i>	<i>1 c. rice</i>

Cream together soups, water and rice. Pour into 9 x 13-inch baking dish. Place chicken dipped in melted butter on top. Cover with foil and bake 1½ hours. Uncover and bake additional ½ hour for browning in a 350° oven. May use other pieces of chicken also.

CHICKEN DUMPLING OVEN DISH

Geneva Fransdal

<i>1 (4 or 5-lb.) stewing chicken</i>	<i>2 c. flour</i>
<i>3 to 4 c. water</i>	<i>2 tsp. baking powder</i>
<i>1 tsp. salt</i>	<i>2 T. butter</i>
<i>1/4 tsp. pepper</i>	<i>1/2 tsp. salt</i>
<i>2/3 c. milk</i>	<i>1 beaten eggs</i>
<i>4 T. flour</i>	<i>1 c. milk</i>

Boil chicken, salt and pepper in water for 1 hour. Take chicken from the broth and remove bones and skin. Cut chicken in bite-size pieces. Mix flour and milk until smooth and mix into cooled broth. Heat the broth, stirring until it starts to thicken. Add chicken and put mixture into baking dish. **Dumpling:** Mix flour, baking powder and salt, use fork to mix butter into flour mixture. Add milk and egg and mix well. Drop by spoonful over the chicken-gravy. Bake at 325° to 340°, about 20 minutes, until dumplings are done.

CHICKEN SPAGHETTI HOT DISH

Ann Goebel

<i>1½ c. uncooked spaghetti</i>	<i>1/2 lb. grated cheddar cheese</i>
<i>2 cans soup (cream of chicken or cream of mushroom or 1 of each)</i>	<i>1/2 c. diced onion</i>
<i>1 (13-oz.) can evaporated milk</i>	<i>1/2 c. green diced pepper</i>
<i>2 c. cooked, diced chicken</i>	<i>1/2 c. diced celery</i>
	<i>1 sm. jar pimento</i>

Break spaghetti into 2-inch pieces. Combine all ingredients, put in a 2-quart baking dish and refrigerate overnight. Before baking, sprinkle with bread crumbs and slivered almonds. Bake 1 to 1½ hours at 350°.

CHICKEN BROCCOLI DIVINE

Helen Grethen

*1 box wild rice
1 bag broccoli
2 c. diced chicken or ham
2 c. shredded cheese
1 jar mushrooms*

*1 can cream of celery soup
1 c. mayonnaise
1/2 tsp. dry mustard
Parmesan cheese*

Cook rice and drain. Cook broccoli and drain. Add cooked chicken or ham, cheese and mushrooms together with rice and broccoli. Place in 9 x 13-inch pan. Mix together soup, mayonnaise and mustard and pour over the mixture. Top with Parmesan and bake for 30 minutes at 350°.

CREAMY CHICKEN CASSEROLE

Cheryl Hanson

*12 to 16 oz. Reams frozen
noodles
3 c. cooked chicken (cut up)
1 (10-oz.) can cream of chicken
soup
1 (4-oz.) sm. can mushroom
pieces
1 sm. can water chestnuts*

*1/2 c. butter, melted
1/2 c. milk
1 c. grated carrots
1 T. dry onion
2 c. shredded cheese (cheddar or
mozzarella)
Salt & pepper*

Cook noodles; drain. Combine all ingredients and place in a large casserole. Bake 1 1/2 hours at 350°. Double recipe for a 9 x 13-inch pan.

CHICKEN CASSEROLE

Karen Hanson

*3 to 4 c. cooked chicken
2 c. elbow macaroni (uncooked)
2 (10-oz.) cans cream of chicken
soup
1 can chicken broth (or water)*

*1/2 lb. grated cheese (cheddar or
Velveeta)
1 sm. onion, chopped
1 soup can milk
1 can mushrooms, drained*

Combine all ingredients and put in 9 x 13-inch greased pan. May refrigerate covered. Bake at 350° for 1 hour, uncovered.

CHICKEN POT PIE

Karen Hanson

2 (10-oz.) cans cream of broccoli soup
1 c. milk
¼ tsp. dried thyme leaves, crushed
¼ tsp. pepper

1 (16-oz.) bag frozen vegetable combination (broccoli, cauliflower & carrots)
2 c. cubed, cooked chicken or turkey
2 cans refrigerator biscuits

Cook frozen vegetables and drain. In a 3-quart oblong baking dish, combine soup, milk, thyme and pepper. Stir in vegetables and chicken. Bake at 400° for 15 minutes or until mixture begins to bubble. Remove dish from oven; stir. Arrange biscuits over hot chicken mixture. Bake 15 minutes or until biscuits are golden brown.

CHICKEN CASSEROLE

Alice Hartman

1 box ring macaroni
2 c. cooked, cubed chicken
½ c. Miracle Whip
2 cans cream of chicken soup
1 pkg. frozen peas

Celery
Pimento
Diced onion
Slivered almonds
Buttered bread crumbs

Slightly cook peas and season to taste. Drain and set aside. Cook macaroni according to directions on box and drain. Mix all ingredients together and place in a glass 9 x 13-inch baking dish. Top with buttered bread crumbs and slivered almonds. Bake at 350° for 30 minutes.

CHICKEN AND RICE BAKE

Shirley Juhl

1 (10¾-oz.) can cream of mushroom soup
1 can water
¾ c. uncooked regular rice

¼ tsp. paprika
¼ tsp. pepper
4 skinless boneless chicken Breast halves

In a 2-quart shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. Cover. Bake at 375° for 45 minutes until done. Serves 4.

CHICKEN HAWAII

Marjean Kaltved

4 oz. dry noodles
1 can cream of chicken soup
1 can vegetable beef broth

3/4 c. milk
1 can boned chicken
Potato chips

Butter casserole; put in dry noodles. Mix 1 can cream of chicken soup, 1 can vegetable beef soup and 3/4 cup milk. Pour 1/2 mixture over dry noodles. Spread 1 can boned chicken over top and pour rest of the mixture on top. Cover with crushed potato chips. Bake for 30 minutes at 350°.

CHICKEN STUFFING CASSEROLE

Karen Moreau

4 whole boned chicken breasts
8 slices Swiss cheese
1 can cream of celery soup
1 can cream of chicken soup

**1 lg. pkg. Pepperidge Farm
stuffing**
1/2 lb. melted butter

Place chicken breasts in a casserole. Put 2 pieces of cheese on each breast. Add soups. Top with prepared stuffing. Drip butter over top. Bake for 1 1/2 hours at 300°.

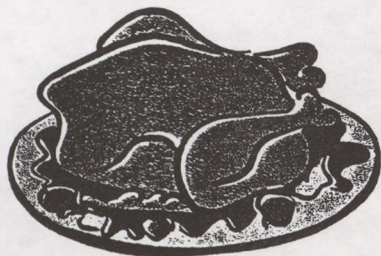
HOLIDAY CHICKEN CASSEROLE

Marguerite Olson

1 (5-oz.) can Swanson's chicken
2 c. dry noodles
2 eggs, beaten
**1 (10-oz.) can cream of chicken
soup**
Pimento & onion (opt.)

1/2 c. carrots & celery
1 c. cottage cheese
1/2 c. grated cheese
1/4 tsp. salt
Cornflakes

Cook noodles. Add chicken, eggs, vegetables, cheeses, salt and soup. Put in buttered casserole. Bake at 350° for 45 minutes. Top with cornflakes and continue to bake for 15 to 20 minutes. Freezes well before or after cooking.



We are the Bible our children read.

ONE DISH CHICKEN BAKE

Carol Saha

1 (6-oz.) pkg. Stove Top, chicken dressing
1½ c. hot water
¼ c. butter or margarine (cut up)
4 boneless, skinless chicken breasts (1½ lbs.)

1 (10½-oz.) can condensed cream of mushroom soup (or cream of chicken)
⅔ c. milk

Mix package seasonings, hot water and butter until butter is melted; add crumbs to moisten. Set 5 minutes. Place chicken breasts down center of 9 x 13-inch baking dish. Mix soup and milk; pour over chicken. Spoon stuffing to cover chicken; put remaining down both sides of pan. Bake at 375° for 35 minutes or longer until cooked through.

ESCALLOPED CHICKEN

Lorraine Thornburg

3 pkgs. Romanoff noodles
3 c. cream of mushroom soup
⅓ soup can cooking wine
⅔ c. soup can milk

1 c. mushroom stems & pieces
1 lg. can cooked, boneless chicken

Cook the noodles. Then mix everything together well. Bake at 350° for 1 hour in a 9 x 13-inch dish.

CORNERED BEEF HOT DISH

Alice Hartman

1½ pkgs. med. noodles (8 oz.)
1 (12-oz.) can corned beef, cubed
¼ lb. grated American cheese
2 (10¾-oz.) cans cream of chicken soup

2 c. milk
¼ c. butter bread crumbs

Mix all ingredients together, saving buttered bread crumbs to place on top. Bake in a dish for 1 hour at 350°. Serves 10 to 12.

I stand in awe of the magnitude of your forgiveness, Father.

EASY EGG SOUFFLÉ

Pam Caboth

6 to 7 slices bread, torn in pieces *4 beaten eggs*
½ lb. cheddar cheese *2 c. milk*
½ tsp. dry mustard *¼ lb. margarine, melted*
1 lb. cubed precooked ham

Mix together in a greased 9 x 13-inch Pyrex pan, the bread and ham. Sprinkle with the cheese. Mix the eggs, milk and mustard and pour over bread, ham and cheese. Then pour the melted margarine over all and cover. Refrigerate overnight. In morning, uncover and bake at 325° for 1 hour.

BREAKFAST EGG AND HAM BRUNCH

Cheryl Hanson

6 to 7 slices bread *½ tsp. dry mustard*
1 lb. ham *½ tsp. salt*
1½ c. cheddar cheese *Dash pepper*
5 eggs *¾ stick oleo*
2 c. milk

Layer ham, bread and cheese in 9 x 13-inch pan. Beat together eggs; add milk, mustard, salt and pepper. Pour over bread and ham. Melt oleo and pour over top. Cover and refrigerate overnight. Bake 1 hour at 350°.

CROUTON EGG BAKE

Ione Johnson

12 eggs, beaten *1 tsp. pepper*
4 c. milk *2 c. croutons*
2 c. shredded cheddar cheese *1 tsp. mustard*
1 tsp. salt *2 - 4 c. chopped ham*

Mix together eggs, milk, cheese, mustard, ham, salt, pepper and 1 cup croutons. Pour into 9 x 13-inch greased baking dish. Pour 1 cup croutons over top and press down a little. Refrigerate overnight. Bake at 350° for 1½ hours until eggs are set. May substitute browned seasoned sausage for ham. Flavored croutons may be used. May cut recipe in half for 8 x 8-inch pan.

EGG BAKE

Joyce King

<i>8 slices bread</i>	<i>6 eggs</i>
<i>½ lb. grated Swiss cheese</i>	<i>3 c. milk</i>
<i>½ lb. grated cheddar cheese</i>	<i>1 tsp. salt</i>
<i>1 lb. bacon or cubed ham</i>	<i>¼ tsp. pepper</i>

Butter and cube the bread. Put in bottom of baking dish. Layer fried and crumbled bacon or cubed ham on top of bread. Beat eggs and milk together, season with salt and pepper. Pour over meat. Sprinkle cheeses on top. Cover with foil and refrigerate overnight. Bake for 1 hour in 350° oven.

HAM AND CHEESE BREAKFAST CASSEROLE

Helen Ann Lindholm

<i>9 slices bread, crusts off</i>	<i>½ tsp. salt</i>
<i>2 c. ham, cubed</i>	<i>1 tsp. dry mustard</i>
<i>4 c. med. sharp cheddar cheese</i>	<i>1 tsp. minced onion</i>
<i>2 c. Monterey Jack cheese</i>	<i>1 T. dry parsley</i>
<i>6 lg. eggs</i>	<i>6 tsp. butter</i>
<i>3 c. milk</i>	

Quarter each piece of dried bread and lay them on bottom of a greased 9 x 13-inch pan. Layer ham over bread, layer grated cheeses next. Beat eggs and add eggs, milk, salt, mustard, onion and parsley. Dot top with 6 teaspoonfuls of butter. Cover and refrigerate overnight. Bake uncovered 60 to 70 minutes at 325°.

GUESTHOUSE QUICHE

Mildred Sunde

<i>Bread</i>	<i>1 c. milk</i>
<i>1 c. mild cheddar cheese</i>	<i>¼ c. water</i>
<i>1 c. cooked meat</i>	<i>⅓ c. chives, spinach or broccoli</i>
<i>6 eggs</i>	

Spray quiche baking dish with oil. Line dish with bread or cubes. Sprinkle with cheese and meat. Add a little of the chives. Beat eggs and add milk and pour over ham. Use water to rinse egg bowl and beaters and pour over top. Water makes it light and fluffy. Bake at 350° for 30 to 40 minutes.

BRUNCH CASSEROLE

Lorraine Thornburg

12 slices white bread (crusts removed)
16 slices American or Velveeta cheese
2 T. minced onion
2 c. chopped ham

1 (10-oz.) pkg. chopped broccoli
6 eggs
3½ c. milk
¼ tsp. dry mustard
½ tsp. salt

Grease a 9 x 13-inch pan well. Cut up bread with a cookie cutter. Line bottom of pan with crust and bread pieces saving cookie pieces for top. Place cheese over bread and add ham and broccoli which has been cooked and drained. Mix eggs, milk, onion, salt and mustard. Place bread on top and pour egg mixture over all and cover. Refrigerate overnight. Bake at 325° for 55 minutes.

HAMBURGER HOT DISH

Juliet Fransdal

1 lb. hamburger
2 (10¾-oz.) cans chicken & rice soup
1 (10¾-oz.) can cream of chicken soup

1 can mushrooms
4 c. Rice Krispies

Drain mushrooms and set aside. Brown and drain hamburger. Add soup and mushrooms and heat together. Add Rice Krispies just before putting it into a casserole and into the oven. Bake in a 350° oven for 30 to 45 minutes. Healthy Request soups make it less salty.

DO-AHEAD HAMBURGER CASSEROLE

Ollie Fry

1 lb. lean ground beef
1 c. macaroni (uncooked)
1 (10½-oz.) can condensed tomato soup
1 (10½-oz.) can cheddar cheese soup
½ c. chopped green pepper

½ c. chopped celery
1 T. fresh onion, chopped
¼ tsp. basil
1 tsp. sugar
1 tsp. salt (& pepper)
½ c. water

Mix all ingredients, adding water last. Put in a 9 x 12-inch baking pan. Cover and refrigerate overnight. Bake covered at 350° for 1 hour. Serves 8 generously.

GOULASH

Ollie Fry

*1½ lbs. hamburger
1 onion, chopped
1 lb. macaroni*

*1 qt. tomatoes
1 (15-oz.) can chili beans*

Brown hamburger and onion. Cook macaroni in water until tender. Drain. Combine hamburger and macaroni. Add tomatoes and chili beans. Heat slowly over low heat until ready to serve. Salt and pepper to taste.

BEEF AND NOODLE

Alice Hartman

*2 c. uncooked egg noodles
1 onion, chopped
1 lb. ground beef*

*2 eggs, beaten
¾ c. grated cheese
1 c. celery or tomato soup*

Cook noodles and drain. Brown ground beef with onion and salt and pepper to taste. Arrange ⅓ of noodles in a 3-quart casserole dish. Layer meat over noodles. Repeat layer. Finish with a layer of noodles. Pour beaten eggs mixed with soup over layers. Bake at 350° for 1 hour. Ten minutes before casserole is done, top with grated cheese.

COUNTRY CLUB CASSEROLE

Marie Haukoos

*1½ lbs. hamburger
1 pkg. onion soup mix
1 (8-oz.) pkg. noodles
1 can mixed vegetables*

*1 can cream of chicken soup
1 can mushroom soup
1 c. sour cream*

Brown hamburger and onion soup together. Cook and drain the noodles. Combine all ingredients and mix. Place in a buttered 2 to 2½-quart casserole. Bake 1 hour in 350° oven.

HAMBURGER PIE

Coleen Herum

*1 lb. ground ground beef
2 c. mashed potatoes*

*1 can French-style green beans
1 can tomato soup*

Mix drained green beans, soup and ground beef in casserole. Cover with mashed potatoes. This may be baked until hot or if ingredients are hot when put together, serve soon.

HAMBURGER CHEESE NOODLE CASSEROLE

Ione Johnson

*2 lbs. ground beef
1 (8-oz.) pkg. noodles, cooked
1 (10³/₄-oz.) can cream of chicken
soup
1 (10³/₄-oz.) can cream of
mushroom soup*

*1 c. milk
2 eggs, beaten fluffy
1/2 c. grated cheese
Chopped onion, salt & pepper to
taste*

Brown meat with onion, salt and pepper. Put half of cooked and drained noodles on bottom of greased 9 x 13-inch pan. Put meat mixture over them and add remaining noodles over meat. Mix soups and milk together and pour over noodles. Sprinkle cheese over this. Pour beaten eggs over the cheese. Bake 30 to 45 minutes at 350°. Serves 12 to 15.

YUM YUM HOT DISH

Joyce King

*1 lb. ground beef
1 (10³/₄-oz.) can cream of
mushroom soup
1 soup can milk*

*1 lg. bunch celery
3 med. onions
1 (6-oz.) can chow mein noodles
Salt & pepper*

Brown meat and onions. Cook celery until tender and drain. Place in casserole in layer. Pour soup and milk over top. Bake 20 minutes at 350°. Place chow mein noodles over top just before serving.

SALISBURY STEAK AND VEGETABLES

Dorothy Lind

*1 lb. lean ground beef
1 beaten egg
1/2 c. dry bread crumbs
1/2 c. chopped celery
2 T. chopped onion*

*4 med. potatoes, peeled
1 can cream of chicken soup
1/2 can water
Frozen peas (opt.)*

Mix together ground beef, egg, crumbs, celery and onion. Form patties and brown in a skillet. Put into a baking dish and cover with soup and water. Add cut up potatoes and peas. Bake uncovered at 350° for 30 minutes or until done.

HAMBURGER CASSEROLE

Verda Rierson

*2 lb. hamburger
8 oz. noodles
1 (10-oz.) can mushroom soup
1 (10-oz.) can cream of chicken
soup*

*1 soup can milk
1 (14.5-oz.) can mixed vegetables
(drained)
8 oz. sour cream
½ pkg. onion soup mix*

Brown hamburger. Cook noodles 7 minutes. Drain and rinse well. Mix soups with 1 can of milk; add sour cream. Mix noodles with can of vegetables and onion soup mix. Add soups and hamburger. Bake at 350° for 45 minutes.

CHEESEBURGER BAKE

Laura Snyder

*1 lb. hamburger
1 can cheese soup
1 c. chopped onion
½ c. milk*

*1 c. frozen mixed vegetables
(opt.)
2 c. Bisquick
1 c. water*

Cook hamburger and onion until done and set aside. Grease 9 x 13-inch baking dish. Mix Bisquick and water together until moistened. Spread evenly over bottom of pan. Spread meat and onion over Bisquick. Layer vegetables on top of meat. Spread cheese soap mixed with milk on top. Bake 30 minutes at 400°.

HAMBURGER DRESSING CASSEROLE

Nina Sorbo

*2 lbs. raw hamburger
1 box chicken Stove Top
dressing*

*1 pkg. Tater Tots
2 cans cream of chicken soup
1 sm. onion, chopped*

Brown hamburger and onion; put in 9 x 13-inch pan. Prepare dressing according to directions on package. Add cooked dressing on top of hamburger. Pour soup over top. Add Tater Tots. Bake at 350° for 45 minutes.

Your assurances of love still the fears of my heart, Lord.

QUICK "N" EASY CASSEROLE

Charlotte Stinar

1 lb. ground beef
1/4 tsp. salt
**1 (24-oz.) pkg. frozen hash brown
potatoes, thawed**
**1 (10³/₄-oz.) can cream of
mushroom soup**

1 c. sour cream
2 c. shredded cheddar cheese
1 med. onion, chopped
2 c. (2.8-oz.) French fried onions

Preheat oven to 350°. In a skillet brown ground beef and salt. Drain. Transfer to a large bowl. Add potatoes, soup, sour cream, cheese, onions and mix well. Spread into a 13 x 9-inch baking dish. Bake 30 minutes. Top with French fried onions. Bake 15 minutes more or until bubbly. Makes 8 servings, about 555 calories each.

LUNCHEON HAMBURGER BAKE

Marian Valen

6 slices bread
Butter
1 lb. ground beef
1/4 c. chopped celery
1/4 c. chopped onion
1 T. fat

2 tsp. prepared mustard
1/2 tsp. salt
Cheese
2 eggs
1 c. milk

Toast 4 slices of bread, then spread with butter. Brown meat, celery and onion in 1 tablespoon fat; stir in mustard, salt and pepper. Place toast in 8-inch square pan. Spread with the meat mixture. Sprinkle cheese over this. Toast the rest of the bread; cut in thirds and place over meat mixture. Combine beaten eggs with milk. Pour over bread. Bake at 350° about 40 minutes.

CHILI CHEDDAR CHEESE NOODLES

Alice Voster

1 (8-oz.) egg noodles
1 1/2 lbs. lean ground beef
1/2 c. chopped onion
**1 (16-oz.) can whole kernel corn
(undrained)**

1 (10³/₄-oz.) can tomato soup
1 (8-oz.) can tomato sauce
1 tsp. chili powder
Salt & pepper to taste
1 c. grated sharp cheddar cheese

Cook noodles according to package directions. In large skillet sauté ground beef, onion; drain excess fat. Add corn, soup, tomato sauce, chili powder, salt and pepper. Mix well. Gently fold in noodles. Place in greased casserole dish. Sprinkle cheese over top. Bake at 350° for 25 to 35 minutes. Serves 6 to 8.

HAMBURGER CARROT CASSEROLE

Mary Ann Wagner

- | | |
|---|---------------------------------------|
| <i>1½ lbs. hamburger</i> | <i>2 c. shredded carrots</i> |
| <i>1 med. onion, diced</i> | <i>1 (4-oz.) can sliced mushrooms</i> |
| <i>1 T. butter or margarine</i> | <i>1 can cream of mushroom soup</i> |
| <i>1 pt. sour cream</i> | <i>2 c. shredded cheddar cheese</i> |
| <i>1 (6-oz.) can French onion rings</i> | <i>Approx. 1 tsp. salt</i> |
| <i>1 (32-oz.) bag Ore-Ida onion Tater
Tots (frozen)</i> | <i>½ tsp. pepper</i> |

Place Tater Tots on bottom of 9 x 13-inch baking dish; greased. Bake 20 minutes at 350°. Meanwhile brown and drain hamburger. Set aside. Next heat 1 tablespoon butter or margarine in skillet. Add onions, carrots and mushrooms. Salt and pepper to taste. Sauté until carrots and onions are tender. Next add the carrot mix to hamburger; stir in can of cream of mushroom soup and sour cream; mix well. Pour meat and carrot mix over Tater Tots. Cover with cheddar cheese. Bake another 20 minutes until cheese is completely melted or casserole bubbling. Top with a can of French fried onion rings.

ZUCCHINI BEEF CASSEROLE

Mary Ann Wagner

- | | |
|--|--------------------------|
| <i>3 med. zucchini, diced</i> | <i>½ lb. ground beef</i> |
| <i>½ chopped onion</i> | <i>Parmesan cheese</i> |
| <i>Chopped green pepper</i> | <i>Salt</i> |
| <i>1 c. cracker crumbs</i> | <i>Pepper</i> |
| <i>1 (10¾-oz.) cream of chicken
soup</i> | |

Bake all ingredients but beef at 325° for 45 minutes. Meanwhile brown beef, drain and season. Sprinkle on casserole and bake 15 more minutes.

BAKED MACARONI & CHEESE

Phyllis Ruby

- | | |
|--|----------------------------|
| <i>1¾ c. uncooked macaroni</i> | <i>Salt & pepper</i> |
| <i>1 qt. milk (2% or higher)</i> | <i>½ tsp. onion flakes</i> |
| <i>8 oz. cheddar cheese (shredded)</i> | <i>4 T. butter</i> |

Melt butter in a 9 x 13-inch pan. Put macaroni on top; add salt and pepper, onion flakes and cheese. Pour milk slowly over the top. Bake at 350° for 1 hour.

CROCKPOT SCALLOPED POTATOES & HAM

Charlotte Stinar

*6 to 8 slices ham
6 to 10 med. potatoes, peeled &
sliced thin
1 sm. onion (chopped fine)
1 (10³/₄-oz.) can cheddar cheese
soup*

*1 (10³/₄-oz.) can cream mushroom
soup
2 c. milk
Salt
Pepper*

Layer ham, potatoes and onions in crockpot. Sprinkle with salt and pepper. Spoon undiluted soups over the top and add 2 cups of milk. Cover and cook on low 8 to 10 hours or on high for 4 hours.

SPAGHETTI PIE

Pastor Jane Johnston

*1 lb. spaghetti
1 lb. hamburger
1 med. jar spaghetti sauce
1 egg, beaten*

*1 lg. ctn. cottage cheese
1 pkg. shredded mozzarella
cheese
1/4 c. Parmesan cheese*

Cook spaghetti according to package directions. Brown and drain hamburger. Mix together spaghetti, beaten egg and Parmesan cheese; place in 9 x 13-inch pan. Spread for crust. Spread cottage cheese over spaghetti. Spread spaghetti sauce over cottage cheese. Bake at 350° for 30 minutes. Add mozzarella cheese over top. Bake 10 more minutes until cheese is melted.

SPAGHETTI DINNER

Karen Moreau

*1 lb. ground beef
1/2 c. chopped onion
1/4 c. chopped green pepper
2 T. butter
1 can tomato soup
1 can cream of mushroom soup*

*1 can water
1 clove minced garlic
1/2 lb. spaghetti
1 c. shredded sharp cheddar
cheese*

Cook together beef, onion and green pepper in butter. Add soups, water and garlic. Simmer 20 minutes. Cook and drain spaghetti. Place spaghetti in buttered baking dish. Pour on sauce and 1/2 cup cheese. Mix gently. Put rest of cheese on top. Bake for 30 minutes at 350°.

TUNA CASSEROLE

Susie Egeland

- 1 (6-oz.) can tuna**
- 1 (10½-oz.) can cream of mushroom soup**
- 1 (10½-oz.) can chicken with rice soup**

- 1 c. diced celery**
- 1 (6-oz.) can pkg. chow mein noodles**

Stir together. Bake for 1 hour at 350°.

BAKED TUNA FISH AND NOODLES

Alice Hartman

- 1 pkg. egg noodles**
- 1 can tuna**
- 1 can mushroom soup**
- 1 sm. can pimienta**
- 1 c. longhorn cheese**
- 4 T. butter**

- 2 hard-boiled eggs**
- 5 T. flour**
- 2 c. milk**
- ½ c. chopped celery**
- Salt to taste**
- Buttered bread crumbs**

Cook noodles as directed on package; drain and cool in cool water and drain again. Place noodles, tuna, pimienta, chopped eggs and celery in buttered baking dish. Make a white sauce from butter, flour and milk. While sauce is hot, add cheese and soup and stir until cheese is melted. Pour over noodle mixture and gently mix. Cover with bread crumbs. Bake at 275° for 45 minutes. May substitute can of mushrooms for soup.

BAKED MIXED VEGETABLES

Esther Eyberg

- 1 pkg. California mixed vegetables**
- Several slices of your favorite white cheese**

- 1 c. crushed Ritz crackers**
- ½ stick melted butter**

Par boil vegetables and drain well. Place ½ of veggies into a greased 8 x 11-inch Pyrex baking dish. Layer the top with cheese slices. Cover with second half of vegetables and sprinkle with crushed crackers. Pour melted butter over all. Bake at 350° for 30 to 40 minutes. Serves 6 to 8.

GLORIOSA BEANS

Shelby Kroona

- | | |
|------------------------------------|-----------------------------|
| <i>1/2 to 1 lb. bacon</i> | <i>1 can butter beans</i> |
| <i>2 med. sweet onion, chopped</i> | <i>1/2 c. vinegar</i> |
| <i>1 lg. can B&M beans</i> | <i>1 c. brown sugar</i> |
| <i>1 can kidney beans</i> | <i>1/2 tsp. dry mustard</i> |
| <i>1 can baby lima beans</i> | <i>1 tsp. garlic</i> |

Fry bacon and drain most of the grease. Remove bacon leaving enough grease to sauté onions. Drain all the cans of beans and mix beans with onion, bacon, vinegar, brown sugar, dry mustard and garlic. Bake 90 minutes at 350°. Cover if it starts to look dry.

RICE AND BROCCOLI CASSEROLE

Elaine Dalen

- | | |
|---|--|
| <i>1 c. cooked rice</i> | <i>1/2 c. milk</i> |
| <i>1/3 c. butter, softened</i> | <i>1 (10-oz.) pkg. frozen chopped
broccoli</i> |
| <i>1 c. shredded cheddar cheese</i> | |
| <i>1 egg, beaten</i> | |
| <i>1 (10 1/2-oz.) can cream of chicken
soup</i> | |

Preheat oven to 350°. In a large bowl, combine all ingredients. Mix well. Spoon mixture into a greased 1 1/3-quart baking dish. Bake one hour. Serve hot. Serves 6.

CHEESE AND BROCCOLI CASSEROLE

Helen Ann Lindholm

- | | |
|--|----------------------------------|
| <i>2 pkgs. frozen broccoli</i> | <i>1 1/2 c. Minute Rice</i> |
| <i>2 (10-oz.) cans cream of chicken
soup</i> | <i>1 (16-oz.) jar Cheez Whiz</i> |

Place all ingredients in a casserole and bake 2 hours at 300°. Stir and mix when broccoli has thawed out. Stir again at one hour of baking time.

CABBAGE DELUXE

Grace Ackerman

- | | |
|-------------------------------------|---|
| <i>1 can cream of mushroom soup</i> | <i>2 c. cornflakes</i> |
| <i>1/2 c. mayonnaise</i> | <i>8 c. cabbage, cut in coarse
pieces</i> |
| <i>1/2 c. milk</i> | <i>1 c. shredded cheddar cheese</i> |
| <i>1/2 tsp. salt</i> | |

Cook cabbage 3 to 4 minutes in water and drain. Combine soup, mayonnaise and salt and cook over low heat until blended. In a 9 x 9-inch baking dish, spread 1 cup cornflakes on bottom. Then layer 1/2 of cabbage, 1/2 of sauce and 1/2 of cheese. Then repeat. Finish with cheese on top. Bake at 350° until cheese is bubbly and brown.

STUFFED CABBAGE ROLLS

Kay Kaltvedt

*8 lg. cabbage leaves
1 lb. hamburger
1½ c. bread crumbs
½ c. chopped onion
2 beaten eggs*

*1½ tsp. salt
¼ tsp. pepper
Dash garlic salt
1 (10¾-oz.) can tomato soup*

Cook cabbage in boiling water for 5 minutes. Combine hamburger, bread crumbs, chopped onion, beaten eggs, salt, pepper and garlic salt. Roll meat into rolls and roll up in cabbage leaves. Put 1 can tomato soup in skillet. Add cabbage rolls. Cover and bring to a boil. Simmer 35 minutes. Spoon sauce over occasionally.

CORN AND NOODLE CASSEROLE

Ollie Fry

*1 can cream-style corn
2 c. noodles, cooked
½ c. or less butter, melted
Salt & pepper to taste*

*1 egg, well beaten
¾ c. cheese, grated
2 T. milk*

Mix together and put into a 1½-quart casserole. Pour melted butter over top. Bake in a slow oven at 325° for 30 minutes until light brown.

SCALLOPED CORN

Coleen Herum

*22 crushed crackers
1 egg
1 c. milk
1 can cream-style corn*

*1 can cheddar cheese soup
6 to 8 cocktail sausages
½ tsp. minced onion*

In a casserole dish mix egg, milk, onion, corn and cheese soup. Then add crackers and sausages. Bake at 350° about 1 hour.

CORN CASSEROLE

Carol Saha

*1 can whole kernel corn
1 can cream-style corn
1 (7½-oz.) pkg. macaroni & cheese dinner*

A little milk if needed

Mix together in a crockpot, casserole (for oven baking) or microwave dish. Stir occasionally. Add milk if necessary. Can be easily doubled.

ESCALLOPED CORN

Algeta Twito

2 cans cream-style corn
3 lg. eggs, beaten
½ c. butter, softened

1½ tubes saltine cracker crumbs
Salt & pepper to taste
1½ to 2 c. milk

Mix corn, eggs, butter, salt, pepper, crackers and milk to a thick pudding like consistency but not too thick. May need to adjust with milk or crackers. Pour in greased 2-quart dish; sprinkle cracker crumbs on top and dot with butter. Bake at 350° for 1 hour.

ESCALLOPED ONIONS

Neoma Isebrand

Onions
Crackers
1 can cream of celery soup

1 can water
Pepper to taste

Slice onions in a 2-quart casserole dish sprayed with liquid shortening. Crumble crackers on onions. Add soup, water and pepper and mix. Bake at 300° for 3 hours.

JULIE'S PEA PODS WITH ALMONDS

Lynette Sorbo

½ c. water
1 T. soy sauce
1½ tsp. cornstarch
1 tsp. instant chicken bouillon granules

2 T. butter
2 T. slivered almonds
1 (6-oz.) pkg. frozen pea pods
1 (4-oz.) can mushrooms

Combine water, soy sauce, cornstarch and bouillon granules; set aside. Melt butter in a 10-inch skillet. Add almonds and stir-fry 2 minutes or until lightly browned. Add pea pods; stir-fry 2 minutes more. Stir in drained mushrooms. Stir cornstarch mixture into skillet with pea pods. Cook and stir until thickened. Cook 2 minutes more. May use frozen peas in place of pea pods.

The chains of habit are generally too small to be felt until they are too strong to be broken.

AU GRATIN POTATOES

Virginia Knutson

*4 c. cooked, diced potatoes
3 T. butter
1 T. diced onion
2 T. flour
1 tsp. salt
½ tsp. pepper*

*½ tsp. prepared mustard
1½ 1¾ c. hot milk
½ c. grated American cheese
2 T. butter
¼ c. crushed cornflakes*

Sauté butter and onion. Add flour, salt, pepper, mustard and hot milk. Stir until thick. Add cheese. Stir until melted. Pour over potatoes. Place in a buttered 1½-quart casserole and top with 2 tablespoons melted butter and crushed cornflakes. Bake for 1 hour at 350°.

MASHED POTATO CASSEROLE

Dorothy Lundy

*4 c. mashed potatoes
1 sm. onion, chopped fine
2 eggs, beaten
2 T. flour*

*Pepper & salt to taste
1 (6-oz.) can French fried onion
rings*

Mix all the ingredients well with a mixer; except the onion rings. Pour into a greased 1½-quart casserole. Top with the onion rings. Bake at 350° for 1 hour.

OVEN ROASTED POTATOES

Ruby Harris

*4 baking potatoes
2 T. margarine, melted*

*2 tsp. paprika
Salt & pepper to taste*

Peel potatoes and cut into large chunks; place in a shallow 2-quart baking dish. Pour butter over and toss until well coated. Sprinkle with paprika, salt and pepper. Bake uncovered at 350° for 45 to 60 minutes or until potatoes are tender.

If your day is hemmed with prayer, it is less likely to unravel.

POTATOES SUPREME

Joyce King

8 to 10 potatoes
1 (10³/₄-oz.) can cream of chicken soup
3 c. (12 oz.) shredded cheddar cheese

1 c. (8 oz.) sour cream
3 green onions, chopped
Salt & pepper to taste

Peel and cube potatoes and place in saucepan. Cover with water and bring to a boil. Cover and cook until almost tender. Drain and cool. Combine soup, 1½ cups cheese, sour cream, onions, salt and pepper. Stir in potatoes and place in a greased 9 x 13-inch baking dish. Sprinkle with remaining cheese. Bake uncovered at 350° for 25 to 30 minutes or until heated through.

TWICE BAKED POTATOES

Ruth Knutson

6 lg. baking potatoes
½ c. butter or margarine
¾ to 1 c. milk or cream
3 T. crumbled, cooked bacon
3 T. minced onion

1 T. chopped chives
½ tsp. salt
Dash pepper
1½ c. (6 oz.) shredded cheddar cheese

Bake potatoes at 400° for 1 hour or until soft. Cut a lengthwise slice from the top of the potatoes. Scoop out the pulp and place in a bowl. Mash potatoes and butter. Blend milk or cream, bacon, onion, chives, salt, pepper and 1 cup cheese. Refill potato shells. Top with remaining cheese and sprinkle with paprika. Bake at 350° for 25 to 30 minutes. Yield: 6 servings.

SWEET POTATO CASSEROLE

Doris Rye

2 lg. cans sweet potatoes
1 can evaporated milk
1 c. sugar
⅔ c. margarine
2 tsp. vanilla
1 tsp. salt

4 eggs, beaten
2 c. brown sugar
⅔ c. margarine
⅔ c. flour
1 c. chopped nuts

Mix together the sweet potatoes, evaporated milk, sugar, ⅔ cup margarine, vanilla, salt and beaten eggs. Pour into a 9 x 13-inch glass dish. Cover with crumbled topping of brown sugar, ⅔ cup margarine, flour and nuts. Bake at 350° for 1 hour.

PIROGI CASSEROLE

Irene Foster

**3 c. cooked pasta (sm. shells,
elbow macaroni, etc.)**
3 c. mashed potatoes
**½ c. cheddar, American or colby
cheese, grated**

1 c. butter or margarine
1 lg. onion, chopped

Put cooked pasta and ¼ to ½ cup butter into bottom of a 2.5 or 3-quart covered casserole. Heat up mashed potatoes and add ½ cup grated cheese. Put potato and cheese mixture on top of pasta. In a 10-inch skillet, brown a large onion with ¾ cup butter (onion mixture can be doubled to taste). Pour onions over the top of the potatoes. Bake, covered, in a preheated oven, at 350° for 20 minutes or microwave for approximately 15 minutes on high. Serves 6 to 8.

VEGETABLE BATTER DIP

Marilyn Anderson

2 c. flour
2 tsp. cornstarch
1 tsp. salt
1 tsp. lemon pepper

4 egg yolks
2 (12 oz.) beers
4 egg whites

Combine flour, cornstarch, salt and lemon pepper. Add 4 egg yolks and 2 (12 ounce) beers to dry mixture. Let stand 3 to 12 hours in refrigerator. Beat 4 egg whites; add to the refrigerated mixture just before you dip onions, mushrooms or whatever to fry.

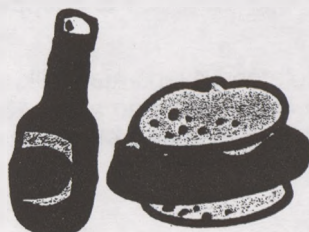
VEGETABLE HOT DISH

Dorothy Lind

1 (15-oz.) can green beans
1 (29-oz.) can mixed vegetables
**1 (10-oz.) can cream of
mushroom soup, undiluted**

8 oz. Velveeta cheese, cubed
3 slices white bread, cubed
¼ c. melted oleo or margarine

Mix vegetables and soup and pour into a buttered 2-quart baking dish. Put cheese over the top; then the bread cubes. Pour melted oleo over all. Bake at 350° for 30 to 40 minutes.





MEATS
POULTRY
AND
FISH

Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.

MEATS, POULTRY & FISH

BARBEQUED BEEF SANDWICHES

Donna Kuhnau

2 lbs. beef stew meat

2 c. water

½ c. ketchup

1 T. prepared horseradish (opt.)

4 c. shredded cabbage (opt.)

½ c. bottled barbecue sauce

½ c. Worcestershire sauce

1 T. prepared mustard

10 hamburger or other sandwich buns, split

In covered Dutch oven or saucepan, simmer beef in water 1½ hours or until tender. Drain cooking liquid reserving ¾ cup. Cool beef, shred and return to the Dutch oven. Add cabbage and remaining ingredients with reserved cooking liquid (sauces can be adjusted to suit taste). Cover and simmer 1 hour. Serve warm in buns. (10 servings.)

BARBEQUED HAMBURGER FOR BUNS

Dorothy Lind

2½ lbs. hamburger

2 green peppers

2 onions

1 c. celery

½ c. brown sugar

14 oz. catsup

½ c. prepared mustard

¼ c. Worcestershire sauce

1¼ tsp. chilli powder

Salt & pepper

In large frying pan sauté the meat, chopped peppers and onions and celery until meat loses its pinkness and vegetables are tender. Drain juice. Add brown sugar, catsup, mustard, Worcestershire sauce, chili powder, salt and pepper to taste. Simmer 1 hour, stirring often. Serve on buns. This freezes well.

BARBECUED MUFFINS

Mildred Sunde

1 tube refrigerator buttermilk biscuits

1 lb. ground beef

½ c. catsup

3 T. brown sugar

1 tsp. vinegar

½ tsp. chili powder

1 c. shredded cheese

Separate dough into 10 biscuits; flatten into 5-inch circles. Press each onto the bottom and up sides of a greased muffin cups; set aside. In a skillet brown ground beef and drain. In a small bowl, mix catsup, brown sugar, vinegar and chili powder until smooth. Add to meat mixture and divide among the 10 muffin cups using about ¼ cup for each. Sprinkle with cheese. Bake at 375° for 18 to 20 minutes. Cool 5 minutes before removing from tin. 10 servings.

POPPIN FRESH BARBECUPS

Mavis Wilson

3/4 lb. ground beef
1/2 c. Kraft barbecue sauce
1 T. instant minced onion
2 T. brown sugar

3/4 c. shredded cheddar cheese
*1 can Pillsbury refrigerated
tender flake powder biscuits*

Brown beef and drain. Add barbecue sauce, onion and brown sugar. Separate biscuits into 12. Place 1 in each of 12 ungreased muffin cups, pressing dough up sides to edge of cup. Spoon meat into cups. Sprinkle each with cheese. bake at 400° for 10 to 12 minutes until golden brown.

CHEESY BRATS

Norma Richard

6 fully cooked bratwurst
4 med. potatoes
1 (16-oz.) can green beans
*1 (10³/₄-oz.) can cream of
mushroom soup*

1 c. shredded cheese
1 sm. onion

Peel and cook potatoes. Cut into cubes. Drain green beans. Chop onion. In a 3-quart casserole, combine all ingredients. Bake covered for 45 minutes at 350°. May add more potatoes or brats.

BAKED BRISKET

Connie Love

1/2 bottle liquid smoke
1/2 bottle Worcestershire sauce
1/2 tsp. garlic salt
1/2 tsp. celery salt

1/2 tsp. onion salt
Beef brisket
1/2 bottle barbecue sauce

Pour spices over brisket. Marinate overnight in refrigerator. Bake at 275° for 5 hours in covered pan. Uncover and add 1/2 bottle bottle barbecue sauce. Bake 1 hour longer.

The best inheritance a parent can give his children is a few minutes of his time every day.

FRENCH DIP HOAGIE SANDWICHES

Sandy Sorbo

2 to 3 lbs. beef roast
1 pkg. au jus natural style gravy mix
1 pkg. Good Season Italian salad dressing dry mix

1 (14-oz.) can beef broth
1 beef bouillon cube (opt.)
1 pkg. hoagie buns

Place thawed roast in crockpot. Mix together beef broth, dry gravy mix and dry salad dressing mix. Pour over top of roast. Cook on high 5 to 6 hours. Serve on hoagie buns and use juice from crockpot for dipping sandwiches. Cheaper cuts of meat are just as good as the better cuts of meats. Rump roasts works very good.

HOT ITALIAN BEEF

Wanda Norris

5 lbs. boneless beef roast
2 med. onions, sliced
10-oz. jar pepperoncini peppers with juice

3 c. beef broth
Salt, pepper, garlic & oregano to taste

Combine all ingredients. Cover and bake for 4 hours at 250° to 300°. Remove stems from peppers and shred beef. Serve hot on buns.

MEAT MARINADE

Sandy Sorbo

1¼ c. lemon juice
1 T. chill sauce
¾ c. soy sauce

1 T. brown sugar
1 clove garlic, minced

Combine lemon juice, chili sauce, soy sauce, brown sugar and garlic. Pour over meat in a glass dish. Refrigerate one to three hours. Prepare meat as usual. Works very good with pork. When grilling, use marinade to keep meat moist.

BARBECUE MEATBALLS

Marla Hannover

2 lbs. hamburger
2 eggs
2 tsp. chopped onion (opt.)
2 tsp. dry mustard

Salt & pepper
6 tsp. brown sugar
½ c. catsup
¼ tsp. nutmeg

Combine meat, salt, pepper, onion and eggs. Mix well. Combine catsup, sugar, nutmeg and mustard. Put ½ of this mixture with the meat. Mix well. Roll meat into balls and place in casserole dish. Pour remaining sauce over meatballs. Bake 30 minutes at 400°. Makes 10 to 12 meatballs.

B.B.Q MEATBALLS

Connie Love

- | | |
|---------------------------------------|-------------------------------|
| 3 lbs. hamburger | 1/2 tsp. pepper |
| 2 c. quick oatmeal | 1/2 tsp. garlic powder |
| 1 (13-oz.) can evaporated milk | 2 c. ketchup |
| 1 c. chopped onions | 1 1/2 T. liquid smoke |
| 2 eggs | 1/2 c. chopped onions |
| 2 tsp. chili powder | 1/2 tsp. garlic powder |
| 1 tsp. salt | |

Mix hamburger, oatmeal, milk, 1 cup onions and eggs. Add chili powder, salt, pepper and 1/2 teaspoon garlic powder. Shape into 1 1/2-inch balls and single layer in 2 (13 x 9-inch) pans. Make sauce with ketchup, liquid smoke, 1/2 cup chopped onions and 1/2 teaspoon garlic powder. Pour over meatballs. Bake uncovered for 1 hour at 350°.

BARBECUED MEATBALLS

Mavis Wilson

- | | |
|--|-----------------------------|
| 1 (20-oz.) can pineapple chunks | 1 T. cornstarch |
| 3/4 c. barbecue sauce | 1 bell pepper (opt.) |
| 1 can whole cranberries | 1/4 c. water |

Drain pineapple and save juice. Combine pineapple juice, barbecue sauce and cranberries and simmer gently 10 minutes. Add fruit and sliced pepper and cook 7 minutes. Add cornstarch dissolved in 1/4 cup water and stir to thicken. This makes enough sauce for 2 to 3 pounds of meat. Form meatballs from ground beef, egg, oatmeal and seasoning or use your own recipe. Bake in oven for 15 to 20 minutes on a cookie sheet without turning. You may fry meatballs if you wish. Do this while making the sauce. Combine meatballs with sauce in a crockpot or large kettle and cook for 20 minutes slowly.

PORCUPINE MEATBALLS

Curtis Caboth

- | | |
|---------------------------|-----------------------------|
| 1 lb. ground beef | 1/3 c. uncooked rice |
| 3 T. chopped onion | 1/4 tsp. garlic salt |
| 1 can tomato soup | 1/2 c. water |

Combine beef, rice, onion and garlic salt. Mix thoroughly and shape into small balls. Place in pan. Combine soup and water. Pour over meatballs. Cover and bake at 350° for 30 minutes. Uncover and bake 30 minutes more.

PORCUPINE BALLS

Marie Haukoos

*1 lb. hamburger
3/4 c. Minute Rice
1 c. celery
3/4 c. milk
1 onion*

*Salt
Pepper
1 can tomato & rice soup
2 c. water*

Chop the celery and onion. Mix together hamburger, rice, celery, milk, onion, salt and pepper. Roll into balls. Place in 2-quart baking dish. Mix soup and water together. Pour over meatballs and bake at 350° for 2 hours.

SMOKE FLAVORED MEATBALLS

Alice Hartman

*1 can evaporated milk
3 lbs. hamburger
2 c. quick oatmeal
2 eggs
1 c. chopped onions
1/2 tsp. garlic powder
2 tsp. salt*

*1/2 tsp. pepper
1/2 tsp. chili powder
2 c. catsup
1 1/2 c. brown sugar
2 T. liquid smoke
1/2 c. chopped onions*

Mix together milk, hamburger, oatmeal, eggs, 1 cup onions, salt, pepper and chili powder. Shape into balls. Place in a single layer in a flat baking pan. For sauce combine catsup, brown sugar, liquid smoke, 1/2 teaspoon garlic powder and 1/2 cup chopped onions. Pour sauce over meatballs. Bake at 350° for 1 hour. Makes 24 meatballs.

SWEDISH MEATBALLS

Barb Fransdal

*1 lb. ground beef
1 can cream of celery soup
2/3 c. dry bread crumbs
1 egg, slightly beaten*

*2 T. minced onion
1 tsp. salt
1/2 can water*

Blend the can of soup with 1/2 can of water. Measure out 1/4 soup mixture. Combine with meat, bread crumbs, egg, onion and salt. Shape into balls approximately 1-inch in diameter. In large skillet, brown the meat. Drain off fat. Add remaining soup mixture. Cover and cook over low heat for 20 minutes, stirring occasionally.

SWEDISH MEATBALLS

Helen Ann Lindholm

*3 lbs. lean ground beef
1 lb. lightly spiced ground pork
5 lg. eggs
5 tsp. salt
1 round tsp. pepper
1 round tsp. allspice*

*3 lg. onions, diced
10 squares soda crackers,
crumbled
Milk, enough to work with meat
easily*

Mix all ingredients with enough milk added to make soft meatballs. Brown in electric frying pan until balls hold shape nicely. Place balls in roaster and bake at 275° to 300° for 2 hours. Makes about 100 meatballs. May be divided into several cartons and frozen for use later.

SWEDISH MEATBALLS

Marguerite Olson

*1 lb. lean ground beef
½ c. fine dry crumbs
1 egg
⅔ c. milk
2 T. grated onion*

*1 tsp. salt
⅓ tsp. pepper
⅓ tsp. nutmeg
¼ tsp. parsley flakes*

Mix all ingredients together. Gently form into balls. Brown in hot fat. Add ¼ cup hot water. Simmer 20 minutes. Serve with slightly thickened pan gravy. Serves 6.

TRUMAN MEAT LOAF

Ollie Fry

*1 c. crushed soda crackers
1 c. milk
2 lbs. ground beef
2 eggs
½ med. onion
1 tsp. salt
¼ tsp. pepper*

*½ tsp. sage
3 slices bacon
3 T. brown sugar
¼ c. catsup
¼ tsp. nutmeg
1 tsp. dry mustard*

Soak crumbs in milk. Add meat, slightly beaten eggs, grated onion and salt, pepper and sage. Mix well. Cut bacon into small pieces and place in the bottom of baking dish. Cover with meat mixture. Mix together brown sugar, catsup, nutmeg and mustard. Pour over scored meat loaf. Bake at 350° for 45 to 60 minutes.

SICILIAN MEAT LOAF

Roxanne Hevern

2 beaten eggs
3/4 c. bread crumbs
1/2 c. tomato juice
2 T. snipped parsley
1/2 tsp. salt
1/2 tsp. oregano
1/4 tsp. pepper

1 sm. clove garlic, minced
2 lbs. lean ground beef
8 thin slices boiled ham
6 oz. shredded mozzarella cheese
3 slices mozzarella cheese halved diagonally

Combine eggs, crumbs, juice, parsley, salt, oregano, pepper and garlic. Add ground beef. Pat meat out to a 12 x 10-inch rectangle. Arrange ham slices, leaving small margin all around. Sprinkle shredded cheese over ham. Roll up meat, jellyroll fashion. Place roll seam side down in baking pan. Bake at 350° for 1 hour 15 minutes. Place cheese wedges over top; return to oven for 5 minutes or until cheese melts.

BASIC MEAT LOAF

Carol Saha

1 lb. ground beef
1 egg
1 c. milk
1 onion to family taste

1/2 c. catsup, divided
1 c. crushed saltine crackers or
1/2 c. rolled oats

Beat egg and milk together; add chopped onion and 1/4 cup catsup. Work in the ground beef and crackers. Divide into two loaves in 9 x 12-inch cake pan. Cover with the rest of the catsup. Bake in 350° oven for about an hour.

VEGETABLE MEAT LOAF

Carol Saha

2 lbs. ground beef
4 carrots (grated)
4 stalks celery (chopped)
1 lg. onion (chopped)
3 to 4 mushrooms (sliced)
1 1/2 c. tomato juice or V8 juice or milk

2 eggs (beaten)
1 1/2 c. bread crumbs
1 c. cheddar cheese (grated)
Salt & pepper to taste

Mix all ingredients together and put into 9 x 13-inch cake pan. Bake 1 1/2 hours at 350°.

MEAT LOAF

Mildred Sunde

3 lbs. ground beef
1 lg. onion (chopped)
5 slices white bread (crumbled)
¼ c. horseradish
2 garlic buds
1 T. mustard powdered

3 eggs
2 c. milk
1 c. catsup
4 T. prepared mustard
½ c. brown sugar
1 tsp. nutmeg

Mix together beef, onion, bread, horseradish, garlic, mustard, eggs and milk. Put in 3 loaf pans. Mix together catsup, mustard, brown sugar and nutmeg. Spread on top of meat and bake 1 hour at 350°.

RED TOP MEAT LOAF

Alice Voster

1½ to 2 lbs. lean ground beef
⅔ c. milk
1 egg, beaten
⅓ c. catsup
⅓ c. chopped onion
2 T. parsley flakes
½ tsp. basil

Salt & pepper
1 T. Worcestershire sauce
12 crumbled crackers
3 T. brown sugar
¼ c. catsup
1 tsp. dry mustard
¼ tsp. nutmeg

Mix milk, egg, catsup and seasonings in a large bowl. Add ground beef, onions and crackers. Mix well and put into a baking dish forming a loaf. For topping mix together brown sugar, ¼ cup catsup, mustard and nutmeg. Put on top of meat loaf. Bake at 325° to 340° for 1 hour, 20 minutes.

MAID RITES

Karen Moreau

2 lbs. hamburger
1 lg. chopped onion
1 can tomato soup

1 T. vinegar
1 T. brown sugar
½ c. ketchup

Brown hamburger with onion. Drain fat. Add tomato soup, ketchup, vinegar and brown sugar. Cook approximately 20 minutes. Serve on buns.

PIZZA BURGERS

Pam Caboth

1 lb. cooked hamburger
1 raw onion, chopped
1 can tomato soup
¼ c. mayonnaisse

¼ c. shredded cheddar cheese
½ tsp. oregano
Salt
Pepper

Mix all ingredients together and spread on hamburger buns. Broil until hot and bubbly.

Note: This recipe is Darlene Caboth's, Mark's mother.

MOCK PIZZA BURGERS

Marla Hannover

- 1 can Spam*
- 1 can Hormel chili without beans*
- 10 oz. Velveeta cheese*
- Hamburger buns*

Grind Spam and cheese together. Mix in chili. Spread mixture on both sides of hamburger buns; broil open-face sandwiches until cheese is melted.

SPOON BURGER

Pastor Jane Johnston

- 1 lb. ground beef*
- 1/2 c. chopped onion*
- 1 T. mustard*
- Dash pepper*
- 1 can chicken gumbo soup*
- 6 buns, split*

Brown ground beef and onion. Stir to separate meat. Pour off fat. Add soup and seasonings. Simmer 5 to 10 minutes stirring occasionally. Serve on buns.

ROASTED BEEF RIBS

Karen Moreau

- 6 beef ribs (5 to 6 lbs.)*
- 1 c. regular oil*
- 1/2 c. Worcestershire sauce*
- Juice of 2 lemons*
- 1 tsp. garlic salt*
- 1 tsp. salt*
- 1 tsp. pepper*
- 2 red onions*

Trim fat from meat. Place ribs in a 9 x 13-inch pan. Chop onions and combine with oil, sauce, juice, salts and pepper. Pour over ribs, cover and marinate in refrigerator overnight. Drain and bake for 30 minutes at 350°. Then grill for 10 minutes. 4 to 6 servings.

BAR-B-Q ROAST

Anna Enerson

- 3 to 5 lbs. roast*
- 2 (8-oz.) pkgs. Italian dressing*
- 2 (8-oz.) pkg. Ranch dressing*
- 2 pkgs. dry brown gravy mix*
- 2 c. water*

Place frozen roast in crockpot before going to bed. Add all ingredients and turn on high. In the morning turn to low and tear meat apart. Serve for dinner. Cooking time is approximately 10 hours.

BAKED ROUND STEAK

Pastor Jane Johnston

- 1 piece round steak*
- 1 env. dry onion soup*
- 1 sm. jar mushrooms*
- 1/4 lb. oleo/butter*

Drain round steak on paper towels. Spread butter on the round steak. Drain mushrooms and add to round steak. Sprinkle soup mix over. Wrap in double layer of aluminum foil. Place in an uncovered Dutch oven in a 325° oven for 2 hours.

STEAK

Lorraine Thornburg

*1 round steak
1 sm. onion
3 or 4 carrots*

*2 beef bouillon cubes
1 c. hot water*

Brown the steak. Put into a small roaster. Put onion and carrots on it. Mix bouillon cubes and water. Pour over steak. Bake at 400° for 40 to 45 minutes.

GROUND BEEF SALAMI

Wanda Norris

*2 lbs. lean ground beef
3 T. Morton Tender-Quik
¼ tsp. garlic powder
1 c. cold water*

*1 tsp. mustard seed
½ tsp. whole black pepper
1 tsp. liquid smoke*

Pour ¼ cup water in a blender with pepper and mustard seed. Blend until seeds are chopped. Combine with all remaining ingredients on low speed with a mixer until well blended. Shape into 2 rolls 2 inches in diameter. Wrap in foil and refrigerate 24 hours. Bake 90 minutes at 350°. When cool, remove foil and wrap in plastic. Keep in refrigerator.

SUPER SHORT RIBS

Carol Saha

*1 T. olive oil
4½ lbs. short ribs
¼ c. honey
3 T. Worcestershire sauce
4 cloves garlic (opt.)*

*2 onions, quartered
1 (18½-oz.) can chunk
pineapple & juice
1 (14½-oz.) can beef broth
½ c. chill sauce*

Heat oil in heavy pan and add ribs. Brown well. Add rest of ingredients. Stir well to coat ribs. Cover and bake 1 hour at 350°. Uncover and bake 1 hour more.

NORWEGIAN HAM BALLS

Esther Eyberg

*1½ lbs. ground ham
1½ lbs. ground lean pork
2 eggs
1 c. milk
2 c. cracker crumbs*

*1½ c. brown sugar
½ c. water
½ c. vinegar
1 tsp. ground mustard*

Mix well ground meats, eggs, milk and crackers. Form into balls; place in baking pan. Mix brown sugar, water, vinegar and mustard and heat just enough to dissolve. Cover ham balls with sauce. Bake 2 hours at 275°, turning after 1 hour. Makes 30 medium size ham balls.

HAM BALLS

Helen Grethen

3 lbs. ground ham
3 lbs. ground pork
3 eggs
3 c. graham cracker crumbs
2 c. milk

2 cans tomato soup
1½ c. brown sugar
¾ c. vinegar
2 tsp. dry mustard

Mix together meats, eggs, cracker crumbs and milk. Form 2-inch balls. Place in large pan and bake 45 minutes at 350°. Prepare sauce by mixing together soup, brown sugar, vinegar and mustard. Bring to a boil and pour over ham balls. Bake 35 minutes more.

HAM BALLS

Karen Moreau

2½ lbs. ground ham
2 lbs. ground pork
2 c. graham cracker crumbs
3 eggs
2 c. milk

2 cans tomato soup
2 c. brown sugar
2 tsp. dry mustard
¾ c. vinegar

Mix meat with graham cracker crumbs, eggs and milk and form in balls. Place in baking dish. Mix together tomato soup, dry mustard, brown sugar and vinegar. Pour over meatballs. Bake 1 hour at 375°. May substitute 4 pounds ham loaf and 1 pound ground beef for meat.

HAM BALLS

Norma Richard

2 lbs. ground ham
2 lbs. ground beef
2 c. graham cracker crumbs
2 eggs
1½ c. milk

2 cans tomato soup
¾ c. white vinegar
2¼ c. brown sugar
2 tsp. dry mustard

Combine the ham, beef, crumbs, eggs and milk. Shape mixture, ½ cup at a time, into balls. Place in 9 x 13-inch pan. Combine tomato soup, vinegar, brown sugar and mustard and pour over meat. Bake, uncovered at 350° for 1 hour.

Don't look down on anyone, there is only one high enough for that.

MDNI HAM LOAVES

Ione Johnson

1 lb. ground beef
1 lb. ground ham
1 lb. pork sausage
2 eggs
1½ c. crushed graham crackers
1 c. milk
¼ tsp. cloves

Salt to taste
Pepper to taste
Chopped onion, opt.
1 can tomato soup
1 T. prepared mustard
1½ c. brown sugar
½ c. vinegar

Mix beef, ham and sausage together. Mix eggs, milk, crackers, cloves, salt, pepper and onions together. Mix all together and form mini loaves. Place in a baking dish. Bake at 375° for 1 hour. Make a glaze by combing soup, mustard, brown sugar and vinegar. Baste meat the last 15 to 20 minutes with glaze.

PORK BBQ'S

Vivian Montgomery

3 to 4-lb. pork roast
½ c. chopped onion
3 T. butter
½ c. vinegar
2 T. brown sugar

1 c. catsup
½ c. water
2 tsp. mustard
2 T. Worcestershire sauce

Cook pork roast. Break into small pieces. Cook onion in butter. Add vinegar, catsup, water, brown sugar, mustard and Worcestershire sauce. Bring to a boil and pour over meat. Simmer 3 to 4 hours in crockpot, stirring occasionally. Serve on buns.

PORK AT IT'S PEAK

Karen Moreau

5-lb. rolled & boned pork loin roast
½ c. white wine
¼ c. vegetable oil
6 T. Dijon mustard
¼ c. chopped mushrooms
2 T. soy sauce

2 T. lemon juice
2 T. minced onion
2 T. butter
½ tsp. celery seed
½ tsp. salt
½ tsp. black pepper

Mix ingredients together to make marinade. Cover roast with marinade; cover roast and refrigerate for 24 hours. Drain and reserve marinade. Bake at 350° for 2½ hours basting with marinade frequently the last half hour.

GRILLED STUFFED PORK CHOPS

Karen Moreau

<i>6 Iowa pork chops, 1/4 inch thick</i>	<i>1 T. dried parsley flakes</i>
<i>1/2 c. chopped mushrooms</i>	<i>3 T. lemon juice</i>
<i>1/4 c. chopped green onions</i>	<i>1 tsp. salt</i>
<i>1/3 c. melted butter or margarine</i>	<i>1 c. white wine</i>

Ask butcher to cut pockets in pork chops. Fill pockets with mixture of mushrooms and green onion. Insert toothpicks to hold pockets together. Combine butter, parsley, lemon juice, salt and wine for basting. Place chops on grill and cook about 7 minutes on each side basting frequently. Check doneness by cutting slit in chop to see if pink color is gone. Serves 6.

BAKED PORK CHOPS

Lorraine Thornburg

<i>6 thick pork chops</i>	<i>1 c. cooked rice</i>
<i>1 tsp. salt</i>	<i>1 c. creamed chicken soup</i>
<i>1/4 tsp. pepper</i>	<i>1 c. milk</i>
<i>2 T. drippings</i>	

Brown chops in drippings and seasonings. Place in greased baking dish. Cover with rice. Mix soup and milk together. Then pour over the chops and rice. Bake 1 1/4 hours at 350°.

SPARE RIBS

Karen Moreau

<i>1 c. water</i>	<i>1/2 tsp. salt</i>
<i>1 can tomato soup</i>	<i>Dashes red & black pepper</i>
<i>1/2 c. vinegar</i>	<i>Chill powder</i>
<i>1 diced onion</i>	<i>Barbecue & Worcestershire sauce</i>
<i>2 tsp. sugar</i>	<i>5 lbs. spareribs</i>

Combine all the above ingredients in the order listed and boil for 1 minute. Pour over ribs that have been par-boiled. Bake ribs and sauce at 400° for 2 hours. For larger portion triple the recipe for sauce.

INCREDIBLE CHICKEN SAUCE

Doris Rye

<i>1 can whole cranberry sauce</i>	<i>1 env. dry onion soup</i>
<i>1 c. fat-free Catalina dressing</i>	

Mix the above ingredients together. Put skinless chicken in a single layer in a 9 x 13-inch glass dish. Pour sauce over top. Cover and bake 1 hour at 350°. Spoon sauce over chicken a couple times during baking.

SAVORY CRESCENT CHICKEN SQUARES

Esther Eyberg

3 oz. Philadelphia cream cheese
2 T. melted butter
1/4 tsp. pepper
1/2 tsp. salt
2 T. milk
2 T. chopped onion

1 pkg. Pillsbury crescent rolls
1 T. chopped pimento
2 c. cooked chicken, chopped
Contadina seasoned bread
crumbs for topping

Mix together in a bowl all ingredients except crescent rolls. Separate rolls into 4 rectangles. Seal perforations. Spoon 1/2 cup of chicken filling into center of each rectangle. Pull dough up from each corner to center. Seal and brush tops with melted butter; sprinkle with bread crumbs. Bake on ungreased cookie sheet at 350° for 20 to 25 minutes. Squares can be frozen separately and baked later, putting topping on just before baking. Serves 4.

COMPANY CHICKEN

Alice Hartman

6 to 8 chicken breasts, deboned
2 c. diced celery
1 (10 1/2-oz.) can cream of chicken
soup
1/2 c. light cream
1 c. grated cheese
2 T. diced pimento

1/2 c. silvered almonds
1/2 c. soft bread crumbs
2 T. melted butter
1 c. flour
3 tsp. salt
2 tsp. pepper
2 tsp. paprika

Mix these 4 things together: 1 cup flour, 3 teaspoon salt, 2 teaspoons pepper and 2 teaspoons paprika for coating the chicken. Wash chicken, drain and pat dry. Coat with flour mixture. Brown chicken in butter to light brown. Place celery in bottom of a 9 x 13-inch pan. Place browned chicken on bed of celery. Mix soup, cream, cheese and pimento together. Pour over chicken. Sprinkle buttered bread crumbs over chicken and the almonds. Bake at 350° for 1 hour or until tender.



Sin blinds our eyes, but grace opens them.

SWEET AND SOUR BAKED CHICKEN

Norma Tredway

*1/4 c. butter
1/2 c. onion, chopped
1/2 c. green pepper, chopped
1/2 c. carrots, chopped
1/2 c. celery, chopped
3/4 c. ketchup
1/2 c. pineapple juice
2 T. vinegar
1/4 c. brown sugar*

*2 T. soy sauce
1/2 tsp. garlic salt
1/8 tsp. ground ginger
1/8 tsp. pepper
1/2 c. pineapple juice
3 T. cornstarch
1 c. chunk pineapple, drained
3 lbs. chicken, cut up or chicken breasts*

Melt butter over low heat. Add onion, green pepper, carrots and celery. Cook 5 minutes. Add ketchup, 1/2 cup pineapple juice, vinegar, brown sugar, soy sauce, garlic salt, pepper and ginger. Blend 1/2 cup pineapple juice with cornstarch and add to vegetable mixture. Stir constantly until it boils. Cook until thick. Add pineapple chunks. Arrange chicken in oblong pan. Pour sauce over chicken. Bake covered at 350° for 1 1/2 hours, uncover and bake 30 minutes longer.

POTATO CHIP CHICKEN

Mavis Wilson

*2 chickens, cut up
10-oz. bag potato chips
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic salt*

*1/2 tsp. poultry seasoning
1 tsp. paprika
2 eggs, beaten
1/4 c. milk
1/4 c. butter*

Crumble potato chips and all seasonings and mix. Dip chicken in milk and eggs mixed together, then in crumb mixture. Place on a cookie sheet with sides, pieces not touching. Pour melted butter over chicken. Bake in a 325° oven for 1 1/2 hours or until tender. You may turn chicken halfway through baking time.

CHICKEN BREAST

Joyce Yates

*4 chicken breasts
4 slices bacon
4 slices dried beef
4 slices cheese (opt.)*

*1 (10-oz.) can cream of mushroom soup
1 c. sour cream*

Wrap each chicken breast with dried beef. Then wrap slice of bacon around; place toothpick to hold. Place slice of cheese on top. Combine soup and sour cream and pour over chicken. Bake covered for 3 hours at 275°. Uncover and bake 1/2 hour. Sprinkle with paprika.

PHEASANT

Nancy Fry

*1 pheasant
1 c. flour
1 onion, sliced
2 c. milk*

*Salt
Pepper
2 T. oil*

Cut pheasant into pieces. Add salt and pepper to flour. Roll pheasant pieces in seasoned flour. Brown pieces in oil. Remove pieces from browning pan and place in casserole dish. Add milk to browning pan and simmer 5 minutes, stirring constantly. Pour over pheasant. Place onions over pheasant. Cover and bake at 300° for 1½ to 2 hours, until pheasant is tender.

PHEASANT

Lorraine Thornburg

*2 pheasant breasts
4 T. butter
Flour*

*1 c. chicken broth
1 T. lemon juice
1 sm. can mushrooms*

Pound breast to ¼ to ½ inch. Melt 3 tablespoons butter in frying pan over medium heat. Flour breasts and sauté for 4 minutes on each side. Remove from pan and place in roaster. To drippings, add 1 tablespoon butter, broth and lemon juice. Stir and simmer 5 minutes. Add mushrooms and simmer 2 to 3 minutes. Spoon sauce over breasts. Bake 30 minutes at 350°. Serve with toasted bread or rice. Can substitute mushroom soup or chicken bouillon cubes for broth leaving out lemon juice.

WHITE SAUCE FOR LUTEFISK OR MEAT

Lorraine Thornburg

*2 T. butter
2 T. flour
¼ tsp. salt*

*1 c. milk or cream
Dash pepper*

Mix all ingredients together and cook until thickened. Pour over fish or meat. More seasoning may be added or may use prepared mustard.

BAKED LUTEFISK

Lorraine Thornburg

Fresh lutefisk

Place fish in a glass baking dish, one layer thick only. Don't add water. Bake at 350° to 375° for ½ hour. Easy preparation and fish doesn't fall apart.

OYSTERS ROCKEFELLER

Nancy Fry

24 oysters in shells
1 T. chopped onion
2 T. snipped parsley

1 T. melted butter
1 c. chopped, cooked spinach
¼ c. fine, dry bread crumbs

Open shells; remove oysters. Clean and dry shells. Replace oysters in ½ shell. Mix together onion, parsley and butter. Spread over oysters. Season with salt and pepper. Spoon spinach over each oyster and sprinkle with bread crumbs. Dot each with a small dot of butter. Bake in oven for 10 minutes at 450°. Serves 4.

SALMON LOAF

Alice Hartman

1 lb. can salmon with liquid
½ c. buttered toast crumbs
2 T. chopped parsley
2 T. chopped onions

½ tsp. dry mustard
2 eggs
1 can cream of celery soup

Set oven to 350°. Flake salmon and stir in crumbs. Add parsley, onions and mustard. Beat eggs slightly and stir into salmon mixture. Add soup and liquid from salmon. Mix well. Place in greased 4-cup loaf pan and bake low in the oven for 45 minutes or until lightly browned. Makes 6 to 8 slices.

SALMON LOAF

Lorraine Thornburg

1 lg. can (red) salmon
1 can mushroom soup
1 c. cracker crumbs
¼ c. chopped onion

½ c. chopped celery
½ c. chopped green pepper
Salt & pepper
1 egg

Combine all ingredients. Mix well. Put in loaf pan. Bake 1 hour at 350°.

SALMON SPREAD

Sandy Sorbo

1 lb. leftover cooked salmon
8 T. butter
1½ tsp. lemon juice
Dash hot pepper sauce or
cayenne pepper

Salt & pepper to taste
½ tsp. dill weed

Blend all ingredients to the consistency of butter. Add any other herbs that you like. I also use onion and seasoned salt and pepper. Serve at room temperature; good with crackers or toast. Refrigerate leftovers.

TORSK-ICELANDIC COD

Lorraine Thornburg

2 to 3 lbs. cod

1 tsp. sugar

1 tsp. salt

1 tsp. lemon juice per qt. water

Thaw fish. Bring to boil enough water to cover fish. Add salt, sugar and lemon juice. Put fish in boiling water and bring to simmer for 12 to 15 minutes. Serve with melted butter. Tastes like lobster.

TUNA LOAF

Naomi Sabby

1 c. soda cracker crumbs

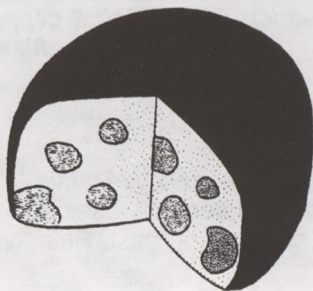
1 can celery soup

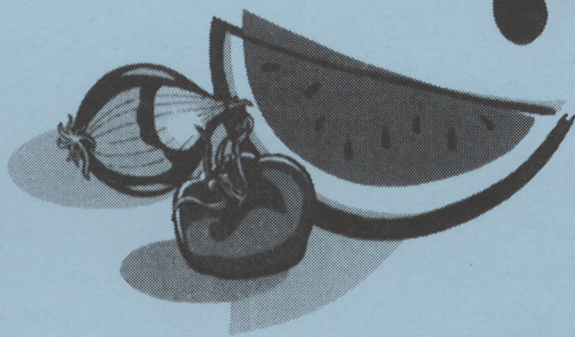
1 (6½-oz.) can tuna

2 slightly beaten eggs

Mix all ingredients together. Place in a greased loaf pan and bake 40 to 45 minutes in a 350° oven. Good served with baked potatoes. Will serve 3 or 4 people.

Recipe Favorites





SALADS
AND
SALAD
DRESSINGS

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a “free” soup.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions or slightly crushed seasoned croutons.

SALADS & SALAD DRESSINGS

BERRY SALAD

Verda Rierson

1/4 c. honey *1 c. sliced bananas*
8-oz. pkg. cream cheese *1/2 pt. whipping cream*
1 (10-oz.) pkg. frozen strawberries *2 c. sm. marshmallows*

Gradually add honey to softened cream cheese; mix well. Stir in partially thawed strawberries or raspberries. Fold in the whipped cream, marshmallows and bananas. Put in a cake pan or muffin tins and freeze. Take out of the freezer 10 minutes before serving. Also good without freezing.

BROCCOLI SALAD

Helen Grethen

1 head broccoli *1/2 c. sunflower seeds*
3/4 c. chopped onion *3/4 c. mayonnalse*
1/2 c. bacon, crumbled *1/2 c. sugar*
1/2 c. raisins *2 T. vinegar*

Chop broccoli and onion and place in a bowl. Fry bacon and drain. Then crumble and add to broccoli. Add raisins and sunflowers. Mix mayonnalse, sugar and vinegar. Add to broccoli and mix. Chill and serve.

BROCCOLI SALAD

Ione Johnson

12 slices bacon *1 c. Hellmann's mayonnalse*
3 stalks fresh broccoli *2 T. vinegar*
1/2 c. red onion, thinly sliced *1/2 c. sugar*
1 c. raisins
1 c. roasted, salted sunflower seeds

Fry bacon crisp and crumble. Cut broccoli in bite-size pieces using tender part of stalk. Peel large stalks and use center. Add bacon, onion, raisins and seeds on top. Mix mayonnalse, vinegar and sugar. Let stand several hours or overnight in refrigerator. Pour over salad and mix lightly before serving. Keeps well 2 or 3 days in tight container.

BROCCOLI SALAD

Pastor Mike Kroona

*1 bunch broccoll (florets)
1 c. raisins
1 c. sunflower seeds
1 c. red onions
7 slices crisp bacon or ½ c.
bacon bits*

*1 c. mayonnalse
½ c. sugar
2 T. vinegar*

Mix together mayonnalse, sugar and vinegar to make dressing. Toss the broccoli, raisins, sunflower seeds, onion and bacon in a bowl. Top with dressing and chill.

CABBAGE AND APPLE SALAD

Susie Egeland

*2 c. finely chopped or shredded
cabbage
½ c. diced celery
1 T. sugar
1 tsp. salt*

*2 T. vinegar
½ c. mayonnalse
½ tsp. celery seed
2 c. diced, unpeeled apples
½ c. miniature marshmallows*

Combine cabbage and celery. Mix together mayonnalse, sugar, salt, vinegar and celery seed. Add to cabbage and celery mixture. Add diced apples and marshmallows. Mix lightly. Nuts may be added. Serves 6 to 8.

FROZEN CABBAGE SALAD

Carol Saha

*1 med. head cabbage
1 lg. carrot
1 red or green pepper, if desired
1 tsp. salt*

*1 c. vinegar
½ c. water
2 c. sugar
1 tsp. whole mustard seed*

Shred cabbage, carrot and pepper; sprinkle salt over vegetables. Let stand 1 hour; drain. **For Dressing:** Boil vinegar, water, sugar and mustard seed together 1 minute; cool. Pour over drained cabbage mix; stir well, divide and freeze. A glass jar works best; will keep well for up to a year.

Salvation is free – but you must receive it.

JAPANESE CABBAGE SALAD

Sandy Sorbo

*1 head cabbage
4 green onions
¼ c. butter
3 T. sesame seeds
¼ c. slivered almonds*

*1 pkg. chicken ramen noodles
1 T. soy sauce
½ c. oil
¼ c. white vinegar
⅓ c. sugar*

In large skillet, melt butter. Add seasoning packet from ramen noodles. Smash and brown noodles, almonds and sesame seeds. Cool completely and add to chopped cabbage and onions. Just before serving, add dressing of soy sauce, oil, white vinegar and sugar. May substitute bag of prepackaged shredded cabbage for the head of cabbage.

OLD TIME COLESLAW

Algeta Twito

*3 lbs. cabbage
1 green pepper
2 med. onions
2 c. sugar
1 c. white vinegar*

*1 c. oil
2½ tsp. salt
2 tsp. sugar
2 tsp. celery seed*

Shred cabbage, pepper and onions. In gallon jar combine cabbage, green pepper, onion and sugar. Marinate 2 hours in refrigerator. Meanwhile, in medium saucepan combine vinegar, oil, salt, sugar and celery seed. Bring to a boil. Remove from heat and cool. Pour over cabbage mixture in glass jar and refrigerate.

SHOESTRING CHICKEN SALAD

Helen Grethen

*1 lg. can shoestring potatoes
4 c. cooked chicken
2 c. chopped celery
2 T. onion, chopped
1 c. shredded carrots*

*¼ c. green pepper, chopped
1 c. salad dressing
1 T. sugar
1 tsp. salt
½ tsp. pepper*

In a bowl mix the following: cubed chicken and chopped celery, onions, green pepper and shredded carrots. Mix salad dressing with sugar, salt and pepper. Just before serving, add shoestring potatoes. Chill and serve.

CHICKEN OR TURKEY MANDARIN SALAD

Ruth Knutson

2 c. cubed turkey or chicken
1 T. finely chopped onion
½ tsp. salt
1 c. seedless red grapes, halved
1 c. diced celery
**1 (15-oz.) can mandarin oranges,
drained**

1 c. cooked macaroni
¾ c. mayonnaise
¾ c. whipping cream, whipped
⅓ c. slivered almonds

Combine turkey or chicken, onion and salt; mix well. Add grapes, celery, oranges and macaroni; toss lightly to mix. Cover and refrigerate. Just before serving, combine mayonnaise and whipped cream; fold into salad along with almonds. Yield: 6 to 8 servings.

CHERRY SALAD

Roxanne Hevern

1 can cherry pie filling
1 can sweetened condensed milk
**1 (13-oz.) can crushed pineapple,
drained**

1 (8-oz.) tub Cool Whip

Mix ingredients together and put in an 8 x 8-inch square dish. Freeze. Cut into squares. Or you may mix ingredients in bowl and refrigerate.

FROZEN CRANBERRY- BANANA SALAD

*Mavis Wilson
Carol Saha*

1 (20-oz.) can pineapple tidbits
5 med. bananas
**1 (16-oz.) can whole cranberry
sauce**

½ c. sugar
1 (12-oz.) tub Cool Whip
½ c. walnuts

Drain pineapple juice into a medium bowl; add bananas, halved lengthwise and sliced. Stir to cover bananas. Into large bowl, combine cranberry sauce, sugar and pineapple tidbits. Drain bananas, discard juice. Add bananas to cranberry mix. Stir in Cool Whip and nuts. Pour into 9 x 13-inch pan; freeze until solid. To serve, thaw for 15 minutes. Cut into squares.

All things are possible to him who believes.

Mark 9:23

FROG EYE SALAD

Juliet Fransdal

- | | |
|---|----------------------------------|
| 1 (16-oz.) pkg. acini de pepe (sm. macaroni) | ½ tsp. salt |
| 3 (11-oz.) cans mandarin oranges | 1¾ c. pineapple juice |
| 2 (20-oz.) cans chunk pineapple | 2 eggs, beaten |
| 1 (20-oz.) can crushed pineapple | 1 T. lemon juice |
| 1 c. miniature marshmallows | 1 (13½-oz.) tub Cool Whip |
| 1 c. coconut (opt.) | 3 qt. water |
| 1 c. sugar | 1 T. cooking oil |
| 2 T. flour | 2 tsp. salt |

Drain fruits saving pineapple juice. Combine sugar, flour, salt; gradually stir in pineapple juice and eggs. Cook over medium heat, stirring until thick. Add lemon juice; cool to room temperature. Bring water, cooking oil and salt to a boil. Add macaroni and cook until tender. The macaroni should be the size of BB's. Drain and rinse. Cool to room temperature. Combine fruit custard mixture, macaroni, fruits, marshmallows and coconut. Fold in Cool Whip. Chill in airtight container.

APRICOT SALAD

Irene Butterfield

- | | |
|-----------------------------------|---|
| 1 (6-oz.) box orange Jello | 1 (29-oz.) can pineapple chunks, drained |
| 2½ c. hot water | 1 (29-oz.) can apricots, drained |
| ½ c. apricot juice | |
| ½ c. pineapple juice | |

Dissolve Jello in hot water and let cool. Mash apricots. Add apricots and juices to Jello. Add pineapple chunks to mixture and chill until firm. May be put in a bowl or served in a 9 x 12-inch pan.

CHERRY SALAD SUPREME

*Dorothy Lind
Marie Haukoos*

- | | |
|-------------------------------|--|
| 1 pkg. raspberry Jello | 1 (21-oz.) can cherry pie filling |
| 1 pkg. lemon Jello | 1 (3-oz.) pkg. cream cheese, softened |
| ⅓ c. salad dressing | ½ c. whipping cream |
| 1 c. crushed pineapple | 1 c. miniature marshmallows |
| Chopped nuts (opt.) | |
| 2 c. boiling water | |

Dissolve raspberry Jello in 1 cup boiling water. Stir in pie filling. Put in 9 x 9-inch pan. Chill. Dissolve lemon Jello in 1 cup boiling water. Beat together cream cheese and salad dressing. Gradually add lemon Jello. Add undrained pineapple. Cool slightly. Whip ½ cup whipped cream. Fold into lemon mixture with 1 cup miniature marshmallows. Spread over cherry layer. Top with chopped nuts if desired. Chill. 12 servings.

COTTAGE CHEESE JELLO SALAD

Susie Egeland

*1 pkg. lime Jello
2 c. hot water
10 lg. marshmallows or 1 c. sm.
marshmallows*

*1 c. crushed pineapple
1 c. cottage cheese
1 c. Cool Whip
1/2 c. candy cherries*

Dissolve Jello in hot water. Chill until it begins to thicken. Then add cottage cheese, crushed pineapple and Cool Whip. Mix in cherries and marshmallows. Put in pan or mold and chill until firm. Dot serving pieces with cherries.

CRACKED ICE SALAD

Marian Valen

*1 (3-oz.) pkg. orange Jello
1 (3-oz.) pkg. lime Jello
1 (3-oz.) pkg. cherry Jello
3 c. hot water
2 c. cold water*

*1 c. pineapple juice
1/4 c. sugar
1 (3-oz.) pkg. lemon Jello
1 (8-oz.) tub whipped topping*

Mix each package of Jello separately in 1 cup hot water and 1/2 cup cold water. Chill and let set. Heat 1 cup pineapple juice and 1/4 cup sugar; add lemon Jello and dissolve. Add 1/2 cup cold water. Chill and fold in 8-ounce container of whipped topping. Cut Jello in 1/2-inch cubes. Fold these cubes into the mixture. Put in large bowl or 9 x 13-inch pan and chill.

CRANBERRY JELLO SALAD

Donna Kuhnau

*1 sm. pkg. red Jello of your
choice
1 c. boiling water
1 c. jellied cranberry sauce*

*1/2 c. cold water or cranberry
juice
Whipped topping*

Dissolve Jello in boiling water. Stir in cranberry sauce until well mixed. Add cold water. Chill until firm. Top with whipped topping.

Variations to recipe: Use frozen raspberries, frozen strawberries or 1/2 cup crushed pineapple instead of cranberry sauce. Reduce cranberry sauce to 1/2 cup and add drained berries using juice as part of cold liquid to thicken Jello.

CRANBERRY RELISH

Juliet Fransdal

1 sm. pkg. cherry Jello
1 c. hot water
1 c. sugar
1 c. pineapple juice
1 crushed pineapple

1 c. ground cranberries
1 c. finely cut celery
1 T. lemon juice
1 ground orange without the rind

Dissolve Jello in hot water; add sugar and dissolve that. Add juices, fruits and celery. Mix together and let set up. Keeps very well.

EASY SALAD

Dorothy Lind

6 oz. lime Jello
3 c. boiling water

21 oz. lemon pie filling
8 oz. Cool Whip

Dissolve the Jello in the boiling water. Add slowly to the pie filling, stirring well until smooth. Pour into pretty glass bowl. Chill until set. Top with the Cool Whip.

FLUFFY FRUIT SALAD

Lillian Goede

2 (20-oz.) cans crushed pineapple
2 (17-oz.) cans fruit cocktail
2 (11-oz.) cans mandarin oranges
2/3 c. sugar
2 T. flour
2 eggs

1/4 c. orange juice
3 T. vegetable oil
3 T. lemon juice
2 sliced bananas
1 c. whipping cream

Drain the fruit; reserve 1 cup pineapple juice. Place in a saucepan. Add sugar, flour, slightly beaten eggs, orange juice, lemon juice and oil. Boil 1 minute. Let cool. Whip cream. Mix together all fruit, cooled sauce, bananas and whipped cream. Refrigerate.

GREEN FLUFF SALAD

Laurentia Handeland

2 (8 1/2-oz.) cans crushed pineapple
2 cans mandarin oranges
1 (15-oz.) can fruit cocktail

1/2 pkg. miniature marshmallows
2 pkgs. instant pistachio pudding
2 ctn. Cool Whip (sm.)
2 bananas (opt.)

Pour pudding mix in bowl and fold in Cool Whip. Mix fruit and marshmallows. Add pineapple juice if you want to add cut up bananas and keeps bananas from turning brown. Fold in Cool Whip and pudding. Refrigerate 2 hours before serving.

LEMON SALAD

Alice Hartman

2 (6-oz.) pkgs. lemon Jello
3½ c. boiling water
2 c. crushed pineapple, drained
2 c. grated American cheese
2 c. Cool Whip
1 c. chopped nuts

2 c. chopped green peppers
2 c. chopped celery
6 green onions & tops, finely chopped
2 c. mayonnaise

Dissolve 2 packages lemon Jello in boiling water. Cool until like syrup. Add the crushed pineapple and grated cheese. Fold cooled Jello into Cool Whip. Add the chopped nuts. Pour in a 9 x 13-inch pan and let set. To make the topping, mix green pepper, celery and onion with the mayonnaise. Spread on top of the Jello salad. Garnish with a few chopped nuts.

LIME SEA FOAM

Lorraine Thornburg

2 pkgs. lime Jello
2 (3-oz.) cans pears
2 (6-oz.) pkgs. cream cheese

2 c. whipped cream
2 c. hot water
2 c. pear juice

Drain pears and reserve juice. Dissolve Jello in 2 cups hot water and 2 cups pear juice. Let set until partially jelled. Blend whipped cream and cream cheese together. Mash pears and fold into cream mixture and then fold into Jello. Pour into 9 x 13-inch pan. Refrigerate.

ORANGE SALAD

Helen Grethen

1 box orange Jello
1 box tapioca pudding
1 box vanilla pudding

1 (13-oz.) can crushed pineapple
1 can mandarin oranges
1 (12-oz.) tub Cool Whip

Combine Jello and puddings. Add juice from pineapple and oranges with enough water to make 2¾ cups liquid. Add liquid to dry pudding and Cool Whip. Combine drained fruit to cooked mixture. Serve in a large bowl.

ORANGE CHEESE SALAD

Marguertie Olson

1 (3-oz.) pkg. orange Jello
1 c. hot water
¾ c. cold water

1 c. grated cheese
1 c. crushed pineapple
1½ c. Cool Whip

Dissolve Jello in hot water. Add cold water and let set until slightly thick. Then fold in cheese. Pineapple and Cool Whip. Refrigerate until thick.

ORANGE SHERBET SALAD

Virginia Knutson

*2 sm. boxes orange Jello
1 can mandarin oranges*

*1 pt. orange sherbet
1 c. boiling water*

Dissolve Jello in boiling water. Drain oranges and add enough water to the liquid to make 1 cup. Add to Jello. Add sherbet and oranges. This sets up almost at once. Cool in refrigerator.

ORANGE SHERBET SALAD

Charlotte Stinar

*1 (6-oz.) box orange Jello
2 c. hot water
1 pt. orange sherbet
1 (11-oz.) can crushed pineapple*

*1 (11-oz.) can mandarin oranges
2 bananas
1/4 c. chopped nuts*

Dissolve Jello in hot water. Add softened sherbet. Add fruit and bananas and nuts. Pour in 8-inch square pan and chill until set.

ORANGE SHERBET SALAD

Lorraine Thornburg

*2 sm. boxes orange Jello
2 c. boiling water
1 pt. orange sherbet*

*2 cans mandarin oranges
2 sliced bananas*

Mix Jello with boiling water. When Jello begins to set, add orange sherbet, mandarin oranges and bananas. Sets quickly. Chill and serve.

PEAR SALAD

Naomi Sabby

*2 pkgs. lime Jello
1 (No. 2) can pears
2 1/2 c. liquid*

*2 sm. pkgs. cream cheese
8 oz. Cool Whip*

Drain pears and add water to juice to make 2 1/2 cups liquid. Heat liquid and dissolve Jello in it. Pour over cream cheese and stir until dissolved. Chill to consistency of egg white. Fold Cool Whip into mixture and add pears. Pour into 9 x 13-inch pan or bowl.

PURPLE LADY SALAD

Barb Fransdal

1 (6-oz.) pkg. grape Jello
1 c. boiling water
1 can blueberries & juice
1 sm. can crushed pineapple & juice

1 (9-oz.) tub Cool Whip
½ c. chopped pecans

Dissolve Jello in boiling water. Add blueberries and pineapple. Let cool until slightly set up. Add Cool Whip and pecans. Pour into 9 x 13-inch pan or mold. Set until firm.

RED RASPBERRY SALAD

Cheryl Hanson

2 pkgs. raspberry Jello
2 c. hot (boiling) water

2 pkgs. frozen raspberries
2 c. applesauce

Drain raspberries, reserving 1 cup syrup. Dissolve Jello in boiling water. Stir in reserved syrup and applesauce. Chill until partially set. Fold in raspberries. Pour in mold. Chill until firm.

RUBY RED RASPBERRY SALAD

Elaine Tangen

1 (3-oz.) pkg. raspberry Jello
2 c. boiling water
1 (10-oz.) pkg. frozen raspberries in syrup
1½ c. sour cream

1 pkg. cherry Jello
1 (20-oz.) can crushed pineapple (drained)
1 (16-oz.) can whole berry cranberry sauce

Dissolve raspberry Jello in 1 cup boiling water. Add raspberries; stir until thawed and separated. Pour into 13 x 9 x 2-inch pan. Chill until set. Carefully spread with sour cream; chill. Dissolve cherry Jello in remaining 1 cup boiling water. Add pineapple and cranberry sauce; mix well. Allow to thicken slightly. Carefully spoon over sour cream mixture; chill. Cut into squares. Serve on lettuce leaves if desired. Yield: 12 to 16 servings.

7-UP SALAD

Shelby Kroona

1 (6-oz.) pkg. lime Jello
2 to 3 c. applesauce
12 oz. 7-Up

1 pt. whipping cream
½ of ½ pkg. sm. marshmallows
1 (8-oz.) pkg. cream cheese

Heat applesauce. Mix Jello into applesauce until dissolved. Add 7-Up. Let set until foam is gone. Put in refrigerator until set. Cut cream cheese into small pieces. Mix cream, marshmallows and cream cheese together and let stand overnight or 8 hours. Beat topping until smooth. Spread over Jello mixture and serve.

SUPER STRAWBERRY SALAD

Twila Helmich

- 1 pt. frozen strawberries, reserve juice*
- 1 (3-oz.) pkg. vanilla pudding (not instant)*
- 1 (3¼-oz.) pkg. tapioca pudding (not instant)*
- 1 (3-oz.) pkg. strawberry gelatin*
- 2 bananas*
- 2 c. whipped topping*

Pour strawberry juice and/or water into 2-quart glass measure to make 2 cups liquid. Add puddings and gelatin. Microwave on high for 5 to 6 minute or until mixture thickens and boils. Stir once or twice while cooking. Cool. Add strawberries, bananas and whipped topping. Chill. Makes 8 servings.

TAPIOCA JELLO SALAD

Juliet Fransdal

- 2 pkgs. tapioca pudding*
- 1 (3-oz.) pkg. orange Jello*
- 3 c. boiling water*
- 1 can crushed pineapple, drained*
- 1 can mandarin oranges, drained*
- 1 (9-oz.) ctn. Cool Whip*
- Nuts (opt.)*

Cook pudding, Jello and water until thick, stirring occasionally. Cool and add fruit and Cool Whip. Serve plain or coat with more Cool Whip and nuts.

VEGETABLE COTTAGE CHEESE SALAD

Ione Johnson

- 1 pkg. lemon Jello*
- 1 pkg. lime Jello*
- 1 c. water*
- 1 (No. 303) can crushed pineapple*
- 1 c. shredded carrots*
- 1 c. finely chopped celery*
- 1 sm. ctn. cottage cheese*
- ½ c. salad dressing*
- ½ c. chopped nuts*
- 1 bowl Cool Whip*

Mix Jello to the boiling water and add pineapple. Mix well. Let cool and slightly thicken. Add carrots, celery, cottage cheese, salad dressing, Cool Whip and nuts. Mix. Put in a 9 x 9-inch pan. Refrigerate. Serve with doppel of Cool Whip and maraschino cherry.

WALDORF ZIP

Marguerite Olson

- 1 (3-oz.) pkg. lemon Jello or apple Jello*
- 1 c. hot water*
- 1 c. ginger ale*
- 1 c. diced apple*
- ⅓ c. chopped celery*
- ⅓ c. chopped nuts (opt.)*

Dissolve Jello in hot water. Add ginger ale. Chill until slightly thickened. Then fold in apples, celery and nuts. Refrigerate.

LEMON FRUIT SALAD

Ione Johnson

1 (8-oz.) bowl Cool Whip
1 pkg. instant lemon pudding
1 can fruit cocktail

1 can chunk pineapple
1 can mandarin oranges (drained)
2 c. marshmallows

Mix all ingredients in a large bowl. Cool and serve. Makes a large salad.

BEST LETTUCE SALAD

Ollie Fry

1 head lettuce
1 bunch spring onions
1 c. chow mein noodles
½ c. walnuts
6 to 8 pieces bacon
6 tsp. vinegar

4 T. sugar
1 tsp. salt
¼ tsp. pepper
2 tsp. Accent
½ c. oil

Hand break lettuce. Add onions, cut up in small pieces, walnuts, cut up and bacon, fried and cut up. Toss lightly. Mix together vinegar, sugar, salt, pepper, Accent and oil; pour over salad just before serving. Sprinkle with chow mein noodles.

MACARONI SALAD

Ollie Fry

2 c. dry macaroni
1 box frozen peas
2 stalks celery, chopped
1 carrot, shredded
1 onion, chopped

1 c. cubed cheese
1 c. cubed ham
2 c. salad dressing
¼ c. vinegar
¼ c. sugar

Cook macaroni; drain under cold water. Thaw peas. Make a dressing of salad dressing, vinegar and sugar. Mix all ingredients including chopped celery, shredded carrots, chopped onion, cheese and ham. Chill until serving.

LARGE MACARONI SALAD

Neoma Isebrand

1½ lbs. macaroni
1 onion, chopped
1 green pepper, diced
2 carrots, shredded
½ c. celery, chopped

1 can Eagle Brand condensed milk
1 c. vinegar
2 c. mayonnaisse
¼ c. sugar

Cook macaroni and drain. Add vegetables. Mix together milk, vinegar, mayonnaise and sugar. Pour over macaroni and vegetables. Let stand a few hours. Then serve chilled. This recipe makes an ice cream pail size salad.

PASTA SALAD

Wanda Norris

24 oz. pasta, cooked & drained
1 cucumber, peeled & sliced
1 sm. bunch green onions, thinly sliced
1 (any size) can black olives, drained & halved

1/2 (about 1 1/4-oz.) jar Salad Supreme seasoning
Zesty Italian dressing to moisten

Combine all ingredients and refrigerate. May add other fresh vegetables to suit your taste. Makes a large salad.

PASTA SALAD ITALIANO

Lila Hanson

1 1/4 c. rotini pasta
1 c. broccoli florets
3/4 c. pitted ripe olives
3/4 c. cherry tomato halves

1/4 c. Parmesan cheese
1/4 c. crumbled bacon
1 (8-oz.) Italian dressing

Cook pasta and cool. Put pasta, vegetables, cheese and bacon bits in bowl. Pour on dressing. Mix and marinate in refrigerator at least 3 hours.

MICROWAVE GERMAN POTATO SALAD

Norma Bringle

2 lbs. red potatoes, cooked & sliced
3 hard-cooked eggs, chopped
1/2 c. chopped onion
1/2 c. chopped celery
6 bacon strips, diced

2 T. sugar
4 tsp. flour
1/2 tsp. salt
1/8 tsp. pepper
3/4 c. milk
2 T. vinegar

In large bowl, combine potatoes, eggs, onion and celery; set aside. Place bacon in a microwave safe bowl; cover with a paper towel and microwave on high for 2 minutes. Stir. Microwave 3 to 4 minutes longer or until bacon is crisp, stirring after each minute. Remove bacon to paper towel to drain; reserve 2 tablespoons drippings. Stir sugar, flour, vinegar, salt and pepper into drippings until smooth; gradually add milk. Microwave on high for 5 to 6 minutes, stirring every 2 minutes until thickened. Pour over potato mixture; toss. Top with bacon. Serve immediately. Yield: 8 servings.

DANISH POTATO SALAD

Lorraine Thornburg

1/4 c. vinegar

1/4 c. water

1/4 c. sugar

1/4 tsp. salt

Dash pepper

1 tsp. prepared mustard

2 eggs

1 c. salad dressing

4 c. cooked potatoes

2 eggs, hard-boiled, chopped

1/2 c. chopped cucumber

1 T. onion, minced

1 T. green pepper

Combine vinegar, water, sugar, salt, pepper and mustard and bring to a boil. Reduce heat; gradually beat in well beaten eggs. Cook, stirring constantly, until slightly thickened; about 5 minutes. Beat in salad dressing. Add potatoes, eggs, cucumber, minced onion and green pepper. Mix thoroughly with the dressing. Refrigerate.

PARTY POTATO SALAD

Mildred Sunde

1 (3-oz.) pkg. lemon Jello

1 c. boiling water

1/4 c. lemon juice

2 T. sugar

1 tsp. salt

3 hard-cooked eggs

4 c. cooked, diced potatoes

1/4 c. chopped onion

1/3 c. chopped celery

1 c. mayonnaise

1 env. Dream Whip (undissolved)

Butter or spray an 8 or 9-inch pan. Dissolve Jello in hot water; add lemon juice, sugar and salt. Cool. Pour half the Jello into pan. Chill until Jello is partially set. Arrange 9 to 12 egg slices into Jello and return to refrigerator. Mix potatoes with the rest of the eggs; add onion and celery. In a small bowl mix mayonnaise, Dream Whip and remaining Jello; stir into potato and egg mixture and gently ladle into pan. Chill several hours.

POTATO SALAD

Doris Rye

5 lbs. potatoes (red)

1 1/2 T. vinegar

1/4 c. sugar

1 tsp. prepared mustard

1 dozen eggs (hard-boiled)

2 c. Miracle Whip

1 sm. onion, chopped

Salt & pepper to taste

Cook potatoes with skins on, cool and peel. Cut into small chunks. Separate egg yolks from whites and mash and add to salad dressing. Mix all together and let set in refrigerator for several hours. To make dressing combine vinegar, sugar, mustard, onions and Miracle Whip.

PUDDING SALAD

Charlotte Stinar

- 1 (3-oz.) pkg. vanilla pudding*
- 1 (3-oz.) pkg. tapioca pudding*
- 2 bananas*
- 1 (11-oz.) can mandarin oranges*

- 1 (20-oz.) can chunk or tidbit pineapple*
- 3 c. juice & water*
- Maraschino cherries*

Drain juice from fruit and add enough water to make 3 cups. Add pudding to juices and cook until thick. Cool and add fruit. Top with maraschino cherries.

QUICK AND EASY SALAD

Dorothy Lundy

- 1 (16-oz.) can fruit cocktail*
- 1 (16-oz.) can (tidbits) pineapple*
- 1 (3.4-oz.) box instant vanilla pudding mix*

- 1 c. miniature marshmallows*
- ½ c. Cool Whip*

Drain fruit cocktail and pineapple. Add juice to instant pudding and beat. Add fruit, marshmallows and Cool Whip to the pudding mixture. Refrigerate several hours.

SHRIMP SALAD

Lorraine Thornburg

- 1 (6-oz.) can shrimp*
- 1 sm. head lettuce, chopped*
- 1 sm. onion, chopped*
- ¼ c. green pepper, chopped*

- 3 hard-boiled eggs, chopped*
- 2 tomatoes, chopped*
- Salt & pepper to taste*
- Low calorie French dressing*

Devein shrimp. Combine lettuce, onion, green pepper, eggs and tomatoes. Add shrimp, dressing and salt and pepper. Mix.

SNICKER SALAD

Kari Doyle

- 1 pkg. Snickers bars*
- 1 ctn. Cool Whip*

- 6 to 9 apples*
- 1 lg. jar marshmallow creme*

Cut up Snickers bars and apples into bite-size pieces. Mix together marshmallow creme and Cool Whip. Add all ingredients and mix. Chill.

SPINACH SALAD

Sandy Sorbo

*1 bunch spinach
1/2 head lettuce
1/2 lb. bacon
4 hard-boiled eggs
1 red onion*

*Mushrooms
1/2 c. Miracle Whip
1/2 c. sugar
1/4 c. vinegar*

Wash spinach, lettuce, onion and mushrooms. Slice mushrooms and onion. Separate lettuce and spinach leaves. Slice boiled eggs; fry, drain and crumble bacon. Layer in bowl; spinach, lettuce, bacon, eggs, onion and mushrooms. Mix Miracle Whip, sugar and vinegar together. Pour over salad.

TACO SALAD

Pat Meyer

*1 1/2 lbs. hamburger
1 pkg. taco seasoning mix
2 c. shredded cheddar cheese
1 head lettuce, chopped
3 tomatoes, cut up*

*Sm. bag Doritos or corn chips
1/2 jar Catalina French dressing
1/2 jar mild taco sauce
1 can sliced black olives*

Brown hamburger. Drain. Stir in taco seasoning as directed and cool. Add chopped lettuce, tomatoes, cheese, black olives and sauces to taste. Stir in crunched-up chips.

WANDA'S TACO SALAD

Lynette Sorbo

*1 lb. ground beef
1 can drained kidney beans
1 lg. bottle Catalina dressing
1/2 tsp. chili powder
1/2 tsp. cumin
1 head lettuce*

*2 to 3 tomatoes
1 c. shredded cheddar cheese
1 c. crushed corn chips
Green pepper to taste
Onion to taste*

Brown and drain ground beef. Add beans, dressing, chili powder and cumin to meat. Simmer for 30 minutes. Cut up lettuce, tomatoes, pepper and onion and put in large bowl. Cool meat mixture; then pour over lettuce. Add crushed corn chips and toss to mix. Sprinkle with the cheese.

VEGETABLE PASTA SALAD

Nancy Fry

*4 c. garden rotini
1/4 head cauliflower, cut up
1/4 head broccoli, cut up*

*1 can ripe olives, sliced
1 bottle Ranch dressing
Jane's crazy mixed up salt*

Cook noodles, drain and cool. Mix together noodles, cauliflower, broccoli, olives and dressing. Sprinkle salt on and toss to mix salt and dressing. Refrigerate. Makes a large salad.

VEGETABLE SALAD

Mildred Sunde

*1 can cut green beans
1 can peas
1 can whole kernel corn
1 sm. can pimentos
1 c. chopped celery
1 med. onion, chopped*

*1 c. sugar
1/4 c. cider vinegar
1/2 c. salad oil
1 T. water
1 tsp. salt
1/2 tsp. pepper*

Drain vegetables. Put vegetables, pimentos, celery and onion in bowl. Mix sugar, vinegar, oil, water, salt and pepper in saucepan. Boil for 1 minute. Cool until lukewarm. Pour over vegetables. Let stand overnight. Keeps 5 days.

DRESSING FOR COLESLAW OR CUCUMBERS

Mildred Sunde

*1 c. salad dressing
1 tsp. mustard
1/2 c. milk*

*1/2 c. sugar
1/3 c. vinegar
Dash pepper*

Mix all ingredients except vinegar. When all is mixed well, add vinegar. Pour over cabbage or cucumbers.

DRESSING FOR FRUIT SALAD

Juliet Fransdal

*1 c. sugar
1 beaten egg*

*1 lemon (rind & juice)
1 orange (rind & juice)*

Combine all ingredients. Cook until thick. Cool and pour over fresh fruit of any kind, such as peaches, green grapes, watermelon, muskmelon, etc.

FRENCH DRESSING

Irene Butterfield

*3/4 c. sugar
2 tsp. salt
1/4 tsp. pepper
2 tsp. paprika
1 tsp. dry mustard*

*1 tsp. celery seed
1/2 c. vinegar
1/2 c. oil
1 can tomato soup
1/2 onion, cut fine*

Mix all ingredients together in bowl. Beat with egg beater. Keep in refrigerator.

AMERICAN FRENCH DRESSING

Ione Johnson

*1 can tomato condensed soup
1 c. oil
1/2 c. vinegar
1/4 c. sugar*

*1 tsp. salt
1 tsp. dry mustard
1 tsp. paprika
1 tsp. Worcestershire sauce*

Combine ingredients; mix well. Keep in refrigerator. Does not separate.

FRENCH DRESSING

Shirley Juhl

*1 1/4 c. sugar
4 tsp. salt
4 tsp. paprika
2 tsp. mustard
1 c. vinegar*

*2 c. Mazola oil
2 (10 3/4-oz.) cans tomato soup
1 sm. onion
1 tsp. celery seed*

Grate, grind or chop the onion until fine. Mix all ingredients together and refrigerate.

JELLO TOPPING

Charlotte Stinar

*1 c. pineapple juice
1 beaten egg
1/2 c. sugar*

*2 T. flour
2 T. butter*

Cook juice, beaten egg, sugar and flour until it coats spoon. Add butter. Cool and put on your favorite Jello salad.

POTATO SALAD DRESSING

Ione Johnson

*1 c. sugar
1 T. flour
1 T. cornstarch
1/2 tsp. ground mustard*

*3 egg yolks
2 T. vinegar
3/4 c. hot water
1/2 c. sweet pickle juice*

Mix all ingredients and bring to a boil, stirring constantly. Cool. Add dressing just before serving potato salad. Keeps for a while in refrigerator.

COOKED POTATO SALAD DRESSING

Shirley Juhl

*1/2 c. water
1/2 c. vinegar
3/4 c. sugar
4 egg yolks*

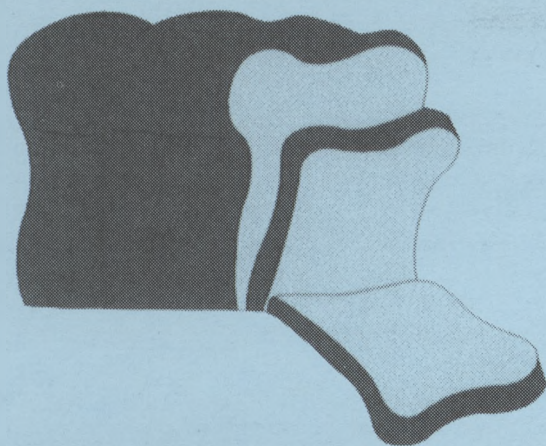
*2 T. flour
1/2 tsp. salt
1/2 tsp. dry mustard
2 T. Miracle Whip*

Cook water, vinegar, sugar, egg yolks, flour, salt and dry mustard. Also mix in some Miracle Whip dressing. Can make just half a recipe, if you wish. Refrigerate and will keep several weeks.

Recipe Favorites



Recipe Favorites



BREADS
ROLLS
AND
MUFFINS

Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.

BREADS, ROLLS & MUFFINS

APPLESAUCE RAISIN BREAD

Myra Snyder

1½ c. flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg

½ c. brown sugar
1 c. raisins
1 c. oatmeal
2 eggs
⅓ c. oil
1 c. applesauce

Mix and sift flour, baking powder, baking soda, salt and spices. Stir in sugar, raisins and oatmeal. Add remaining ingredients; stir only until dry ingredients are moistened. Pour into a greased 9 x 5 x 3-inch loaf pan. Bake for 1 hour at 350°. Remove from pan immediately. Cool. Wrap cooled bread. Store 1 day before slicing.

BANANA BREAD

Juliet Fransdal

½ c. shortening
1 c. sugar
3 T. sour milk
1 T. soda
¼ c. water

1 tsp. vanilla
2 eggs
2 to 3 lg. mashed bananas
2½ c. flour
½ tsp. salt

Dissolve soda in water; set aside. Cream together shortening, sugar and eggs. Add milk, water, vanilla and bananas. Put the salt in with the flour and add slowly to creamed ingredients. Put into loaf pans. Bake at 350° about 45 minutes, until cracks are dry.

BEER BREAD

Ione Johnson

3 c. self-rising flour
1 T. sugar

1 can warm beer

Mix together and put in a greased loaf pan and bake at 350° for 50 to 60 minutes. Take out and spread butter on crust and bake another 10 minutes.

BOSTON BROWN BREAD

Joyce Yates

1 lb. raisins
2 T. baking soda
2 T. oleo
2 c. cold water
2 c. sugar
1 tsp. salt

1 tsp. cinnamon
4 c. flour
2 eggs, beaten
½ tsp. vanilla
½ c. nuts

Soak raisins, soda, oleo and water for 3 to 4 hours or overnight. Mix sugar, salt, cinnamon, flour, eggs, vanilla and nuts together. Add to raisin mixture. Grease and flour 5 or 6 (number 2 size) cans. Fill cans a little over half full. Bake in oven at 350° for 1 hour.

TRIPLE CHEESE AND GARLIC BREAD FOR BREAD MAKER

Nancy Fry

1 c. warm water
½ c. sm. curd cottage cheese
2 T. margarine
¾ c. bread flour
½ c. shredded mozzarella cheese

3 T. grated Parmesan cheese
2 T. sugar
1½ tsp. garlic salt
2½ tsp. bread machine yeast

Place ingredients in bread pan in order listed. Make hole in flour and put yeast in hole. Set bread machine for white bread, with desired crust color and selecting large loaf. Makes 1½-pound loaf.

CHERRY ALMOND BREAD FOR BREAD MAKER

Nancy Fry

1½ c. warm water
3 c. bread flour
1½ T. dry milk
2 T. sugar
¼ tsp. salt
1 T. margarine

¼ c. maraschino cherries
¼ c. slivered almonds
⅛ tsp. cinnamon
⅛ tsp. ginger
3 tsp. bread machine yeast

Place ingredients in the bread pan in the order listed. Make a hole in the ingredients and place the yeast in the hole. Set the machine for white bread, selecting desired crust color and large loaf. May serve bread toasted.

CRANBERRY NUT BREAD

Ione Johnson

*2 c. flour
1 c. sugar
1½ tsp. baking powder
½ tsp. soda
½ tsp. salt
¼ c. shortening*

*¾ c. orange juice
1 T. grated orange peel
1 egg, well beaten
1 c. chopped cranberries
½ c. chopped nuts*

Sift flour, sugar, baking powder, soda and salt together. Cut in shortening. Combine orange juice and orange peel with egg and pour over dry ingredients; mix. Mix just enough to dampen. Fold in cranberries and nuts. Pour into a greased loaf pan. Bake for 1 hour at 350°.

DATE LOAF

Ione Johnson

*1 lb. dates, pitted & chopped
1 tsp. soda
1 c. boiling water
1 c. brown sugar
1 T. butter
1 egg, beaten*

*1 tsp. vanilla
2 c. flour
¼ tsp. salt
¼ tsp. nutmeg
½ c. chopped nuts*

Combine dates and soda in hot water and let set 20 to 30 minutes. Mix sugar and butter; add egg and vanilla. Add flour, salt and nutmeg and mix. Add dates and nuts. Pour into a greased loaf pan and bake at 325° for 60 minutes.

ENGLISH MUFFIN LOAVES

Brenda Juhl

*5 to 5½ c. flour
2 pkgs. yeast
1 T. sugar
2 tsp. salt*

*¼ tsp. soda
2 c. milk
½ c. water
Cornmeal*

Combine 3 cups flour, yeast, sugar, salt and soda. Heat liquids until warm (120° to 130°). Add to dry mixture; beat well. Stir in enough flour to make a stiff batter. Spoon into 2 loaf pans that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; let rise in warm place for 45 minutes. Bake at 400° for 25 minutes.

BAKED FRENCH TOAST

Sandy Sorbo

4 c. cornflakes crumbs
2 eggs, well beaten
½ c. milk
½ tsp. salt

½ tsp. vanilla
6 slices day old Texas toast bread
¼ c. butter, melted

Put cornflakes crumbs in shallow dish; set aside. Combine eggs, milk, salt and vanilla in a shallow dish. Dip bread into egg mixture, turning once. Allowing both sides to absorb liquid. Coat evenly with cornflakes crumbs and place in a single layer on a well greased baking sheet. Drizzle with butter. Bake at 450° for about 10 minutes or until browned. Serve with maple syrup, jelly, honey or other favorite toppings.

FRUIT CAKE LOAVES

Ione Johnson

2 c. coarsely chopped walnuts
2 c. cut up pecans
1 lb. candied pineapple (cut up)
1 lb. candied cherries (halved)

1 lb. chopped dates
1 c. flour
4 eggs, well beaten
1 tsp. vanilla

Combine walnuts, pecans, pineapple, cherries and dates. Add flour and mix well. Add eggs and mix. Add vanilla and mix. Pour into 2 (9 x 13-inch) loaf pans. Press into pans. Bake for 1 hour at 300°. Cool before removing from pans.

HAWAIIAN LOAF

Mavis Wilson

1 c. butter, softened
2 c. sugar
4 eggs
1 c. mashed ripe bananas
4 c. flour
2 tsp. baking powder

1 tsp. baking soda
¾ tsp. salt
1 (20-oz.) can crushed pineapple, undrained
1 c. flaked coconut

In a large bowl, beat butter until light and fluffy. Gradually beat in sugar until light. Add eggs and beat well. Stir in banana. Combine flour, baking powder, soda and salt. Add to butter mixture, mixing until just smooth. Fold in pineapple and coconut. Spoon batter into 2 greased and floured 9 x 5-inch loaf pans. Bake in a preheated 350° oven until toothpick inserted in the center comes out clean, about 60 to 70 minutes.

KENTUCKY SPOON BREAD

Esther Eyberg

*1 stick margarine
1 (8-oz.) can cream-style corn
2 eggs, well beaten
1 (8-oz.) ctn. sour cream*

*1 box Jiffy corn muffin mix
1 (8-oz.) can undrained whole
kernel corn*

Melt margarine; add all other ingredients and mix well. Bake in a Pam greased 9 x 13-inch Pyrex dish at 350° for 35 minutes or until set in the middle. Serve immediately. Serves 10.

LEMON BREAD

Ruth Knutson

*1 pkg. lemon cake mix
1 box instant lemon pudding
½ c. oil
4 eggs*

*1 c. water
½ c. sugar
3 T. ReaLemon*

Mix cake mix, box of lemon pudding, oil, eggs and water. Beat 4 minutes. Grease and flour 3 (7½ x 4-inch) pans and 1 (3 x 5-inch) pan. Fill pans ½ full. Bake at 350° for 30 to 40 minutes. Test with a toothpick. Leave in pans 5 minutes. Remove. Heat the sugar and ReaLemon until it boils. Spoon on top of the bread and on the sides if any is left.

ONION BREAD FOR BREAD MAKER

Nancy Fry

*1¼ c. warm water
½ c. chopped onion
1 T. margarine
3½ c. bread flour*

*2 T. sugar
1 T. dry milk
1½ tsp. salt
2¾ tsp. bread machine yeast*

Place ingredients in bread pan in the order listed. Make hole in flour and put yeast in hole. Set bread machine for white bread, with desired crust color and selecting large loaf. Makes 1½-pound loaf.

POPPY SEED BREAD

Pam Caboth

*1 pkg. Betty Crocker Sunkist
lemon cake mix
½ c. liquid shortening
2 T. poppy seed*

*1 pkg. instant lemon pudding
4 eggs, beaten
1 c. water*

Combine all ingredients. Bake at 350° for 35 to 40 minute. Makes 3 small loaves. This is my mother's recipe.

PUMPKIN CHIP LOAF

Alice Hartman

*1³/₄ c. flour
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. nutmeg
1/4 tsp. ginger
1/4 tsp. cloves
1/2 c. butter
1 c. sugar*

*2 eggs
3/4 c. pumpkin
3/4 c. chocolate chips
3/4 c. chopped roasted & salted pecans
1/2 c. powdered sugar
1/4 tsp. cinnamon
1/4 tsp. vanilla
2 T. cream*

Cream butter and sugar. Blend in eggs and beat well at low speed. Add dry ingredients. Alternately with pumpkin, beginning and ending with dry ingredients. Stir in chips and pecans. Sprinkle top of loaf with 1/4 cup pecans, 1/2 cup goes into batter. Bake in a 9 x 6-inch loaf pan at 350° for 65 to 75 minutes. Mix together powdered sugar, 1/2 teaspoon cinnamon and vanilla. Blend in 2 tablespoons cream until the consistency of butter. Put glaze on cooled loaf. Cool 6 hours before cutting.

GOLDEN RAISIN BUNS

Norma Richard

*1 c. water
1/2 c. margarine
1 tsp. sugar
1/4 tsp. salt
1 c. flour
4 eggs*

*1/2 c. golden raisins
1 T. butter
1 1/2 T. cream
1 c. confectioners' sugar
1/2 tsp. vanilla
1/2 tsp. lemon flavoring*

Combine water, margarine, sugar and salt in a saucepan. Bring to a boil; add flour all at once. Then on low heat, beat with wooden spoon about 1 minute until mixture leaves the side of pan and forms a smooth, thick dough. Remove from heat; continue beating about 2 minute to cool. Add eggs one at a time, beating after each egg until mixture has a satin sheen. Stir in raisins. Form into buns. Bake at 375° for 30 to 35 minutes. To make frosting, melt 1 tablespoon butter. Stir in cream. Remove from heat and stir in confectioners' sugar. Stir until smooth. Add vanilla and lemon flavoring. Frost buns while still warm.



A smile is a curve that can set a lot of things straight.

MOCK RYE BREAD FOR BREAD MAKER

Doris Rye

6 T. oatmeal
¾ c. boiling water
¾ T. margarine
¾ tsp. salt
3 T. molasses

3 T. sugar
6 T. cold water
3 c. flour
1½ tsp. yeast

Mix oatmeal, boiling water, margarine, salt, molasses and sugar together and cool. Put in bread bucket $\frac{3}{8}$ cup (6 tablespoons) cold water and cooled liquid mixture. Add 3 cups flour and the yeast. Bake according to bread maker directions. This recipe is for 1½-pound loaf.

STRAWBERRY BREAD

Santy Sorbo

20 oz. frozen strawberries,
thawed
4 eggs
1¼ c. oil
1 tsp. baking soda

1 tsp. salt
3 tsp. cinnamon
3 c. flour
2 c. sugar
1 c. chopped nuts, opt.

Preheat oven to 350°. Grease and flour 2 loaf pans or 6 mini loaf pans. In first bowl combine strawberries, eggs and oil; set aside. In larger second bowl combine baking soda, salt, cinnamon, flour, sugar and nuts. Make a well in flour mixture and add strawberry mixture. Blend together until mixture is moistened. Pour into pans and bake for 1 hour.

TASTEE LOAVES AND BUNS

Norma Richard

2 pkgs. yeast
1 c. milk
1 c. warm water
½ c. sugar
½ c. margarine or butter

2 eggs
1½ c. cold water
4 tsp. salt
10 c. flour

Dissolve yeast in 1 cup warm water. Place milk, sugar and butter in a pan and bring to a boil. In mixing bowl beat eggs; add cold water and salt. Add hot liquid to this mixture; add yeast and enough flour to make a soft dough. Let rise until double. Punch down; let rise again. Make into loaves or buns. Bake at 375°.

WHITE BREAD FOR BREAD MAKER

Nancy Fry

*1¼ c. warm water
1 T. margarine
3 c. bread flour
2 T. sugar*

*1 T. dry milk
1½ tsp. salt
2½ tsp. bread machine yeast*

Place ingredients in bread pan in order listed making a hole in the flour and placing the yeast in the hole. Set machine for white bread, with desired crust color and selecting large loaf. Makes 1½-pound loaf.

WHOLE WHEAT BREAD

Viola Englestad

*1 pkg. yeast
¼ c. warm water
1½ c. warm water
½ c. brown sugar
1 tsp. salt*

*2 T. molasses
4 T. cooking oil
2 c. sifted whole-wheat flour
3½ c. white flour*

Dissolve yeast in ¼ cup water. Combine yeast, 1½ cups warm water, brown sugar, salt, molasses and oil. Stir. Add whole-wheat flour; mix thoroughly. Gradually add white flour to make a stiff dough, reserving ½ cup for kneading. Turn out on a floured board and knead until smooth and not sticky. Cover and let rise until double. Punch down and let rise again. Shape into 2 loaves. Cover and let rise. Bake at 350° for 30 to 35 minutes.

100% WHOLE WHEAT BREAD FOR BREAD MAKER

Nancy Fry

*1⅓ c. warm water
2 T. margarine
3½ c. whole-wheat flour*

*¼ c. packed brown sugar
1½ tsp. salt
2 tsp. bread machine yeast*

Place ingredients in bread pan in order listed making a hole and placing yeast in the hole. Select whole-wheat and crust texture and large loaf.

ZUCCHINI BREAD

Esther Isakson

*3 eggs
2 c. sugar
3 c. flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. soda*

*1 tsp. baking powder
1½ c. nuts
1½ c. coconut
1 c. oil
2 c. grated zucchini
2 tsp. vanilla*

Beat eggs; add sugar. Sift flour, salt, cinnamon, soda and baking powder together. Add to first mixture. Mix well. Add zucchini; vanilla, nuts, oil and coconut. Mix well. Pour into 2 loaf pans and bake 1 hour at 325°.

APPLESAUCE MUFFINS

Pastor Jane Johnston

1 c. oat bran
1/3 c. whole-wheat flour
1/2 c. bran
2 tsp. baking powder
1/3 tsp. ground cinnamon

2 egg whites
1/3 c. applesauce
1 c. skim milk
1/2 c. blueberries

In a large bowl combine oat bran, wheat flour, bran, baking powder and cinnamon. Set aside. In a smaller bowl combine egg whites and applesauce. Whisk in skim milk; then the liquid into the flour mixture in large bowl. Mix until moistened. Fold in blueberries. Spoon batter into 12 muffin cups coated with nonstick spray. Bake at 425° for 15 to 18 minutes or until muffins are lightly browned. Makes 12 muffins.

APRICOT MUFFINS

Verda Rierson

1 c. chopped dried apricots
1 c. boiling water
1 c. sugar
1/2 c. butter or oleo
1 c. sour cream

2 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 T. grated orange peel
1/2 c. chopped nuts

Soak apricots in water for 5 minutes. Cream your sugar and butter until fluffy. Add sour cream; mix well. Combine dry ingredients; stir into creamed mixture just until moistened. Drain apricots, discard liquid. Fold apricots, orange peel and nuts into the batter. Fill paper lined muffin cups 3/4 full. Bake at 400° for 18 to 20 minutes. Cool 10 minutes before removing to a wire rack. Yield: about 1 dozen.

BRAN MUFFINS

Conie Love

3 c. sugar
1 c. plus 2 T. shortening
5 tsp. soda
1 tsp. salt
4 c. All-Bran cereal

2 c. Nabisco 100% bran
2 c. boiling water
4 eggs
5 c. flour
1 qt. buttermilk

Put dry cereal in boiling water and set aside. Cream sugar, eggs and shortening. Add spices, flour, buttermilk and last add cereal. Bake in greased muffin tins for 20 minutes at 350°. Dough keeps in refrigerator for 4 to 5 weeks.

RAISIN BRAN MUFFINS

Amelia Manthe

*15-oz. pkg. raisin bran
1 c. melted oleo
2½ c. sugar
4 eggs*

*1 qt. buttermilk
5 c. flour
5 tsp. soda
2 tsp. salt*

Mix raisin bran, sugar, flour, soda and salt in a large bowl. Add the beaten eggs, shortening and buttermilk. Mix well! Fill greased muffin tins $\frac{2}{3}$ full or use paper cups. Bake at 350° for 15 to 20 minutes. Batter will keep in refrigerator for 6 weeks, or bake all of them as they freeze well.

REFRIGERATOR BRAN MUFFINS

Kay Doyle

*1 c. boiling water
1 c. 100% bran cereal
½ c. shortening, heaped
1½ c. white sugar
2 beaten eggs*

*2 c. buttermilk
2½ c. flour
2½ tsp. soda
½ tsp. salt
2 c. All-Bran cereal*

Put 1 cup 100% bran cereal in 1 cup boiling water and let stand. Cream shortening and sugar. Add eggs, buttermilk and scalded bran. Sift flour, soda and salt. Add all at once. Fold in All-Bran until moistened. Bake in muffin tins at 375° for 20 minutes. Keeps well in refrigerator up to 6 weeks. Raisins may be added.

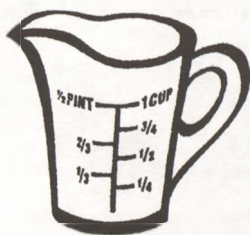
BUTTERMILK MUFFINS

Joyce King

*1 c. boiling water
1 c. Nabisco 100% Bran
½ c. oleo
1½ c. sugar
2 eggs*

*2 c. buttermilk
2½ tsp. soda
2 c. Kellogg's All-Bran
2½ c. flour
Salt*

Combine boiling water and 100% bran and let soak. Cream oleo and sugar. Add eggs. To this add the buttermilk. Add bran mixture. Stir in soda, flour, salt and All-Bran. Spoon mixture into muffin cups and bake 15 minutes at 400°. May keep up to 4 weeks in refrigerator.



RHUBARB MUFFINS

Sandy Sorbo

1½ c. brown sugar
½ c. corn oil
1 egg
2 tsp. vanilla
1 c. buttermilk
1½ c. diced rhubarb
½ c. chopped nuts
¼ tsp. black walnut flavoring

2½ c. flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
1 tsp. melted margarine
⅓ c. sugar
1 tsp. cinnamon

Mix well brown sugar, oil, egg, vanilla and buttermilk in a large bowl. Stir in rhubarb, nuts and flavoring. In small bowl add flour, soda, salt and baking powder. Add rhubarb mixture. Do not mix too much. Spoon batter into muffin pan. Mix topping of melted margarine, 1 cup sugar and cinnamon. Spoon topping over muffins. Bake at 350° for 25 minutes.

MORNING GLORY MUFFINS

Ollie Fry

4 c. flour
2¾ c. sugar
4 tsp. soda
4 tsp. cinnamon
1 tsp. salt
4 c. grated carrots
1 c. raisins

2 c. grated apples
1 c. chopped pecan or walnuts
1 c. coconut
6 lg. eggs
2 c. oil (Wesson)
4 tsp. vanilla

Beat together eggs, oil and vanilla. Add flour, sugar, soda, cinnamon and salt, which has been sifted, to the first liquid ingredients. Add carrots, raisins, apples, nuts and coconut. Fill muffin cups. Let stand 5 minutes. Bake at 350° for 35 minutes. Will make 4 dozen muffins. They freeze well.

RED LOBSTER GARLIC BISCUITS

Phylis Ruby

2 c. Bisquick
½ c. shredded cheese
¼ tsp. garlic powder

⅔ c. milk
½ c. butter

Preheat oven at 450°. In a bowl combine Bisquick, milk and cheese. Mix until dough is soft and forms. Beat 30 seconds. Drop big spoonfuls onto ungreased baking sheet. Bake 8 to 10 minutes. In bowl mix butter and garlic powder; brush on warm biscuits before removing from cookie sheet. Serve warm.

SAVORY BREAD STRIPS

Mildred Sunde

1 pkg. active dry yeast
6½ tsp. sugar
⅓ c. warm water
3 T. olive oil
2 T. dried minced onion
2 tsp. basil
1 tsp. oregano
1 tsp. sage
1 tsp. garlic powder

½ c. cold water
3 c. flour
1½ c. diced ham
1 c. shredded Parmesan cheese
½ c. ripe olives, cut up
½ c. chopped onion
½ c. minced fresh parsley
¼ c. olive oil
2 garlic cloves (minced)

Dissolve yeast and ½ teaspoon sugar in warm water; set aside. In a saucepan combine oil, onion, basil, oregano, sage and garlic powder. Cook over medium heat 1 minute. Remove from heat; stir in cold water. In mixing bowl combine flour and remaining sugar. Stir in oil and yeast mixture. Turn onto a floured surface and knead 3 minutes. Place dough in a greased 15 x 30-inch pan. Cover and let stand 15 minutes. Pat dough evenly into pan. Combine ham, Parmesan cheese, olives, onion, parsley, olive oil and cloves; sprinkle over top of dough. Bake at 375° for 25 to 30 minutes. Cut in 2 x 1-inch strips. Yields about 6 dozen.

SPICY BUNS

Marian Lundy

1 pkg. active dry yeast
3½ to 4 c. all-purpose flour
⅓ c. sugar
1 tsp. salt
½ tsp. cinnamon
½ tsp. nutmeg

¼ tsp. mace
⅛ tsp. ginger
⅔ c. water
½ c. (1 stick), butter
3 eggs
1 c. raisins or currants

Combine 2 cups flour, yeast, sugar, salt, cinnamon, nutmeg, mace and ginger. Heat water and butter to 120° to 130°. Add to flour mixture. Add eggs. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in raisins and remaining flour to make a firm dough. Knead on floured surface until smooth and elastic. Place in greased bowl. Cover, let rise in a warm place until doubled, about 1 hour. Punch down dough and roll to ½-inch thickness. Cut out 24 to 30 buns with a 1½ to 2-inch round cutter. Place on greased cookie sheets, 1½-inch apart. Cover, let rise in warm place until doubled, about 30 minutes. Bake at 350° for 10 to 12 minutes until golden brown. Remove from cookie sheets. Cool. Drizzle with icing. Yield: 24 to 30 buns.

DINNER ROLLS FOR BREAD MAKER

Nancy Fry

1 c. warm water
2 T. margarine
1 egg
3¼ c. bread flour

¼ c. sugar
1 tsp. salt
3 tsp. bread machine yeast

Place ingredients in bread pan in order listed making a hole in flour and placing yeast in the hole. Set machine for sweet dough cycle. When dough is done, divide into about 15 even pieces and roll into balls. Place on cookie sheet 2 inch apart. Brush with margarine, cover and let rise 1 hour until doubles in size. Bake at 350° about 8 minutes.

DINNER ROLLS

Mildred Sunde

2 c. milk, scalded
½ c. sugar
2 eggs
1 stick oleo (¼ lb.)
1½ tsp. salt

1 c. mashed potatoes
3 pkgs. yeast
½ c. warm water
6 c. flour

To scalded milk, add sugar, oleo and mashed potatoes. Beat eggs, warm water and yeast. Add to lukewarm milk mixture. Add about 3 cups flour and beat for along time. Add additional flour as needed to make soft dough. Place in greased bowl; set until double in size. Punch down and let rise again. Form into dinner rolls. Bake 20 minutes at 350°.

OVERNIGHT ROLLS

Doris Rye

2 c. boiling water
1 c. sugar
½ c. margarine
2 tsp. salt

1 pkg. yeast
¼ c. lukewarm water
2 eggs, beaten
7½ c. flour (about)

Boil water and sugar 5 minutes, remove from heat and add shortening. Cool to lukewarm and add salt and beaten eggs. Add 3 cups flour and mix with electric mixer. Add yeast dissolved in lukewarm water. Add remaining flour to make a soft dough (not sticky). Make dough about 4 p.m. At 7:00 p.m. knead down. Let rise until bed time; make into cinnamon rolls. Put in pans, grease top and cover with Saran Wrap and towel. Carefully remove in morning and bake first thing in a 350° oven for 20 minutes.

REFRIGERATE ROLLS

Lorinda Burkart

*2 c. water or potato water
2 pkg. yeast
1/2 c. sugar
2 tsp. salt*

*1 egg
1/4 c. shortening
6 1/2 to 7 c. flour*

Dissolve yeast in water in a mixing bowl. Add sugar, salt and about half of flour. Beat thoroughly for 2 minutes. Add egg and shortening. Gradually add remaining flour; mix until smooth. Cover with damp cloth. Place in refrigerator. Punch down occasionally. Can be left overnight. Let rise and shape into rolls. Bake 20 minutes at 350°. Makes 4 dozen rolls.

QUICK SWEET ROLLS

Marilyn Sampson

*1 c. heated milk
3 T. sugar
1 1/2 pkg. yeast
1/2 tsp. salt
3 to 3 1/4 c. flour*

*2 1/2 T. melted oleo
1 egg
2 c. brown sugar
3/4 stick oleo
Cinnamon to taste*

Mix milk, 3 tablespoons sugar, yeast, salt and 1 cup flour. Mix 2 minutes. Add egg, 2 1/2 tablespoons oleo and beat 1 minute. Add 2 to 2 1/4 cups flour. Rest dough 20 minutes. Roll out dough and spread on oleo, brown sugar and cinnamon. Roll up and cut into individual rolls. Place in a 9 x 3-inch greased pan and let rise. Bake at 350° for 20 to 25 minutes.

WAFFLES

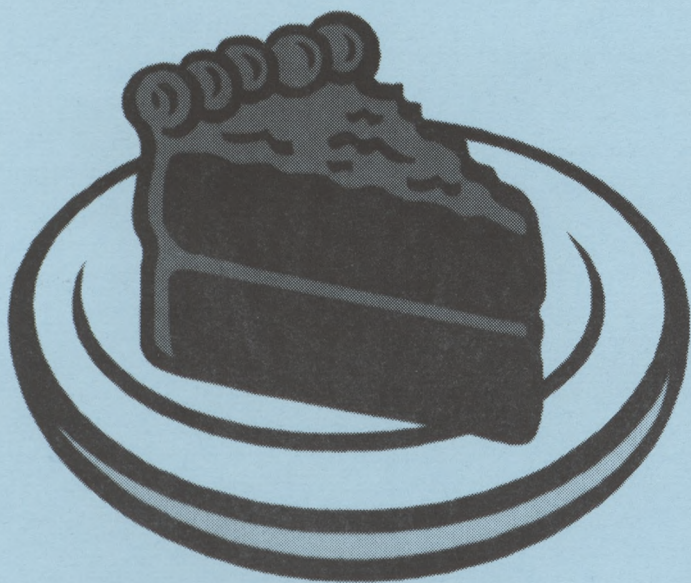
Algeta Twito

*2 c. milk, scalded
1 tsp. sugar
3 T. butter
2 c. flour, sifted*

*3 tsp. baking powder
1/2 tsp. salt
3 eggs, separated*

Mix scalded milk, butter, sugar, flour, baking powder, salt and 3 egg yolks. Then add 3 beaten egg whites; fold in. Pour in preheated waffle iron. Makes 8 large waffles.

When good friends are far apart, hearing from them warms the heart.



**CAKES
AND
FROSTINGS**

Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- Marshmallows can be used for candle holders on cakes.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and you can squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface. The slight melting of the frosting will give it that lustrous appearance.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.

CAKES & FROSTINGS

MOCK ANGEL FOOD CAKE

Barb Mustard

*2 c. cake flour
1 c. boiling water
2 tsp. baking powder
2 c. sugar*

*6 egg whites
1 tsp. vanilla
1/4 tsp. cream of tartar*

Sift flour and sugar together three times. Add boiling water and beat. Let cool overnight. Blend the baking powder and cream of tartar into mixture. Fold stiffly beaten egg whites into flour mixture. Add vanilla. Bake in oven at 375° until brown, approximately 35 to 40 minutes.

MOCK ANGEL FOOD CAKE

Lorraine Thornburg

*2 c. sugar
2 c. cake flour
1 c. boiling water
6 egg whites*

*1/4 tsp. cream of tartar
2 tsp. baking powder
1 tsp. vanilla*

Sift sugar and flour together three times. Add the boiling water. Stir well and let cool a little. Beat egg whites until frothy. Add cream of tartar and baking powder. Beat again until they will stand in peaks. Fold into the flour mixture. Add vanilla. Bake in an ungreased 9 x 13-inch pan. May use a tube pan. Bake at 350° for 25 to 30 minutes.

GERMAN APPLE CAKE

Elsie Dalen

*2 lg. or 3 sm. eggs
1 c. salad oil
2 c. sugar
2 c. flour
1 tsp. cinnamon
1 tsp. soda
1/2 tsp. salt*

*4 c. peeled & cut up apples
1/2 c. nuts
2 sm. or 1 lg. Philly cream cheese
2 T. soft butter
1 tsp. vanilla
1 1/2 c. powdered sugar*

Combine eggs and salad oil; beat until light and foamy. Add sugar, flour, cinnamon, salt and soda to egg mixture and beat. Add apples and nuts. Bake at 350° for 45 to 60 minutes. Frost with cream cheese, butter, vanilla and powdered sugar. Can be cut into bars.

FRESH APPLE CAKE

Jennie Hedrick

1 c. flour
1 tsp. baking soda
½ tsp. salt
¾ tsp. cinnamon
½ tsp. nutmeg
¼ c. shortening

1 c. sugar
1 egg, well beaten
2 c. chopped apples
1 c. chopped walnuts
Whipped cream

Sift together flour, baking soda, salt, cinnamon and nutmeg. Set aside. Add sugar to shortening, beating until fluffy. Add egg and beat. Stir in apples. Beat only until blended. Add dry ingredients in thirds to creamed mixture, beating until smooth. Blend in nuts. Bake in a greased 8 x 8-inch square pan at 350° for 45 minutes. Serve with whipped cream.

APPLE CAKE WITH CARAMEL SAUCE

Norma Richard

2 T. oil
1 egg
1 pkg. nut bread mix
3 c. apple pie filling
2 tsp. cinnamon
½ tsp. nutmeg

½ c. chopped nuts
½ c. sugar
½ c. brown sugar
½ c. butter or margarine
½ c. whipping cream
1 tsp. vanilla

Heat oven to 325°. Spray 9 x 13-inch pan with nonstick spray. In a large bowl, combine oil and egg; beat well. Add bread mix, apple pie filling, cinnamon and nutmeg. Stir until mix is moistened. Stir in nuts; bake 45 to 55 minutes. For sauce mix together sugars, butter and cream in a saucepan. Bring to a boil, stirring occasionally. Remove from heat. Stir in vanilla. Serve sauce on top of pieces of warm cake. Serves 12 to 15.

APRICOT-GELATIN CAKE

Marie Haukoos

5 eggs, separated
1 regular size box yellow cake mix
1 (3-oz.) pkg. lemon gelatin
2 T. flour

1½ c. apricot nectar
1 tsp. lemon flavoring
½ c. lemon juice
¼ tsp. orange flavoring
2 c. powdered sugar

Beat egg whites until stiff. In another bowl combine cake mix, dry gelatin, flour, apricot nectar, egg yolks and lemon flavoring. Beat until very light and fluffy and smooth. Fold in egg whites. Turn into greased and floured 9 x 13-inch pan. Bake at 350° for 30 to 35 minutes or until cake tests done. While cake is hot, prick clear through with 2-tined fork. Combine lemon juice, orange flavoring and powdered sugar. Pour over top of cake so this glaze seeps down into holes. Excellent hot or cold.

BEAU CATCHER CAKE

Pastor Jane Johnston

1 lb. brown sugar
1/2 lb. butter
2 eggs
3 c. sifted cake flour
1/2 c. cocoa

2 c. hot water
1/2 c. buttermilk
1 tsp. soda
1 tsp. vanilla

Cream together brown sugar, butter and eggs. Dissolve cocoa in hot water. Alternately add cake flour and coca mixture to creamed mixture. Dissolve soda in buttermilk. Add this and vanilla to cake mixture. Pour into 2 9 x 9-inch or 8 x 8-inch pans that are greased and floured. Bake at 350° for 40 minutes. Needs no frosting!

CARAMEL UPSIDE DOWN CAKE

Ione Johnson

1 cake mix (yellow or chocolate) **1/2 bottle caramel topping**
1 can sweetened condensed milk

Bake one yellow cake mix or chocolate if desired, according to directions. Poke holes in cake with a fork as soon as done. Immediately pour sweetened condensed milk over top of cake, urging it to run into holes. Then pour caramel topping over cake, urging it into holes. Serve with whipped topping drizzled with more caramel topping. You may add butter or chipped Heath bars on top of cream. Rich and creamy!

FESTIVE CARROT CAKE

Ruth Albrant

1 1/2 c. cooking oil
2 c. sugar
2 tsp. cinnamon
2 tsp. vanilla
1 tsp. salt
4 eggs
2 1/4 c. flour

2 tsp. baking soda
1 (8-oz.) can pineapple (crushed)
2 c. shredded carrots
2 c. shredded coconut
1 c. chopped walnuts
1 c. raisins

Combine oil, sugar, cinnamon, vanilla and salt; blend well. Add eggs and beat well. Add flour, baking soda and crushed pineapple. Fold in carrots, coconut, walnuts and raisins and blend well. Bake at 350° for 50 to 60 minutes using a 9 x 13-inch greased and floured pan. Top with cream cheese frosting. Great for Easter!

CARROT SHEET CAKE

Mildred Sunde

4 eggs
1 c. vegetable oil
2 c. sugar
2 c. flour
2 tsp. soda
¼ tsp. baking powder
2 tsp. cinnamon
½ tsp. salt

3 c. shredded carrots
⅔ c. walnuts, chopped
1 (8-oz.) pkg. cream cheese
½ c. butter or oleo
1 tsp. vanilla
4 c. powdered sugar
⅔ c. chopped walnuts

In mixing bowl, beat eggs, oil and sugar until smooth. Combine flour, soda, baking powder, cinnamon and salt. Add to egg mixture and beat well. Stir in carrots and nuts. Pour into a 15-inch and a 10-inch pan. Bake at 350° for 35 minutes. Cool. For frosting, beat cream cheese, oleo or butter and vanilla in a bowl until smooth. Beat in sugar; spread on cake and sprinkle with nuts. Makes 24 to 30 pieces.

MIX IN THE PAN CHOCOLATE CAKE

Stella Birkland

6 T. cocoa
2 c. sugar
3 c. flour
2 tsp. soda
½ tsp. salt

2 T. vinegar
2 tsp. vanilla
10²/₃ T. melted margarine
2 c. cold water

Place large sifter in cake pan and sift cocoa, sugar, flour, soda and salt. Put 3 holes in dry mixture and put vinegar, vanilla and margarine in holes. Pour cold water over all and stir well until blended. Bake at 350° for 35 minutes. This is very good with 7 minute frosting on it.

OUR FAVORITE CHOCOLATE CAKE

Marie Haukoos

1 c. corn oil
1 c. buttermilk
2 eggs
1 tsp. butter flavoring
2 c. sugar
2 c. cake flour, sifted

¼ tsp. salt
½ c. cocoa
1 T. soda
1 tsp. vanilla
1 c. boiling water

Beat oil, buttermilk, eggs and butter flavoring. Sift dry ingredients together. Stir into first mixture. Beat well; add vanilla. Last stir in boiling water. Very thin batter. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 45 minutes.

ZUCCHINI CHOCOLATE CAKE

Ione Johnson

*1/2 c. vegetable oil
1/2 c. margarine
2 c. sugar
2 eggs
1 tsp. vanilla
1/2 tsp. salt
2 1/2 c. flour*

*4 T. cocoa
1/2 tsp. soda
1/2 c. sour milk
2 c. grated zucchini
6 oz. chocolate chips
1/2 c. chopped nuts*

Mix oil, margarine and sugar; add eggs, vanilla and salt. Add flour, cocoa and soda and mix. Add sour milk and zucchini and mix and put into 9 x 13-inch pan. Sprinkle chocolate chips and nuts on top and bake at 350° for 40 minutes.

CHOCOLATE CHIP CAKE

Virginia Knutson

*1 1/4 c. sugar
1 c. butter
2 eggs
1 1/2 tsp. red food coloring
1 3/4 c. flour*

*1 tsp. baking soda
3 T. cocoa
1 c. water
1/2 c. chopped nuts
1 c. chocolate chips*

Cream sugar and butter. Add eggs. Beat together. Add food coloring to water. Sift flour, soda and cocoa. Add water and flour mixture alternately to creamed sugar, butter and egg mixture. Put in a 9 x 13-inch cake pan. Sprinkle chocolate chips and nuts on top. Bake in 350° oven for 30 to 35 minutes.

CHOCOLATE CHIP CAKE

Dorothy Lundy

*1 (18.25-oz.) box chocolate cake
mix
1 c. sour cream
1/4 c. warm water*

*4 eggs
1/4 c. oil
1 (6-oz.) pkg. chocolate chips*

Mix cake mix, sour cream, water, eggs, oil and chips together. Pour into greased bundt pan. Bake 40 to 45 minute at 350°.

SOUR CREAM CHOCOLATE CAKE

Sandy Jenson

1½ c. sugar	1½ c. flour
1½ c. cream (whipping cream can be out dated)	1½ tsp. soda
3 eggs	½ tsp. salt
	3 T. cocoa

Cream together sugar, whipping cream and eggs. Add flour, soda, salt and cocoa. Bake at 350° until toothpick comes out clean; 25 to 30 minutes.

Note: Good way to use up outdated whipping cream. Recipe from Cece-lia Jenson.

HELEN'S SOUR CREAM CHOCOLATE CAKE

Connie Love

2 c. sugar	3 T. cocoa
2 eggs	1 tsp. vanilla
1 c. sour cream	1 tsp. soda
2 c. flour	1 c. boiling water

Beat eggs and sugar. Then add sour cream, flour, cocoa, vanilla and soda and mix. Last add 1 cup boiling water and mix all together. Bake in 9 x 13-inch pan at 350° for 30 to 35 minutes.

COCONUT CREAM CAKE

Hazel Erickson

1 white or yellow cake mix	1 sm. can Mexican creme de coco
1 T. oil	½ c. coconut
1 tsp. cocoa extract	12 oz. Cool Whip

Mix cake as directed on box adding oil and coconut extract. Bake according to box directions. While cake is still hot, poke holes in cake and drizzle creme de coco over cake. Cool cake. Frost with Cool Whip. Sprinkle coconut over top.

*The Lord sometimes takes us into troubled water – not to drown us,
but to cleanse us.*

BOHEMIAN COFFEE CAKE

Mildred Sunde

3 c. flour
1 c. brown sugar
1 tsp. salt
1 c. chopped dates
1 c. sour milk

1/2 c. oleo
1 c. white sugar
1 tsp. cinnamon
1 c. nuts
1 tsp. soda

Combine flour, brown sugar, salt, white sugar and cinnamon. Cut in oleo. Take out 1/2 cup for topping. Add dates, nuts, milk and soda dissolved in the milk. Spread on a cookie sheet and sprinkle with 1/2 cup reserved for the topping. Bake for 30 to 40 minutes in a 350° oven.

OVERNIGHT COFFEE CAKE

Stella Birkland

2 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. baking powder
3/4 c. margarine
1/2 c. brown sugar, packed
1/2 c. white sugar

2 beaten eggs
1 c. buttermilk
1 tsp. vanilla
1 c. brown sugar
2 T. cinnamon
1/2 tsp. nutmeg
1/2 to 3/4 c. nuts

Cream margarine and sugars together. Add beaten eggs. Sift together flour, salt, soda and baking powder. Add to creamed mixture alternately with buttermilk. Add vanilla. Pour 1/2 batter into a greased 9 x 13-inch pan. Mix together 1 cup brown sugar, cinnamon, nutmeg and nuts and sprinkle 1/2 of this mixture on cake batter. Pour rest of cake batter in pan and sprinkle with last of the topping mixture. Cover and refrigerate until morning or bake immediately at 350° for 30 to 40 minutes. Very good.



The greatest love mankind will ever experience is God's eternal love.

GAIL NELSON'S "NIGHT BEFORE" COFFEE CAKE

Helen Ann Lindholm

*2/3 c. margarine
1 c. sugar
1 c. brown sugar
2 eggs
2 c. flour
1 tsp. baking powder
1/2 tsp. salt*

*1 tsp. cinnamon
1 tsp. soda
1 c. buttermilk
1/2 c. brown sugar
1/2 c. chopped nuts
1/2 tsp. nutmeg*

Cream margarine and sugars; add eggs and mix. Add flour, baking powder, salt and cinnamon. Dissolve soda in buttermilk and add; mix lightly. Pour into a greased 9 x 13-inch pan. Mix 1/2 cup brown sugar, 1/2 cup chopped nuts and 1/2 teaspoon nutmeg and place on top of batter. Refrigerate overnight. Bake at 350° for 35 to 40 minutes.

OVERNIGHT COFFEE CAKE

Marilyn Sampson

*2/3 c. oleo
1/2 c. sugar
1/2 c. brown sugar
2 eggs
2 c. flour
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon*

*1/2 tsp. salt
1 c. buttermilk
4 T. melted oleo
1 c. brown sugar
1 tsp. cinnamon
4 T. heaping flour
1/2 c. chopped nuts*

Mix together oleo and sugars. Add eggs. Alternate flour and spices with buttermilk, mixing small amount at a time. Put in 9 x 13-inch greased pan. For topping mix 4 tablespoons melted oleo, 1 cup brown sugar, 1 teaspoon cinnamon, 4 heaping tablespoons flour and chopped nuts. Sprinkle over top. Refrigerate overnight and bake 35 to 40 minutes at 350°. If you don't refrigerate, bake 30 minutes.

DEVIL'S FOOD CAKE

Lorinda Burkart

*1/2 c. butter
2 c. sugar
2 eggs
1 c. sour milk
2 1/2 c. flour*

*2/3 c. cocoa
1/2 tsp. soda
1/4 tsp. salt
1 c. boiling water
1 tsp. vanilla*

Cream butter and sugar. Add eggs. Add sour milk. Sift flour, cocoa and salt. Add to mixture. Dissolve soda in boiling water and add to mixture. Add vanilla. Pour in cake pan. Bake at 350° for 30 to 35 minutes.

FRIENDSHIP CAKE STARTER

Sandy Sorbo

*3/4 c. canned, sliced peaches with
syrup*
3/4 c. canned pineapple & syrup
*1 (4-oz.) jar maraschino cherries,
drained & halved*

1 1/2 c. sugar
1 pkg. yeast
1/2 c. sliced peaches
*1/2 c. canned pineapple with
syrup*

In a gallon jar with lid, combine $\frac{3}{4}$ cups peaches, $\frac{3}{4}$ cup pineapple, cherries, sugar and yeast. Mix well. Stir 2 times the first day. Stir once a day afterwards. Keep loosely covered and do not refrigerate. After 2 weeks, add $\frac{1}{2}$ cup peaches and $\frac{1}{2}$ cup pineapple. Let stand 2 more days, stirring daily. Drain and use fruit for cake. This leaves $1\frac{1}{2}$ cups for new starter batch.

FERMENTED FRUIT FOR CAKE

Sandy Sorbo

1 1/2 c. starter
7 1/2 c. sugar, divided
1 lg. can peaches & syrup
1 lg. can fruit cocktail & juice

*1 lg. can crushed pineapple &
syrup*
1 (10-oz.) jar maraschino cherries

Place in 1 gallon jar the starter, $2\frac{1}{2}$ cups sugar and peaches. Stir and cover loosely. Stir for 10 days once a day. On 11th day, add $2\frac{1}{2}$ cups sugar and pineapple. Stir once a day for 10 days. Then add $2\frac{1}{2}$ cups sugar, cherries and fruit cocktail. Stir once a day for 10 days. On 11th day, drain fruit and divide into thirds. The juice is the leftover starter. Place $1\frac{1}{2}$ cups juice into containers and pass onto 2 friends, keeping $1\frac{1}{2}$ cups juice for yourself. Use fruit to make cake or it freezes for use later. This is enough fruit for 3 cakes.

FRIENDSHIP CAKE

Sandy Sorbo

1 box white pudding cake mix
2/3 c. oil
2 eggs

1/3 fermented fruit
1 c. chopped nuts

Grease a bundt pan and preheat oven to 350°. Combine all ingredients until smooth. Bake 50 to 60 minutes until toothpick comes out clean. May glaze cake or leave plain. Freezes well. Great for Christmas presents.

FRUIT COCKTAIL CAKE

Mavis Wilson

- | | |
|----------------------------------|---------------------------------|
| 2 c. flour | 1 stick oleo |
| 1½ c. sugar | 1 c. sugar |
| 2 scant tsp. soda | 1 sm. can condensed milk |
| 2 eggs | 1 c. nuts |
| 1 (#3) can fruit cocktail | 1 c. coconut |

Mix sugar and eggs. Add flour, soda and fruit cocktail. Bake in 9 x 13-inch pan for 30 minutes at 350°. Cook oleo, sugar and milk for 5 minutes. Add nuts and coconut. Spread over top of cake.

FUDGE PUDDING CAKE

Lila Hanson

- | | |
|-----------------------------|----------------------------|
| ¾ c. white sugar | ½ c. milk |
| 1 T. butter | ½ tsp. vanilla |
| 1 c. flour | ½ c. white sugar |
| ¼ tsp. salt | ½ c. brown sugar |
| 1 tsp. baking powder | ½ c. cocoa powder |
| 1½ T. cocoa powder | 1½ c. boiling water |

Mix together ¾ cup sugar and butter. Mix flour, salt, baking powder and cocoa. Mix all together with milk and vanilla. Spread in 9 x 9-inch greased dish. To make sauce, mix together ½ cup white sugar, brown sugar, cocoa and boiling water and pour over batter. Bake at 350° for 35 minutes. Serve warm topped with whipped cream.

MOTHER'S GINGERBREAD

Alice Voster

- | | |
|---|---------------------------|
| ½ c. brown sugar | ½ c. boiling water |
| ½ c. butter or oleo | 1 tsp. baking soda |
| 1 egg, beaten | 1½ c. flour |
| ½ c. molasses, green label-Brer
Rabbit | 2 tsp. ginger |
| | 1 tsp. cinnamon |

Cream sugar and butter together. Add beaten egg. Mix well. Put soda in cup; add molasses and water and mix well. Add to mixture. Add flour and spices and beat well. Bake in an 8 x 10-inch greased and floured pan at 300° for 25 to 30 minutes. Serve with whipped cream and sliced peaches.

HAWAIIAN DUMP CAKE

lone Johnson

1 pkg. yellow cake mix
1 can crushed pineapple
(undrained)

1 can cherry pie filling
1 c. chopped pecans
1/2 c. butter or margarine

Dump pineapple in 9 x 13-inch cake pan. Spread cherry pie filling over it and spread evenly. Dump dry cake mix on top. Sprinkle pecans over cake mix. Spread thinly sliced butter or margarine over top. Bake in 350° oven for 45 to 50 minutes. Serve with whipped topping.

HILLANDALE KITCHEN 7

Jeanette Voetmann

MINUTE CHEESE CAKE

1 c. milk
1 c. sugar
4 eggs

2 (8-oz.) pkgs. cream cheese
2 T. cornstarch
1 tsp. vanilla

Put all ingredients in a blender for 7 minutes (mix); then pour into well greased cake pan 8 x 8 x 2-inch and bake at 325° for 1 (one) hour.

JELLYROLL

Lorinda Burkart

3 eggs, separated
1 c. sugar
1 1/2 c. flour
2 tsp. baking powder

Pinch cream of tartar
2 1/2 c. warm water
Jelly

Sift flour and measure; add baking powder and sift 3 times. Beat egg whites until stiff. Add sugar gradually beating thoroughly. Fold in beaten yolks and add cream of tartar. Add flour and water alternately. Spread thick and evenly in 11 x 15-inch pan and bake 12 to 15 minutes at 350°. Spread with jelly and roll.

JELLY ROLL

Verda Rierson

4 eggs
4 T. water
1 c. sugar
1 c. flour
3 tsp. baking powder

1/2 tsp. salt
Powdered sugar
Jelly or jam, any flavor
1 tsp. vanilla

Beat eggs and water until light in color. Add sugar 1 tablespoon at a time and keep beating. Add baking powder and salt to flour and sift into egg mixture; add vanilla and mix lightly. Line an 11 x 15-inch pan with waxed paper and grease. Bake 12 to 15 minutes at 350°. Remove from oven and invert pan onto a cloth dusted with powdered sugar. Remove waxed paper and spread with jelly or a favorite jam; roll and cool on a rack.

LAZY DAISY CAKE

Ione Johnson

2 eggs
1 c. sugar
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. milk

1 T. butter
5 T. brown sugar
2 T. cream
2 T. melted butter
1/2 c. coconut

Beat eggs until light and thick. Gradually mix eggs with sugar. Combine flour, baking powder and salt and add to egg mixture. Heat milk with 1 tablespoon butter and add to mix. Pour into 9 x 9-inch pan and bake 25 minutes at 350°. For frosting, mix together brown sugar, cream and 2 tablespoons butter and coconut, spread on cake. Broil 5 minutes. Good served warm.

LEMON DREAM CAKE

Jennie Hedrick

1 pkg. lemon or yellow cake mix
1 c. water
3/4 c. Mazola oil
**1 pkg. lemon Jello or Instant
lemon pudding**

4 eggs
2 c. powdered sugar
1/2 to 3/4 c. lemon or orange juice

Combine cake mix, water, oil, Jello or pudding and eggs until light and fluffy. Bake in a greased 9 x 13-inch pan for 35 to 40 minutes at 350°. Take cake out of oven and prick holes with a fork. Make glaze of juice and powdered sugar. Drizzle over cake. May serve with whipped topping. Freezes well.

MANDARIN PINEAPPLE CAKE

Ann Goebel

1 yellow cake mix
4 eggs, beaten
**1 (11-oz.) can mandarin
oranges & juice**
1/4 c. oil

**1 pkg. Jello vanilla Instant
pudding**
1 (11-oz.) can crushed pineapple
1 (8-oz.) tub Cool Whip

Mix together cake mix, oil, eggs, mandarin oranges and juice for 2 minutes. Bake in a greased and floured 9 x 13-inch pan for 30 minutes at 350°. Cool. Mix pudding and pineapple together stirring very fast as it thickens quickly. Spread on cake. Then spread Cool Whip over top. Refrigerate until ready to serve.

OATMEAL CAKE

1 c. boiling water
 1 c. quick oatmeal
 1/2 c. butter
 1 1/2 c. brown sugar
 2 eggs (beaten)
 1 c. plus 2 T. flour

1 tsp. soda
 1/2 tsp. cinnamon
 1/2 tsp. salt
 1 tsp. vanilla
 1/2 c. raisins
 Nuts (opt.)

Pour boiling water over oatmeal and let cool. Cream butter with brown sugar and add beaten eggs. Add to oatmeal mixture. Add sifted flour, soda, cinnamon and salt. Add vanilla and raisins. Mix well. Put in 9 x 13-inch pan. Bake at 350° for 35 to 40 minutes. Frost with caramel frosting or top with whipped topping.

ORANGE-ALMOND CAKE

Barb Fransdal

1 angel food cake mix
 1 1/2 c. milk
 1/4 c. cornstarch
 1 c. sugar
 1/2 tsp. salt
 2 eggs
 Cool Whip

1/2 c. slivered almonds
 1 1/2 T. lemon juice
 1 tsp. orange flavoring
 1/4 tsp. butter flavoring
 2 sm. cans mandarin oranges
 Juice from 1 1/2 cans of oranges

Bake cake according to directions on box. Cool. Cut cake in 3 layers. Drain oranges. Scald milk. Beat eggs slightly. Add to milk. Stir in cornstarch, sugar and salt. Mix well and add orange and lemon juice. Be sure to mix well before adding juices to prevent curdling. Cook until thick. Cool. Add flavorings, oranges and almonds. Spread between cake layers. Frost with Cool Whip or whipping cream.

PINEAPPLE CREAM CAKE

Ollie Fry

1 (18 1/2-oz.) pkg. yellow cake mix
 2 eggs
 1 (11-oz.) can mandarin oranges,
 drained
 1 (15-oz.) can crushed pineapple,
 juice reserves

1/2 c. mayonnaise
 1 (12-oz.) ctn. whipped topping,
 thawed
 2 sm. pkgs. instant vanilla
 pudding

Preheat oven to 350°. Combine cake mix, eggs, mandarin oranges, reserved pineapple juice and mayonnaise. Beat until blended. Pour into sprayed nonstick baking dish 9 x 13-inch. Bake 25 to 30 minutes. Allow to cool. Combine whipped topping, pudding mixes and crushed pineapple with a spoon. Spread over cake. May be served with whipped cream and celery.

PISTACHIO BUNDT CAKE

Ione Johnson

*1 white cake mix
4 eggs
1/2 c. oil
1 c. club soda pop
2 pkgs. instant pistachio pudding
mix*

*1 tsp. almond flavoring
1 c. chopped nuts
1 c. chopped maraschino cherries
(if desired)*

Mix cake mix, eggs, oil, pop, pudding and almond flavoring four minutes. Fold in nuts and cherries, if desired. Pour into greased and floured bundt pan. Bake at 350° for 1 hour. Cool 5 to 10 minutes and remove from pan. Dust with powdered sugar or drizzle with glaze.

STRAWBERRY SHORTCUT CAKE

Deanna Sorbo

*1 c. miniature marshmallows
2 (10-oz.) pkg. frozen
strawberries, thawed
3-oz. pkg. strawberry Jello
1 pkg. white cake mix*

*1 c. water
1/3 c. oil
2 eggs
Whipped cream*

Generously grease 9 x 13-inch pan. Sprinkle marshmallows over bottom of pan. In bowl combine strawberries and Jello and set aside. In large bowl blend cake mix, water, oil, and eggs until moistened. Beat 2 minutes at highest speed. Pour batter over marshmallows in pan. Spoon strawberry mixture evenly over batter. Bake at 350° for 35 to 45 minutes or until cake is done. Cool completely. Serve inverted. Top with whipped cream.

RHUBARB CAKE

Thelma Munson

*1 yellow cake mix
5 c. rhubarb*

*1 c. sugar
1/2 pt. whipping cream*

Mix cake mix as on box. Put in a 9 x 13-inch pan. Add diced rhubarb and sugar. Then pour the unwhipped cream over all. Bake at 350° for 50 to 55 minutes.

RHUBARB CAKE

Elaine Dalen

*4 c. chopped rhubarb
1 box yellow or white cake mix*

*2 c. white sugar
1 pt. whipping cream*

Put sugar over top of rhubarb and mix well; put in a greased 9 x 13-inch cake pan. Mix cake mix as directed on top. Pour over rhubarb mixture. Dribble whipping cream over top and bake 40 to 50 minutes at 350°.

SUNSHINE CAKE

Helen Grethen

1 box yellow cake mix
1 (11-oz.) can mandarin oranges
4 eggs
½ c. cooking oil

1 (8-oz.) tub Cool Whip
1 (No. 2) can crushed pineapple
1 sm. box vanilla instant pudding mix

Mix cake mix as directed on box. Add drained oranges, eggs and oil. Mix. Bake in 9 x 13-inch pan 30 to 40 minutes at 350°. Beat crushed pineapple with juice into box of pudding. Mix until stiff. Fold in Cool Whip. Top cooled cake.

BEAT 'N EAT FROSTING

Sandy Sorbo

1 egg whites, unbeaten
¼ c. sugar
¼ tsp. cream of tartar

1 tsp. vanilla
½ c. boiling water

Beat all ingredients until stiff. This is like a 7-Minute cooked frosting.

BROWNIE FROSTING

Marjean Kaltved

1½ c. sugar
6 T. oleo
6 T. milk

½ c. milk chocolate chips
4 to 5 lg. marshmallows

Boil the sugar, oleo and milk one minute. Add the chocolate chips and marshmallows and beat until stiff. Spread on cake or brownies.

BROILED FROSTING

Rhonda Olson

8 T. butter or margarine
1 c. brown sugar

4 T. milk
1 c. coconut

Combine butter, sugar and milk. Bring to a boil. Add 1 cup coconut. Spread on hot cake. Broil a few minutes until it bubbles. Good for German chocolate cake.

BUTTER SAUCE

Ione Johnson

¼ c. melted butter
2 T. flour
Boiling water

1 c. sugar
1 tsp. vanilla

Combine butter and flour and add enough boiling water until it is syrup consistency and bring to boil. Add sugar and vanilla. Stir. Use warm or cold. Excellent on apple cake or bread pudding.

EASY FUDGE FROSTING

lone Johnson

1½ c. sugar
⅓ c. milk
½ c. margarine

1 tsp. vanilla
½ c. chocolate chips

Combine sugar, milk and margarine in saucepan and bring to a full rolling boil. Boil 1 minute. Remove from heat; add vanilla and chocolate chips. Stir until chips are melted and spread on cake or brownies. Especially good on brownies.

CHOCOLATE FROSTING

Amelia Manthe

1⅓ c. sugar
6 T. oleo
6 T. milk

½ c. chocolate chips
½ c. miniature marshmallows

Mix the sugar, oleo and the milk and cook in saucepan, boiling for 1 minute. Add the ½ cup of chocolate chips and ½ cup of miniature marshmallows. Beat well. Good for cake or brownies. 5 large marshmallows may replace ½ cup miniature marshmallows.

CHOCOLATE MARSHMALLOW FROSTING

Sandy Sorbo

1⅓ c. sugar
6 T. margarine
6 T. milk

⅔ c. chocolate chips
1 c. mini marshmallows

Combine in saucepan the sugar, margarine and milk. Boil for three minutes. Remove from heat; add chocolate chips and marshmallows. Stir until melted. Covers 9 x 13-inch cake.

CHOCOLATE FUDGE FROSTING

Sandy Sorbo

½ c. margarine
½ c. unsweetened cocoa
3 c. powdered sugar

¼ c. milk
1 tsp. vanilla

In a small saucepan over medium heat melt the margarine. Blend in cocoa and heat to a boil, stirring constantly. Pour in a large bowl and cool. Blend in powdered sugar, milk and vanilla. Makes 2 cups of frosting.

CHOCOLATE CHIP FROSTING

Mavis Wilson

*1½ c. sugar
1 stick oleo
6 T. milk*

*½ c. chocolate chips
½ c. miniature marshmallows
1 tsp. vanilla*

Boil sugar, oleo and milk for 2 minutes. Take off heat and add chocolate chips, marshmallows and vanilla. Beat until well blended and somewhat thickened. If too stiff, add a drop or so of hot water.

COCONUT-PECAN FROSTING

Ione Johnson

*⅔ c. (sm. can) evaporated milk
⅔ c. sugar
2 egg yolks
⅓ c. margarine*

*1 c. coconut
⅔ c. chopped pecans
1 tsp. vanilla*

Combine milk, sugar, egg yolks and margarine in saucepan and cook and stir for 12 minutes until thickened. Remove from heat and add coconut, pecans and vanilla; stir. Frost cake. Enough for one 9 x 13-inch cake. Good for chocolate cake.

COOL WHIP FROSTING

Ollie Fry

*1 pkg. Jello instant pudding
(butter pecan is good)
1 c. cold milk*

*1 (8-oz.) ctn. Cool Whip
1 sm. can pineapple*

Blend pudding and milk together until thick. Add Cool Whip. Drain pineapple and add to first mixture. Store in refrigerator and use as topping on cake as needed.

EASY CAKE FROSTING

Ione Johnson

*1 sm. can crushed pineapple
1 (8-oz.) bowl whipped topping
(thawed)*

*1 sm. box instant pudding (any
flavor)*

Combine all ingredients and frost cooled cake. Refrigerate cake after frosted.

EASY FROSTING

Barb Mustard

*1/2 c. shortening
2 1/2 c. powdered sugar
2 T. flour
2 T. butter*

*2 T. milk
1/2 tsp. salt
2 tsp. vanilla
1 egg white*

Place all ingredients in a bowl and beat until it is the texture of whipped cream. For chocolate frosting, add 1/4 cup cocoa. Cover two layer cake, loaf cake or angel food cake.

FROSTING

Rhonda Olson

*4 T. soft butter or margarine
1 pkg. Philly cream cheese*

*1/2 tsp. vanilla
3 c. powdered sugar*

Combine all ingredients and mix well. Spread on cake.

BAKERY FROSTING

Sandy Sorbo

*3 1/2 c. powdered sugar
1/2 c. Crisco
1/2 c. butter*

*2 egg whites, beaten
1/4 tsp. salt
1 tsp. almond flavoring*

Cream together Crisco and butter, half of the powdered sugar and salt. Add egg whites beaten to white stage but not stiff and almond flavoring. Add the rest of the powdered sugar and beat with electric beater.

DECORATING FROSTING

Sandy Sorbo

*1/2 c. butter
1/2 c. Crisco
4 c. powdered sugar (sifted)*

*1/4 tsp. salt
1 egg white
1/2 tsp. vanilla*

Place all ingredients in a bowl. Beat well.

JEAN'S DECORATOR'S FROSTING

*1 lb. powdered sugar
1/2 c. Crisco*

*2 egg whites
1 tsp. vanilla*

Combine powdered sugar, Crisco, egg whites and vanilla in a bowl. Beat with electric mixer until fluffy. Good for angel food cake.

7-MINUTE FROSTING

Sandy Sorbo

2 egg whites, unbeaten
1½ c. sugar
5 T. water

1½ tsp. light corn syrup
1 tsp. vanilla
¼ tsp. cream of tartar

Mix egg whites, sugar, corn syrup and cream of tartar in the top of a double boiler over boiling water. Beat until frosting stands in peaks. Remove from heat and add water; add the vanilla. Make enough to cover a 2-layer cake.

WHIPPED TOPPING

Sandy Sorbo

⅓ c. ice water
½ c. nonfat dry milk

3 T. lemon juice
4 T. sugar

Put ice water in a deep narrow quart bowl. Add dry milk. Beat at high speed until mixture stands in soft peaks. Add lemon juice and sugar. Continue beating until quite firm. To use chill and use soon after whipping. Makes 2½ cups. 8 calories per tablespoon.

QUICK FLUFFY LEMON FROSTING

Nancy Fry

1½ c. cold milk
1 env. Dream Whip

1 sm. box Jello lemon instant pudding

Pour milk in a deep bowl and add Dream Whip and pudding mix. Beat on low speed until well blended. Increase speed and whip 4 to 6 minutes until soft peaks are formed. Makes about 3 cups frosting, enough for a 2-layer cake.

CAKE GLAZE

Angela Fry

¼ c. margarine
1½ c. sugar

½ c. lemon juice
½ T. grated lemon peel

In a saucepan, combine all ingredients. Heat over medium heat, stirring constantly until sugar dissolves. Use as a glaze for pound or lemon cake.

CANDY ICING

Carrie Fry

3 fun size Milky Way candy bars
½ c. butter
2 c. sifted powdered sugar

1 tsp. vanilla
Milk

In a small saucepan combine candy bars and butter. Melt over low heat. Stir in sugar and vanilla. Blend in just enough milk to make spreading consistency.

7-MINUTE ICING

Lorinda Burkart

1 egg white, unbeaten
1 c. sugar (scant)

3 T. cold water
1 tsp. flavoring

Place egg whites, sugar and water in the top of a double boiler. Place over a pan of boiling water and beat with an egg beater for 7 minutes. Add flavoring during last 2 minutes.

WHIPPED CREAM ICING

Nancy Fry

2 c. whipping cream

1/4 c. sugar

In a chilled bowl combine whipping cream and sugar. Beat with chilled beaters of an electric mixer on medium speed until stiff peaks form.

WHIPPED ICING

Ione Johnson

1 c. milk
5 T. flour
1 c. sugar

1 c. butter or margarine
1 tsp. vanilla

Cook milk and flour until thick; cool thoroughly. Add sugar, butter and vanilla to cooked and cooled flour mixture. Beat on high speed at least 7 minutes (it will be like whipped cream). Makes enough frosting for a 3 layer cake. Especially good on chocolate cake.

Recipe Favorites





COOKIES

AND

BARS

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Tin coffee cans make excellent freezer containers for cookies.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.

COOKIES & BARS

ANGEL COOKIES

Ione Johnson

1 c. margarine
1 c. brown sugar
1/2 c. white sugar
1 egg
1 tsp. vanilla

2 1/2 c. flour
Pinch salt
2 tsp. soda
2 tsp. cream of tartar

Combine margarine and sugars; add egg and vanilla. Mix. Add flour, salt, soda and cream of tartar; mix. Roll into walnut size balls, dip in white sugar and bake on a cookie sheet for 8 minutes at 350°. Will crack on top like angel food cakes.

ALMOND BARK COOKIES

Mavis Wilson

1 lb. almond bark
1 c. peanut butter
1 c. dry roasted peanuts

2 c. Rice Krispies
2 c. miniature marshmallows

In a double boiler, melt together almond bark and peanut butter. Add peanuts and Rice Krispies. After it cools a little, add marshmallows. Drop by teaspoonfuls on a waxed paper cookie sheet. Put in refrigerator until set.

40% BRAN COOKIES

Doris Rye

1 c. margarine
1 c. brown sugar
1 c. white sugar
2 eggs, beaten
2 c. flour
1 tsp. soda

1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
2 c. flake coconut
3 c. Post 40% Bran Flakes
1 pkg. butterscotch chips

Cream margarine, sugars and eggs, beating well. Add dry ingredients, coconut, vanilla and Bran Flakes. Fold in chips. Shape into small balls. Place on ungreased cookie sheet. Press with fork. Bake at 350° for 10 to 12 minutes.

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

CHOCOLATE CHIP COOKIES

Caleb Caboth

*1 c. margarine, softened
3/4 c. sugar
3/4 c. brown sugar
1 tsp. vanilla
1 egg*

*2 1/4 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 (12-oz.) pkg. chocolate chips*

Preheat oven to 375°. Mix margarine, sugars, vanilla and egg. Add flour, baking soda and salt. Mix well and add chocolate chips. Drop by rounded teaspoonfuls of dough about 2 inches apart onto ungreased cookie sheet. Bake at 350° until light brown, about 8 to 10 minutes. Makes about 6 dozen.

UNBAKED CHOCOLATE COOKIES

Carolyn Walz

*1/2 c. peanut butter
3 c. cornflakes*

1 (12-oz.) pkg. chocolate chips

Melt chocolate chips and add cornflakes and peanut butter. Stir together. Drop from teaspoons on a greased cookie sheet. Refrigerate.

CZECK COOKIES

Mavis Wilson

*1/2 lb. butter or oleo (soft)
1 c. sugar
2 c. flour
2 egg yolks*

*1 c. chopped nuts
1/4 to 1/2 c. jam (strawberry or
apricot)*

Mix butter and sugar. Add egg yolks and flour. Mix well. Add nuts. Take 1/2 of mixture and pat in bottom of pan (9 x 13-inch). Be sure it is spread evenly and not too thick. Spread jam over mixture. Flour hands and crumble rest of dough on top of jam. Bake at 350° for 1 hour or until golden brown.

CZECHOSLOVAKIAN CUTOUT COOKIES

Laura Snyder

*1 c. butter
3/4 c. powdered sugar
4 egg yolks
3 T. light cream*

*1/2 tsp. salt
1 tsp. vanilla, almond or lemon
extract
3 c. sifted flour*

Cream butter and sugar. Beat in egg yolks. Cream salt and flavoring. Gradually stir in flour. Chill 1 hour. Roll out on board sprinkled with equal parts flour and powdered sugar to 1/4-inch thickness. Cut in desired shapes. Place on ungreased baking sheet. Bake at 350° to 375° about 12 minutes. Cool and frost.

FRUIT COCKTAIL COOKIES

Lorinda Burkart

1 c. shortening (part butter)
1/2 c. white sugar
1 c. brown sugar
3 eggs
1 tsp. vanilla
4 c. flour

1 tsp. soda
1 tsp. cloves
1 tsp. cinnamon
1 1/2 c. nuts & raisins
2 c. fruit cocktail

Cream shortening and sugars. Add eggs. Beat well. Add vanilla, fruit cocktail, nuts and raisins. Sift flour, soda, cloves and cinnamon and add to mixture. Drop on greased cookie sheet. Bake at 350°.

GINGERSNAPS

Vivian Montgomery

3/4 c. shortening
1 c. sugar
1 egg
1/3 c. molasses
2 1/3 c. sifted flour

2 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
1/2 tsp. cloves
1/4 tsp. salt

Mix together shortening, sugar, egg and molasses. Sift together and add the flour, soda, ginger, cinnamon, cloves and salt. Mix well. Shape into 1-inch balls. Bake on ungreased sheet in a 375° oven for 12 to 15 minutes. Makes 5 dozen cookies.

GRANDMA FOSTER'S GINGER COOKIES

Ruth Albrant

2 c. sugar
2 eggs
1 c. Crisco
1 c. molasses

1 1/2 c. hot coffee
1 T. soda
1 tsp. ginger
2 1/2 c. flour

Mix together sugar, eggs, Crisco, molasses, ginger and flour. Dissolve soda in hot coffee and add. These can be rolled out and cut like sugar cookies. Bake in a 350° oven.

Note: This recipe was my grandmother's, Mrs. Charles (Nellie) Foster.

MACADAMIA COOKIES

Helen Grethen

10 T. butter
3/4 c. brown sugar
1 tsp. vanilla
1 egg
1 1/4 c. flour
3/4 tsp. baking powder

1/8 tsp. salt
1/8 tsp. soda
1 1/2 c. chocolate chips or 1 1/2 c.
white chips
3/4 c. macadamia nuts
1/2 c. pecans

Beat in mixer butter, brown sugar, vanilla, egg, baking powder, salt and soda until creamy. Add flour. Mix by hand. Add chips and nuts to batter. Mix. Bake at 350° for 10 to 12 minutes. Only use butter; do not substitute.

MRS. B'S MOLASSES COOKIES

Helen Ann Lindholm

3/4 c. shortening
1 c. sugar
1/4 c. molasses
1 egg
1 tsp. soda
1 tsp. baking powder

2 c. flour
1/4 tsp. salt
1 tsp. cinnamon
1 tsp. cloves
1 tsp. ginger

Blend shortening, sugar and molasses. Add egg and blend. Sift all remaining dry ingredients and blend in. Form into small balls; place on a cookie sheet and flatten. Bake for 8 to 10 minutes at 350°.

MONSTER COOKIES

Ione Johnson

12 eggs, beaten
2 lbs. brown sugar
4 c. white sugar
1 T. vanilla
1 T. white syrup

1 lb. butter (do not substitute)
3 lbs. peanut butter
18 c. oatmeal
1 lb. chocolate chips
1 lb. M & M's candies

Mix ingredients together in order listed. Drop by large spoonfuls and flatten on greased cookie sheet. Bake for 12 minutes at 350°. Do not overbake.

Note: There is no flour. This makes a large recipe.



MONSTER COOKIES

Helen Ann Lindholm

*12 eggs
2 lbs. brown sugar
4 c. white sugar
1 T. white Karo
8 tsp. soda*

*1 lb. butter
3 lbs. creamy peanut butter
18 c. oatmeal
1 lb. chocolate chips
1 lb. M & M's candies*

Preheat oven to 350°. Mix ingredients in a roaster in the order given. Drop by large tablespoons on a cookie sheet and flatten somewhat. Bake for 12 minutes. Do not overbake. Makes 16 to 20 dozen cookies.

OATMEAL FRUIT COOKIES

Ollie Fry

*1 c. sifted flour
1 tsp. baking soda
1 c. water
1/2 c. chopped dates
1/2 c. peeled, chopped apples
1/2 c. raisins*

*1/2 c. margarine
1 c. quick oatmeal
2 eggs, beaten
1 tsp. vanilla
1/2 c. chopped walnuts*

Sift flour and baking soda together; set aside. Over medium high heat, bring water, dates, apples and raisins to a boil. Reduce heat to low; simmer 3 minutes. Remove from heat. Add margarine; stir until melted. Pour into large bowl; cool slightly. Stir in flour and baking soda mixture, oatmeal, beaten eggs, vanilla and chopped walnuts until well blended. Cover and refrigerate overnight. Drop by heaping teaspoons 2 inches apart on greased cookie sheets. Bake in a 350° oven for 12 to 14 minute. Cool on racks. Stir in airtight container.

OATMEAL DATE COOKIES

Helen Grethen

*1 1/2 sticks oleo
1/2 c. sugar
1 c. brown sugar
1 egg
2 T. sour cream
1 tsp. vanilla*

*2/3 c. flour
1 tsp. cinnamon
1 tsp. salt
1/2 tsp. baking soda
3 c. quick oatmeal
8 oz. chopped dates*

Preheat oven to 350°. Cream oleo and sugars until fluffy. Add eggs and beat. Mix in sour cream and vanilla. Sift together flour, cinnamon, salt and baking soda. Add oats and dates and mix. (I like to cook my dates first.) Drop cookies on a greased cookie sheet and bake for 12 to 15 minutes until edges turn brown but center is still soft.

ORANGE SLICE COOKIES

Ollie Fry

1 c. Crisco or margarine	1 tsp. soda
1 c. white sugar	1 tsp. baking powder
1 c. brown sugar	2 eggs
2 c. flour	1 tsp. vanilla
1/4 tsp. salt	1 c. coconut
2 c. oatmeal (quick)	1 c. cut up orange slice candy

Cream Crisco and sugars; add eggs, vanilla and orange slices. Mix flour, soda, baking powder and salt; add to creamed mixture. Add oatmeal and coconut. Drop by spoonfuls on ungreased cookie sheets. Bake in a 375° oven for 12 to 15 minutes. Cool on wire racks.

PEANUT OATMEAL CHOCOLATE CHIP

Ione Johnson

1 c. shortening	1 tsp. soda
3/4 c. brown sugar	1 tsp. hot water
3/4 c. white sugar	1 1/2 c. flour
2 eggs	2 c. oatmeal
1 tsp. vanilla	1 c. chocolate chips
1/2 tsp. salt	1 c. salted peanuts

Cream shortening and sugars. Add eggs, vanilla and salt. Blend well. Dissolve soda in hot water and add. Add flour and mix. Add oatmeal and mix. Add chocolate chips and peanuts. Mix. Drop by spoonfuls onto a cookie sheet. Bake for 10 to 12 minutes at 350°.

PAUL'S PEANUT COOKIES

Connie Love

1 c. brown sugar	1 tsp. baking powder
1 c. white sugar	2 c. flour
1 c. oleo	2 c. oatmeal
1 tsp. vanilla	1 c. cornflakes
2 eggs	1 1/2 c. peanuts
1 tsp. soda	

Mix sugars, oleo, vanilla and eggs until creamy. Add soda, baking powder and flour. Mix. Last stir in oatmeal, cornflakes and nuts. Bake for 12 to 15 minutes at 350°.

SALTED PEANUT COOKIES

Lorinda Burkart

*1 c. white sugar
1 c. brown sugar
1 c. shortening
2 eggs
2 c. flour
1 tsp. soda*

*1 tsp. baking powder
1 c. cornflakes
1 c. oatmeal
1 c. salted peanuts
1 tsp. vanilla*

Cream shortening and sugars. Add eggs and vanilla. Add flour, soda and baking powder. Add cornflakes, oatmeal and peanuts. Mix with hands when too stiff for a spoon. Form into balls the size of a walnut and press down. Bake on a greased cookie sheet at 350° until golden brown.

PEANUT BUTTER CUT OUT COOKIES

Sandy Sorbo

*1½ c. flour
¾ tsp. baking soda
⅛ tsp. salt
½ c. margarine, softened*

*½ c. peanut butter
½ c. sugar
½ c. brown sugar
1 egg*

In a small bowl combine flour, baking soda and salt. In a large bowl beat margarine and peanut butter until well blended. Beat in sugars until blended. Beat in egg. Gradually beat in flour mixture until well mixed; divide dough into thirds and wrap each part in plastic wrap and refrigerate until firm; about 3 hours. Roll out dough ⅓ at a time ¼ inch thick on a lightly floured surface. Cut out with cookie cutters. Place 2 inches apart on an ungreased cookie sheet. Bake at 350° for 8 minutes or until lightly browned. Remove to wire rack to cool. Makes 4 dozen cookies.

PIN WHEEL COOKIES

Lorinda Burkart

*1 c. shortening
½ c. sugar
1 egg yolk
3 T. milk
1 square chocolate, melted*

*1½ c. flour
1½ tsp. baking powder
½ tsp. salt
½ tsp. vanilla*

Cream shortening and sugar; add egg yolk. Beat well. Add milk. Add sifted flour, baking powder and salt. Add vanilla. Divide dough in half. To ½ half add melted chocolate. Roll white dough into a thin rectangular sheet. Roll chocolate dough into same size. Place white over chocolate and press together. Roll like jellyroll in 2 inch diameter. Set in refrigerator for several hours. Cut into ¼ inch. Put cut side down on greased cookie sheet. Bake for 10 minutes at 375°.

POINSETTIA COOKIES

Angela Fry

*2 c. powdered sugar
1 c. butter, softened
2 eggs
1 tsp. vanilla
½ tsp. rum extract*

*3 c. flour
1 tsp. salt
1 c. shredded coconut
1 c. butterscotch chips
½ c. candied red cherries*

In mixing bowl, combine sugar and butter; cream until light. Add eggs, vanilla and extract. Set aside. In small bowl, sift together flour and salt; stir into butter mixture. Stir in coconut and $\frac{3}{4}$ cup of butterscotch chips. Chill dough until firm. Preheat oven to 375°. Roll into 1-inch balls. Place on ungreased cookie sheet and flatten with bottom of glass dipped in sugar. Cut cherries into wedges. Arrange wedges on cookies in a circle. Bake 12 minutes or until edges are brown. Place butterscotch chip in middle of cookie while still warm.

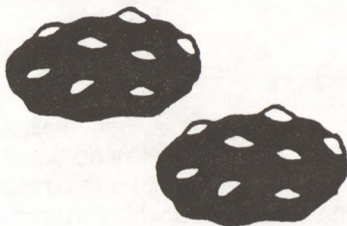
RAISIN OATMEAL COOKIES

Stella Birkland

*2 c. sugar
2 c. water
2 c. raisins
1½ c. oleo
4 eggs
3½ c. flour
1 tsp. nutmeg*

*2 tsp. soda
1 tsp. cinnamon
½ tsp. cloves
¼ tsp. salt
1 tsp. vanilla
4 c. oatmeal
Nuts opt.*

Boil raisins in water until they puff up; set aside. Should be about $\frac{3}{4}$ cups raisins and juice. Cream oleo with sugar. Add eggs and beat well. Mix flour, nutmeg, soda, cinnamon, cloves, salt and oatmeal together. Add flour mixture and raisins and juice alternately to creamed mixture. Add vanilla. Drop dough on cookie sheet and bake at 350° until nicely browned. Dough will be runny but they bake out fine.



We must be in tune with Christ to be in harmony with one another.

FROSTED RAISIN COOKIES

Ione Johnson

*1 c. shortening
1 c. sugar
2 eggs
1 tsp. vanilla
3 c. flour
½ tsp. salt
1 c. chopped nuts*

*½ c. powdered sugar
1 c. raisins
1 c. water
1 tsp. soda
3 T. margarine
3 T. brown sugar
3 T. cream or evaporated milk*

Cook raisins with water until ¼ cup of water remains. Add soda and cool. Combine shortening, sugar, eggs and vanilla and mix. Add flour and salt; add nuts and raisins, mix. Drop by teaspoonfuls on a greased cookie sheet and bake at 350°. Cool. Mix margarine, brown sugar and cream together and bring to a boil. Remove from heat, cool. Add powdered sugar. Cool. Use to frost cookies.

RAISIN DROP COOKIES

Verda Rierson

*2 c. raisins
1 c. water
1 tsp. soda
2 c. sugar
1 scant c. Crisco
3 eggs, well beaten
4 c. flour
1 tsp. baking powder
1 tsp. salt*

*1 tsp. cinnamon
¼ tsp. nutmeg
1 tsp. vanilla
Nut meats
1 c. sugar
⅓ c. milk
⅓ c. butter
½ c. butterscotch chips*

Boil raisins in water for 5 minutes; add soda and let cool. Cream 2 cups sugar, Crisco and eggs. Add flour, baking powder, salt and spices. Add the raisins, vanilla and nut meats. Bake at 350° for 15 minutes. Cool. Mix 1 cup sugar, milk and butter together and boil 1½ minutes. Add butterscotch chip; stir until melted. Cool; then frost cookies.

RITZ CRACKER COOKIE

Hazel Erickson

*1 c. dates
1 c. nuts*

*1 can Eagle Brand milk
1 pkg. Ritz crackers*

Cut dates very fine. Add nuts and Eagle Brand milk. Cook over low heat for 4 or 5 minutes. Then spread on Ritz crackers, 1 tablespoons per cracker. Bake for 6 minutes at 350°. Then frost with a powdered sugar frosting.

SINFULLY RICH COOKIES

Inga Hubbard

*2½ c. flour
1 tsp. baking soda
½ tsp. salt
¾ c. brown sugar
¾ c. white sugar
1 c. butter or margarine*

*2 lg. eggs
1 tsp. vanilla
12 oz. milk chocolate chips
½ c. white chocolate chips
1 c. chopped walnuts*

Cream sugars and butter well. Add eggs and beat. Add vanilla. Combine flour, baking soda and salt and add to creamed mixture. Stir in milk chocolate and white chocolate chips and chopped walnuts. Drop 1 tablespoonful of dough on a lightly greased cookie sheet pan. Bake 14 to 16 minutes at 350°. Cool on wire racks.

FANCY STRAWBERRY COOKIES

Carolyn Walz

*6 T. sugar, divided
2 sm. boxes strawberry Jello or 1
lg. box divided
1 lb. coconut
1¼ c. blanched almonds, grated
fine*

*½ tsp. almond extract
1 (15-oz.) can sweetened
condensed milk (Eagle Brand)
Powdered sugar
Milk
Green food coloring*

Mix 2 tablespoons sugar with 1½ boxes of Jello. Add coconut and almonds, almond extract and milk. Shape into strawberries. Then take 4 tablespoons sugar and ½ box Jello; mix together and roll above mixture in and chill. Make a stiff frosting from powdered sugar and milk and green food coloring. This is the frosting to make the green leaves. Makes 18 to 20 strawberries.

SUGAR COOKIES

Jo Espeset

*1 c. shortening
1 c. sugar
½ c. brown sugar
1 egg
2 tsp. soda*

*2 tsp. cream of tartar
2 to 2¼ c. flour
1 tsp. vanilla
¼ tsp. salt*

Mix ingredients together in order listed. Roll in balls and dip in sugar. Press with a glass. Bake at 375° for 12 minutes.

SUGAR AND KISSES

Helen Ann Lindholm

3½ c. flour
2 tsp. soda
1 tsp. salt
1 c. granulated sugar
1 c. brown sugar
1 c. shortening

1 c. peanut butter
2 eggs
4 T. milk
2 tsp. vanilla
1 bag Hershey's kisses, foil removed

Sift flour, soda and salt. Set aside. Blend sugars, shortening and peanut butter. Mix eggs, milk and vanilla into dough. Add dry ingredients. Bake 10 minutes at 375°. Remove cookie sheet from oven and place one kiss in center of each cookie. Bake 1 minute more. Remove from oven. Place cookies in refrigerator until kisses firm. These cookies freeze well.

SUGAR COOKIES

Vivian Montgomery

1 c. shortening
1 c. sugar
1 egg
2 tsp. vinegar

1 tsp. vanilla
2½ c. flour
½ tsp. soda
1 tsp. salt

Cream together shortening and sugar. Add egg, vinegar and vanilla. Sift together and add flour, soda and salt. Roll into small balls and place on ungreased cookie sheet. Press with a buttered glass bottom. Bake in a 350° oven. Nice with a chocolate star in the center of each.

SUGAR COOKIES

Mildred Sunde

1 c. sugar
1 c. powdered sugar
1 c. oleo
1 c. corn oil
2 eggs, beaten

2 tsp. vanilla
1 tsp. cream of tartar
1 tsp. soda
5 c. sifted flour
1 c. chopped nuts

Cream sugars and oleo; add eggs. Blend in oil and flavoring. Sift dry ingredients; add nuts. Mix well with creamed mixture. Chill. Roll into 1-inch balls and dip in granulated sugar. Press down with fork or meat chopper. Bake at 350° for 8 to 10 minutes.

AUNT CATHRYN'S SUGAR COOKIES

Algeta Twito

- | | |
|----------------------------|----------------------------------|
| <i>1 c. powdered sugar</i> | <i>1/2 tsp. almond flavoring</i> |
| <i>1 c. white sugar</i> | <i>4 c. plus 6 T. flour</i> |
| <i>1 c. butter</i> | <i>1 tsp. salt</i> |
| <i>1 c. Crisco oil</i> | <i>1 tsp. soda</i> |
| <i>2 beaten eggs</i> | <i>1 tsp. cream of tartar</i> |
| <i>1 tsp. vanilla</i> | |

Cream butter and sugars. Add eggs, flavoring, vanilla and Crisco oil and beat well. Beat in flour, salt, soda and cream of tartar. Roll into balls the size of walnuts. Dip in sugar and flatten. Bake in an oven at 375° for 10 to 12 minutes or until they start to brown. Makes about 7 dozen cookies.

WAFFLE COOKIES

Shirley Kaltved

- | | |
|--------------------------------|------------------------|
| <i>2 eggs (beaten)</i> | <i>1 c. flour</i> |
| <i>3/4 c. white sugar</i> | <i>5 to 6 T. cocoa</i> |
| <i>1/2 c. melted margarine</i> | <i>1 tsp. vanilla</i> |

Mix eggs, sugar, margarine, flour, cocoa and vanilla together. Heat waffle iron same as for waffles. When light goes off, the iron is hot. Drop 2 tablespoons in each section (8 cookies in all). Bake 1 minute 15 seconds. Frost with your favorite chocolate frosting.

BABE RUTH BARS

Ruby Harris

- | | |
|-----------------------------|----------------------------------|
| <i>1/2 c. butter</i> | <i>1 c. chopped peanuts</i> |
| <i>1/2 c. sugar</i> | <i>1/2 tsp. soda</i> |
| <i>1 egg</i> | <i>1 c. oatmeal</i> |
| <i>1/2 tsp. vanilla</i> | <i>1 c. milk chocolate chips</i> |
| <i>1/3 c. peanut butter</i> | <i>1/2 c. peanut butter</i> |
| <i>1 c. flour</i> | <i>1/2 c. milk</i> |
| <i>1 tsp. salt</i> | <i>1/3 c. powdered sugar</i> |

Cream butter and sugar. Add egg, 1/3 cup peanut butter and vanilla. Mix in flour, salt, soda and oatmeal. Put in 9 x 13-inch pan. Bake 25 minutes at 350°. Pour chocolate chips over top of hot mixture and spread with a knife when soft. Spread on chopped peanuts. Combine in saucepan 1/2 cup peanut butter, milk and powdered sugar. Stir and cook over medium heat until mixture changes from milk to caramel like texture, 5 to 7 minutes. Spread on top of bar.

BANANA BARS

Lorinda Burkart

<i>1/2 c. shortening</i>	<i>2 c. flour</i>
<i>1 1/2 c. sugar</i>	<i>1/4 tsp. salt</i>
<i>2 bananas</i>	<i>1 tsp. soda</i>
<i>2 eggs</i>	<i>1 tsp. vanilla</i>
<i>3/4 c. sour cream or buttermilk</i>	<i>1/2 c. nut meats</i>

Cream shortening and sugar; add eggs and vanilla and beat. Stir in mashed bananas and sour cream. Sift flour, salt and soda. Add to mixture. Add nut meats. Mix well. Bake 25 to 30 minutes at 350°.

BROWNIE BARS

Helen Grethen

<i>1 1/2 c. white sugar</i>	<i>2/3 c. milk</i>
<i>2 heaping T. shortening</i>	<i>1/2 c. nuts</i>
<i>3 egg yolks</i>	<i>1 tsp. vanilla</i>
<i>1/8 tsp. salt</i>	<i>3 egg whites</i>
<i>2 1/4 c. flour</i>	<i>Chocolate frosting</i>
<i>3 T. cocoa</i>	

Cream sugar, shortening, egg yolks and salt. Then sift flour and cocoa together. Add milk to creamed mixture and alternate with flour. Hand mix and add nuts. Last fold beaten egg whites and vanilla in. Bake on cookie sheet at 400° for 20 to 25 minutes. Cool frost with chocolate frosting.

BROWNIES

Laurentia Handeland

<i>1 c. margarine</i>	<i>6 T. cocoa powder</i>
<i>2 c. sugar</i>	<i>1 1/2 c. flour</i>
<i>4 eggs</i>	<i>1/2 c. chopped walnuts (opt.)</i>

Melt margarine. Add sugar and mix. Beat eggs and add to mixture. Add cocoa powder and flour and mix. Add nuts if desired. Bake in 9 x 13-inch pan at 350° for 20 minutes. May frost if desired.

MOIST DARK BROWNIES

Sherilyn Schreier

<i>1 c. water</i>	<i>1/2 c. buttermilk</i>
<i>1/2 c. salad oil</i>	<i>1 tsp. baking soda</i>
<i>1/2 c. margarine</i>	<i>2 eggs</i>
<i>2 c. sugar</i>	<i>Nuts (opt.)</i>
<i>2 c. sifted flour</i>	<i>Powdered sugar</i>
<i>1/4 c. cocoa</i>	

Bring water, salad oil and margarine to a boil. Sift sugar, flour and cocoa. Pour the hot liquid over the dry ingredients; beat until creamy. Add 1/2 cup buttermilk, baking soda and eggs. Beat thoroughly. Bake in an 11 x 17-inch jellyroll pan at 400° for 18 minutes. Can frost or sprinkle with powdered sugar. Cut in bars.

BUTTER BRICKLE BARS

Brenda Juhl

- | | |
|------------------------------------|---------------------------------------|
| <i>1 yellow cake mix</i> | <i>1/2 c. nuts</i> |
| <i>1 egg</i> | <i>1 can sweetened condensed milk</i> |
| <i>1/3 c. margarine (softened)</i> | <i>6 oz. butter brickle chips</i> |

Blend cake mix, egg and margarine until crumbly like pie crust. Spread on an ungreased cookie sheet. Pat down. Pour milk over crust. Sprinkle nuts and chips over milk. Bake at 350° for 20 to 25 minutes.

CARAMEL OATMEAL CHEWIES

Ruby Harris

- | | |
|--|---|
| <i>1 1/4 c. oatmeal (quick or old fashion)</i> | <i>3/4 c. margarine or butter</i> |
| <i>1 1/2 c. flour</i> | <i>1 c. chopped peanuts</i> |
| <i>3/4 c. brown sugar</i> | <i>1 c. semi-sweet chocolate chips</i> |
| <i>1/2 tsp. baking soda</i> | <i>12.5 oz. caramel ice cream topping</i> |
| <i>1/4 tsp. salt</i> | <i>1/4 c. flour</i> |

Heat oven to 350°. Grease 13 x 9-inch baking pan. Combine oatmeal, flour, brown sugar, soda and salt; mix well. Stir in margarine, mixing until well blended. Reserve 1 cup; press remaining into bottom of prepared pan. Bake 10 to 12 minutes or until light brown; cool 10 minutes. Top with nuts and chocolate chips. Mix caramel topping and 1/4 cup flour until smooth. Drizzle over chocolate pieces to 1/4 edge of the pan. Sprinkle with 1 cup reserved oat mixture. Bake 18 to 22 minutes longer, cool and cut.

CARAMEL CHOCOLATE BARS

Roxanne Hevern

- | | |
|------------------------------|--|
| <i>1 bag caramels</i> | <i>1/2 tsp. salt</i> |
| <i>10 T. half & half</i> | <i>2 c. quick oatmeal</i> |
| <i>2 c. flour</i> | <i>1 1/2 c. melted oleo (3 sticks)</i> |
| <i>1/2 c. brown sugar</i> | <i>12-oz. pkg. chocolate chips</i> |
| <i>1 tsp. soda</i> | <i>1 c. chopped pecans</i> |

Melt caramels and half-and-half. Set aside. Combine flour, sugar, soda, salt, oatmeal and oleo. Press half of oatmeal mixture into 10 1/2 x 15 1/2-inch pan. Bake 10 minutes at 350°. Remove from oven and sprinkle with chocolate chips and nuts. Drizzle caramel mixture over this and top with remaining crumbs. Bake 20 minutes at 350°. Cool completely before cutting.

CARAMEL BARS

Sandy Sorbo

14-oz. bag caramels
3 T. water
5 c. rice cereal

1 c. peanuts
1 c. semi-sweet chocolate chips
1 c. butterscotch chips

Melt caramels with water in saucepan over low heat. Stir frequently until sauce is smooth. May melt in microwave on high for 3 to 4 minutes. Pour sauce over cereal and nuts; toss until well coated. With greased fingers press mixture into greased 9 x 13-inch baking pan. Sprinkle chocolate chips and butterscotch chips on top. Place in 200° oven for 5 minutes until chips soften. Spread to make frosting. Cool. Cut into bars.

SCRUMPTIOUS CHOCOLATE LAYER BARS

Elaine Dalen

2 c. Hershey's chocolate chips
1 (8-oz.) pkg. cream cheese
¾ c. (5.3-oz.) can evaporated milk
1 c. chopped walnuts
3 c. flour

1½ c. sugar
1 tsp. salt
1 c. margarine, softened
2 eggs
1 tsp. almond extract

Combine chips, cream cheese and evaporated milk in saucepan. Cook over low heat and stir in walnuts and extract. Blend well; set aside. Combine flour, sugar, salt, margarine and eggs in a large bowl. Blend well with mixer until resembles coarse crumbs. Press in 9 x 13-inch pan, reserving a few crumbs for top. Spread with chocolate mixture. Sprinkle crumbs on top. Bake at 350° for 35 to 40 minutes until golden brown.

CHOCOLATE SANDWICH BARS

Esther Isakson

6-oz. pkg. butterscotch chips
½ c. peanut butter
4 c. Rice Krispies
6-oz. pkg. chocolate chips

1 T. water
½ c. powdered sugar
2 T. oleo

Melt butterscotch chips and peanut butter; add Krispies and stir. Press ½ of this into cake pan and chill. Melt chocolate chips, sugar, oleo and water. Pour this over first mixture and cover with remaining ½ mixture. Cut into bars. Mmmm good!

DELUXE CHOCOLATE MARSHMALLOW BARS

Virginia Knutson

3/4 c. butter or margarine
1 1/2 c. sugar
3 eggs
1 tsp. vanilla
1 1/3 c. flour

1/2 tsp. salt
3 T. cocoa
1/2 tsp. baking powder
1/2 c. chopped nuts
4 c. marshmallows

Cream butter and sugar. Add eggs and vanilla. Beat until fluffy. Combine flour, baking powder, salt, coca and add to creamed mixture, add nuts. Spread on greased jellyroll pan. Bake at 350° for 15 to 18 minutes. Sprinkle marshmallows over cake and return to oven for 2 to 3 minutes. Using a knife dipped in hot water spread marshmallows evenly over cake. Cool.

CHOCOLATE GOOBER BARS

Deanna Sorbo

1 pkg. chocolate cake mix
1/2 c. firmly packed brown sugar
1/3 c. peanut butter
1/4 c. oleo or butter, softened

1/3 c. water
1 egg
1/2 c. chopped peanuts

Heat oven to 325°. Grease bottom only of 9 x 13-inch pan. In large bowl, combine cake mix, brown sugar, peanut butter and oleo at low speed until crumbly. Add water and egg; stir until blended. Spread in pan. Sprinkle with peanuts; press nuts into mixture. Bake at 325° for 25 to 30 minutes or until bars are set. Cool completely; cut into bars. Makes 36 bars.

COCONUT DREAM BARS

Joyce Yates

1/2 c. shortening
1/2 c. brown sugar
1 c. flour
2 eggs, beaten
1 c. brown sugar
1 tsp. vanilla

1 tsp. baking powder
1/2 tsp. salt
1 c. coconut
1 c. chopped nuts
2 T. flour

Mix together shortening, 1/2 cup brown sugar and 1 cup flour and spread in a 9 x 13-inch ungreased pan. Pat smooth. Bake 10 minutes at 350°. While baking, beat eggs; add 1 cup brown sugar, vanilla, 2 tablespoon flour, baking powder, salt, coconut and nuts. Spread mixture over crust and bake 20 minutes at 350°. Cool and cut.

CRANBERRY SAUCE

Lynette Sorbo

BARS

1 stick softened oleo
1½ c. brown sugar
2½ c. oatmeal

1 c. flour
2 cans cranberry sauce

Mix oleo, brown sugar, oatmeal and flour until crumbly. Pat ½ into a 9 x 13-inch pan. Spread cranberry sauce over base. Sprinkle remaining crumbs over sauce layer. Bake at 350° for 30 minutes. Cut while still warm. Allow to cool before eating.

CREME DE MENTHE

Alice Hartman

BROWNIES

1½ c. sugar
¾ c. margarine
6 eggs
1½ c. flour

¾ tsp. salt
1 (24-oz.) bottle chocolate syrup
1½ tsp. vanilla
¾ c. chopped nuts

Middle Layer:

3 c. confectioners' sugar
¾ c. margarine
3 T. creme de menthe

½ c. chocolate chips
9 T. margarine

Mix ¾ cup margarine, sugar, eggs, flour, salt, syrup, vanilla and nuts together and put in a greased 11 x 10-inch pan. Bake at 350° for 20 minutes. Cool. Mix confectioners' sugar, ¾ cups margarine and creme de menthe. Spread on cooled brownies. **Glaze:** Mix 1½ cups chocolate chips and 9 tablespoons margarine; melt together. Cool and spread over middle layer. Chill, cut in squares and serve. Keep refrigerated. Can use Betty Crocker SuperMoist devils food cake mix.

HEATH BARS

Fern Peterson

1 box pudding white cake mix
⅓ c. margarine
1 egg
1 (14-oz.) can Eagle Brand condensed milk

1 egg
1 tsp. vanilla
1 c. chopped pecans
½ c. Heath bits

Mix cake mix, margarine and egg. Press into 9 x 13-inch pan. In small bowl mix Eagle Brand condensed milk, egg, vanilla, nuts and Heath bits. Pour over base and bake at 350° for 25 to 35 minutes. Center may be loose and light golden brown. Cool and cut into bars.

JOSH'S KRISPIES JELLO BARS

Carrie Fry

3 T. margarine
1 (10-oz.) pkg. marshmallows or 4
c. minature marshmallows

6 c. Rice Krispies cereal
1 sm. box any flavor Jello

Melt margarine over low heat in large pan. Add marshmallows and stir until completely melted. Add small box of Jello to marshmallow mixture and stir until dissolved. Remove from heat. Stir in Rice Krispies. Coat a 9 x 12-inch pan with Pam. Using a buttered spatula, press mixture into pan. Let cool and cut into bars.

FUDGE KRISPIES

Shirley Kaltved

1 (12-oz.) pkg. chocolate chips
½ c. margarine
½ c. light corn syrup

2 tsp. vanilla
1 c. powdered sugar
4 or 5 Rice Krispies

Combine chips, margarine and syrup in medium saucepan. Stir over low heat until melted. Remove from heat. Stir in vanilla and sugar. Add Rice Krispies and stir until well coated. Spread in buttered 13 x 9 x 2-inch pan.

CARAMEL KRISPIES BARS

Jane Montgomery

½ c. margarine
8 c. Krispies
16 oz. marshmallows

½ c. margarine
1 pkg. caramels
7 oz. sweetened condensed milk

Melt together marshmallows and ½ cup margarine. Add Krispies. Divide and put into two buttered 9 x 13-inch pans. Melt in microwave ½ cup margarine, caramels and sweetened condensed milk. Put on top of one pan of Krispies and cover with Krispies from second pan.

EASY LEMON BARS

Ollie Fry

1 pkg. 1-step angel food cake mix
1 (21-oz.) can lemon pie filling

Powdered sugar
Lemon extract flavoring

With a spoon, stir together cake mix and pie filling (do not use an electric mixer). Pour into ungreased 10½ x 15½-inch jellyroll pan and bake in 350° oven for 20 to 25 minutes. When cool frost with a powdered sugar icing flavored with lemon extract.

LEMON BARS

Ione Johnson

*1/2 c. margarine
1 c. flour
1/4 c. powdered sugar
2 eggs, well beaten
2 T. lemon juice*

*Grated lemon rind
1 c. sugar
2 T. flour
1/2 tsp. baking powder
Dash salt*

Mix together margarine, flour and powdered sugar; pat into 8 x 8 or 9 x 9-inch pan and bake 10 minutes at 350°. Mix eggs, lemon juice, rind, sugar, flour, baking powder and salt. Pour over baked crust. Bake for 20 to 25 minutes at 350°. Dust with powdered sugar and cut into squares. Double recipe for 9 x 13-inch pan.

LEMON BARS

Rhonda Olson

*1 c. lemon pie filling
2 eggs*

1 pkgs. lemon cake mix

To lemon pie filling, add eggs; add lemon cake mix. Beat together. Bake for 20 minutes on a cookie sheet at 350°.

LEMON BARS

Mildred Sunde

*1 box angel food cake mix
(1-step)*

*1 can lemon pie filling
1 c. coconut*

Put cake mix in a bowl. Stir in lemon pie mix and coconut. Spread in a 9 x 13-inch pan and bake 30 minutes at 350°.

M & M BARS

Mark Caboth

*2 c. oatmeal
1 c. brown sugar
1 1/2 c. flour
3/4 tsp. salt
1 tsp. soda*

*1 can sweetened condensed milk
1/3 c. peanut butter
1 c. plain M & M's
1 1/2 c. chocolate chips
1 c. melted oleo*

Combine oatmeal, brown sugar, flour, salt and soda. Add melted oleo; mix until moist. Reserve 1 1/2 cups of mixture and press remaining mixture into a 9 x 13-inch pan. Bake at 350° for 10 minutes. Combine sweetened condensed milk and peanut butter and spread over cooled baked crust. Sprinkle with chocolate chips; combine reserved crust mixture with M & M's and sprinkle on top. Bake at 350° for 15 to 20 minutes. Do not overbake.

MUD HEN BARS

Mavis Wilson

*1/2 c. shortening
1 c. sugar
1 whole egg
2 eggs, separated
1 1/2 c. flour
1 tsp. baking powder*

*1 c. chopped nuts
3/4 c. chocolate chips
1 c. mini marshmallows
1 c. light brown sugar
1/4 tsp. salt*

Cream sugar and shortening. Beat in whole egg and two yolks. Sift flour, salt and baking powder and combine with sugar mixture. Blend thoroughly. Spread in 9 x 13-inch pan. Sprinkle nuts, marshmallows and chocolate chips over batter. Beat egg whites until stiff. Fold in brown sugar. Spread over cake mixture. Bake 35 to 40 minutes. Cut into bars when cooled.

PECAN PIE BARS

Joyce King

*2 c. flour
1/2 c. powdered sugar
1 c. oleo, softened
1 can sweetened, condensed milk
1 egg*

*1 tsp. vanilla
Pinch salt
1 (6-oz.) pkg. toffee chips
1 c. chopped pecans*

In bowl, combine flour and sugar. Cut in oleo until mixture resembles coarse meal. Press firmly into a greased 9 x 13 x 2-inch baking dish. Bake at 350° for 15 minutes. Meanwhile, in another bowl, beat milk, egg, vanilla and salt. Stir in toffee chips and pecans. Spread evenly over baked crust. Bake for another 20 to 25 minutes. Cool. Then refrigerate. Cut in bars. Store in refrigerator.

PECAN SQUARES

Donna Kuhnau

*3 c. flour
1/2 c. sugar
1 c. softened margarine or butter
1 tsp. salt
4 eggs*

*1 1/2 c. light or dark corn syrup
1 1/2 tsp. vanilla
1 1/2 c. sugar
3 T. melted butter or margarine
2 1/2 c. chopped pecans*

In a large bowl, blend together flour, sugar, butter and salt until mixture resembles coarse crumbs. Press firmly into a greased 15 x 10 x 1-inch baking pan. Bake for 20 minutes at 350°. Meanwhile, in a bowl combine eggs, syrup, vanilla, melted butter and sugar. Stir in pecans. Spread evenly over hot crust. Bake at 350° for 25 minutes or until set. Cool on wire rack. Yield: 4 dozen.

PIE FILLING BARS

Marsha Sunde

1 c. oleo
1¾ c. sugar
4 eggs
1 tsp. vanilla

2¾ c. flour
½ tsp. baking powder
½ tsp. salt
1 can pie filling

Sift together flour, baking powder and salt. Cream oleo and sugar; add beaten eggs and vanilla. Add to dry ingredients. Spread ¾ of dough in a 10 x 15-inch pan. Spread filling of your choice on first layer. Dot the remainder of the dough on top. Bake 35 minutes at 350°. Drizzle powdered sugar frosting over when cool. Cut in bars.

POOR MAN'S RAISIN BARS

Jennie Hedrick

1 c. raisins
2 c. water
1 c. sugar
¼ c. margarine
2 c. flour
1 egg

½ tsp. salt
1 tsp. cinnamon
1 tsp. soda
1 tsp. cloves
1 tsp. allspice

Cook raisins in water until there is 1 cup of juice left. Add sugar and shortening to raisin mix. Cool. Combine dry ingredients, sift and add to raisin mix. Add egg and blend. Bake in cake pan for 20 minutes at 375°. Ice and cut in squares.

PUMPKIN BARS

Marsha Sunde

4 eggs, beaten well
2 c. sugar
1½ c. oil
2 c. flour
2 tsp. soda
2 tsp. cinnamon
1 tsp. salt
1 sm. can pumpkin

1 tsp. vanilla
4 T. oleo, softened
2 sm. pkg. cream cheese, softened
1 tsp. vanilla
½ bag powdered sugar
1 c. nuts

Combine eggs, sugar, oil, flour, soda, cinnamon and salt. Mix well. Add pumpkin and vanilla. Spread in pan. Bake at 350° for 20 minutes. Cool. To make frosting mix together oleo, cream cheese, vanilla and powdered sugar. Add nuts, if desired. Frost.

SOUR CREAM RAISIN BARS

Mary Enderson

1 c. brown sugar
1½ sticks oleo
1¾ c. oatmeal
1 tsp. soda
1¾ c. flour
1 tsp. salt
Dash cinnamon, cloves, allspice

1½ c. raisins
1 c. water
1½ c. sugar
2 eggs, beaten
2½ T. cornstarch
1½ c. sour cream
1 tsp. vanilla

Combine brown sugar, oatmeal, soda, flour and salt. Melt oleo and add to dry ingredients. Mix. Crumble crust mixture and press half of mixture into 9 x 13-inch pan. Cook raisins with 1 cup water for 5 minutes. Drain. Add sugar, eggs, cornstarch, sour cream, vanilla and spices to raisins. Cook until thick. Pour over crust and crumble remaining crumbs on top. Bake at 350° for 20 to 25 minutes.

SOUR CREAM RAISIN BARS

Ruth Knutson
Cheryl Hanson

1¾ c. oatmeal
1¾ c. flour
1 c. brown sugar
1 tsp. soda
1 c. oleo, melted

4 egg yolks
1½ c. sugar
3 T. cornstarch
2 c. sour cream
2 c. raisins

Combine oatmeal, flour, brown sugar and soda. Melt oleo; add to dry mixture and mix thoroughly. Pat $\frac{2}{3}$ of mixture into 9 x 13-inch pan. Bake for 15 to 20 minutes at 350°. Cool. Combine egg yolks, sugar, cornstarch, sour cream and raisins in saucepan. Bring to a boil; reduce heat and cook 5 to 10 minutes until thick. Stir constantly to prevent scorching. Pour over baked crust. Cover with remaining crumbs. Bake 20 minutes at 350°.



*Find out what God would have you do and do that little well;
For what is great and what is small 'tis only he can tell.*

RHUBARB-OATMEAL BARS

Ollie Fry

1½ c. oatmeal
1½ c. flour
1 c. brown sugar
1 c. oleo
½ tsp. soda
¼ tsp. salt

½ c. nuts, chopped
3 c. rhubarb, cut up
1½ c. sugar
2 T. cornstarch
¼ c. water
Cool Whip

Mix together oatmeal, flour, brown sugar, oleo, soda, salt and nuts. Press $\frac{2}{3}$ of mixture in 9 x 13-inch pan. Save the rest for topping. Mix cornstarch, sugar and water together. Add rhubarb. Cook until thick. Spread over crust. Add crumbs for topping. Bake at 350° for 30 minutes. Serve with Cool Whip or ice cream.

Note: May substitute 2½ cups rhubarb and ½ cup crushed drained pineapple in place of 3 cups rhubarb.

RHUBARB DREAM BARS

Mary Jo Jensen
Alice Hartman

2 c. flour
¾ c. powdered sugar
1 c. butter or oleo
4 eggs

2 c. sugar
½ c. flour
4 c. rhubarb, chopped

For crust, mix 2 cups flour, powdered sugar and butter together; press into jellyroll pan. Bake at 350° for 15 minutes. Blend together eggs, sugar, ½ cup flour and rhubarb and pour over crust. Bake at 350° for 45 minutes. Cool and cut into bars.

RHUBARB BARS

Naomi Sabby

3 c. rhubarb (cut)
1½ c. sugar
2 T. cornstarch
1 tsp. vanilla
1½ c. oatmeal

1½ c. flour
1 c. brown sugar
½ tsp. soda
1 c. oleo

Dissolve cornstarch in a small amount of water. Cook rhubarb, sugar and cornstarch. Add vanilla and let cool while mixing the crust. Mix oatmeal, flour, brown sugar, soda and oleo. Pat ½ of this mixture into a 9 x 13-inch greased pan. Put the rhubarb on and add the rest of the crust. Bake at 350° for 30 minutes.

SPECIAL K BARS

Viola Engelstad

*1 c. sugar
1 c. white syrup
1¼ c. peanut butter*

*6 c. Special K cereal
1 (6-oz.) pkg. chocolate chips
1 (6-oz.) pkg. butterscotch chips*

Bring sugar and white syrup to a boil, stirring constantly. Remove from heat and add peanut butter. Stir until well mixed. Put cereal in large bowl and pour hot mixture over it. Mix until cereal is well coated. Press onto large cookie sheet. Melt all chips in pan over hot water. Pour over bars and spread evenly.

SPECIAL K BARS

Doris Rye

*1 c. white sugar
1 c. white syrup
1 c. peanut butter
6 c. Special K breakfast food (or
Rice Krispies)*

*1 pkg. butterscotch chips
1 pkg. chocolate chips*

Bring sugar and syrup to a good rolling boil. Remove from heat; add peanut butter and cereal. Press into 9 x 11-inch pan. Melt 1 package butterscotch chips and 1 package chocolate chips together. Mix well and spread on cereal for topping. Cut bars while warm.

SPICE BARS

Coleen Herum

*1 spice cake mix
2 to 3 diced apples*

*1 c. soaked raisins
½ c. chopped walnuts*

Make cake mix. Add to it apples, drained raisins and walnuts. Bake in greased jellyroll pan at 350° for 45 minutes or until done.

TOFFEE SQUARES

Kay Doyle

*1 c. butter, softened to room
temperature
1 c. brown sugar
1 egg yolk*

*2 tsp. vanilla
1⅞ c. all-purpose flour
6 (1.65-oz.) milk chocolate bars*

In mixing bowl, cream together butter and brown sugar until light-colored and fluffy. Add egg yolk and vanilla; gradually beat in flour until smooth and blended. (Dough will be thick.) Spread evenly on ungreased 16 x 14 x 1-inch baking pan. Bake at 350° for 15 minutes or until crust is golden brown and puffy. Remove from oven. Arrange unwrapped chocolate bars evenly over surface; let stand 5 minutes to soften. Spread chocolate evenly over crust; sprinkle with nuts. Cool and cut in squares.

TRIPLE LAYER COOKIE BARS

Ruby Harris

1/2 c. margarine
1 1/2 c. graham cracker crumbs
7 oz. coconut
14 oz. sweetened condensed milk

12 oz. semi-sweet chocolate chips
1/2 c. peanut butter

Preheat oven to 350°. In 9 x 13-inch pan melt margarine in oven; sprinkle crumbs evenly in pan over margarine. Top evenly with coconut. Then sweetened condensed milk. Bake 25 minutes or until lightly browned. In small saucepan over low heat melt chips with peanut butter. Spread evenly over coconut layer. Cool 30 minutes. Chill thoroughly. Cut into bars.

WALNUT BARS

Ione Johnson

1/2 c. margarine
1 c. flour
5 T. powdered sugar
2 eggs, beaten well
1 1/2 c. brown sugar

3 T. flour
1/2 tsp. baking powder
Dash salt
3/4 c. walnuts
1/2 c. coconut

Blend margarine, 1 cup flour and powdered sugar and pat into 9 x 13-inch pan. Bake 10 minutes at 350°. Mix well eggs, brown sugar, 3 tablespoons flour, baking powder, salt, walnuts and coconuts. Pour over baked crust of first mixture. Bake again for 30 minutes at 325°. Good for freezing.

WANDA'S GOOD BARS

Deanna Sorbo

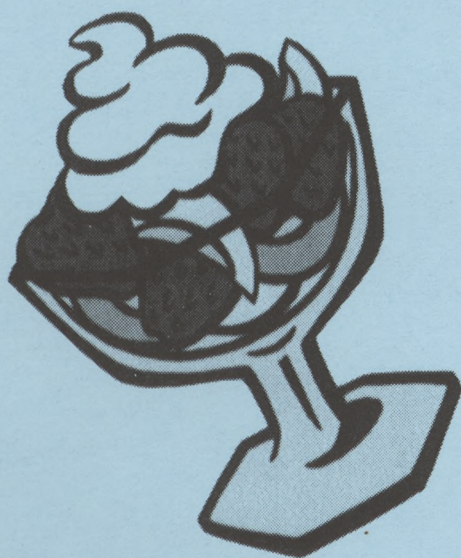
1 c. oleo
2 c. brown sugar
2 eggs
2 tsp. vanilla
3 c. oatmeal
2 1/2 c. flour

1 tsp. soda
1/2 tsp. salt
1 (12-oz.) pkg. chocolate chips
1 can condensed milk
2 T. oleo
Nuts, if desired

Mix 1 cup oleo, brown sugar, eggs, vanilla, oatmeal, flour, soda and salt. Spread 1/2 of mixture on large cookie sheet. Melt the chocolate chips, milk and 2 tablespoons oleo. Spread over crust; put rest of crumb mixture over filling. Bake at 350° for 20 to 25 minutes.

Recipe Favorites





DESSERTS

Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about $\frac{1}{4}$ cup juice; one orange yields about $\frac{1}{3}$ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.

DESSERTS

RAW APPLE DESSERT

Grace Ackerman

1/2 c. oleo
2 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
2 tsp. cinnamon
1/2 tsp. salt
2 tsp. soda

6 T. cold water
4 c. chopped raw apples
1/2 c. chopped nuts
1/2 c. butter or margarine
1/2 c. brown sugar
1/2 c. granulated sugar
1/2 c. half & half

Cream shortening and 2 cups sugar. Add eggs and vanilla. Sift flour, cinnamon, salt and soda together. Add to first mixture. Add water, apples and nuts. Pour into 9 x 13-inch cake pan. Bake 1 hour at 325°. To make topping combine butter, brown sugar, 1/2 cup white sugar and half-and-half. Bring to a boil and boil 15 minutes. May serve warm or cooled over cake. Also may use whipped topping on cake.

APPLE GOODY DESSERT

Shirley Kaltved

8 c. chopped apples
1 3/4 c. sugar (rounded)
3 T. flour
1/2 tsp. salt
1/2 tsp. cinnamon
1 c. oatmeal

1 c. flour
1 c. brown sugar
1/2 c. butter or margarine
1/4 tsp. soda
1/4 tsp. baking powder

Mix apples, sugar, 3 tablespoons flour, salt and cinnamon together. Put in 9 x 13 x 2-inch pan. Mix oatmeal, 1 cup flour, brown sugar, butter, soda and baking powder together. Put on top of apples. Bake at 350° for about 1 hour or until apples are tender.



Some families seem to think the Sunday morning church service is like a convention; they send a delegate.

APPLE CINNAMON PUFFS

Leona Kinnard

<i>1 c. sugar</i>	<i>1/2 tsp. salt</i>
<i>1 c. water</i>	<i>1/4 c. shortening</i>
<i>1/2 tsp. red food coloring</i>	<i>3/4 c. milk</i>
<i>5 apples</i>	<i>2 T. butter</i>
<i>1/2 c. flour</i>	<i>1 T. sugar</i>
<i>2 tsp. baking powder</i>	<i>1/2 tsp. cinnamon</i>

Mix together and boil 1 cup sugar, water and food coloring. Peel and slice apples and place in a 9 x 13-inch pan. Pour boiled syrup over apples. Mix together flour, baking powder, salt, shortening and milk. Drop by teaspoons over apples. Mix together butter, 1 tablespoon sugar and cinnamon. Put on top of dough. Bake at 350° for 1/2 hour or until apples are done.

APPLE DESSERT

Marian Valen

<i>1 c. sugar</i>	<i>1 stick oleo</i>
<i>1/4 c. flour</i>	<i>2/3 c. sugar</i>
<i>3 T. cinnamon</i>	<i>4 c. peeled, sliced apples</i>
<i>1 c. flour</i>	

Sprinkle 1 cup sugar, flour and cinnamon over the apples. Mix flour, oleo and 2/3 cup sugar and put on top of apples. Put in 8 or 9-inch pan. Bake at 350° until done about 40 to 50 minutes.

FROZEN APRICOT DESSERT

Esther Isakson

<i>16 graham crackers</i>	<i>1 c. powdered sugar</i>
<i>1/4 c. sugar</i>	<i>1 c. Dream Whip</i>
<i>1/4 c. butter</i>	<i>1 c. pineapple-apricot pie filling</i>
<i>3-oz. pkg. cream cheese</i>	

Combine crackers (crushed), sugar and butter. Bake in 8 x 8-inch pan for 10 minutes at 230°. Cool. Combine cream cheese, powdered sugar and whipped topping and spread over crumbs. Set aside for few minutes. Spread with pie filling. Freeze until time to serve.

BANANA TRIFLE

Mavis Wilson

1 (3-oz.) pkg. strawberry Jello
¾ c. boiling water
Ice cubes
½ c. cold water
1 c. sliced bananas
1 c. sliced fresh strawberries or
1½ c. frozen strawberries

½ c. thawed Cool Whip
2 c. ½-inch pound cake cubes
¼ c. orange juice
1 (4-oz.) pkg. vanilla instant
pudding
½ c. cold milk

Dissolve Jello in boiling water. Add ice cubes to cold water to make 1¼ cups. Add to gelatin until slightly thickened. Remove unmelted ice. Stir in bananas and strawberries. Place cake cubes in large serving bowl; sprinkle with orange juice. Spoon gelatin mixture over cake. Chill for 15 minutes. Prepare pudding mix with 1½ cups milk as directed on package. Let stand a few minutes. Fold in Cool Whip. Spoon over gelatin. Chill.

BLUEBERRY DESSERT

Alice Hartman

2 eggs, beaten
½ c. sugar
½ tsp. vanilla
8-oz. pkg. cream cheese
1 can blueberry pie filling

1 tub Cool Whip
2 c. crushed vanilla wafers
½ c. sugar
½ c. oleo

Mix wafers, ½ cup sugar and oleo and put in bottom of cake pan. Then beat the eggs, ½ cup sugar, vanilla and cream cheese. Pour this over crust. Bake at 350° for 12 to 15 minutes. Cool. Pour blueberry pie filling over all. Top with a layer of Cool Whip and a few vanilla wafer crumbs.

BUTTERY BLUEBERRY COBBLER

Ruth Knutson

2 c. fresh or frozen blueberries
1 T. lemon juice
½ c. sugar, divided
½ c. butter or margarine
1 c. flour

2 tsp. baking powder
½ tsp. salt
¾ c. milk
1 egg, beaten
Whipped cream or topping

In a saucepan, combine berries, lemon juice and ½ cup sugar. Bring to a boil, remove from the heat. Set aside. Put butter in a 9 x 9-inch pan; place in oven until butter melts. In a small mixing bowl combine remaining sugar with flour, baking powder, salt, milk and egg. Pour over melted butter. **Do not stir.** Spoon reserved berry mixture over batter. **Do not stir.** Bake at 350° for 40 to 45 minutes or golden brown. Serve while warm with topping.

NEOMI'S BUTTER DESSERT

Deanna Sorbo

*1/2 c. oleo
1 c. flour
2/3 c. finely chopped peanuts
1 (8-oz.) pkg. cream cheese
1/3 c. peanut butter
1 c. powdered sugar
1 c. Cool Whip*

*1 (3-oz.) pkg. instant vanilla
pudding
1 (3-oz.) pkg. instant chocolate
pudding
1 1/4 c. milk
Chopped nuts
2 c. Cool Whip*

For first layer, mix oleo, flour and peanuts. Press into 9 x 13-inch pan. Bake at 350° for 20 minutes. Cool. For 2nd layer, mix cream cheese, peanut butter and powdered sugar. Beat until fluffy. Add 1 cup Cool Whip. Spread on crust layer. For 3rd layer mix vanilla and chocolate pudding with milk and beat 2 minutes. Spread on 2nd layer. Chill. Spread additional Cool Whip on top. Sprinkle with chopped nuts. Store in refrigerator.

FROZEN CABBAGE DESSERT

Carol Saha

*1 head cabbage, red, green or
part of each
1 (8 to 10-oz.) can crushed
pineapple*

*1 or 2 bananas
Miniature marshmallows
1/2 c. or more lemon juice
1 c. or more sugar*

Shred cabbage; add the pineapple with juice. Slice bananas and add with the marshmallows. Mix lemon juice and sugar, 2 parts sugar to 1 part juice. Place cabbage, pineapple, sliced bananas and marshmallows in glass jar; cover with lemon juice and sugar syrup. Freeze quickly. Will keep frozen well for about a year.

CHEESE CAKE

Brenda Juhl

*1 c. hot water
1 pkg. lemon Jello
1 tsp. vanilla
1 pkg. cream cheese
1 c. sugar*

*1 can Carnation milk, chilled
40 graham crackers
1 1/2 sticks oleo
3 T. sugar*

Mix together water, Jello, vanilla, cream cheese and 1 cup sugar. Let stand and chill. Whip chilled Carnation milk until stiff. Add to first chilled mixture. Chill. Crush graham crackers. Add oleo and 3 tablespoons sugar. Put 1/2 crumbs into 9 x 13-inch pan and press into crust. Pour in chilled mixture and add remaining crumbs. Chill.

CHERRY DESSERT

Esther Isakson

- | | |
|------------------------------------|--------------------------------------|
| <i>1/4 lb. graham crackers</i> | <i>1 c. powdered sugar</i> |
| <i>1/4 lb. butter or oleo</i> | <i>1 c. cream (whipped)</i> |
| <i>1 (8-oz.) pkg. cream cheese</i> | <i>1 (21-oz.) can cherry pie mix</i> |

Mix melted butter and crushed crackers. Press into buttered 8-inch pan. Soften cream cheese and beat in powdered sugar. Fold creamed mixture into whipped cream. Spread over crust. Spoon pie mix over cheese mixture and refrigerate.

CHERRY FLUFF

Lynette Sorbo

- | | |
|---------------------------------|--------------------------|
| <i>1 can cherry pie filling</i> | <i>1 c. marshmallows</i> |
| <i>1 (8-oz.) ctn. Cool Whip</i> | |

Mix pie filling and Cool Whip together. Fold in marshmallows. Chill.

CHERRY DELIGHT

Charlotte Stinar

- | | |
|------------------------------|------------------------------------|
| <i>1 c. flour</i> | <i>1 c. powdered sugar</i> |
| <i>1/2 c. butter, melted</i> | <i>1 c. crushed pineapple</i> |
| <i>2 T. powdered sugar</i> | <i>1 (8-oz.) tub Cool Whip</i> |
| <i>1/3 c. chopped pecans</i> | <i>1 tsp. vanilla</i> |
| <i>1 can cherry pie mix</i> | <i>2 c. miniature marshmallows</i> |
| <i>8 oz. cream cheese</i> | |

Combine flour, melted butter, powdered sugar and nuts. Pat in a 9 x 13-inch pan and bake 20 minutes at 350°. Cool. Cream cheese and powdered sugar. Add pineapple with juice. Fold in Cool Whip, vanilla and marshmallows. Spread over crust. Top with cherry pie mix. Sprinkle top with nuts if desired. Refrigerate.

DEATH BY CHOCOLATE

Pastor Jane Johnston

- | | |
|--|--------------------------------|
| <i>1 double layer chocolate cake mix</i> | <i>2 (8-oz.) tub Cool Whip</i> |
| <i>2 lg. boxes chocolate pudding</i> | <i>1 pkg. Heath chips</i> |

Bake cake according to directions in 2 round cake pans. Cool and remove from pans. Place one of the layers in bottom of a large serving bowl (I use a punch bowl). Layer 1 package prepared chocolate pudding, 1 container Cool Whip and 1/2 package Heath chips on top of cake. Repeat with remaining ingredients. Great for a potluck or large gathering.

DREAMSICLE

Mavis Wilson

1/2 c. Ritz crackers, crushed
1 stick oleo
4 T. sugar
1 qt. vanilla ice cream
1 qt. orange sherbet

4 T. lemon juice
1 c. sugar
6 T. oleo
3 eggs, beaten

Mix together crackers, 1 stick oleo and 4 tablespoons sugar. Pat in bottom of cake pan. Save a little for topping. Soften ice cream and sherbet and swirl on top of crust. Freeze. Cook lemon juice, 1 cup sugar, oleo and eggs until thick like pudding. Cool. Pour over ice cream. Sprinkle remaining crumbs on top. Freeze. Thaw slightly before serving.

PEACH COBBLER

Ollie Fry

1 (29-oz.) can peach slices in light syrup
1 box yellow cake mix

1/4 lb. (1 stick) margarine, melted
Nuts (opt.)

Cut peaches into chunks and pour with juice into a 9 x 13-inch cake pan which has been sprayed with nonstick cooking spray. Sprinkle dry cake mix evenly over peaches. Drizzle with melted margarine. Add nuts if desired. Bake in a 350° oven for 35 minutes. Top with whipped topping or ice cream when serving.

BAKED CUSTARD FOR TWO

Norma Richard

1 egg
1 c. milk
3 T. sugar

3/4 tsp. vanilla
1/8 tsp. salt
1/8 tsp. nutmeg

In bowl, lightly beat egg. Add milk, sugar, vanilla and salt. Pour into two ungreased 6-ounce custard cups. Sprinkle with nutmeg. Set in pan containing 1/2 to 1 inch of hot water. Bake at 350° for 35 minutes until set.

BAKED CUSTARD

Marian Valen

2 eggs
2 T. sugar
1/4 tsp. salt

2 c. milk
1/2 tsp. vanilla
1/4 tsp. nutmeg

Beat eggs; add sugar and salt. Add scalded milk, vanilla and nutmeg. Mix well. Pour into custard cups. Set cups in pan of hot water and bake at 300° for 25 minutes.

HOLIDAY FIG TORTE

Helen Grethen

30 to 35 fig newton cookies
1 (8-oz.) pkg. cream cheese
1 c. powdered sugar
2 lg. bananas
2 T. lemon juice
1 (6-oz.) pkg. instant vanilla pudding

3 c. milk
1 (12-oz.) tub Cool Whip
½ c. chopped nuts
Red or green salad cherries

Line a 9 x 13-inch cake pan with the fig cookies. Then beat cream cheese and powdered sugar. Slice bananas and mix with lemon juice. Mix pudding with milk. Fold Cool Whip into pudding. Spread cream cheese mixture over cookies. Layer bananas. Next add pudding mixture and add cherries and nuts for decoration.

GENEVA FLUFF

Barb Mustard

1 c. milk
1 egg, beaten
1 c. sugar
¼ c. milk
1 T. unflavored gelatin

1 tsp. vanilla
1 pt. whipping cream
2½ c. graham cracker crumbs
4 T. butter

Boil milk, egg and sugar until it coats the spoon. Mix milk and gelatin and add to hot mixture. Add vanilla and cool until it jells. Whip whipping cream and fold into cooled mixture. To make crust, add melted butter to crumbs. Put ½ mixture in a large glass dish. Add filling and top with the rest of the crumbs. Top with red and green cherries if desired.

HEAVENLY DESSERT

Leona Kinnard

1 (6-oz.) can chunky pineapple
1 (8-oz.) can crushed pineapple
1 c. chopped pecans
1 c. shredded coconut
1 sm. pkg. instant pistachio pudding

1 (12-oz.) ctn. nondairy whipped topping
1 c. miniature marshmallows

Mix chunky and crushed pineapple with all the liquid together and sprinkle powdered pudding on top. Let stand for 3 to 5 minutes. Mix nuts and coconut together in separate bowl. Then add to pineapple. Blend with whipped topping and marshmallows. Refrigerate for at least 2 hours.

ICE CREAM DESSERT

Kari Doyle

½ c. butter, melted
1 (10-oz.) pkg. shortbread cookies, crushed
2 (3-oz.) pkgs. Instant vanilla pudding
2 c. milk

1 tsp. vanilla
4 c. vanilla ice cream
1 (4½-oz.) ctn. frozen whipped topping
3 Heath candy bars, crushed

Combine butter and cookie crumbs. Pat into a 9 x 13-inch pan. Bake at 350° for 15 minutes. Cool. With electric mixer blend pudding, milk and vanilla. Add ice cream and mix well. Spread over cooled crust. Let set until firm. Cover with whipped topping and sprinkle with crushed candy bars. Freeze until serving.

JELLO PARFAIT DESSERT

Barb Fransdal

Vanilla wafer cookies
2 sm. pkgs. Jello, strawberry or strawberry banana

1 qt. vanilla ice cream
Bananas
2½ c. hot water

Place cookies in bottom of 9 x 13-inch pan. Dissolve Jello in 2½ cups hot water. Add 1 quart ice cream. Blend. May cut up some bananas in this. Pour slowly into pan. Add wafers on top for garnish. Refrigerate.

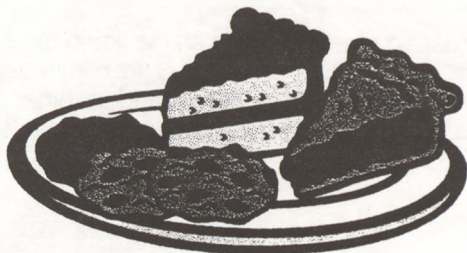
JIFFY CAKE DESSERT

Marla Hannover

1 chocolate Jiffy cake mix
1 qt. vanilla ice cream
1 c. milk
1 (3-oz.) pkg. butterscotch Instant pudding

1 (3-oz.) pkg. chocolate instant pudding
1 ctn. Cool Whip
Shavings from chocolate candy bar

Mix cake according to directions. Bake in 9 x 13-inch pan. Cool. To make filling, combine ice cream, milk and puddings and pour over cooled cake. After cake sets, top with 1 carton Cool Whip and shave 1 chocolate candy bar over top.



LEMON PIE SQUARES

Deanna Sorbo

1 pkg. lemon cake mix
¼ c. softened oleo
3 egg yolks
1 c. coconut

3 egg whites
½ c. sugar
1 tsp. vanilla
22-oz. can lemon pie filling

Heat oven to 350°. In large bowl combine cake mix, oleo, egg yolks and coconut. Mix at low speed until crumbly. Press into ungreased 9 x 13-inch pan. Bake for 10 minutes. Meanwhile to make meringue, beat egg whites until foamy. Gradually add sugar. Beat until soft peaks form, about 3 minutes. Add vanilla; mix well. Spread pie filling evenly over base. Spread meringue over filling. Bake an additional 15 to 25 minutes until meringue is light brown. Cool completely. Cut into squares. 12 servings.

LEMON CUPS

Marguerite Olson

1 c. sugar
4 T. flour
½ tsp. salt
2 T. butter, melted
5 T. lemon juice

Grated rind of lemon
3 egg yolks, beaten
1½ c. milk
3 egg whites, beaten stiff

Combine sugar, flour, salt and butter. Add lemon juice and rind. Add to egg yolks and milk. Mix well. Fold in egg whites. Pour in greased casserole. Bake in pan of hot water in 325° oven for 45 minutes.

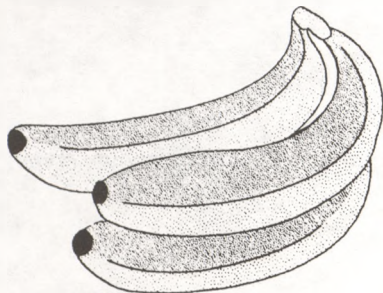
BANANA PUDDING

Irene Foster

3 sm. boxes instant vanilla pudding
4 c. milk
8 oz. sour cream

12 oz. whipped topping
1 box vanilla wafers, crumbled
4 to 6 ripe bananas, sliced

Blend pudding and milk in a large mixing bowl. Fold in sour cream and whipped topping. In a 4 to 5-quart Pyrex dish, layer pudding, wafer crumbs and bananas. Makes 12 servings.



PIONEER BREAD PUDDING

Mildred Sunde

*2 c. cubed bread
2 c. milk
1/4 c. sugar
3 T. butter
Dash salt
2 eggs
1/2 tsp. vanilla*

*1/2 c. sugar
1 T. cornstarch
Dash salt
1 c. water
1 1/2 tsp. grated lemon peel
2 T. butter
1 T. lemon juice*

Place bread cubes in a greased 1-quart baking dish. In a saucepan heat milk, sugar, butter and salt over low heat just until butter melts. In a bowl beat eggs; whisk in warm milk mixture. Stir in vanilla. Pour over bread. Place baking dish in a shallow pan of hot water. Bake uncovered at 350° for 45 to 50 minutes. To make lemon sauce combine 1/2 cup sugar, cornstarch and salt in saucepan. Stir in water and lemon peel; bring to a boil. Cook and stir for 2 minutes. Remove from heat and add butter and lemon juice. Serve warm or cold with the bread pudding.

BROWNIE PUDDING

Dorothy Lind

*1 c. flour
3/4 c. sugar
2 tsp. baking powder
1/2 tsp. salt
2 T. cocoa
1/2 c. milk*

*3 T. oleo
1 tsp. vanilla
3/4 c. brown sugar
1/4 c. cocoa
1 3/4 c. hot water*

In a bowl combine the flour, sugar, baking powder, salt and 2 tablespoons cocoa. In a small bowl combine the milk, the oleo which has been melted and the vanilla. Pour into the dry ingredients; mix just until moist. Pour into a buttered 8 x 8 x 2-inch pan. In a small bowl mix the brown sugar and 1/4 cup cocoa. Sprinkle over the dough. Pour on the hot water, don't stir. Bake at 350° for 45 minutes.

Every good gift and every perfect gift is from above, coming down from the Father of lights.

James 1:17

CHOCOLATE PUDDING

Lorraine Thornburg

*3/4 c. sugar
2 T. cornstarch
1/4 tsp. salt
2 c. milk
2 squares chocolate (2 oz.)*

*2 slightly beaten egg yolks or 1 egg
2 T. butter
1 1/2 tsp. vanilla*

In medium saucepan combine sugar, cornstarch and salt. Stir in milk and chocolate. Cook and stir over medium heat until mixture thickens and bubbles. Cook and stir 2 more minutes. Gradually stir about 1 cup hot mixture into the beaten egg yolks or egg. Return egg mixture to the chocolate mixture in saucepan. Cook and stir over low heat 1 to 2 minutes. Don't boil. Remove from heat. Add butter and vanilla. Stir until butter is melted. Pour into bowls. Cool. You may substitute cocoa for the chocolate.

RAISIN MERINGUE PUDDING

Marguerite Olson

*2 c. milk
2 c. day old bread cubes
1/4 c. brown sugar
1/4 tsp. salt
2 T. melted oleo
1 tsp. vanilla*

*2 beaten egg yolks
1/2 c. raisins
2 beaten egg whites
2 T. sugar
3/4 tsp. grated orange rind*

Pour milk over bread cubes. Add brown sugar, salt, oleo, vanilla, egg yolks and raisins. Set a buttered casserole in a shallow pan of water. Bake in a 350° oven for 50 minute. Then prepare orange meringue. Beat egg whites until soft peaks are formed adding sugar gradually. Fold in grated orange rind. Spread on pudding. Bake 10 minutes until meringue is golden.

RHUBARB CUSTARD PUDDING

Shirley Juhl

*4 c. rhubarb, fresh or frozen
1 1/2 c. sugar
1 T. flour
3 eggs*

*1/4 c. half & half or evaporated milk
Dash salt*

Mix rhubarb, sugar, flour, eggs, milk and salt. Pour into baking dish. Bake at 375° for 1 hour or until set. This easy dessert is a great way to fix rhubarb. Serves six.

TEXAS PUDDING

Grace Ackerman

*1 c. flour
1/2 c. sugar
1 T. oleo
2 T. baking powder
1/4 tsp. nutmeg
1/4 tsp. cinnamon*

*Pinch salt
1/2 c. raisins
1/2 c. milk
1/2 c. brown sugar
2 c. boiling water*

Cream sugar and oleo. Add flour, baking powder, nutmeg, cinnamon, salt, raisins and milk. Put in buttered baking dish. Sprinkle with brown sugar. Pour boiling water over this. Bake slowly for 20 minutes. Serve with cream, or ice cream.

PINA COLADA DESSERT

Deanna Sorbo

*1 lg. can pineapple
1 (3-oz.) pkg. instant vanilla
pudding
1 (8-oz.) tub Cool Whip*

*1 c. coconut
1/2 tsp. rum extract
2 c. miniature marshmallows*

Drain pineapple. Mix juice with pudding and rum extract. Fold in Cool Whip, coconut and marshmallows. Chill and serve.

FRUIT PIZZA

Lorraine Thornburg

*1 1/2 c. flour
3/4 c. margarine
1/2 c. powdered sugar
1 (8-oz.) pkg. cream cheese
1/2 c. powdered sugar
2 tsp. vanilla
Peaches*

*Pears
Bananas, dipped in lemon juice
Strawberries
Apricots
1 c. pineapple juice
1/2 c. sugar
2 tsp. cornstarch*

Combine flour, margarine and 1/2 cup powdered sugar. Blend as for pie dough. Pat into a 11 x 14-inch pan. Bake at 325° for 20 minutes. Mix together cream cheese, 1/2 cup powdered sugar and vanilla. Spread on cooled crust. Slice and arrange selection of fruit attractively over cheese mixture. Mix pineapple juice, sugar and cornstarch in saucepan. Cook until thick. Pour over top of fruit.

PUMPKIN DESSERT

Alice Hartman

- | | |
|--|---|
| 6 eggs | 1 tsp. cinnamon |
| 1½ c. sugar | ½ tsp. ginger or nutmeg |
| ½ tsp. salt | ¼ tsp. cloves |
| 3 c. pumpkin (29-oz. can) | 1 lg. can (2 c.) evaporated milk |
| 1 pkg. yellow cake mix or butter
brickle cake mix | 1 stick (½ c.) oleo |
| | 1 c. chopped nuts (opt.) |

Beat eggs well. Add sugar and beat. Add salt, pumpkin and spices; mix well. Add milk; mix well. Pour into a 9 x 13-inch cake pan. Put cake mix into a mixing bowl. Cut in the oleo like pie crust. Sprinkle evenly over pumpkin mixture. Chopped walnuts or pecans may be sprinkled over top. Bake at 350° for 45 minutes or until knife stuck into middle comes out clean. Add spices before beaten eggs so it won't be dark in color. Serve plain or with ice cream or whipped topping. Will serve 15 to 18.

PUMPKIN DESSERT

Esther Isakson

- | | |
|---|------------------------|
| 1 (18.25-oz.) pkg. yellow cake mix | ½ tsp. vanilla |
| ¾ c. margarine | 2 tsp. cinnamon |
| 3 eggs | ½ tsp. ginger |
| ⅔ c. evaporated milk | ⅛ tsp. cloves |
| 1 (1-lb.) cans pumpkin | ½ tsp. salt |
| 1 c. sugar | |

Put mix in bowl. Take out 1 cup. To the rest add ½ cup melted margarine and 1 egg that is slightly beaten. Mix and put into a 9 x 13-inch greased cake pan. For filling beat 2 eggs, milk, pumpkin, ¾ cups sugar, vanilla, 1 teaspoon cinnamon, ginger, cloves and salt. Pour over batter in pan. Take the 1 cup of dry cake mix and add ¼ cup sugar, 1 teaspoon cinnamon and ¼ cup margarine. Mix together and sprinkle on top of cake. Bake at 350° for 45 minutes.

PUMPKIN CREME BRULEE

Marguerite Olson

- | | |
|----------------------------------|--------------------------------------|
| 1 c. pumpkin | ½ tsp. cinnamon |
| 3 eggs, beaten | ¼ tsp. allspice |
| ½ c. sugar | 1 (14-oz.) can Carnation milk |
| ½ tsp. grated orange peel | |

Combine pumpkin, eggs, sugar, orange peel, cinnamon, allspice and Carnation milk. Fill 6 (5-ounce) custard cups. Set in cake pan with water 1-inch deep. Bake 50 to 55 minutes in 325° oven.

RASPBERRY DELIGHT

Norma Bringle

- | | |
|---|--|
| <i>2 1/4 c. flour</i> | <i>1/4 tsp. salt</i> |
| <i>2 T. sugar</i> | <i>2 c. whipped cream</i> |
| <i>3/4 c. soft margarine</i> | <i>1 (8-oz.) pkg. raspberry Jello</i> |
| <i>1 (8-oz.) pkg. softened cream cheese</i> | <i>2 c. boiling water</i> |
| <i>1 c. confectioners' sugar</i> | <i>2 (10-oz.) pkgs. sweetened frozen raspberries</i> |
| <i>1 tsp. vanilla</i> | |

In a bowl, combine flour and sugar. Blend in margarine with a wooden spoon until smooth. Press into an ungreased 9 x 13-inch pan. Bake at 300° for 20 to 25 minutes until set. Cool. In a bowl, beat cream cheese, sugar, vanilla and salt until smooth. Fold in whipped cream. Spread over crust. For topping, dissolve Jello in boiling water; stir in raspberries. Chill 20 minutes until it starts to thicken. Spoon over filling. Refrigerate. Garnish with whipped topping. 12 to 16 servings.

RASPBERRY DESSERT

Barb Mustard

- | | |
|------------------------------|--|
| <i>2 c. crushed pretzels</i> | <i>2 (3-oz.) pkgs. raspberry Jello</i> |
| <i>1/2 c. sugar</i> | <i>2 c. boiling water</i> |
| <i>1/2 c. margarine</i> | <i>2 pkgs. frozen raspberries</i> |
| <i>8 oz. cream cheese</i> | <i>1/2 c. cold water</i> |
| <i>1 lg. tub Cool Whip</i> | |

Mix pretzels, sugar and margarine. Bake in 9 x 13-inch pan for 8 minutes in a 350° oven. Soften 8 ounces cream cheese, mix with Cool Whip and spread over cooled crust. Dissolve Jello in 2 cups boiling water; add 2 packages of frozen raspberries and 1/2 cup cold water. Cool and when it starts to set, put on top of cream cheese mixture. Put in refrigerator overnight.

RHUBARB DELIGHT

Helen Bryant

- | | |
|-------------------------------|--------------------------------|
| <i>4 c. cut up rhubarb</i> | <i>1 c. hot water</i> |
| <i>1 c. sugar</i> | <i>1/3 c. melted margarine</i> |
| <i>1 box white cake mix</i> | <i>Whipped topping</i> |
| <i>1 box strawberry Jello</i> | |

In a 9 x 13-inch cake pan, put rhubarb, sugar, dry cake mix and dry Jello. Pour 1 cup hot water over the top. Drizzle 1/3 cup melted margarine over the top. Bake at 350° for 25 to 35 minutes. Top with whipped topping.

RHUBARB CRISP

Pam Caboth

3 c. rhubarb
2 eggs
2 T. flour
1½ c. sugar

¾ c. oleo
1 c. flour
¾ c. brown sugar
1 c. oatmeal

Put 3 cups of cut up rhubarb in a greased 9 x 9-inch pan. Mix together 2 eggs, 2 tablespoons flour and 1½ cups sugar. Pour over rhubarb. To make topping mix ¾ oleo, 1 cup flour, ¾ cup brown sugar and 1 cup oatmeal. Put over rhubarb. Bake at 350° for 25 minutes.

RHUBARB DESSERT

Ethel Handeland

2 c. flour
½ c. margarine
1 tsp. salt
2 T. sugar
5 egg yolks
2 c. sugar

4 T. flour
1 (14-oz.) can condensed milk
1 tsp. lemon juice
5 to 6 c. rhubarb, cut up
5 egg whites
¾ c. sugar

Mix 2 cups flour, margarine, salt and sugar. Pat in 9 x 13-inch pan. Bake 10 minutes at 350°. Mix egg yolks, 2 cups sugar, 4 tablespoons flour, condensed milk, lemon juice and rhubarb. Spread on crust and bake 50 to 60 minutes at 350°. To make topping, beat egg whites (room temperature) until frothy. Add ¾ cups sugar gradually and beat until very stiff peaks form. Spread on top. Brown under broiler. Watch closely; takes a very short time.

RHUBARB DESSERT

Roxanne Hevern

4 c. rhubarb, cut up
¾ c. sugar
1 pkg. strawberry Jello
1 pkg. crushed graham crackers
1 stick oleo

¼ to ½ c. sugar
1 pkg. vanilla instant pudding
1½ c. milk
1 (8-oz.) tub Cool Whip

Put ¾ cups sugar on rhubarb and let sit for 1 hour. Cook until mushy and add Jello. Let cool. To make crust, combine crushed graham crackers, oleo and sugar. Put in 9 x 13-inch pan, saving some to sprinkle on top. Bake at 350° for 8 to 10 minutes. Mix pudding and milk and let it set up, about 5 minutes. Fold in Cool Whip. Then add cooled rhubarb mixture; pour over crust. Sprinkle remaining crust graham over the top. Refrigerate.

RHUBARB CRUNCH

Ione Johnson

4 to 6 c. cut rhubarb
1½ c. sugar
1 egg, beaten
2 T. flour
1 c. flour

½ c. white sugar
½ c. brown sugar
1 c. oatmeal
⅔ c. butter or margarine
½ tsp. baking powder

Mix together rhubarb, 1½ cups sugars, egg and 2 tablespoons flour. Put in buttered 9 x 9-inch pan. Crumble 1 cup flour, ½ cup white sugar, ½ cup brown sugar, oatmeal, butter and baking powder. Put over top of rhubarb mix. Bake 60 minutes in slow oven of 300°.

EASY RHUBARB DESSERT

Marjean Kaltved

1 (18½-oz.) pkg. yellow cake mix **1 c. sugar**
5 c. diced fresh or frozen rhubarb **1 c. heavy whipping cream**

Mix cake mix as directed on package. Pour batter into a greased 13 x 9 x 2-inch baking pan. Spread rhubarb over batter. Then sprinkle with 1 cup sugar. Pour the whipping cream over the top. Do not mix. Bake 1 hour or until cake tests done at 350°.

RHUBARB BUTTER CRUNCH

Wanda Norris

3 c. finely chopped rhubarb
½ c. sugar (white)
1 T. flour
½ tsp. cinnamon
½ tsp. salt

1 c. brown sugar
1¼ c. sifted flour
1 c. oatmeal
⅓ c. shortening
½ c. margarine

Stir together the rhubarb white sugar, flour, cinnamon and salt. Spread in an 8-inch square, greased pan. Combine brown sugar, sifted flour and oatmeal. Cut in shortening and margarine. Sprinkle over top of rhubarb mixture. Bake at 375° for 30 to 40 minutes.

I am to be so busy today that I must spend more time than usual in prayer.

RHUBARB CRISP

Nina Sorbo

*1 c. oatmeal
1 c. brown sugar
1 c. flour
1/2 c. oleo
4 c. cut up rhubarb
1 can cherry pie filling*

*1 c. sugar
1 c. water
2 T. cornstarch
1 tsp. almond flavoring
Red food coloring*

Mix together oatmeal, brown sugar, flour and oleo. Crumble $\frac{2}{3}$ of mixture in 9 x 13-inch pan. Set aside the rest. Boil sugar, water and cornstarch until thick. Add a few drops red food coloring and almond flavoring. Add pie filling and blend well. Place rhubarb on crust. Pour filling over it. Add remaining crumbs. Bake at 350° for 45 minutes. Serve with whipped topping or ice cream. Delicious!

EASY RICE DESSERT

Shirley Juhl

*3/4 c. rice
3-oz. pkg. vanilla pudding*

*1 (15 1/2-oz.) can fruit cocktail
1 qt. salted water*

Cook rice in 1-quart salted water for about 15 minutes. Cook a 3-ounce package of vanilla pudding, following recipe on box. Mix with rice. Add one can drained fruit cocktail. A little sugar may be added.

CRUNCHY RICE KRISPIES ICE CREAM DESSERT

Joyce Yates

*1/2 c. margarine
1 c. brown sugar
1 c. shredded coconut*

*2 1/2 c. Rice Krispies (crushed)
1 c. chopped pecans or nuts
1/2 gal. ice cream*

Cook margarine and brown sugar over low heat for 2 minutes. Mix in coconut, Rice Krispies and nuts. Spread half into a 9 x 9-inch or 8 x 10-inch pan. Spread ice cream over and spread rest of crumb mix over top. keep dessert in freezer until ready to serve. Good with berries over top.

Be careful how you live, you may be the only Bible some people read.

STRAWBERRY SHORTCAKE

Ollie Fry

1 qt. fresh strawberries
2 c. flour
3 tsp. baking powder
1/2 tsp. salt

2 tsp. sugar
1/2 c. butter
1 egg, well beaten
1/2 c. milk

Wash and stem berries. Sift dry ingredients into a bowl. Add butter and cut in with pastry blender. Combine eggs and milk and stir into dry ingredients to make a soft dough. Knead gently 15 to 20 turns and roll out to half inch thick. Cut out 2 inch rounds using floured cookie cutter and place half inch apart on ungreased cookie sheet. Bake 12 to 15 minute at 450°. Split partly cooled biscuits; spoon berries onto halves and serve plain or with whipped cream.

STRAWBERRY PRETZEL DESSERT

Ruby Harris

1 1/2 c. pretzels (crushed)
1 1/2 T. sugar
3/4 c. margarine, melted
1 c. sugar
8 oz. cream cheese

3 c. Cool Whip
2 sm. strawberry Jello
2 c. boiling water
2 (10-oz.) pkgs. frozen strawberries

1st Layer: Mix pretzels, 1 1/2 tablespoons sugar and margarine together. Pat into 9 x 13-inch pan. Bake 15 minutes at 350°. Let cool. **2nd Layer:** Cream 1 cup sugar, cream cheese and Cool Whip; refrigerate. **3rd Layer:** Dissolve Jello in boiling water; add frozen strawberries. When Jello starts to set, pour over cream cheese layer.

STRAWBERRY ANGEL SQUARES

Marguerite Olson

1 (3-oz.) box strawberry Jello
1 (10-oz.) pkg. frozen strawberries
1/2 pt. whipped cream, whipped

1 1/4 c. boiling water
1/2 angel food cake in pieces

Dissolve Jello in water. Stir in thawed strawberries. Cool until mixture begins to thicken. Fold in whipped cream. Cover 9-inch pan with cake. Pour strawberry mixture over. Refrigerate 4 to 5 hours. Serve with whipped cream.

STRAWBERRY ANGEL FOOD

Sandy Sorbo

DESSERT

Cubed angel food cake

1½ c. milk

1 sm. box vanilla instant pudding

2 c. vanilla ice cream

1 sm. box strawberry Jello

¾ c. boiling water

1 (10-oz.) pkg. frozen strawberries

Cube angel food cake and place in baking dish. Mix 1½ cups milk with 1 box vanilla instant pudding and 2 cups vanilla ice cream. Pour over cubed cake. Refrigerate. Dissolve 1 small box strawberry Jello in ¾ cup boiling water. Add 10-ounce package frozen strawberries and juice, thawed. Let mixture start to jell a bit and pour over cake and ice cream mixture. Refrigerate.

THREE LAYER DESSERT

Irene Butterfield

½ c. butter

1 c. flour

⅔ c. chopped peanuts

1 c. powdered sugar

1 (8-oz.) pkg. cream cheese

½ c. peanut butter

1 (8-oz.) ctn. frozen whipped topping, divided

2 pkgs. instant milk chocolate pudding

⅔ c. cold milk

Chocolate decorations

Cut butter into flour until crumbly. Add peanuts. Press into bottom of greased 9 x 12-inch pan. Bake at 350° for 15 to 20 minutes or until light brown. Cool. For filling beat powdered sugar, softened cream cheese and peanut butter until smooth. Fold in 1 cup whipped topping. Spread over crust. In another bowl, combine pudding mixes and milk. Beat at low speed for 2 minutes. Spread over filling. Top with remaining whipped topping. Sprinkle with chocolate decorations if desired.

QUICK DESSERT FOR ONE

Carol Saha

3 graham crackers

1 (20-oz.) can fruit pie filling or fresh fruits or berries or canned fruits or berries

Whipped topping

First Layer: 2 crackers broken into an individual sauce dish. **Second Layer:** ¼ cup or so of the pie filling, fresh fruits or berries or sauces. **Third Layer:** 2 tablespoons whipped topping, leaving a little color all around. **Fourth Layer:** 1 whole cracker. **Fifth Layer:** 1 tablespoons whipped topping. **Sixth Layer:** A dab of fruit, berries, pie mix, etc. for color. Put together while cooking a meal to let the crackers soften a bit.

Recipe Favorites





**PIES
AND
PASTRIES**

Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Next time you're making pie, pull out the required crusts.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting up dried fruit, it sometimes sticks to the blade of the knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.
- When cutting butter into flour for pastry dough, the process is made easier if you cut the butter into small pieces before adding it to the flour.

PIES & PASTRIES

IMPOSSIBLE FRENCH APPLE PIE

Sandy Sorbo

6 c. tart sliced apples
1¼ tsp. cinnamon
¼ tsp. nutmeg
¾ c. milk
2 T. softened butter
2 eggs

1 c. sugar
½ c. Bisquick baking mix
⅓ c. brown sugar, packed
½ c. chopped nuts
3 T. firm margarine
1 c. Bisquick baking mix

Grease a 10 x 1½-inch pie plate. Mix apples, cinnamon and nutmeg; turn into a pie plate. Beat milk; softened butter, eggs, sugar and ½ cup Bisquick until smooth for 15 seconds in blender on high. Pour over apples. To make streusel, mix 1 cup Bisquick, nuts, brown sugar and firm margarine. Sprinkle on pie. Bake until knife inserted in center comes out clean, 55 to 65 minutes at 325°.

APPLE CUSTARD PIE

Mildred Sunde

1½ c. flour
½ tsp. salt
½ c. cold oleo
3 c. peeled tart apples
⅓ c. sugar

1 tsp. cinnamon
1 c. evaporated milk
1 egg
½ c. sugar

In a bowl combine flour and salt; cut in oleo. Press on the bottom and up sides of a 9-inch pie pan. Arrange apples on crust. Combine sugar and cinnamon and sprinkle over apples. Bake at 375° for 20 minutes. For custard whisk milk, egg and ½ cup sugar until smooth. Pour over apples. Bake 25 to 30 minutes longer. Cool on wire rack.

APPLE PIE

Mavis Wilson

½ c. sugar
1 tsp. cinnamon
¾ c. melted oleo
½ c. sugar
1 egg

1 c. flour
½ c. chopped walnuts
7 to 8 apples
1 unbaked pie shell

Fill pie pan with sliced apples. Mix ½ cup sugar and cinnamon and pour over apples. Beat together oleo, ½ cup sugar and egg. Add flour and nuts. Gradually spread mixture over apples. Bake at 350° for 1 hour. Sprinkle a sugar cinnamon mixture on top.

BANANA CREAM PIE

Nancy Fry

**2 sm. boxes instant vanilla
pudding & pie filling**
1 env. Dream Whip
1½ c. cold milk

½ tsp. vanilla
2 bananas
1 baked pie shell

In a mixing bowl combine pudding, topping mix, milk and vanilla. Blend together on low speed. Increase speed and blend until very thick, about 3 minutes. Slice bananas and gently fold into mixture, saving a few banana slices for garnish. Pour into pie shell. May also top with whipped cream or whipped topping. In order to prevent bananas from darkening, dip in lemon juice.

BLUEBERRY CHILL PIE

Nancy Fry

**1 (14-oz.) can sweetened
condensed milk**
¼ c. lemon juice
½ tsp. vanilla

4 oz. Cool Whip
1 can blueberry pie filling
1 graham cracker crust

In a bowl combine milk, lemon juice and vanilla. Mix until blended. Fold in Cool Whip and blend well. Put ½ mixture into crust and gently spread flat. Spoon pie filling over mixture. Top with rest of mixture. Freeze until firm, about 3 hours. Let stand at room temperature for 15 minutes before serving. Garnish as desired.

CARAMEL CHIFFON PIE

Alice Hartman

28 caramels
1 c. milk
1 pkg. Knox gelatin
¼ c. hot water
1 c. whipped cream

1 tsp. vanilla
½ c. chopped pecans
1 baked pie shell
1 tub Cool Whip

Melt caramels in milk. Dissolve gelatin in the water. Add this to the milk and caramels. Cool until it starts to thicken. Then fold in the whipped cream. Add vanilla and nuts. Pour in baked pie shell. Can be made the day before. Top with Cool Whip. Keep refrigerated.

OUT OF THIS WORLD

Dorothy Lind

CHERRY PIE

2 lg. baked pie shells
1 (21-oz.) can cherry pie filling
3/4 c. sugar
1 (21-oz.) can crushed
pineapple & juice

1 T. cornstarch
3 oz. dry raspberry Jello
6 bananas
8 oz. Cool Whip

In a saucepan, combine pie filling, sugar, pineapple, juice and cornstarch. Cook until it thickens. Remove from heat and add the Jello. Stir well and cool. Add sliced bananas. Pour into the crusts and refrigerate. Serve with Cool Whip.

CHOCOLATE DREAM PIE

Grace Ackerman

2 env. Dream Whip
2 3/4 c. cold milk
2 pkgs. Jello chocolate instant
pudding

1 baked pie shell

Prepare whipped topping with 1 cup of milk. Add rest of milk and pudding mix. Blend. Then beat on high speed for 2 minutes, scraping bowl constantly. Spoon into shell. Chill 4 hours. Garnish as desired.

CHOCOLATE PIE

Sandy Sorbo

1 1/2 c. chocolate chips
1/4 c. milk
1/2 lb. marshmallows

1 graham cracker pie shell
1 lg. tub Cool Whip

Melt chocolate chips, milk and marshmallows in microwave, about 1 1/2 minutes. Stir to blend. Cool. Stir in large tub Cool Whip. Pour in shell. Top with Cool Whip and chocolate shavings.

CHOCOLATE CHIP MARSHMALLOW PIE

Sandy Sorbo

60 lg. marshmallows
1 c. milk
1 pt. whipping cream

1 tsp. vanilla
6 squares semi-sweet chocolate
2 graham cracker pie shells

Melt marshmallows and milk in a double boiler, or in a microwave, stirring often. Cool. Whip whipping cream; add to marshmallow mixture. Add vanilla and chocolate. Pour in two 9-inch graham cracker pie crusts. Sprinkle shaved chocolate on top. Cover and refrigerate.

COCONUT CUSTARD BLENDER PIE

Kay Kaltvedt

2 c. milk
4 eggs
2/3 c. sugar
6 T. oleo

1/2 c. flour
1 tsp. vanilla
1 c. coconut

Put all in blender and whip 10 seconds. Pour into buttered and floured 10-inch glass pie plate. Bake 1 hour at 350°.

COCONUT PIE

Thelma Munson

2 c. milk
1 c. sugar
4 eggs
1/2 c. flour

6 tsp. oleo
1 tsp. vanilla
1/2 tsp. salt
1 c. coconut

Grease or spray pie plate. Soften oleo. Add milk, sugar, eggs, flour, vanilla, salt and coconut. Blend good. Put in pie plate. Bake at 350° for 50 to 55 minutes.

FRUIT CREAM CHEESE PIE

Cheryl Hanson

1 baked 9-inch pie shell
1 can sweetened condensed milk
1/4 c. lemon juice
1 (3-oz.) pkg. cream cheese
(softened)

2 eggs, separated
1 c. fruit (strawberries, peaches
(sliced) raspberries)
4 T. sugar

Blend condensed milk with lemon juice. Beat cream cheese until smooth; add egg yolks one at a time. Beat well. Add fruit and mix thoroughly. Fold into milk mixture. Pour into cooled pie shell. Beat egg whites until almost stiff. Gradually add sugar. Put egg whites on top of filling. Brown in oven at 350°.

CUSTARD PIE

Alice Hartman

1 qt. milk, scalded
5 eggs, beaten
1 c. sugar

1 tsp. vanilla
1 unbaked pastry shell

Beat eggs well; then add the scalded milk and then sugar and vanilla. Pour into a 9-inch unbaked pie shell. Bake at 400° for 15 minutes; then at 350° until done. When you stick a knife in the center it comes out clean. Vanilla, nutmeg or cinnamon can be used for flavoring.

LIGHT 'N FRUITY PIE

Nancy Fry

1 (3-oz.) pkg. Jello, any flavor
 $\frac{2}{3}$ c. boiling water
2 c. ice cubes

$3\frac{1}{2}$ c. Cool Whip
1 c. diced fresh or canned fruit
1 graham cracker crust

Dissolve Jello completely in hot water, stirring about 3 minutes. Add ice cubes and stir constantly until gelatin is thickened; remove any unmelted ice. Using a wire whip, blend in whipped topping, whipping until smooth. Drain fruit and dice. Fold fruit in and chill until mixture will mound. Spoon in crust and chill for 2 hours. Garnish as desired.

LEMON MERINGUE PIE

Ollie Fry

$1\frac{1}{4}$ c. sugar
6 T. cornstarch
Dash salt
2 c. boiling water
3 egg yolks, slightly beaten

$\frac{1}{2}$ c. lemon juice
1 tsp. grated lemon rind
 $\frac{1}{4}$ c. butter
1 (9-inch) baked pie shell

Combine sugar, cornstarch, salt and boiling water. Stir in egg yolks. Stirring constantly, bring mixture to a boil over medium heat. Stir in butter, grated lemon rind and lemon juice. Spoon hot filling into crust. Top with meringue and brown in oven.

BEST-EVER LEMON PIE

Ethel Handeland

$1\frac{1}{4}$ c. sugar
6 T. cornstarch
2 c. water
3 egg yolks
 $\frac{1}{3}$ c. lemon juice

$1\frac{1}{2}$ tsp. lemon extract
3 T. butter
2 tsp. vinegar
1 baked 9-inch pie shell

Mix sugar and cornstarch in top of double boiler and add water. Combine egg yolks with lemon juice and beat until well mixed; add to sugar mixture. Cook over boiling water until thick or about 25 minutes, as this does away with the starchy taste. Add lemon extract, butter and vinegar and stir thoroughly. Pour mixture into pie shell. Let cool, then cover with meringue and brown in oven.

LEMON PIE

Alice Hartman

Juice of 2 lemons
 $1\frac{1}{2}$ c. sugar
4 T. cornstarch
3 egg yolks

2 c. hot water
2 T. butter
1 baked pie shell

Mix juice, sugar, cornstarch, egg yolks and hot water. Cook until thick. Add 2 tablespoons butter. Pour in pie shell.

LEMON MERDNGUE PIE

Norma Richard

1 c. plus 2 T. sugar
¼ c. cornstarch
1 c. plus 2 T. water
2 egg yolks

2 T. butter
3 T. lemon juice
1 (8-inch) baked pie shell

In saucepan mix sugar, cornstarch and water. Cook over medium heat. Boil for 1 minute until thickens. Slowly mix half of mixture into egg yolks; blend into hot mixture. Boil 1 minute, stirring constantly until smooth. Remove from heat and blend in butter and lemon juice. Pour into pie shell. Cover with meringue and brown.

LEMON PIE

Verda Rierson

1 c. sugar
1¼ c. water
1 T. butter
¼ c. cornstarch
3 T. water

⅓ c. lemon juice
3 egg yolks
2 T. milk
1 baked pie shell
1 tsp. lemon rind

Combine sugar, butter and 1¼ cup water in a pan and heat until sugar is dissolved. Add the lemon juice and rind and cornstarch that has been dissolved in the 3 tablespoons water. Cook 2 minutes. Slowly add egg yolks beaten with the milk. Bring to a boil and cool. Pour in baked pie shell.

PEACH GLAZE PIE

Kay Doyle

1 qt. fresh peaches
¾ c. water
1 c. sugar
4 level T. cornstarch
1 T. lemon juice

1 T. butter or margarine
Pinch salt
1 baked 9-inch pie shell
Whipped cream

Cut up 1 cup of peaches. Add water and cook 4 minutes. Mix sugar and cornstarch. Add to fruit mixture. Cook until thick and clear. Add lemon juice, butter and salt. Cool. Arrange remaining fruit in cooled pie shell. Pour cooled glaze over. Chill. Top with whipped cream and a few peach slices.

PEACH CREAM PIE

Barb Fransdal

5 med. size peaches
¾ c. sugar
¼ c. flour

¾ c. light cream
Dash salt
1 unbaked pie shell

Cut up peaches into small slices (8ths). Mix flour, salt and sugar. Put half in crust. Pour remaining flour, salt and sugar over peaches in crust. Pour cream over top and bake. Bake at 400° for 10 minutes, 350° about 45 minutes until clear. May bake at 350° for 1 hour.

PEACHES N' CREAM

Kay Kaltvedt

2 T. orange juice
2 T. lemon juice
4 c. miniature marshmallows
½ pt. whipping cream

2 fresh peaches
1 baked pie or graham cracker shell

Heat marshmallows, orange juice and lemon juice to melt. Cool. Fold in 1 cup whipping cream and sliced peaches. Put in pie shell or graham cracker shell. Refrigerate until serving. May use 9-inch pie plate or 9-inch square pan.

PEACH PIE

Naomi Sabby

1¼ c. water
1 c. sugar
3 T. cornstarch
3 T. white Karo syrup

3 T. peach Jello
Sliced peaches
1 baked pie shell

Mix water, sugar, cornstarch and syrup together and cook until clear and thick. Add the Jello. Cool and add peaches. Pour in pie shell. Serve with whipped cream or Cool Whip. May use strawberries or raspberries. Fruit must be fresh.

PECAN PIE

Sandy Sorbo

6 T. butter
½ c. granulated sugar
3 eggs, beaten lightly
Dash salt
1 c. dark corn syrup

1 tsp. vanilla
1 c. broken pecans
1 (9-inch) unbaked pie shell
Unbroken pecan halves

Cream butter and sugar until blended but not fluffy. Add beaten eggs, salt, syrup, vanilla and broken pecans. Pour into unbaked pastry shell; top with unbroken pecan halves. Bake at 325° for 50 minutes or until knife comes out clean.

PECAN PIE

Wilma Paulson

3 eggs, beaten
½ c. brown sugar
¾ c. dark corn syrup
4 T. melted margarine
½ c. milk

1 tsp. vanilla
½ tsp. salt
½ c. broken pecans
1 unbaked pie shell

Mix all ingredients together. Pour into unbaked 9-inch pie shell. Bake 45 minutes in 350° oven for until knife inserted in center comes out clean. This is different as it is not as sweet.

PUMPKIN PIE

Irene Butterfield

*1³/₄ c. pumpkin
3/4 c. brown sugar
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg*

*1/2 tsp. salt
1²/₃ c. (1 tall can) evaporated milk
3 eggs, slightly beaten
1 unbaked pie shell*

Combine sugar, spices; add pumpkin. Blend. Add eggs and milk. Mix thoroughly. Pour into pastry lined pan. Bake at 450° for 10 minutes. Reduce heat to 350°. Bake 40 to 50 minutes more. Check with knife. Comes out clean when done.

FAMOUS PUMPKIN PIE

Nancy Fry

*1 (16-oz.) can pumpkin
2 eggs, beaten
3/4 c. sugar
1/2 tsp. salt
1 tsp. cinnamon*

*1/2 tsp. ginger
1/4 tsp. cloves
1 (12 to 13-oz.) can Carnation
evaporated milk
1 unbaked pie shell*

Preheat oven to 425°. Mix ingredients together in the order listed. Pour into pie shell. Bake 15 minutes. Reduce heat to 350° and bake another 45 minutes or until knife inserted near center comes out clean. Cool.

IMPOSSIBLE PUMPKIN PIE

Ione Johnson

*2 eggs
2 tsp. margarine
1 lg. can evaporated milk
1 can pumpkin
1/2 c. Bisquick*

*3/4 c. sugar
2 tsp. pumpkin pie spice or 1 tsp.
cinnamon
1/2 tsp. ginger
1/4 tsp. cloves*

Blend all ingredients 1 minute in blender. Pour into a lightly buttered pan and bake at 350° for 50 to 60 minutes. I double recipe and bake in 9 x 13-inch pan. Serve with whipped topping.

PUMPKIN ICE CREAM PIE

Wanda Norris

*1 c. canned pumpkin
1/2 c. sugar
1/2 tsp. salt
1/2 tsp. nutmeg*

*1/2 tsp. ginger
1 qt. vanilla ice cream
1 (9-inch) baked pie shell*

Combine pumpkin, sugar, salt and spices. Soften ice cream and fold in pumpkin mixture. Pour into baked shell and freeze until firm; about 4 hours.

PUMPKIN APPLE PIE

Mildred Sunde

1/3 c. brown sugar
1 T. cornstarch
1/2 tsp. cinnamon
1/2 tsp. salt
1/3 c. water
2 T. butter or oleo
3 c. peeled, sliced apples
1 uncooked pastry shell

2/3 c. pumpkin
3/4 c. evaporated milk
1/3 c. sugar
1 egg
1/2 tsp. cinnamon
1/2 tsp. salt
Whipped cream.

In saucepan combine brown sugar, cinnamon, salt and cornstarch. Add water and butter; bring to a boil. Add apples and cook for 4 minutes, stirring mixture. Place in pie shell. In a bowl, whisk pumpkin, evaporated milk, sugar, egg, cinnamon and salt until smooth. Pour over apple layer. Flute edges of crust. Bake at 375° for 50 to 55 minutes. Garnish with whipped cream.

RAISIN CREAM PIE

Alice Hartman

1 c. raisins
3/4 c. Carnation milk
3/4 c. sugar

1 or 2 egg yolks
1 1/2 T. cornstarch
1 baked pie crust

Stew raisins until done; drain. Add milk, sugar, egg yolks and cornstarch. Cook until thick. Pour into baked crust and cover with meringue. Brown.

RHUBARB CHIFFON PIE

Grace Ackerman

3 c. diced rhubarb
1 c. sugar
1 pkg. strawberry Jello

1 T. lemon juice
1 can evaporated milk, chilled
1 baked pie shell

Combine rhubarb and sugar and let draw juice. Boil until tender. Add Jello and stir until dissolved. Let cool and add lemon juice. Whip the well chilled evaporated milk. Fold into rhubarb mixture and put in pie shell. May use 2 packages Jello if desired.

Our children are the only earthly possessions we can take with us to heaven.

RHUBARB/STRAWBERRY PIE

Ruth Knutson

- 3 c. fresh rhubarb, cut in 1/4-inch pieces*
- 3 c. sliced fresh strawberries*
- 3/4 c. sugar*
- 1 1/2 T. instant tapioca*
- 1/3 c. fresh orange juice*
- 1/4 tsp. grated orange peel*
- 1 unbaked pie shell*

Combine rhubarb, strawberries, sugar, tapioca, orange juice and orange peel in a large bowl; let stand 15 minute while tapioca softens. Pour filling into a deep pie shell. Make lattice strips for top crust. Bake at 400° for 20 minutes. Reduce heat to 375° and bake 30 minutes or until rhubarb is tender. Makes 6 to 8 servings.

STRAWBERRY PIE

Lorraine Thornburg

- 1 c. sugar*
- 2 T. cornstarch*
- 1 c. water*
- 2 T. white Karo syrup*
- 2 T. strawberry Jello*
- 2 1/2 c. fresh sliced strawberries*
- 1 baked pie shell*
- 1 ctn. whipped topping*

Cook sugar, cornstarch, water and syrup until thick. Add Jello. Cool. Add strawberries. Pour into pie shell. Serve with whipped topping.

STRAWBERRY PIE

Lorraine Thornburg

- 1 pkg. vanilla pudding (cook type)*
- 1 pkg. strawberry Jello*
- 2 c. hot water*
- 1 tsp. lemon juice*
- 1 c. fresh sliced strawberries*
- 1 baked pie shell*
- 1 ctn. whipped topping*

Combine pudding, Jello, water and lemon juice and cook to boiling. Pour into a bowl and chill. Stir in berries and pour in pie shell. Cover with whipped topping.

BRANDIE'S YOGURT PIE

Jeanette Voetmann

- 1 (3-oz.) pkg. lemon Jello*
- 1 (8-oz.) tub Cool Whip*
- 1/2 c. finely chopped nuts*
- 1 (8-oz.) lime yogurt*
- 1 (8-inch) graham cracker crust*
- 1 c. boiling water*

Dissolve Jello in 1 cup boiling water. Cool. Just before it sets, fold it into the Cool Whip. Fold yogurt into Cool Whip mixture and pour into graham cracker crust. Cool at least 2 hours in refrigerator. Sprinkle nut on top.

Note: Chocolate curls may be substituted for chopped nuts. Other combinations of flavors of Jello and yogurt may be used.

RASPBERRY YOGURT PIE

Grace Ackerman

**1 (10-oz.) ctn. frozen red
raspberries, thawed**
 $\frac{2}{3}$ c. sugar
2 (2 T.) env. unflavored gelatin

1 (8-oz.) ctn. vanilla yogurt
1 c. sour cream
1 baked pie shell

Drain raspberries, saving juice to measure $\frac{2}{3}$ cup. In saucepan, combine sugar, gelatin and berry juice. Heat and stir until sugar and gelatin are dissolved. Remove from heat and gradually stir in yogurt and sour cream; mix well. Stir in raspberries. Pour into crust. Chill about 4 hours. If desired, garnish with whipped cream.

NEVER FAIL MERINGUE

Mardene Boyce

1 T. cornstarch
2 T. cold water
 $\frac{1}{2}$ c. boiling water
3 egg whites

6 T. sugar
1 tsp. vanilla
Pinch salt

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until completely cold. With electric mixer beat at high speed; beat egg whites until foamy. Gradually add sugar and beat until stiff but not dry. Turn mixer to low speed; add salt and vanilla. Gradually beat in cold cornstarch mixture. Turn mixture to high and beat well. Spread meringue over pie filling. Bake at 350° for 10 minutes or until top is lightly browned.

MERINGUE

Ollie Fry

3 egg whites
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. cream of tartar

$\frac{1}{2}$ tsp. vanilla
6 T. sugar

Have egg whites at room temperature to obtain greatest volume. Place them in a bowl with cream of tartar, salt and vanilla. Beat until entire mixture is frothy. Add sugar gradually until stiff peaks form. Spread over pie filling, touching the crust. Bake 12 to 15 minutes at 350°. Cool gradually away from drafts.

MERINGUE

Alice Hartman

3 egg whites
 $\frac{1}{4}$ tsp. cream of tartar

6 T. sugar
 $\frac{1}{2}$ tsp. flavoring

Beat egg whites until frothy with cream of tartar. Gradually add sugar and flavoring. Continue beating until stiff. Spread on pie filling touching crust. Brown in 350° oven.

NEVER FAIL PIE

Alice Hartman

MERINGUE

1 T. cornstarch

6 T. sugar

½ c. water

Pinch salt

3 egg whites

Mix together cornstarch, sugar, water and salt. Cook until thick and clear. Cool slightly. Beat egg whites until frothy. Slowly pour cooked mixture over whites while beating. Beat until peaks form. If overbeaten it will appear grainy, but will not affect meringue. Spread on pie and brown at 325° watching closely because it burns easily. Meringue will stand high, will not stick to knife when cutting and does not weep.

NEVER FAIL MERINGUE

Ione Johnson

1 T. cornstarch

2 T. cold water

½ c. boiling water

3 egg whites

6 T. sugar

1 tsp. vanilla

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until completely cold. Beat egg whites until foaming; gradually add sugar and beat until stiff, but not dry. Turn mixer on low; add vanilla and gradually beat in cornstarch mixture. Beat on high. Spread over pie filling. Bake for 10 minutes at 350°.

BASIC GRAHAM CRACKER CRUST

Carol Saha

24 graham crackers

1 stick (½ c.) butter or margarine

½ tsp. cinnamon

Roll crackers very fine. Take out 2 tablespoons for topping if desired. Melt butter; mix with crackers and cinnamon. Press into 9-inch pie pan or 8 x 12-inch cake pan. Bake 10 minutes at 350°; cool. Fill with fruit pie mix or pudding mix.

PIE CRUST

Grace Ackerman

3 c. flour

1¼ c. vegetable shortening

Pinch salt

1 egg, beaten

1 T. vinegar

5 T. water

Work together flour, shortening and salt. Beat the egg lightly with vinegar and water. Stir into dough with fork until it clings together. Mold into 1 or 2 balls and chill at least 15 minutes before rolling out. Dough may be kept in refrigerator for 3 days or frozen until needed. Makes a double crust.

EASY PIE CRUST

Nancy Fry

1½ c. sifted flour
1 tsp. salt
2 T. sugar

½ c. oil
2 T. milk, cold

Mix together flour, salt and sugar. Add oil and cold milk. Mix all together. Put in pie tin and press out with your fingers.

OLD FASHIONED PIE CRUST

Nancy Fry

4 c. flour
1¾ c. lard

1¾ tsp. salt
½ c. hot water (almost boiling)

Combine flour, lard and salt with a pastry blender until mixture is like coarse cornmeal. Sprinkle in hot water and mix with a fork. Toss gently until mixture holds together. Gently round into a ball. Dust board with flour and rub flour onto rolling pin. Roll, turning crust as you roll it, to assure it is not sticking to the board. Roll as thin as you can and transfer to pie pans. Bake according to the filling recipe.

7-UP PIE CRUST

Carrie Fry

2 c. flour
1 tsp. salt
1 tsp. sugar

¾ c. shortening
½ c. minus 1 T. freshly opened cold 7-Up

Sift together flour, salt and sugar in mixing bowl. Using pastry blender, cut shortening into flour mixture until crumbly. Add 7-Up and mix well. Dough will be sticky. Lightly flour board, rolling pin, dough and hands. Divide into 2 parts, 1 slightly larger for bottom crust. Shape larger portion of dough into a ball and flatten. Roll carefully, keeping it circular until large enough for the pan. Place in pan, add filling and roll top crust the same way. Seal edges. Sprinkle top lightly with sugar and cut slits. Trim off extra dough around edges. Bake at 350° until the crust is light brown.

PASTRY MIX

Pastor Jane Johnston

7½ c. flour
2 c. shortening

4½ tsp. salt
8 T. cold water

Blend together flour, shortening, salt and cold water. Store in airtight container if not used immediately. Makes a 2 crust pie.

PIE CRUST

Doris Rye

1/2 c. shortening (Crisco)
1 c. flour plus 1 T.
1 tsp. sugar

1/4 tsp. salt
1/2 tsp. cream of tartar
1/4 c. cold water

Mix dry ingredients. Add shortening and blend well. Add water and mix well. Form into a ball. Must be refrigerated at least 1/2 hour before rolling. Use lots of flour on board. For 1 (2-crust) pie.

PIE CRUST

Naomi Subby

1 c. flour
1 stick margarine

1 T. sugar

Combine flour, margarine and sugar. Press in pie pan. Bake 15 minutes at 350°.

PIE CRUST

Sandy Sorbo

1 1/3 c. flour
1/2 tsp. salt

1/2 c. Crisco
3 T. water

Sift flour and salt; cut shortening into flour until mixture resembles course meal or like peas. Sprinkle a little water at a time over mixture until moistened. Press dough into a ball. Divide in half. Roll out to make 2 pie crusts (9-inch). Bake at 450° for about 12 minutes if needing a baked pie shell.

PECAN TASSIES

Helen Ann Lindholm

1/2 (3-oz.) pkg. cream cheese
1/2 c. butter or margarine
1 c. + 2 T. sifted flour
2 lg. eggs

1 1/2 c. brown sugar
2 T. melted butter
1/4 tsp. salt
1 c. chopped pecans

For crust cream cheese and butter. Add flour; chill. Form into balls and press into muffin tins. For Filling mix eggs, brown sugar, butter and salt. Sprinkle nuts on bottom of pastry, fill pastries 3/4 full of filling. Put more nuts on top of filling. Bake 15 minutes at 350°; 20 minutes at 250°. Cool half hour before removing from tins. Serve with whipped cream.

SOUR CREAM TWISTS

Ann Goebel

1/4 c. warm water
1 pkg. active dry yeast
3/4 c. lukewarm sour cream
3 T. sugar
1/8 tsp. soda
1 tsp. salt

1 lg. egg
2 T. shortening
3 c. flour
2 T. butter
1/3 c. brown sugar
1 tsp. cinnamon

Measure warm water 110° to 115° into bowl; add yeast and mix. Stir in sour cream, 3 tablespoons sugar, soda, salt, egg, shortening and flour. Turn onto floured board and fold over several times until smooth. Roll into oblong 24 x 6-inch. Spread with 2 tablespoons soft butter. Sprinkle 1/2 dough with 1/3 cup brown sugar and 1 teaspoon cinnamon. Fold over other 1/2. Cut into 24 strips 1-inch wide. Hold strips at both ends and twist in opposite directions. Place on greased baking sheet 2 inches apart. Press both ends to sheet. Cover and let rise 1 hour. Bake at 375° for 12 to 15 minutes.

Recipe Favorites



Recipe Favorites





**SCANDINAVIAN
AND
FOREIGN
FOODS**

A NORWEGIAN PRAYER

Jesu Navn gar vi til bords;

In Jesus name go we to table,

at spise og drilke, pa dit ord,

to eat and drink at Thy word,

dig Gud til aere, os til gavn,

Thou God to honor, us to be gifted;

Sa far vi mat I Jesu Navn.

So receive we food in Jesus name.

Amen

SCANDINAVIAN & FOREIGN FOODS

SCANDINAVIAN ALMOND CAKE

Sandy Sorbo

*1¼ c. sugar
1 egg
1½ tsp. pure almond extract
⅔ c. milk*

*1¼ c. flour
½ tsp. baking powder
½ c. melted margarine
Sliced almonds*

Grease almond cake pan well. Beat well sugar, egg, almond extract and milk. Add flour and baking powder. Add melted margarine; mix well. Before pouring batter into the pan, sprinkle sliced almonds down center on the bottom. Pour batter over almonds slowly as not to disturb. Bake at 350° for 40 to 50 minutes. Edges must be golden brown. Cool several hours in pan. Cake will break if removed too soon. Sprinkle with powdered sugar.

BAVARIAN EGGS

Lorriane Thornburg

*12 eggs
2 c. cottage cheese
1 tsp. baking powder*

*½ c. melted butter or margarine
4 c. shredded Monterey Jack
cheese*

Beat eggs. Add cottage cheese, baking powder, butter or margarine and Monterey Jack cheese. Pour into greased baking dish. Bake 35 to 40 minutes at 350°.

FATTIGSMANSKAKOR

Ione Johnson

*3 egg yolks
3 T. sugar
3 T. heavy cream*

*¼ tsp. lemon flavoring
1¼ to 1½ c. flour*

Beat egg yolks until light. Add sugar and cream and beat well. Stir in flavoring. Add flour. Mix well to make a smooth dough. Roll out dough ⅛ inch thick on slightly floured board and cut into 1½-inch strips. Cut strips diagonally every 4 inches. Make a 2-inch lengthwise slit in center and slip 1 end through slit. Fry in deep hot fat until lightly browned. It will take about 1½ minutes if fat is at 350°. Drain on absorbent paper. When cool, sprinkle with powdered sugar. Makes 3 dozen.

FRUIT SOUP

Ollie Fry

1/2 c. Minute Tapioca
4 c. boiling water
Juice from 1 orange & 1 lemon
1 c. prunes
1 c. raisins

1 c. apples, chopped
1 stick cinnamon
1 c. sugar
1 c. grape juice

Add tapioca to boiling water; stir often. Add all of the ingredients, except the grape juice. Boil until fruit is tender, about 45 minutes. When done, add grape juice and cool.

SWEDISH FRUIT SOUP

Shirley Juhl

1 pkg. dried mixed fruit
1 pkg. dried apricots
1 c. raisins
1 sliced orange
1 sliced lemon
1 T. tapioca

1 c. sugar
2 diced apples
*1 sm. can chunk or tidbit
pineapple*
1 cinnamon stick

Cut orange and lemon in pieces; soak dried fruit, tapioca, sugar, oranges, lemons and cinnamon stick in enough water to cover. Soak overnight. In morning add apples and cook fruit until soft. Add pineapple, draining juice; heat. Add ground cinnamon to taste. Serve warm in bowls. May serve with whip cream.

FRUIT SOUP

Carol Saha

2 qt. water
1/2 c. tapioca
1 lb. pitted prunes
1 c. raisins
1 c. dried apricots, chopped

1 1/2 c. sugar
1 cinnamon stick
1/4 c. vinegar or 1/2 c. lemon juice
1 qt. grape juice

Boil water, tapioca, prunes, raisins and apricots until well done. Add sugar, cinnamon, vinegar or lemon juice and boil again. Just before serving, add the grape juice. This will keep very well.

I will give thanks to the Lord with my whole heart;
I will tell of all thy wonderful deeds.

Psalm 9:1

FRUIT SOUP

Esther Valen

2 (24-oz.) pkgs. pitted prunes
3 T. tapioca
5 c. water
1 c. sugar
½ tsp. salt
1 (6-oz.) pkg. apples (or peaches
or pears)
2 T. tapioca
3 c. water
1 c. sugar

2 (12-oz.) pkgs. apricots
2 T. tapioca
3 c. water
2 cinnamon sticks
Juice of 1 orange
1 (15-oz.) box white raisins
1½ c. water
½ c. ReaLemon
2 qt. Ocean Spray cranberry juice

Cook each fruit separately being careful to not overcook. Pour into a large kettle adding 2-quarts of cranberry Ocean Spray juice. Cook until almost boiling. Cool. Put in containers and refrigerate until used.

NORWEGIAN KAVERING

Shirley Juhl

½ c. margarine
1 c. sugar
1 c. buttermilk
½ tsp. salt

1 tsp. soda
1 heaping tsp. baking powder
1½ c. dark flour
1½ c. white flour

Mix soft margarine and sugar. Mix salt, soda and baking powder in white flour and dark flour. Add buttermilk and stir together. Shape into tiny loaves. Bake 30 minutes at 350°. While warm, cut in 2 and toast in warm oven until dry, first at 300° and then at 250°. Put pans on top rack and change to bottom.

KRINGLA

Helen Grethen

1 c. sour cream
1 c. sweet milk
1 c. sugar
1 tsp. baking powder

1 tsp. vanilla
1 tsp. soda
4 c. flour (approx.)
1 tsp. salt

Sift baking powder, soda and flour together and mix into milk, cream and sugar. Add vanilla and salt. Roll on floured board into pencil shape and forms a figure 8. Place on buttered baking sheet and bake at 375° for 10 minutes. When done, place between cloths to steam.

KRINGLA

Virginia Knutson

¼ c. sugar
1 stick Fleischmann's margarine
¼ c. buttermilk
1 tsp. soda
1 tsp. hot water

2½ c. flour
1 tsp. baking powder
Pinch salt
1 tsp. almond flavoring
¼ tsp. vanilla

Melt margarine and mix with sugar. Mix well. Cool. Add buttermilk. Dissolve soda in hot water and add. Add flour, baking powder, salt, almond and vanilla. Mix well and chill. Roll out dough into figure 8's. Bake at 450° for 8 to 10 minutes. Makes 32.

KRINGLA

Helen Ann Lindholm

1½ c. sugar
½ lb. margarine
1½ c. cultured buttermilk
2 tsp. soda
2 tsp. hot water

2 tsp. almond extract
5 c. flour
2 tsp. baking powder
1 tsp. salt

Mix flour, baking powder and salt. Set aside. Slowly melt margarine. Add melted margarine to sugar in mixing bowl and mix. Add buttermilk, soda which has been dissolved in very hot water and almond extract. Mix well. Add dry ingredients (1/3 at a time) and mix. Chill dough overnight. Form Kringle 3 at a time, not adding flour. Bake at 425°, 3 minutes on middle shelf and 6 minutes on top shelf. Keep dough in refrigerator while forming and baking.

BEST KRINGLA

Sandy Sorbo

1 c. whipping cream
1 c. sour cream
1¼ c. sugar
1 egg
¼ c. melted butter

2 tsp. vanilla
4 c. flour
4 tsp. baking powder
¼ tsp. baking soda

Beat together whipping cream, sour cream and sugar. Add egg, butter and vanilla; beat well. Stir in flour, baking powder and baking soda. Refrigerate overnight or several hours. Roll 1 teaspoon dough on lightly floured board pencil thin, about 8 inches long. Shape in pretzel form on a greased cookie sheet. Leave extra room between Kringle; they will puff out. Bake at 375° to 400° for 8 to 10 minutes until very lightly browned.

KRINGLA

Charlotte Stinar

2 sticks margarine
2 c. sugar
2 eggs
2 c. sour cream

6½ c. sifted flour
1 tsp. salt
1 tsp. baking powder
2 tsp. soda

Cream margarine and sugar. Add beaten eggs. Add sour cream. In first cut of flour add salt, baking powder and soda. Gradually add flour to mixture and mix well. Chill. Take heaping teaspoon of dough and roll on floured pastry cloth. Form in figure 8. Bake at 375° for 10 to 12 minutes.

KRINGLA

Mildred Sunde

1 c. sugar
1 c. sour cream
4 T. butter
1 egg

2¼ c. flour
¾ tsp. soda
1 tsp. vanilla

Cream sugar and butter. Add egg, sour cream and vanilla. Sift soda with flour and add. Beat well. Chill overnight and keep cold while forming Kringla. Bake at 400° for 8 to 10 minutes.

NORWEGIAN KRINGLA

Lorraine Thornburg

1½ c. thick sour cream
1 c. sugar
3 egg yolks, beaten or 2 whole eggs

¾ tsp. salt
1 tsp. soda
2 tsp. baking powder
3 c. flour or enough to roll easily

Mix together and chill dough. Shape into twists or figure 8's. Bake until light brown 15 to 20 minutes at 350° to 400°.

KRINGLA

Esther Valen

1 stick oleo
1 c. sugar
1 egg
1 tsp. vanilla
1 c. buttermilk

1 tsp. soda
2½ tsp. baking powder
½ tsp. salt
3 c. flour

Put soda in buttermilk and set aside. Cream oleo, sugar and unbeaten egg. Add vanilla to mixture. Sift dry ingredients and add alternating with buttermilk and soda. Chill. Roll chilled dough into pencil thickness forming figure 8's or half an 8. Bake 10 to 11 minutes until light brown in 375° oven. Place in covered pan when cool, using waxed paper between layers. This will keep them moist.

DANISH KRINGLE

Alice Hartman

3 c. flour
1 c. butter
1 c. sour cream

Pinch salt
2 tsp. sugar

Mix the butter and sour cream together. Gradually add flour, salt and sugar. Chill dough about 1 hour for easier handling. Divide dough; roll out on a floured board to 1/4 inch. Cut in strips 1/2 inch wide and 10 inches long. Shape each strip in a figure 8 and dip in sugar. Place on an ungreased cookie sheet, sugar side up. Bake in a 375° oven until light brown, about 12 to 15 minutes.

SWEDISH KRINGLER

Marilyn Anderson

1 c. flour
1/2 c. butter or oleo
1 T. water
1 c. water
1/2 c. butter or oleo
3 eggs

1 c. flour
1/2 tsp. almond extract
1 c. powdered sugar
Cream
1/2 tsp. almond extract

Mix 1 cup flour, 1/2 cup butter and 1 tablespoon water together like pie crust. Pat on cookie sheet in 2 to 3 inch wide long strips. Put water and butter in a saucepan and heat to boiling. Add flour and stir until smooth. Cool. Stir in eggs one at a time and beat after each egg. Add extract and spread this on first mixture. Bake at 350° for 55 to 60 minutes. When almost cool, drizzle with frosting made from powdered sugar, cream and 1/2 teaspoon almond extract.

KROTE KAGER

Ollie Fry

2 env. dry yeast
2 tsp. sugar
1 c. warm water
1/2 c. margarine (Blue Bonnet)
1/2 c. sugar

1 c. scalded milk
1 tsp. salt
2 beaten eggs
6 or 6 1/2 c. flour

Mix together dry yeast, sugar and water. Let stand 10 minutes. Melt margarine and sugar in milk. Cool and add 2 cups of flour. Stir and add yeast mixture and eggs. Mix well. Add additional flour 1 cup at a time to make a soft dough. Knead and let rise 1 hour. Cut into 12 shaped buns; let rise. Roll thin, mark with a corrugated rolling pin. Bake each round on a hot electric lefse grill, turning to brown on each side. Store in cool dry place. Place between dampened towels when ready to use. Butter, roll and cut into pieces when ready to serve.

KRUMKAKE

Ione Johnson

2 eggs, beaten
1 c. sugar
1/2 c. butter

1 c. milk
1 1/2 c. flour
1 tsp. vanilla

Beat eggs until light and fluffy. Gradually add sugar and beat well. Add remaining ingredients and stir until smooth. Heat Krumkake iron over low heat and brush lightly with melted butter. Pour 1 tablespoon batter onto iron. Cook slowly until light brown on 1 side; turn iron and cook other side until light brown. Remove wafer and roll immediately on cylinder form and let cool while cooking next wafer.

KRUMKAKE

Leona Kinnard

1 c. sugar
3 eggs
1/2 c. butter
1/2 tsp. nutmeg

1/2 c. whipping cream
1 1/2 c. flour
1 tsp. vanilla

Beat eggs until very light. Add sugar, nutmeg, melted butter and vanilla. Whip the cream; fold in. Then add flour last. Blend well. Drop 1 teaspoon of dough on hot Krumkake iron (medium heat). Brown both sides. Roll quickly on cone shape stick.

KRUMKAKE

Virginia Knutson

3 eggs
1/2 c. sugar
1/2 c. butter

1/2 c. flour + 1 tsp.
1 tsp. almond flavoring

Beat eggs well. Add sugar to eggs and beat lightly. Melt butter and add to mixture. Add flour and flavoring. Beat lightly. Bake approximately 1 minute on each side in Krumkake iron on medium heat.

LEMON KRUMKAKA

Anna Brown

3 eggs, beaten
1/2 c. sugar
1/2 c. melted oleo

1/2 c. flour
1 tsp. lemon extract

Combine beaten eggs and sugar; beat well. Add shortening, flour and extract. Bake on Krumkaka iron and roll on cone. Put only about 1 teaspoon on grill at a time to bake.

KUMLA

Ruth Knutson

4 c. ground raw potatoes
1 tsp. salt
1 tsp. baking powder

1½ c. flour
½ c. oatmeal

Make broth from ham or ham hocks. Drain juice from raw potatoes. Mix potatoes, salt, baking powder, flour and oatmeal. Make medium size balls and drop into the broth. Boil slowly for 1 hour. Serve with butter or sour cream.

KUMLA

Esther Valen

(Norwegian Dumplings)

4 lg. ground potatoes
1½ tsp. salt
3 tsp. baking powder

Flour enough to make stiff dough
Ham hock broth

Grind raw potatoes. Mix in salt, baking powder and flour. Drop by spoonfuls into boiling water with ham hock broth. Cook for 30 minutes. May be sliced and fried for next day meal.

LEFSE

Esther Isakson

1 pkg. Better Crocker potato buds
1 c. Carnation milk, canned
1 T. butter or oleo

1 tsp. salt
3 T. sugar
Flour

Prepare potatoes as directed on package with butter, milk and salt. Take 5 cups of prepared potatoes and add canned milk, oleo, sugar and salt. Chill well and then add enough flour to dough to make it stiff like bread dough. Divide into small bun size pieces and roll each out to paper thin, using as little flour as necessary. Bake on electric griddle until bubbles appear, turn and bake other side, turning with a tapered wooden stick. Fold in fourths and stack between clean towels. Spread with butter and/or sugar to serve.

LEFSE

Doris Rye

2 rounded c. (well packed) riced potatoes (russet or white)
1 T. margarine

1 scant c. flour
½ tsp. sugar
1½ tsp. salt

Boil potatoes with skins on. Peel while still warm. Put through ricer 2 times. Add margarine, sugar and salt. Mix well. Cool to room temperature (overnight). Just before rolling, add flour and use hands to mix and form small balls. Keep in the refrigerator taking out only a couple balls at a time. Roll out and bake on Lefse grill.

POTATO LEFSA

Mildred Sunde

4 c. mashed potatoes
1/4 c. whipping cream
1 tsp. sugar

4 T. oleo
1 1/2 tsp. salt
4 1/4 c. flour

Boil potatoes and mash; add cream, sugar, oleo, salt and mix thoroughly. Cool completely. Add flour and roll out thinly with lefse rolling pin. Bake on lefse grill. Cool and store.

LEFSE

Elaine Tangen

5 c. mashed potatoes (use Idaho russets only)
3/4 tsp. salt
3 T. margarine

1/2 c. half & half
Pinch sugar
2 1/2 c. flour

Boil potatoes, then mash thoroughly. Measure 5 cups and add salt, margarine, half-and-half and sugar. Cool mixture thoroughly. Add 2 to 2 1/2 cups flour, usually 2 1/2 cups. Roll into long roll. Cut into 16 pieces and make balls. Roll out on thoroughly floured pastry cloth with covered rolling pin. Then finish rolling with Lefse rolling pin. Bake on Lefse grill. Cool between dish towels.

SCANDINAVIAN LEFSA

Esther Valen

2 c. whole milk
1 c. half & half cream

3 c. flour
1/2 tsp. salt

Bring milk and half-and-half to a rolling boil. Pour over flour and salt mixture immediately stirring quickly. Cool slightly before rolling out. Use a Lefsa grill heated to 500°.

LEFSA

Marian Valen

4 c. milk
1 c. oleo

7 1/2 c. flour
2 tsp. salt

Boil the milk and oleo. Add to the flour and salt, mix well. Form into 2 rolls and cut off portions to roll as thin as possible. Bake on both sides on a Lefse griddle. After they cool, they can be stored in the freezer. Before serving, soak each one in lukewarm water and lay between towels until soft. Spread with butter and sugar and fold. Cut into serving pieces.

PFEFFERNUESSE

Christy Caboth

<i>1 c. shortening</i>	<i>1/2 c. molasses</i>
<i>1 c. sugar</i>	<i>1/3 c. water</i>
<i>2 eggs, well beaten</i>	<i>1 tsp. soda</i>
<i>1 tsp. cinnamon</i>	<i>6²/₃ c. flour</i>
<i>1/4 c. light corn syrup</i>	<i>1/2 tsp. nutmeg</i>
<i>1/4 tsp. allspice</i>	<i>1/4 tsp. cloves</i>

Cream shortening and sugar; add eggs and spices. Combine syrup, molasses, water and soda; add to creamed mix. Add flour. Chill at least 4 hours. Mold into long rolls $\frac{1}{2}$ inch in diameter. Cut into $\frac{1}{3}$ -inch pieces. Place cut side down on greased baking tins. Bake in hot oven for 8 minutes. They should be as large as nuts. Makes about 400. A little anise seed can be added.

Note: Grandma Lundgren omits allspice, nutmeg, cloves and add 3 teaspoons cinnamon instead.

PIZZELLE

Norma Richard

<i>1 c. margarine</i>	<i>3¹/₂ c. flour</i>
<i>1¹/₂ c. sugar</i>	<i>4 tsp. baking powder</i>
<i>6 eggs</i>	<i>4 tsp. vanilla</i>

Melt the margarine. Measure sugar in a mixing bowl. Add the margarine; mix. Add 6 beaten eggs. Add dry ingredients and flavoring. Spoon about the size of a walnut on griddle and bake.

POTATO CAKES

Naomi Sabby

<i>4 c. seasoned mashed potatoes</i>	<i>1/2 tsp. baking powder</i>
<i>1 c. flour</i>	<i>1 c. flour in sifter (additional)</i>

Mix mashed potatoes, 1 cup flour and baking powder together and turn out on floured board. Mix with hands using some of additional flour to make in roll. Cut off enough for 1 cake. Roll thin. Do not mix a very large batch at a time as flour tends to soften potatoes.



RISENGRYNSGROT

Verda Rierson

(Rice Pudding)

1 c. water
½ c. rice
½ tsp. salt
4 c. milk
¼ c. butter

2 eggs
½ c. sugar
1 tsp. vanilla
½ c. raisins
Nutmeg

Bring water, rice and salt to a boil and cook 7 minutes. Add milk and butter; bring to a boil. Reduce heat, cover and simmer for 1 hour. Beat eggs, sugar and vanilla and add to rice mixture. Remove from the heat and add raisins. Turn into 13 x 9-inch dish and sprinkle with nutmeg. Cover with plastic wrap and chill.

CITY ROMMEGRAT

Elaine Tangen

1 qt. milk (scalded)
½ c. butter or margarine
½ c. flour

1 tsp. salt
½ c. sugar
Cinnamon

Melt butter or margarine in heavy pan. Add flour slowly as when making cream sauce. Watch carefully, scorches easily. Add scalded milk a little at a time. Mix and beat until smooth and thick. Add salt and sugar. Mix and pour into serving dish. Sprinkle sugar and cinnamon on top.

ROSETTES

Sandy Sorbo

2 eggs
¼ tsp. salt
1½ to 2 tsp. sugar

1 c. milk
1 c. sifted flour
Melted shortening

Beat eggs, salt and sugar slightly with a fork. Add milk and flour. Beat until smooth. Heat melted shortening to 365°. Dip Rosette iron in batter and fry until golden brown.



Knowing the Scriptures is one thing; knowing the Savior is another.

SOT SUPPE (SWEET SOUP)

Geneva Fransdal

TAPIOCA PUDDING

8 oz. pearl tapioca

2½ c. apple juice or water

½ tsp. salt

1 c. sugar

1 c. grape juice

1 stick cinnamon

1 c. seedless raisins

1 c. pitted, cut prunes

1 c. currants, opt.

½ c. dried apricots, cut fine, opt.

Cook tapioca according to directions on box in water or juice. Use double boiler or slow burner, stirring occasionally until tapioca is clear. Add sugar, salt, cinnamon, prunes, raisins, fruits (except grape juice) and cook 20 minutes until tender. Remove from heat; add the grape juice and blend well. Serve warm or cold (with or without cream).

SOT SUPPE (SWEET SOUP)

Lorraine Thornburg

TAPIOCA

2 c. tapioca

2½ c. water

½ tsp. salt

1 T. vinegar

1 c. sugar

2 c. grape juice

1 stick cinnamon

1 c. currants

1 c. seedless raisins

1 c. cooked prunes

1 c. chopped apples

½ c. apricots, cut in pieces

Add tapioca to boiling water, stirring frequently for 5 minutes. Add all of ingredients, except grape juice and boil until fruit is tender. When soup is done, add grape juice. Serve warm or cold.

CALZONES

Anna Brown

1 lb. Italian sausage, crumbled & cooked

1½ c. mozzarella cheese

1½ lbs. frozen bread dough, thawed

Pizza sauce

Combine sausage and cheese. Divide the dough into 8 pieces. Roll each piece into a 6-inch circle. Put a portion of the sausage and cheese on ½ of the circle and fold over and seal like a pie. Repeat with rest of the dough. Put on a greased baking sheet and brush with oil. Bake at 425° for 12 to 15 minutes. Serve with warm sauce. May use homemade pizza dough in place of bread dough.

CAVITINI

Lynette Sorbo

1 lb. ground beef
½ lb. sausage
1 (4-oz.) can mushrooms
1 c. taco sauce

1 (32-oz.) jar spaghetti sauce
14-oz. pkg. big shell pasta
1½ c. shredded mozzarella cheese

Cook and drain ground beef and sausage. Add mushrooms, taco sauce, spaghetti sauce and cooked and drained pasta to meat mixture. Put into greased 9 x 13-inch pan. Sprinkle cheese over top and bake at 350° for 30 to 40 minutes.

GRANDMA SCHOON'S KUCKEN

Wanda Norris

½ pkg. dry yeast
1 T. warm water
¼ c. sugar
1 c. milk
2½ c. flour
¼ c. butter

¼ c. shortening
1 egg, beaten
¼ c. sugar
Sliced fresh or canned fruit
1 c. sour cream
1 egg, beaten

Dissolve yeast in 1 tablespoon water. Dissolve ¼ cup sugar in the milk. Stir the 2 together and beat in half of the flour. Let rise ½ hour. Melt the butter and shortening together. Stir in 1 beaten egg and ¼ cup sugar. Combine with yeast/flour mixture. Beat in remaining flour. Spread in 4 greased 8 or 9-inch pie pans. Top each with sliced fruit of your choosing. Combine sour cream and beaten egg. Pour ¼ of this mixture over each pan with fruit. Sprinkle each with ¼ to ⅓ cup cinnamon and sugar. Bake at 375° to 400° for 12 to 15 minutes. Don't wait for them to rise before baking or they will be too "breadly".

BROCCOLI AND BEEF STIR FRY

Karen Moreau

1½ lbs. sliced beef
1 bunch fresh broccoli
1 T. oil
1 can water chestnuts
Mushrooms
1 T. grated gingerroot

1 clove minced garlic
1 tsp. sesame oil
3 T. brown sugar
4 T. soy sauce
1 tsp. cornstarch
Dash chili powder

Mix together gingerroot, garlic, sesame oil, sugar, soy sauce, cornstarch and chili powder. Marinate meat in mixture for 20 minutes. Heat wok on high. Add 1 tablespoon oil, add meat and toss to fry meat, about 3 to 4 minutes. Add broccoli that has been cut up and heat. Add water chestnuts and mushrooms. Serve over rice or bean sprouts.

CHICKEN STIR-FRY AND RICE

Christy Caboth

- | | |
|--|--------------------------------|
| <i>1/2 lb. skinless, boneless chicken breast, cut into thin bite-size strips</i> | <i>3/4 c. Instant rice</i> |
| <i>1/2 lb. stir-fry vegetables</i> | <i>2/3 c. water</i> |
| | <i>1 tsp. chicken bouillon</i> |
| | <i>1/3 c. Stir fry sauce</i> |

Prepare rice water and bouillon in microwave container. Mix chicken and small portion of sauce together; place in microwave dish. Microwave on high for approximately 4 minutes. Remove chicken, mix with vegetables and remaining stir fry sauce. Microwave for 7 minutes. Serve together.

CHICKEN HONEY NUT STIR-FRY

Esther Eyberg

- | | |
|---------------------------------------|--------------------------------------|
| <i>1 lb. boneless chicken breasts</i> | <i>2 T. vegetable oil, divided</i> |
| <i>3/4 c. orange juice</i> | <i>2 lg. carrots, diagonally cut</i> |
| <i>1/3 c. honey</i> | <i>3 ribs celery, diagonally cut</i> |
| <i>3 T. soy sauce</i> | <i>1/2 c. cashews or peanuts</i> |
| <i>1 T. cornstarch</i> | <i>Hot rice</i> |
| <i>1/4 tsp. ground ginger</i> | |

Cut chicken in thin strips and set aside. In a small bowl combine orange juice, honey, soy sauce, cornstarch and ginger. Mix well. Heat 1 tablespoon of oil in a large skillet over medium heat. Add carrots and celery; stir fry 3 to 5 minutes. Remove vegetables and set aside. Pour remaining oil into skillet; add chicken strips and stir-fry 3 to 5 minutes. Return vegetables to skillet; add sauce, cook and stir over medium high heat until thickened. Serve over hot rice or chow mein noodles; sprinkle with nuts. Serves 4 to 6.

STROMBOLI

Norma Tredway

- | | |
|----------------------------------|---|
| <i>1 lb. ground beef</i> | <i>1 (15 1/2-oz.) jar spaghetti sauce</i> |
| <i>1/2 c. diced green pepper</i> | <i>2 (8-oz.) pkgs. crescent rolls</i> |
| <i>1/2 c. diced onion</i> | <i>4 slices (4 oz.) mozzarella cheese</i> |
| <i>2 med. garlic, minced</i> | |

In a 10-inch skillet over medium heat cook beef, onion, green pepper and garlic until beef is brown and vegetables are tender. Stir to separate meat. Spoon off fat. Stir in spaghetti sauce. Cool to room temperature. On lightly floured surface, unroll 1 package crescent roll. Pinch perforation together to seal well. Roll out to 11 x 9-inch rectangle. Arrange 2 slices of cheese in center. Spread 1/4 of the beef mixture to within 1 1/2 inches of edge. Start at long edge, roll up. Pinch seams together to seal. Place seam down on cookie sheet. Repeat with remaining rolls. Place the 2 rolls 3 inches apart on baking sheet. Bake at 350° for 30 minutes. Let stand 5 minutes before serving for easier slicing.

CHICKEN ENCHILADA CASSEROLE

Lila Hanson

2 c. coked chicken, diced
1 can cream of chicken soup
1 can cream of mushroom soup
1 med. onion, chopped
¼ tsp. ground cumin

¼ tsp. sage
¼ tsp. chili powder
1 sm. can diced green chilies
1 pkg. corn tortillas
2 c. grated cheddar cheese

Combine soups, milk and seasonings; heat to boiling. In a 9 x 13-inch baking dish, layer tortillas which have been torn into small pieces, chicken, part of onion and soup mixture, chilies and part of cheese. End with soup on top. Top with rest of the cheese. Bake in a 350° oven for 25 to 30 minutes until bubbly.

SKILLET ENCHILADAS

Kay Kaltvedt

1 lb. ground beef
½ c. chopped onion
1 (10¾-oz.) can cream of mushroom soup
1 (10-oz.) can enchilada sauce
⅓ c. milk

8 corn tortillas
2½ c. shredded cheddar cheese
Chopped lettuce
Chopped tomato
½ c. chopped black olives

In skillet, cook ground beef and onion till meat is brown and onion is tender; drain off excess fat. Stir in soup, enchilada sauce and milk. Reduce heat; cover and simmer 20 minutes, stirring occasionally. Dip tortillas in hot oil just until limp, about 5 seconds each side. Drain on paper towel. Remove meat from sauce with slotted spoon. Place 2 tablespoons meat mixture on tortilla. Sprinkle with cheese. Then roll up and return to skillet in the remaining sauce. Put remaining cheese on top of tortillas and cover. Cook until heated through and cheese melts. Top with lettuce, tomato and black olives.

MEXICAN CASSEROLE

Anna Brown

½ c. chopped onion
¼ c. chopped celery
⅓ c. milk
1 can cream of chicken soup
2 c. shredded cheddar cheese
3 c. chopped, cooked chicken or turkey

1 (4-oz.) can diced green chill peppers
1 c. salsa
10 to 12 corn tortillas

Tear tortillas into bite-size pieces and toss in a bowl with all other ingredients except 1 cup of cheese and the salsa. Spread in a 9 x 13-inch pan and top with salsa and cheese. Bake at 350° for 30 minutes. Serve with sour cream and salsa.

CRUSTLESS MEXICAN QUICHE

Karen Morean

*8 eggs
1/2 c. flour
2 c. cottage cheese
3 c. shredded cheddar cheese
3 c. shredded Monterey Jack
cheese*

*1/4 c. butter
1/2 tsp. baking powder
7-oz. can green chillies*

Combine all the above ingredients and put in 9 x 13-inch pan. Bake at 350° for 30 minutes.

TACO DISH

Marilyn Anderson

*2 cans Pillsbury crescent rolls
1 to 1 1/2 lbs. hamburger
8 oz. sour cream
1 pkg. low sodium taco
seasoning*

*Shredded cheddar cheese
Lettuce
Onion
Black olives
1 jar salsa*

Line a 9 x 13-inch cake pan with unrolled crescents. Brown hamburger. Mix taco seasoning and sour cream together and add to the hamburger. Pour meat mixture in pan. Bake at 350° until crescent edge is golden brown. Top with shredded cheddar cheese, chopped lettuce, chopped black olives, chopped onions and salsa.

LAYERED TACO CASSEROLE

Deanna Sorbo

*2 lbs. ground beef
1 c. chopped onion
1 can pinto or refried beans
1 (15-oz.) can tomato sauce
1 env. taco seasoning mix*

*12 tortilla shells
2 c. shredded cheddar cheese,
divided
1/2 c. water*

Brown ground beef and onions. Drain. Stir in beans, tomato sauce, seasoning and 1/2 cup water. Bring a boil, reduce heat. Simmer, covered for 10 minutes. In a 9 x 13-inch dish, layer half of shells, half of the meat mixture and half of the cheese. Repeat layers. Bake uncovered, 30 minutes in a 350° oven. Let stand 10 minutes before serving.

TACO PIE

Sandy Sorbo

1 lb. hamburger
15 oz. Hormel chili with or
without beans
1/4 c. chopped onion
1 1/2 c. grated cheese

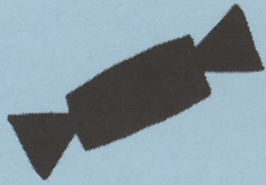
Corn chips
Sour cream
Chopped tomato
Chopped lettuce
Taco sauce

Brown hamburger with onion; drain. Add chili and heat through. Line a glass pie plate with whole chips. Put crushed chips to line bottom. Add hamburger mixture, sprinkle cheese on top. Microwave on high 3 to 4 minutes. Let cool 5 minutes and serve. Can be served with sour cream, lettuce and taco sauce.

Recipe Favorites



Recipe Favorites



APPETIZERS
BEVERAGES
AND
CANDY

Heaven's Grocery Store

I was walking down life's highway, a long time ago. One day I saw a sign that read "Heaven's Grocery Store." As I got a little closer, the door came open wide. And when I came to myself, I was standing just inside.

I saw a host of angels. They were standing everywhere. One handed me a basket and said, "My child, please shop with care."

Everything a Christian needed was in that grocery store. And all you couldn't carry, you could come back the next day for more.

First, I got some Patience; Love was in the very same row. Further down was Understanding, you need it wherever you go. I got a box or two of Wisdom, a bag or two of Faith. I just couldn't miss the Holy Spirit, for He was all over the place.

I stopped to get some Strength and Courage to help me run this race. By then my basket was getting full but...I remembered I needed some Grace! I didn't forget Salvation, for Salvation that was free. So I tried to get enough of that to save both you and me.

Then I started up to the counter to pay my grocer bill, for I thought I had everything to do my Master's will. As I went up the aisle I saw Prayer and I just had to put that in. For I knew when I stepped outside, I would run right into sin.

Peace and Joy were plentiful; they were on the last shelf. Songs and Praises were hanging near, so I just helped myself. Then I said to the angel, "How much do I owe?" He just smiled and said, "Just take them everywhere you go."

Again, I smiled at him and said, "How much do I owe?" He smiled again and said, "My child, JESUS PAID YOUR BILL A LONG, LONG TIME AGO!"

APPETIZERS, BEVERAGES & CANDY

HOT ARTICHOKE

Mavis Wilson

- 2 (14-oz.) cans artichoke hearts in water
1 c. mayonnaise
1 (4-oz.) can Ortega chilies, chopped
½ c. Parmesan cheese

Drain artichoke hearts well. Mix artichoke hearts, mayonnaise and chilies. Put in 8 or 9-inch baking dish. Top with Parmesan cheese. Bake uncovered at 350° for 30 to 35 minutes.

BRAUNSCHWEIGER

Lorraine Thornburg

TIPPLERS

- 1 lb. liver sausage
3 T. sour cream
2 T. chopped onion
1 T. Worcestershire sauce
2 or 3 drops Tabasco sauce
Crackers

Combine all ingredients together in a bowl and blend on low speed with electric mixer. Spread on crackers, rye or pumpnickel rounds and garnish, if desired. Makes about 3 dozen.

COCKTAIL WIENERS

Marilyn Anderson

- 1 or 2 lbs. cocktail wieners
1 (12-oz.) jar grape jelly
1 bottle Heinz chili sauce

Mix together. Place in crockpot. Cook slow for 2 hours or on high for 1 hour.

CHEESE DIP

Pat Meyer

- 1 lb. ground beef
1 lb. Velveeta, cubed
1 can cheddar cheese soup
1 lg. jar Cheez Whiz
1 can Enchilada sauce (hot or mild)

Brown hamburger. Place it and remaining ingredients in crockpot. Heat until melted, stirring frequently. Eat with Doritos or corn chips as desired. For extra spicy, use Mexican Velveeta and hot enchilada sauce.

CREAM CHEESE DIP

Helen Grethen

- 1 (8-oz.) pkg. cream cheese
½ pkg. cheddar cheese
¼ c. diced onion
½ c. diced dried beef

Mix together. Place in small baking dish. Heat in microwave until melted; very good on Ritz crackers.

PICANTE CHEESE DIP

Norma Richard

1 lb. Velveeta cheese

3/4 lb. hamburger

1 jar picante sauce

Brown and drain hamburger. Put cheese in crockpot. Add picante sauce; mix hamburger into cheese mixture. Serve hot.

SONIA'S OLIVE CONFETTI DIP

Deanna Sorbo

1 (8-oz.) pkg. cream cheese

**1 sm. bottle stuffed olives
(chopped)**

1/2 c. Miracle Whip

1/4 c. onion, finely chopped

1/4 c. milk

Cream together cheese, Miracle Whip and milk. Add olives and onion. Chill. Serve with fresh vegetables or crackers. You may want to use less olives and onion.

SHRIMP DIP

Carrie Fry

1 sm. can shrimp, drained

1/3 c. catsup

1 (8-oz.) pkg. cream cheese

Minced onion or onion salt

1/3 c. French dressing

Blend together cream cheese, French dressing, catsup and onion. Add shrimp. Mix together and refrigerate. Serve with chips.

TACO DIP

Hazel Erickson

8 oz. sour cream

Chopped lettuce

8 oz. cream cheese

Chopped tomatoes

1 pkg. taco seasoning

Shredded cheese

Mix together and place in an 8 x 8-inch dish. Cover with chopped lettuce, chopped tomatoes and shredded cheese. Refrigerate. Serve with nacho chips.

TACO DIP

Kay Kaltvedt

16 oz. sour cream
8 oz. cream cheese
2 pkgs. taco seasoning
1 lb. hamburger
1 jar salsa
2 c. mozzarella cheese

2 c. cheddar cheese
Chopped lettuce
Chopped onion
Chopped tomato
Tortilla chips

Brown hamburger; mix in 1 package taco seasoning, set aside. In separate bowl, mix sour cream, cream cheese and 1/2 package taco seasoning. Put sour cream and cream cheese mixture on a serving platter. Then put the meat mixture on top. Then put the salsa on top. Shake the cheddar and mozzarella cheeses with 1/2 package taco seasoning and put on top. Top with chopped onion, lettuce and tomato before serving with tortilla chips.

TACO SALAD DIP

Shirley Kaltved

1 (8-oz.) pkg. cream cheese
1/2 c. sour cream
1 lb. hamburger
1 sm. jar taco sauce

Shredded cheddar cheese
Onion (chopped)
Black olives (chopped)

Mix together cream cheese and sour cream and spread on plate. Brown hamburger, drain and cool. Put on cream cheese and sour cream mixture. Put remaining ingredients on in order listed. Serve with taco chips.

TACO DIP

Karen Moreau

1 can jalapeño bean dip
3 T. mayonnaise
1 sm. pkg. cream cheese
1/2 pkg. taco seasoning mix

Chopped onion
Diced tomato
Sliced black olives
Shredded cheddar cheese

In an 8 x 8-inch serving dish, spread the bean dip on bottom. Mix together the mayonnaise, cream cheese and taco seasoning. Let stand 3 to 5 minutes. Then put on top of bean dip. Next sprinkle onion, tomato, olives and cheddar cheese on top. Serve with corn chips.

TEXAS BEAN DIP

Mavis Wilson

1 (8-oz.) pkg. cream cheese
1 c. sour cream
1 pkg. taco dip or seasoning mix

6 to 8 green onions, chopped
1 c. shredded cheddar cheese
1 lg. can refried beans

Cream together cream cheese and sour cream. Add taco dip, onions and beans. Mix. Put in square Pyrex dish. Ice with sour cream and top with shredded cheddar cheese. Heat until hot throughout in 300° oven. Serve with chips.

VEGETABLE DIP

Kay Doyle

1 c. mayonnaise (not salad dressing)
½ c. sour cream
¾ tsp. garlic salt
¼ tsp. celery salt
¼ tsp. paprika

⅓ tsp. curry powder
1 tsp. minced onion
1 tsp. parsley flakes
¼ tsp. Worcestershire sauce
1 tsp. chives (if you prefer)

Mix all ingredients together. Serve with fresh vegetables. 1 tablespoon of lemon juice may be substituted for the minced onion.

MARILYN'S GERMAN SAUERKRAUT BALLS

Marilyn Anderson

1 med. onion, finely chopped
¼ c. butter
½ c. flour, divided
½ c. water
1 lb. sauerkraut, chopped & drained

1 egg, beaten
½ c. milk
1 c. bread crumbs

In saucepan sauté onion in butter until soft. Blend ¼ cup flour with water and stir into onion. Add sauerkraut and mix well. Cook over low heat, stirring until thick. Cool. Shape into 1-inch balls; roll in ¼ cup flour. Mix egg and milk and dip balls in egg mixture, then bread crumbs. Let stand 15 minutes. Deep fat fry until golden and drain on paper towel. Serve with wooden picks. These freeze well.

FARMLAND ROLL-UPS

Phyllis Ruby

1 (16-oz.) Farmland special select ham (12 slices)
1 (3-oz.) pkg. cream cheese
¾ c. light sour cream

¼ c. green onions
1 c. salsa
1 c. shredded cheddar cheese
5 (9-inch) floured tortillas

Combine cream cheese, sour cream and onion. Spread ⅓ on each tortilla. Layer ham. Then cheddar cheese. Roll up tightly. Wrap in plastic wrap. Refrigerate overnight. Unwrap. Cut off ends. Slice in 1-inch slices. Arrange on tray. Serve with salsa. Ham should be cut in small pieces like the cheddar cheese.

KNOX BLOCKS

Nancy Fry

3 pkgs. sugar free Jello, any flavor

3 pkgs. Knox gelatin
4 c. hot water

Dissolve Jello and gelatin in hot water. Pour into glass cake pan. Refrigerate until set. Cut into 2 x 2 squares. A favorite of kids for a snack.

PARTY APPETIZERS

Phyllis Ruby

Grated onion
Mozzarella cheese

Salad dressing
Triscuits crackers

Combine onion, cheese and salad dressing. No special amounts. Mound mixture on Triscuits which have been placed on a cookie sheet. Bake 3 minutes. Serve warm.

VEGGIE PIZZA

Shirley Kaltved

2 tubes crescent Pillsbury rolls
8 oz. cream cheese
2/3 c. mayonnaise
1 pkg. dry Ranch dip dressing
Carrots

Broccoli
Celery
Cauliflower
Shredded cheese

Roll out crescent rolls on cookie sheet. Bake at 375° for 10 minutes. Beat with mixer cream cheese, mayonnaise and Ranch dip dressing. Spread on cool crust and top with chopped veggies (small pieces); top with cheese.

VEGETABLE PIZZA

Mavis Wilson

2 tubes crescent rolls
2 c. sour cream
1 tsp. dill weed
1 oz. pkg. Ranch-style party dip mix
Chopped cauliflower

Chopped radishes
Chopped broccoli
Chopped red pepper
Grated carrots
Grated zucchini

Lay rolls flat and press on a 10 x 14-inch jellyroll pan. Let set for 5 minutes. Bake at 350° for 10 minutes. Cool. Mix together sour cream, dill weed and dip mix. Spread on cooled crust. Sprinkle vegetables over dip mix. Use vegetables of your choice.

FRESH SALSA

Anna Brown

4 lg. tomatoes
1 med. onion
1 green pepper

Salt to taste
Jalapeños to taste

Chop everything very fine or use the blender. Add jalapeños and salt to suit taste. Serve with corn chips. Refrigerate leftovers.

SCOUTS HOT CHOCOLATE

Mavis Wilson

*1 (8-qt.) box powdered milk
2-lb. box powdered sugar
2-lb. box Nestles Quik*

*16 oz. Coffee-Mate
½ sm. can Hershey's cocoa*

Mix in a large bowl the powdered milk, powdered sugar, Nestle Quik, Coffee-Mate and cocoa. It works well to use a paper grocery bag instead of a bowl. Store in an airtight container. It takes 3 to 4 teaspoons per cup of hot water.

CAFE VIENNA

Lorraine Thornburg

*1 c. instant coffee
1½ c. nonfat dry milk*

*1⅓ c. sugar
1 tsp. cinnamon*

Mix all ingredients together. Use 1 to 2 teaspoons of mix with 1 cup hot water. Store mix in airtight container. Can use sugar substitute or decaffeinated coffee.

INTERNATIONAL COFFEE- MOCHA

Lorraine Thornburg

*½ c. instant coffee
2¼ c. nonfat dry milk*

*½ c. sugar
¼ c. cocoa powder*

Mix all ingredients together. Use 1 to 2 teaspoons of mix with 1 cup hot water. Store in airtight container. Can use sugar substitute or decaffeinated coffee.

SWISS MOCHA

Lorraine Thornburg

*1 c. instant coffee
2 c. nonfat dry milk*

*1 c. sugar
4 tsp. cocoa powder*

Mix all ingredients together. Use 1 or 2 teaspoons of mix to 1 cup of hot water. Store in airtight container. Can use sugar substitute or decaffeinated coffee.

ORANGE CAPPUCINO

Lorraine Thornburg

*1 c. instant coffee
2 c. nonfat dry milk*

*1½ c. sugar
1 tsp. dry orange peel*

Mix all ingredients together. Use 1 to 2 teaspoons of mix with 1 cup hot water. Store in airtight container. Can use sugar substitute or decaffeinated coffee.

ORANGE JULIUS

Sara Snyder

*1 sm. can frozen concentrate
orange juice
1 c. water
1 c. milk*

*2/3 c. sugar
1 T. vanilla
Crushed ice*

Use blender. Add all ingredients. Fill remainder of space in blender with crushed ice. Blend until ice is chopped. Blending takes longer if using whole ice cubes.

BLUE PUNCH

Angela Fry

*1 gal. water
1/2 c. sugar
11 (6 oz.) frozen lemonade*

*1/2 tsp. blue coloring
1/8 tsp. green coloring
8 (16-oz.) bottles 7-Up*

Boil water and sugar. Cool. Add frozen lemonade and blue and green coloring. Before serving, add 8 (16-ounce) bottles of 7-Up. Ice as desired.

EASY PARTY PUNCH

Kay Doyle

*1 pkg. cherry Kool-Aid
1 pkg. strawberry Kool-Aid
2 c. sugar
3 qt. cold water*

*1 (6-oz.) can frozen lemonade
1 (6-oz.) can frozen orange juice
1 qt. ginger ale*

Dissolve soft drink powder and sugar in water. Add frozen juices and stir until dissolved. Add ginger ale just before serving. Yields about 1 1/2 gallons.

GREEN PUNCH

Barb Fransdal

*2 (6-oz.) cans lemonade
2 (6-oz.) cans limeade
1 lg. can pineapple julce*

*1 qt. lime sherbet
1 qt. ginger ale
1 qt. club soda*

Mix juice ahead of time adding water according to directions to lime and lemonade. Chill. Just before serving, add sherbet, ginger ale and club soda.

GREEN LIME PUNCH

Sherilyn Schreier

4 lbs. sugar
5 qt. water
1 lg. can pineapple grapefruit juice
1 lg. can orange juice

2 lg. cans frozen lemonade
4 pkgs. lime Kool-Aid
3 to 4 lg. bottles ginger ale (or 7-Up)

Boil and cool sugar and water. Add pineapple, grapefruit juice, also orange juice and lemonade. Add lime Kool-Aid. Just before serving, add ginger ale (or 7-Up if desired). Ice cream or sherbet may also be added at the very last.

HOT RUBY RED PUNCH

Wanda Norris

2 (48-oz.) bottles cranapple juice
3/4 c. lemon juice
1/4 c. sugar
1/8 tsp. red food color

1/2 tsp. salt
12 whole cloves
6 cardamon seeds

Place juices, sugar, food color and salt in a percolator. Place cloves and cardamon in percolator basket. Run percolator through cycle and serve punch hot.

PARTY PUNCH

Ollie Fry

2 qt. water
2 c. sugar
1 qt. Welch's grape juice OR strong tea

1 1/2 c. orange juice
1/2 c. lemon juice

Boil water and sugar 5 minutes and cool. Add grape juice or tea. Also add the orange and lemon juice. Just before serving, add 1 quart ginger ale and 1 quart white soda. Ice as desired.

PUNCH

Mavis Wilson

1 (12-oz.) can frozen orange juice
1 (6-oz.) can frozen apple juice
1 (6-oz.) can frozen pineapple juice
1 (6-oz.) can frozen Hawaiian Punch

1 (6-oz.) can frozen lemon lime juice
2 lg. bottles 7-Up if desired

Add water to each can according to can instructions. Mix orange juice, apple juice, pineapple juice, Hawaiian Punch and lemon or lime juice together. Chill. Add chilled 7-Up. You can use sliced citrus fruit for color.

SHERBET PUNCH

Coleen Herum

1/2 gal. raspberry sherbet

1 (2-L.) bottle 7-Up

Mix together 1/2 gallon softened sherbet and 2 liters 7-Up.

TRADERS PUNCH

Nancy Fry

2 c. orange juice

1/2 c. light corn syrup

2 c. lemon juice

1 liter ginger ale

1 c. grenadine syrup

Mix together juices, grenadine and syrup. Chill. Just before serving, add chilled ginger ale. Makes approximately 4 quarts.

RAZZLE DAZZLE RASPBERRY SHAKE

Angela Fry

1 c. apricot juice

*1/2 pkg. frozen raspberries,
thawed*

1 c. prepared lemonade

2 ice cubes

2 c. vanilla ice cream

In blender, put apricot juice, lemonade, ice cream, raspberries and ice. Cover and blend. Pour into 2 glasses. Garnish with fresh raspberry, if desired.

FRUIT CUP SLUSH

Ollie Fry

2 c. sugar

*1/2 jar maraschino cherries, cut
up*

3 c. water

Juice of 3 lemons

1 (12-oz.) can frozen orange juice

3 bananas, sliced

1 lg. can crushed pineapple

Combine sugar and water in large pan and bring to a boil. Cool. Add orange juice, crushed pineapple, cherries, lemon juice and bananas. Mix well. Spoon into plastic 6-ounce cups. Freeze. Remove from freezer 1/2 hour before serving.

FRUIT CUPS

Pastor Mike Kroona

*2 (12-oz.) cans frozen orange
juice*

16-oz. can peaches

2 1/2 c. water

6 sliced bananas

16-oz. can crushed pineapple

2 tsp. lemon juice

Mix all of the ingredients together in a large bowl. Spoon mixture into 6-ounce (Dixie) cups. Place in freezer overnight. Makes 32 cups. You can substitute 7-Up for water as variation.

FRUIT CUP SLUSH

Joyce Yates

3 c. sugar

3 c. water

**Juice from 3 oranges & 3 lemons
(may substitute 1/2 can frozen
concentrate)**

3 bananas

1 can pineapple tidbits

1 can fruit cocktail

Maraschino cherries

Dissolve sugar and water and mix with juices. Add 3 bananas, sliced, 1 (No. 3) can pineapple tidbits, drained, and maraschino cherries. Usually add 1 can drained fruit cocktail. May add fresh fruit or other canned fruit as desired. Freeze. Serve like slush.

SLUSH

Nancy Fry

9 c. water

2 c. sugar

1 lg. can frozen orange juice

1 lg. can frozen lemonade

1 L. 7-Up

Simmer sugar and water until sugar is dissolved. Add orange juice and lemonade. Freeze. Set out of refrigerator for 1/2 hour before serving. Put in punch bowl. Add slightly chilled 7-Up.

SLUSH

Helen Ann Lindholm

1 c. sugar

1 c. water

1 (16-oz.) pkg. frozen strawberries

1 (16-oz.) can crushed pineapple

1 (3-oz.) can frozen lemonade

1 (6-oz.) can frozen orange juice

3 mashed bananas

Bring sugar and water to boil. Cool with 4 ice cubes. Mix together strawberries, bananas, pineapple, lemonade and orange juice. Then mix with sugar water. Pour into cups and freeze. Makes 12 servings.

SPICED TEA MIX

Nancy Fry

**1 jar (1 1/2 c.) orange flavored
Tang**

**3/4 c. iced tea mix with lemon &
sugar**

1 tsp. ground cinnamon

1 tsp. ground cloves

1 tsp. ground allspice

Combine all ingredients and mix well. Store in airtight container. For 1 serving, use 2 tablespoons of mix to 1 cup boiling water. May use ice tea mix with no sugar added.

BUCKEYES (Or Hawkeyes)

Helen Ann Lindholm

2 lbs. creamy peanut butter
1 lb. butter, room temperature
3 lbs. powdered sugar

24 oz. chocolate chips
½ bar paraffin

Mix together peanut butter, butter and powdered sugar until smooth in texture. Form small balls the size of large marbles. (Makes at least 200 balls.) Slowly melt chocolate chips and paraffin in top of double boiler. Using a toothpick dip cold candies into the chocolate until $\frac{2}{3}$ covered. Dry coated candies and smooth toothpick hole. Store in jars or may freeze.

CARAMELS

Lorraine Thornburg

2 c. sugar
3 c. cream

$\frac{2}{3}$ c. Karo syrup
1 tsp. vanilla

Cook 1 cup cream, 2 cups sugar, syrup and vanilla until soft ball stage. Add another cup of cream and cook until soft ball stage. Then add another cup of cream and cook until hard ball stage. Pour in a 7 x 11-inch pan. Cool. Cut and wrap each in waxed paper. May put foil in the pan. Then you can turn them out on the table top.

CARAMEL SURPRISES

Wilma Paulson

1 lb. light Kraft caramels
½ c. margarine
1 can sweetened condensed milk

40 marshmallows, lg. kind
Rice Krispies

Melt caramels, margarine and mix in a double boiler. Dip large marshmallow in caramel mixture. Then roll in Rice Krispies until covered. Put on waxed paper to dry. Makes about 40.

CEREAL CANDY

Nancy Fry

5 c. cornflakes
3½ c. Rice Krispies
2 c. salted peanuts

1½ c. sugar
1 c. heavy cream
1 c. light corn syrup

In large bowl, combine cornflakes, Rice Krispies and peanuts; set aside. In saucepan, combine sugar, cream and syrup. Bring to a boil and cook to soft ball stage (236°). Pour over cereal mixture, stirring until completely coated. Press into a buttered 9 x 2 x 13-inch pan. Cut into pieces. Makes 48 pieces.

CHEERIOS OR KIX CANDY

Mavis Wilson

MIX

2 cubes butter
1 c. sugar

4 c. cereal, Cheerios or Kix
2¼ c. slivered toasted almonds

Melt butter over medium heat. Add sugar. Mix well, stirring constantly until mixture turns syrupy. Remove from heat. Add cereal and almonds. Spread on cookie sheet. Cool. Cut into squares.

NEOMI'S CHURCH WINDOWS

Lynette Sorbo

1½ c. shredded coconut
1 stick butter or oleo
1 (12-oz.) pkg. chocolate chips

1 c. chopped nuts
*1 (10½-oz.) pkg. colored
marshmallows*

Take two large pieces of waxed paper and sprinkle half of the coconut on each piece. Melt the butter and chocolate chips in microwave. Add nuts and marshmallow to melted chips and mix well. Put half of mixture on each sheet of paper and form into a roll. Roll the candy over coconut to coat it. Cover the roll of candy with the waxed paper. Then cover that with foil and refrigerate. Slice when cold.

COCO-MALLO TREATS

Nancy Fry

2 eggs
1½ c. powdered sugar
1 tsp. vanilla
¼ tsp. salt
2 c. semi-sweet chocolate chips

2 T. butter
2 c. dry roasted peanuts
2 c. miniature marshmallows
48 cupcake cups

Beat eggs until fluffy; add sugar, vanilla and salt. Blend well and set aside. Place chocolate chips and butter in 2-quart glass baking dish. Microwave 1 minute; stir and microwave 30 seconds. Remove and stir until melted and smooth. Add to egg mixture and beat. Add nuts and marshmallows. Stir. Spoon into cups. Chill. Store in refrigerator.

JANE'S CRACKERJACK

Helen Ann Lindholm

1 c. sugar
3 T. water
½ tsp. cream of tartar

1 T. butter
1 tsp. soda
Sm. roaster popcorn

Boil sugar, water, cream of tartar and butter until it begins to turn golden brown, stirring constantly. Add soda, mix well, remove from stove and pour over popcorn.

CRUNCHY CUPS

Carrie Fry

1 lb. almond bark
1 c. rice cereal
1 c. miniature marshmallows
½ c. broken pretzels
1 c. granola cereal

1 c. roasted peanuts
50 candied cherry halves
50 candied pineapple pieces
50 cupcake cups

Microwave almond bark in a bowl for 1 minute. Stir and microwave 1 minute. Remove and stir to finish melting. Blend in cereal, marshmallows, pretzels, granola and peanuts. Spoon mixture into cupcake cups. Garnish with cherries and pineapple.

BUTTER FUDGE

Marjean Kaltved

3 c. sugar
1 pkg. Knox gelatin
1 c. milk
Scant ½ c. light corn syrup

3 squares chocolate or 6 T. cocoa
1¼ c. butter or 2 sticks oleo
2 tsp. vanilla

Cook sugar, Knox gelatin, milk, corn syrup, chocolate squares or cocoa and butter or oleo to soft ball stage (238°). Then pour into mixing bowl and add vanilla. Let it set for 30 minutes. Then beat it with a mixer just until it starts to get thickened. Then it sets fast.

NO-COOK CHOCOLATE FUDGE

Nancy Fry

2 eggs
1 lb. sifted powdered sugar
1 c. broken walnuts
1 tsp. vanilla

6 (1-oz.) squares unsweetened chocolate
2 T. butter

In large bowl, beat eggs. Add sugar, mixing until smooth. Add nuts and vanilla; set aside. Place chocolate in top of double boiler and melt over hot water, stirring constantly. Add butter and blend. Add chocolate mixture to the nut mixture, stirring to mix. Put in buttered 10 x 6-inch pan. When firm, cut into pieces. Makes about 2 pounds.

EASY FUDGE

Mary Jo Jensen

⅔ c. evaporated milk
1⅓ c. white sugar
1 tsp. vanilla

1½ c. sweet chocolate bits
16 lg. cut up marshmallows
1 c. nuts

Cook sugar and milk over medium heat, about 5 minutes, stirring constantly. Remove from heat. Add vanilla, marshmallows, chocolate and nuts if desired. Beat until marshmallows are melted. Pour into an 8 x 8-inch buttered pan.

HOT FUDGE

Sandy Sorbo

2 squares unsweetened chocolate *3/4 c. evaporated milk*
1/2 c. butter *1/8 tsp. salt*
1 1/2 c. sugar *1/4 tsp. vanilla*

Melt chocolate squares and butter. Add sugar and evaporated milk; bring just to a boil. Remove from heat. Add salt and vanilla. Refrigerate after use. Makes 2 cups. When doubling, use a whole can of evaporated milk.

MICROWAVE FUDGE

Mavis Wilson

1 lb. powdered sugar *1 c. miniature marshmallows*
1/2 c. unsweetened cocoa *1 T. vanilla*
1/2 c. butter or oleo *1 c. chopped nuts*
1/4 c. milk

In a medium bowl, mix together sugar and cocoa. Make a well in center and add butter and milk. Cook, uncovered, for 2 minutes. Stir to blend. Then whip well for smoothness. Add marshmallows. Cook 30 seconds. Stir in vanilla. Add nuts. Spread in buttered 8-inch square pan. Refrigerate 1 hour or freeze 20 to 30 minutes. Cut into pieces.

PEPPERMINT CANDY FUDGE

Shelby Kroona

2 1/2 c. sugar *8 oz. almond bark*
1/2 c. margarine *1/2 c. crushed candy canes*
2/3 c. evaporated milk *Red food coloring*
7-oz. jar marshmallow creme

Butter a 9 x 13-inch pan. In saucepan combine sugar, margarine and evaporated milk. Bring to a boil over medium heat, stirring constantly. Boil and stir for 5 minutes. Remove from heat and add marshmallow creme, almond bark and candy canes. Add red food coloring. Stir well until all combined. Pour into pan. Cool to room temperature, then score. Store in refrigerator

ROCKY ROAD FUDGE

Mary Jo Jensen

2/3 c. evaporated milk *1 1/2 c. sweet chocolate bits*
1 1/3 c. white sugar *16 lg. marshmallows, cut up*
1 tsp. vanilla *1 c. nuts*

Cook sugar and milk over medium heat, about 5 minutes, stirring constantly. Remove from heat. Add vanilla, chocolate and nuts. Beat until smooth. Place cut up marshmallows, cut side up, in bottom of a buttered pan. Pour fudge mixture over them while it is still warm enough to stick to the marshmallows.

WHITE FUDGE

Virginia Dahna

- | | |
|------------------------------------|----------------------------------|
| 2 c. sugar | 1/8 tsp. salt |
| 3/4 c. half & half milk | 1/4 tsp. butter flavoring |
| 3/4 c. milk | 1 c. chopped pecans |
| 1 T. white syrup | |

Mix all in a heavy pan except flavoring and nuts. Cook to soft ball stage. Cool to lukewarm and add flavoring and nuts; beat like fudge. Pour into a small buttered pan. Cool and cut in pieces.

NUT ROLL

Nancy Fry

- | | |
|--|----------------------------|
| 1 (7-oz.) jar marshmallow creme | 1 lb. caramels |
| 1 tsp. vanilla | 4 c. chopped pecans |
| 3 1/2 c. powdered sugar | |

Combine marshmallow creme and vanilla; gradually mix in sugar. Shape into balls about 1 inch in diameter. Wrap in plastic wrap and freeze 6 hours. Melt caramels over hot water; remove from heat and keep warm. Dip candy rolls into caramels, then roll in nuts. Store cooled candy in covered container. Makes about 20 pieces.

PEANUT BRITTLE

Angela Fry

- | | |
|------------------------------|-----------------------------|
| 2 c. sugar | 1 tsp. butter |
| 1 c. light corn syrup | 2 c. Spanish peanuts |
| 1/2 c. water | 2 tsp. baking soda |
| 1/4 tsp. salt | |

In large kettle, combine sugar, syrup, water and salt. Over medium heat, bring to a boil. Cook until mixture reaches thread stage (233°). Add butter and peanuts. Stir and cook until golden brown (300°). Remove from heat and stir in soda. Mixture will bubble up. Mix well and pour onto well greased board and cool. As it cools, pull as thin as possible. When cool, break into pieces. Store in airtight container.

PEANUT CLUSTERS

Ione Johnson

- | | |
|--|-------------------------------------|
| 1 (12-oz.) pkg. chocolate chips | 1 lb. Spanish salted peanuts |
| 1 lb. almond bark | |

Melt chocolate chips and almond bark. Add peanuts and drop by spoonfuls on waxed paper. Quick and easy.

SONIA'S PEANUT CLUSTERS

Deanna Sorbo

*1 lb. Spanish salted peanuts
1 lb. chocolate bark*

6-oz. pkg. milk chocolate chips

Melt bark and chips in double boiler or microwave. Add peanuts; mix well. Drop on waxed paper to cool. I put waxed paper on cookie sheets.

PEANUT BUTTER HAYSTACKS

Lynette Sorbo

*1 c. butterscotch chips
½ c. peanut butter
½ c. salted peanuts*

*2 c. chow mein noodles
1 square white almond bark*

Place chips, almond bark and peanut butter in a 2-quart bowl. Cover with plastic wrap. Microwave at 50% power or medium for 3 to 5 minutes or until chips are shiny or soft. Blend well. Stir in peanuts and chow mein noodles. Drop by spoonfuls onto waxed paper. Cool until set. Store in a covered container.

PENOUCHE

Lorraine Thornburg

*2 c. brown sugar
2 c. white sugar
2 T. butter
1½ c. milk*

*½ c. white syrup
1 tsp. vanilla
1 c. walnuts*

Combine sugars, butter, milk and white syrup. Boil to soft ball stage. Cool; add vanilla and beat until stiff. Add walnuts. Pour into buttered pan and cut in pieces.

MICROWAVE CARAMEL POPCORN

Julie Montgomery

*6 qt. popped corn
1 c. brown sugar
½ c. oleo*

*¼ c. white syrup
½ tsp. soda*

Place popcorn in paper sack. Melt brown sugar, oleo and white syrup in microwave for 2 minutes. Stir. Melt 2 more minutes. Add soda and stir. Pour over popcorn. Microwave 1½ minutes. Shake. Microwave 1½ minutes more. Place on cookie sheet.

CHOCOLATE-CARAMEL POPCORN

Lorraine Thornburg

8 c. popped popcorn
1 c. dry roasted peanuts
1/4 c. sunflower nuts
3/4 c. brown sugar
1/3 c. butter

3 T. white corn syrup
2 T. milk
1/2 (6-oz.) pkg. chocolate chips
1/4 tsp. baking soda
1/4 tsp. vanilla

Remove and discard all the unpopped kernels of popped corn. Put on baking sheet with peanuts and sunflower nuts. In heavy 1½-quart pan combine brown sugar, butter, syrup and milk. Cook over medium heat until butter is melted and mixture is boiling. Cook for 5 minutes. Remove from heat; add chocolate chips. Stir until melted. Stir in baking soda and vanilla. Pour chocolate mixture over popcorn. Stir evenly. Pour on cookie sheet. Bake 5 to 15 minutes at 300°. Stir and bake 10 minutes more. Store in large bowl.

FRUITY CRUSHED POPCORN

Sandy Sorbo

2 qt. popped popcorn
1 c. sugar
1/2 c. butter
1/4 c. light corn syrup

2 T. dry Jello, any flavor
1/2 tsp. soda
1 tsp. vanilla

In large saucepan, combine sugar, butter and syrup. Bring to a boil over medium heat. Boil 2 minutes, stirring constantly. Remove from heat. Add Jello, soda and vanilla. Blend well. Pour over popcorn, stir to coat. Spread on greased jellyroll pan. Bake at 250° for 15 minutes. Stir and continue to bake another 15 minutes. Cool completely on foil. Break into small pieces. Store in tightly covered container. Makes 8 cups. Can substitute sugar free Jello.

HEAVENLY POPCORN

Lorraine Thornburg

2 qt. unsalted popped corn
1 c. miniature marshmallows

1/2 c. salted peanuts
9 3/4 oz. milk chocolate bars

Spread popcorn on a baking sheet. Sprinkle marshmallows and peanuts on top. Arrange the chocolate bars on top. Heat in a 300° oven for 5 minutes. Remove from oven. Cool a little and toss into a bowl.

PUPPY CHOW

Sandy Sorbo

2 c. chocolate chips
1 c. peanut butter
½ c. margarine

1 (12 to 13-oz.) box Crispix cereal
3 c. powdered sugar
Lg. paper grocery bag

Melt chocolate chips, peanut butter and margarine. Stir until smooth. Put cereal in a large bowl and pour chocolate coating over cereal. Mix until well coated. In a paper bag, put powdered sugar. Add cereal mixture. Close bag and shake until coated well. Pour in 2 gallon size Ziploc baggies or a covered container and refrigerate.

BUTTER TOFFEE

Helen Ann Lindholm

1 c. sugar
½ tsp. salt
¼ c. water

½ c. butter
12 oz. chocolate chips
1 c. finely chopped walnuts

Combine sugar, salt, water and butter. Cook to light-crack stage (285°). Pour onto greased cookie sheet. Cool. Melt 12 ounces chocolate. Spread half on top; sprinkle with ½ cup walnuts. Cool. Turn; spread top side with remaining chocolate and nuts. When cool, break toffee into pieces with a wooden mallet or small household hammer.

QUICK AND EASY TURTLES

lone Johnson

3 (6-oz.) pkgs. chocolate chips
4 c. pecans

7-oz. jar marshmallow creme
1 can sweetened condensed milk

Melt chips and stir in remaining ingredients. Drop by spoonfuls onto waxed paper. Refrigerate.





SOUPS
DIABETIC
AND
LOW FAT

Recipe for Life

- 1 cup good thoughts**
- 1 cup kind deeds**
- 1 cup consideration for others**
- 1 cup well beaten faults**
- 3 cups of forgiveness**

Mix thoroughly and add tears of joy, sorrow and sympathy for others. Fold in four cups of prayer and faith to lighten other ingredients and let rise to great heights of Christian living. After pouring all this into your family life, bake well with the warmth of human kindness. Serve with a Smile.

Casual Cook

I like the casual kind of cook who never seems to need a book, who measures things by dab and dash, a pinch, a handful or a splash, who seasons to taste and bakes 'til done and makes the whole thing look like fun.

R.G. Hobday

SOUPS, DIABETIC & LOW FAT

NEVER FAIL DUMPLINGS

Marie Haukoos

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

1 egg
Milk

Sift flour, salt and baking powder together. Break egg into a measuring cup and stir until yolk breaks. Add enough milk to egg to make 1 cup. Add to the dry ingredients. Mix **only** until **all** moistened. Let mixture rest about 5 minutes. Drop by tablespoon on top of stew or broth. Cover and boil 10 minutes. They double in size while cooking. Dough should be quite thick. Then they stay together better and do not break into small pieces.

DUMPLINGS

Ruth Albrant

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

1/2 c. milk
2 beaten eggs

Mix and sift flour, baking powder and salt. Add milk and eggs. Drop quickly by spoonfuls into soup or broth. Cover and steam 12 minutes.

Note: Submitted in memory of my mother, Ardell Shaffer.

SQUEEZE NOODLES

Lorraine Thornburg

2 eggs
1 tsp. salt
1 c. milk

2 c. flour
Soup broth

Beat the eggs; add the other ingredients. Mix well. Pour into a plastic ketchup container. Keep soup broth to a rolling boil while you squeeze the noodle mixer into the broth. The noodles will float to the top as you still put in more squeeze noodle mix. They cook quickly and stay whole.

CAULIFLOWER SOUP

Nancy Fry

2 T. chopped onion
1/4 c. butter
2 T. flour
4 c. whole milk

1 tsp. salt
Dash pepper
1 head cauliflower, cut up
1 c. cheese, cubed

Cook onion in butter. Add flour, milk and seasoning. Add cauliflower and cook until thick. Add cheese and simmer until melted. 4 to 6 servings.

BEEF VEGETABLE SOUP

Ollie Fry

<i>1½ lbs. cubed beef</i>	<i>1 c. peas</i>
<i>1 c. chopped onion</i>	<i>1 c. corn</i>
<i>1 c. diced celery</i>	<i>1 c. diced carrots</i>
<i>1 tsp. thyme</i>	<i>3 c. shredded cabbage</i>
<i>¼ tsp. pepper</i>	<i>1 (6-oz.) can tomato paste</i>
<i>⅓ c. finely chopped fresh parsley</i>	<i>1 qt. water</i>
<i>1 c. green beans</i>	

Cook beef, onion and celery until tender. Cook carrots, cabbage and tomato in water until tender. Combine with meat, onion and celery. Add thyme, pepper and parsley, green beans, peas and corn. Simmer for 1 hour. Salt as desired.

4 HOUR OVEN BEEF STEW

Ione Johnson

<i>2 lbs. beef stew meat</i>	<i>4 to 6 carrots, chopped</i>
<i>3 T. tapioca</i>	<i>3 to 5 potatoes, chopped</i>
<i>1 c. water</i>	<i>½ to 1 c. diced celery</i>
<i>1 T. sugar</i>	<i>Diced onion</i>
<i>1 c. canned tomatoes</i>	<i>Salt & pepper to taste</i>

Mix ingredients together and put in a large greased casserole. Cover and bake for 3½ to 4 hours at 350°.

SPIRIT LAKE BEEF STEW

Helen AnnLindholm

<i>2 lbs. round steak (or stew meat)</i>	<i>2 c. water</i>
<i>½ lb. baby carrots</i>	<i>2 to 3 T. Minute Tapioca</i>
<i>1 yellow onion, sliced</i>	<i>1½ tsp. salt</i>
<i>6 potatoes, chunked</i>	<i>¾ tsp. pepper</i>
<i>1 c. chunked celery (opt.)</i>	<i>1 T. beef bouillon</i>
<i>3 c. canned tomatoes</i>	

Place all ingredients into a roaster or Dutch oven. Bake at 250° for 4 to 5 hours.

BEEF STEW

Mildred Sunde

<i>1½ lbs. cubed beef</i>	<i>6 carrots, sliced</i>
<i>1 c. tomatoes</i>	<i>1 onion, diced</i>
<i>1 c. celery</i>	<i>1 T. sugar</i>
<i>4 lg. potatoes, cubed</i>	<i>2 T. Minute Tapioca</i>

Combine all ingredients in a heavy roaster and put in the oven at 250°. Bake 5 hours without uncovering or stirring.

CHEESE VEGETABLE SOUP

Ione Johnson

*4 chicken bouillon cubes
4 c. water
1 c. diced onions
1 c. chopped celery
2½ c. diced potatoes*

*1 c. diced carrots
1-lb. bag frozen mixed vegetables
2 cans cream of chicken soup
1 lb. Velveeta cheese*

Cook vegetables in chicken broth until tender. Add soup and cheese. Heat until cheese is melted.

CHEESE CHOWDER SOUP

Joyce Yates

*3 c. water
4 potatoes
1 c. celery
½ c. onion
1 c. carrots
½ c. butter
1 qt. milk*

*2 T. salt
2 c. cooked, diced ham
¼ tsp. pepper
½ c. flour
½ lb. melting cheese
½ lb. cheddar cheese*

Cut potatoes, celery, onion and carrots into small pieces. Add water and cook slowly until done. Add butter, milk, salt, ham, pepper, flour and cheeses. Cook and stir until cheeses are melted. Serve.

CHICKEN SOUP

Connie Love

*1 c. onions
1 c. celery
1 c. carrots
1 baked chicken
2 T. pepper*

*1 pkg. noodles
2 tsp. parsley
½ tsp. lemon thyme
1 T. butter*

Dice onions, celery and carrots. Bake chicken, debone and dice. Cook noodles in 2 quarts water and then drain. Sauté vegetables in butter until tender. Combine all in a kettle and simmer for 20 minutes.



HEARTY ITALIAN SOUP

DeAnna Sorbo

1 lb. mild bulk Italian sausage
1 med. green onion, chopped
28-oz. can spaghetti sauce
2 (8-oz.) can tomato sauce
2 c. water

3 chicken bouillon cubes
3/4 tsp. garlic salt
3/4 c. sm. shell macaroni
Shredded cheese
1 med. green pepper

Brown sausage and drain. Add green pepper and onion. Add spaghetti sauce, tomato sauce, water, bouillon and garlic salt. Simmer 15 minutes. Stir in macaroni, cover and simmer 10 to 12 minutes until macaroni is tender. Serve in bowl topped with cheese. Makes 8 cups.

JULIE'S ITALIAN SOUP

DeAnna Sorbo

1 lb. mild Italian sausage
1 med. green pepper (chopped)
1 med. onion (chopped)
1 (28-oz.) can tomatoes
1 (15-oz.) can tomato sauce
3 chicken bouillon cubes

1/2 tsp. garlic powder
1 c. water
1 c. uncooked small shell macaroni
Mozzarella cheese for garnish

Brown meat, green pepper and onion. Drain. Stir in tomatoes, tomato sauce, bouillon cubes, garlic powder and water. Cover and simmer 15 minutes. Stir macaroni into soup. Cover and simmer 10 to 12 minutes until macaroni is tender. Garnish with cheese when serving. Makes 8 cups.

OYSTER SOUP

Nancy Fry

1 pt. fresh oysters
3 T. margarine
1 gal. milk

Salt
Pepper

In large kettle, melt margarine. Add oysters and cook until edges of oysters start to turn up. Add milk and lower heat on burner to simmer. Add salt and pepper to taste. Continue to simmer until soup forms a slight skin on top, stirring occasionally, about 1 hour. Be careful not to scorch milk. Store leftovers in refrigerator.

POTATO SOUP

Elva Thornburg

2 cans chicken broth
1/2 to 1 c. chopped onion
3 c. diced potatoes
1/2 or 1 c. ham, diced

1 tsp. dill weed
4 T. butter
1 or 2 c. milk

Combine chicken broth, onion, potatoes, ham and dill in a large pan. Bring to a boil. Simmer until potatoes are slightly tender. Then add butter and milk. Cook until potatoes are done, stirring often. Cook on medium to low heat. Can be refrigerated.

SOUP FOR FIVE IN FIVE MINUTES

Helen Ann Lindholm

2 (10³/₄-oz.) cans Campbell's split pea soup
2 (10³/₄-oz.) cans Campbell's consomme

2 (10³/₄-oz.) cans Campbell's garden tomato soup
2 (4¹/₂-oz.) cans crab meat

Mix all ingredients together. Do not add water. Heat and simmer for 5 minutes.

TARRAGON SOUP

Elizabeth Schuster

1 lb. lean pork, cubed
1 T. salt
4 qt. water
4 carrots, cut up
4 potatoes, cut up
2 T. tarragon

2 eggs, beaten
1/2 c. flour
1 tsp. pepper
1 c. milk or cream
Vinegar

Cook meat in salt and water until meat is tender. Add carrots and potatoes that are cut in pieces. Cook until vegetables are done. Add tarragon and cook for 1 minute. Mix together eggs, flour, pepper and milk and add to soup slowly, stirring constantly. Boil for 1 minute. Add vinegar to taste. You may add onion, sprig of parsley, or root parsley if desired. Also may use ham or ham bone instead of pork.

WILD RICE SOUP

Ollie Fry

1 c. wild rice
4 c. water
1/2 lb. bacon
1/2 onion, chopped

2 cans cream soup
1 qt. half & half
1 lb. cheddar cheese, shredded

Cook rice in water. Fry bacon, drain and break in pieces. Brown onion in bacon fat; drain. Combine rice, bacon, onion, soup, half-and-half and cheese. Heat slowly.



WILD RICE SOUP

Ruby Harris

2 cans cream of potato soup
1 qt. half & half
9 slices bacon
1 sm. onion

1/2 c. uncooked wild rice
2 to 3 c. Velveeta cheese
Fresh pepper
Parsley

Brown onion and bacon. Cook wild rice until done according to package directions. Drain. Mix together soup, half-and-half, bacon and onion, rice and cheese. Heat until cheese is melted. **DO NOT BOIL.** Serve with fresh pepper and parsley. If soup is too rich, add 1 to 2 cups skim milk. can substitute ham or bacon.

BREAKFAST BRUNCH CASSEROLE

La Donna Meyer

**1 lb. seasoned turkey breakfast
sausage**
Nonstick spray coating
6 slices light white bread
**2 c. shredded reduced fat
cheddar cheese (8 oz.)**

2 c. fat-free milk
**1 1/2 c. refrigerated or frozen egg
product or 6 eggs**

In a large skillet, cook sausage until brown. Drain fat; set aside. Spray a 3-quart baking dish with nonstick coating. Place bread on bottom of dish. Sprinkle with sausage and cheese. In a bowl, whisk eggs and milk. Pour over meat and cheese. Cover and chill 8 to 24 hours. Let stand 15 minutes out of refrigerator before baking, uncovered for 30 to 45 minutes at 350°. Let stand 10 minutes before serving. 6 to 8 servings.

CHICKEN POT PIE

LaDonna Meyer

1 3/4 c. frozen mixed vegetables
1 c. cut up cooked chicken
**1 (10 3/4-oz.) can condensed
reduced fat cream of chicken
soup**

**1 c. Bisquick, reduced fat baking
mix**
1/2 c. skim milk
1 egg

Heat oven to 400°. Mix vegetables, chicken and soup in ungreased 9-inch pie plates. Stir Bisquick, milk and egg with fork until blended. Pour into pie plate. Bake 30 minutes or until golden brown. 6 servings.

LOW FAT CORNBREAD

Lorraine Thornburg

2 egg whites
1/4 c. plain low fat yogurt
3/4 c. skim milk
3 T. honey
1 c. yellow cornmeal
1/4 c. flour

3/4 c. whole-wheat flour
2 tsp. baking powder
1/2 tsp. soda
3 T. melted margarine
1 c. shredded carrots

Preheat oven to 400°. Beat together egg whites, yogurt, milk and honey. In a separate bowl mix together cornmeal, flours, baking powder and soda. Combine liquid ingredients, dry ingredients, melted margarine and carrots (optional). Stir just enough to blend; over stirring will make bread tough. Spread into an 8 x 8-inch pan. Spray pan with nonstick spray. Bake for 20 minutes.

CREAM CHEESE RASPBERRY DESSERT

LaDonna Meyer

1 c. crushed pretzels
1/4 c. margarine, melted
2 T. powdered sugar
*1 (8-oz.) pkg. reduced fat cream
cheese*
3/4 c. sifted powdered sugar
*1 (8-oz.) light or fat free whipped
topping*

1 (3-oz.) pkg. raspberry gelatin
*1 (3-oz.) pkg. sugar free raspberry
gelatin*
1 c. boiling water
1 1/4 c. cold water
*1 (12-oz.) pkg. frozen light red
raspberries, thawed & drained*

Combine pretzels, margarine and 2 tablespoons powdered sugar. Press in a 3-quart baking dish. Bake at 350° for 10 minutes. Cool. For filling, mix together softened cream cheese and 3/4 cup powdered sugar. Fold in whipped topping. Spread over crust and chill for 1 hour. Dissolve gelatins in boiling water. Stir in cold water. Chill until slightly thickened. Scatter drained raspberries over cream cheese mixture. Spoon gelatin over berries. Cover and chill for 2 hours.

Before the service, speak to God.
During the service, let God speak to you.
After the service, speak with your neighbor.

LOW FAT BRAN MUFFINS

lone Johnson

*1 c. flour
2 tsp. baking powder
½ tsp. soda
½ tsp. cinnamon
2 c. 100% bran cereal*

*½ c. brown sugar
1¼ c. 2% or less low fat milk
1 egg
½ c. applesauce*

Mix flour, baking powder, baking soda and cinnamon in large bowl. Mix cereal, milk and sugar in another bowl; let stand 5 minutes. Stir in egg and applesauce. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Spoon batter into muffin pan, filling each cup $\frac{2}{3}$ full. Bake 18 to 20 minutes or until golden brown at 400°. Serve warm. Makes 12.

CRUST FOR REDUCED FAT PUMPKIN PIE

Grace Ackerman

*1 c. flour
¼ tsp. salt*

*¼ c. oleo
3 T. skim milk*

Sift flour and salt into bowl. Melt oleo and cool. Combine with skim milk. Pour margarine mixture into flour. Stir to blend. Add cold water if needed to hold flour together. Form in a flat ball and refrigerate. When chilled, place dough on a sheet of waxed paper. Put another sheet on top and quickly roll into a 10 to 11-inch circle. Remove top paper and turn into pie plate. Carefully remove waxed paper, trim and flute crust.

REDUCED FAT PUMPKIN PIE

Grace Ackerman

*½ c. can pumpkin
1½ c. evaporated skim milk
¼ c. packed brown sugar
2 T. white sugar
¼ tsp. salt
¼ tsp. cinnamon*

*½ tsp. cloves
8 egg whites
2 tsp. vanilla
2 T. fat free frozen vanilla yogurt
1 unbaked pie shell*

Mix all ingredients together in order listed, mixing until smooth. Pour into crust. Bake 20 minutes at 400°. Reduce temperature and bake for 20 to 30 minutes or until the pie sets in center.

REDUCED CALORIE RANCH DRESSING

Viola Engelstad

*1 c. buttermilk
1/2 c. plain lowfat yogurt
1 T. Dijon mustard
2 tsp. minced onion*

*1 T. dill weed
1 T. chopped parsley
1/2 tsp. garlic powder
1/4 tsp. black pepper*

Combine all ingredients in a jar with a tight lid. Shake well to blend. Refrigerate at least 2 hours so the flavors have time to blend.

CARROT RAISIN SALAD

Myra Snyder

*3 c. shredded carrots
1/2 c. low calorie salad dressing
1/3 c. seedless raisins
1/4 tsp. salt (can omit)*

*1/2 c. or less Sugar Twin
sweetener
Crisp lettuce leaves*

Combine all ingredients thoroughly. Mix well. Put into a covered bowl. Chill 2 hours or longer. Serve on crisp lettuce leaf. 1/3 cup = 1 serving = 40 calories.

SALMON LOAF (Low Calories)

Lorraine Thornburg

*2 1/2 c. or 1 lg. can flaked salmon
1/2 c. cracker crumbs
2 eggs
3/4 c. skim milk*

*1/4 tsp. salt
1/4 tsp. pepper
Sm. onion
Sm. amount pimento*

Mix all ingredients only until blended. Bake at 350° for 45 to 50 minutes or until firm. Enough for 5 to 6.

CASSEROLE SAUCE MIX (Condensed Soup Substitute)

Ione Johnson

*2 c. instant nonfat dry milk
crystals
3/4 c. cornstarch
1/4 c. instant chicken bouillon*

*1/2 tsp. pepper
2 T. dried onion flakes
1 tsp. dried basil, crushed (opt.)
1 tsp. dried thyme, crushed (opt.)*

Combine all ingredients and mix well, store in airtight container. This makes 3 cups or equivalent of 9 (10 1/2-ounce) cans condensed cream soup. To use in place of condensed soup: Mix 1/3 cup dry mix with 1 1/4 cups water in saucepan. stir and cook until thickened. If desired, add 1 tablespoon butter or margarine. This mix has 1/3 the calories and sodium and 1/100 the fat (without butter or margarine) of condensed cream soups.

NO CHOLESTEROL CHOCOLATE CAKE

Verda Rierson

*2/3 c. liquid margarine
1 c. white sugar
1 c. brown sugar
1/2 box EggBeaters
1 tsp. vanilla
1 c. yogurt*

*1 c. boiling water
2 1/2 c. flour
2 tsp. soda
1 tsp. salt
1/2 c. cocoa*

Sift flour, cocoa, salt and soda together 2 times. Cream margarine, white sugar, brown sugar, EggBeaters (equivalent of 2 eggs) and vanilla. Mix in dry ingredients and add yogurt and boiling water. This is a thin mixture. Bake at 350° in a 9 x 12-inch pan for 40 to 45 minutes. Makes 24 to 28 cupcakes. Bake them 24 minutes.

VEGETARIAN SANDWICH SPREAD

Grace Ackerman

*1 can chick peas
1 finely shredded carrot
1 minced stalk celery*

*1 finely chopped green onion
Dijon mustard
Sweet pickle relish (opt.)*

Mash peas. Add remaining ingredients. Blend. Spread on bread or crackers.

RASPBERRY ANGEL FOOD DESSERT

Shirley Juhl

*1 baked angel food cake
1 sm. pkg. raspberry sugar free
gelatin
1 c. boiling water
1 (10-oz.) box unsweetened
frozen raspberries*

*1 lg. pkg. instant sugar free
vanilla pudding
1 (8-oz.) low calorie whipped
topping*

Slice angel food cake and put into bottom of 9 x 13-inch pan. Stir gelatin in boiling water until dissolved; add raspberries. They will dissolve and mixture will thicken. Pour over cake. Mix pudding as directed on box. Let thicken and pour over raspberries. Top with whipped topping. Refrigerate for 3 hours. Very good and low calorie.

NO SUGAR ADDED APPLE PIE

Anna Brown

*4 c. sliced apples
1 T. cornstarch
1/2 tsp. cinnamon*

*1/2 c. apple juice
5 packets Sweet 'N Low
2 unbaked pie shells*

Arrange apples in a pie shell. Mix cornstarch, cinnamon, juice and sweetener together and pour over apples. Put top crust over, flute edges and bake at 370° for 45 minutes.

UNSWEETENED APPLE PIE

Ione Johnson

*1 (6-oz.) can frozen apple
concentrate
2 T. flour
1 tsp. cinnamon*

*1/2 tsp. nutmeg
Sliced apples
1 pie shell (unbaked)*

Cook apple concentrate, flour and spices together. Pour over sliced apples in pie crust. Bake at 350° for 1 hour.

SUGARLESS APPLE PIE

Shirley Juhl

*1 (6-oz.) can frozen apple juice,
thawed
1 T. butter
2 T. cornstarch*

*1 tsp. cinnamon
5 or 6 Jonathan or Delicious
apples, peeled & sliced
1 unbaked pie shell*

Stir together cornstarch and cinnamon in a saucepan. Gradually stir in apple juice. Coat apple slices with the thickened juice. Fill pie shell with apple slices. Dot with butter. Bake in preheated 425° oven for 30 minutes; then lower heat to 350° and bake 30 minutes longer. If you like, artificial sweetener may be added, but it is very good as it is.

SUGARLESS FRUIT BARS

Ione Johnson

*1 c. dates, chopped
1/2 c. raisins
1/2 c. prunes, chopped
1 c. water
1 stick margarine
2 eggs, beaten
1 tsp. vanilla*

*1 c. flour
1 tsp. soda
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. allspice
1/2 c. nuts*

Boil dates, raisins, prunes and water for 5 minutes. Remove from heat and add margarine. Mix. Cool to room temperature. Mix eggs, vanilla, flour, soda, salt, spices and nuts. Bake for 18 to 20 minutes in 9 x 13-inch pan at 350°.

BROWNIES

Helen Bryant

*2 c. graham cracker crumbs
1/2 c. chopped nuts
2 oz. semi-sweet chocolate
pieces*

*2 tsp. NutraSweet
1/4 tsp. salt
1 c. skim milk
1/4 c. chocolate pieces*

Mix all ingredients in a bowl and stir until blended. Put in an 8 x 8-inch greased pan and bake at 350° for 30 minutes. Top with 1/4 cup chocolate pieces if desired. Cut while still warm.

DIABETIC TREAT CHOCOLATE SMUCHIES

Shirley Juhl

*1/2 (14-oz.) pkg. sugar free
chocolate pudding mix
1 c. skim milk*

*1 1/2 c. peanut butter
36 graham cracker squares
Lite Cool Whip topping*

Mix chocolate pudding and skimmed milk according to directions on package. Cool thoroughly. Mix peanut butter with pudding. Drop 2 tablespoons onto each cracker square. Place 1 tablespoon whipped topping on top of the pudding, peanut butter mixture and cover with second cracker square to make a sandwich. Wrap and freeze. Will keep in freezer 6 to 8 weeks. Yields 18 servings.

DIABETIC COOKIES

Helen Bryant

*1 c. raisins
1/2 c. chopped dates
1 c. water
1/2 c. margarine
1 egg
1/2 c. pumpkin*

*1 tsp. cinnamon
1 tsp. baking soda
1/4 c. nuts
1/2 tsp. extra touch sweetener
1 tsp. vanilla
1 c. flour*

Combine raisins, dates and water and boil 3 minutes stirring constantly. Cool. Cream together egg, margarine, pumpkin and vanilla. Add flour, cinnamon, baking soda and sweetener alternately with date and raisin mixture to the creamed mixture. Beat well. Add nuts. Chill several hours or overnight. Drop by teaspoons on greased cookie sheet. Bake at 350° for 10 to 12 minutes.

KIWI-LIME PIE

Rhonda J. Hansen

*1 (4-oz.) pkg. instant sugar free
vanilla pudding*
1 (3-oz.) pkg. sugar free lime Jello
2/3 c. Carnation dry milk powder

1 1/3 c. water
*3/4 c. Cool Whip (divided 1/4 c. &
1/2 c.)*
1 graham cracker pie shell

Combine pudding, Jello and milk powder. Whisk with water. Chill for 10 minutes. Then fold in 1/4 cup Cool Whip. Place into prepared graham cracker crust. Cool for 10 minutes. Spread 1/2 cup Cool Whip on top of pie. Refrigerate.

FRESH NECTARINE PIE

Rhonda J. Hansen

*1 (3-oz.) box lemon sugar free
Jello*
*1 box vanilla sugar free cook
type pudding*

1 c. water
fresh nectarines, sliced
1 baked pie shell
Lite whipped topping

Combine Jello, pudding and water and cook until it thickens. Cool. Arrange nectarines in pastry shell. Pour cooled pudding over fruit. Chill and top with whipped topping.

RAISIN BUTTERSCOTCH PIE

Rhonda J. Hansen

*1 (3.4-oz.) pkg. instant sugar free
vanilla pudding mix*
*1 (3.4-oz.) pkg. instant sugar free
butterscotch pudding mix*
2 c. skim cold milk

2 c. lite sour cream
1 c. raisins
1 med. firm banana
*1 prepared pastry shell (9
inches), baked*

In a mixing bowl combine pudding mixes and milk; beat until thick; about 3 minutes. Fold in sour cream. Then stir in raisins. Place banana slices in pastry shell; top with pudding mixture. Chill until ready to serve. Garnish with whipped topping. Yield: 6 to 8 servings.

STRAWBERRY SUGAR FREE PIE

Shirley Juhl

*1 sm. box sugar free strawberry
Jello*
*1 sm. box sugar free vanilla
pudding*

2 c. water
1 graham cracker crust pie shell
1 bowl Cool Whip
Fresh strawberries

Stir Jello, pudding and water together. Cook until thick. Pour over washed and drained strawberries layered in pie crust. Top with Cool Whip. Refrigerate.

DIABETIC SALAD

Rhonda J. Hansen

3 pkgs. sugar free strawberry Jello
3 c. boiling water
1 pkg. Knox gelatin
2 pkg. frozen strawberries (lite with NutraSweet)

1½ c. cold milk
1 pkg. Knox gelatin
1 pkg. sugar free vanilla instant pudding
1 pkg. Dream Whip

Dissolve strawberry Jello in boiling water. Mix 1 package Knox gelatin with a small amount of cold water and add to hot Jello. Add frozen strawberries to hot mixture and stir until berries are melted. Pour in 9 x 13-inch pan and cool in refrigerator until set. Beat together milk, pudding and 1 package of Knox gelatin. Make Dream Whip according to package directions using skim milk. Fold Dream Whip mixture and pudding mixture together. Place on top of strawberry layer and chill until set. Garnish with fresh strawberries. This is best eaten the same day it is made because sugar free Jello gets watery and layers slide apart.

WALDORF SALAD

Rhonda J. Hansen

2 c. diced apples
1 c. diced celery
½ c. chopped walnuts
½ to 1 c. sliced green grapes
¼ c. light Miracle Whip

2 sm. pkg. Equal sweetener
½ tsp. lemon juice
½ c. lite Cool Whip
Dash salt

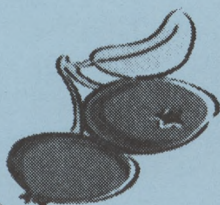
Prepare fruit, celery and walnuts and place in container and cover. Mix together Miracle Whip, Equal, lemon juice, Cool Whip and salt and fold mixture over fruit mixture. Refrigerate. Best if eaten same day as prepared.



Canning

Freezing

Large
Quantity
Cooking



**THIS
AND
THAT**

**Each morning when you awaken,
Just offer God the day;
Each task that's undertaken
Whether work or play-
Offer Him your happiness
Your cares and trouble too,
Just tell Him that you don't forget
All He's done for you.
Now if you follow this recipe
You surely soon will find
Your life will be without care
And full of bright sunshine.**

**Your future lies before you
Like drifts of pure white snow;
Be careful how you tread it
For every step will show.**

THIS & THAT

APPLE BUTTER

Elaine Tangen

*10 c. apple pulp
7 c. sugar
1/2 c. vinegar
2 tsp. cinnamon*

*1 tsp. cloves
1 tsp. allspice
1 c. red hot candy*

Cook the apples and mash to get 10 cups of pulp. To the pulp, add sugar, vinegar, cinnamon, cloves, allspice and red hots. Boil for 20 minutes. Put in jars and seal. I put mine in jars and freeze.

APPLE BUTTER

Alice Voster

*8 c. applesauce
6 c. sugar*

*1/2 c. cider vinegar
1 tsp. cinnamon*

Cook together for 30 minutes in pan. Seal in pint jars or keeps well in refrigerator.

APPLE BUTTER

Alice Voster

*10 c. sugar
14 c. apple pulp*

2 T. cinnamon

Combine sugar, pulp and cinnamon in a roaster in a 300° oven until it thickens. Stir once in awhile. Pour in jars and seal.

CANNED APPLES

Norma Richard

1/4 c. sugar

1 qt. apples

Slice apples in a large covered container. Sprinkle 1/4 cup sugar per quart of apples. Cover and let stand overnight in refrigerator. Next day fill jars and process 20 minutes in hot water bath. Use to make apple pies. To use for apple pie, add 1/4 cup brown sugar, 1 1/2 tablespoons flour and 1 teaspoon cinnamon and a dash of nutmeg per quart of apples. Use 1 or 2 quarts of apples per pie depending upon size of pie shell.

CROCKPOT APPLE BUTTER

Elaine Tangen

*5½ lbs. apples, peeled & finely
chopped
4 c. sugar*

*3 or 4 tsp. cinnamon
¼ tsp. cloves
¼ tsp. salt*

Put apples in crockpot. Combine sugar, cinnamon, cloves and salt; pour over apples and mix. Cover and cook on high for 1 hour. Reduce heat to low; cover and cook all day until thick and dark in color. Stir occasionally. Place in jars, cool and freeze.

FREEZER CORN

Nancy Fry

Fresh sweet corn

Hush and silk corn. In a large kettle, bring water to a rolling boil. Put enough ears in water so that they are covered with water. Set timer for 3 minutes. Remove corn from hot water and cool immediately by putting them in ice water. When corn is cool, cut off the cob, scraping cob for juice. Spoon cool corn into freezer bags and freeze. When ready to use corn, cook to boiling point adding salt and butter to taste. Tastes like fresh sweet corn. 50 to 60 ears are needed for 7 to 8 quarts of corn.

OVEN CREAM STYLE CORN

Norma Richard

*18 to 20 c. cut off corn
1 lb. butter*

1 pt. half & half

Cut corn off the ear. Put ingredients in roaster and cook in oven at 325° for 1 hour, stirring every 15 minutes. Cool as quickly as possible. Put in plastic pint freezer bags and freeze. 40 whole ears of corn makes 15 pints of frozen corn.

RHUBARB JAM

Rhonda Olson

*4 c. rhubarb
4 c. sugar
¼ c. water*

*1 sm. box Jello (cherry,
strawberry, raspberry or orange)*

Cut up rhubarb; put in a pan with sugar. Add water; cook until mixture becomes thick, about 15 minutes. Stir to prevent sticking. Remove from heat and add Jello. Stir until Jello is dissolved. Let cool. Store in refrigerator.

EASY DELICIOUS JAM

Elizabeth Schuster

6 c. cut up rhubarb
4 c. sugar

1 can strawberry pie filling
2 to 3 pkgs. strawberry Jello

Boil together in a pan, rhubarb, sugar and pie filling gently for 20 minutes. Add Jello; cool. Put in jars and refrigerate or containers to freeze.

RHUBARB JAM

Nina Sorbo

5 c. rhubarb
4 c. sugar

1 box Jello, any flavor
(strawberry is very good)

Cut up rhubarb. Boil rhubarb and sugar together for 10 minutes. Take off stove and add 1 (3-ounce) box Jello. Stir until dissolved. Put in sterilized jars and seal or cover with paraffin.

SENA'S RHUBARB JAM

Nina Sorbo

6 c. diced rhubarb
4 c. sugar

1 can apricot pie filling
6-oz. pkg. apricot Jello (dry)

Combine rhubarb and sugar. Boil 10 minutes. Add pie filling and boil 10 minutes more. Add Jello and stir until dissolved. Put in jars and seal.

BLUEBERRY-RHUBARB JAM

Lorraine Thornburg

5 c. rhubarb
1 c. water
5 c. sugar

1 can blueberry pie filling
2 pkgs. raspberry Jello

Cut rhubarb up. Add sugar and cook in water until tender. Add pie filling; cook 6 to 8 minutes longer. Remove from heat and add Jello. Stir until completely dissolved. Pour into jars and seal. Store in freezer or refrigerator. May use cherry pie filling and cherry Jello.

RHUBARB-STRAWBERRY JAM

Lorraine Thornburg

8 c. rhubarb
8 c. sugar
1/2 c. water

2 bags Farley's fruit snack or 2 c. fruit snack

Cut rhubarb up. Add sugar and water. Cook until tender or done. Add 2 bags Farley's' fruit snack strawberry, cherry, orange. Makes 4 pints. Put in jars and seal. Keep in refrigerator.

BEEF PICKLES

Nancy Fry

25 sm. beets (3 to 5 inches in diameter)
3 c. water
6 c. vinegar

5 c. sugar
3 tsp. allspice
3 broken sticks cinnamon

Cut stems from beets leaving about 3 inches. Wash and place in a large kettle. Cover with water and bring to a boil. Boil until beets are tender and can be run through with a fork. Drain and place in cold water to cool. Slip skins and chunk or slice beets. Return to brine made from water, vinegar, sugar and spices which have been placed in a bag and tied. Bring to a boil. Put beets in sterilized jars and cover with brine. Adjust lids and place in a hot water bath for 20 minutes.

DILL PICKLES

Nancy Fry

1 c. vinegar
2 c. water
1 T. pickling salt
4 (3 to 4-inch) cucumbers

1 clove garlic
Dill stems
1 tsp. mustard seed

Boil vinegar, water and salt. Scrub cukes and place in sterilized jars. To each jar, add 3 stems dill, 1 teaspoon mustard seed and 1 clove garlic. Pour hot brine in jar and adjust lids. Process 20 minutes in hot water bath. Time from when jars are placed in boiling water. This recipe is for each quart of pickles so adjust brine ingredients and packing ingredients to how many jars you wish to do.

FREEZER PICKLES

Grace Ackerman

8 c. sliced, unpeeled cucumbers
2 med. onions
2 T. salt

1½ c. sugar
½ c. vinegar

Mix together cucumbers, onions and salt and let stand 2 hours or overnight. Heat sugar and vinegar for brine. Drain cucumber and pack in containers or Ziploc bags. Pour brine over. Cool and freeze.

FROZEN CUCUMBER PICKLES

Carol Saha

Lg. cucumbers

2 parts sugar to 1 part vinegar

Peel large cucumbers; cut into 3 or 4 sections crosswise. Cut into thirds on the divide lines and remove the seeds. Slice into ¼-inch slices. Put into freezer jars. Mix the sugar and vinegar together. Cover the cucumber slices, leaving room for freezer space. Good all winter.

REFRIGERATOR PICKLES

Nancy Fry

*2 c. sugar
2 c. vinegar
3/4 tsp. turmeric
1/4 c. salt*

*3/4 tsp. celery salt
3/4 tsp. mustard seed
10 sliced & peeled cucumbers*

Put cucumbers in covered container. Mix sugar, vinegar, turmeric, salt, celery seed and mustard seed and pour over cukes. Cover and let stand 5 days before using. Double this recipe for ice cream pail. They keep 9 months in refrigerator.

NO COOK REFRIGERATOR PICKLES

Pastor Jane Johnston

*4 c. sugar
4 c. vinegar
1/2 c. salt
1 1/2 tsp. turmeric*

*1 1/2 tsp. celery seed
1 1/2 tsp. mustard seed
Cucumbers
Onions*

Slice cucumbers to desired size. Slice onion and add to cucumbers in a sealable container. Mix together sugar, vinegar, salt, tumeric, and seeds. Cover cucumbers and onions with mixture. Keeps in refrigerator for 6 months.

SWEET PICKLE STICKS

Grace Ackerman

*45 cucumbers
Boiling water
12 c. cider vinegar
11 c. sugar*

*10 T. pickling salt
Green food coloring
4 cinnamon sticks, broken in half*

Wash cukes, peel, remove seeds and cut in pieces 3/4 inch wide by 3 inches long. Place cukes in large kettle and cover with boiling water. Let set overnight. In the morning, drain. In another large kettle combine vinegar, sugar, salt, cinnamon sticks and coloring. Bring to a boil, stirring to dissolve sugar. Pour over pickles. Heat until pickles are clear and have taken on coloring. Takes 2 to 2 1/2 hours. Place pickles in sterilized jars and cover with brine. Adjust lids and process in boiling hot water bath for 5 minutes. Makes about 10 to 12 quarts. Remove cinnamon sticks from brine and may use in another batch.

TOMATO SOUP

Norma Richard

*7 qt. cut up tomatoes
4 cut up onions
½ bunch celery, cut up
8 sprigs parsley
2 bay leaves*

*7 T. flour
1½ T. salt
4 T. sugar
1 tsp. pepper*

Cook tomatoes, onions, celery, parsley and bay leaves until vegetables are tender. Put through a colander or a food processor. To a small amount of juice, add flour, salt, sugar and pepper. Add this to the rest of the soup. Heat and bring to a boil, stirring constantly. Pour into hot jars. Process at 10 pounds pressure for 15 minutes or 35 minutes in a hot water bath. Makes 13 pints and 2 quarts.

GARDEN RELISH

Mardene Boyce

*4 c. onions
4 c. cabbage
12 green peppers
10 green tomatoes
½ c. salt
2 T. mustard seed*

*1 T. celery seed
1½ T. turmeric
4 c. sugar
4 c. vinegar
2 c. cold water*

Grind onions, cabbage, green peppers and tomatoes. Drain; sprinkle with salt and let stand overnight. Rinse and drain. Mix spices in syrup of sugar, vinegar and water. Add vegetables. Boil about 10 minutes. Pack into jars and seal. Approximately 10 pints.

FREEZER RELISH

Elaine Tangen

*3 qt. sliced cucumbers
2 lbs. sliced onions
2 red peppers
2 green peppers*

*1 bunch celery
¼ c. pickling salt
6 c. sugar
4 c. white vinegar*

Slice cucumbers and onions; chop peppers and celery. If vegetables are put through food processor, be sure to drain well. Combine all vegetables. Stir and slightly warm vinegar, salt and sugar until dissolved. Pour over vegetables. Let stand for 3 hours. Put in containers and freeze.

PICKLED EGGS

Lorraine Thornburg

12 hard-boiled eggs
2 T. sugar
1 tsp. salt
4 peppercorns
Sprig dill
1 whole clove
½ c. water

Blade mace
Caraway seeds
Celery seed
1 piece gingerroot
Garlic sliver
1½ c. vinegar or juice from pickled roots

Add sugar, salt and spices to vinegar and water. Simmer 10 minutes. Peel hard-boiled eggs and arrange in quart jar. Strain and pour vinegar solution over eggs. Seal in jar and keep refrigerated. Ready for use in 2 weeks.

PICKLED FISH

Ione Johnson

1 gal. skinned fish fillets
White vinegar
3 c. sugar
¼ c. whole pickling spices

1 c. white (port) wine
Salt
Sliced white onions

Add fish pieces to 1 gallon of water with enough salt to float an egg. Store in cool place for 48 hours. Drain but do not wash. Cover with white vinegar for 24 hours. Drain and bring vinegar to boil; remove from heat, add sugar and stir. Let cool. Add spices and wine. Layer fish and onions. Pour vinegar mixture over fish, completely covering fish. Refrigerate. Ready to eat in 2 days. Like pickled herring.

SPAGHETTI SAUCE MIX

Grace Ackerman

20 c. tomatoes
3½ c. chopped onions
1 green pepper, chopped
2 c. sugar
2 T. salt

1 T. pepper (opt.)
4 bay leaves
1 T. garlic powder
4 lg. cans tomato paste
3 c. water

Cut and peel tomatoes. Put tomatoes, onions and pepper through food processor or blender. May put through colander if you wish to remove tomato seeds. Combine all ingredients except tomato paste in large kettle. Bring to a boil and simmer 2 hours, stirring often. The last 20 minutes, add tomato paste and stir constantly to thicken sauce. Be careful not to scorch. Put in jars and process at 5 pounds pressure for 10 minutes. Also may cool and put in freezer bags and freeze. Makes 7 to 8 quarts.

CANNED VEGETABLES FOR SOUP

Neoma Isebrand

*1 peck tomatoes
2 heads cabbage
1 c. salt
8 onions*

*2 lbs. carrots
2 bunches celery
5 qt. water*

Boil ingredients together for 1/2 hour. Put in jars and pressure cook at 15 pounds pressure for 20 minutes.

HAM LOAF FOR 32 TO 36

Virginia Dahna

*5 lbs. ground ham
3 lbs. ground beef
10 eggs
1 1/2 qt. tomato juice
1 (12-oz.) box crushed cornflakes*

*2 tsp. celery salt
2 tsp. sage
1 1/2 c. pineapple juice
1/3 c. brown sugar
3/4 tsp. mustard*

Beat eggs. Mix meats together and add eggs, juice, flakes, celery salt and sage. Press into a large pan. Mix together pineapple juice, brown sugar and mustard. Baste meat with sauce. Bake in 350° oven for 1 hour, basting meat again while baking.

HOT DISH FOR 25

Virginia Dahna

*5 lbs. hamburger
2 (1-lb.) pkgs. noodles
4 cans cream of mushroom soup
4 soup cans milk*

*1/2 lb. Velveeta cheese
Onion to taste
Cornflakes crumbs*

Brown hamburger and onion; cook noodles and drain. Combine all ingredients adding cheese on top. Crush cornflakes on top of cheese. Bake 1 1/2 hours at 350°.

BEEF STEW FOR 75 TO 100

Virginia Dahna

*10 lbs. cubed stew meat
10 lbs. potatoes
1 head cabbage
4 c. rice
2 bags carrots*

*4 onions
2 stalks celery
Salt & pepper to taste
Soup bone*

Cook meat with soup bone the day before. Cool and remove fat. Chop all vegetables into bite-size pieces. Add to soup broth and boil for 45 minutes or until vegetables are tender.

WINDOW CLEANER

Hazel Erickson

1 pt. rubbing alcohol
1 c. sudsy ammonia

1 tsp. Dawn detergent
Water

Put the top ingredients in gallon jug. Fill with water. Shake to mix. Put in spray bottle. Use no more Dawn than listed or windows will streak.

SCRAMBLED EGGS FOR 100

Samaritan Home

1¹/₄ gal. eggs
2²/₃ T. salt

2¹/₂ qt. hot milk
2 c. melted butter

Beat eggs slightly; add salt, butter and milk. Bake 20 minutes at 350° (or lower). Stir after 10 minutes of baking. Serve as soon as possible, warm.

Recipe Favorites



Recipe Favorites



INDEX OF RECIPES

CASSEROLES & VEGETABLES

AU GRATIN POTATOES	20
BAKED MACARONI & CHEESE	14
BAKED MIXED VEGETABLES	16
BAKED TUNA FISH AND NOODLES	16
BARLEY CASSEROLE	1
BEEF AND NOODLE	10
BREAKFAST EGG AND HAM BRUNCH	7
BREAKFAST PIE	1
BRUNCH CASSEROLE	9
CABBAGE DELUXE	17
CHEESE AND BROCCOLI CASSEROLE	17
CHEESEBURGER BAKE	12
CHICKEN AND RICE BAKE	4
CHICKEN AND RICE HOT DISH	2
CHICKEN BROCCOLI DIVINE	3
CHICKEN CASSEROLE	3
CHICKEN CASSEROLE	4
CHICKEN DUMPLING OVEN DISH	2
CHICKEN HAWAII	5
CHICKEN HOT DISH	1
CHICKEN POT PIE	4
CHICKEN SPAGHETTI HOT DISH	2
CHICKEN STUFFING CASSEROLE	5
CHILI CHEDDAR CHEESE NOODLES	13
CORN AND NOODLE CASSEROLE	18
CORN CASSEROLE	18
CORNED BEEF HOT DISH	6
COUNTRY CLUB CASSEROLE	10
CREAMY CHICKEN CASSEROLE	3
CROCKPOT SCALLOPED POTATOES & HAM	15
CROUTON EGG BAKE	7
DO-AHEAD HAMBURGER CASSEROLE	9
EASY EGG SOUFFLÉ	7
EGG BAKE	8
ESCALOPED CHICKEN	6
ESCALOPED CORN	19
ESCALOPED ONIONS	19
GLORIOSA BEANS	17
GOULASH	10
GUESTHOUSE QUICHE	8
HAM AND CHEESE BREAKFAST CASSEROLE	8

HAMBURGER CARROT CASSEROLE	14
HAMBURGER CASSEROLE	12
HAMBURGER CHEESE NOODLE CASSEROLE	11
HAMBURGER DRESSING CASSEROLE	12
HAMBURGER HOT DISH	9
HAMBURGER PIE	10
HOLIDAY CHICKEN CASSEROLE	5
JULIE'S PEA PODS WITH ALMONDS	19
LUNCHEON HAMBURGER BAKE	13
MASHED POTATO CASSEROLE	20
ONE DISH CHICKEN BAKE	6
OVEN ROASTED POTATOES	20
PIROGI CASSEROLE	22
POTATOES SUPREME	21
QUICK "N" EASY CASSEROLE	13
RICE AND BROCCOLI CASSEROLE	17
SALISBURY STEAK AND VEGETABLES	11
SCALLOPED CORN	18
SPAGHETTI DINNER	15
SPAGHETTI PIE	15
STUFFED CABBAGE ROLLS	18
SWEET POTATO CASSEROLE	21
TUNA CASSEROLE	16
TWICE BAKED POTATOES	21
VEGETABLE BATTER DIP	22
VEGETABLE HOT DISH	22
YUM YUM HOT DISH	11
ZUCCHINI BEEF CASSEROLE	14

MEATS, POULTRY & FISH

BAKED BRISKET	24
BAKED LUTEFISK	38
BAKED PORK CHOPS	35
BAKED ROUND STEAK	31
BARBECUE MEATBALLS	25
BARBECUED MEATBALLS	26
BARBECUED MUFFINS	23
BARBECUED BEEF SANDWICHES	23
BARBECUED HAMBURGER FOR BUNS	23
BAR-B-Q ROAST	31
BASIC MEAT LOAF	29
B.B.Q MEATBALLS	26
CHEESY BRATS	24
CHICKEN BREAST	37
COMPANY CHICKEN	36

SHRIMP SALAD	55
SNICKER SALAD	55
SPINACH SALAD	56
SUPER STRAWBERRY SALAD	51
TACO SALAD	56
TAPIOCA JELLO SALAD	51
VEGETABLE COTTAGE CHEESE SALAD	51
VEGETABLE PASTA SALAD	57
VEGETABLE SALAD	57
WALDORF ZIP	51
WANDA'S TACO SALAD	56

BREADS, ROLLS & MUFFINS

APPLESAUCE MUFFINS	69
APPLESAUCE RAISIN BREAD	61
APRICOT MUFFINS	69
BAKED FRENCH TOAST	64
BANANA BREAD	61
BEER BREAD	61
BOSTON BROWN BREAD	62
BRAN MUFFINS	69
BUTTERMILK MUFFINS	70
CHERRY ALMOND BREAD FOR BREAD MAKER	62
CRANBERRY NUT BREAD	63
DATE LOAF	63
DINNER ROLLS	73
DINNER ROLLS FOR BREAD MAKER	73
ENGLISH MUFFIN LOAVES	63
FRUIT CAKE LOAVES	64
GOLDEN RAISIN BUNS	66
HAWAIIAN LOAF	64
100% WHOLE WHEAT BREAD FOR BREAD MAKER	68
KENTUCKY SPOON BREAD	65
LEMON BREAD	65
MOCK RYE BREAD FOR BREAD MAKER	67
MORNING GLORY MUFFINS	71
ONION BREAD FOR BREAD MAKER	65
OVERNIGHT ROLLS	73
POPPY SEED BREAD	65
PUMPKIN CHIP LOAF	66
QUICK SWEET ROLLS	74
RAISIN BRAN MUFFINS	70
RED LOBSTER GARLIC BISCUITS	71
REFRIGERATE ROLLS	74
REFRIGERATOR BRAN MUFFINS	70
RHUBARB MUFFINS	71
SAVORY BREAD STRIPS	72
SPICY BUNS	72
STRAWBERRY BREAD	67

TASTEE LOAVES AND BUNS	67
TRIPLE CHEESE AND GARLIC BREAD FOR BREAD MAKER	62
WAFFLES	74
WHITE BREAD FOR BREAD MAKER	68
WHOLE WHEAT BREAD	68
ZUCCHINI BREAD	68

CAKES & FROSTINGS

APPLE CAKE WITH CARAMEL SAUCE	76
APRICOT-GELATIN CAKE	76
BAKERY FROSTING	92
BEAT 'N EAT FROSTING	89
BEAU CATCHER CAKE	77
BOHEMIAN COFFEE CAKE	81
BROILED FROSTING	89
BROWNIE FROSTING	89
BUTTER SAUCE	89
CAKE GLAZE	93
CANDY ICING	93
CARAMEL UPSIDE DOWN CAKE	77
CARROT SHEET CAKE	78
CHOCOLATE CHIP CAKE	79
CHOCOLATE CHIP CAKE	79
CHOCOLATE CHIP FROSTING	91
CHOCOLATE FROSTING	90
CHOCOLATE FUDGE FROSTING	90
CHOCOLATE MARSHMALLOW FROSTING	90
COCONUT CREAM CAKE	80
COCONUT-PECAN FROSTING	91
COOL WHIP FROSTING	91
DECORATING FROSTING	92
DEVIL'S FOOD CAKE	82
EASY CAKE FROSTING	91
EASY FROSTING	92
EASY FUDGE FROSTING	90
FERMENTED FRUIT FOR CAKE	83
FESTIVE CARROT CAKE	77
FRESH APPLE CAKE	76
FRIENDSHIP CAKE	83
FRIENDSHIP CAKE STARTER FROSTING	83
FRUIT COCKTAIL CAKE	84
FUDGE PUDDING CAKE	84
GAIL NELSON'S "NIGHT BEFORE" COFFEE CAKE	82
GERMAN APPLE CAKE	75
HAWAIIAN DUMP CAKE	85
HELEN'S SOUR CREAM CHOCOLATE CAKE	80
HILLANDALE KITCHEN 7 MINUTE CHEESE CAKE	85

JEAN'S DECORATOR'S FROSTING	92	CZECHOSLOVAKIAN CUTOUT COOKIES	96
JELLY ROLL	85	CZECK COOKIES	96
JELLYROLL	85	DELUXE CHOCOLATE MARSHMALLOW BARS	110
LAZY DAISY CAKE	86	EASY LEMON BARS	112
LEMON DREAM CAKE	86	FANCY STRAWBERRY COOKIES	104
MANDARIN PINEAPPLE CAKE	86	40% BRAN COOKIES	95
MIX IN THE PAN CHOCOLATE CAKE	78	FROSTED RAISIN COOKIES	103
MOCK ANGEL FOOD CAKE	75	FRUIT COCKTAIL COOKIES	97
MOCK ANGEL FOOD CAKE	75	FUDGE KRISPIES	112
MOTHER'S GINGERBREAD	84	GINGERSNAPS	97
OATMEAL CAKE	87	GRANDMA FOSTER'S GINGER COOKIES	97
ORANGE-ALMOND CAKE	87	HEATH BARS	111
OUR FAVORITE CHOCOLATE CAKE	78	JOSH'S KRISPIES JELLO BARS	112
OVERNIGHT COFFEE CAKE	82	LEMON BARS	113
OVERNIGHT COFFEE CAKE	81	LEMON BARS	113
PINEAPPLE CREAM CAKE	87	LEMON BARS	113
PISTACHIO BUNDT CAKE	88	M & M BARS	113
QUICK FLUFFY LEMON FROSTING	93	MACADAMIA COOKIES	98
RHUBARB CAKE	88	MOIST DARK BROWNIES	107
RHUBARB CAKE	88	MONSTER COOKIES	98
7-MINUTE FROSTING	93	MONSTER COOKIES	99
7-MINUTE ICING	94	MRS. B'S MOLASSES COOKIES	98
SOUR CREAM CHOCOLATE CAKE	80	MUD HEN BARS	114
STRAWBERRY SHORTCUT CAKE	88	OATMEAL DATE COOKIES	99
SUNSHINE CAKE	89	OATMEAL FRUIT COOKIES	99
WHIPPED CREAM ICING	94	ORANGE SLICE COOKIES	100
WHIPPED ICING	94	PAUL'S PEANUT COOKIES	100
WHIPPED TOPPING	93	PEANUT BUTTER CUT OUT COOKIES	101
ZUCCHINI CHOCOLATE CAKE	79	PEANUT OATMEAL CHOCOLATE CHIP	100
		PECAN PIE BARS	114
		PECAN SQUARES	114
		PIE FILLING BARS	115
		PIN WHEEL COOKIES	101
		POINSETTIA COOKIES	102
		POOR MAN'S RAISIN BARS	115
		PUMPKIN BARS	115
		RAISIN DROP COOKIES	103
		RAISIN OATMEAL COOKIES	102
		RHUBARB BARS	117
		RHUBARB DREAM BARS	117
		RHUBARB-OATMEAL BARS	117
		RITZ CRACKER COOKIE	103
		SALTED PEANUT COOKIES	101
		SCRUMPTIOUS CHOCOLATE LAYER BARS	109
		SINFULLY RICH COOKIES	104
		SOUR CREAM RAISIN BARS	116
		SOUR CREAM RAISIN BARS	116
		SPECIAL K BARS	118
		SPECIAL K BARS	118
		SPICE BARS	118
		SUGAR AND KISSES	105
		SUGAR COOKIES	105
COOKIES & BARS			
ALMOND BARK COOKIES	95		
ANGEL COOKIES	95		
AUNT CATHRYN'S SUGAR COOKIES	106		
BABE RUTH BARS	106		
BANANA BARS	107		
BROWNIE BARS	107		
BROWNIES	107		
BUTTER BRICKLE BARS	108		
CARAMEL BARS	109		
CARAMEL CHOCOLATE BARS	108		
CARAMEL KRISPIES BARS	112		
CARAMEL OATMEAL CHEWIES	108		
CHOCOLATE CHIP COOKIES	96		
CHOCOLATE GOOBER BARS	110		
CHOCOLATE SANDWICH BARS	109		
COCONUT DREAM BARS	110		
CRANBERRY SAUCE BARS	111		
CREME DE MENTHE BROWNIES	111		

SUGAR COOKIES	105
SUGAR COOKIES	104
TOFFEE SQUARES	118
TRIPLE LAYER COOKIE BARS	119
UNBAKED CHOCOLATE COOKIES	96
WAFFLE COOKIES	106
WALNUT BARS	119
WANDA'S GOOD BARS	119

DESSERTS

APPLE CINNAMON PUFFS	122
APPLE DESSERT	122
APPLE GOODY DESSERT	121
BAKED CUSTARD	126
BAKED CUSTARD FOR TWO	126
BANANA PUDDING	129
BANANA TRIFLE	123
BLUEBERRY DESSERT	123
BROWNIE PUDDING	130
BUTTERY BLUEBERRY COBBLER	123
CHEESE CAKE	124
CHERRY DELIGHT	125
CHERRY DESSERT	125
CHERRY FLUFF	125
CHOCOLATE PUDDING	131
CRUNCHY RICE KRISPIES ICE CREAM DESSERT	137
DEATH BY CHOCOLATE	125
DREAMSICLE	126
EASY RHUBARB DESSERT	136
EASY RICE DESSERT	137
FROZEN APRICOT DESSERT	122
FROZEN CABBAGE DESSERT	124
FRUIT PIZZA	132
GENEVA FLUFF	127
HEAVENLY DESSERT	127
HOLIDAY FIG TORTE	127
ICE CREAM DESSERT	128
JELLO PARFAIT DESSERT	128
JIFFY CAKE DESSERT	128
LEMON CUPS	129
LEMON PIE SQUARES	129
NEOMI'S BUTTER DESSERT	124
PEACH COBBLER	126
PINA COLADA DESSERT	132
PIONEER BREAD PUDDING	130
PUMPKIN CREME BRULEE	133
PUMPKIN DESSERT	133
PUMPKIN DESSERT	133
QUICK DESSERT FOR ONE	139
RAISIN MERINGUE PUDDING	131
RASPBERRY DELIGHT	134
RASPBERRY DESSERT	134
RAW APPLE DESSERT	121
RHUBARB BUTTER CRUNCH	136

RHUBARB CRISP	137
RHUBARB CRISP	135
RHUBARB CRUNCH	136
RHUBARB CUSTARD PUDDING	131
RHUBARB DELIGHT	134
RHUBARB DESSERT	135
RHUBARB DESSERT	135
STRAWBERRY ANGEL FOOD DESSERT	139
STRAWBERRY ANGEL SQUARES	138
STRAWBERRY PRETZEL DESSERT	138
STRAWBERRY SHORTCAKE	138
TEXAS PUDDING	132
THREE LAYER DESSERT	139

PIES & PASTRIES

APPLE CUSTARD PIE	141
APPLE PIE	141
BANANA CREAM PIE	142
BASIC GRAHAM CRACKER CRUST	152
BEST-EVER LEMON PIE	145
BLUEBERRY CHILL PIE	142
BRANDIE'S YOGURT PIE	150
CARAMEL CHIFFON PIE	142
CHOCOLATE CHIP MARSHMALLOW PIE	143
CHOCOLATE DREAM PIE	143
CHOCOLATE PIE	143
COCONUT CUSTARD BLENDER PIE	144
COCONUT PIE	144
CUSTARD PIE	144
EASY PIE CRUST	153
FAMOUS PUMPKIN PIE	148
FRUIT CREAM CHEESE PIE	144
IMPOSSIBLE FRENCH APPLE PIE	141
IMPOSSIBLE PUMPKIN PIE	148
LEMON MERINGUE PIE	145
LEMON MERINGUE PIE	146
LEMON PIE	145
LEMON PIE	146
LIGHT 'N FRUITY PIE	145
MERINGUE	151
MERINGUE	151
NEVER FAIL MERINGUE	152
NEVER FAIL MERINGUE	151
NEVER FAIL PIE MERINGUE	152
OLD FASHIONED PIE CRUST	153
OUT OF THIS WORLD CHERRY PIE	143
PASTRY MIX	153
PEACH CREAM PIE	146
PEACH GLAZE PIE	146

PEACH PIE	147
PEACHES N' CREAM	147
PECAN PIE	147
PECAN PIE	147
PECAN TASSIES	154
PIE CRUST	154
PIE CRUST	154
PIE CRUST	154
PIE CRUST	152
PUMPKIN APPLE PIE	149
PUMPKIN ICE CREAM PIE	148
PUMPKIN PIE	148
RAISIN CREAM PIE	149
RASPBERRY YOGURT PIE	151
RHUBARB CHIFFON PIE	149
RHUBARB/STRAWBERRY PIE	150
7-UP PIE CRUST	153
SOUR CREAM TWISTS	155
STRAWBERRY PIE	150
STRAWBERRY PIE	150

SCANDINAVIAN & FOREIGN FOODS

BAVARIAN EGGS	157
BEST KRINGLA	160
BROCCOLI AND BEEF STIR FRY	169
CALZONES	168
CAVITINI	169
CHICKEN ENCHILADA CASSEROLE	171
CHICKEN HONEY NUT STIR- FRY	170
CHICKEN STIR-FRY AND RICE	170
CITY ROMMEGRAT	167
CRUSTLESS MEXICAN QUICHE	172
DANISH KRINGLE	162
FATTIGSMANSKAKOR	157
FRUIT SOUP	159
FRUIT SOUP	158
FRUIT SOUP	158
GRANDMA SCHOON'S KUCKEN	169
KRINGLA	160
KRINGLA	161
KRINGLA	159
KRINGLA	161
KRINGLA	161
KRINGLA	160
KROTE KAGER	162
KRUMKAKE	163
KRUMKAKE	163
KRUMKAKE	163
KUMLA	164
KUMLA	164
LAYERED TACO CASSEROLE	172
LEFSA	165
LEFSE	164

LEFSE	165
LEFSE	164
LEMON KRUMKAKA	163
MEXICAN CASSEROLE	171
NORWEGIAN KAVERING	159
NORWEGIAN KRINGLA	161
PFEFFERNUESSE	166
PIZZELLE	166
POTATO CAKES	166
POTATO LEFSA	165
RISENGRYNSGROT	167
ROSETTES	167
SCANDINAVIAN ALMOND CAKE	157
SCANDINAVIAN LEFSA	165
SKILLET ENCHILADAS	171
SOT SUPPE (SWEET SOUP) TAPIOCA	168
SOT SUPPE (SWEET SOUP) TAPIOCA PUDDING	168
STROMBOLI	170
SWEDISH FRUIT SOUP	158
SWEDISH KRINGLER	162
TACO DISH	172
TACO PIE	173

APPETIZERS, BEVERAGES & CANDY

BLUE PUNCH	181
BRAUNSCHWEIGER TIPPLERS	175
BUCKEYES	185
BUTTER FUDGE	187
BUTTER TOFFEE	192
CAFE VIENNA	180
CARAMEL SURPRISES	185
CARAMELS	185
CEREAL CANDY	185
CHEERIOS OR KIX CANDY MIX	186
CHEESE DIP	175
CHOCOLATE-CARAMEL POPCORN	191
COCKTAIL WIENERS	175
COCO-MALLO TREATS	186
CREAM CHEESE DIP	175
CRUNCHY CUPS	187
EASY FUDGE	187
EASY PARTY PUNCH	181
FARMLAND ROLL-UPS	178
FRESH SALSA	179
FRUIT CUP SLUSH	183
FRUIT CUP SLUSH	184
FRUIT CUPS	183
FRUITY CRUSHED POPCORN	191
GREEN LIME PUNCH	182
GREEN PUNCH	181
HEAVENLY POPCORN	191
HOT ARTICHOKEs	175
HOT FUDGE	188

HOT RUBY RED PUNCH	182
INTERNATIONAL COFFEE- MOCHA	180
JANE'S CRACKERJACK	186
KNOX BLOCKS	178
MARILYN'S GERMAN SAUERKRAUT BALLS	178
MICROWAVE CARAMEL POPCORN	190
MICROWAVE FUDGE	188
NEOMI'S CHURCH WINDOWS	186
NO-COOK CHOCOLATE FUDGE	187
NUT ROLL	189
ORANGE CAPPUCINO	180
ORANGE JULIUS	181
PARTY APPETIZERS	179
PARTY PUNCH	182
PEANUT BRITTLE	189
PEANUT BUTTER HAYSTACKS	190
PEANUT CLUSTERS	189
PENOCHÉ	190
PEPPERMINT CANDY FUDGE	188
PICANTE CHEESE DIP	176
PUNCH	182
PUPPY CHOW	192
QUICK AND EASY TURTLES	192
RAZZLE DAZZLE RASPBERRY SHAKE	183
ROCKY ROAD FUDGE	188
SCOUTS HOT CHOCOLATE	180
SHERBET PUNCH	183
SHRIMP DIP	176
SLUSH	184
SLUSH	184
SONIA'S OLIVE CONFETTI DIP	176
SONIA'S PEANUT CLUSTERS	190
SPICED TEA MIX	184
SWISS MOCHA	180
TACO DIP	176
TACO DIP	177
TACO DIP	177
TACO SALAD DIP	177
TEXAS BEAN DIP	177
TRADERS PUNCH	183
VEGETABLE DIP	178
VEGETABLE PIZZA	179
VEGGIE PIZZA	179
WHITE FUDGE	189

SOUPS, DIABETIC & LOW FAT


BEEF STEW	194
BEEF VEGETABLE SOUP	194
BREAKFAST BRUNCH CASSEROLE	198
BROWNIES	204
CARROT RAISIN SALAD	201

CASSEROLE SAUCE MIX	201
CAULIFLOWER SOUP	193
CHEESE CHOWDER SOUP	195
CHEESE VEGETABLE SOUP	195
CHICKEN POT PIE	198
CHICKEN SOUP	195
CREAM CHEESE RASPBERRY DESSERT	199
CRUST FOR REDUCED FAT PUMPKIN PIE	200
DIABETIC COOKIES	204
DIABETIC SALAD	206
DIABETIC TREAT CHOCOLATE SMUCHIES	204
DUMPLINGS	193
4 HOUR OVEN BEEF STEW	194
FRESH NECTARINE PIE	205
HEARTY ITALIAN SOUP	196
JULIE'S ITALIAN SOUP	196
KIWI-LIME PIE	205
LOW FAT BRAN MUFFINS	200
LOW FAT CORNBREAD	199
NEVER FAIL DUMPLINGS	193
NO CHOLESTEROL CHOCOLATE CAKE	202
NO SUGAR ADDED APPLE PIE	203
OYSTER SOUP	196
POTATO SOUP	196
RAISIN BUTTERSCOTCH PIE	205
RASPBERRY ANGEL FOOD DESSERT	202
REDUCED CALORIE RANCH DRESSING	201
REDUCED FAT PUMPKIN PIE	200
SALMON LOAF	201
SOUP FOR FIVE IN FIVE MINUTES	197
SPIRIT LAKE BEEF STEW	194
SQUEEZE NOODLES	193
STRAWBERRY SUGAR FREE PIE	205
SUGARLESS APPLE PIE	203
SUGARLESS FRUIT BARS	203
TARRAGON SOUP	197
UNSWEETENED APPLE PIE	203
VEGETARIAN SANDWICH SPREAD	202
WALDORF SALAD	206
WILD RICE SOUP	198
WILD RICE SOUP	197

THIS & THAT

APPLE BUTTER	207
APPLE BUTTER	207
APPLE BUTTER	207
BEEF STEW FOR 75 TO 100	214
BEEF PICKLES	210


BLUEBERRY-RHUBARB JAM	209
CANNED APPLES	207
CANNED VEGETABLES FOR SOUP	214
CROCKPOT APPLE BUTTER	208
DILL PICKLES	210
EASY DELICIOUS JAM	209
FREEZER CORN	208
FREEZER PICKLES	210
FREEZER RELISH	212
FROZEN CUCUMBER PICKLES	210
GARDEN RELISH	212
HAM LOAF FOR 32 TO 36	214
HOT DISH FOR 25	214
NO COOK REFRIGERATOR PICKLES	211
OVEN CREAM STYLE CORN	208
PICKLED EGGS	213
PICKLED FISH	213
REFRIGERATOR PICKLES	211
RHUBARB JAM	208
RHUBARB JAM	209
RHUBARB-STRAWBERRY JAM	209
SCRAMBLED EGGS FOR 100	215
SENA'S RHUBARB JAM	209
SPAGHETTI SAUCE MIX	213
SWEET PICKLE STICKS	211
TOMATO SOUP	212
WINDOW CLEANER	215



How to Order

Get your additional copies of this cookbook by returning an order form and your check or money order to:

Estherville Lutheran Church Women
208 North 8th Street
Estherville, IA 51334
(712) 362-3140




Please send me _____ copies of the **Estherville Lutheran Church Women Cookbook** at \$10.00 per copy and \$3.00 for shipping and handling per book. Enclosed is my check or money order for \$_____.

Mail Books To:

Name _____

Address _____

City _____ State _____ Zip _____



Please send me _____ copies of the **Estherville Lutheran Church Women Cookbook** at \$10.00 per copy and \$3.00 for shipping and handling per book. Enclosed is my check or money order for \$_____.

Mail Books To:

Name _____

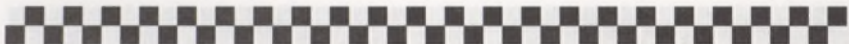
Address _____

City _____ State _____ Zip _____



COOKING TIPS



- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks; it will have twice the flavor.
 - To slice meat into thin strips, as for Chinese dishes, partially freeze and it will slice more easily.
 - A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside of the roast quicker.
 - Never cook a roast cold. Let stand for at least an hour at room temperature. Brush with oil before and during roasting; the oil will seal in the juices.
 - For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
 - To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
 - To keep cauliflower white while cooking, add a little milk to the water.
 - When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
 - To ripen tomatoes, put them in a brown paper bag in a dark pantry and they will ripen overnight.
 - Do not use soda to keep vegetables green. It destroys Vitamin C.
 - When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
 - Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
 - Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
 - Use greased muffin tins as molds when baking stuffed green peppers.
 - A few drops of lemon juice in the water will whiten boiled potatoes.
 - Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
 - Do not use metal bowls when mixing salads. Use wooden, glass or china.
 - Lettuce keeps better if you store it in the refrigerator without washing it so that the leaves are dry. Wash lettuce the day you are going to use it.
 - To keep celery crisp, stand it up in a pitcher of cold, salted water and refrigerate.
 - Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.
- 



CALORIE



COUNTER



Beverages



Apple juice, 6 oz.	90
Coffee (black/unsw.).....	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	15
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads



Cornbread, 1 small square.....	130
Dumplings, 1 med.	70
French Toast, 1 slice.....	135
Muffins	
bran, 1 muffin.....	106
blueberry, 1 muffin	110
corn, 1 muffin.....	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1 (4-in.).....	60
Pumpnickel, 1 slice	75
Rye, 1 slice	60
Waffle, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice.....	55-65

Cereals

Cornflakes, 1 c.	105
Cream of Wheat, 1 c.....	120
Oatmeal, 1 c.	148
Rice Flakes, 1 c.	105
Shredded Wheat, 1 biscuit.....	100
Sugar Krisps, 3/4 c.	110

Crackers

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products



Butter or Margarine, 1 T.	100
Cheese	
American, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T.	30
Heavy, 1 T.	55
Sour, 1 T.	45
Hot chocolate, with milk, 1 c.	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

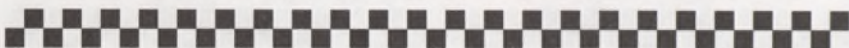
Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large ..	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines, canned in oil, 3 oz.	70
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110



Calorie Counter, Continued

Fruits



Apple, 1 medium.....	80-100
Applesauce, sweetened, 1/2 c.....	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium.....	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.....	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.....	35-55
Honeydew melon, 1/2 c.	55
Mango, 1 medium.....	90
Orange, 1 medium	65-75
Peach, 1 medium.....	35
Pear, 1 medium.....	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple canned in syrup, 1/2 c.	95
Plum, 1 medium.....	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.....	120-140
Tangerine, 1 large.....	39
Watermelon, 1/2 c.....	42

Meat and Poultry



Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal, cutlet, 3 oz.	156
Veal, roast, 3 oz.	76

Nuts

Almonds, 2 T.	105
Cashews, 2 T.....	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.....	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
---	-----

Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.....	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables



Asparagus, 1 c.	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 c.	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.....	60
Potato baked, 1 medium.....	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 c.	40
Tomato raw, 1 medium	25
cooked, 1/2 c.	30



MEASUREMENTS & SUBSTITUTIONS



Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
self-rising flour	1 cup.....	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.)..	3 or 4 T. cocoa plus 1 T. butter
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
dates	1 lb.	1 1/2 c. dates, pitted and cut
min. marshmallows	10	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and white sugars usually may be used interchangeably.



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 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, 30-45 seconds; and one-half gallon, 45-60 seconds.
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 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping 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!
6. 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.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. 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 nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. Warm pancake syrup by heating on high in serving container for 1 minute.
21. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.



Get acquainted with herbs and spices. Add in small amounts, $\frac{1}{4}$ teaspoon for every 4 servings. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.



- Basil*** Sweet, warm flavor with an aromatic odor. Used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves*** A pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway*** A spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives*** Sweet, mild flavor of onion. This herb is excellent in salads, fish, soups and potatoes.
- Cilantro*** Used extensively in Mexican and Asian cooking. Used fresh, this herb is excellent in salads, fish, chicken, rice and beans.
- Curry Powder*** A number of spices combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetable dishes.
- Dill*** Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel*** Both seeds and leaves are used. Has a sweet, hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger*** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.





- Marjoram** May be used both dried or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots and fruit desserts.
- Oregano** Strong aromatic odor. Use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic, can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

NAPKIN FOLDING

General Tips:

Use well starched linen napkins if possible.

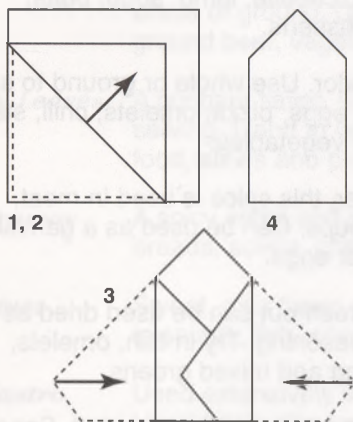
For the more complicated folds, 24-inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with monogram in corner.



Instructions:

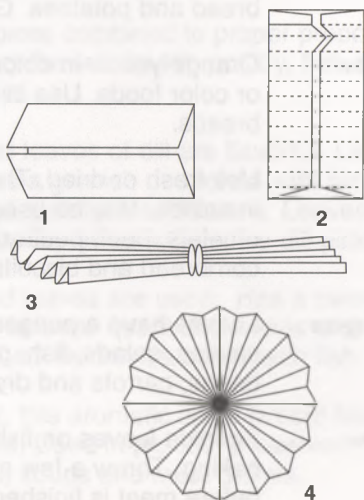
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

1. Fold top and bottom edges to the center, leaving $\frac{1}{2}$ " opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



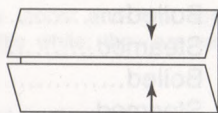
NAPKIN FOLDING

Fan

Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan.
Balance flat folds of each side on table.
Well-starched napkins will hold the shape.

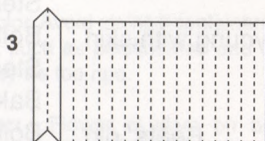
Pretty in napkin ring or on a plate.



1, 2



4



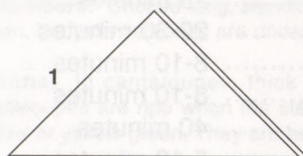
3

Candle

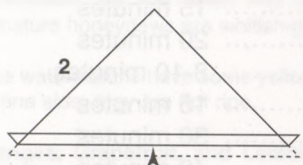
Easy to do; can be decorated.

Instructions:

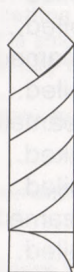
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.



1



2



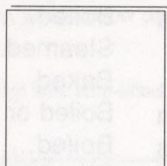
3

Lily

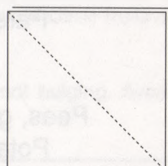
Effective and pretty on table.

Instructions:

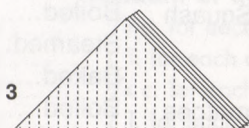
1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



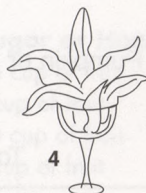
1



2



3



4

VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussels Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes



BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few tips.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussels Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

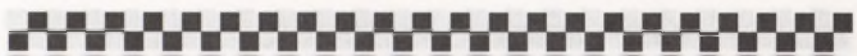
Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes	2 T. for each cup of fruit



BAKING PERFECT BREADS

Proportions

Biscuits	To 1 cup flour use 1 ¼ tsp. Baking Powder
Muffins	To 1 cup flour use 1 ½ tsp. Baking Powder
Popovers	To 1 cup flour use 1 ¼ tsp. Baking Powder
Waffles	To 1 cup flour use 1 ¼ tsp. Baking Powder
Cake with oil	To 1 cup flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 ¼ teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount ½ teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 ½ cups flour
Soft Dough	To 1 cup liquid use 3 to 3 ½ cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour

Hints for Baking Breads

- Kneading the dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from getting hard.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	50-60	350° - 400°
Rolls	20-30	400° - 450°
Biscuits.....	12-15	400° - 450°
Popovers	30-40	425° - 450°
Cornbread	25-30	400° - 425°
Nut Bread.....	50-75	350°
Gingerbread.....	40-50	350° - 370°



BAKING PERFECT DESSERTS



For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shake; it saves time.

For Perfect Pies and Cakes

- A pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes out of the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- When making cream pie, sprinkle crust with powdered sugar to prevent it from becoming soggy.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	360° - 400°	40-60 min.
Butter Cake, layer	380° - 400°	20-40 min.
Cake, angel	300° - 360°	50-60 min.
Cake, sponge	300° - 350°	40-60 min.
Cake, fruit	275° - 325°	3-4 hrs.
Cookies, thin	380° - 390°	10-12 min.
Cookies, molasses	350° - 375°	18-20 min.
Cream Puffs	300° - 350°	45-60 min.
Meringue	250° - 300°	40-60 min.
Pie Crust	400° - 500°	20-40 min.



FOOD QUANTITIES

For Serving 25, 50 and 100

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners (beef)	6 1/2 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 steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake 1 12" layer cake	1 12" x 20" sheet cake 3 10" layer cakes	2 12" x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints

EQUIVALENCY CHART



FOOD	QUANTITY	YIELD
unsifted flour	1 pound	3 ³ / ₄ cups
sifted flour	1 pound	4 cups
sifted cake flour	1 pound	4 ¹ / ₂ cups
rye flour	1 pound	5 cups
baking powder	5 ¹ / ₂ ounces	1 cup
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	¹ / ₂ cup
unshelled walnuts	1 pound	1 ¹ / ₂ to 1 ³ / ₄ cups
sugar	1 pound	2 cups
powdered sugar	1 pound	3 ¹ / ₂ cups
brown sugar	1 pound	2 ¹ / ₂ cups
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 ¹ / ₂ -2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 ¹ / ₄ cups)	2 ¹ / ₄ cups cooked
macaroni (cooked)	8-ounce package	6 cups
noodles (cooked)	8-ounce package	7 cups
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or ¹ / ₄ pound	¹ / ₂ cup
cocoa	1 pound	4 cups
chocolate (bitter)	1 square	1 ounce
coconut	1 ¹ / ₂ pound carton	2 ² / ₃ cups
marshmallows	16	¹ / ₄ pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 ¹ / ₂ slices	1 cup soft crumbs
bread	1 slice	¹ / ₄ cup fine, dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 ¹ / ₄ ounces	¹ / ₂ cup
unflavored gelatin	¹ / ₄ ounce	1 tablespoon
nuts (chopped)	¹ / ₄ pound	1 cup
almonds	1 pound	3 ¹ / ₂ cups
walnuts (broken)	1 pound	3 cups
raisins	1 pound	3 ¹ / ₂ cups
rice	1 pound	2 ¹ / ₃ cups
American cheese (grated)	1 pound	5 cups
American cheese (cubed)	1 pound	2 ² / ₃ cups
cream cheese	3-ounce package	6 ² / ₃ tablespoons
zwieback (crumbled)	4	1 cup
banana (mashed)	1 medium	¹ / ₃ cup
coffee (ground)	1 pound	5 cups
evaporated milk	1 cup	3 cups whipped



COOKING TERMS



Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, (i.e. carrots, broccoli, mushrooms) served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Purée: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.


Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.



Publish Your Own Cookbook

We have the right ingredients...

Churches, schools, organizations, and families can preserve their favorite recipes by publishing a personalized cookbook. Cookbooks make a great **fundraiser** because they are easy to sell and highly profitable. Looking for a unique **keepsake**? Our low cost makes cookbooks affordable. "You supply the recipes and we'll do the rest!"™ **COOKBOOKS BY MORRIS PRESS** has 65 years of experience and an easy step-by-step program offering:

- ♥ 200 minimum order; as low as \$1.65/book.
- ♥ Soft cover, hardback, or 3-ring style cookbooks.
- ♥ Fast delivery, 90 days to pay, and guaranteed sales!
- ♥ Many free features and options.

Mail the postage paid card, or for faster service:

- ♥ Visit our web site at www.morriscookbooks.com
- ♥ Call us at 1-800-445-6621, ext. CB

Discover the right ingredients for a really great cookbook.

Complete the information below, mail this card, and we'll send you our **FREE** *Guide to Publishing Your Own Cookbook*.



3212 E. Hwy 30
Kearney, NE 68847
800-445-6621

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____



Publish Your Own Cookbook



Cookbooks by Morris Press has the right ingredients to make a really great cookbook. "You supply the recipes and we'll do the rest!"™ Write us, call us, or contact us at our web site, and we'll send you our **FREE** step-by-step *Guide to Publishing Your Own Cookbook*. It's so easy.

Several ways to contact us:

- ♥ Return the **postage paid reply card** from the other side
- ♥ Order from our web site at **www.morriscookbooks.com**
- ♥ Call us at **1-800-445-6621, ext. CB**



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

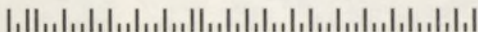


BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 36 KEARNEY, NE

POSTAGE WILL BE PAID BY ADDRESSEE

Cookbooks by Morris Press
P.O. Box 2110
Kearney, NE 68848-9985





3 2792 020 464 156

MAXIMUM FOOD-STORAGE TIMES

Food	Refrigerator (36°-40°)	Freezer (0° or lower)
Fresh Meats		
Roasts (beef)	3-5 days	6-12 months
Roasts (pork)	3-5 days	4-8 months
Steaks (beef)	3-5 days	6-12 months
Chops (pork)	3-5 days	3-4 months
Sausage (pork)	1-2 days	1-2 months
Chicken & turkey	1-2 days	12 months
Duck & goose	1-2 days	6 months
Fat fish	1-2 days	4 months
Lean fish	1-2 days	8 months
Cooked Meat and Meat Dishes	3-4 days	2-3 months
Dairy		
Cottage cheese	5 days	not recommended
Hard cheese	3-4 months	6 months
Soft cheese	2 weeks	4 months
Ice cream		1-3 months
Margarine & butter	7 days	3-6 months

PASTA COOKING

Name	Cooking Time
Angel Hair	1-2 min.
Cannelloni	7-9 min.
Fettuccine	6-8 min.
Lasagna	10-12 min.
Linguine	6-8 min.
Macaroni	8-10 min.
Manicotti	7-9 min.
Pappardelle	6-8 min.
Ravioli	7-9 min.
Rigatoni	10-12 min.
Rotelle	8-10 min.
Rotini	8-10 min.
Spaghetti	10-12 min.
Tortellini	10-12 min.
Vermicelli	4-6 min.
Ziti	10-12 min.

Cooking may vary 1-2 minutes. Test doneness at shortest given time

The Federal Government now requires a consistent design for labels on packaged foods. This makes it easier to compare foods and make smart choices.

SERVING SIZE
Based on the average amounts people generally eat; similar foods list nutrition information based on similar serving sizes.

LABEL INFORMATION
The new label highlights nutrients most important to the health of today's consumers. The label also requires information on only two vitamins, A and C, and two minerals, calcium and iron. If food product is fortified with a vitamin, information on that vitamin is required.

CALORIES PER GRAM
This feature shows consumers the caloric value of the energy-producing nutrients.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value

Total Fat 12 g	18%
Saturated Fat 3 g	15%
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Total Carbohydrates 31 g	10%
Dietary Fiber 0 g	0%
Sugars 5 g	
Protein 5 g	

Vitamin A 4%	•	Vitamin C 2%
Calcium 20%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

AMOUNT PER SERVING
The listing of calories from fat helps consumers meet the dietary recommendation of no more than 30% of calories from fat.

% DAILY VALUE
Shows how food fits into a daily diet of 2,000 calories. This helps consumers to balance their food choices by comparing their daily intake with the recommendations.

DAILY VALUES FOOTNOTE
The daily values are based on current nutrition recommendations which help consumers learn the basics of having a good diet.