

HERITAGEFEST COOKBOOK



Waverly 1989

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1989

THE OLD COOKING SCHOOLS

The Heritagefest Committee was formed of local residents in 1987. Their goal was to promote community spirit through an appreciation of our past.

Their vision of an annual fall celebration began with one float in the Wartburg Homecoming parade and a number of festivities over the weekend.

Cold weather could not diminish their enthusiasm, and by 1988, Heritagefest was kicked off by an evening parade which included over 100 entries and was viewed by several thousand people. The weekend which followed was filled with dances, a quilt show, flea market, demonstrations of pioneer crafts and entertainment on the courthouse lawn.

Last year we honored William P. Harmon, the founder of Waverly. "Prairie Pleasures" is the 1989 theme, and one of the greatest pleasures the early settlers had was gathering together for food and fun. May that tradition continue on September 14-18, 1989, as we celebrate Heritagefest '89.

From its beginnings, Waverly has been home to many good cooks. Succulent roasted prairie chicken and biscuits were once the specialties in many local kitchens. There may not be many prairie chickens nearby now, but good cooks still abound. This book is a collection of some of their favorite recipes.

We dedicate this book to those cooks who labored over wood stoves, and to our mothers and grandmothers who made everything from scratch.

To all of those who contributed, gathered and proofread recipes, the Waverly art teachers and the young artists who provided our illustrations, Fareway, Hy-Vee, Meyer's and Stauffer's for providing collection points, Waverly newspapers for publicity, the one we forgot...

THANK YOU!

Linda Mottler

EGG COFFEE

Do you remember “egg coffee” and the large coffee boiler in which it was made. The coffee beans were ground in the coffee mill which was a part of every turn-of-the-century household. (Ah, the aroma thereof!) The grounds were then combined with one or two eggs, depending upon the size of the pot and the supply of eggs. Some housewives added a pinch of salt and threw in an eggshell and others used a specially made bag to contain the prepared grounds. Usually, however, the mixture was simply placed in the pot and **cold** water was added to an appropriate height. The pot was set to cook on the kitchen range and when the water came to a boil it was moved to the back of the stove to steep for several minutes. A half-cup of cold water was slowly poured into the spout to settle the grounds and a clear and delicious coffee was ready to serve.

Ruth Tuecke

STORIES FROM HOME NOT BY RECIPES ALONE...

When asked for a recipe for the Heritagefest Cookbook, Patricia Coffie said, “Let me tell you a story instead.”

On Sunday, July 12, 1981, two policemen were shot to death in Waterloo. The prime suspect was a man known as ‘T-Bone’. News reports were filled with speculation on his whereabouts as a massive hunt began for him. He was thought to be hiding in the corn and bean fields in the Waterloo area.

On Tuesday, Coffie received a call at Waverly Public Library where she is director. The caller did not say “hello” or anything in the way of common greeting but said “I’ll bet you didn’t know ‘T-Bone’ really likes macaroni and cheese.”

Coffie said, “Is this some kind of code?”

The caller said, “Pat, this is your brother, Tom. I was in Waverly on Monday and you were out so I went to your house and made myself macaroni and cheese and left everything spread out all over. I’ve been waiting for you to call to tell me someone had broken in and that it was probably the man nicknamed ‘T-Bone’.”

Coffie said, “Dan and Chris are visiting this week in Atlanta. They’ve only been gone three days. I don’t go into the kitchen when the kids are gone.”

Coffie does love to eat out. She said she did go into the kitchen and clean up before Friday when ‘T-Bone’ was caught near LaPorte City.

THE OLD COOKING SCHOOLS

Long before Julia Child stepped in front of a television camera, Waverly women could attend cooking schools promoted by the Waverly newspapers. Beginning in the early 1930's, nationally known companies sponsored a traveling program here. It was held in the auditorium of the high school (now junior high school).

By 1939, up to 400 women attended each day. Ladies who were preparing their noon meal at home and couldn't get there early found the seats all taken.

The stage became a kitchen and from there was dispensed news about new utensils, proper methods of preparation of food and new recipes which, of course, included certain brands of margarine, crackers, yeast and the use of modern glass baking dishes.

Mrs. Floyd (Merle) Culbertson can still remember the lady standing by the stove with her spatula saying, "How would you like to be a cake and try to climb the sides of your greased cake pan?"

OVER 200 CAKES A YEAR

Since 1959, Wartburg Women have baked 7,121 cakes to raise money for student scholarships at Wartburg College in Waverly. The cake baking project has raised more than \$35,000.

Wartburg Women's Club, which is made up of faculty and staff women and faculty wives, sends a mailing to parents in late summer announcing that the group will bake and deliver birthday cakes to students.

Parents order the cakes at the beginning of the school year, and a cake chairperson coordinates the baking schedule with volunteers. They bake more than 200 cakes between September and May.

Members contribute the ingredients and labor and deliver the finished product to the Wartburg Visitor's Center, which notifies students that a birthday cake is waiting for them at the desk.

In the early days of the project, the cakes cost \$3.00, and scholarship awards were \$150. Currently, the cakes cost \$7.50, and Wartburg Women award four \$500 scholarships each year.

The cake baking project is not only a successful fundraiser, it also provides students with recognition for academic achievement and a welcome touch of home at birthday time.

Linda Moeller

THE OLD COOKING SCHOOLS

The Heritage 1989 Cookbook contains many recipes that have been handed down from grandparents, great-grandparents and other relatives and friends. As Webster describes it - Heritage - "something handed down from one's ancestors or the past."

The nicest compliment that a cook can hear is, "May I please have your recipe?" We hope that you enjoy serving these recipes through the years. Perhaps this poem by an unknown author best sums it up:

THE RECIPE SWAP

Some women never gather, but what talk doesn't hop,
To breads and cakes and other foods, and favorite recipes to swap.
Recipes are memories of good friend's cake and strudels,
Mother's bread and Grandma's soup, and good old-fashioned chicken noodles.
When it's time to leave this earth for kitchens yet unknown,
Our recipes will still be swapped by generations not yet grown.

Mary Lou Leary



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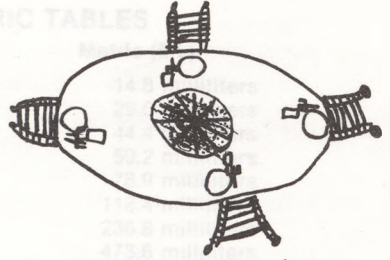
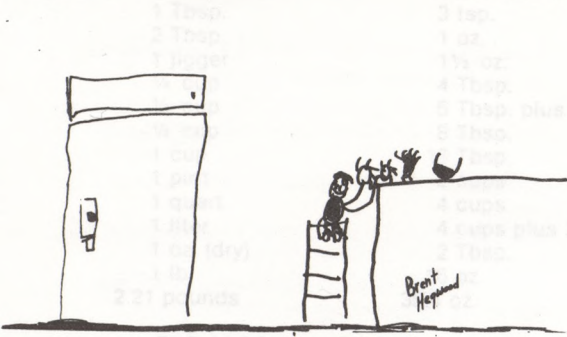
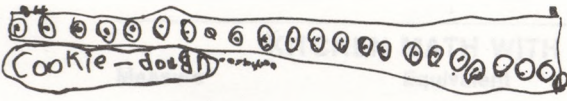
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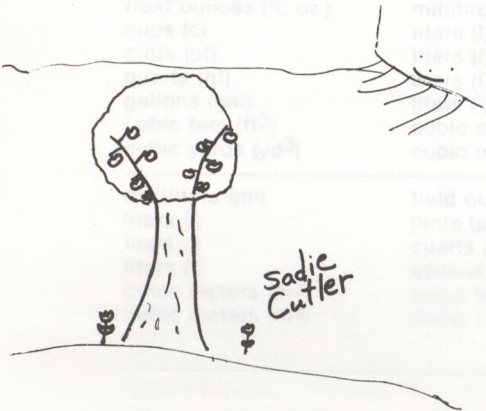
507 Industrial Street

Waverly, Iowa 50677

HANDY CHART OF KITCHEN MATH WITH METRIC



Scott Suhr



Sadie Cutler



Mike Woltz



Elizabeth Nelson



Joe Keith

HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
⅓ cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus ¾ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 lb.	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft ³)	cubic meters (m ³)	0.03
cubic yards (yd ³)	cubic meters (m ³)	0.76

milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m ³)	cubic feet (ft ³)	35
cubic meters (m ³)	cubic yards (yd ³)	1.3

SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon	2 pt. (4 c.) = 1 qt.
3 tsp. = 1 Tbsp.	4 qt. (liquid) = 1 gal.
16 Tbsp. = 1 cup	8 qt. (solid) = 1 peck
1 cup = ½ pt.	4 pecks = 1 bushel
2 cups = 1 pt.	16 oz. = 1 lb.

If you want to measure part-cups by the tablespoon, remember:

4 Tbsp. = ¼ cup	10⅔ Tbsp. = ⅔ cup
5½ Tbsp. = ⅓ cup	12 Tbsp. = ¾ cup
8 Tbsp. = ½ cup	14 Tbsp. = ⅞ cup

CONTENTS OF CANS

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

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

SUBSTITUTIONS

FOR...	YOU CAN USE...
1 tablespoon cornstarch	2 tablespoons flour OR 1½ tablespoons quick cooking tapioca
1 cup cake flour	1 cup less 2 tablespoons all-purpose flour
1 cup all-purpose flour	1 cup plus 2 tablespoons cake flour
1 square chocolate	3 tablespoons cocoa and 1 tablespoon fat
1 cup melted shortening	1 cup salad oil (may not be substituted for solid shortening)
1 cup milk	½ cup evaporated milk and ½ cup water
1 cup sour milk or buttermilk	1 tablespoon lemon juice or vinegar and enough sweet milk to measure 1 cup
1 cup heavy cream	⅔ cup milk and ⅓ cup butter
1 cup heavy cream, whipped	⅔ cup well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 tablespoons dried whole egg and 2 tablespoons water
1 teaspoon baking powder	¼ teaspoon baking soda and 1 teaspoon cream of tartar OR ¼ teaspoon baking soda and ½ cup sour milk, buttermilk or molasses; reduce other liquid ½ cup
1 cup sugar	1 cup honey; reduce other liquid ¼ cup; reduce baking temperature 25°
1 cup miniature marshmallows	About 10 large marshmallows cut-up
1 medium onion (2½ dia.)	2 tablespoons instant minced onion OR 1 teaspoon onion powder OR 2 teaspoons onion salt; reduce salt 1 teaspoon
1 garlic clove	1/8 teaspoon garlic powder OR ¼ teaspoon garlic salt; reduce salt 1/8 teaspoon
1 tablespoon fresh herbs	1 teaspoon dried herbs OR ¼ teaspoon powdered herbs OR ½ teaspoon herb salt; reduce salt ¼ teaspoon

COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400°-425° constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from under-kneading and not kneading evenly.
5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

OVEN TEMPERATURES

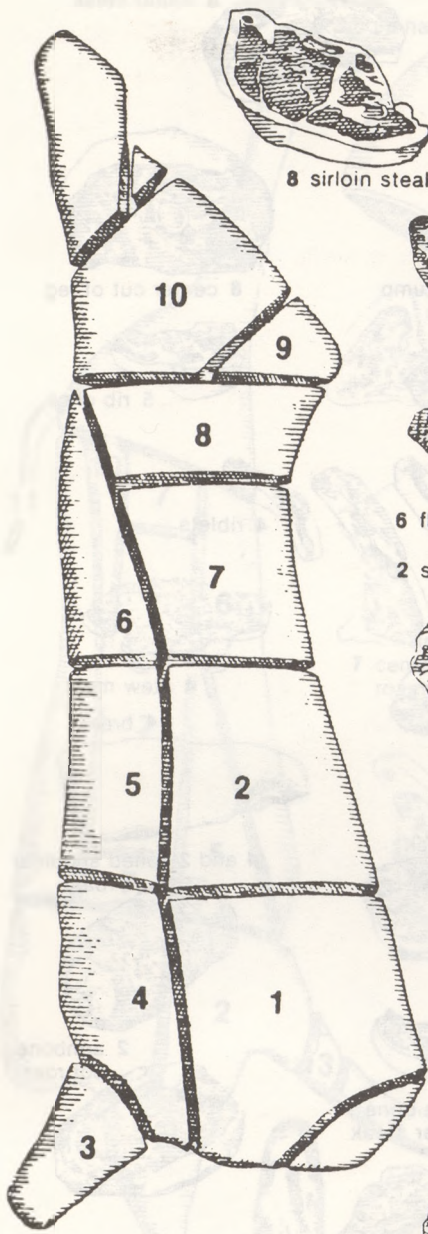
Slow	300°
Slow moderate	325°
Moderate	350°
Quick moderate	375°
Moderately hot	400°
Hot	425°
Very hot	475°

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

**A 1-inch cube of white bread will turn
golden brown:**

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

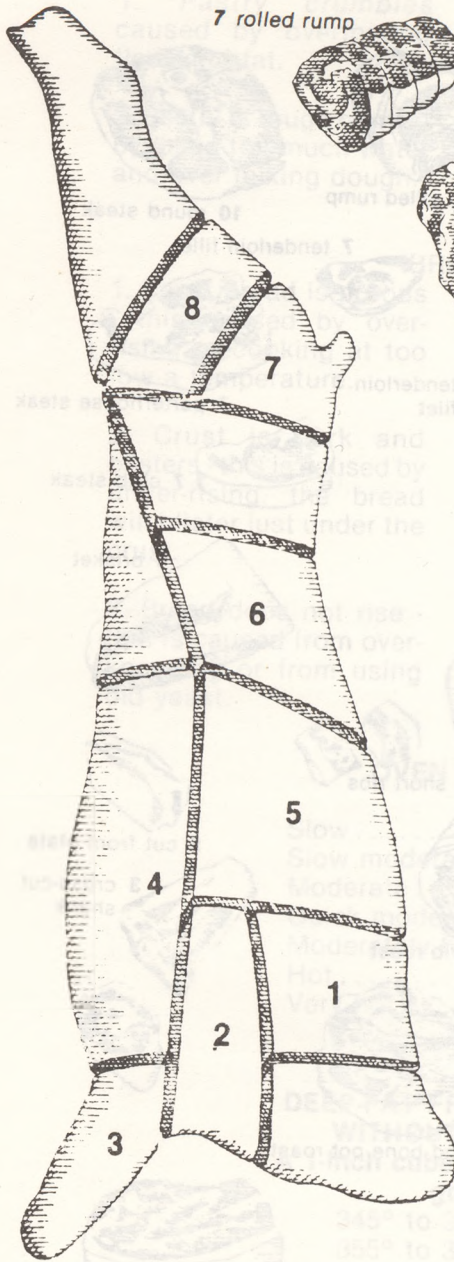
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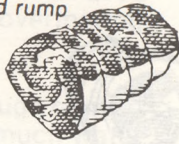
2 standing rib



VEAL



7 rolled rump



8 round steak



7 standing rump



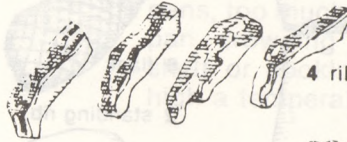
8 center cut of leg



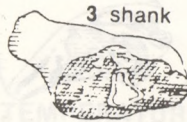
6 loin chop



5 rib chop



4 riblets



3 shank



4 stew meat

4 breast



2 armbone shoulder steak



1 and 2 rolled shoulder roast



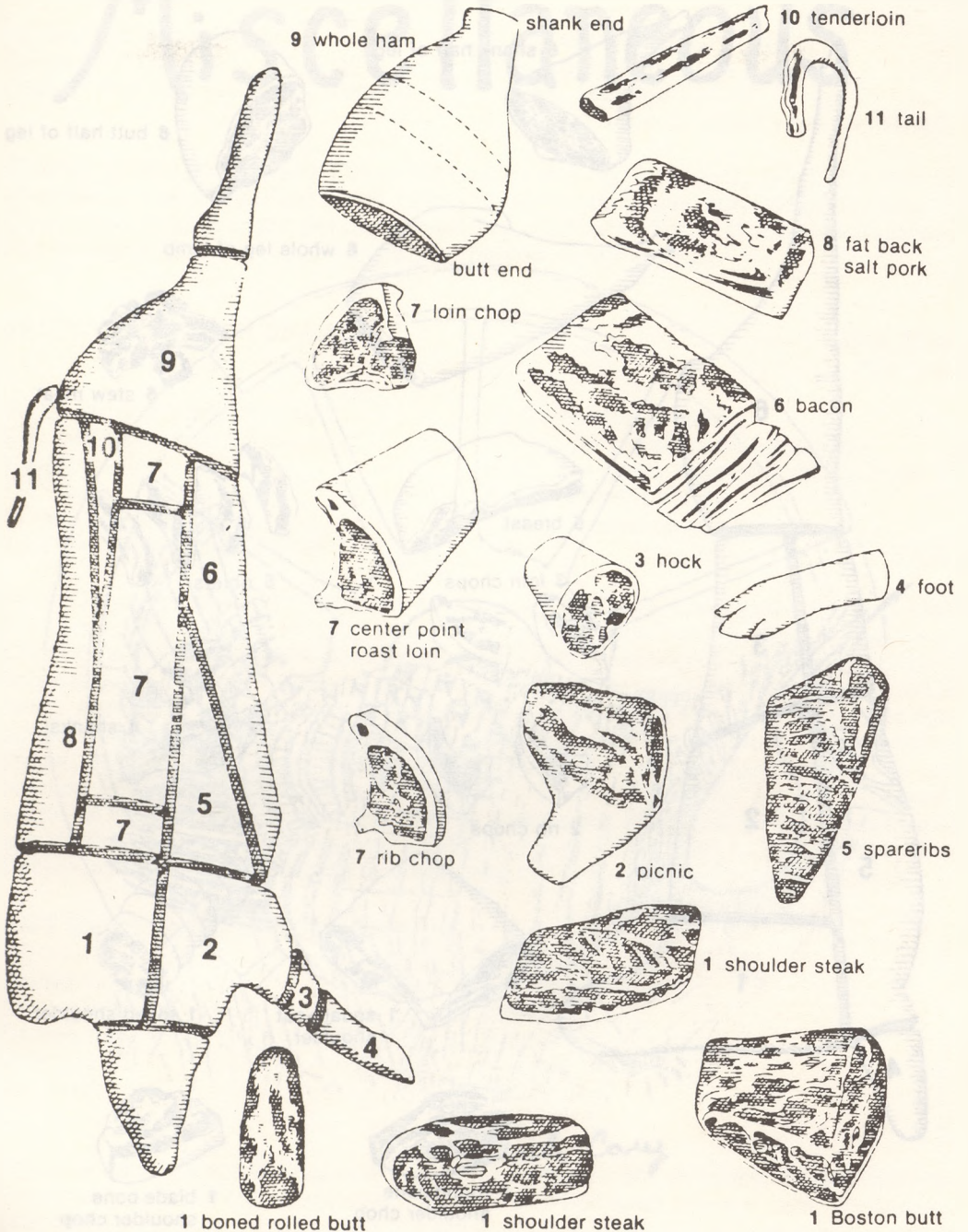
1 blade bone shoulder steak

2 armbone pot roast

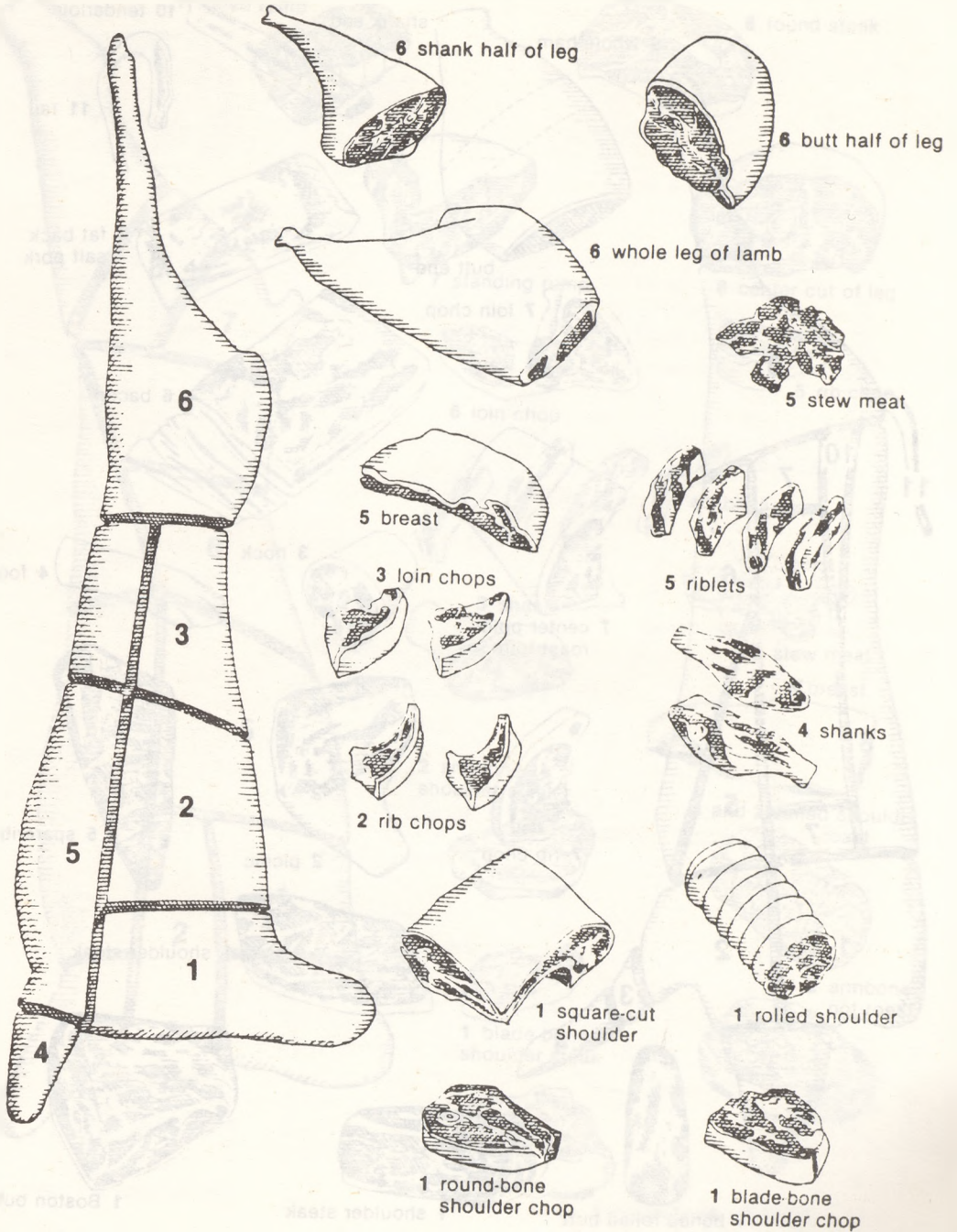


1 blade bone pot roast

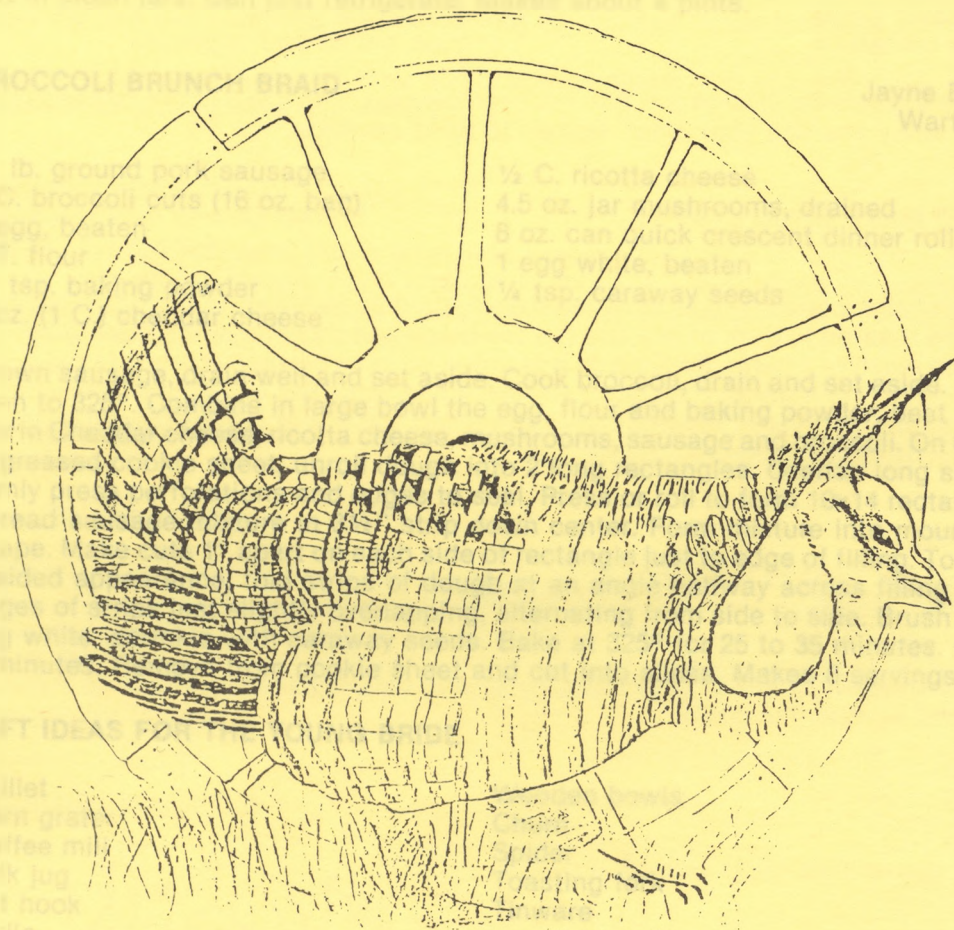
PORK



LAMB



Miscellaneous



Derek Cary

The look of the kitchen has changed a few recipes from old newspapers and some traditional kitchen lore. We've included a few kitchen and feel free to cut the amounts from half the size of a two 4 egg to 2 whole, or ask your local grocer to stock crackling.

CROCK POT APPLE BUTTER

Lori Poehler
Wartburg

12 lbs. tart apples	3 tsp. cinnamon
Sugar	1½ tsp. cloves
Grated rind and juice of 2 lemons	½ tsp. allspice
	1 C. port wine or white wine (optional)

Quarter apples (don't peel). Cover with water and cook gently ½ hour. Put through colander or sieve. Measure; allow 1 cup pulp to ½ cup sugar. Add rest of ingredients. Cook uncovered in crock pot on high all day and low all night, stirring occasionally. Put in clean jars. Can just refrigerate. Makes about 4 pints.

BROCCOLI BRUNCH BRAID

Jayne Eiben
Wartburg

½ lb. ground pork sausage	½ C. ricotta cheese
2 C. broccoli cuts (16 oz. bag)	4.5 oz. jar mushrooms, drained
1 egg, beaten	8 oz. can quick crescent dinner rolls
1 T. flour	1 egg white, beaten
¼ tsp. baking powder	¼ tsp. caraway seeds
4 oz. (1 C.) cheddar cheese	

Brown sausage, drain well and set aside. Cook broccoli, drain and set aside. Heat oven to 325°. Combine in large bowl the egg, flour and baking powder; beat well. Stir in Cheddar cheese, ricotta cheese, mushrooms, sausage and broccoli. On large ungreased cookie sheet, unroll dough into 2 long rectangles. Overlap long sides; firmly press perforations and edges to seal. Press or roll to form 10x14 rectangle. Spread sausage mixture in 3½" strip down center. Form mixture into mounded shape. Make cuts 1" apart on each side of rectangle just to edge of filling. To give braided appearance, fold strips of dough at an angle halfway across filling with edges of strips just slightly overlapping, alternating from side to side. Brush with egg white; sprinkle with caraway seeds. Bake at 325° for 25 to 35 minutes. Cool 5 minutes. Remove from cookie sheet and cut into slices. Makes 8 servings.

GIFT IDEAS FOR THE YOUNG BRIDE

Skillet	Wooden bowls
Corn grater	Churn
Coffee mill	Spider
Milk jug	Toasting fork
Pot hook	Tinware
Ladle	

The look of the kitchen has changed, and methods are different. We've included a few recipes from old newspapers and some traditional pioneer fare. Try them in your kitchen and feel free to cut the amounts from half the size of a hen's egg to a dollop, or ask your local grocer to stock cracklins.

GINGER TEA (TRADITIONAL)

½ C. boiling water
½ C. milk

1 T. molasses
½ tsp. ginger

Mix the ginger and molasses, add water gradually and boil one more minute. Add milk. Serve hot.

MULLED CIDER (TRADITIONAL)

2 qts. apple cider
¼ C. brown sugar
2 sticks cinnamon

1 tsp. whole cloves
1/8 tsp. ground ginger
1 orange, sliced and unpeeled

Combine ingredients in large pot. Simmer over low heat from 5 to 6 hours, depending on how spicy you like your cider. Makes 10 to 12 servings.

HOW TO MAKE GOOD COFFEE

Bremer County Independent
February 3, 1870

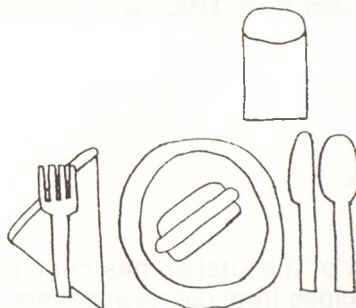
First purchase a good article of coffee (bean); then be very careful in browning. It should be roasted to dark brown and not too black and this should be done slowly in not too much of a hurry. As soon as it is brittle so as to be easily broken to pieces with the teeth if it is done. Then grind and put into a bowl. Put in a little of the white of an egg and stir it well together. Pour in boiling water and put it in the pot, and let it boil fifteen minutes.

ASH CAKE

Cornmeal
Salt

Water

Add salt to taste and water, roll in ball, cover with cabbage leaves and place in hot ashes and several live coals.



CRACKLIN BREAD (TRADITIONAL)

¾ C. cornmeal	1 tsp. soda
1 C. wheat flour	1 tsp. baking powder
¼ C. boiling water	1 tsp. salt
½ C. brown sugar	¼ C. chopped cracklins
2 C. buttermilk	

Strain cracklins (meat scraps left in frying pan after fat has been cooked out) so they are dry and crisp. Moisten the cornmeal with the boiling water and let stand for 5 minutes. Sift the soda, baking powder and salt with the wheat flour and add with the rest of the ingredients to the cornmeal. Spread mixture thin in a greased shallow pan and bake in a hot oven about 20 minutes. When done cut in squares.

Prairie cooks used just cornmeal and cracklins mixed with salt and water. Dough was rolled into an oval and baked.

JOHNNY CAKE (TRADITIONAL)

Put a quart of cornmeal into a bowl, add heaping teaspoon of salt; stir in boiling water until all moistened. Form into cakes about ½" thick. Bake on greased hot griddle. Bake slowly, turn once, or put on iron plate and slant in front of fire, turning once. Serve split with lots of butter.

CLOTHESPIN ROLLS

From the 1939 Cooking School sponsored
by the Waverly Independent-Democrat

Refrigerator roll dough

Roll dough out, cut in strips about an inch wide and seven or eight inches long. Wrap around greased clothespin (not the pinch type) and place on baking sheet with both ends of dough on the underside (so ends won't curl up in baking). Bake in hot oven. Remove clothespin as soon as taken from oven. Rolls may be served hot with butter, or with cavity filled with cheese and returned to oven to toast, or with frankfurter in cavity.

VANITIES (TRADITIONAL)

1 or 2 eggs	Enough flour to make stiff dough
1 pinch of salt	

Roll very thin, cut into little rounds with a jelly glass and fry in deep fat. Sprinkle with powdered sugar.

OLD FASHIONED MOLASSES CANDY

1881 Bremer County Independent

Molasses
Butter

Soda

One quart of best New Orleans molasses, piece of butter half the size of a hen's egg. When it will snap in water it is sufficiently done; stir in a little soda to whiten it; pour into buttered dishes, and when cool enough pull until white.

ROAST PRAIRIE CHICKEN (TRADITIONAL)

Cut up prairie chicken. Soak in cold water for several hours. Drain. Dip in flour seasoned with salt and pepper. Brown slowly in several tablespoons of shortening in heavy skillet. Place in roaster; add 1 cup cold water to drippings in skillet. Pour over game. Cover. Bake at 275° to 300° for approximately 2 hours or until tender. An old bird may take all day.

FRICASSEED CHICKEN (TRADITIONAL)

Cut chicken in pieces. Sprinkle with salt and pepper; dip in flour until covered and brown in hot fat. Place browned chicken in roaster and add 2 cups milk. Cook in medium oven for 1 hour or until tender. Remove chicken. Thicken broth and pour over chicken.

TURKEY DRESSING

1881 Bremer County Independent

2 onions
5 oz. soaked and squeezed bread
8 to 10 oz. sage leaves
1 oz. butter

1 egg
Minced pork
Salt
Pepper

Mince the onions and fry them before adding to the other ingredients. Some chopped celery is always a good addition.

SYLLABUB (TRADITIONAL)

Whip a small cupful of powdered sugar into a quart of rich cream, add another cupful of sugar into the whites of 4 eggs. Mix together and add the grated rind of a lemon and a glass of white wine or sherry. Flavor with nutmeg, if desired. Serve on sponge cake or fruit.

SNOW ICE CREAM (TRADITIONAL)

Gather clean, fresh, fluffy snow and pack it down in a bowl. Add sugar, milk and vanilla to taste. Mix well, serve immediately in cold dish.

QUEEN OF PUDDINGS

1881 Bremer County Independent

1 pt. fine bread crumbs	Rind of 1 lemon, grated
1 piece butter, size of egg, rubbed in	Yolks of 4 eggs
1 teacup full of fine sifted loaf sugar	Pint of milk

Mix these ingredients together in a pie dish and bake in a quick oven until well set, but be careful not to let the pudding get leathery; it will take only a short time. When cool, spread a layer of apricot or strawberry jam over the top. Whip the whites of the 4 eggs with a teacupful of sifted sugar and either the rind of the lemon or a small teaspoonful of essence of lemon, into a very stiff froth and throw lightly over, making it as rocky as possible, and piling it up higher in the center. Very lightly brown it by putting it into the oven for a few minutes, or passing a salamander over it.

The following recipes have been used many years by campers going to Camp Sacajawea. All campers always cook over an open fire, using a big black Dutch oven or kettle. These recipes are all very good, simple to make and very filling.

CAMPFIRE STEW

Black Kettle Cooking for Campfires

4 lbs. ground beef	4 large cans Campbell's vegetable
1 onion, diced	soup

Brown meat and onion. Add soup (no water). Simmer.

PERKY PORKY LINKS & BEANS

Black Kettle Cooking for Campfires

12 sausage links	2-#1 cans whole kernel corn
1 onion, diced	3-#1 cans pork & beans

Cut sausage in small pieces. Brown with onion. Drain off grease. Add corn and beans. Season to taste. Heat well.

HAMBURGER STEW

Black Kettle Cooking for Open Campfires

3 lbs. ground beef
12 potatoes, cleaned and cut into
small pieces
6 carrots, cleaned and cut into small
pieces

3 cans green beans
3 cans cream of chicken soup
2 onions, diced
3 C. milk

Brown ground beef and onion. Add all ingredients and simmer till potatoes and carrots are done.

SQUAW CORN

Black Kettle Cooking for Open Campfires

3 lbs. ground beef
1 onion, diced
2 cans tomato soup, undiluted

3 cans whole kernel corn
½ lb. cheese, diced

Brown meat and onion. Add soup; cook till tender. Add corn; heat thoroughly. Add cheese; heat until cheese melts.

PIZZA CASSEROLE

Black Kettle Cooking for Open Campfires

4 lbs. ground beef
1 onion, diced
1 large jar Ragu spaghetti sauce

1 tube refrigerator biscuits
6 to 7 slices mozzarella cheese

Brown meat and onion; drain grease. Add sauce and simmer a few minutes. Take off fire. Layer cheese slices over meat mixture. Next, place biscuits over cheese. Put lid on Dutch oven. Take a shovel and scoop up a shovel full of nice hot coals and place on lid. This will bake the biscuits in about 15 to 20 minutes.

CAMP MEAT LOAF

1 lb. ground beef
1 bag frozen vegetables
3 T. barbeque sauce

3 T. instant onion
Salt and pepper
½ C. instant potatoes
½ C. water

Place all of the above ingredients in large bowl and mix thoroughly with your hands. Use heavy foil. Divide meat and vegetable mixture into fourths on separate sheets of foil. Shape into small loaf. Fold foil together at top of loaf and each end to seal. Cook over hot coals at campfire until foil swells. Gently turn over and cook until foil swells again. Remove from fire and eat right from foil, juice and all.

COBBLERS

Black Kettle Cooking for Open Campfires

Pour pie filling in a small 8" square pan. Crumble cake mix over top (Jiffy mix). Dot with margarine. Suggestions: Apple filling, white or spice cake; cherry filling, white cake; peach filling, yellow or spice cake. Place black kettle on fire till very hot, when small drops of water dropped on lid sizzle. Remove kettle from fire and set on level ground. Drop several bottle caps in kettle and carefully place cake pan in hot kettle. Cover with lid. Place some hot coals on lid. Check in 8 to 10 minutes to see if cobbler is done.

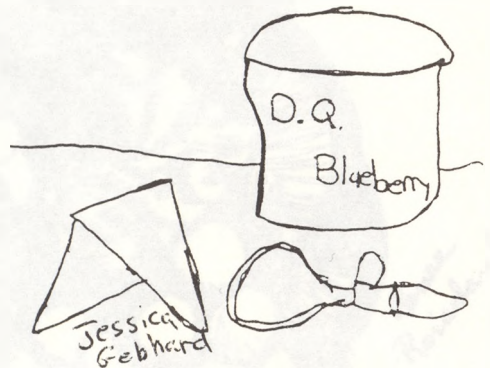
MOCK ANGEL FOOD CAKE

Campfire Dessert

1 loaf day-old Texas toast
3 C. coconut

3-14 oz. cans sweetened condensed
milk
Also cinnamon and sugar may be used.

Cut each piece of bread in half or smaller. Dip in milk and then in coconut or cinnamon and sugar mixture until well coated. Place in roasting rack and toast over open fire.



Notes

WITH RECIPES
 ...the Cooking for Open Campfires
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Common Insects

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PIZZA CAKES

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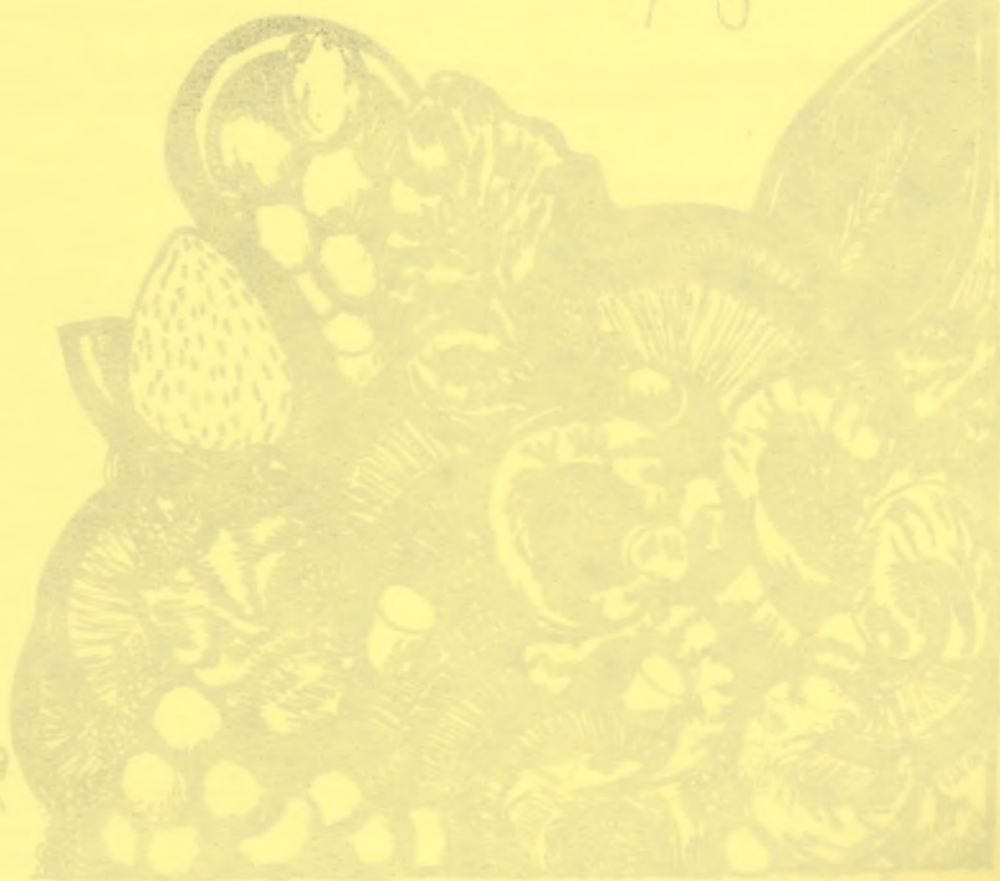
Appetizers



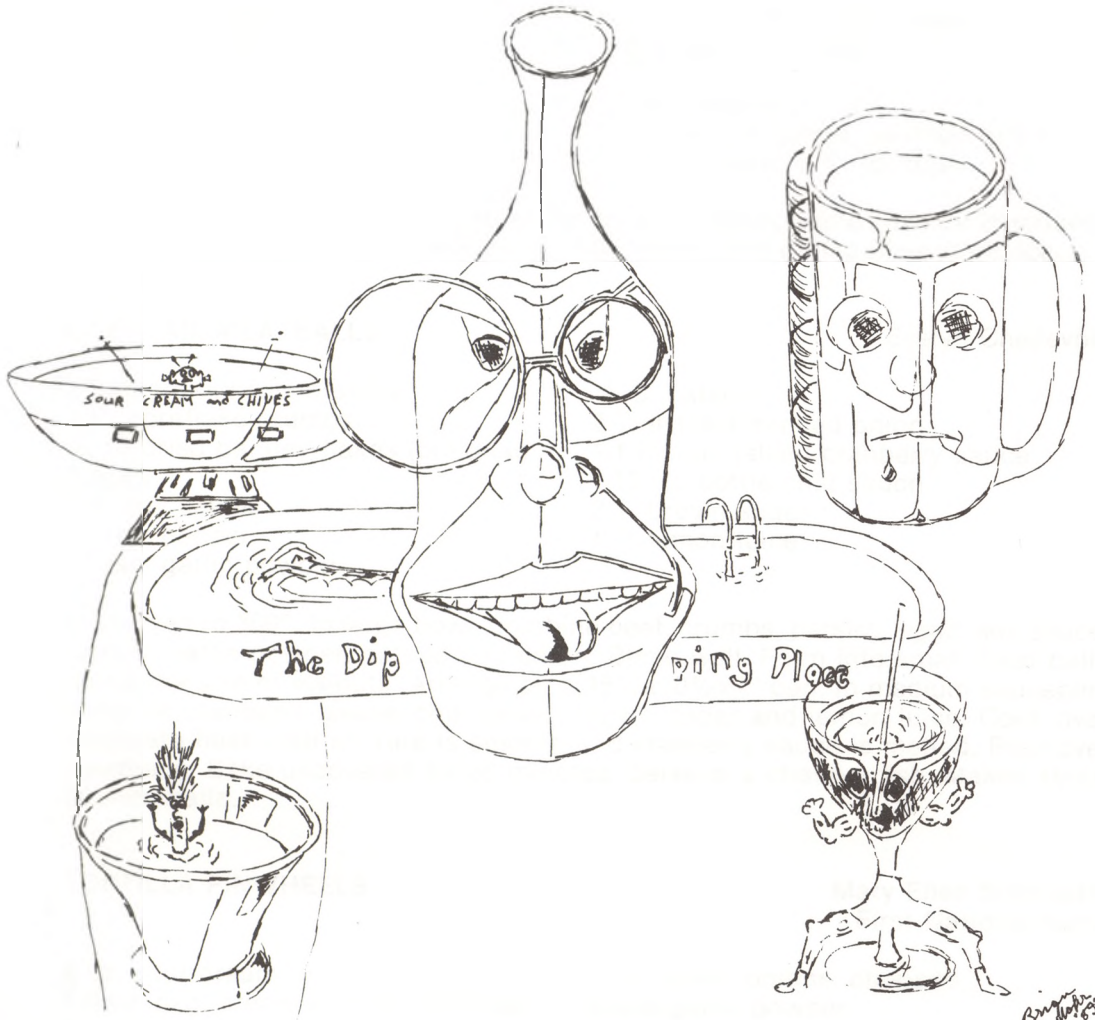
Renee
Roisland

Notes

Abbeville



Abbeville



Bumpy 1/10/05

CASSEROLE HORS D'OEUVRES

Mary Ackerman

MIX:

1-8 oz. pkg. cream cheese
2 T. light cream

¼ C. chopped green pepper
⅓ C. chopped onion
½ tsp. garlic salt

½ C. commercial sour cream
1-3 oz. pkg. dried beef

¼ tsp. pepper
1½ C. pecan meats, sauteed in 2 T.
butter (save ½ C. for top)

Mix the 2 sets of ingredients together. Spoon into casserole and bake for 20 minutes at 350°. Serve warm with crackers of your choice and drinks of your choice.

COCKTAIL MEATBALLS

Evelyn Chellevold

2 lbs. ground round steak
1 C. cornflake crumbs
⅓ C. dried parsley flakes (optional)
2 eggs
2 T. soy sauce
¼ tsp. pepper
½ tsp. garlic powder

⅓ C. catsup
2 T. instant minced onion
1-1 lb. can jellied cranberry sauce
1-12 oz. bottle chili sauce
2 T. brown sugar
1 T. lemon juice

Heat oven to 350°. In large bowl, combine beef, crumbs, parsley, eggs, soy sauce, pepper, garlic powder, catsup and onion. Blend well. Form into small meat balls about the size of walnuts. Arrange on a 15½x10½x1" pan. In medium saucepan, combine cranberry sauce, chili sauce, brown sugar and lemon juice. Cook over moderate heat until mixture is smooth and cranberry sauce is melted. Pour over meatballs. Bake uncovered for 30 minutes. Serve in a chafing dish. Makes about 60 meatballs.

TORTILLA PINWHEELS

Mary Ellen Schroeder
First National Bank

8 oz. sour cream
1-8 oz. pkg. cream cheese, softened
1-4 oz. can diced green chillies,
drained
1-4 oz. can black olives, chopped
and drained
1 C. grated Cheddar cheese

½ C. green onions, chopped
Some garlic powder
¼ to ½ tsp. seasoned salt
5-10" flour tortillas
Salsa for dipping

Thoroughly mix everything but tortillas and salsa. Divide filling, spread evenly over tortillas. Gently roll tortillas like a jelly roll. Cover tightly with plastic wrap. Twist ends. Refrigerate several hours. Unwrap. Cut in slices ½" to ¾" thickness. Discard ends. Lay flat on serving tray. Garnish with parsley. Serve with salsa.

SAUSAGE ROLLS

Roxanne Klaas
U.S. Navy

1 lb. hot pork sausage
2 C. Bisquick

8 oz. grated Cheddar cheese

Blend all ingredients. Roll into balls. Bake at 350° for 10 to 15 minutes. Easy and tasty party appetizers.

TACO PLATTER

Darla Troutman
Wartburg College

1 can Frito-Lay bean dip
1 carton AE Mexican-flavored dip
1 chopped onion
1 chopped green pepper

Chopped black or green olives
Chopped tomato
Shredded lettuce
Shredded Cheddar cheese

Layer all ingredients on a platter in any order you would like with the exception of the dips, they need to be on the bottom. Serve with Tostitos.

MINI BLT'S

Susan Taiber

1 lb. bacon, fried and crumbled
½ C. green onions, chopped

Mayonnaise to moisten
24 cherry tomatoes

Mix bacon, onion and mayonnaise. Refrigerate. Cut a slice off the top of each cherry tomato. Scoop out the insides and drain inverted on a paper towel. Fill with the tomato mixture.

PIZZA BREAD

Jean Byl
Junior High Media Center

1 loaf frozen bread
2 eggs
1 T. oregano
Dash of garlic powder

½ lb. grated cheese (Cheddar)
7 to 8 oz. shaved ham
½ C. sliced green olives
(You can substitute pepperoni,
Canadian bacon or other cheeses if
you prefer.)

Thaw frozen bread dough just enough to roll. Roll to 10x20" rectangle. Mix eggs, oregano and garlic powder. Brush ½ of this mixture over dough. Layer ham, cheese and olives on dough. Cut into 2 squares. Roll each into a loaf, sealing ends. Place on greased cookie sheet and brush with remaining egg mixture. Slit top of loaves. Oven temperature: 350°. Preparation time: 20 minutes. Baking time: 35 to 40 minutes.

VEGETABLE PIZZA

Dianne Nagen
First National Bank of Waverly

- 2 tubes crescent rolls
- 1-8 oz. pkg. cream cheese
- ½ C. French onion chip dip
- 2 heaping T. mayonnaise
- 1 pkg. Hidden Valley Ranch salad dressing mix
- Fresh vegetables (tomatoes, broccoli, carrots, peppers, cauliflower, radishes, green pepper)
- Shredded Cheddar cheese

Press dough out onto 15x11" baking sheet. Bake at 375° for about 12 minutes. Cool. Combine cream cheese, chip dip, mayonnaise and dry dressing mix. Spread onto cooled crust. Sprinkle cut-up vegetables onto the creamed mixture. Top with shredded cheese.

VEGETABLE PIZZA

Marj Reinhardt

- 2 tubes crescent dinner rolls

Press in cookie sheet. Prick with fork and bake 15 minutes. Mix:

- 2 large pkgs. cream cheese
- 1 C. sour cream

ADD:

- 2 T. onion flakes
- 1 T. parsley flakes
- 1 tsp. garlic powder or salt
- 1 tsp. dill weed

Spread on cooled crust. Add to top:

- 1 C. grated carrots
- 1 C. chopped celery
- 1 C. chopped green pepper
- 2 C. shredded Cheddar cheese

MINIATURE MEAT TURNOVERS

Sherry Wagner

- 1 env. Lipton beef-flavored mushroom mix
- ½ lb. ground beef
- 1 can drained bean sprouts
- ½ C. sliced water chestnuts
- 2 T. chopped onion
- 2 pkgs. refrigerator crescent rolls

Preheat oven to 375° F. Brown first 5 ingredients in skillet. Separate dough; cut in half. Place spoonful of mixture in center of each triangle; fold over and seal edges. Place on ungreased cookie sheet. Bake 15 minutes. Makes 32 appetizers.

PEPPERONI COCKTAIL

Nancy Hertel
Wartburg College

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| 2 pkgs. sliced pepperoni | 1½ C. Parmesan cheese |
| 1-10 oz. pkg. frozen chopped spinach
(thaw and squeeze water out) | 1 to 4 T. chopped onion |
| 2 C. small curd cottage cheese | 1 tsp. oregano |
| | Pinch of salt |
| | 4 eggs |

Crush 1 clove garlic and stir around in bowl. Discard. Mix everything **except** pepperoni and eggs. Add eggs; mix again. Grease **tiny** muffin tins. Put in slice of pepperoni. Fill ¾ full with mixture. Bake at 375° for 25 minutes. Can freeze and reheat in 375° oven for 6 minutes.

MEXICAN CAVIAR

Roxanne Klaas
U.S. Navy

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| 5 to 7 jalapeno peppers | 1 can chopped black olives |
| 1 bell pepper | 1½ lbs. fresh shrimp |
| 4 to 6 fresh tomatoes | 1-16 oz. jar picante sauce (mild) |
| 1-10 oz. bottle Lea & Perrins | 3 limes |
| 1 T. black pepper | 1 lemon |
| ½ C. chopped onions | ½ can of beer |

Mix all ingredients in a large bowl. Let sit in refrigerator for 2 hours. Serve with tostado chips. Hot and spicy.

CRAB SALAD

Roxanne Klaas
U.S. Navy

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| 1 loaf bread | 1 can shrimp |
| 1 bunch green onions | ½ C. chopped celery |
| 4 hard-boiled eggs | 1½ C. mayonnaise |
| 1 can crabmeat | |

Remove crust from bread. Butter and cut into fourths. Mix with onions and chopped eggs. Let stand in refrigerator overnight. Add mayonnaise, shrimp, crabmeat and celery. Let stand 3 to 4 hours. Serve with crackers or stuff in tomatoes. A great summer lunch.

SAVORY CHEESE WAFERS

Dr. Doris Cottam
Wartburg College

1 lb. sharp Cheddar cheese, grated 1 tsp. salt
3 C. all-purpose flour ¼ tsp. cayenne pepper
1 C. (2 sticks) butter, room 1 C. chopped pecans
temperature

Beat first 5 ingredients with electric mixer until well combined. Mix in pecans. Divide dough into thirds. Form each into small 1½" diameter log on sheet of plastic wrap paper. Wrap tightly. Refrigerate at least 1 hour to firm. (Can be prepared ahead and refrigerated 3 days or frozen several months. Thaw in refrigerator before continuing.) Preheat oven to 325°. Remove paper from dough. Cut dough into ½" thick slices. Arrange 1½" apart on baking sheets. Bake until golden brown, about 15 to 18 minutes. Transfer to paper towels and cool completely. Stir in airtight container. (I serve these immediately while they are warm.) Makes about 10 dozen.

HOT BUTTERED O'S

Abbie Close

½ stick (¼ C.) butter or margarine 2 T. Worcestershire sauce
½ tsp. garlic salt (or less to taste) 4 C. Cheerios

Melt butter or margarine in skillet. Add garlic salt and Worcestershire sauce until well blended. Add Cheerios and mix thoroughly with spoon until well coated. Put into bowl and eat. Serves 2 to 3.

NOTE: Great alternative to popcorn while watching TV or rented movies.

SWEET CHEX SNACKS

Aileen Solheim

MIX TOGETHER:

1 box Rice Chex 1 lb. pecan meats
1 box Corn Chex 1 lb. golden raisins
1 box Crispix

BOIL TOGETHER:

1 lb. oleo 1 C. light Karo syrup
2 lbs. brown sugar 1 tsp. salt

2 tsp. vanilla

Bring oleo, brown sugar, syrup and salt to a boil and simmer 5 minutes. Add 2 teaspoons vanilla. Pour over the mixed cereal. Bake in a large sheet (I use 2) at 200° for 1 hour. Spread out in single layers on countertop to cool. Then package in tight containers or Ziploc bags. This makes a huge recipe and keeps well.

DEVILICIOUS CHEESE BALL

Dolly Kreger
Ann Westendorf

2 cans deviled ham
8 oz. pkg. cream cheese
2 C. shredded Cheddar cheese
½ C. chopped green pepper
½ C. chopped tomato
½ pkg. dry ranch-style dressing mix

Mix the above ingredients and chill. Shape into a ball and roll in ½ cup sunflower seeds.

BAKED OYSTER CRACKERS

Carolyn Hemingway
Wartburg College

12 oz. (or more) oyster crackers
1½ T. garlic salt
1½ tsp. onion salt
1 C. butter (or 2 sticks of 4 sticks of margarine or ½ lb.)
½ C. grated Parmesan cheese

Melt margarine in 9x13" cake pan (cut up it melts faster). Marinate the crackers in the melted margarine; sprinkle dry ingredients over top. Bake at 350° for total of 10 to 15 minutes. Stir 3 times while baking. Watch so they don't burn.

WHOLE WHEAT CRACKERS

Carol Waltmann

1 C. whole wheat flour
1 C. white flour
⅓ C. sugar
2 tsp. baking powder
1 tsp. baking soda
½ tsp. cream of tartar
½ C. margarine
¾ C. buttermilk

Stir together all dry ingredients. Cut in the margarine with a pastry blender until the mixture resembles coarse crumbs. Add buttermilk all at once. Stir with fork just until dough follows fork in bowl. Roll out dough on floured surface to 1/16" thickness. Cut with a biscuit cutter and place on an ungreased baking sheet. Prick with a fork. Bake in a 350° oven for 12 to 15 minutes, until lightly browned. Yield: 60 crackers. Great with vegetable soups.

BING CHERRY OLIVES

Colleen Liming
Wartburg College

½ C. vinegar
½ C. water
2 T. brown sugar
1 T. salt

Put all ingredients in a saucepan. Bring to a rolling boil. Cool. Pour over uncooked cherries. Store in refrigerator.

BLUE CHEESE BALL

Bonnie Graser

8 oz. pkg. cream cheese, softened 1 stick oleo
1 ½ oz. blue cheese

Blend together until creamy. Add:

¼ C. ripe olives, chopped 2 T. chopped dry onion
½ C. green olives, chopped

Mix well. Mound and cover with ½ cup chopped nuts. Refrigerate for at least an hour.

CHEESE BALL RECIPE

Dianna Hay
First National Bank of Waverly

1 C. grated Cheddar cheese ¼ C. onion, chopped
2-8 oz. pkgs. cream cheese, softened ½ tsp. salt (or to taste)
3 hard-boiled eggs, chopped ¼ tsp. pepper (or to taste)
½ C. sweet relish

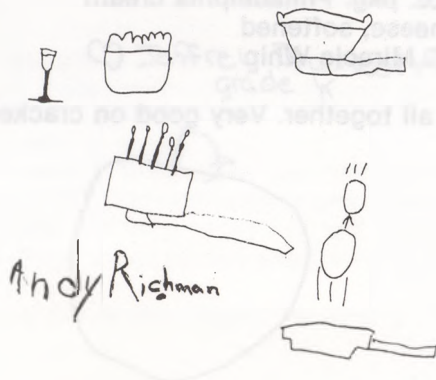
Mix grated Cheddar cheese and cream cheese; mix in relish, onions, salt and pepper. Then fold in chopped eggs. Mix well, form into ball and chill. This makes a large cheese ball.

PINEAPPLE CHEESE BALL

Lori Poehler, Wartburg College
Cheryl Jensen and Shari Anderson

2-8 oz. pkgs. cream cheese ¼ C. chopped green pepper (optional)
1-8 oz. can crushed pineapple 2 T. chopped onion
2 C. chopped pecans 1 T. seasoned salt

Save 1 cup pecans; set aside. Mix cream cheese, pineapple, 1 cup pecans, onion, green pepper and seasoned salt together. Form ball and chill. Roll in pecans. Garnish with pineapple chunks, maraschino cherry and parsley. Serve with crackers.



Andy Richman

DEVILED HAM & CHEESE BALL

Ruth E. Busching

1-8 oz. pkg. cream cheese
1 large can deviled ham
1 tsp. catsup

2 T. salad dressing
1 tsp. horseradish
½ C. chopped pecans

Soften cream cheese, add rest of ingredients except nuts. Mix together well; form into ball; roll in nutmeats; chill. Serve with assorted crackers.

PARTY CHEESE BALL

Judy (Butzloff) Pattschull
Carnation Company

½ lb. American cheese
¼ lb. sharp Cheddar cheese
½ C. Miracle Whip
2 tsp. Worcestershire sauce

1 T. finely chopped onion
1 T. sweet pickle relish
¼ C. parsley flakes
¼ C. finely chopped pecans

Grate cheese and let set at room temperature until soft. Blend with Miracle Whip, Worcestershire sauce, onions and relish. Cover and refrigerate about 6 hours. Shape into ball and roll in mixed parsley and pecans.

DRIED BEEF CHEESE BALL

Judy (Butzloff) Pattschull
Carnation Company

1-8 oz. pkg. Philadelphia cream
cheese (softened)
¼ lb. dried beef (cut up finely)

2 T. onion (chopped real fine)
1 tsp. horseradish mustard

Blend all ingredients thoroughly. Form into ball and roll in finely chopped pecans. Serve with crackers or celery.

PHILADELPHIA CHEESE PECAN SANDWICH SPREAD

Mrs. H.W. Siefkes

1-8 oz. pkg. Philadelphia cream
cheese, softened
¼ C. Miracle Whip

½ C. pecans, chopped
½ C. chopped stuffed green olives

Mix all together. Very good on crackers, also as a sandwich filling.

LAYERED HAM CUBES

Dianna Hay
First National Bank of Waverly

2 T. mayonnaise
2 T. (or less) horseradish
1 tsp. Worcestershire sauce
½ tsp. seasoned salt
1-8 oz. pkg. cream cheese, softened
6 thin slices boiled ham

Put all ingredients, except ham, into blender and mix well. Place 1 slice ham on waxed paper, spread with 1/5 of cheese mixture. Put another slice of ham on top of cheese mixture and spread with cheese; repeat process, ending with ham. Wrap firmly in foil, freeze for 2 hours or more. About an hour before serving, remove from freezer and cut into ½" cubes, pierce with toothpicks.

CRAB CANAPES

Roxanne Klaas
U.S. Navy

1 can crab
1 jar Old English cheese
1 stick butter
1 pkg. English muffins

Melt butter and cheese; add the can of crab. Spread on English muffins. Put on tray and put into freezer to fast-freeze. Bake frozen muffins at 350° until brown or cheese melts. Cut into fourths. Great little snack to keep in freezer to be prepared for guests!

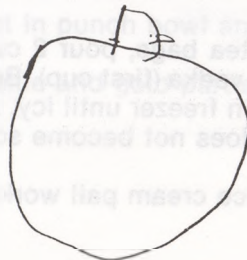
CRAB PUFFS

Dee Hansen
Waverly Newspapers

¾ stick butter or margarine
5 oz. jar Old English spread
1½ tsp. mayonnaise
½ tsp. garlic salt
½ tsp. seasoned salt

Cream above items together and add either 8 ounces imitation crabmeat or 1-7 ounce can crabmeat, drained. Split 6 English muffins and spread mixture on them. Cut each muffin into 4 pieces. Heat on cookie sheet and broil until golden brown and bubbly. Makes 48.

♥ Jeffrey Braxton ♥
grade K



RAMBU

Marlene Becker, Staff - Carey School
Lori Poehler and Janice Berger

1 can water chestnuts
½ lb. bacon
⅓ C. catsup
½ C. sugar
Toothpicks

Wrap ¼ to ⅓ slice of bacon around each water chestnut. Fasten with toothpicks. Stack in glass cake pan. Bake 1 hour at 300°. Drain off grease or take them out and put in another glass cake pan. Mix catsup and sugar and pour over water chestnuts. Bake another hour at 300°. Serve hot. I use 2 or 3 cans of water chestnuts and bake in 9x13" pan.

SALSA

Sue Reiher
Waverly Public Library

3 or 4 tomatoes
2 bunches green onions
2-4 oz. cans chopped green chilies
2-4 oz. cans chopped black olives
2 T. oil
1 T. vinegar

Slice tomatoes and onions in small pieces. Add remaining ingredients. Serve with taco chips.

STRAWBERRY FREEZE

Ron Peterson
Wartburg College

1 pkg. frozen strawberries
1-6 oz. can frozen orange juice
1-6 oz. can frozen lemonade
1-#2 can crushed pineapple
½ C. sugar
2½ C. water
3 to 4 sliced bananas
1 small jar maraschino cherries and juice

Mix. Put in individual dishes and freeze. Thaw slightly to serve as slush.

SLUSH

Valerie Mormann
Century Companies

4 green tea bags
1-12 oz. orange juice concentrate
1-12 oz. can lemonade concentrate
2 C. vodka
2 C. sugar

Take 4 green tea bags, pour 2 cups boiling water over them. Add orange juice, lemonade and vodka (first cup). Boil 2 cups sugar and 7 cups water. Cool and add to above. Put in freezer until icy. Add the second cup of vodka. Stir every couple of days so it does not become solid. Serve with 7-Up or ginger ale.

HINT: Empty ice cream pail works great to freeze in.

STRAWBERRY PUNCH

Coleen Halverson

1 qt. ginger ale
1-10 oz. pkg. strawberries or 1½ C.
fresh strawberries + ½ C. sugar

3-6 oz. cans lemonade
3-6 oz. cans water

Mix lemonade and water until dissolved. Blend strawberries in blender and add. Add ginger ale just before serving. Makes about twenty 3-ounce servings.

FRUIT PUNCH

Grace Westendorf
Westendorf DX

2 large cans frozen orange juice
2 cans Hawaiian Punch
6 pkgs. cherry Kool-Aid

5 C. sugar
1¼ C. RealLemon
8 qts. water
1 bottle ginger ale

HOT TODDY

Grace Westendorf
Westendorf DX

1 tsp. lemon juice
1 tsp. honey

2 T. whiskey

For medicinal purposes only.

CARAMEL APPLE DIP

Dianne Westendorf
Stauffer Pharmacy

1-8 oz. pkg. cream cheese
¾ C. brown sugar

¼ C. white sugar
Vanilla to taste (I add 1 tsp.)

Combine all ingredients. Serve warm or cold with sliced apples.

KAHLUA-CINNAMON DIP

Julie Breutzmann
Waverly Public Library

3 oz. cream cheese, softened
3 T. powdered sugar
3 T. sour cream

4 tsp. Kahlua
¼ tsp. cinnamon

Beat cream cheese until fluffy. Add remaining ingredients, blending thoroughly. Serve with assorted fresh fruit. (Children and adults enjoy it!) Makes ⅔ cup of dip.

FLUFFY FRUIT DIP

Alice Grawe

1/3 C. apricot preserves or orange
marmalade
8 oz. dairy sour cream

1/4 C. chopped walnuts
2 to 3 T. milk

Combine above ingredients. Chill at least 1 hour. Prepare assorted fruits for dipping.
Makes 1 1/2 cups.

MEXICAN BEAN DIP

Valerie Mormann
Century Companies

1-16 oz. can refried beans
1-8 oz. jar hot taco sauce
1 lb. hamburger
1/2 tsp. salt

1 Anderson Erickson Mexican dip
(or can use French onion dip)
1 C. shredded Cheddar cheese
Shredded lettuce
Cherry tomatoes
Taco chips

In casserole dish, spread refried beans and 2 teaspoons taco sauce. Brown hamburger; add salt and 1/2 cup taco sauce; drain and put on beans. Pour rest of sauce over hamburger. Spread with layer of Cheddar cheese and bake for 20 to 25 minutes at 350°, until cheese melts. Let stand 10 minutes. Spread sour cream on top and sprinkle with lettuce. Top with cherry tomato halves and serve with taco chips.

CREAMED TACO DIP

Julie Smith
First National Bank of Waverly

2 lbs. ground beef
1 can Rotel tomatoes
1 lb. brick chili

1 lb. Velveeta cheese
1/2 pt. whipping cream
1 tsp. minced onion
Garlic powder

Brown meat and add 1 teaspoon minced onion and garlic powder. Drain. Add other ingredients, one at a time, except for whipping cream. When all ingredients are mixed, pour in whipping cream slowly, stirring constantly. Makes a big batch--can be frozen. Serve with nacho chips.

TACO DIP

Deb Hesse
Wartburg College

1 can refried beans
1 pkg. dry taco seasoning
2 avocados, mashed
1 can green chilies, diced
1 layer chopped black olives

8 oz. sour cream
Chopped fresh tomato
Chopped green onions
Shredded Cheddar cheese (or colby
or Monterey Jack)
Dorito chips

Blend beans and taco seasoning. Let stand to mix flavors. Spread on flat tray to a thin layer. Next, spread on the mashed avocado. Then layer the chilies, olives, sour cream, tomatoes and onions. Top with the cheese. Serve with corn chips.

9-LAYER TACO DIP

Shannon Van Daalen
Drs. Trerotola, Roelfs and Van Daalen

Use with taco chips or Doritos. Arrange in clear glass dish. Use a small knife for getting out dip.

- 1) 1 can bean dip (Frito-Lay)
- 2) 1 can frozen guacamole
- 3) 1 pkg. taco seasoning with 4 T. sour cream and 6 T. mayonnaise, mixed
- 4) 1 C. shredded Cheddar cheese
- 5) 1 C. shredded Monterey Jack
- 6) 1 bunch green onions, chopped
- 7) 1 large tomato, chopped
- 8) Black olives, chopped
- 9) Sprinkle with parsley.

Add each layer, beginning with 1), layering each layer on top of the previous layer.

TACO DIP

Barbara Westendorf
Westendorf DX

8 oz. cream cheese, softened

Spread in a 9x11" serving tray. Layer with dried green onion, diced green pepper, diced tomato and shredded lettuce. Top with 1 to 1½ jars picante sauce or salsa. Sprinkle with shredded Cheddar cheese. Refrigerate 2 hours. Remove approximately 20 minutes before serving. Dip with tortilla chips.

VEGETABLE DIP

Shirley Ann Huck

- 4 tsp. soy sauce
- 1 C. mayonnaise
- 1 tsp. ginger
- 1 tsp. vinegar
- 2 T. milk
- 2 T. minced onion

Mix above and chill.

HOT CHILI DIP

Jackie (Mrs. Jim) Strotman

- 1 lb. ground beef
- 1 green pepper, chopped
- 1-1 $\frac{3}{4}$ oz. env. chili seasoning mix
- 1-6 oz. can tomato paste
- 1-3 oz. pkg. cream cheese
- 1 C. water
- Corn chips to dip

Cook ground beef and green pepper in skillet, stirring to crumble until beef browns. Drain excess fat. Stir in chili mix, tomato paste, cream cheese and water. Cook over medium heat until mixture comes to boil. Keep warm in electric skillet, chafing dish or fondue pot.

CHICKEN DIP

Roxanne Klaas
U.S. Navy

- 2 cans white chicken
- 16 oz. sour cream
- $\frac{3}{4}$ C. Miracle Whip
- 2 pkgs. Mrs. Grass' vegetable soup (dry)
- 1 bunch green onions

Mix all together. Chill. Serve with crackers. Easy and delicious.

TORTILLA DIP

Darla Troutman
Wartburg College

- 1 lb. ground beef
- 1 lb. Velveeta cheese
- 1 small can tomato sauce
- 1 small can green chilies (about size of tuna can), chopped
- 1 green onion, chopped with greens on top
- 1 tsp. Worcestershire sauce

Brown ground beef. Add onions, chilies and tomato sauce. Cut up Velveeta cheese and add to mixture slowly. Simmer to dipping consistency, being careful not to let it stick to bottom because it will burn. This can be frozen and warmed slowly for later use. You can also refrigerate for up to 1 week. Should be served with taco chips.

PRETZEL DIP

Roxanne Klaas
U.S. Navy

- 1 egg, beaten
- 2 T. vinegar
- 4 T. sugar
- 8 oz. cream cheese
- ½ C. chopped onion
- ½ C. chopped green pepper
- 1 large bag pretzels

Cook egg, sugar and vinegar over medium heat until thick. Remove; add cream cheese, onions and green peppers; stir well. Chill (don't even taste it warm, only good when cool). Serve with pretzels. You'll never eat another naked pretzel!

SPICY BEEF DIP

Barb Westendorf
Westendorf DX

- 1 lb. ground beef
- 1 medium onion, diced
- 1 clove garlic, minced
- 8 oz. tomato sauce
- ½ C. catsup
- ¾ tsp. oregano
- 8 oz. cream cheese
- ½ C. Parmesan cheese

Brown meat, onion and garlic. Add oregano, sugar, catsup and tomato sauce. Simmer 10 minutes. Remove from heat. Add cheese and stir well. Keep warm in chafing dish. Serve with crackers or chips.

DILL WEED DIP

Lori Poehler
Wartburg College

- 1 C. sour cream
- 1 C. salad dressing or mayonnaise
- 1 tsp. Beau Monde seasoning
- 1 tsp. dill weed
- 1 T. parsley flakes
- 1 T. minced dry onion

Mix and chill. Serve with raw vegetables.



ELEGANT SEAFOOD DIP

Dr. Doris Cottam
Wartburg College

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| 1 T. oil | ¼ to ½ tsp. hot sauce |
| 2 cloves of garlic, minced fine | 2 cans minced clams, drained |
| 2-8 oz. pkgs. cream cheese | 2 cans crabmeat, drained |
| 1 C. coarsely grated sharp Cheddar cheese | Fresh parsley |
| ⅔ C. mayonnaise | 1 large head cauliflower |
| 2 T. lemon juice | |

Heat oil in large saucepan and cook garlic. Cut cream cheese into pieces and add to saucepan. Stir until well melted. Add Cheddar cheese. Stir until melted. Remove from heat. Add mayonnaise, lemon juice and hot sauce; stir. Return to heat and add clams and crabmeat. Cook on low heat for about 15 minutes. Add a tablespoon or 2 of parsley and stir well. Serve warm with raw cauliflower florets.

REUBEN DIP

Nancy Hertel, Wartburg College
and Dolly Kreger

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| ½ lb. corned beef, chopped | 1 small jar black or green olives |
| 7 slices American cheese | ¾ C. mayonnaise |
| 7 slices Swiss cheese | |

Chop the above ingredients and mix together. Add 1 pound can drained sauerkraut. Put in a baking dish and bake in 350° oven for 20 minutes. Serve with party rye or crackers.

SPINACH DIP IN ROUND BREAD

Carolyn Hemingway
Wartburg College

Fresh loaf of whole wheat or cracked wheat bread baked in a **round** (Wallenzien's will bake this for you). Cut the top out and leave sides and bottom as a container for holding the spinach dip. Cut the bread in cubes or squares and place around the "whole wheat spinach dip plate".

SPINACH DIP:

- | | |
|--|--|
| 1-10 oz. pkg. frozen spinach, thawed and squeezed out as dry as possible | 1 C. sour cream |
| 1 C. Hellmann's mayonnaise | 1-5 oz. can sliced and diced water chestnuts |
| | 1 env. Knorr or Mrs. Grass' vegetable soup mix |

Stir all ingredients and place in center of "bread" bowl. (To eat: Dip the bread cubes into dip or use a butter knife. The crust bread bowl can be broken up and eaten also.)

MEXICAN DIP

Paulette Norton
Shoes, Etc.

- | | |
|--------------------------------|-------------------------------------|
| 2-10.5 oz. cans plain bean dip | 1 large bunch green onions |
| ½ C. mayonnaise | Tomatoes (remove seeds and juice) |
| 1 pkg. taco seasoning | 8 oz. Cheddar cheese, shredded |
| 1 C. sour cream | 3 medium avocados (optional) |
| 2 T. lemon juice | 1 small jar black olives |
| Salt to taste | 2 pkgs. Dorito chips or nacho chips |
| Pepper to taste | |

Use a 12" pizza pan. Spread the bean dip on bottom (½" thick). Slice onions and olives thin and spread on top of bean dip. Mix mayonnaise, lemon juice, salt, pepper, sour cream and taco seasoning in separate bowl, then spread on top of first mixture. Next, spread avocados on. Cut up tomatoes in very small pieces and spread on next. Spread cheese on. Be creative by adding more tomatoes, etc. To eat, dip in at edge with Doritos, etc.

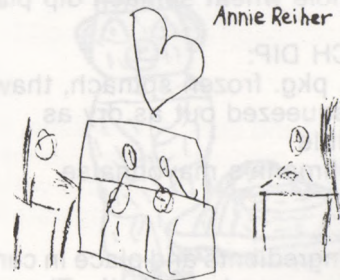
CINDY'S MEXICAN DIP

Carol Kuster

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|---------------------------------------|--|
| 2 lbs. hamburger, browned and drained | 2 C. (plus) shredded mozzarella (up to 4 C.) |
| 1 can picante sauce | 2 C. shredded Cheddar |
| 8 oz. brick cream cheese | Tostado chips |

Mix hamburger with picante sauce in frypan*. Melt cream cheese and mozzarella together; mix. In an 11x13" pan, pat down hamburger mixture. Spread cream cheese on top. Sprinkle Cheddar cheese on top. Heat entire mixture in microwave until Cheddar melts. Serve hot with tostado chips.

*Refried beans are optional to add to meat mixture.



GERMAN PANCAKE

1 C. flour
4 eggs

Add salt to flour. Beat flour and eggs
butter in large frying pan. Pour enough
to cover bottom. Turn pancake when
Serve with syrup, jelly, jam or

1 C. milk
1 tsp.
Butter

Milk slowly. Beat well
thin, into large, hot skillet
pancake will be thin like crepes.
9" or 9 medium pancakes.

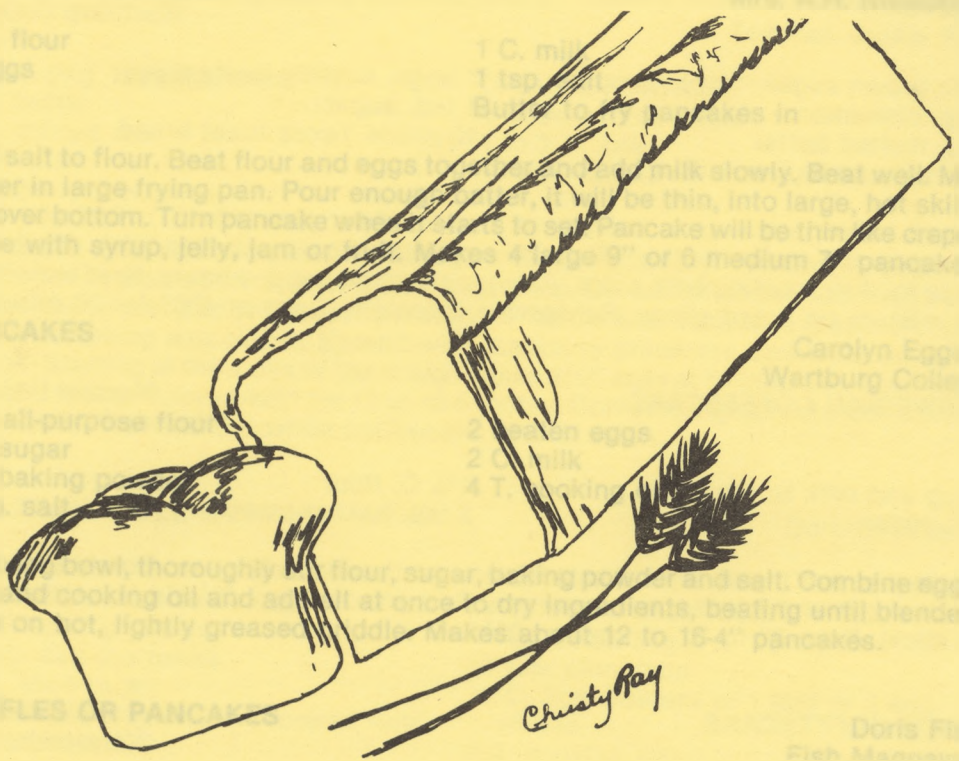
PANCAKES

2 C. all-purpose flour
4 T. sugar
4 T. baking powder
1 tsp. salt

2 eggs
2 C. milk
4 T. oil

In mixing bowl, thoroughly mix flour, sugar, baking powder and salt. Combine eggs,
milk, cooking oil and add at once dry ingredients, beating until blended.
Bake on hot, lightly greased griddle makes about 12 to 16 4" pancakes.

Carolyn Eggert
Wartburg College



Christy Ray

WAFFLES OR PANCAKES

7 eggs, separated
2 sticks margarine
3 C. flour
Pinch of salt

4 tsp. baking powder
4 T. sugar
2 C. milk

Doris Fish
Fish Magazine

Melt margarine. Beat yolks. Add milk to egg yolks and mix well, add melted margarine. Beat whites into egg whites into this mixture. For varied recipes use 1/2 cup milk. For rich waffle. Half of recipe makes 3 waffles.

BREADS

GERMAN PANCAKE

Mrs. A.H. Niewohner

1 C. flour
4 eggs

1 C. milk
1 tsp. salt
Butter to fry pancakes in

Add salt to flour. Beat flour and eggs together and add milk slowly. Beat well. Melt butter in large frying pan. Pour enough batter, it will be thin, into large, hot skillet to cover bottom. Turn pancake when it starts to set. Pancake will be thin like crepes. Serve with syrup, jelly, jam or fruit. Makes 4 large 9" or 6 medium 7" pancakes.

PANCAKES

Carolyn Eggers
Wartburg College

2 C. all-purpose flour
4 T. sugar
4 T. baking powder
1 tsp. salt

2 beaten eggs
2 C. milk
4 T. cooking oil

In mixing bowl, thoroughly stir flour, sugar, baking powder and salt. Combine eggs, milk and cooking oil and add all at once to dry ingredients, beating until blended. Bake on hot, lightly greased griddle. Makes about 12 to 16-4" pancakes.

WAFFLES OR PANCAKES

Doris Fish
Fish Magnavox

7 eggs, separated
2 sticks margarine
3 C. flour
Pinch of salt

4 tsp. baking powder
4 T. sugar
2 C. milk

Melt margarine. Beat egg whites stiff. Add rest of ingredients to egg yolks and mix well; add melted margarine slowly and mix well. Fold beaten egg whites into this mixture. For variety, add diced apples. Two-thirds cup of batter makes 1 waffle. Half of recipe makes 8 waffles.

UPSIDE-DOWN FRENCH TOAST

Sharon Neal
Wartburg College

½ C. brown sugar
1 tsp. cinnamon
½ C. melted butter
6 T. half and half or milk
7 eggs, slightly beaten
4 tsp. sugar
10 slices Texas toast bread

Spread brown sugar over bottom of cookie sheet pan (10x15"). Sprinkle with cinnamon and melted butter. Mix milk, eggs and sugar in shallow dish. Dip bread in egg mixture, coating both sides. Arrange slices on sugar mixture. Pour remaining egg mixture on bread slices. Refrigerate overnight. Bake at 400° for 20 minutes.

NORWEGIAN COFFEECAKE

Marilyn Demuth
Waverly Newspapers

1 egg and milk to equal 1 C.
1 C. sugar
1½ C. flour
2 tsp. baking powder

Stir gently; don't beat. Pour into greased and floured 8x10" pan. Combine ½ cup brown sugar and 1 teaspoon cinnamon. Sprinkle over top. Drizzle on melted oleo (½ stick). Bake 25 to 30 minutes at 350°.

PEACH COFFEECAKE

Grace Westendorf
Westendorf DX

CREAM TOGETHER:

3 T. margarine
1 C. sugar
1 egg
½ C. milk

ADD:

2 tsp. baking powder
1½ C. flour

Pour into a 9" square pan that has been greased and floured. Place sliced, fresh peaches over top. Mix and crumble over top:

4 T. sugar
1 T. flour
2 T. butter

Bake at 350° for 30 to 35 minutes.

RASPBERRY CREAM CHEESE COFFEECAKE

Barb Davis
Teacher, Junior High

1-3 oz. pkg. cream cheese
4 T. butter
2 C. biscuit mix
1/3 C. milk
Raspberry preserves

DRIZZLE FOR TOP:
1 C. powdered sugar
1 to 2 T. milk
1/2 tsp. vanilla

Cut cream cheese and butter into biscuit mix until crumbly. Blend in 1/3 cup milk. Turn onto floured surface; knead 8 to 10 strokes. On waxed paper, roll dough into 2 separate rectangles until approximately 1/2" thickness. Turn onto greased cookie sheet, removing wax paper. Spread with raspberry preserves down the center of dough. Starting at the sides of the dough, make 2 1/2" cuts at 1" intervals. Fold strips over the filling. Bake at 425° for 12 to 15 minutes. Combine ingredients for "drizzle" and drizzle over the top while coffee cake is still warm.

OAT BRAN APPLE MUFFINS

Dorothy Mueller

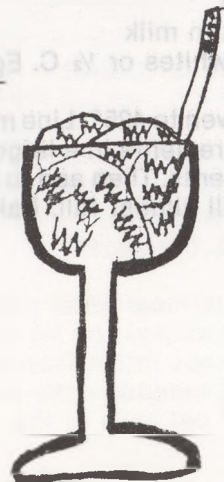
3/4 C. oat bran
1/2 C. whole bran cereal flakes
2 1/2 T. baking powder
1/4 tsp. salt (optional)
3/4 C. skim milk
1 small cooking apple, chopped fine
or blueberries

1/2 C. raisins
1/2 C. whole wheat flour
1/4 C. brown sugar or honey
1/2 tsp. cinnamon
1/4 C. Egg Beaters or 1 egg or 2 egg
whites
3 T. cooking oil

Mix dry ingredients in a bowl. Add milk, eggs, oil and fruit until blended. Fill 2/3 full. Makes 12 muffins. Bake 12 to 15 minutes at 375° or 400°. TOPPING: Sprinkle on muffins before baking 2 tablespoons sugar, 1 tablespoon flour, 1 teaspoon oleo (or light corn oil spread) and 1/4 teaspoon cinnamon.

Muffins will freeze well. Just heat in microwave. Good for persons with cholesterol problems.

Matthieu Hanawalt
Zhd



BRAN MUFFINS

Mary Goetzinger
Drs. Trerotola, Roelfs and Van Daalen

- | | |
|-----------------|--|
| 3 C. sugar | 2 C. natural bran (Brumwell's wheat or oat bran) |
| 1 C. Crisco oil | 4 eggs |
| 3 tsp. soda | 4 C. bran flakes |
| 1 tsp. salt | 5 C. flour |
| 4 C. buttermilk | |

Pour 2 cups boiling water over natural bran. Let stand till cool. Beat oil, sugar, buttermilk and eggs. Add dry ingredients and natural bran. Fold in bran flakes. Store in refrigerator 24 hours before using. Will keep 3 weeks in refrigerator. Bake at 400° for 15 minutes.

HEALTHY MUFFINS

Jane Harrison

- | | |
|--|--|
| 2 C. boiling water | 5 C. flour (2½ C. whole wheat, 2½ C. white) |
| 2 C. cereal (Grape-Nuts, Shredded Wheat or All-Bran) | 5 tsp. soda |
| 1 C. sugar | 4 C. cereal (Grape-Nuts, Shredded Wheat, Fiber One or 100% Bran) |
| 1 C. corn oil | 1 qt. buttermilk |
| 2 eggs, beaten | |

Pour boiling water over 2 cups cereal and let stand. Combine sugar and oil; add eggs. Toss together flour, soda and 4 cups other cereal. Add the dry ingredients alternately with buttermilk to the wet ingredients. Bake at 375° for 13 to 15 minutes.

HAWAIIAN OAT BRAN MUFFINS

Beulah Jensen

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|--------------------------------------|-------------------------------|
| 2½ C. oat bran | 3 or 4 bananas, mashed |
| 2 tsp. baking powder | 1 C. crushed pineapple |
| ¼ C. brown sugar or brown Sugar Twin | ¾ C. chopped dates or raisins |
| 1 C. skim milk | ¾ C. chopped nutmeats |
| 2 egg whites or ½ C. Egg Beaters | 2 T. oil |

Heat oven to 425°. Line muffin cups or spray with vegetable cooking spray. Combine dry ingredients in a large bowl. In a separate bowl, mix together all the remaining ingredients. Then add to dry ingredients, stirring just enough to moisten. Fill muffin cups till almost full. Bake 15 to 17 minutes or until golden brown.

BLUEBERRY MUFFINS

Beth Collins
Wartburg College

¼ tsp. salt
⅔ C. sugar
2¼ C. flour
1 T. baking powder

2 eggs
¼ C. melted margarine
1 C. milk
1½ C. blueberries (fresh or frozen)
Sugar to sprinkle on top

Preheat oven to 400° F. In large bowl, mix salt, sugar, flour and baking powder. In another bowl, using a wire whisk, mix the eggs, milk and melted margarine together. After making a “well” in the dry ingredients, pour in the liquid mixture and **hand mix** both together - just enough to wet all ingredients. Fold in the blueberries. Fill paper-lined muffin tins ⅔ full. Sprinkle muffins with sugar. Bake 25 to 30 minutes. (If using frozen blueberries, bake an extra 5 minutes. To make cholesterol-free, use Egg Beaters, corn oil margarine and skim milk.)

CINNAMON ROLLS

Renae and Janae Harrington

2 pkgs. quick-rising yeast (dissolve yeast in ½ C. warm water)
½ C. sugar
2 tsp. salt

1½ C. warm water
2 eggs (beat when room temperature)
½ C. shortening
6 C. flour

Add to dissolved yeast the sugar, salt, warm water and **only** 3 cups of flour. Mix well. In another bowl, mix shortening and eggs together. Then add them to the other mixed ingredients. Now, add the remaining flour, 1 cup at a time, until dough is workable to knead. Shape dough into a ball. Place in warm area to rise double its size. Then “punch” dough down and let rise again (takes about ½ hour). Keep dough in warm place. Next, roll dough out, baste with butter, sprinkle on some sugar, cinnamon and raisins if you want to. Roll up dough to shape and slice 1½” slices. Arrange rolls in a greased baking pan. Let rise again about ½ hour, then bake at 350° for 20 minutes.

This is a “special” treat our Grandma Liddle makes us.

DUMPLINGS

Lillian Schield

1 C. flour	2 T. shortening, softened
1½ tsp. baking powder	⅓ C. milk
½ tsp. salt	1 egg, beaten

Mix all ingredients and drop by large spoonfuls into 2 quarts boiling broth. Cook 12 minutes on low without removing lid.

HAMBURGER BUNS

Fran Wallenzien
Waverly Home Bakery

37 lbs. white patent flour	4 lbs. 8 oz. shortening
4 lbs. 8 oz. granulated sugar	1 lb. 2 oz. wet yeast
12 oz. salt	24 lbs. 12 oz. water
2 lbs. 4 oz. powdered milk	

Mix to full development until dough temperature is 78°. Fermentation time: 1 hour. Mold to desired shape and place in greased bun pans. Proof fully. Bake at 425° until brown. Yield: 60 dozen buns.

BUBBLE BREAD

Sue Syverson
St. Paul's School

2 loaves frozen bread dough	1 stick margarine
1-3 oz. pkg. butterscotch instant pudding	½ C. brown sugar

Thaw the bread dough. Make balls (walnut-size) from 1 loaf and place in greased angel food cake pan. Sprinkle with ½ package butterscotch pudding mix. Make balls out of second loaf of bread. Sprinkle with remaining pudding mix. Melt 1 stick margarine. Pour over dough. Sprinkle with ½ cup brown sugar. Let rise 1 hour. Bake at 350° for 55 minutes.

OATMEAL BREAD

Jean Fredrick
WSR United Way Board of Directors

¾ C. molasses	2 C. rolled oats, cooked in 1 qt. water about 10 minutes
1 T. salt	10 C. flour
1 T. margarine	
2 pkgs. dry yeast	

After oatmeal-water mixture has cooled, add rest of the ingredients. Knead (dough will be sticky) and let rise at room temperature until doubled in bulk. Punch down and shape into 4 loaves. Let rise until double in size and bake 20 minutes at 375° and 20 minutes more at 350°. Remove from pans onto rack to cool. (I add ½ to 1 cup of oat bran to this recipe, cutting down a bit on the amount of white flour.)

OATMEAL BREAD

Jo Dorman

3 C. hot water	4 T. Crisco
2 C. dry oatmeal	2 T. salt
3 pkgs. dry yeast	½ C. molasses
1½ C. lukewarm water	10 C. flour
2 eggs	

Pour 3 cups hot water over 2 cups oatmeal. Soak 3 packages dry yeast in 1½ cups lukewarm water. Cool slightly. Add 2 beaten eggs, oatmeal, 4 tablespoons Crisco, 2 tablespoons salt and ½ cup molasses. Add 10 cups flour. Let rise until double. Makes 4 loaves. Bake 1 hour in 350° oven.

“MAMA’S” POTATO BREAD (IN MAMA’S WORDS)

Ruth Tuecke

Save the water you boil potatoes in. Mash 1 potato and add to water. Use 1 cup liquid for every loaf you make. For 3 loaves: 3 cups liquid. Pour hot over 1 tablespoon shortening, 1 tablespoon salt and ⅓ cup sugar. Cool to lukewarm; add 4 cups flour to make sponge. Dissolve 1 package dry yeast in ½ cup lukewarm water - add 1 teaspoon sugar to this and let set until it rises to top of cup, then add to sponge. Beat well, cover and let rise until light. It takes about 1 hour. Then add flour and mix until it will hold a round shape and is not sticky. Knead well until dough is smooth. Let rise another hour, then form into loaves. Let rise until double in size. Bake 45 minutes in 325° oven. You may also use milk for the liquid or you can add plain water if not enough potato water. (Potato water **is best**.)

“HER DAUGHTER’S” SHREDDED WHEAT

Ruth Tuecke

4 large shredded wheat biscuits OR	4 C. boiling water
2 C. Grape-Nuts	½ C. honey
	1 stick Mazola margarine

Mix together and allow to cool. When cooled to lukewarm, add 2 tablespoons dry yeast, 2 teaspoons salt and 8 cups unbleached flour. Cover and let rise until doubled (about 1 hour). Punch dough down and turn onto floured board. Knead well, adding flour as necessary to make smooth dough - not sticky. Return to bowl, cover with Saran Wrap and let rise ½ hour. Mix down again and shape into 4 loaves or into rolls. Let rise until doubled. Bake rolls at 400° for 20 minutes. Bake loaves at 350° for 45 minutes, or until nicely browned. (This makes delicious raisin bread. Add ⅔ cup raisins. You may also add ½ cup oat bran to this recipe.)

DILLY CASSEROLE BREAD

Lois Reints, Mode O'Day
and Aileen Solheim

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|---|--------------------|
| 1 pkg. yeast | 2 tsp. dill seed |
| ¼ C. warm water | 1 T. butter |
| 1 C. cottage cheese, heated to lukewarm | 1 tsp. salt |
| 2 T. sugar | ¼ tsp. baking soda |
| 1 T. finely chopped onion | 1 egg, unbeaten |
| | 2¼ to 2½ C. flour |

Soften the yeast in the water. Combine the remaining ingredients, except flour. Add the yeast, then the flour to form a stiff dough. Mix well, cover and let rise until double, about 1 hour. Stir down and turn into well-greased, round 1½- to 2-quart casserole. Let rise until light. Bake 40 to 60 minutes at 350°. Brush with melted butter and sprinkle with coarse salt, if desired.

POPPY SEED LOAF

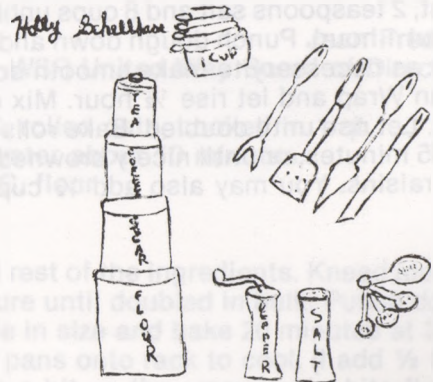
Sandy Bright
Wartburg College

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| 3 eggs | 1½ tsp. almond vanilla |
| 1 1/8 C. oil | 3 C. flour |
| 2 C. sugar | 1½ T. poppy seeds |
| 1½ C. milk | 1 tsp. salt |
| ½ tsp. almond extract | ½ tsp. baking powder |

GLAZE:

- | | |
|-----------------------|-------------------------|
| ¼ C. orange juice | ½ tsp. vanilla |
| ¾ C. sugar | ½ tsp. butter flavoring |
| ½ tsp. almond extract | |

Mix all loaf ingredients and pour into 2 greased loaf pans. Bake at 350° for 45 minutes to 1 hour. Mix glaze ingredients well until sugar is dissolved. Brush or spoon on warm loaves. Freezes very well.



POPPY SEED BREAD

Bonnie Briggs
Wartburg College

3 C. flour
1½ tsp. salt
1½ tsp. baking powder
2½ C. white sugar
1½ C. milk
1 1/8 C. oil
1½ T. poppy seeds
3 eggs
1½ tsp. vanilla
1½ tsp. almond
GLAZE (heat together):
¾ C. sugar
¼ C. orange juice
½ tsp. vanilla
½ tsp. almond
2 tsp. butter

Beat ingredients together. Bake at 350° in 4 **small** loaf pans or 2 regular-size loaf pans 50 minutes to 1¼ hours. Remove from pan, and while warm, drizzle with heated Glaze.

IRISH SODA BREAD

Susan Taiber

4 C. buttermilk, room temperature
2 eggs
½ tsp. baking soda
7 to 8 C. flour
2 C. raisins
3 T. honey
½ C. caraway seeds
2 T. + 2 tsp. baking powder
1 T. salt (optional)

Preheat oven to 375°. In medium-size bowl, combine buttermilk, eggs and baking soda. Stir vigorously with wooden spoon. In a second large bowl, combine flour, raisins, honey, caraway seeds, baking powder and salt, stirring with wooden spoon after each ingredient is added. Pour buttermilk mixture into flour mixture and stir till all is well blended. Divide batter into 2 equal parts and place in 2 buttered and floured 9x5" loaf pans, or place in small, round ceramic bowls, buttered and floured. Bake 1 hour and 15 minutes, or until well browned and a cake tester comes out clean. Cool thoroughly before freezing. Makes great toast!

WHOLE WHEAT BROWN BREAD

Mona Wurdinger
Southeast School Staff

2 C. whole wheat flour
½ C. white flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1½ C. sour milk or buttermilk
¼ C. oil
½ C. honey

Combine all dry ingredients with all liquid ingredients. Bake in a greased 9x5" loaf pan for approximately 45 minutes.

WHOLE WHEAT MILLET BREAD

Jean Fredrick
WSR United Way Board of Directors

$\frac{3}{4}$ C. honey
4 pkgs. active dry yeast
3 C. warm water
 $\frac{1}{4}$ C. oil
 $4\frac{1}{2}$ C. whole wheat flour
1 T. salt

1 C. whole millet
 $\frac{1}{3}$ C. bulgur wheat
2 to 3 C. all-purpose flour, more or less,
as needed
1 egg, beaten with 1 tsp. milk

Dissolve honey and yeast in warm water in large bowl; let stand 5 minutes or until bubbly. Stir in oil, $3\frac{1}{2}$ cups whole wheat flour and salt. Let rise, covered in a warm place 1 hour, or until double. Stir in remaining 1 cup whole wheat flour, millet and bulgur. Stir in all-purpose flour, $\frac{1}{2}$ cup at a time, until dough is stiff and pulls away from sides of bowl. Knead dough on lightly floured surface until it's very stiff, smooth and elastic. Put dough into greased bowl, then turn to grease second side. Cover with towel. Let rise in warm place until double, about 1 hour. Punch down dough and turn it over. Cover and let rise in warm place until double, about 1 hour. Punch down. Cut in quarters. Shape each piece into round loaf. Put loaves onto greased baking sheets; cover and let rest 20 to 30 minutes. Heat oven to 350° . Brush loaves with beaten egg mixture. Bake until nicely browned and bottom sounds hollow when tapped, about 30 minutes. Cool on wire rack. Makes 4 loaves.

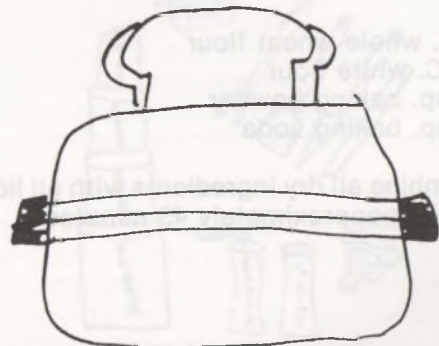
WHOLE WHEAT BREAD

Jean Peddle
Wartburg College

2 pkgs. dry yeast
 $\frac{1}{2}$ C. water (very warm)
1 T. brown sugar
2 T. lard
 $\frac{1}{4}$ C. brown sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ C. molasses

2 C. milk (I use powdered)
2 C. whole wheat flour
1 egg
 $\frac{1}{4}$ C. wheat germ
 $4\frac{1}{2}$ C. white flour

Combine yeast, $\frac{1}{2}$ cup water and 1 tablespoon brown sugar. Let stand until dissolved. Add remainder of ingredients. Knead about 10 minutes. Let rise twice. Makes 3 loaves of bread. Bake at 350° for 20 to 25 minutes.



BOSTON BROWN BREAD

Denise E. Curtis
First National Bank of Waverly

2 C. unsifted flour	1 1/3 C. milk
2 C. yellow cornmeal	1 1/3 C. buttermilk
2 tsp. baking soda	3/4 C. dark molasses
1 tsp. salt	1 C. dark raisins

Grease two 1-pound size coffee cans. In large bowl, sift together flour, cornmeal, soda and salt. In small bowl, combine milk, buttermilk and molasses. Gradually add milk mix to flour mix; beat with a spoon until well combined. Stir in raisins. Pour mixture into coffee cans, filling each about 2/3 full. Secure pieces of heavy aluminum foil tightly over top of each can. Place cans on a rack in a deep kettle. Add boiling water halfway up sides of cans. Cover kettle; steam 2 1/2 to 3 hours. Add more boiling water to kettle as needed to maintain level. Remove cans to a wire rack to cool. FOR SERVING LATER: Cool bread in cans; store covered in refrigerator.

TO REHEAT: Place covered cans on rack in boiling water in kettle and steam about 30 minutes. With can opener, open bottom of can and push bread out, slicing to desired thickness, using top of can as slicing guide.

PRONTO PUMPERNICKEL

Jean Fredrick
WSR United Way Board of Directors

1 pkg. hot roll mix (Pillsbury)	1/4 C. molasses, mixed with 1/4 C.
3/4 C. unsifted rye flour	warm water
	Caraway seeds

Prepare hot roll mix as directed on package. Add molasses, water, rye flour and about 1 1/2 teaspoons caraway seeds. Cover and let rise in warm place about 45 minutes. Then punch down, turn out on board and shape into 2 balls. Put on greased baking sheet, cover and let rise until double in bulk (about 45 minutes). If you desire, brush with slightly beaten egg white and sprinkle with more caraway seeds. Bake in preheated 375° oven for about 35 minutes. Remove from oven and put on rack to cool.

CLOUD BISCUITS

Tillene Wildeboer

2 C. flour	1/2 C. shortening
1 T. sugar	1 beaten egg
4 tsp. baking powder	2/3 C. milk
1/2 tsp. salt	

Stir dry ingredients together. Cut in the shortening until mixture resembles coarse crumbs. Combine egg and milk; add to flour mixture all at once. Stir the dough until it forms a ball around bowl. Knead gently with heel of hand on floured board. Roll dough 3/4" in thickness. Cut with 2" cutter. Bake in 450° oven for 10 to 14 minutes.

OVERNIGHT ROLLS

Jean Fredrick
WSR United Way Board of Directors

1 tsp. dry yeast	2 eggs
3 C. water	½ C. margarine
1 C. sugar	1 T. salt
	8 C. flour, more or less

Begin at 5:00 p.m. Punch down every hour until 10:00 p.m. Shape into cinnamon rolls. Cover and let rise overnight. Bake at 350° for 20 to 25 minutes. Frost.

RYE TWISTS

Nancy Anderson
Wartburg College

2 T. active dry yeast	1½ C. rye flour
1 C. warm water	1 C. gluten flour
1 C. plain yogurt, room temperature	1½ to 2 C. unbleached flour
1 tsp. table salt	

In medium-sized bowl, dissolve yeast in warm water. Stir in yogurt, rye and gluten flours, salt and 1½ cups white flour until it becomes hard to stir. Turn dough onto floured surface and let rest while you clean and oil the bowl. Knead dough - it will be quite sticky - adding more flour as necessary until dough is smooth and has lost its tackiness. Return to bowl, cover with plastic wrap and let rise until double (about 1 hour). Turn onto floured surface and divide into 20 pieces. Cut each piece in half, then roll each half into 5" to 6" lengths. Pinch ends of 2 strands together, then twist and pinch opposite ends together. Place twist in crescent shapes, 1½" apart on greased baking sheets. Cover and let rise 1 hour. Paint twists with egg white, sprinkle with coarse salt and caraway seeds on top. Bake at 375° for 20 minutes. Freeze or eat immediately. Do not keep overnight.

HARD ROLLS

Jackie (Mrs. Jim) Strotman

2½ C. warm water	2 tsp. salt
2 pkgs. dry yeast	2 T. shortening
4 tsp. sugar	6½ C. sifted flour

Soak yeast in water 5 minutes. Add sugar, salt, shortening and 3½ cups flour. Beat until smooth with rotary beater. Add rest of flour. Knead until smooth and elastic and no longer sticky. Place in lightly greased bowl. Grease top of dough and cover with waxed paper. Let rise until double (60 minutes). Shape into oblong buns, place on greased cookie sheet. Cut lengthwise, almost to bottom, with scissors dipped in cold water. Pat with fingers with cold water. Let rise until double (30 minutes). Brush with cold water again and sprinkle with sesame or poppy seeds. Bake 25 minutes at 375°. Makes 20 or so large rolls.

HARD ROLLS

Fran Wallenzien
Waverly Home Bakery

14 lbs. bread flour	2 oz. sugar
8 lbs. water	4 oz. salt
4 oz. yeast	2 oz. shortening

Temperature: 80° to 81° F.

Approximate time: First rising 1 hour and 40 minutes. Second rising - 40 minutes.
Take in - 20 minutes.

Method: Scale 4½ pounds per piece. Give full proof and press off into 36 pieces in roll divider. Round up by hand and place on pans and bake in oven with full steam until golden brown at 425°.

APPLE BREAD

Marilyn Froiland
Wartburg College

½ C. butter or margarine	1 tsp. cinnamon
1¼ C. sugar	¼ tsp. nutmeg
2 eggs	1½ C. peeled, grated apples
2 C. flour	½ C. chopped walnuts or pecans
2 tsp. baking powder	

Cream butter and sugar together until fluffy. Add eggs; beat well. Sift together dry ingredients. Add to creamed mixture, alternating with the grated apple. Fold in nuts. Pour into a buttered and floured loaf pan. Bake in 350° oven for 1 hour. Cool in pan 10 minutes. Turn onto wire rack.

NUTTY APRICOT OAT BREAD

Ramona Whitney
Ramona's House of Beauty

½ C. oats, uncooked	½ tsp. baking soda
1 C. whole wheat flour	½ tsp. salt
½ C. dried apricots, cut into sixths	¾ C. skim milk
¼ C. wheat germ	½ C. honey
¼ C. almonds, chopped	¼ C. salad oil
2 tsp. double-acting baking powder	¾ tsp. vanilla
1 tsp. cinnamon	1 egg, slightly beaten

Preheat oven to 350° F. Grease and lightly flour an 8½x4½" loaf pan. In blender at low speed, blend oats to coarse flour, stopping blender occasionally to stir oats. In large bowl, mix oats and next 8 ingredients. In small bowl, mix milk and next 4 ingredients. Stir into flour mixture just until flour is moistened. Pour batter into pan. Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Makes 1 loaf or 12 servings, about 190 calories per serving.

BANANA BREAD

Renae and Janae Harrington

1½ C. sugar
½ C. shortening or oleo
2 eggs, beaten
4 T. sour milk

1 tsp. vanilla
½ tsp. salt
3 mashed bananas
2½ C. flour
1 tsp. soda

Cream together sugar and shortening. Add beaten eggs, sour milk, vanilla, salt and bananas. Sift together flour and soda. Add this to above mixture. Makes 2 loaves. Bake at 350° for 1 hour.

This is a “special” treat our Grandma Harrington makes us.

BANANA TEA BREAD

Marie A. Wente

1¾ C. flour
2¾ tsp. baking powder
½ tsp. salt
¼ C. shortening

⅔ C. sugar
2 slightly beaten eggs
1 C. mashed bananas* (3 to 4)

Sift together flour, baking powder and salt. Place shortening in mixing bowl and beat until creamy and glossy. Gradually add sugar to shortening, beating until light and fluffy. Add eggs and beat until thick and pale lemon color. Add flour mixture and bananas alternately, blending thoroughly. Grease bottom only (not sides) of a loaf pan (4½x8½x3”). Turn batter into pan. Bake in a 350° oven for 60 to 70 minutes, or until bread is done. Makes 1 loaf. Let bread cool in pan 20 to 30 minutes before turning onto rack.

VARIATIONS: May add the following: 1) ½ cup coarsely chopped nuts; 2) 1 cup finely chopped dates; 3) Add to egg mixture 1½ cups bran. Add flour mixture and bananas alternately. Turn into greased muffin pans. Bake at 375° for 30 minutes. Makes 12 large muffins.

*Use fully ripe bananas.

DELUXE BANANA BREAD

Mrs. Carol (Leo) Gage
C & G Office Products

½ C. shortening
1½ C. sugar
2 eggs
2 C. sifted flour
1 tsp. soda

¾ tsp. salt
½ C. sour milk or cream
1 C. mashed bananas
½ C. chopped black walnut meats

Cream shortening and sugar; add eggs, 1 at a time, beating well after each addition. Add sifted dry ingredients alternately with sour milk and bananas. Stir in nuts. Bake in 2 loaf pans (greased and floured) at 350° about 40 minutes.

CRUNCHY MIXED GRAIN BANANA BREAD

Ida Ludvik

- | | |
|------------------------|------------------------|
| ½ C. margarine | 1 tsp. soda |
| ½ C. brown sugar | ½ tsp. salt |
| 2 eggs | 1½ C. bananas (4 to 5) |
| 1 C. whole wheat flour | ¼ C. milk |
| 1 C. oatmeal | ½ C. nuts (optional) |

Mix. Bake at 350° for 1 hour. Makes 1-9x5x3" loaf.

BANANA BREAD

Donna Nelson

- | | |
|---------------------------|---------------------|
| 3 ripe bananas | 2 C. flour |
| 1 C. sugar | 1 tsp. soda |
| ¼ C. shortening or butter | ½ tsp. salt |
| 2 egg yolks | 2 beaten egg whites |
| 3 T. milk | |

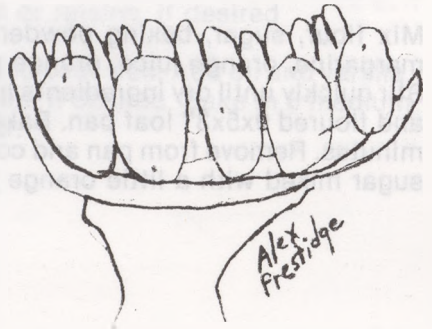
Cream sugar and butter; add unbeaten egg yolks, then mashed bananas. Add milk and dry ingredients. Fold in beaten egg whites last. Bake at 350°.

MOTHER'S DATE BREAD

Winnie Hayes
Teacher, Carey School

- | | |
|--------------------|----------------|
| 1 C. chopped dates | 1 egg |
| 1 tsp. soda | Pinch of salt |
| 1 C. boiling water | 1 tsp. vanilla |
| 1 C. sugar | ½ C. nuts |
| 1 T. melted butter | 1½ C. flour |

Sprinkle soda on dates and pour water over. Let stand 10 minutes. Mix the rest of ingredients with date mixture. Pour into loaf pan. Bake 1 hour at 350°.



LEMON BREAD

Marilyn Demuth
Waverly Newspapers

1½ C. flour
1 C. sugar
1 tsp. baking powder
¼ tsp. salt
½ C. oleo
2 beaten eggs

½ C. milk
Grated rind of 1 lemon
½ C. nuts
Juice of 1 lemon
½ C. sugar

Sift together flour, sugar, baking powder and salt. Add ½ cup oleo, cream well and stir in the 2 beaten eggs, alternately with ½ cup milk. Stir in grated rind of 1 lemon and ½ cup nuts. While hot, top with lemon juice mixed with ½ cup sugar. Bake in 350° oven for 1 hour.

LEMON BREAD

Selma Serfoss
Wartburg College

1 pkg. lemon cake mix
1 pkg. instant lemon pudding
½ C. oil

1 C. water
4 eggs
2 oz. poppy seeds (optional)

Mix all together for 4 minutes. Grease and flour 3-7 7/8x3 7/8x2 1/8" loaf pans. Bake at 350° for 40 to 45 minutes.

ORANGE WALNUT BREAD

Beverly Siebrands
Wartburg College

2½ C. flour
1¼ C. sugar
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
2 eggs, beaten

¼ C. melted margarine
½ C. orange juice
2 T. grated orange peel
2 T. water
1 C. chopped walnuts

Mix flour, sugar, baking powder, baking soda and salt. Combine eggs, melted margarine, orange juice, orange peel and water; add all at once to flour mixture. Stir quickly until dry ingredients are moistened. Stir in walnuts. Turn into a greased and floured 9x5x3" loaf pan. Bake at 350° for 1 hour or until done. Cool in pan 10 minutes. Remove from pan and cool on wire rack. When cool, drizzle with powdered sugar mixed with a little orange juice for the liquid.

PUMPKIN BREAD

Chris Toenjes
Wartburg College

3½ C. flour
2 tsp. soda
1½ tsp. salt

1 tsp. cinnamon
1 tsp. nutmeg

Put in bowl; form an "O" in center. Add:

1 C. oil
4 eggs
⅔ C. water

2 C. pumpkin
3 C. sugar

Beat well. Can add nuts. Grease 3 loaf pans. Bake 1 hour at 350°.

STRAWBERRY BREAD

Grace Westendorf
Westendorf DX

2-10 oz. pkgs. frozen strawberries,
partially thawed
4 eggs
1¼ C. oil
2 C. sugar

1 tsp. cinnamon
1 tsp. soda
½ tsp. salt
3 C. flour

Place all ingredients in large bowl and mix. Bake at 350° for 1 hour. Grease and flour 2 loaf pans or 4 smaller pans.

MOM'S ZUCCHINI BREAD

Susan Lenius
Wartburg College

3 eggs
2 C. sugar
1 C. oil
1 T. vanilla
2 C. grated or shredded zucchini,
raw and unpeeled

3 C. flour
1 tsp. salt
1 tsp. soda
½ tsp. baking powder
1 T. cinnamon
1 C. nuts or raisins, if desired

Beat eggs until light and fluffy. Slowly add sugar and beat well. Add oil and vanilla. Add zucchini. Sift and add dry ingredients. Add nuts, if desired. Bake in 3 medium loaf pans (greased and floured) at 325° for 1 hour.

ZUCCHINI BREAD

Helen Salge

- | | |
|----------------------|-----------------------------------|
| 3 C. flour | 2 C. sugar |
| 1 T. cinnamon | ½ C. salad oil |
| 1 tsp. nutmeg | 2 C. grated zucchini |
| 1 tsp. soda | ½ C. margarine, melted and cooled |
| 1 tsp. salt | 2 T. light corn syrup |
| ¼ tsp. baking powder | 1 T. vanilla |
| 3 eggs | 1 C. chopped nuts |

Sift together first 6 ingredients. In another bowl, combine eggs (beaten), sugar and salad oil. Stir in grated zucchini, melted margarine, corn syrup and vanilla. Combine with flour mixture. Add nuts and mix well. Pour into 2-9x5x3" loaf pans. Bake at 350° for 1 hour.

ZUCCHINI BREAD

Mary Wood
Waverly Sales Co. Cafe

- | | |
|----------------------|----------------------|
| 3 eggs | ½ tsp. salt |
| 1 C. salad oil | 1 tsp. soda |
| 2 C. sugar | 3 tsp. cinnamon |
| 2 tsp. vanilla | ¼ tsp. baking powder |
| 2 C. grated zucchini | ½ C. chopped nuts |
| 3 C. flour | |

Beat eggs well. Add sugar, salad oil and vanilla. Beat. Then add all ingredients except zucchini and beat well. Lastly, add zucchini and mix. Pour into 2 large loaf pans. Sprinkle a mixture of sugar and cinnamon over top of loaves. Bake at 325° for 1 hour. For bars, pour mixture into a large jelly roll pan and bake about 40 to 45 minutes at 325°. Frost with powdered sugar icing.

CORNED BEEF WITCHES

Mary Lou Leary
Waverly Newspapers

- | | |
|-----------------------------|---------------------|
| 1-10 oz. can corned beef | ½ C. catsup |
| 1½ C. grated Cheddar cheese | ½ C. chopped onions |
| ½ C. sliced stuffed olives | |

Mix and put in buns; wrap in foil. Warm 15 to 30 minutes in 350° oven. Makes about 18 small buns.

SLAW SURPRISE SANDWICH

Lavon McEnany
Wartburg College

- | | |
|---|--|
| 12 slices white bread, toasted and buttered | 1 T. onion, finely chopped |
| 12 lettuce leaves | 1 tsp. prepared mustard |
| 1½ C. creamy coleslaw | 6 slices cooked turkey or chicken breast |
| 2 T. chopped fresh parsley (optional) | 12 slices bacon, crisply fried |
| | 2 T. Thousand Island dressing |

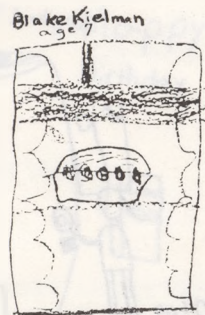
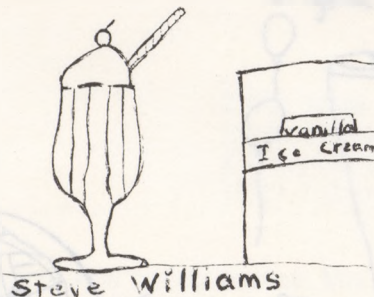
Prepare bread. Put lettuce leaf on 6 slices. Mix coleslaw, parsley, onion and mustard. Spoon evenly over lettuce, top with meat, bacon and remaining lettuce. Spread with dressing. Close. Slice.

SAUERKRAUT / CORNED BEEF SANDWICHES

Mary Mihm
Administrative Secretary
Waverly Municipal Hospital

- | | |
|------------------------|------------|
| 1 can corned beef hash | Mayonnaise |
| 1 can sauerkraut | |

Mix these 3 ingredients. Spread in buns. Wrap buns in foil. Bake 15 minutes at 350°. Can be made ahead.



Notes

DAIRY MIXTURE
Lavin McEnany
Waverly College

SLAW SURPRISE SANDWICH
Helen Salas

2 T. Thousand Island Dressing
12 slices bacon, chafly fried
1 egg
1/2 C. creamy coleslaw
1 slice turkey or chicken
1 T. onion, finely chopped
1 T. prepared mustard
1/2 C. mayonnaise

2 T. Thousand Island Dressing
12 slices fresh parsley
1/2 C. creamy coleslaw
1 slice turkey or chicken
1 T. onion, finely chopped
1 T. prepared mustard
1/2 C. mayonnaise

2 T. Thousand Island Dressing
12 slices fresh parsley
1/2 C. creamy coleslaw
1 slice turkey or chicken
1 T. onion, finely chopped
1 T. prepared mustard
1/2 C. mayonnaise

DAIRY MIXTURE
Administrative Secretary
Waverly Municipal Hospital

BAKED BEEF SANDWICHES
Waverly Sales Co. Calif.

1 egg
1 C. oil
2 C. sugar
2 tsp. vanilla
1/2 C. oil
1/2 C. sugar
2 tsp. vanilla

1 can corned beef hash
1 can sauerkraut
1/2 C. baking powder
1/2 C. oil
1/2 C. sugar
2 tsp. vanilla

Beat eggs well. Add sugar, oil and vanilla. Beat. Then add ingredients except
zucchini and beat well. Lastly, mix zucchini and mix. Pour into 2 large loaf pans.
Sprinkle a mixture of sugar and cinnamon over top of loaves. Bake at 325° for
1 hour. For bars, pour mixture into a large jelly roll pan and bake about 40 to 45 minutes
at 325°. Frost with powdered sugar icing.

CORNED BEEF WITCHES

Mary Lou Leary
Waverly Newspapers

1-10
1 C. oil
1 C. sugar
2 tsp. vanilla
1/2 C. oil
1/2 C. sugar
2 tsp. vanilla

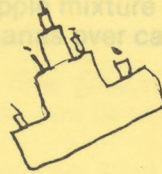
Mix these 3 ingredients... Warm in foil. Bake at 325° for 1 hour.

drying dishes

Julie Brukvoort
2nd Grade

1st Grade Braden Wiperman

Cakes and Frostings



Cupcake



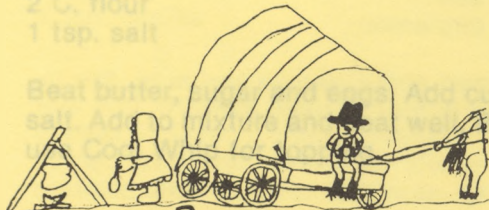
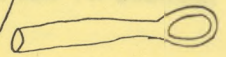
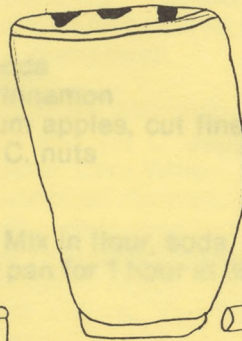
NATASHA
Birkmuser



Jay
Bellman



Brigitte Vollmer 2nd grade Happy
Birthday



Ryan Parsons

BETTER THAN CAKE

Harriet Westcott
Bartels Lutheran Home

- | | |
|--------------------------------|-------------------------------|
| 1 yellow cake mix with pudding | 1 box instant vanilla pudding |
| 1-20 oz. can pineapple | 3 bananas |
| 1 C. brown sugar | Cool Whip |
| | Coconut |
| | Nuts |

Mix yellow cake mix according to box and bake. Bring pineapple and brown sugar to boil. Poke holes in warm cake, pour pineapple mixture over and cool. Mix 1 box instant pudding and frost cake. Cut up 3 bananas over cake. Frost cake with Cool Whip, coconut and nuts.

RAW APPLE CAKE AND SAUCE

Lucille Thompson
Wartburg College

- | | |
|----------------|-------------------------|
| ½ C. margarine | 2 tsp. soda |
| 2 C. sugar | 1 tsp. nutmeg |
| 2 eggs | 1 tsp. cinnamon |
| 2 C. flour | 4 C. apples (diced raw) |
| 1 tsp. salt | ½ C. nutmeats |

SAUCE:

- | | |
|------------------|---------------------|
| 1 C. margarine | 1 C. condensed milk |
| 1 C. white sugar | |

Cream sugar, shortening and eggs. Add rest of ingredients and mix thoroughly. Pour in a greased 9x13" pan. Bake 15 minutes at 350°, then 45 minutes at 325°. Serve warm with sauce.

SAUCE: Boil these ingredients together for a few minutes.

RAW APPLE CAKE

Ann Bosholm

- | | |
|-------------|----------------------------------|
| 2 C. sugar | 2 tsp. soda |
| ½ C. butter | 2 tsp. cinnamon |
| 2 eggs | 8 medium apples, cut fine (4 C.) |
| 2 C. flour | ½ to 1 C. nuts |
| 1 tsp. salt | |

Beat butter, sugar and eggs. Add cut-up apples. Mix in flour, soda, cinnamon and salt. Add to mixture and beat well. Bake in 9x13" pan for 1 hour at 350°. If desired, use Cool Whip for topping.

SWEDISH APPLE CAKE

Sandra Roach
London Street Stationer

2 C. sugar	¼ tsp. salt
½ C. oil	1 tsp. vanilla
2 eggs	1 tsp. cinnamon
2 C. flour	1 C. nuts, coarsely broken
2 tsp. soda	4 C. diced apples

FROSTING:

1 C. sugar	¼ C. cream
½ C. oleo	

Combine all ingredients, mixing with spoon as batter will be very stiff till apples are added. Bake at 350° for 40 minutes or until done in 9x13" pan or are good as bars in a jelly roll pan.

FROSTING: Cook slowly for 2 minutes at a boil. Cool, whip and spread.

RAW APPLES SPICE CAKE

Mrs. Milton Westendorf
Westendorf DX

¾ C. Crisco	¾ C. cold coffee
1½ C. white sugar	2½ C. flour
2 eggs	1½ tsp. soda
1½ tsp. cinnamon	1½ tsp. baking powder
½ tsp. ground cloves	2 apples, chopped

Cream first 5 ingredients. Stir in coffee with flour, soda and baking powder till smooth. Add chopped apples. May also add nuts and raisins if your family likes them. Bake in 9x13" pan at 350° for 30 to 35 minutes. Serve warm with whipped cream or Cool Whip. Can be frosted with powdered sugar icing.

FRESH APPLE CAKE

Sherry Wagner

1 C. oil	1 C. chopped nuts
2 C. sugar	3 C. flour
2 eggs	1 tsp. soda
3 C. chopped apple	1 tsp. salt
1 tsp. vanilla	1 tsp. cinnamon

Beat oil, sugar and eggs with a fork. Add chopped apple, vanilla and nuts. Stir in flour, soda, salt and cinnamon. Bake at 300° F. in loaf or cake pan.

GERMAN APPLE CAKE

Lois Denner
St. Paul's Lutheran Church

1 pkg. German chocolate cake mix
3 eggs

2 C. (1 lb. 4 oz. can) prepared apple
pie filling

TOPPING:

1/3 C. brown sugar
1 T. oleo
1 T. flour

1 tsp. cinnamon
1 C. chopped pecans

Grease and flour a 9x13" pan. Combine **dry** cake mix, 3 eggs and can of pie filling. Blend and beat well. Pour into pan. Mix the Topping mix until crumbly and sprinkle on cake. Bake 35 to 40 minutes at 350°.

BAKELESS CAKE

Nancy Rand
State Bank of Waverly

1 C. sugar
1/2 C. butter
2 eggs, separated
3 T. cream

1 C. crushed pineapple, drained
1 C. nuts
2 pkgs. jello (small)
Graham crackers

Place whole graham crackers in bottom of an 8x12x2" pan. Cream sugar and butter. Add well-beaten egg yolks. Fold in stiffly beaten egg whites. Add pineapple, nuts and cream. Spread over layer of graham crackers. Place another layer of graham crackers over mixture. Dissolve 2 packages of jello and pour over crackers after jello has begun to thicken. Keep refrigerated. Serve with whipped cream.

BANANA SPLIT CAKE

Susan Lenius
Wartburg College

2 C. crushed graham cracker crumbs
6 T. melted butter or margarine
1/4 C. sugar
2 C. powdered sugar, sifted
3/4 stick butter, softened
2 eggs
1 tsp. vanilla

Sliced bananas
1-#2 can crushed pineapple
2 to 3 T. cornstarch
1/4 C. sugar
3 pkgs. Dream Whip mixed with 1 tsp.
vanilla and 1 1/2 C. milk or 1 medium
container Cool Whip
Finely chopped cherries and nuts

Mix and press in pan first 3 ingredients. Beat next 4 ingredients with mixer and spread on layer 1. Heat pineapple and thicken with cornstarch and add the 1/4 cup sugar. Cool and spread on sliced bananas. Next add the whipped topping and sprinkle with cherries and nuts. Chill 1 hour or more.

BANANA CAKE

Margaret Lenius

1½ C. sugar
⅔ C. butter or margarine
2 eggs
1 tsp. vanilla
Dash of salt
1 C. bananas

1 tsp. soda, dissolved in 4 T. buttermilk
½ tsp. baking powder, mixed in 2 C.
sifted flour
½ C. black walnut meats

Combine the first 6 ingredients in the order given. Mix soda, buttermilk and baking powder separately. Add this sour milk mixture alternately with the flour mixture and fold in the walnuts. Bake in moderate oven, about 350°, until cake springs when tapped in center.

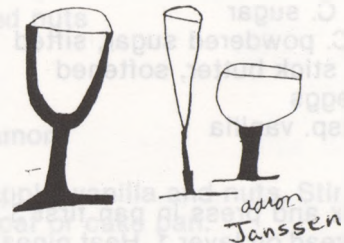
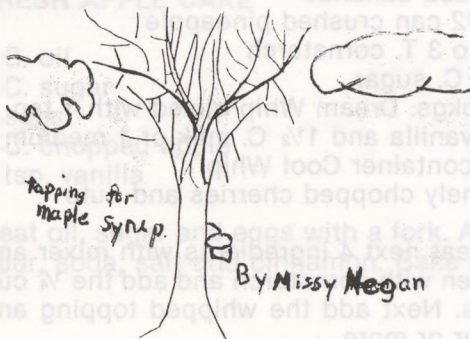
CARROT CAKE

Janet Ackerman

1½ C. salad oil
2 C. flour
2 C. sugar
3 C. grated carrots
½ C. chopped walnuts
1 tsp. salt
4 eggs
2 tsp. baking soda
2 tsp. cinnamon

FROSTING:
2½ C. powdered sugar
8 oz. cream cheese
½ stick butter
2 tsp. vanilla
1 C. chopped walnuts

Put all ingredients in bowl and mix. Grease pan and flour. Bake 50 minutes at 350°.



CHEESECAKE SUPREME

Geneva Liebau
Geneva's

CRUST:

18 graham crackers ¼ C. sugar
¼ C. melted butter

FILLING:

2-8 oz. pkgs. cream cheese, softened ¼ C. sugar
2 eggs

TOPPING:

8 oz. sour cream 1 tsp. vanilla
¼ C. sugar

Crush graham crackers. Mix with butter and sugar. Form Crust. Use 10" springform pan. Mix Filling until smooth. Pour into Crust. Bake 20 minutes at 350°. Remove from oven. Sprinkle with cinnamon. Pour on Topping. Bake 5 more minutes. Remove and cool at least 8 hours. Top with cherries or strawberries.

CHOCOLATE CHIP CUPCAKES

Mrs. Robert (Beverly) Wedeking
Waverly Sale Barn

1½ C. flour 1 C. water
1 C. sugar ½ C. vegetable oil
1 tsp. soda 1 T. vinegar
½ tsp. salt 1 tsp. vanilla
¼ C. cocoa

FILLING:

1-8 oz. pkg. cream cheese, softened Pinch of salt
1 egg 1 C. chocolate chips
½ C. sugar

Beat the cream cheese, egg, sugar and salt until smooth. Stir in chocolate chips. Set aside. Combine the dry ingredients. Stir or beat in the liquid ingredients until mixture is smooth. Fill paper-lined cupcake tins ½ full. Then put 1 heaping teaspoon of the Filling mixture into center of each cupcake. Bake at 350° for 20 to 30 minutes.

CHOCOLATE PUDDING CAKE

Cheryl Jensen
Wartburg College

- 1 C. brown sugar
- 1/2 C. cocoa
- 2 C. water
- 2 C. mini-marshmallows (can use more)
- 1 devil's food cake mix
- 1/2 to 3/4 C. chopped nuts

Stir together in cake pan (9x13") the brown sugar, cocoa and water. Sprinkle mini-marshmallows over the mixture generously. Mix the devil's food cake mix according to directions on the box and pour batter over the marshmallows. Sprinkle with chopped nuts. Bake at 350° for 40 to 45 minutes. Top with Cool Whip when serving. Best when cake is warm. Can flip cake over to serve with dab of whipped cream on top.

C³ CAKE (CAROL'S CHOCOLATE-CARAMEL CAKE)

Carol Kuster
Waverly Newspapers

- 1 box German chocolate cake mix
- 1 bag caramels
- 1/3 C. milk
- 1/4 C. margarine
- 1 bag chocolate chips
- 3/4 C. crushed walnuts

FROSTING:

- 1/4 C. milk (plus)
- 1 env. Dream Whip
- 4 oz. pkg. instant chocolate pudding

Mix cake according to directions. Put 1/2 of batter in a 9x13" pan. Bake 20 minutes at 350°. Melt caramels, milk and margarine; stir well. When caramels are dissolved, pour over baked portion. Put remaining batter over caramel mixture. Sprinkle chocolate chips and nuts on top. Bake 30 to 40 minutes at 350°. Cool and frost. FROSTING: Combine Dream Whip and instant pudding. Add milk to desired consistency. Store cake in refrigerator.

CHOCOLATE CHIP OATMEAL CAKE

Betty Klobassa and Dorothy Knoedler
Century Companies

- 1 C. oatmeal
- 1 3/4 C. boiling water
- 1 stick margarine
- 2 eggs
- 1 C. brown sugar
- 1 C. white sugar
- 1 3/4 C. flour
- 1/2 tsp. salt
- 1 tsp. soda
- 1 to 1 1/2 T. cocoa
- 1 large bag chocolate chips
- 1/2 C. walnuts (optional)

Pour water over oatmeal and margarine; let stand 10 minutes. Stir so margarine melts. Add eggs and beat. Add sugars. Stir in dry ingredients and 1/2 of the chocolate chips. Spread in a greased and floured pan. Sprinkle remaining chips and nuts on top. Bake at 350° for 40 minutes.

CHOCOLATE CUPCAKES

Mrs. Milton Westendorf
Westendorf DX

2 eggs	1 C. sour milk
1 C. Crisco	2 tsp. vanilla
1 C. cocoa	2 tsp. soda
½ tsp. salt	2 C. white sugar
3 C. flour	1 C. boiling water

Put all ingredients in large bowl in order printed, except boiling water, this must be added last. Mix all together. Fill cupcake papers ½ to ¾ full. Bake in 350° oven 20 to 25 minutes. Frost with white icing.

This only is good for cupcakes. Do not try and bake in cake pan.

MOIST CHOCOLATE CAKE

Lori Poehler
Wartburg College

MIX WELL IN LARGE BOWL:

2 C. flour	2 C. sugar
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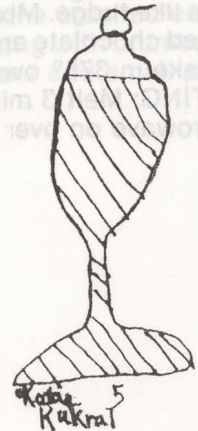
BRING TO A BOIL:

¼ lb. margarine	4 heaping T. cocoa
½ C. Crisco oil	1 C. hot water

THEN ADD:

½ C. buttermilk	1 tsp. soda
2 eggs	1 tsp. vanilla

Mix flour and sugar in mixer bowl. Pour boiling mixture over first mixture. Mix well on low speed. **DON'T BEAT.** Then add rest of ingredients and mix. Pour into greased and floured 9x13" pan. Bake at 350° for 25 to 30 minutes.



CHOCOLATE CAKE SUPREME

Gerda A. Thran
Mane St. Hair Co.

2 sticks oleo
1½ C. brown sugar
2 eggs
1 tsp. soda
3 heaping T. Hershey's cocoa
1 tsp. vanilla
½ C. water
½ C. buttermilk
1½ C. flour

FROSTING:

1 pt. whipping cream
1 C. sour cream
¾ C. confectioners' sugar
Any kind of flavoring (vanilla, rum,
coconut or Kahlua)

Mix oleo, sugar, eggs, soda, cocoa and vanilla. Beat thoroughly. Then add flour gradually with water and buttermilk. Mix. Put in layer cake pans that have been greased with oleo and sprinkled with flour. Bake at 350° for about 20 minutes or test with toothpick.

FROSTING: Whip whipping cream and add confectioners' sugar. Then add sour cream and flavoring. After cake cools, take out of pan and put Frosting mixture on 1 layer, then top with other cake layer and put mixture on top (not the sides). Keep refrigerated. Tastes better each day it's refrigerated.

GRANDMA TADE'S CHOCOLATE CAKE

Sara (Mrs. Wayne) Spurbeck

1 C. sugar
1 sq. chocolate or 2½ T. cocoa
4½ T. melted butter
1 egg
1 tsp. soda
1 C. buttermilk
Pinch of salt
1½ C. cake flour
1 tsp. vanilla

Melt chocolate and butter; cool slightly. Put all ingredients into bowl and mix until it looks like fudge. Mix ingredients in the following order: 1) flour; 2) unbeaten egg; 3) melted chocolate and butter; 4) buttermilk; 5) vanilla. Grease and flour small cake pan. Bake in 375° oven about 30 to 35 minutes.

FROSTING: Melt 3 milk chocolate Hershey bars and 1 cup butterscotch morsels in microwave on over hot water. Spread over cooled cake and let set.

GRANDMA WITMER'S CRUMB CAKE

Gloria Strickert

Preheat oven to 350°. Combine in large bowl:

4 C. flour
1/2 tsp. salt

2 C. sugar

Cut in to make crumbs:

1 C. shortening (may use part
margarine)

Reserve 2/3 cup crumbs and set aside. In separate bowl, stir together:

1 tsp. soda
1 tsp. cream of tartar

1 C. buttermilk or sour milk

Add 2 beaten eggs. Add liquid mixture to crumbs. Mix together and pour into a greased and floured 9x13" pan. Sprinkle reserved crumbs on top, plus a dash of nutmeg. Bake 40 minutes at 350°. Serves 12 to 15.

I often spread a can of our favorite fruit pie filling on top of the dough before adding the crumb topping.

DIRT CAKE

M. Metzger

First National Bank of Waverly

1-12 oz. carton Cool Whip
2-3 oz. pkgs. prepared vanilla
pudding

1-8 oz. pkg. cream cheese
2 1/2 to 3 lbs. Oreo cookies, crushed or
ground

Combine the cream cheese with a small amount of the hot prepared vanilla pudding until smooth. Chill. Also chill the remainder of the prepared pudding. Then fold the Cool Whip and puddings together. Using a deep bowl, layer the crushed cookies and Cool Whip-pudding mixture alternately, beginning and ending with crumbs. Top with a dollop of pudding in center. Garnish with gummy worms and small plastic flowers.



DIRT CAKE

Mavis Peterson
Waverly Newspapers

24 oz. crushed Oreos

1. (mix):

½ stick oleo

1 C. powdered sugar

1-8 oz. pkg. cream cheese

2. (mix):

12 oz. Cool Whip

2 large pkgs. instant vanilla pudding

3¼ C. milk

Mix #1 and #2 together and layer in 10" plastic flower pot: cookies, mix, cookies, mix, cookies, mix, cookies. Serve with a trowel and add plastic flowers.

EASY FRUITCAKE

Erna Garner
J.C. Penney's

2½ C. all-purpose flour

1 tsp. baking soda

1-28 oz. jar prepared mincemeat

2 C. candied fruit (1 lb.)

1-14 oz. can sweetened condensed milk

1 C. coarsely chopped nuts

Generously grease and flour a tube pan or grease a pan lined with wax paper and grease again. Sift together flour and baking soda; set aside. In large bowl combine remaining ingredients, blend in dry ingredients. Pour into greased pan. Bake 1 hour and 50 minutes or until pick comes out clean.

MAGIC FRUIT CAKE

Sally Wilson
Dr. Trerotola, Roelfs and Van Daalen

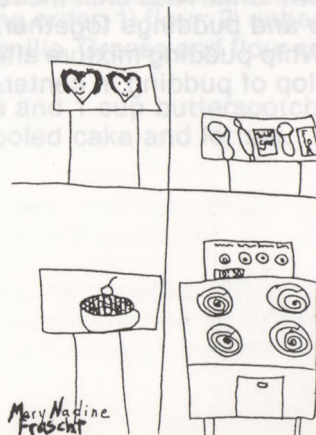
½ lb. coconut

1 lb. cut-up dates

1 C. nutmeats

1 can Eagle Brand milk

Blend all together. Pour in loaf pan. Bake in moderate oven 25 to 35 minutes.



OUR FAVORITE HICKORY NUT CAKE

Darlene Peters
Bartels Lutheran Home

3 eggs, separated
1½ C. sugar
2¼ C. sifted cake flour
3 tsp. baking powder
1 tsp. salt
⅓ C. Wesson oil
1 C. water
Vanilla or maple flavoring
¾ C. chopped hickory nuts

Beat egg whites until frothy. Gradually add ½ cup sugar. Beat until stiff and glossy. In another bowl, sift remaining sugar, flour, baking powder and salt. Add Wesson oil, egg yolks and flavoring. Beat until smooth. Fold in meringue. Bake in loaf or layer pans at 350°.

FROSTING: Mix 1 egg yolk, 3 teaspoons cream, ¼ teaspoon salt, ½ cup margarine and ½ teaspoon vanilla. Thicken with powdered sugar. (I put chopped hickory nuts on top of frosting.)

LEMON CAKE

Susan Lenius
Wartburg College

1 pkg. lemon cake mix
1 can lemon pie filling
1-8 oz. container Cool Whip

Bake 1 lemon cake mix as directed on the package. Let cool. Mix lemon pie filling and Cool Whip and frost cooled cake. **MUST BE REFRIGERATED!**

MANDARIN CAKE

Valerie Mormann
Century Companies

1-18 oz. pkg. yellow or white cake mix
3 eggs, beaten
⅓ C. oil
1-11 oz. can mandarin oranges and juice
FROSTING:
1-20 oz. can crushed pineapple and juice
1-12 oz. container Cool Whip
1 small pkg. vanilla instant pudding

Beat batter together on high speed 4 minutes. Pour into a greased and floured 13x9" pan. Bake at 350° for 20 minutes. Cool, frost and refrigerate.

MARASCHINO QUICK CAKE

Mrs. Carol Hunemuller
C&L Radio-TV Inc.

- | | |
|-------------------------|--|
| ¾ C. shortening | ¼ C. maraschino cherry juice |
| 2¼ C. sifted cake flour | 16 maraschino cherries, cut in eighths |
| 1⅓ C. sugar | ¾ C. milk |
| 3 tsp. baking powder | 4 unbeaten egg whites |
| ½ tsp. salt | ½ C. chopped walnuts (optional) |

Stir shortening just to soften (or use liquid shortening). Stir in dry ingredients. Add cherry juice, cherries and milk; mix till all flour is dampened. Then beat vigorously 2 minutes. Add egg whites; beat vigorously 2 minutes longer. Fold in nuts. Bake in a greased and floured 9x13" cake pan or 2 paper-lined 8x1½" round pans in a moderate oven (350°) for 30 to 35 minutes.

NOTE: If you use corn oil shortening and skim milk can be used on low-cholesterol diet.

MILLION DOLLAR CAKE

Mary Mihm
Administrative Secretary
Waverly Municipal Hospital

- | | |
|----------------------------------|-------------------------------|
| 1 yellow or white Jiffy cake mix | 1 large can crushed pineapple |
| 1 box vanilla instant pudding | 1-8 oz. container Cool Whip |
| 8 oz. cream cheese | |

Prepare cake mix as directed. Bake in 9x13" pan for 15 minutes at 350°. Cool. Prepare pudding as directed, adding cream cheese until creamy. Spread on top of cake. Drain pineapple and pour over top of pudding. Spread Cool Whip on top of pineapple. Refrigerate overnight.



OATMEAL CAKE

Jolene McCurdy, Waverly Homes
given to me by Nancy (Beebe) Meyer

1½ C. water	1½ C. flour
1 C. quick-cooking oatmeal	1 tsp. soda
1 stick margarine	½ tsp. salt
2 eggs	1 tsp. cinnamon
1 C. brown sugar	¼ tsp. nutmeg
1 C. white sugar	

Boil water. Immediately add oatmeal and margarine. Stir until margarine is dissolved. Set aside to cool. Beat eggs and add sugars. Then add flour, soda, salt, cinnamon and nutmeg. Add oatmeal mixture. Put in 9x13" pan. Bake at 350° for 35 to 40 minutes.

TOPPING: Melt 1 stick margarine. Add 1 cup brown sugar, 1 teaspoon vanilla, ¼ cup evaporated milk, 1 cup chopped walnuts and 1 cup coconut. Mix and spread on cake. Broil until brown and bubbly.

OATMEAL CAKE

Nancy Rand
State Bank of Waverly

Pour 1½ cups boiling water over 1 cup quick oats. Let stand while creaming together:

½ C. shortening	2 eggs
1 C. brown sugar	1 C. white sugar

SIFT TOGETHER:

1½ C. flour	1 tsp. baking powder
½ tsp. soda	½ tsp. salt
	1 tsp. cinnamon

Add dry ingredients to creamed mixture alternately with oatmeal mixture. (Add 1 mashed banana, if desired.) Pour into 9x13" cake pan. Bake at 350° for 35 to 40 minutes.

FROSTING:

¾ stick margarine	½ C. brown sugar
¼ C. milk	

Boil 3 to 4 minutes. Add:

1 tsp. vanilla	1 C. chopped nuts
	1 C. coconut

Spread on cake; put under broiler until it bubbles (1 minute or less).

HOOSIER OATMEAL CAKE

Scott Wahl
Fareway Stores, Inc.

½ C. boiling water
1 C. quick oatmeal
½ C. oleo
1 C. white sugar
2 eggs
1 C. packed brown sugar
1 tsp. cinnamon
1 tsp. soda
1½ C. flour
½ tsp. salt

FROSTING:
6 T. soft oleo
½ C. brown sugar
½ C. coconut and/or nuts
¼ C. evaporated milk
1 tsp. vanilla

Pour boiling water over the oatmeal and let stand for 20 minutes. Add the oleo, eggs, brown sugar, cinnamon, sugar and salt. Sift flour and soda together and add to mixture. Mix well and pour into cake pan. Bake at 350° for 50 to 60 minutes. Frost while cake is still hot and bake for 10 more minutes.

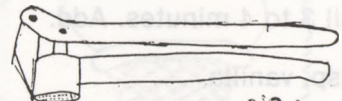
POPCORN CAKE

Marjorie Pruin
First National Bank of Waverly

1 C. unpopped popcorn
1 lb. 6 oz. gumdrops
Nuts (optional)

COOK IN PAN OR MICROWAVE:
1 large pkg. marshmallows
½ C. oil
1 stick margarine

Mix popped popcorn, gumdrops and nuts in a large pan. Pour over the popcorn mixture the melted marshmallows. Mix well. Have an angel food cake pan lined with buttered Saran Wrap. Put marshmallow-popcorn mixture in cake pan and press down firmly. Put in small amounts at a time and press down and then add some more until all the mixture is in the pan. Turn upside-down and take cake out of pan. Remove the Saran Wrap and cut in pieces and serve.



Keith Arthur O'Brien

ONE STEP POUND CAKE

Roxanne Klaas
U.S. Navy

2¼ C. flour	1 tsp. orange extract
2 C. sugar	1 tsp. lime extract
1 C. sour cream	3 eggs
1 C. margarine	½ tsp. salt
1 tsp. vanilla	½ tsp. baking soda
1 tsp. lemon extract	

GLAZE:

⅓ C. margarine	1½ tsp. vanilla
2 C. powdered sugar	4 to 5 tsp. hot water

Heat oven to 325°. Grease and flour 2-8½" loaf pans. In large bowl, blend all ingredients on low until moist. Beat 3 minutes on medium. Pour into pans and bake 55 to 60 minutes.

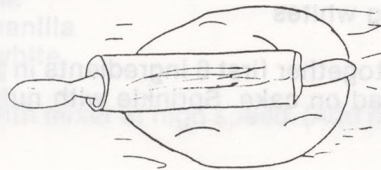
GLAZE: Drizzle over warm cakes.

PUFF CAKE

Colleen Liming
Wartburg College

½ C. butter	1¾ C. sugar
3 C. flour (SIFTED!)	4 tsp. baking powder
¼ tsp. salt	1 C. milk
5 egg whites	1 tsp. vanilla

Cream butter; add sugar slowly, beating well. Mix flour, salt and baking powder together. Add alternately with the milk. Whip the egg whites VERY STIFF. Carefully fold the egg whites into the batter. Do not beat at all after adding the egg whites. Put in 9x13" cake pan and bake as follows. Put in cold oven. Turn oven on to 200°. At the end of 15 minutes, turn to 250°, another 15 minutes turn to 280°, another 15 minutes to 300°, another 15 minutes to 320°. (This cake is similar to an angel food cake.)



Anne B. Baker

RAISIN CAKE (WEIGHT WATCHERS)

Nancy Rand
State Bank of Waverly

1 C. raisins (or 16 dates), chopped	1/3 C. + 1 tsp. reduced-calorie
1 tsp. baking soda	mayonnaise
4 tsp. vanilla	2 T. + 2 tsp. sugar
1/2 tsp. cinnamon	1 1/2 C. flour
1 C. boiling water	2 T. + 2 tsp. brown sugar
	2 T. + 2 tsp. coconut

Preheat oven to 350°. Sprinkle baking soda and cinnamon over raisins (or dates); pour the boiling water over raisins, also. Let stand for 5 minutes. Add mayonnaise, vanilla, sugar, flour and mix well. Pour into a 9x9" baking pan that has been sprayed with release agent. Sprinkle brown sugar and coconut on top. Bake at 350° for 20 to 25 minutes. Makes 8 servings. Equals 1 fruit exchange, 1 bread exchange, 1 fat exchange, 50 calories optional exchange on Weight Watchers diet.

SHOO-FLY CAKE

Ann Henninger Trax
Wartburg College

3 sticks butter or oleo	2 C. boiling water
1 box light brown sugar	1 C. Brer Rabbit (gold) molasses
4 C. flour	1 tsp. salt
Pinch of salt	2 tsp. soda

Cut together butter, brown sugar, flour and pinch of salt. Reserve 1 1/2 cups for topping. Mix in medium-size pan the boiling water, molasses, 1 teaspoon salt and soda. This will fizz. Add it to the crumb mixture and blend with a mixer. Pour into a sheet cake pan (greased and floured) and sprinkle reserved crumbs on top. Bake 45 minutes at 350°.

MOM'S BLITZ TORTE CAKE

Linda Close

1/2 C. butter	5 T. milk
1/2 C. sugar	1 C. flour
4 egg yolks	1 tsp. baking powder
4 egg whites	1 C. sugar

Mix together first 6 ingredients in pan. Beat the 4 egg whites; add 1 cup sugar and spread on cake. Sprinkle with nuts. Bake at 350° until the top is golden brown.

CARAMEL FUDGE FROSTING

Lori Poehler
Wartburg College

¼ C. milk
⅓ C. butter
1 C. brown sugar (firmly packed)

2 C. sifted powdered sugar
1½ tsp. vanilla

Mix milk, butter and brown sugar in heavy saucepan. Stir over low heat till boiling; boil 2 minutes. Cool until hand can be held comfortably on bottom of pan. Stir in powdered sugar and vanilla. Beat until smooth. If too thick, add a teaspoon of milk till spreadable.

CHOCOLATE FROSTING

Donna M. Kraft
Wartburg College

1½ C. white sugar
6 T. oleo
6 T. milk

¼ C. chocolate chips
¼ C. butterscotch (or caramel) chips
1 tsp. vanilla

Bring first 3 ingredients to rolling boil for 30 seconds. Add ¼ cup chocolate chips and ¼ cup butterscotch chips. Beat until thick enough to spread. Add vanilla and spread.

CHOCOLATE BROWNIE FROSTING

Susan Lenius
Wartburg College

6 T. margarine
1 C. white sugar
½ C. chocolate chips

6 T. milk
½ tsp. vanilla

Bring this to a boil and remove from the heat. Stir until it comes to the right consistency to spread on top. (I usually set it in some cold water to cool it faster.)

WHITE FLUFFY FROSTING

Diane Reinhardt
State Bank of Waverly

½ C. Crisco shortening
1 T. butter or oleo
½ tsp. salt
2 T. flour

2 C. powdered sugar
1 T. milk
1 tsp. vanilla
1 egg white

Combine all ingredients and mix for 10 minutes with mixer at high speed. (Add more milk while mixing if frosting is too stiff.)

VIRGINIA KNITT'S FLUFFY FROSTING

Susan Lenius
Wartburg College

2 egg whites
2/3 C. sugar
1/2 C. light corn syrup

3 T. water
1/8 tsp. cream of tartar
1/8 tsp. salt

Place in top of double boiler. Cook over rapidly boiling water, beating with electric beaters until mixture stands in peaks. Remove from heat. Add 1 teaspoon vanilla; continue beating until thick enough to spread.



Elizabeth
Kallenbach



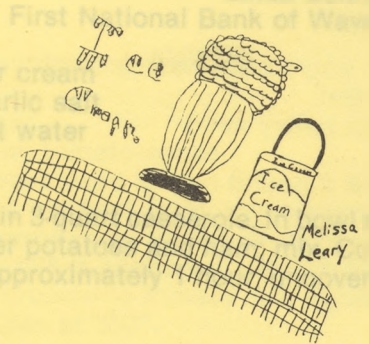
Brooke Rieger

POTATO CASSEROLE



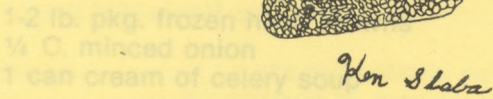
Lauri Williams

Linda Schrage
First National Bank of Waverly



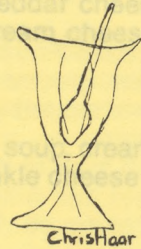
Melissa Leary

HASH BROWN CASSEROLE



Don Staba

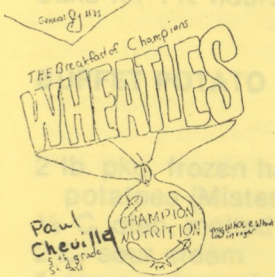
2 cups grated Cheddar cheese
3 oz. Philadelphia cream cheese
1/2 soup can of milk
1 stick melted oleo



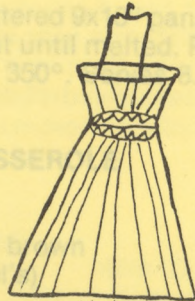
ChrisHaar

Put hash browns in buttered 9x13 pan. Sprinkle with onion. Mix soup, cream cheese, milk and oleo over heat until melted. Pour over potatoes; sprinkle cheese over top. Bake for 1 1/2 hours at 350°

Cheryl Jensen
Wartburg College

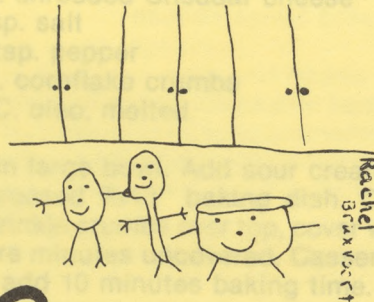


Paul Chevillat

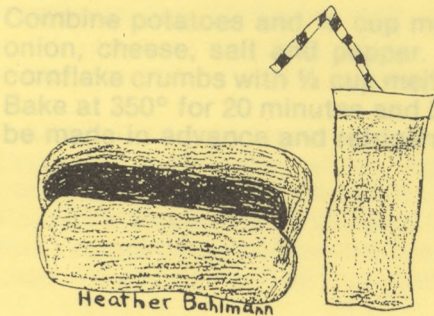


Nat Keith

1/2 C. chopped onion
2 C. shredded Cheddar cheese
1 tsp. salt
1/4 cup butter
2 C. cornflake crumbs
1/2 C. oil



Rachel Strauvert



Heather Bahlmann

Casseroles

POTATO CASSEROLE

Linda Schrage
First National Bank of Waverly

- | | |
|------------------------------|--------------------|
| 1 ½ lbs. frozen hash browns | 1 C. sour cream |
| 1 lb. ham (diced) | 1 tsp. garlic salt |
| 1 can cream of mushroom soup | ¾ C. hot water |
| 1 can Cheddar cheese soup | |

Toss frozen hash browns and diced ham together in 3-quart casserole. In bowl mix soups, sour cream, garlic salt and water. Pour over potatoes and ham; mix. Cover with crushed saltine crackers. Bake at 375° for approximately 1 hour, uncovered.

HASH BROWN CASSEROLE

Barb MacMillan

- | | |
|---------------------------------|----------------------------------|
| 1-2 lb. pkg. frozen hash browns | 2 to 4 oz. grated Cheddar cheese |
| ¼ C. minced onion | 3 oz. Philadelphia cream cheese |
| 1 can cream of celery soup | ½ soup can of milk |
| | 1 stick melted oleo |

Put hash browns in buttered 9x13" pan. Sprinkle with onion. Mix soup, cream cheese, milk and oleo over heat until melted. Pour over potatoes; sprinkle cheese over top. bake for 1 ½ hours at 350°. Serves 8.

BUFFET POTATO CASSEROLE

Cheryl Jensen
Wartburg College

- | | |
|--|------------------------------|
| 2 lb. pkg. frozen hash brown potatoes (Mister Del's) | ½ C. chopped onion |
| ½ C. oleo, melted | 2 C. shredded Cheddar cheese |
| 2 C. sour cream | 1 tsp. salt |
| 1 can condensed cream of chicken soup | ½ tsp. pepper |
| | 2 C. cornflake crumbs |
| | ½ C. oleo, melted |

Combine potatoes and ½ cup melted oleo in large bowl. Add sour cream, soup, onion, cheese, salt and pepper. Put in a greased 9x13" baking dish. Combine cornflake crumbs with ½ cup melted oleo. Sprinkle crumbs over top, cover with foil. Bake at 350° for 20 minutes and bake 25 more minutes uncovered. Casserole can be made in advance and refrigerated. If so, add 10 minutes baking time.

HASH BROWNS DELUXE

Helen Krueger
First National Bank of Waverly

2 lb. bag frozen hash browns	1 soup can filled with milk
1 onion	1 stick margarine
1 can celery soup	Several slices of Velveeta cheese

Place 2 pound bag of hash browns into an 11x13" pan or casserole dish. Add 1 chopped onion. Heat together 1 can celery soup, 1 soup can of milk and 1 stick margarine. Pour over hash browns. Stir all ingredients together and bake at 400° for 15 minutes, then bake at 300° for 1 hour. Add Velveeta cheese top to melt before serving.

FRENCH FRY CASSEROLE

Sandy Cooper
First National Bank of Waverly

1½ lbs. frozen French fries	1 can cream-style corn
1 to 1½ lbs. ground beef	1 can cream of chicken soup
1 medium chopped onion	1 can cream of mushroom soup

Put French fries in bottom of 9x13" baking dish or a very large casserole. Brown ground beef and onion. Add corn and soups; stir. Pour over French fries. Bake at 350° for 1½ hours. Top with cheese before taking out of oven, if desired.

SWISS EGG CASSEROLE

Cheryl Jensen
Wartburg College

12 pieces of bread, broken in pieces	2½ C. milk
½ lb. grated Swiss cheese	1 tsp. salt
4 eggs	1 lb. pork sausage, browned

Break bread into small pieces and spread grated cheese on top. Mix eggs, milk and salt together and pour over bread mixture. Bake for 20 to 25 minutes, then add fried pork sausage on top and bake another 20 minutes. Can use a 9x13" pan or a deep Corning dish.

CHEESE AND NOODLE CASSEROLE

L.C. Laird

BROWN:

2 T. butter
1 clove garlic, crushed
1 tsp. salt
Pepper

1 lb. ground beef
1 tsp. sugar
2-8 oz. cans tomato sauce

Combine and cook slowly 20 minutes. Cook 1-8 ounce package large noodles. Mix 6 green onions (chopped), 1 cup sour cream and 1-3 ounce package cream cheese. Fill casserole in layers: $\frac{1}{2}$ noodles, $\frac{1}{2}$ cheese mixture and $\frac{1}{2}$ tomato mix. Repeat. Sprinkle with $\frac{1}{2}$ cup grated cheese. Bake 20 minutes at 350°.

CALICO BEANS

Gladys Flewellen

Brown $\frac{1}{2}$ pound hamburger and $\frac{1}{2}$ pound bacon, cut in small pieces. Add 1 cup onions; cook slightly. Add $\frac{1}{2}$ cup catsup, 1 teaspoon salt, 1 teaspoon mustard and 2 teaspoons vinegar; add $\frac{3}{4}$ cup brown sugar and 1 can pork and beans, undrained, 1 can kidney beans, undrained, and 1 can lima or butter beans, undrained. Bake at 350° for 50 to 60 minutes.

I have lived in the Waverly Homes almost 3 years and I love it. My daughter, Dorothy Baker, lives in Waverly. I moved here to be close to her. I originally lived in Marshfield, Wisconsin.

FIVE-BEAN CASSEROLE

Mrs. Carol Hunemuller
C&L Radio-TV, Inc.

1 $\frac{1}{2}$ lbs. ground beef
 $\frac{1}{2}$ lb. bacon, cut in pieces
 $\frac{1}{2}$ to 1 onion, chopped
1 C. catsup
1 C. brown sugar
4 tsp. prepared mustard
4 tsp. vinegar

Salt to taste (optional)
1-1 lb. 5 oz. can pork and beans
1-15 oz. can kidney beans
1-15 oz. can large lima beans
1-15 oz. can French-cut green beans
1-15 oz. can yellow wax beans

Saute ground beef, bacon and onion until meat is slightly browned. Drain off fat. Divide into 2 pans the catsup, sugar, mustard, vinegar and salt. Then divide each can of beans and add. Do not drain pork and beans; rinse and drain kidney beans. Pour off a small amount of liquid from other beans. Mix all ingredients thoroughly. Put 1 casserole in freezer and bake other one uncovered for 1 $\frac{1}{2}$ to 2 hours in 300° oven. Or you can put all ingredients in at once or I've used a crock pot.

BROCCOLI CASSEROLE

Verna Miller
Wartburg College

- 1 pkg. broccoli (2 C. or 10 oz.)
- 1 tsp. minced onion
- 1 can whole kernel corn
- 1½ C. chicken-flavored crackers, crumbled
- ¼ to ½ C. margarine
- Salt and pepper to taste

Cook broccoli according to directions. Drain. Add minced onion, 1 can whole kernel corn, drained, 1 cup chicken-flavored cracker crumbs, margarine, salt and pepper. Toss together. Top with ½ cup of cracker crumbs. If too dry add some liquid from the corn. Bake at 350° for 30 minutes.

BROCCOLI CASSEROLE

Ann Westendorf
Wartburg College

- 1 pkg. frozen broccoli
- 1 C. mushroom soup
- ¾ C. Cheez Whiz
- ½ C. milk
- ⅔ C. Minute rice

Cook broccoli enough to break apart and drain. Combine soup, rice, Cheez Whiz and milk, then add broccoli. Put in buttered baking dish and bake at 350° for 1 hour.

ZUCCHINI & BEEF CASSEROLE

Lori Poehler
Wartburg College

- ½ C. diced celery
- 1 large onion
- 1 green pepper
- 1 to 2 cloves garlic
- 1 lb. ground beef
- 1 large can tomatoes
- ¼ tsp. sweet basil
- ½ tsp. oregano
- Salt and pepper
- 1½ lbs. sliced zucchini
- Parmesan cheese

Brown beef, celery, onion and green pepper. Add tomatoes and zucchini. Cover and simmer till zucchini gets tender. Add seasonings. Turn into an 8x12" baking dish and sprinkle with Parmesan cheese. Bake at 325° for 15 to 30 minutes, until tender and heated through. Serves 8.



VEGETABLE CASSEROLE

Selma Serfoss
Wartburg College

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|----------------------------|------------------------------|
| 1 can white corn | 1 C. shredded Cheddar cheese |
| 1 can string beans | 1 small carton sour cream |
| 1 can cream of celery soup | 1 pat oleo |
| 1 small onion | 1 stack Ritz crackers |

Mix first 6 ingredients together. Melt oleo and add crushed crackers. Put this on top of your vegetables and bake 40 to 60 minutes at 350°.

CORN CASSEROLE

Audrey Leisinger, Wartburg College
Madalyn Bruns

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|---|---------------------------------|
| 1-16½ oz. can whole kernel corn (and juice) | ½ C. melted butter |
| 1-16½ oz. can cream-style corn | 1 C. uncooked macaroni |
| | 1 C. Velveeta cheese, cubed |
| | Onion, salt and pepper to taste |

Mix all ingredients and bake in 320° oven for 1 hour.

HAMBURGER AND CORN CASSEROLE

Dan Kielman
Wartburg College

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|------------------------------|------------------------------------|
| 1 can whole kernel corn | ½ lb. ground beef or ground turkey |
| 1 can cream of mushroom soup | 8 oz. wide noodles |
| 1 can cream of chicken soup | 6 oz. sour cream |
| 1 small jar pimentos | 4 slices bread |
| ½ onion, diced | Pepper to taste |
| | Seasoned salt to taste |

Pot 1: Boil water and cook noodles. Pot 2: Brown hamburger with onion, pepper and seasoned salt. Add all ingredients to browned hamburger in pot 2 and beat thoroughly. Drain noodles and add pot 2 ingredients with noodles in pot 1. Mix ingredients and add torn-up bread on top. Bake at 350° until bread becomes crisp (20 minutes), or don't bake it if too hungry to wait. Enjoy a first class casserole.



Jason
Stille

REUBEN CASSEROLE

Aileen Solheim

8 oz. wide noodles, cooked
3 T. butter
1 lb. sauerkraut, drained
2 C. chopped corned beef
2 medium tomatoes, peeled and sliced
¼ C. Thousand Island dressing
8 oz. (2 C.) shredded Swiss cheese
4 crisp rye crackers, crushed
¼ tsp. caraway seeds

In a greased 9x13" pan, layer buttered noodles, sauerkraut, corned beef and tomatoes. Dot with salad dressing and sprinkle with cheese. Top with cracker crumbs and caraway seeds. Bake covered at 350° for 40 minutes. Uncover and bake about 15 minutes or more until bubbly. Makes 6 to 8 servings.

A real treat for reuben sandwich lovers.

BRUNCH CASSEROLE

Shannon Van Daalen
Drs. Trerotola, Roelfs and Van Daalen

6 or 7 slices bread, cubed
3 eggs
1 lb. cubed ham
2 C. milk
½ lb. cubed cheese
½ tsp. dry mustard or 1 tsp. regular mustard
½ tsp. salt
½ C. melted oleo

This is a good breakfast dish. It can be put together the night before. Put bread in oiled 9x13" pan. Mix eggs, ham, milk, cheese, mustard and salt. Pour over bread. Pour oleo over that. Bake at 350° for 1 hour.

COMPANY STRATA

Laurel Kurtt
Wartburg College

From 12 slices white bread cut 12" doughnuts and holes. Fit the scraps of bread (top crust removed) in bottom of 13x9x2" baking dish. Layer 12 ounces American cheese or sharp process cheese, 1-10 ounce package frozen chopped broccoli (cooked and drained) and 2 cups diced, fully-cooked ham. Combine:

6 slightly beaten eggs
3½ C. milk
½ tsp. onion salt
¼ tsp. dry mustard

Pour over bread. Cover; refrigerate 6 hours. Bake uncovered at 325° for 35 minutes. Let stand 10 minutes before cutting. Serves 12.

CHEESE STRATA

Jan Hyde
Wartburg College

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|-------------------------------|------------------------|
| 10 slices bread | 6 slightly beaten eggs |
| ¾ lb. Cheddar cheese (3 C.) | 3½ C. milk |
| 1-10 oz. pkg. frozen broccoli | ½ tsp. salt |
| 2¼ C. diced ham | ¼ tsp. dry mustard |
| 2 T. instant minced onion | |

Take donut cutter, cut out centers of bread, dice rest and put diced parts on bottom of 9x13" baking dish. Sprinkle cheese on top of diced bread. Thaw frozen broccoli slightly and sprinkle on top of cheese. Put ham on top of broccoli. Put minced onion on top of ham. Mix together eggs, milk, salt and mustard and pour over bread, ham, cheese and broccoli. Place bread rounds on top of casserole. Refrigerate overnight and bake next day at 350° for 60 minutes. Serve with mushroom sauce, which you make by blending 1-4 ounce can mushrooms and juice with 1 can cream of mushroom soup. Heat through and serve hot. Serves 10.

SUPPER'S IN THE OVEN

Kendra Leisinger

- | | |
|-----------------------------------|-------------------------------------|
| 1½ to 2 lbs. hamburger | 2 cans tomato soup |
| 2 cans green beans, drained | Mashed potatoes, according to taste |
| 2 cans whole kernel corn, drained | Velveeta cheese slices |

While potatoes are boiling, brown and drain hamburger. Mix together in a large casserole the hamburger, corn, beans and soup. Prepare enough mashed potatoes (seasoned according to taste) to cover the vegetable and hamburger mixture. Bake covered at 350° for 30 minutes. Remove from oven and cover the mashed potatoes with slices of Velveeta cheese. Return to oven for 30 minutes, uncovered.

FAVORITE CASSEROLE

Ruth E. Busching

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|---|---|
| 1 lb. lean hamburger (if not lean, cook until fat can be drained off) | 4 oz. noodles, chopped |
| 1 can cream of chicken soup | 1 onion, chopped (large or small to suit taste) |
| ½ C. milk | 1 C. celery, diced |
| ¼ C. mayonnaise | 3 T. green pepper (optional) |
| | 1 C. salted cashews |

Mix all ingredients, except cashews. Place in greased casserole and top with cashews. Bake at 350° for 1 hour.

MARY ELLEN'S CAULIFLOWER HAM BAKE

Selma Sertoss
Wartburg College

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|--|----------------------------|
| 1 medium head cauliflower | 2 T. butter |
| 2 C. cubed, fully-cooked ham | 2 T. flour |
| 1-3 oz. can sliced mushrooms,
drained | 1 C. milk |
| | 1 C. cubed American cheese |
| | ½ C. sour cream |

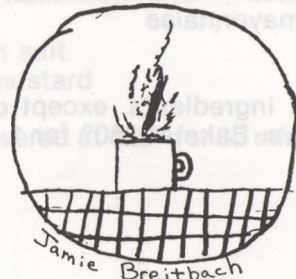
Break cauliflower into flowerets (about 4 cups). Cook in boiling, salted water until tender. Drain. Combine with ham and mushrooms. In medium saucepan, melt butter. Stir in flour, add milk all at once and stir constantly until mixture thickens and bubbles. Add cheese and sour cream to sauce; stir until cheese is melted, but do not bring to a boil; combine with vegetables and ham. Turn into a 1½-quart casserole. Bake at 350° for about 40 minutes or until heated through.

HAM AND ASPARAGUS CASSEROLE

Dr. Doris Cottam
Wartburg College

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|------------------------------|------------------------|
| 12 T. flour | 1 T. grated onion |
| 12 T. butter | ⅔ T. dry mustard |
| 2 C. light cream | ⅔ T. minced parsley |
| 1 C. milk | 1½ tsp. salt |
| 3 C. chicken broth | ⅓ tsp. rosemary spikes |
| ⅓ C. Parmesan cheese, grated | ⅔ C. mayonnaise |
| ½ C. grated American cheese | 1 lb. asparagus |
| 2 T. lemon juice | ½ lb. linguini |
| | 1½ lbs. cooked ham |

Melt butter, stir in flour and let cook for a few minutes. Add cream, milk and chicken broth and stir until thickened. Add Parmesan cheese, American cheese, lemon juice, grated onion, mustard, parsley, salt and rosemary spikes, and stir until well mixed. Remove from heat. Stir in mayonnaise. Cook linguini until al dente. Cover bottom of a large baking dish with sauce. Add a layer of linguini, then a layer of asparagus, then a layer of ham. Cover with sauce. Alternate layers, ending with sauce. Bake in 350° oven about 30 minutes. Serves 12 to 14.



TACO CASSEROLE

Ann D. Gordon

1½ lbs. ground beef	8 oz. shredded mild Cheddar cheese
1 diced onion	Lettuce
1 pkg. taco seasoning	1 diced tomato
1 can refried beans	1 jar mixed taco sauce
8 oz. shredded mozzarella cheese	1 pkg. Doritos or Tostitos chips

Brown ground beef and onion. Add taco seasoning and beans; set aside. Line bottom of 9x13" dish with crushed chips. Spread ground beef over the chips. Mix together the cheeses and spread on one half. Spread on torn lettuce and diced tomato. Spread rest of cheese. Pour taco sauce over the top. Cover with crushed chips. Bake at 350° for 35 minutes. May leave lettuce out and serve over the top of casserole.

PIZZA HOT DISH

Mary Goetzinger
Drs. Trerotola, Roelfs and Van Daalen

8 oz. spaghetti	1 lb. ground beef, browned and seasoned
1 egg	
½ C. milk	1 large jar spaghetti sauce
1 pkg. sliced pepperoni	1 lb. mozzarella cheese, shredded

Place cooked spaghetti in a greased 9x13" pan. Mix egg and milk; pour over spaghetti. Mix spaghetti sauce with ground beef and pour over spaghetti. Sprinkle cheese and top with pepperoni. Bake at 350° for 30 minutes covered, then 30 minutes uncovered.

E-Z SPAGHETTI CASSEROLE

Helen Krueger
First National Bank of Waverly

1½ lbs. lean ground beef	32 oz. spaghetti sauce
¾ lb. spaghetti	12 oz. shredded or sliced mozzarella cheese

Brown ground beef. Cook spaghetti and drain. Add 32 ounces spaghetti sauce. Stir ground beef, spaghetti and spaghetti sauce together. Place a layer of mixture into a large casserole; add some cheese. Add second layer of mixture and top with remaining cheese. Bake at 325° until heated through.

SPAGHETTI CASSEROLE

Susan Lenius
Wartburg College

1 C. spaghetti	Onion salt
2½ C. hot water	⅓ C. American cheese (shredded)
1 tsp. salt	1 C. Campbell's tomato soup
¾ lb. ground beef	⅓ C. tomato juice

Combine spaghetti, water and salt. Set off stove and cover 10 to 15 minutes. Drain spaghetti. Brown ¾ pound ground beef; add onion salt. Place in casserole dish. Add cheese. Mix soup and juice; add salt and pepper. Top with buttered bread crumbs. Bake 1 hour.

LASAGNE CASSEROLE

Dottie Heering
Teacher, Irving Elementary School

MEAT SAUCE:

1½ lbs. Italian sausage or hamburger
1 clove garlic, minced
1 T. whole basil
1 tsp. salt
1-1 lb. can tomatoes
2-6 oz. cans tomato paste
1 lb. mozzarella cheese, shredded
6 long pieces lasagne, cooked

CHEESE FILLING:

3 C. fresh ricotta or cottage cheese
½ C. Parmesan or Romano cheese, grated
2 T. parsley flakes
2 eggs, beaten
1 tsp. salt
½ tsp. pepper

Brown meat slowly; spoon off fat. Add next 5 ingredients. Simmer, uncovered, ½ hour. Stir now and then. Cook a 10-ounce package of lasagne until tender in large amount of boiling water. This may take 15 to 20 minutes; drain and rinse in cold water. Place ½ the cooked noodles in 13x9x2" baking pan, spread with ½ Cheese Filling. Cover with ½ Meat Sauce and ½ shredded mozzarella cheese. Repeat layers the second time. Bake at 375° for 30 minutes.

CHEESE FILLING: Mix all together.

GROUND BEEF CASSEROLE

Louise Liebau

2 lbs. ground beef (or ground turkey)	½ C. catsup
½ C. barbeque sauce	2 eggs

Mix and press into 9x13" pan. Chop large onion and sprinkle over meat mixture. Melt 1 stick of margarine and pour over onions and meat. Cover with 1 box of Pepperidge Farm seasoned croutons. Mix 1 can cream of celery soup, 1 can cream of chicken soup and 1 can cream of mushroom soup. Pour over meat and croutons. Bake at 350° for 1 hour. Serves 10 to 12.

BEEF STROGANOFF

Laura Cooley
Bartels Lutheran Home

- 1 lb. sirloin tip, cut in pieces
- 3 pkgs. brown gravy mix
- ½ C. chopped onions
- 1-12 oz. carton sour cream
- 2 cans mushrooms
- 2 lb. bag egg noodles
- 1 can cream of mushroom soup

Brown sirloin, onions and mushrooms in skillet. Add brown gravy mix according to package and cream of mushroom soup. Simmer. Cook noodles and drain. Mix sour cream in gravy mixture and pour over noodles. Serves 8 to 10 people.

EASY PORK-POTATO SCALLOP

Shirley Hostetler

- 6 pork cubed steaks
- 1-10¾ oz. can cream of mushroom soup
- 1 T. shortening
- 2 T. minced onions
- 5 C. thinly sliced potatoes
- 1 T. diced pimiento (optional)
- 1 C. milk
- 1½ tsp. salt
- 1/8 tsp. pepper

Brown pork steaks on both sides in shortening. Place half the sliced potatoes in a 2½-quart casserole and top with 3 steaks. Place remaining potatoes on steak, add the remaining steaks. Stir milk into soup. Add onion, pimiento, salt and pepper and pour over steak and potatoes. Cover and bake in moderate oven (350°) for 1 hour and 15 minutes. Remove cover and bake 10 to 15 minutes longer or until potatoes are tender. Serves 6.

TUNA CHEESE DELUXE CASSEROLE

Linda Close

- 2 T. margarine
- 1 C. (4 oz.) shredded Velveeta cheese
- 1½ C. rice cereal
- 1½ C. cooked rice
- ¼ C. finely chopped onion
- 1-6½ oz. can tuna, well drained and flaked
- 1-10¾ oz. can cream of mushroom soup
- ¼ C. pimentos, diced (optional)
- ¼ C. milk
- Paprika, if desired

Melt 1 tablespoon margarine in medium-sized frypan over low heat. Stir in rice cereal, coating well. Set aside for topping. In large saucepan, melt remaining 1 tablespoon margarine; add onion and saute until tender, stirring occasionally. Add cream of mushroom soup, milk and Velveeta. Cook over medium heat until cheese is melted, stirring frequently. Lightly stir in rice, tuna and pimentos (optional). Spread tuna mixture evenly in 1½-quart baking dish, buttered lightly. Spoon cereal topping evenly over casserole. Sprinkle paprika on top. Bake in 325° oven about 20 minutes or until thoroughly heated. Serves 4 to 6.

GOULASH

Dorothy Diers
Wartburg College

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|---------------------------------|------------------------------|
| 1 pkg. macaroni or fine noodles | 2 cans cream-style corn |
| 2 small onions | 2 cans cream of chicken soup |
| 2 green peppers | Salt and pepper to taste |
| 1 lb. ground beef | Buttered bread crumbs |
| 1 lb. pork sausage | 2 T. margarine |

Cook macaroni according to directions. Saute onions and peppers in margarine. Fry meat together. Mix all and cover with bread crumbs. Bake at 400° for 30 to 40 minutes. This makes 2 casseroles full; half recipe is a nice family portion.

WILD RICE & BEEF CASSEROLE

Veronica McKenzie
Wartburg College

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|-------------------------|----------------------------------|
| 1 C. wild or white rice | ½ C. chopped onion |
| 1 can mushroom soup | 1 lb. lean ground beef |
| 1 can chicken/rice soup | 2 soup cans of water |
| 2 T. soy sauce | 1 can Durkee French-fried onions |

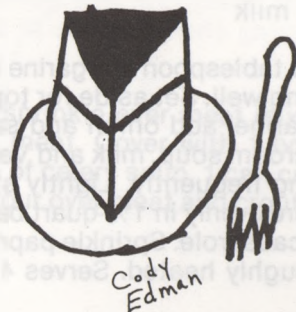
On stove top cook and lightly brown ground beef. Season with salt and pepper and add onions. Then add soy sauce, rice, soup and water. Mixture will be very thin as rice is uncooked. Put mixture in a greased casserole and bake in oven at 350° for 1½ to 2 hours. Rice should be tender and moisture absorbed. Top with French-fried onions; put back in oven for 5 minutes and serve.

MUSHROOM-RICE CASSEROLE

Tammy McKenzie
Waverly Newspapers

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|-----------------------------|------------------------------|
| 2¼ to 3 C. Minute rice | 1 can onion soup |
| 1 stick butter or margarine | 2 cans mushrooms, with juice |
| 1 can mushroom soup | 1 can beef broth |

Melt butter; add rice. Stir rice with fork until brown. Remove from stove. Add rice to other ingredients and stir. Put in baking dish and cover. Bake 1 hour in 350° oven.



MUSHROOM RICE CASSEROLE

Madalyn Bruns
Drs. Trerotola, Roelfs and Van Daalen

- 1 stick margarine
- 1 can onion soup
- 1 can beef consomme soup
- 1½ C. uncooked rice (not Minute rice)
- 2 small cans mushrooms, drained

Melt margarine in 2-quart casserole. Add rice and stir. Add soups and mushrooms. Cook in covered dish at 325° for 1 hour.

FRENCH RICE

Margaret Schellhase

- 1-10½ oz. can onion soup, undiluted
- ½ C. butter or margarine, melted
- 1-4½ oz. jar mushrooms, undrained
- 1-8 oz. can sliced water chestnuts, undrained
- 1 C. uncooked regular rice

Combine soup and butter; stir well. Drain mushrooms and water chestnuts into measuring cup and add enough water to equal 1½ cups. Add mushrooms, water chestnuts, rice and liquid to soup mixture. Stir well. Pour into a greased 10x6x2" baking dish. Cover and bake 1 hour at 350°. Serves 8.

WILD RICE BARON

Dr. Doris Cottam
Wartburg College

- 2 C. raw wild rice
- 4 C. water
- 2 tsp. salt
- 2 lbs. lean ground round (or beef)
- 1 lb. fresh mushrooms
- ½ C. chopped celery
- 1 C. chopped onion
- ½ C. butter
- ¼ C. soy sauce
- 2½ C. dairy sour cream
- 2 tsp. salt
- ¼ tsp. pepper
- ½ C. sliced almonds

Cook wild rice according to preparation instructions. Brown ground beef and set aside. Rinse mushrooms and cut off tips of stems. Slice and saute mushrooms, onions and celery in butter for 5 to 10 minutes. Combine soy sauce, sour cream, salt and pepper. Add cooked wild rice, browned beef, mushrooms, onion and celery mixture, and almonds. Toss lightly. Place rice mixture in a slightly buttered 3-quart casserole. Bake in 350° oven for about an hour, uncovered. Add more water if needed and season to taste. Stir several times. Garnish with sliced almonds, sprigs of parsley, or a dab of sour cream laced with soy. Serves 8 to 10.

WILD RICE HOT DISH

Ann Westendorf
Wartburg College

1 box Uncle Ben's long-grain wild rice 1 can mushroom soup

Fry ½ pound bacon, cut in pieces, till crisp.

1 C. celery, chopped fine 1 green pepper, chopped
1 C. onion, chopped

Cook onion, celery and green pepper in bacon grease until tender. Mix all together with 1 can of mushroom soup (no milk). Bake for 1 hour at 350° in a covered casserole.

WACO WILD RICE

Sally Strotzman
Teacher, St. Paul's School

1 C. wild rice, uncooked 1 C. button mushrooms
1 C. brown rice, uncooked ½ C. chopped green pepper
½ C. cooking oil 2 tsp. salt
1 C. onion, chopped 1 tsp. Angostura bitters
1 C. celery, finely diced 1 T. chopped parsley
1 can beef consomme

Must do ahead of time. Wash rice and soak for 1 hour in tepid water. Drain well. Heat oil in a heavy skillet and stirring constantly, add rices, onion and celery. Cook for 2 minutes. Add consomme. Stir in mushrooms, green pepper, salt, bitters and parsley. Cover skillet tightly and cook for 30 minutes. This should be prepared the day before it is to be served, placed in a casserole, covered and refrigerated. Bake at 350° (covered) for 1 to 1¼ hours. Serves 12.

TURKEY CASSEROLE ORIENTAL

Sandy Bright

1 medium onion, sliced 2 C. cooked turkey, cubed
1 medium green pepper, cut in strips 1-3 oz. can mushrooms, drained (save)
3 C. celery, sliced 2 T. cornstarch
1½ C. turkey broth 3 T. liquid from mushrooms
1 T. soy sauce ½ C. precooked rice
½ C. chopped almonds

Saute onion. Stir in green pepper, celery, turkey, broth and soy sauce. Add turkey and mushrooms. Mix cornstarch with liquid from mushrooms; stir into turkey mixture. Add nuts and rice. Pour into a 2-quart casserole. Bake at 400° for 20 minutes. Serves 6 to 8.

TURKEY STROGANOFF

Douglas Kvideva
Wartburg College

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| 1 lb. ground turkey | 1 stalk celery, chopped (optional if used) |
| 1 small onion, chopped | 2 tsp. parsley flakes |
| 1 can cream of mushroom or celery soup | 6 oz. pkg. egg noodles |
| | ½ C. sour cream (optional) |

Prepare noodles as package instructs. While they cook, brown turkey and onions in skillet; add celery when almost browned. Drain off excess liquid if any. Stir in soup and sour cream; add parsley and heat thoroughly. Drain noodles and either combine before serving or serve sauce over noodles.

CHICKEN CASSEROLE

Gloria Dreier
Wartburg College

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|--|---|
| 1. 1 pkg. cooked, chopped broccoli | 4. Mixture of cream of chicken soup (1 can), ½ C. mayonnaise and ½ tsp. lemon juice |
| 2. 4 boned and cooked chicken breasts, cut in pieces | 5. Buttered bread cubes to cover top |
| 3. 1 C. grated sharp Cheddar cheese | |

In a 13x9" pan, make the layers as above. Bake at 350° for 30 to 45 minutes. Can make ahead of time and bake later.

NO FUSS CHICKEN CASSEROLE

Bev Eide
Wartburg College

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|------------------------------|------------------------------------|
| 2 C. chicken, cubed | 2 slices bread, cubed |
| 1 can cream of mushroom soup | 4 T. margarine, melted |
| 1 can chicken noodle soup | 8 single saltine crackers, crushed |
| 1 egg | |

Mix cubed chicken, soups and egg in bowl; add cubed bread and mix all together. Pour into a greased 2-quart casserole dish. Combine melted margarine and crushed saltines and spread on top of chicken mixture. Bake at 350° for 1 hour.

CHICKEN CASSEROLE DELUXE

Janet Noel
Engelbrecht, Ackerman & Hassman

3 C. diced, cooked chicken	1 C. milk
2 C. noodles, cooked	2 C. chicken broth
1 C. cubed Velveeta cheese	4 T. flour
1 small jar stuffed olives, chopped	Salt and pepper to taste

Combine all ingredients except bread cubes; mix well. Place in a buttered baking dish; cover with bread cubes. Bake at 350° for 30 minutes. Makes 8 to 10 servings.

CHICKEN CASSEROLE

Selma Serfoss
Wartburg College

Dark or white bread slices (crusts removed)	4 eggs
Mayonnaise	2 C. milk
4 C. diced chicken or turkey, cooked	1 can water chestnuts
American cheese slices	1 can whole mushrooms
	1 small jar pimentos
	1 can cream of mushroom soup
	1 can cream of celery soup

Line a 9x13" pan with slices of dark or white bread. Spread with mayonnaise and diced chicken or turkey. Lay cheese on top. Beat eggs, add milk and pour over the chicken or turkey. Add 1 can water chestnuts, thinly sliced, mushrooms and pimentos. Mix mushroom soup and celery soup and spread over chicken. Make the day before and refrigerate. Bake at 350° for ¾ hour. Add onion rings or buttered crumbs and continue baking 15 minutes.

CHICKEN CASSEROLE

Darla Troutman
Wartburg College

1 can cream of chicken soup	1 can Pet evaporated milk (1 C.)
1 can chicken with rice soup	1 pkg. chow mein noodles
1 can Swanson boned chicken	

Mix all ingredients together in a large mixing bowl. When all is mixed, pour into a 9x13" cake pan and bake at 350° for 45 minutes.

OVERNIGHT CHICKEN CASSEROLE

Lois Reints
Mode O'Day

Sandwich bread to cover bottom of 9x13" pan	½ C. mayonnaise
2 C. cooked chicken	1-2 oz. jar pimentos, chopped
1-8 oz. can sliced water chestnuts	Grated sharp Cheddar cheese
½ C. sliced fresh mushrooms or 1-8 oz. can mushrooms, drained	4 well-beaten eggs
1 can cream of mushroom soup	1 C. milk
1 can cream of celery soup	1 tsp. salt
	1 C. Pepperidge Farm dressing crumbs
	1/8 tsp. melted butter

Place in layers in buttered 9x13" pan:
1st layer: sandwich bread, with crusts removed.
2nd layer: chicken, water chestnuts, mushrooms, combined.
3rd layer: soup, mayonnaise, pimento.
4th layer: cheese to taste.
5th layer: eggs, milk, salt.

Cover with foil. Refrigerate overnight. Bake 1¼ hours at 350°. Remove foil and add topping of dressing crumbs and butter. Bake 15 minutes more.

OVERNIGHT CASSEROLE

Lori Poehler
Wartburg College

2 cans chicken	1 can cream of mushroom soup
2 C. macaroni (uncooked)	1 can cream of chicken soup
2 C. milk	1 small onion (chopped)
	½ lb. Velveeta cheese (cubed)

Mix all together in covered casserole dish. Set in the refrigerator overnight. Bake at 350° for 1 hour.

CHICKEN CASSEROLE

Susan Bohlen
Century Companies of America

2 C. cooked chicken (diced)	2 cans cream of mushroom or celery soup
2 C. milk	½ lb. processed cheese (Velveeta)
2 C. macaroni (uncooked)	1 C. crushed potato chips
2 T. or less minced onion	

Mix all together (except for potato chips) and let stand overnight in the refrigerator. Use a 2-quart casserole or a large cake pan. Bake at 325° for approximately 45 minutes. Add 1 cup of crushed potato chips and let bake an additional 15 minutes.

OVERNIGHT CHICKEN CASSEROLE

Beulah Jensen

2 C. cooked and diced chicken 2 C. milk
2 cans cream of mushroom soup 2 medium onions, chopped
2 C. **uncooked** macaroni ½ lb. grated cheese

Put all ingredients, except cheese, into a greased 3-quart casserole dish. Sprinkle grated cheese over top. May sprinkle a few dashes of paprika on top. Cover tightly and set in refrigerator. Leave overnight. Bake the next day at 350° for 1 hour.

NOTE: This is a generous casserole and the recipe can easily be divided in half. Cream of celery or chicken soup may be used instead of cream of mushroom. Vegetables may be added, such as peas, corn or green beans.

SCALLOP CHICKEN

Laura Cooley
Bartels Lutheran Home

1½ loaves bread (1½ lb. loaves) 1 can mushroom soup
2 C. chicken, boned 1 can chicken soup
2 tsp. sage ½ C. Squirt or 7-Up
1 tsp. garlic

Tear bread and mix all ingredients in large baking dish. Bake at 350° for about 1½ hours.

CHICKEN-BROCCOLI CASSEROLE

Sheryl Beenken
Rada Manufacturing

2 to 3 chicken breasts Cheddar cheese
1 bag broccoli Mozzarella cheese
1 can cream of chicken soup, 1 can French-fried onions
undiluted

Boil chicken breasts until tender. Cook broccoli as directed on bag. Layer chicken (cleaned off the bone), broccoli, soup and cheeses in a casserole dish. Sprinkle French-fried onions on top. Bake at 350° for 20 to 25 minutes. Let stand 5 minutes. Serve.

CHICKEN-BROCCOLI CASSEROLE

Gwen Muehling

4 C. cooked chicken
1 box chopped broccoli, cooked
1 can cream of chicken soup
1 C. milk
1 box chicken-flavored Stove Top stuffing

Mix 1 box Stove Top dressing mix, seasonings and crumbs. Melt $\frac{1}{4}$ cup margarine. Put $\frac{1}{2}$ stuffing mixture (dry) in bottom of 9x13" pan sprayed with Pam. Pour $\frac{1}{2}$ of melted butter over mixture. Place chicken, cooked broccoli (drained), cream of chicken soup and milk mixture on top of stuffing. Pour the rest of stuffing mixture and butter on top. Bake uncovered 45 minutes at 375°.

BAKED CHICKEN & RICE CASSEROLE

Sharon Leraaen
First National Bank of Waverly

1½ C. chicken or turkey, cut in pieces
1 medium onion, diced
1 T. Worcestershire sauce
½ C. chopped celery
½ C. chopped green pepper
1 C. uncooked rice
1 can mushroom soup, mixed with an equal amount of milk
Cheese slices

Cook rice using 2 cups of water and 1 teaspoon of salt. Saute onion, pepper and celery. Mix in chicken and rice. Stir Worcestershire sauce into soup mixture and add to chicken and rice mixture. Put in casserole and bake for 30 to 40 minutes at 350°. Add cheese slices last 35 minutes of baking.

CHICKEN CASSEROLE

Evelyn Chellevoid

9 slices bread, trimmed
4 C. cooked, diced chicken
½ lb. mushrooms, drained
¼ C. butter
8 oz. can water chestnuts, drained and sliced
½ C. mayonnaise
9 slices American cheese
4 eggs, well beaten
2 C. milk
1 tsp. salt
1 can mushroom soup, undiluted
1 can celery soup, undiluted
1 small jar pimentos (optional)
Cornflakes

Place slices of bread in a buttered 9x13" pan. Top with layers of chicken, mushrooms, water chestnuts, mayonnaise and cheese. Mix eggs, milk and salt and pour over all. Mix soups and pimentos and spoon over top. Cover with foil overnight. Bake covered for 1 hour and 15 minutes. Uncover and sprinkle with cornflakes and dot with butter. Bake another 15 minutes.

QUICK QUICHE

Sandy Bright
Wartburg College

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|--|---------------------|
| 5 C. frozen hash brown potatoes | 4 eggs |
| Vegetable oil | 1 tsp. salt |
| 2 C. grated Cheddar or Swiss cheese | ½ C. chopped onion |
| 1 C. meat (frozen shrimp, diced chicken or ham) | ¼ tsp. pepper |
| 1-13 oz. can evaporated milk or 6 oz. cream and 7 oz. milk | 1 T. parsley flakes |
| | Chives |

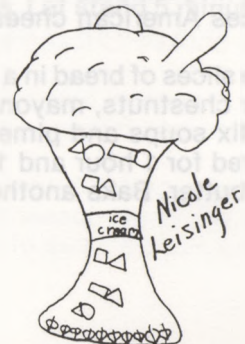
Heat potatoes in oil in skillet for 3 minutes until potatoes defrost. Turn into dish. Press potatoes down evenly to make a crust. Sprinkle with 2 cups grated cheese. Arrange meat over cheese. Mix remaining ingredients together and pour over quiche. Bake in a 10" quiche or pie pan, at 425° for 35 minutes. Allow to set 5 minutes before cutting. Serves 6. Excellent for breakfast or a brunch.

TURKEY CHEDDAR CASSEROLE

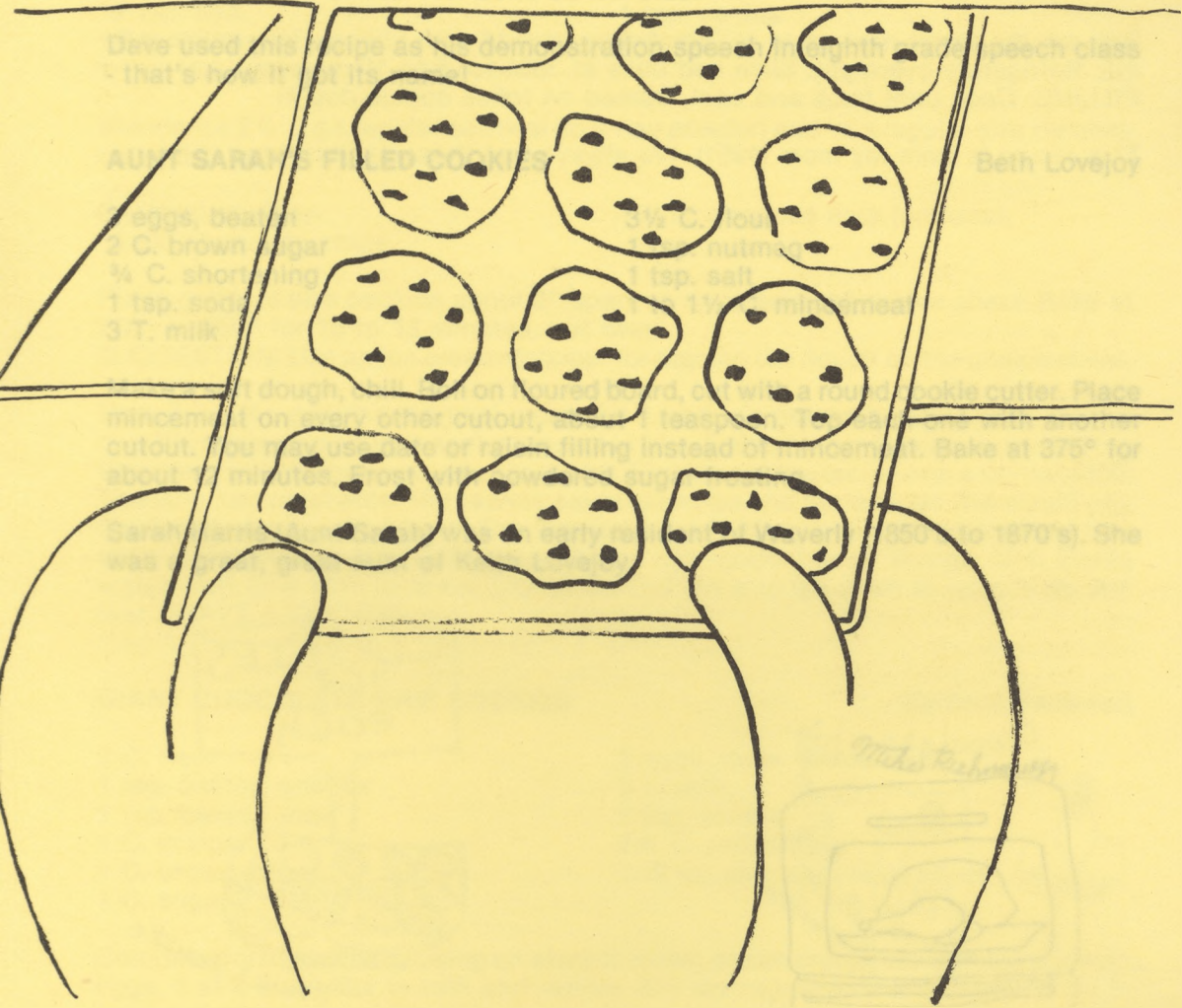
Dolly Kreger

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|--------------------------------------|---|
| 1-16 oz. pkg. medium egg noodles | ¼ tsp. pepper |
| 1-10 oz. pkg. frozen broccoli spears | 2 C. milk |
| 3 T. butter | 1½ C. (6 oz.) natural shredded Cheddar cheese |
| 3 T. all-purpose flour | 2 C. cut-up, cooked turkey |
| 1 tsp. salt | ½ C. slivered almonds, toasted |
| ¼ tsp. prepared mustard | |

Preheat oven to 350°. Cook noodles according to package directions until tender; drain. Cook broccoli according to package directions until just tender; drain. Remove broccoli stems and dice, leaving florets whole. Meanwhile, in saucepan, over low heat, melt butter, then stir in flour, salt, mustard, pepper and milk. Stirring constantly, cook until thick and smooth. Remove from heat and stir in cheese until melted. In a greased, shallow casserole or an 8" square baking dish, arrange noodles, broccoli stems and turkey. Pour cheese sauce over all. Arrange broccoli florets on top, pressing them lightly into sauce; sprinkle with almonds. Bake covered at 350° for 15 minutes. Serves 4 to 6.



Cookies and Candies



nod Stansell

A + BARS

David Coffman

2 eggs
½ C. white sugar
1 C. brown sugar
⅔ C. oil
1½ C. flour
1½ tsp. baking powder
1 tsp. vanilla
1 C. chocolate chips
½ tsp. salt

Combine sugars and oil. Add eggs and beat well. Add vanilla. Mix dry ingredients and add to other mixture. Stir in chocolate chips. Pour into a greased and floured 9x13" pan. Bake at 350° for 20 to 25 minutes.

Dave used this recipe as his demonstration speech in eighth grade speech class - that's how it got its name!

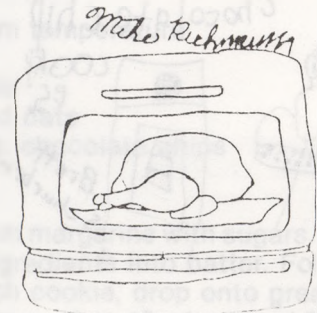
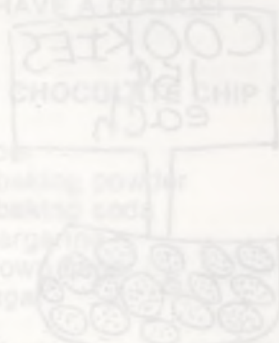
AUNT SARAH'S FILLED COOKIES

Beth Lovejoy

3 eggs, beaten
2 C. brown sugar
¾ C. shortening
1 tsp. soda
3 T. milk
3½ C. flour
1 tsp. nutmeg
1 tsp. salt
1 to 1½ C. mincemeat

Make a soft dough, chill. Roll on floured board, cut with a round cookie cutter. Place mincemeat on every other cutout, about 1 teaspoon. Top each one with another cutout. You may use date or raisin filling instead of mincemeat. Bake at 375° for about 12 minutes. Frost with powdered sugar frosting.

Sarah Harris (Aunt Sarah) was an early resident of Waverly (1850's to 1870's). She was a great, great aunt of Keith Lovejoy.



FILLED PINWHEEL "ICEBOX" COOKIES

Elaine Sloan
C & G Office Products

1 C. white sugar
1 C. brown sugar
1 C. butter
3 eggs
4 C. flour
1 tsp. vanilla
1 tsp. soda

FILLING:
1 lb. dates, pitted and cut up
½ C. sugar
½ C. water

Roll out the above mixture to ½" thickness; spread with Filling. Roll up like jelly roll. Refrigerate overnight. Slice and bake at 350° for 8 to 10 minutes.

FILLING: Cook until thick and cool. Spread on rolled cookie dough.

This recipe is from my mom (1951). We always had these at Christmas.



MRS. FIELDS' COOKIES

Shannon Van Daalen
Drs. Trerotola, Roelfs & Van Daalen

MIX:

1 C. butter
1 C. brown sugar
1 C. white sugar

ADD:

2 eggs

STIR IN:

½ tsp. salt
1 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla
2 C. flour

Blenderize 2½ cups regular oatmeal (to a fine powder) and ½ a regular-size Hershey bar. Add:

Oatmeal mixture
12 oz. chocolate chips
1½ C. chopped nuts (optional)

Place golf ball-size cookies about 2" apart on an ungreased cookie sheet. Bake at 325° to 350° for 10 to 13 minutes, **not over!**

SUGGESTION: Use an ice cream scooper for placing the dough on the cookie sheet.

Here it is! The genuine, original recipe for America's greatest cookie. How do you own it! Here's how...A lady sent a request to Mrs. Fields for her famous recipe saying that she would be happy to pay for it. Mrs. Fields sent the recipe and a bill for \$300. The lady had no choice. Her lawyer said that since she stated that she would pay for it, she was legally bound. The lady paid the \$300. Now she is determined that everyone in the Western hemisphere owns this recipe free of charge. Mrs. Fields watch out! Give it to as many friends as you like and tell them to pass it on. But first - HAVE A COOKIE!

GIANT CHOCOLATE CHIP COOKIES

Barbara Hanawalt

2 C. flour
1 tsp. baking powder
1 tsp. baking soda
1 C. margarine
1 C. brown sugar
1 C. sugar
2 eggs, room temperature
2 T. milk
2 tsp. vanilla
2½ C. rolled oats
1-12 oz. pkg. chocolate chips

Combine dry ingredients. Using an electric mixer, cream margarine with sugars. Add eggs, 1 at a time. Mix in milk and vanilla. Stir dry ingredients into batter. Fold in oats and chocolate chips. Use ¼ cup batter for each cookie, drop onto greased cookie sheets, 3" apart. Bake until edges are light brown, 12 to 15 minutes at 350°. Let cool 3 minutes, then remove from cookie sheets.

TRADITIONAL CHRISTMAS COOKIES

Carol Herman
Prior's Gift & China Shoppe

1 ¼ C. sugar
1 tsp. salt
1 tsp. nutmeg
1 tsp. vanilla
1 egg

1 C. shortening, ½ of which is butter
1 tsp. soda
1 C. thick sour cream
4 C. flour

Cream sugar and shortening together and add egg, beating the mixture well. Add sour cream and vanilla. Sift dry ingredients and add to first mixture. This makes a stiff dough. Chill in refrigerator, preferably overnight. When ready to make cookies, remove dough from refrigerator and divide into sections, small enough to handle easily. Roll out thin, using only enough flour to keep cookies from sticking to board. Use cookie cutters. Bake 8 to 10 minutes at 350°.

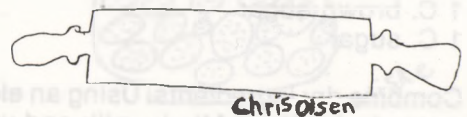
DATE PINWHEELS

Neva Kaesser
First National Bank of Waverly

1 lb. pitted dates, chopped
½ C. water
½ C. granulated sugar
1 C. chopped nuts
½ C. margarine
½ C. brown sugar

½ C. granulated sugar
1 egg
½ tsp. vanilla
1 ¾ C. flour
½ tsp. soda
½ tsp. salt

Combine dates, water and ½ cup granulated sugar in saucepan and cook until thick, 2 to 3 minutes, stirring constantly. Add the nuts and cool. Thoroughly cream butter and sugars. Add egg and beat well, then add vanilla. Sift dry ingredients and add to creamed mixture, stir until smooth. Divide dough in half. Roll one part on well-floured surface ¼" thick. Spread half of date filling evenly on the dough. Roll like jelly roll, wrap in waxed or plastic paper with open edge on bottom. Repeat with remaining dough. Chill. Cut ¼" slices and bake on slightly greased, or sprayed with Pam, cookie sheet at 400° for 8 to 10 minutes. Makes 5 dozen. These can be frozen and sliced as needed.



GRANDMA'S ICEBOX COOKIES

In memory of Mrs. Joe (Anne) Gardner
by Linda Close

- | | |
|------------------------------|--------------------------|
| 1 C. brown sugar | 3½ C. flour, sifted |
| 1 C. white sugar | ½ tsp. salt |
| 3 eggs, beaten | 1 tsp. cinnamon |
| 1 C. margarine or shortening | Nuts (walnuts preferred) |
| 1 tsp. soda | |

Cream sugars and margarine or shortening. Add eggs; mix well. Add dry ingredients and nuts. Make into roll, put in wax paper and chill. Slice and press crisscross with fork. Bake at 350° until lightly brown.

NOTE: This is a good dunking cookie for milk or coffee.

MONSTER COOKIES

Beth Collins
Wartburg College

- | | |
|-------------------------------|--------------------|
| 4½ C. oatmeal (quick-cooking) | 1 C. brown sugar |
| 1⅓ C. creamy peanut butter | 1 C. raisins |
| ½ C. margarine | 1 to 1¼ C. M & M's |
| 3 eggs | 2 tsp. baking soda |
| 1 C. white sugar | 2 tsp. vanilla |

Cream peanut butter and margarine together. Beat in the 2 types of sugars and beat in the 3 eggs. Mix in the vanilla, baking soda, oatmeal, raisins and M & M's. Put heaping tablespoons of the dough on ungreased cookie sheets. Press down mounds slightly. Bake at 350° F. for 8 to 10 minutes, until lightly browned. Do not overcook. Remove from cookie sheet after letting set about 2 minutes and cool on a wire rack. Kids love these!

MELT-IN-YOUR-MOUTH GINGERSNAPS

Bonny Essmann

- | | |
|--------------------|-----------------|
| ¾ C. shortening | 1½ tsp. soda |
| 1 C. brown sugar | 1 tsp. cinnamon |
| ¼ C. dark molasses | 1 tsp. ginger |
| 1 egg | ¼ tsp. salt |
| 2¼ C. flour | ¼ tsp. cloves |

Cream together shortening and sugar (vegetable shortening is fine for this recipe). Add molasses and egg; beat thoroughly. Sift together all dry ingredients, and then combine with first mixture. Chill. When ready to bake, make into small balls, dip the top of each in cold water and then in sugar. Bake at 375° F. for about 12 minutes or until done. Be careful not to overbake since this spoils the fine flavor.

GINGERBREAD BOYS

Vera Poppen

- | | |
|-----------------|-----------------|
| 1 C. shortening | 1 tsp. ginger |
| 1 C. sugar | 1 tsp. soda |
| 1 egg | 1 tsp. cinnamon |
| 1/3 C. molasses | 4 C. flour |
| 1 tsp. salt | |

Preheat oven to 375°. Beat all ingredients with mixer, **except** for the flour, until creamy. Stir in the flour until the flour disappears. Shape with fingers into "men" on the dull side of aluminum foil. Form the head from a small ball of dough, flattened slightly. Roll 2 ropes of dough about 3" long for arms and legs. Attach all parts together. Decorate with raisins, chocolate chips, orange peel or any cookie decorations you have available. Bake on cookie sheet at 375° for 12 minutes. This recipe will make about 25 Gingerbread Boys. Eat your Gingerbread Boy before he can run away. (Every year many preschool children had to track them from the oven to their hiding places.)

PINK FROSTED COOKIES

Ruth Busching

- | | |
|------------------------|---|
| 2 1/4 C. flour | 1/2 tsp. vanilla |
| 1/2 C. sugar | 1-2 oz. jar maraschino cherries, drained
and chopped (reserve juice) |
| 1 C. softened butter | 1/2 C. walnuts, chopped |
| 2 eggs | 1/2 C. flaked coconut |
| 1 C. brown sugar | 1 T. butter |
| 1/2 tsp. salt | 2 C. powdered sugar |
| 1/2 tsp. baking powder | |

Mix flour, sugar and butter until crumbly. Press into 13x9x2" pan and bake 20 minutes in 350° F. oven. Blend eggs, brown sugar, salt, baking powder and vanilla. Add cherries, walnuts and coconut. Place on top of baked crust and bake 20 minutes. Combine butter and powdered sugar; add enough juice from cherries to be of spreading consistency. Spread on top of baked layers while warm. Sprinkle with coconut, if desired. When cool, cut into squares.



Kathryn
Kjar

OLD-FASHIONED SOUTHERN CREAM COOKIES

Beulah Jensen

- | | |
|--------------------|-----------------------------------|
| 1 C. shortening | 5 C. flour |
| 2 C. sugar | 1 tsp. salt |
| 3 well-beaten eggs | 3 tsp. baking powder |
| 1 tsp. vanilla | ½ tsp. soda |
| 1 C. sour cream | 1½ C. chopped walnuts, if desired |

MIX TOGETHER IN SMALL DISH:

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|------------|-----------------|
| 3 T. sugar | 1 tsp. cinnamon |
|------------|-----------------|

Cream shortening and sugar. Add eggs, vanilla and sour cream; mix well. Add flour, sifted together with salt, baking powder and soda. Mix in nutmeats. Drop by teaspoon onto greased baking sheet. Grease bottom of small glass; dip into mixed cinnamon and sugar, then press cookies flat. Bake in moderate oven (350°) for 15 minutes. Makes 5 dozen.

GROUND RAISIN COOKIES

Shirley Hostetler

- | | |
|------------|-----------------|
| 2 C. sugar | 1 C. shortening |
|------------|-----------------|

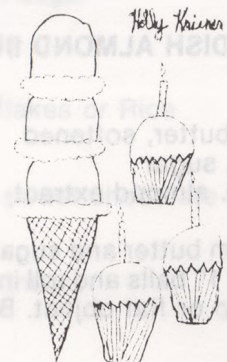
Put in mixer bowl. Cream together until soft.

- | | |
|----------------|--------------|
| 2 eggs | 1 T. cream |
| 1 tsp. vanilla | 1 C. raisins |

Put together eggs, vanilla and cream in blender. Add raisins. Blend raisins until chopped. Then add to creamed mixture.

- | | |
|-------------|-----------------|
| 2½ C. flour | 1 tsp. soda |
| 1 tsp. salt | 1 tsp. cinnamon |

Sift together and add to creamed mixture. Add 1 cup oatmeal (quick type). Mix together as given. Roll into walnut-size balls and flatten with fork on greased cookie sheet. Bake 10 to 12 minutes in moderate oven at 350°. Yield: 10 dozen.



KRINGLAS

Carol Kuster
Waverly Newspapers

1 C. sugar	1 tsp. soda (dissolve in buttermilk)
½ C. soft margarine	2½ tsp. baking powder
1 egg	3½ C. flour
1 C. buttermilk	2 tsp. vanilla

Cream sugar and margarine together. Add egg; beat well. Combine remainder of ingredients. Dough will be a little soft. Divide dough into 2 parts. Refrigerate for 2 hours in sealed containers. On a floured board, roll a small portion of dough to an 8" to 9" length and about the width of your little finger. Shape "string" into a "B"-like figure. Bake 8 to 10 minutes or until bottom is a light golden brown, at 350°.

PFEFFERNUESSE

Ruth Tuecke

MIX TOGETHER:

1 C. sorghum (Maasdam's is best)	1 C. lard
2 C. white sugar	½ C. butter

ADD:

½ tsp. anise **oil** (do not use extract)

MEASURE OUT:

1 tsp. soda	6 C. flour
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Mix small amount of flour with the soda and stir into first mixture. Then add rest of flour alternately with **1 cup strong, cold coffee**. Chill dough. Form into small rolls. Slice and bake tiny bite-size cookies 10 minutes in moderate oven and allow to cool on cookie sheet before nudging off onto brown paper (grocery bag cut open). Sugar with powdered sugar before eating.

NOTE: This is a very old recipe and over the years I've learned to freeze the dough in a loaf pan. I bake the frozen dough after slicing it into small rolls, working with one slab at a time.

SWEDISH ALMOND BUTTER COOKIES

Terrence J. Lindell
Wartburg College

1 C. butter, softened	¼ tsp. salt
½ C. sugar	2 C. flour, sifted
1 tsp. almond extract	

Cream butter and sugar. Add extract. Add salt and flour and mix well. Chill dough. Form 1" balls and roll in granulated sugar (may use colored sugar). Press with cookie stamp or flat object. Bake at 350° for 12 to 15 minutes.

BUTTERSCOTCH COOKIES

Delores Banser
Carnation Company

- | | |
|------------------------|-----------------------------------|
| 2 C. brown sugar | 3 C. flour |
| 1 C. shortening | 3 tsp. baking powder |
| 2 eggs | 1 C. nuts (hickory are excellent) |
| 1 tsp. maple flavoring | 4 T. hot water |
| 1 tsp. soda | |

Cream sugar and shortening until light; add eggs and flavoring. Dissolve soda in water, add and beat well. Then add flour and baking powder, mix and then add nuts. Divide into 3 rolls. Place in cake pan. Refrigerate overnight. Bake next morning at 350° for 12 to 15 minutes.

CHOCOLATE CHIP COOKIES

Mr. Anonymous
Wartburg College

- | | |
|--------------------|-----------------------|
| 3 C. flour | 1 tsp. vanilla |
| 1 C. sugar | 2 eggs |
| 1 C. brown sugar | 2 sticks margarine |
| 1 tsp. baking soda | 8 oz. chocolate chips |
| 1 tsp. salt | |

Mix ingredients together in order listed. Add chips after ingredients are mixed together and moist. Make into 1" to 1½" diameter balls and place on cookie sheets. Bake at 350° for 15 minutes.

CHICAGO CHOCOLATE CHIP COOKIES

Jan Striepe
Wartburg College

SIFT TOGETHER:

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|-------------|--------------------|
| 3½ C. flour | 3 tsp. baking soda |
|-------------|--------------------|

CREAM TOGETHER:

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|-------------|-------------------------|
| ½ C. butter | 1 C. packed brown sugar |
| ½ C. oleo | 1 C. white sugar |

ADD:

- | | |
|--------------------|--|
| 1 egg | 1 C. crushed cornflakes or Rice Krispies |
| 1 T. milk | 1 C. oatmeal |
| 2 tsp. vanilla | 1-12 oz. pkg. semi-sweet chocolate chips |
| 1 C. vegetable oil | |

Bake on an ungreased cookie sheet at 350° for 10 to 12 minutes.

DOUBLE CHOCOLATE COOKIES

Jeanette Ulrichs
Wartburg College

- | | |
|--------------------------|--------------------------------------|
| 1 ¾ C. flour | ½ C. dark brown sugar, firmly packed |
| ¼ tsp. baking soda | 1 egg |
| 1 C. butter or margarine | ⅓ C. cocoa |
| 1 tsp. vanilla | 2 T. milk |
| 1 C. white sugar | 1 C. pecans or walnuts, chopped |
| | 6 oz. chocolate chips |

Combine flour and baking soda; set aside. Use an electric mixer to cream butter or margarine. Add vanilla and sugars; beat until fluffy. Beat in egg at slow speed; add cocoa and milk. With spoon, mix in dry ingredients until blended. Stir in nuts and chocolate chips. Drop by rounded teaspoonfuls onto nonstick or foil-lined baking sheets. Bake at 350° for 12 to 13 minutes. Remove from oven and cool slightly before removing from baking sheet. Yield: 3 dozen.

CHOCOLATE FROSTED COOKIES

Dee Hansen
Waverly Newspapers

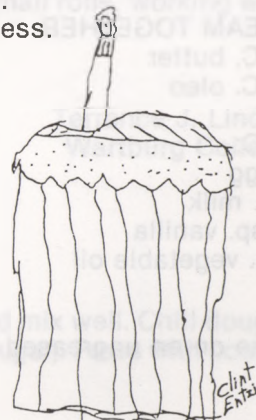
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|--------------------------|---------------------------------|
| 1 C. brown sugar | ¾ C. semi-sweet chocolate chips |
| ½ C. butter or margarine | ½ tsp. soda |
| 1 egg | ½ tsp. baking powder |
| ⅔ C. sour milk | ½ C. nuts (chopped) |
| 2 C. or more flour | |

FROSTING:

- | | |
|---|----------------------|
| ¼ C. semi-sweet chocolate chips
(melted) | 1 egg white (beaten) |
| 1 tsp. vanilla | 1 egg yolk (beaten) |

Cream sugar and butter. Add eggs, and sour milk. Add flour, soda and baking powder sifted together. Add melted chips and nuts. Drop by small teaspoons on an ungreased cookie sheet. Bake at 350° for 8 to 10 minutes.

FROSTING: Add powdered sugar last, until desired thickness.



CLEAN-UP COOKIES

Judy (Butzlaff) Pattschull
Carnation Company

2 sticks margarine (softened)	1 tsp. baking powder
1 C. granulated sugar	1 tsp. vanilla
1 C. brown sugar	1 C. coconut
2 eggs	1 C. oatmeal
2 C. flour	1 C. butterscotch chips
1 tsp. soda	1 C. nuts (optional)
½ tsp. salt	

Cream sugars and margarine. Beat in eggs. Add flour, soda, salt, baking powder and vanilla and mix well. Stir in remaining ingredients. Form in balls and flatten with glass dipped in sugar. Bake at 350° till very lightly browned (10 to 15 minutes).

COOKIE SNICKERDOODLES

Judy (Butzlaff) Pattschull
Carnation Company

1 C. softened margarine	2 tsp. cream of tartar
1½ C. sugar	1 tsp. soda
2 eggs	½ tsp. salt
2¾ C. flour	

Cream sugar and margarine. Add eggs and beat thoroughly. Mix in remaining ingredients. Form in balls the size of a walnut and roll in mixture of 2 tablespoons sugar and 1 teaspoon cinnamon. Bake on ungreased cookie sheets at 350° for 10 to 15 minutes, till cookies spread and crack on top.

CHRISTMAS CUT-OUT COOKIES

Mary Wood
Waverly Sales Co. Cafe

1 C. margarine	1 tsp. vanilla
2 C. sugar	About 6 C. flour
4 eggs	1 tsp. soda

Cream butter and sugar together. Add eggs, one at a time, beating well after each one. Add vanilla. Add 1 cup flour and soda. Beat, then add rest of flour gradually. Chill in refrigerator. Roll out on floured board 1/8" thick. Cut with cutters and bake on an ungreased cookie sheet at 375° for 8 to 10 minutes. Frost (or sprinkle with colored sugar before you bake).

LEBKUCHEN (GERMAN) CHRISTMAS COOKIES

Mrs. Louise Kehe

CREAM TOGETHER:

- | | |
|--------------------------------------|--------------------------|
| 2 C. shortening | 2 C. molasses |
| 3 C. brown sugar | 1½ C. sour cream |
| 2 tsp. soda, dissolved in sour cream | 1 tsp. cloves |
| 2 tsp. baking powder | 2 C. nuts |
| 2 tsp. cinnamon | Approximately 8 C. flour |
| 1 tsp. nutmeg | |

Sift all dry ingredients, reserve some of the flour for flouring board. Roll about ¼ at a time. Easier to work with if thoroughly chilled. Roll about ¼" thick and cut any form you desire. Bake at 375° about 10 minutes. Will keep indefinitely.

This is a traditional German Christmas cookie.

SHORTBREAD FINGERS

Rev. Kathryn Campbell
St. Andrews Episcopal Church

- | | |
|-----------------|----------------------------|
| 1 C. flour | 4 oz. butter |
| ½ C. rice flour | ¼ C. fine granulated sugar |

Sift the flours into a bowl. Beat butter till creamy, then beat in sugar. Beat until fluffy. Gradually beat in the flour and continue beating until mixture is stiff, then knead it until smooth. Roll out dough on a lightly floured board to ⅓" thickness. Prick all over with a fork. Cut into oblongs, 3x1". Place ¼" apart on a greased baking sheet covered with greased paper. Bake in moderate oven, 350° F., for 15 minutes, until crisp and straw-colored. Dredge with fine granulated sugar.

RAISIN PUFFS

Monta Wedeking
Waverly Sales Co. Cafe

- | | |
|----------------|------------------------------|
| 1½ C. raisins | 1½ C. sugar |
| 1 C. water | 1 tsp. vanilla |
| 1 C. margarine | ½ tsp. burnt sugar flavoring |
| 1 tsp. soda | 3½ C. flour |
| 2 eggs | ½ tsp. salt |

Bring raisins and water to a boil till water is gone. Add soda and margarine to hot raisins and cool. Beat eggs, sugar and flavoring together with spoon, then fold in raisin mixture. Add flour and salt. Roll into balls and roll in sugar. Bake at 350° for 10 to 15 minutes.

NORWEGIAN KRINGLA

Ruth Disrud

¾ C. sugar
½ C. margarine
1 egg yolk
1 C. buttermilk
1 tsp. soda
1 tsp. baking powder (heaping)
2½ C. flour

Cream margarine; add sugar gradually. Beat in egg yolk and add buttermilk and dry ingredients alternately. Stir well. Chill overnight. Taking only 2 small portions of dough, roll out with your hands (on floured board), making strips about the size of a pencil in thickness. Cut off 6" and shape in a figure "8" or a wreath shape. Place on an ungreased cookie sheet. Bake in 450° preheated oven. Watch that they do not burn. They are done when light brown. Remove from cookie sheet and cool. These are good eaten as is - or a special treat is to warm them in a microwave (briefly) and serve warm with butter and hot coffee!!

NOTE: I always double the recipe.

SALLY ANN'S COOKIES

Norma Geweke
Wartburg College

1 C. white sugar
1 C. brown sugar
1 C. shortening
3 well-beaten eggs
1 tsp. cinnamon
1 tsp. vanilla
1 C. flour
1 tsp. soda
1 C. or less chopped walnuts

Mix well, then add 3½ cups flour. Knead and form into a roll or loaf at night. In the morning, slice thin and bake in a hot oven (350°). These are rich, crispy cookies.

ST. NICHOLAS KOEKIES (SANTA CLAUS COOKIES)

Carol Bruxvoort

½ lb. butter
1 egg
4 C. flour
½ tsp. nutmeg
4 tsp. cinnamon
¼ tsp. salt
½ C. sour cream or Pet milk
½ C. nutmeats
1 C. white sugar
1 C. brown sugar

Mix together and put in loaf pan in refrigerator overnight. Slice thin. Bake on an ungreased cookie sheet at 400°.

“TO MY VALENTINE” OATMEAL COOKIES

Gloria Strickert
St. Paul's Lutheran Church

2½ C. sifted flour	¾ C. sugar
1 tsp. baking powder	2 T. milk
½ tsp. salt	1 egg
¾ C. soft butter	1 tsp. vanilla
	1 C. oatmeal (dry)

Sift flour, baking powder and salt into bowl; add butter, sugar, milk, egg and vanilla. Beat until well blended, about 2 minutes. Stir in rolled oats. Roll out on lightly floured board or canvas to ¼” thickness. Cut into shapes. Bake on greased cookie sheets in moderate oven (350°) for 10 to 12 minutes. Decorate with tinted confectioners' sugar frosting.

This is fun to use as a giant cookie. Press all of dough into a pizza pan. Pat even, bake and decorate as you would a cake for special occasions. I've often done this as a birthday treat to school. It travels well on the pizza pan and is easily cut into wedges.

OATMEAL COOKIES

Margaret Lenius

2 eggs	2 C. oatmeal
1 C. sugar	2 C. flour
1 C. butter or margarine	5 T. raisin juice
1 C. raisins (cook until tender and reserve juice)	1 tsp. (small) soda

Mix all ingredients. Drop by teaspoons on greased baking sheet. Nutmeats and chocolate chips may be added. Bake at 350° for 10 to 12 minutes.

MOM'S OATMEAL CHOCOLATE CHIP COOKIES

Douglas Kvideva
Wartburg College

1 C. shortening	½ tsp. salt
1 C. white sugar	1 tsp. baking powder
1 C. brown sugar	2 C. oatmeal
2 eggs	1 small pkg. (1 C.) chocolate chips
1 tsp. vanilla	½ C. chopped walnuts
2 C. flour	
1 tsp. baking soda	

Cream together shortening and sugars; add eggs and vanilla; beat until fluffy. Mix flour, salt, soda and baking powder together and add gradually to creamy mixture. Stir in oatmeal, nuts and chips. Roll into balls about 1” in diameter; arrange on a cookie sheet and flatten slightly. Bake at 350° for 10 to 12 minutes, till golden brown. Remove and place on rack to cool.

GRANDMA'S OATMEAL COOKIES

Geneva Liebaut

1 C. shortening	½ tsp. salt
1 C. sugar	½ tsp. cinnamon
1 C. brown sugar	3 C. oatmeal (quick)
½ tsp. vanilla	½ C. chopped nuts
2 eggs, unbeaten	½ to 1 C. coconut (or 1 pkg. semi-sweet chocolate chips)
1¼ C. flour	
1 tsp. soda	

Place shortening, sugar, vanilla and eggs in mixing bowl and beat very thoroughly. Add dry ingredients; mix thoroughly. Fold in oatmeal, nuts and coconut. Drop by spoonful on greased sheet. Bake 12 to 15 minutes at 350°.

FRENCH CREAM PEANUT BUTTER COOKIES

Mrs. Hazel C. Armiger
J.C. Penney

1 C. sugar	1 egg
½ C. oleo	2 C. flour
½ C. butter	1 tsp. soda
½ C. peanut butter	1 tsp. cream of tartar
1 tsp. vanilla	½ tsp. salt

Cream shortening and sugar. Add peanut butter and mix well. Add egg and vanilla. Mix. Last add sifted dry ingredients and mix well. Form in balls. Press with fork. Bake at 350° until done. Very good.

PEANUT COOKIES

Shirley Hostetler

2 C. flour	2 eggs
2 tsp. baking soda	1 tsp. vanilla
½ tsp. salt	1 C. peanut butter
1 C. shortening	1 C. salted peanuts (chopped)
1 C. brown sugar	1-6 oz. pkg. chocolate chips
1 C. white sugar	

Sift together dry ingredients. Beat together next 5 ingredients until fluffy. Blend in peanut butter. Add dry ingredients. Stir in peanuts and chocolate chips. Shape into small balls; place on ungreased cookie sheet. Flatten slightly with glass dipped in sugar. Bake at 350° for 8 minutes.

SALTED PEANUT COOKIES

Mary Lou Leary
Waverly Newspapers

- | | |
|--------------------------|----------------------|
| 1 C. brown sugar | 1 C. salted peanuts |
| 1 C. white sugar | 2 C. flour, sifted |
| 1 C. shortening | 1 tsp. baking powder |
| 2 eggs | 1 tsp. soda |
| 1 C. cornflakes, crushed | 1 tsp. vanilla |
| 1 C. oatmeal | |

Cream sugar and shortening. Add eggs; mix well. Add cornflakes, oatmeal, peanuts and vanilla. Sift soda and baking powder with flour and add to mixture. The dough will be very soft. Drop by spoonfuls and flatten each cookie. Bake about 12 minutes in 375° oven.

PEANUT BUTTER COOKIES

Florence Rubenow

CREAM:

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|--|----------------|
| 1 stick margarine | 1 beaten egg |
| ½ C. peanut butter | 1 tsp. vanilla |
| 1 C. sugar (may be ½ brown and
½ white) | |

SIFT TOGETHER AND ADD TO ABOVE CREAMED MIXTURE:

- | | |
|-------------|----------------------|
| 1½ C. flour | ½ tsp. baking powder |
| ¼ tsp. salt | ¼ tsp. soda |

Form into balls; crisscross with fork. Bake 10 minutes at 350°.

PEANUT BUTTER-OATMEAL COOKIES

Margaret Lenius

- | | |
|--------------------------------------|-------------------|
| 1 scant C. shortening (I use Crisco) | 2 C. sifted flour |
| 1 C. white sugar | ½ tsp. salt |
| 1 C. brown sugar | 2 tsp. soda |
| 2 eggs | 1 C. oatmeal |
| 1 C. peanut butter | |

Mix ingredients together and roll to form a ball. Place on an ungreased cookie sheet. Bake at 350° for 10 to 12 minutes. Makes 5 dozen cookies.

POTATO CHIP COOKIES

Marilyn Demuth
Waverly Newspapers

1 C. butter or oleo
½ C. sugar
1 tsp. vanilla
½ C. crushed potato chips
½ C. chopped nuts
2 C. sifted flour

Cream butter or oleo, sugar and vanilla. Add chips and nuts. Stir in flour and form into balls. Place on an ungreased cookie sheet. Press balls flat with a greased bottom of glass, dipped in sugar. Bake in 350° oven for 16 to 18 minutes. Do not let them brown.

SUGAR COOKIES

Mrs. Ed. H. Meyer

1 C. sugar
1 C. butter or margarine
1 egg
1 tsp. soda, blended with 6 T. sour cream
¼ C. milk
2 tsp. baking powder, with 4 C. flour (save a little for flouring board)
½ tsp. salt
1 tsp. vanilla

Chill dough and roll thin. Cut in shapes or form balls and flatten with glass. Bake until lightly browned, about 10 minutes at 325°.

SUGAR COOKIES AND FROSTING

Pastor Evon Flesberg
St. Paul's Lutheran Church

COOKIES:

MIX:

½ C. shortening
1¼ to 1½ C. flour
1 tsp. baking powder
¼ tsp. salt

ADD:

2 T. milk
1 egg, well beaten
½ C. sugar

FROSTING:

2 C. powdered sugar
1 tsp. vanilla

2 egg whites

COOKIES: Mix dry ingredients and then add remaining ingredients. Roll out and cut in desired shapes. Bake at 375° for 8 to 10 minutes.

FROSTING: Combine the ingredients. Beat vigorously until mixture is light and fluffy. Divide and add color as desired.

GRANDMA'S OLD-FASHIONED SUGAR COOKIES

Wilma Wedeking
B.E. Mick's

- | | |
|-----------------|---|
| 2 C. sugar | 2 tsp. baking powder |
| 1 C. lard | ½ tsp. salt |
| 3 eggs | 2 or 3 C. flour, or until dough is soft
enough to roll |
| 1 C. sour cream | 1 tsp. vanilla |
| 1 tsp. soda | |

Cream together first 5 ingredients and add dry ingredients. This can also be dropped from teaspoon on greased cookie sheet. Bake at 350° until light brown. This is a soft cookie.

BEST EVER SUGAR COOKIES

Margaret Lenius

- | | |
|---------------------------|------------------------|
| 1½ C. butter or margarine | 1 tsp. vanilla |
| ½ C. oil | ½ tsp. lemon flavoring |
| 1 C. white sugar | 1 tsp. cream of tartar |
| 1 C. powdered sugar | 1 tsp. soda |
| 2 eggs | ½ tsp. salt |
| 4 C. + 2 T. flour | |

Cream margarine, oil, sugar, eggs and flavoring. Then add sifted dry ingredients. Chill overnight. Roll in 1" balls and dip in sugar. Press down on an ungreased cookie sheet (press down with glass dipped in sugar). Bake 10 minutes at 350° to 375°.

SUGAR COOKIES

Susan Lenius
Wartburg College

- | | |
|-----------------------|------------------------|
| 1 C. granulated sugar | 2 eggs |
| 1 C. powdered sugar | 2 tsp. vanilla |
| 1 C. oleo | 5¼ C. flour |
| 1 C. oil | 1 tsp. soda |
| | 1 tsp. cream of tartar |

Mix together; chill overnight or at least 1 hour. Roll in balls, dip in sugar, flatten, put chocolate chip upside-down in center and bake on an ungreased cookie sheet 11 minutes at 375°.

CZECHOSLOVAKIAN SUGAR COOKIES

Bonnie Graser

- | | |
|-----------------------|------------------------|
| 1 C. butter | 1 tsp. vanilla |
| 1 C. shortening | 1 tsp. soda |
| 1 C. powdered sugar | 1 tsp. cream of tartar |
| 1 C. granulated sugar | 4 C. flour |
| 2 eggs | |

Mix and roll dough into balls about the size of walnuts and dip bottom of glass (a glass with a design on the bottom makes a pretty print on cookies) into water, then colored sugar and press balls flat with the glass. Bake at 375° for 12 minutes. Makes 7 dozen melt-in-your-mouth cookies.

ANGEL BARS

Ruth Coonradt

- | | |
|------------------|-------------------|
| 1 C. butter | 1 tsp. vanilla |
| 1 C. brown sugar | 2 C. flour |
| 1 egg yolk | ½ C. chopped nuts |

Mix all ingredients. Press in an 11x17" cookie sheet. Bake 15 minutes at 350°. As soon as taken from oven, sprinkle a package of chocolate chips on top. When melted, spread evenly.

BLUEBERRY CHEESE BARS

Judy (Butzlaff) Pattschull
Carnation Company

- | | |
|----------------------------------|-----------------------------|
| 1-18 oz. roll sugar cookie dough | ¼ C. sugar |
| 1-8 oz. bar cream cheese | ½ tsp. lemon juice |
| 1 egg | 1½ C. blueberry pie filling |

Press cookie dough into a 9x13" pan sprayed with Pam. Beat together cream cheese, egg, sugar and lemon juice until smooth. Spread over cookie dough. Dollop pie filling over cheese mixture and swirl with knife. Bake at 350° for 35 minutes. Cool on wire rack and cut into bars. Super easy, very rich, but attractive and tasty!!



Corn

MISSY
SMITH

CARAMEL FUDGE BARS

Marion Wilharm

CARAMEL MIXTURE:

- 32 caramels
- 3 T. milk
- 3 T. butter

- 1 C. chocolate chips

CRUST:

- $\frac{3}{4}$ C. margarine
- 1 C. oatmeal
- 1 tsp. soda
- 1 C. flour
- $\frac{3}{4}$ C. brown sugar
- $\frac{1}{2}$ tsp. salt

CARAMEL MIXTURE: Melt caramels, milk and butter in double boiler. Preheat oven to 350°. Mix Crust ingredients together and press $\frac{3}{4}$ of mixture in a 9x13x2" pan. Bake 10 minutes. Put Caramel Mixture over this. Sprinkle 1 cup chocolate chips over Caramel Mixture. Top with remaining crust. Bake 10 minutes more.

FESTIVE CARAMEL BARS

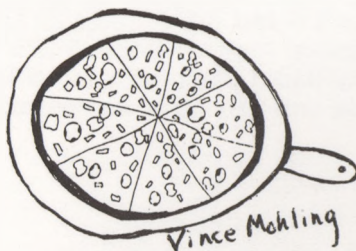
Linda Heyer
First National Bank of Waverly

- 32 individually wrapped caramel squares
- $\frac{2}{3}$ C. (5 $\frac{1}{3}$ oz. can) evaporated milk
- 1 C. flour
- 1 C. quick oats, uncooked

- 1 C. chopped nuts
- $\frac{1}{2}$ C. firmly packed brown sugar
- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ C. margarine, melted
- $\frac{1}{2}$ C. M & M's plain or peanut chocolate candies

Combine caramels and milk in heavy saucepan; cook over low heat, stirring occasionally, until caramels are melted and mixture is well blended. Combine flour, oats, nuts, sugar and soda; add margarine, mixing until mixture resembles coarse crumbs. Reserve 1 cup; press remaining mixture onto bottom of greased 13x9" pan. Bake at 325° for 10 minutes. Sprinkle 1 cup candies over partially baked crust; drizzle melted caramel mixture over candies. Sprinkle reserved crumb mixture and remaining candies. Continue baking 20 to 25 minutes or until golden brown. Cool slightly; chill 30 minutes. Cut into bars. Makes 1-13x9" pan of brownies.

NOTE: One 16-ounce package of M & M's equals 2 $\frac{1}{4}$ cups.



CHOCOLATE CARAMEL BARS

James Schoo
J.C. Penney

- 50 caramels (14 oz. bag)
- 1/2 C. evaporated milk
- 1 box German chocolate cake mix
- 1 C. chocolate chips
- 1/3 C. evaporated milk
- 3/4 C. melted butter
- 1/2 C. chopped nuts (optional)

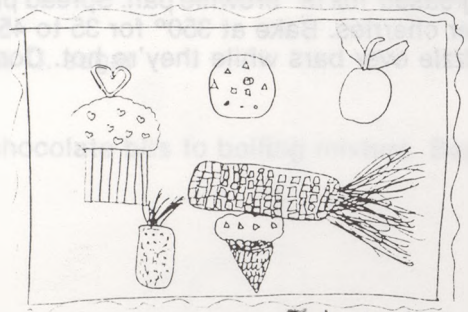
Melt caramels in 1/2 cup evaporated milk. Set aside. Mix cake mix, 1/2 cup milk and butter; add nuts. Bake 1/2 of cake mixture in 9x13" pan at 350° for 6 minutes. Sprinkle chocolate chips over baked cake, then spread caramel mixture over chips. Top with rest of cake mixture. Bake 15 to 18 minutes more.

CARROT BARS

Carol Waltmann

- 2 C. sugar
- 1 1/2 C. cooking oil
- 4 eggs
- 3 C. grated carrots
- 2 1/4 C. flour
- 1 tsp. soda
- 2 tsp. cinnamon
- 3/4 C. chopped nuts

Thoroughly blend oil and finely grated carrots. Add eggs, one at a time, beating well after each addition. Blend in remaining ingredients. Bake in a jelly roll pan (cookie sheet with sides) at 350° F. until done (about 30 minutes). Frost with cream cheese icing: Cream 8 ounces cream cheese with 1/2 cup margarine. Add 3 1/2 cups (1 pound) powdered sugar and 1 teaspoon vanilla. Beat well.



J.-d. Harnee

CARROT BARS

Beulah Jensen

Grease 1 sheet cake pan, about 16x12". Set oven at 350° F. Put $\frac{3}{4}$ cup water and 1 cup butter or margarine in a saucepan and heat until margarine is melted. In large bowl, mix together all dry ingredients:

3 C. flour	$\frac{3}{4}$ tsp. salt
2 C. sugar	$\frac{3}{4}$ tsp. ground nutmeg
$1\frac{1}{2}$ tsp. baking soda	$\frac{3}{4}$ tsp. ginger

ADD TO DRY MIXTURE:

Water and butter mixture	$\frac{3}{4}$ C. buttermilk or sour milk
3 eggs, slightly beaten	$1\frac{1}{2}$ tsp. vanilla

Mix until combined. Fold in:

3 C. grated carrots	$1\frac{1}{2}$ C. flaked coconut
$1\frac{1}{2}$ C. raisins	

Pour into greased pan. Bake at 350° about 35 minutes or until inserted toothpick comes out clean. Cool in pan on wire rack. Sift powdered sugar on top or frost with your favorite powdered sugar frosting. Cut in squares or bars.

CHERRY BARS

Judy (Butzlaff) Pattschull
Carnation Company

2 sticks margarine	3 C. flour
$1\frac{3}{4}$ C. sugar	$1\frac{1}{2}$ tsp. baking powder
1 tsp. vanilla	$\frac{1}{2}$ tsp. salt
4 eggs (or 1 carton "Egg Beaters")	1 can cherry pie filling

Cream sugar, margarine and vanilla together. Add eggs and beat. Add flour, baking powder and salt and mix until smooth. Reserving $\frac{1}{3}$ of the batter, pour the rest into a greased 10x18" brownie pan. Spread pie filling over batter and then reserved batter over cherries. Bake at 350° for 35 to 45 minutes. Make powdered sugar icing and drizzle over bars while they're hot. Cool and cut into squares.



CHOCOLATE CHIP OATMEAL BARS

Deb Brandos
First National Bank of Waverly

2 C. oatmeal	½ tsp. baking soda
1 C. flour	14 oz. can sweetened condensed milk
1 C. brown sugar	⅓ C. peanut butter
¾ C. margarine	1 C. chocolate chips

Combine oats, flour, brown sugar, margarine and soda. Beat at medium speed (2 to 3 minutes) until crumbly. Reserve 1½ cups crumb mixture; set aside. Press remaining crumbs on bottom of 9x13" pan. In a small bowl, mix peanut butter and condensed milk. Pour over crumb mixture in pan. Sprinkle with chocolate chips. Pat reserved crumb mixture into filling. Bake at 350° for 25 minutes.

BROWNIES

Rachel Kohlmann

BOIL 30 SECONDS:

2 sticks oleo	¼ C. cocoa
1 C. water	

MIX TOGETHER:

2 C. sugar	1 tsp. baking powder
2 C. flour	½ tsp. salt
1 tsp. soda	

Add boiling cocoa mixture to dry ingredients. Add:

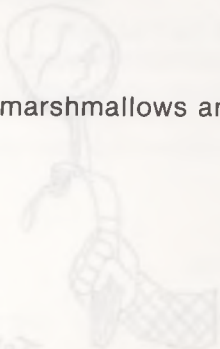
2 eggs	1 T. vanilla
¼ C. vinegar and ¼ C. milk, mixed together	

Beat. Put in 10x17" cookie sheet pan. Bake at 350° for 25 minutes. Cool 10 minutes before icing with the following.

BOIL 30 SECONDS:

6 T. milk	1½ C. sugar
6 T. oleo	

Add ¾ cup marshmallows and 6 ounces chocolate bits to boiling mixture. Beat.



REAL BROWNIES

Veronica McKenzie
Wartburg College

3 eggs, beaten
2 C. white sugar
 $\frac{3}{4}$ C. cocoa

2 sticks margarine, softened
1 C. flour

Put margarine in mixing bowl and blend till soft. Add sugar. Continue to mix and add cocoa and flour. When thoroughly mixed, spread in a greased and floured 9x13" cake pan. Bake approximately 25 minutes at 350°. Frost with your favorite chocolate topping when cool.

CREME DE MENTHE BROWNIES

Linda Hoth
Mane St. Hair Co.

1ST LAYER:

$\frac{1}{2}$ C. margarine
1 C. sugar
1 can chocolate syrup
4 eggs
1 C. flour
 $\frac{1}{4}$ tsp. baking powder

2ND LAYER:

1 C. margarine
4 T. vanilla pudding (powder)
6 T. creme de menthe
4 C. powdered sugar

3RD LAYER:

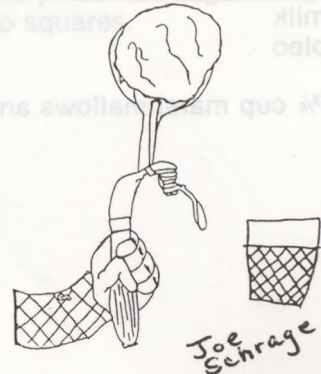
3 T. butter
3 C. powdered sugar

2 oz. unsweetened chocolate
 $\frac{1}{4}$ C. milk

1ST LAYER: Cream together margarine and sugar; add syrup and eggs; blend well. Slowly add flour and baking powder. Bake in greased 10x15" pan. Bake 20 minutes at 350°.

2ND LAYER: Vanilla pudding is used in powdered form. Cream margarine and pudding; add sugar and creme de menthe; mix well. Spread on 1st Layer when cooled. Refrigerate till plan to frost.

3RD LAYER: Combine butter and chocolate; add milk; beat till chocolate melts. Stir in powdered sugar. Thin with milk, if needed, to spread.



GERMAN CHOCOLATE BROWNIES

T. Powell
Teacher, Irving Elementary School

1-4 oz. pkg. German chocolate
5 T. butter or margarine
1-3 oz. pkg. cream cheese
1 C. sugar
3 eggs
 $\frac{1}{2}$ C. + 1 T. flour

$1\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ C. chopped pecans
 $\frac{1}{4}$ tsp. almond extract

Melt 1-4 ounce package German chocolate and 3 tablespoons butter over very low heat, stirring constantly. Let cool. Cream 2 tablespoons butter with 1-3 ounce package cream cheese. Gradually add $\frac{1}{4}$ cup sugar, then blend in 1 egg, 1 tablespoon flour and $\frac{1}{2}$ teaspoon vanilla. Set aside. Beat 2 eggs until thick and light. Gradually add $\frac{3}{4}$ cup sugar, then add $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ cup flour. Blend in cooled chocolate mixture, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{4}$ teaspoon almond extract and 1 teaspoon vanilla. Measure 1 cup chocolate batter and set aside. Spread remaining chocolate batter in a greased 9" square pan. Top with cream cheese mixture. Drop measured chocolate batter from tablespoon onto cheese mixture and swirl with spatula to marbleize. Bake at 350° for 35 to 40 minutes. Cool, then cut. Cover and store in refrigerator.

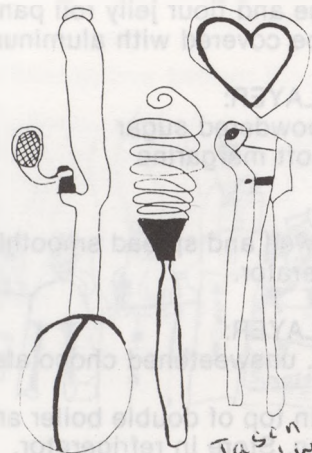
ORANGE DATE BARS

Grace Westendorf
Westendorf DX

$\frac{1}{2}$ C. margarine
 $\frac{1}{2}$ C. sugar
2 T. orange juice
 $\frac{1}{2}$ tsp. soda

1 egg
1 C. flour
 $\frac{1}{2}$ C. chopped dates

Mix all together and bake in 9" square pan. Frost with 3 tablespoons butter, $\frac{1}{4}$ cup orange juice and powdered sugar to make stiff frosting.



LEMON CREAMS (BARS)

Jeanne Baumgartner
Ladies Plus Size (B.E. Mick)

FIRST PART:

1½ C. flour
½ C. oleo

2 T. sugar

SECOND PART:

2 beaten eggs
1½ C. brown sugar
2 heaping T. flour
1 tsp. baking powder

1 pinch of salt
½ tsp. vanilla
½ to 1 C. nuts
½ C. coconut

Cream First Part together. Put in a 9x13" pan and bake about 15 minutes at 325°. Mix Second Part and put on First Part. Bake in slow oven (325°) 15 to 20 minutes.

FROSTING:

2 C. powdered sugar (sift)
2 tsp. oleo

2 T. orange juice
1 T. lemon juice
Rind of 1 lemon (optional)

PEPPERMINT FILLED BROWNIES

Doris Fish
Fish Magnavox

4 eggs, beaten
1 stick soft margarine

1 C. sugar

Mix well and add:

Nutmeats (optional)
1 lb. can Hershey's syrup

1 C. flour

Grease and flour jelly roll pan. Bake at 350° for 20 minutes. Let cool thoroughly. May be covered with aluminum foil and frozen till you need them.

2ND LAYER:

2 C. powdered sugar
4 T. soft margarine

2 T. half and half or milk
1½ tsp. peppermint flavoring
Few drops green food coloring

Beat well and spread smoothly over cooled or frozen brownies and chill again in refrigerator.

3RD LAYER:

3 sqs. unsweetened chocolate

3 T. margarine

Melt in top of double boiler and spread smoothly over 2nd Layer and chill before cutting. Store in refrigerator.

PUMPKIN BARS

Margaret Lenius

2 C. sugar
1 C. salad oil
4 eggs
2 C. pumpkin
2 C. flour

2 tsp. baking powder
1 tsp. soda
1 tsp. vanilla
½ tsp. salt
1 tsp. cinnamon

FROSTING:

1-3 oz. pkg. Philadelphia cream
cheese
¾ stick margarine

1 tsp. vanilla
3 C. powdered sugar

Mix together and pour onto cookie sheet with sides. Bake at 350° for 20 to 25 minutes; cool. Makes around 60. Use half and freeze the other half.

FROSTING: Mix and spread over bars.

PUMPKIN BARS

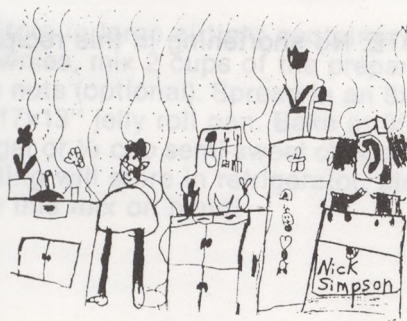
Judy (Butzlaff) Pattschull
Carnation Company

2 C. flour
2 tsp. baking powder
1 tsp. soda
½ tsp. salt
2 tsp. cinnamon

2 C. sugar
4 eggs, slightly beaten
2 C. (#303 can) pumpkin
1 C. Wesson oil

Sift flour, baking powder, soda, salt, cinnamon and sugar into large mixing bowl. Add eggs, pumpkin and oil; mix well. Pour into sheet pan sprayed with Pam. Bake at 350° for 25 minutes.

CREAM CHEESE FROSTING: Blend 3 ounce package cream cheese with ¾ stick margarine, 1 teaspoon milk, 1 teaspoon vanilla and 1¾ cups powdered sugar. When smooth, spread on cooled bars.



CHOCOLATE SYRUP BROWNIES

Amy Cheville

½ C. shortening
1 C. sugar
4 eggs
1 C. flour
1 tsp. baking powder
1-1 lb. can chocolate syrup
1 C. nutmeats, chopped

FROSTING (melt together):
3 T. butter
3 sqs. unsweetened chocolate
ADD:
2 C. powdered sugar
5 T. milk
1 tsp. vanilla

Cream sugar and shortening. Add eggs, one at a time, beating well each time. Add sifted dry ingredients, syrup and nuts. Pour into a buttered and floured 13x9" baking pan or 2-8x8" pans. Place in a 350° preheated oven and bake 40 to 45 minutes. FROSTING: Beat until it becomes smooth and glossy and thick enough to spread. Stir in ½ cup nutmeats.

MY FAVORITE BROWNIES

Carol Cole
Waverly Sales Co.

½ C. oleo
1 C. flour
4 eggs

1 C. sugar
1 can Hershey's chocolate syrup
½ C. nuts (optional)

Mix all and bake at 350° for 20 minutes in an 11x14" pan.

TOPPING:

1½ C. sugar
6 T. oleo

6 T. milk

Boil 30 seconds. Remove from stove and add:

½ C. chocolate chips
1 tsp. vanilla

½ C. nuts (optional)

Stir until melted and spread on brownies.

NOTE: No shortening in this recipe.



CHOCOLATEY MINT BROWNIES

Kris Kagre

BROWNIES:

1 C. sugar
½ C. margarine or butter
4 eggs (at room temperature and beaten)
1 C. flour
½ tsp. salt
1-16 oz. can chocolate syrup
1 tsp. vanilla
½ C. chopped nuts (optional)

FROSTING:

2 C. powdered sugar
2 T. milk
A few drops green food coloring
½ C. butter or margarine
½ tsp. peppermint extract

Mix ingredients in the order given. Pour into a greased 9x13" pan and bake at 350° for 30 to 40 minutes (toothpick inserted in middle of cake should come out fairly clean). Cool completely before frosting.

FROSTING: Mix all ingredients together. Spread over cooked brownies.

CHOCOLATE GLAZE: Melt 1 cup chocolate chips and 6 tablespoons butter or margarine in double boiler or in the microwave oven. Spread this mixture in a thin layer over frosted brownies.

These are very good if chilled for several hours before serving.

QUICK BROWNIES FROM MIX

Maxine Borglum
Teacher, Irving Elementary School

MIX INGREDIENTS:

8 C. sugar
6 C. flour
2¼ C. unsweetened cocoa
4 tsp. baking powder
2 tsp. salt
2 C. solid Crisco or butter

FROSTING (boil):

6 T. oleo
4 T. cocoa
4 T. milk
ADD:
1 lb. powdered sugar
1 tsp. vanilla

Stir all ingredients but Crisco. Cut in Crisco. Store in large airtight container for up to 3 months. Makes 19 cups. For quick brownies, mix 2 cups of the prepared Mix with 2 eggs, 1 teaspoon vanilla and ⅔ cup nuts (optional). Spread in an 8x8" greased pan. I double for 9x13" and triple for 17x13" jelly roll pan. Bake at 350° for 20 to 25 minutes. Sprinkle with powdered sugar or ⅓ cup semi-sweet chocolate pieces, or frost while warm with frosting. Frosting will store in refrigerator, also. I can make brownies in 30 minutes easily with this mix on hand!

BROWNIES & FROSTING

Cathy Gonnerman
First National Bank of Waverly

2 C. sugar
½ C. lard or shortening
4 eggs
½ C. milk

1 tsp. salt
2 tsp. vanilla
¾ C. cocoa, sifted with 1½ C. flour
½ C. nutmeats

FROSTING:

1 C. sugar
¼ C. butter

¼ C. cocoa
¼ C. milk

BROWNIES: Bake 20 minutes in cookie sheet at 350°.

FROSTING: Boil for 1 minute (hard boil). Remove from heat and beat until cool.

GRANDMA SERFOSS' BROWNIES

Susan Lenius
Wartburg College

¾ C. flour
1 C. sugar
5 T. cocoa
½ tsp. salt

½ C. soft shortening
2 eggs
Vanilla
Nuts

Mix the shortening, eggs and vanilla in bowl. Add the rest of the ingredients. Bake at 350° about 20 minutes. (For cookie sheet double the recipe.)

BROWNIES

Linda Close
G & R Publishing

BROWNIES:

4 eggs
2 C. sugar
1 C. flour
¼ C. butter

⅔ C. + 2 T. cocoa
1 T. vanilla
Nuts (optional)

FROSTING:

1-12 oz. pkg. chocolate chips
6 T. butter

6 T. milk
1 C. sugar

BROWNIES: In bowl, beat eggs, add sugar and flour. Melt butter and add cocoa; add to egg mixture. Add vanilla and nuts. Bake in a greased 9x13" pan at 350° for 30 to 35 minutes.

FROSTING: In saucepan, melt butter; add milk and sugar. Bring to a boil; boil 1 minute. Take from heat and add chocolate chips. Stir until melted. Frost.

DOUBLE CHOCOLATE CRUMBLE BARS

Shirley Buhr

BARs:

½ C. butter

¾ C. sugar

2 eggs

1 tsp. vanilla

¾ C. all-purpose flour

½ C. chopped pecans

2 T. unsweetened cocoa

¼ tsp. baking powder

¼ tsp. salt

TOPPING:

Large jar marshmallow creme

1-6 oz. pkg. semi-sweet chocolate chips

1 C. creamy peanut butter

½ C. crisp rice cereal

Cream butter and sugar; beat in eggs and vanilla. Set aside. Stir together flour, nuts, cocoa, baking powder and salt. Stir into egg mixture. Spread in bottom of greased 13x9" pan. Bake at 350° for 15 to 20 minutes or until bars test done. Spread marshmallow creme evenly on top. Bake 3 minutes more. Cool. In small saucepan, combine chocolate chips and peanut butter; cook and stir over low heat until chocolate is melted. Stir in cereal. Spread mixture on top of cooled bars. Chill; cut into bars. Yield: 3 to 4 dozen bars.

VERA POPPEN'S NO BAKE GRANOLA BARS

Gladys Beninga
St. Paul's School

1 C. peanut butter

1 C. Karo syrup (or ½ C. syrup and
½ C. honey)

7 CUPS TOTAL FROM THE FOLLOWING:

Oatmeal (about 3 C.)

Raisins

Sunflower seeds

Sesame seeds

Wheat germ

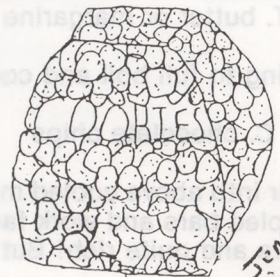
Oat bran

Rice Krispies

Mini chocolate chips

Coconut

Slightly heat the peanut butter and syrup. Mix with the 7 cups and pat into a greased 9x13" cake pan. Refrigerate. These freeze well.



KOOKIE BRITTLE

Becky Kisner
Waverly Hospital

- 1 C. margarine
- 1½ tsp. vanilla
- 1 tsp. salt
- 1-6 oz. pkg. (1 C.) semi-sweet chocolate chips
- 1 C. sugar
- 2 C. flour
- ½ C. finely chopped nuts

Preheat oven to 375° F. Combine margarine, vanilla and salt in bowl and blend well. Gradually beat in sugar. Add flour and semi-sweet chocolate chips; mix well. Press evenly into an ungreased 15x10x1" pan. Sprinkle nuts over top. Bake at 375° for 25 minutes. Cool, then break in irregular pieces and drain on absorbent paper. Makes about 1¾ pounds of Kookie Brittle.

MARBLE BROWNIES

Judy (Butzloff) Pattschull
Carnation Company

- 2 C. sugar
- ¼ C. cocoa
- 1 stick margarine (softened)
- 2 eggs (beaten)
- ½ C. oil
- ½ C. buttermilk
- 2 C. flour
- 1½ tsp. soda
- ¼ tsp. salt
- 1 tsp. vanilla
- 1 C. water
- 1-8 oz. bar cream cheese (softened)
- 1½ C. sugar
- 5 T. butter
- 2 eggs
- 2 T. flour
- 1 tsp. vanilla

In small mixing bowl, beat together cream cheese, sugar, butter, 2 eggs, 2 tablespoons flour and 1 teaspoon vanilla until smooth; set aside. In large mixing bowl, beat eggs and add sugar, 1 stick margarine and cocoa; beat till smooth. Add oil and buttermilk; mix in. Add flour, soda, salt and vanilla and mix again. Gradually add water (batter will be thin). Pour into a greased 10x18" brownie pan. With spoon, dollop cream cheese mixture into chocolate mixture. Swirl with knife for marble effect. Bake at 350° for 30 minutes. Cool, frost and cut into bars.

FROSTING:

- 6 T. milk
- 6 T. butter or margarine
- 1½ C. granulated sugar

Bring to full boil and cook 30 seconds.

- ½ C. chocolate chips
- 1 tsp. vanilla

Stir into above cooled mixture and beat until of spreading consistency. Pour over cooled bars and work fast to spread. Once poured, it sets up quickly. Very moist bars and quite rich! But yummy!

HEAVENLY FUDGE BARS

Judy (Butzlaff) Pattschull
Carnation Company

1½ C. sugar
⅔ C. butter
4 eggs
2 tsp. vanilla
½ tsp. salt
⅔ tsp. soda
6 T. cocoa
1½ C. flour

FROSTING:

1 C. brown sugar
4 T. cocoa
½ C. water
2 tsp. vanilla
6 T. butter or margarine
3 C. powdered sugar

Beat first 4 ingredients together thoroughly. Add remaining ingredients and beat till smooth (you may add 1 cup chopped nuts to batter if you like them). Pour into large 10x18x1" brownie sheet pan, which has been sprayed with Pam. Bake at 350° for 20 minutes. Take from oven and place mini-marshmallows all over the top. Replace in oven about 5 more minutes. Take out and squash marshmallows flat with your hands. Let cool completely before frosting.

FROSTING: Bring first 3 ingredients to a boil over medium heat. Boil for 2 minutes, stirring constantly. Stir in last 3 ingredients and beat until frosting is of spreading consistency. Spread over completely cooled bars. Cut into bars size of your choice.

PEANUT BUTTER SWIRL BARS

Beverly Siebrands
Wartburg College

½ C. peanut butter
⅓ C. oleo
¾ C. brown sugar
¾ C. white sugar
2 eggs

2 tsp. vanilla
1 C. flour
1 tsp. baking powder
¼ tsp. salt
12 oz. pkg. chocolate chips

Combine peanut butter, oleo, brown sugar and white sugar. Beat until creamy. Add eggs and vanilla; mix well. Add flour, baking powder and salt; mix. Spread in greased 9x13" pan. Sprinkle chocolate chips over batter. Bake in 350° oven for 5 minutes. Remove from oven and run knife through to marbleize. Return to oven for 20 to 25 minutes. Cool. Frost with ½ cup peanut butter mixed with 1 cup powdered sugar and enough milk to be of spreading consistency.

TOFFEE BARS

Roberta Juarez
First National Bank of Waverly

2 C. brown sugar	1 tsp. baking soda
2 C. flour	1 tsp. vanilla
½ C. margarine	3 Heath candy bars (crushed)
1 egg	½ C. chopped nuts
1 tsp. salt	1 C. milk

Using pastry blender, mix together the brown sugar, flour and margarine till crumbly. Reserve 1 cup of this mixture for the top. Combine the rest of the mixture with the remaining ingredients: egg, milk, salt, soda and vanilla. Stir till blended. Pour into 9x13" pan. Sprinkle reserved crumbs on top and add the nuts and crushed Heath bars on top of that. Chocolate chips may be substituted for the Heath bars if you prefer. Bake in 350° oven for 30 minutes. May be served as a bar or with Cool Whip on top as a dessert.

POPCORN CAKE

Nancy Bingham
Wartburg College

1 lb. mini-marshmallows	2 qts. popcorn
½ C. butter	

Heat marshmallows and butter over low heat until melted. Pour over popcorn and mix well. Put in 9x12" pan and cool. Cut into squares.

VARIATION: I add 1-3 ounce package any flavor jello to marshmallows and butter.

PUMPKIN BARS

Dee McMullen
Teacher, Irving Elementary School

2 C. sugar	2 C. flour
1 egg	2 tsp. baking powder
1-16 oz. can pumpkin	1 tsp. baking soda
1 C. oil	½ tsp. cloves
	½ tsp. cinnamon

Mix. Pour in an ungreased jelly roll pan. Bake 18 to 20 minutes at 350°.

FROSTING (mix in mixer):

3 oz. cream cheese	1 to 3 T. milk
¾ stick margarine	1 tsp. vanilla
	3 C. powdered sugar

Frost bars and refrigerate.

RHUBARB BARS

Lori Poehler
Wartburg College

CRUST:

1 C. flour
5 T. powdered sugar
½ C. butter

TOPPING:

2 beaten eggs
1½ C. sugar
¼ C. flour
¾ tsp. salt
2 C. finely chopped rhubarb

CRUST: Blend together and press into an ungreased 9x13" pan. Bake in 350° oven for 10 to 12 minutes.

TOPPING: Mix together. Spoon onto Crust. Bake 35 minutes in 350° oven or until done.

YUM YUM BARS

Vickey Klunder
Wartburg College

1-12 oz. pkg. chocolate chips
1-12 oz. pkg. butterscotch chips
1 C. peanut butter

1 stick margarine
1 small pkg. marshmallows
3 to 4 C. Rice Krispies

Melt chocolate chips, butterscotch chips, peanut butter and margarine together over low heat. Cool slightly. Add 1 small package of marshmallows and Rice Krispies. Pour into buttered cookie sheet. Refrigerate; cut into bars. May be frozen.

RANGER CRISPIES

Mary Ellen Schroeder
First National Bank of Waverly

½ C. margarine
⅓ C. shortening
1 C. sugar
1 C. brown sugar
2 eggs
2½ C. flour

1 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 tsp. vanilla
3 C. crisp rice cereal

Heat oven to 375°. Grease cookie sheets. In large bowl cream margarine, shortening and sugars. Add eggs and beat until blended. Lightly spoon flour into measuring cup; level off. Add flour, baking powder, soda, salt and vanilla to creamed mixture; stir until well blended. Stir in crisp rice cereal. Drop by rounded teaspoonfuls onto prepared pan. Bake at 375° for 8 to 12 minutes. Let stand 1 minute before removing from pan. Makes 5 dozen.

RICE KRISPIE BARS

Carol Bruns
Drs. Trerotola, Roelfs and Van Daalen

1 C. white syrup
1 C. white sugar
1 C. peanut butter

7 C. Rice Krispies
6 oz. chocolate chips
6 oz. butterscotch chips

Cook white syrup and sugar until it starts to boil. Add peanut butter. Stir until well blended. Add Rice Krispies. Mix and press into 9x13" buttered pan. Melt chocolate and butterscotch chips together and spread on top.

SPECIAL K BARS

Paula Hoodjer
Wartburg College

1 C. sugar
1 C. Karo syrup
1 C. crunchy peanut butter

1 C. coconut
6 C. Special K

Boil together first 2 ingredients. Next, add remaining ingredients and press into buttered pan.

LYNNE'S RICE KRISPIE SQUARES

Susan Lenius
Wartburg College

1 C. white sugar
1 C. white Karo
1 C. peanut butter

6 C. Rice Krispies
½ C. chocolate chips
½ C. butterscotch chips

Heat on stove white sugar and Karo until it is dissolved. Mix in peanut butter and Rice Krispies. Top with melted chocolate and butterscotch chips.

SPECIAL K BARS

Marj Reinhardt

7 C. Special K
1 C. chunk peanut butter
1 C. white syrup

1 C. white sugar
1 small pkg. butterscotch chips
1 small pkg. chocolate chips

Put the Special K and peanut butter in big bowl. Heat the syrup and sugar till full boil. Pour over the Special K and peanut butter; stir till coated. Melt the chips and put on top.

ALMOND BRITTLE

Ray Locke, Waverly Newspapers
Lori Poehler, Wartburg College

1 lb. real butter
2 C. sugar
4 T. water

2 T. white corn syrup
2 C. slivered almonds

Melt butter in heavy pan. Add sugar. Cook until bubbling well. Combine water and syrup. VERY SLOWLY add to butter and sugar mixture. Cook to 290°. Remove from fire and add almonds. Pour into greased cookie sheet. Cool. Break into pieces.

NOTE: Hurry to clean up kitchen before wife gets home!

BURGER BITES

Linda Close

48 vanilla wafers
24 chocolate-covered peppermint
patties (miniature)
A few drops of water

½ C. coconut
1 drop green food coloring
Sesame seeds (optional)

Combine a few drops of water and green food coloring with the coconut; shake until all the coconut is tinted. Set aside. Place ½ a vanilla wafer flat-side up, on cookie sheet. Top with a mint patty. Place in 350° oven for a minute or so, just until chocolate begins to melt. Sprinkle with tinted coconut. Top with another wafer. Press gently together. Brush the top wafer with enough water to moisten and sprinkle with sesame seeds.

NOTE: Try different toppings: white frosting for mayonnaise, red for ketchup, yellow for mustard. Use with or without coconut "lettuce". A great treat at school for birthdays, parties, etc., wrapped individually in Baggies.

CARAMEL CANDY

Selma Serfoss
Wartburg College

1 C. sugar
¾ C. dark Karo syrup
2 T. butter

1 C. rich milk
1 tsp. vanilla
Nuts

Mix sugar, Karo and ½ cup rich milk. Let come to a boil. When boiling hard, drip in other half of milk. Do not let it quit boiling. When it forms a medium hard ball, remove from fire and add 2 tablespoons butter, vanilla, and nuts. Mix well and spread in buttered tin.

CARAMEL CORN

Luanne Peterson
Bartels Lutheran Home

8 qts. popped corn

1 C. butter or margarine
½ C. Karo syrup

2 C. brown sugar

Melt. Bring to boil. Boil 5 minutes. Add ½ teaspoon soda; stir. Pour over popcorn. Bake at 250° for 1 hour. Stir every 15 minutes.

FANNY FARMER \$500 FUDGE

Shirley Hostetler

2 C. white sugar
1 small can evaporated milk (2/3 C.)

¼ C. butter
1-6 oz. pkg. chocolate chips
½ C. nuts

Bring sugar and milk to a boil and boil 8 minutes, watching carefully. Remove from heat and add remaining ingredients. Beat 1 minute and then spread in 9x9" buttered pan.

FANNY FARMER CHOCOLATE CANDY

Lori Poehler
Wartburg College

1 stick oleo
1 can Eagle Brand sweetened
condensed milk

2 lbs. powdered sugar (or more)
½ C. ground nuts

OPTIONAL FLAVORINGS:

Vanilla
Peppermint

Maple
Almond

Mix together and knead. (Add more powdered sugar, if needed, so dough doesn't stick to hands.) Divide into different flavors and/or colors. Shape into balls (about 180) and refrigerate on trays. Melt 18 ounces chocolate chips with ½ cake paraffin wax in double boiler. Dip balls in melted chocolate and let dry in refrigerator on wax paper. May use fondant dough to cover cherries for chocolate covered cherries.

MILLION DOLLAR FUDGE

Ruth Disrud

4½ C. sugar	12 oz. semi-sweet chocolate bits
Pinch of salt	12 oz. German sweet chocolate
2 T. butter	2-1 pt. jars marshmallow creme
1 tall can evaporated milk	2 C. nutmeats (chopped)

Put first 4 ingredients in heavy pan (large). Bring to boil. Boil 6 minutes. Remove from burner. Add remaining ingredients. Stir well. Pour into buttered 9x13" cake pan. Chill. Excellent!

PEANUT BUTTER CUPS

Roxanne Klaas
U.S. Navy

1 tsp. vanilla	1 lb. powdered sugar
1 pkg. crushed graham crackers	1 C. melted margarine
1 C. peanut butter	1-12 oz. pkg. chocolate chips

Mix first 5 ingredients. Put in 9x13" pan. Chill for 45 minutes with wax paper on top. Melt a 12-ounce bag of chocolate chips. Pour over top. Cut in small squares. Very rich!

PEANUT BUTTER DIVINITY SPIRALS

Pat Melver
Wartburg College

2½ C. granulated sugar	½ tsp. vanilla
½ C. light corn syrup	Sifted powdered sugar
½ C. water	½ C. Jif creamy peanut butter
2 egg whites	

In a buttered 2-quart saucepan, combine granulated sugar, corn syrup and water. Cook and stir over medium heat till mixture comes to boil. Continue cooking, without stirring, till mixture reaches the hard ball stage or till candy thermometer registers 260°. Remove saucepan from the heat. Meanwhile, in large mixer bowl, beat egg whites at medium speed of electric mixer for 1¼ to 1½ minutes or till stiff peaks form. Gradually pour hot syrup over egg whites, beating constantly at high speed of mixer. Add vanilla; beat 4 to 5 minutes or till candy holds its shape. When candy falls in a ribbon from the beaters, and mounds in the bowl, it is ready. On towel dusted generously with powdered sugar, quickly pat candy to a 10x4" rectangle. Dust lightly with more powdered sugar. Using a rolling pin dusted with powdered sugar, roll candy in 16x6" rectangle. Spread Jif over candy to within ½" of one of the long sides. Roll up from opposite side, using towel to help roll. Wrap in towel; chill about 1 hour or till firm. Cut in half crosswise; wrap in waxed paper or clear plastic wrap. Chill. To serve, cut into slices slightly less than ½" thick. Store candy, wrapped, in refrigerator. Makes about 48 pieces.

PEANUT CLUSTERS

Betty Tegtmeier
Koehring

24 oz. white almond bark
1 T. paraffin

12 oz. chocolate-flavored chips (**not**
real chocolate)
24 oz. salted Spanish peanuts

Melt almond bark in microwave (50%). Add paraffin. Let it melt. Add chocolate chips. Melt and mix. Add peanuts. Mix thoroughly. Drop by teaspoon on waxed paper. Makes a big batch!

PEANUT BUTTER FUDGE

Pat Melver
Wartburg College

3 C. sugar
 $\frac{3}{4}$ C. butter or margarine
1- $\frac{1}{3}$ oz. can ($\frac{2}{3}$ C.) evaporated milk

1 C. Jif peanut butter
1-7, 9 or 10 oz. jar marshmallow creme
1 tsp. vanilla

In a heavy 2 $\frac{1}{2}$ -quart saucepan, combine sugar, butter or margarine and evaporated milk. Bring to a full rolling boil, stirring constantly. Continue boiling over medium heat for 5 minutes, stirring constantly to prevent scorching. Remove from heat. Add Jif, stirring till melted. Add marshmallow creme and vanilla; beat till well blended. Spread in a buttered 13x9x2" pan. Cool at room temperature, then refrigerate. Cut into squares when firm. Makes 3 pounds of candy.

NO BAKE REESE'S PEANUT BUTTER BARS

Susan Bohlen
Century Companies of America

1 C. melted butter or margarine
2 $\frac{1}{2}$ C. powdered sugar
2 C. crushed graham crackers

1 C. peanut butter
12 oz. chocolate chips

Mix together butter, powdered sugar, graham crackers and peanut butter. Pat into a 9x13" pan. Melt 12 ounces chocolate chips with 4 tablespoons peanut butter. Spread on top. Cut into squares after it has set awhile.



Jamie Breitbach

GRANDMA LENIUS' POPCORN BALLS

Susan Lenius
Wartburg College

1 C. sugar
½ C. boiling water
½ tsp. cream of tartar
¾ C. white corn syrup
1½ tsp. vinegar
¼ tsp. soda
¼ C. butter or oleo (I use oleo)

Boil sugar, water, syrup and vinegar. Add cream of tartar. Cook to the hard ball stage. Remove from heat and add the soda and butter. Pour over popped corn. Form into balls.

RITZ CRACKER GOODIES

Karen Henniges
Meyer Pharmacy

1 can sweetened condensed milk
8 oz. dates, chopped
½ C. chopped pecans
100 Ritz crackers
FROSTING:
4 oz. cream cheese
1 lb. powdered sugar
¼ C. butter
1 tsp. vanilla

Cook together milk and dates until thick. Can do in microwave. Add nuts. Spread on crackers, salt-side up. Bake 8 minutes at 350°. Cool and frost.

SALTED NUT ROLL

Paula Hoodjer
Wartburg College

1-12 oz. bag peanut butter chips
1-12 oz. bag salted peanuts
2½ T. butter
½ bag mini-marshmallows
1 can sweetened condensed milk

Put ½ peanuts in 9x13" pan. Cook chips and butter until melted. Add milk and stir until smooth. Add marshmallows and stir until marshmallows are coated. Spread over nuts. Put remaining nuts over mixture and press down. Let cool and cut.

SNOW CANDY

Lauri Williams, age 9

1 pan clean, fresh snow per person ¼ C. maple syrup per person*

Heat syrup in heavy kettle to soft ball stage. Remove from heat and let each person **carefully** dribble small amount of hot syrup from spoon onto his/her pan of snow. Make designs as you please. Let cool and enjoy!

*May use any favorite syrup.

TEXAS TRASH

Lori Poehler
Wartburg College

12 oz. almond bark
½ C. peanut butter
5 C. Rice Krispies

½ pkg. marshmallows
1 C. dry roasted peanuts
Coconut (optional)

Melt almond bark. Stir in peanut butter till combined. Add rest of ingredients. Drop by spoonfuls onto wax paper.

YUMMIES!

Shirley Ann Huck

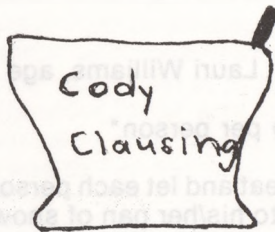
2 lb. pkg. white chips or bark

Melt in 200° oven. Stir in:

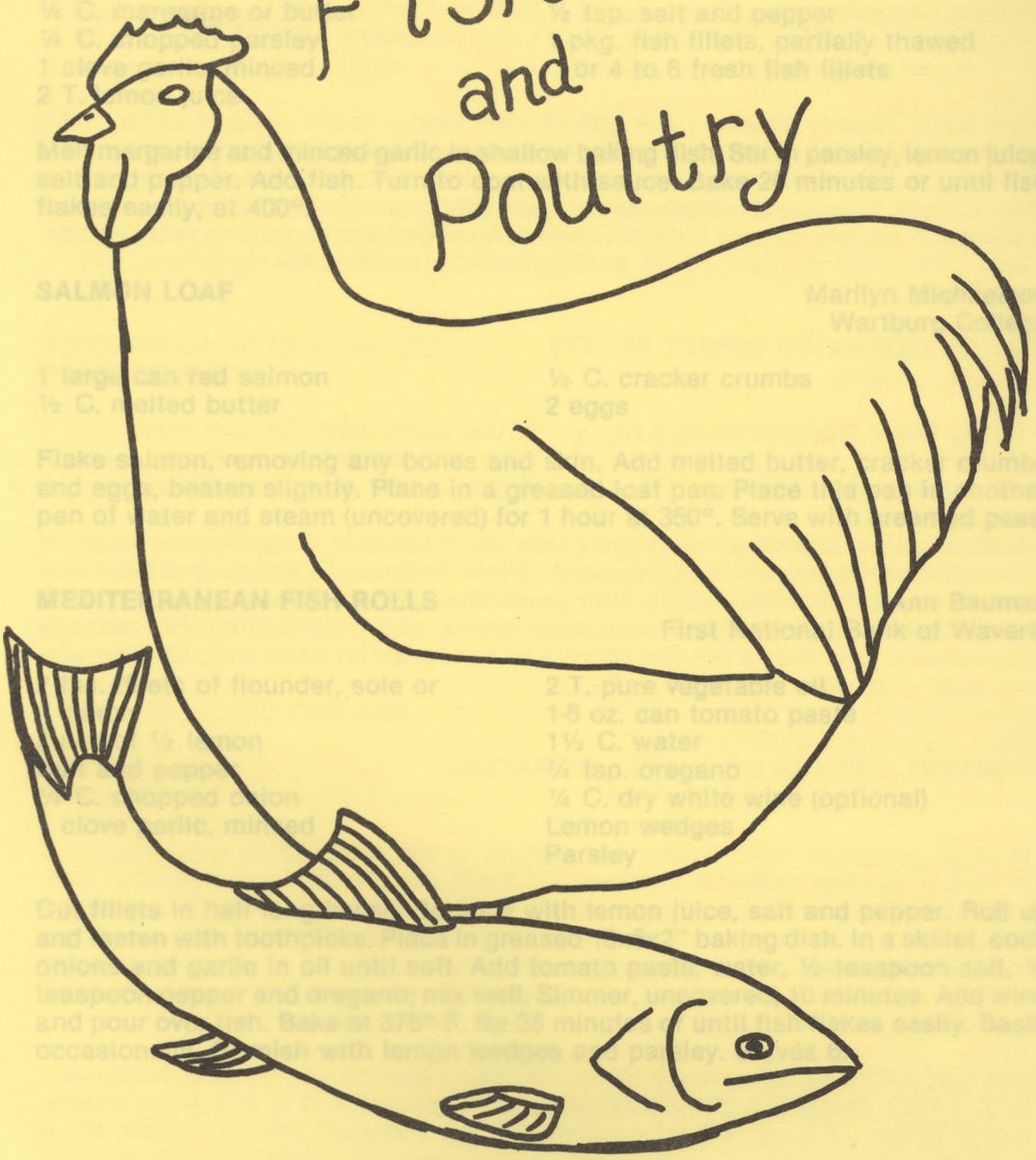
1 C. crunchy peanut butter
2 C. small marshmallows

1 big jar dry roasted peanuts
3 to 4 C. Rice Krispies

Drop on cookie sheet.



Fish and Poultry



FISH SCAMPI

1/2 C. butter or margarine
1/4 C. parsley
1 lb. fish fillets, partially thawed
2 T. oil
1/2 C. minced garlic
parsley, lemon juice, salt and pepper. Add fish. Turn 4 to 6 minutes or until fish flakes easily, at 400°

SALMON LOAF

1 large can red salmon
1/2 C. melted butter
1/2 C. cracker crumbs
2 eggs
Flake salmon, removing any bones and skin. Add melted butter, cracker crumbs and eggs; beaten slightly. Place in a greased loaf pan. Place in a larger pan of water and steam (uncovered) for 1 hour at 350°. Serve with corned peas.

MEDITERRANEAN FISH ROLLS

2 T. pure vegetable oil
1-6 oz. can tomato paste
1 1/2 C. water
1/4 tsp. oregano
1/4 C. dry white wine (optional)
Lemon wedges
Parsley
2 T. pure vegetable oil
1-6 oz. can tomato paste
1 1/2 C. water
1/4 tsp. oregano
1/4 C. dry white wine (optional)
Lemon wedges
Parsley

Cut fillets in half lengthwise. Roll up in lemon juice, salt and pepper. Roll up and steam with toothpicks. Place in greased loaf pan. Bake at 375° in a 2" baking dish. In a skillet, cook onion and garlic in oil until soft. Add tomato paste, water, 1/4 teaspoon salt, 1/2 teaspoon pepper and oregano; mix well. Simmer uncovered 10 minutes. Add wine and pour over fish. Bake at 375° F. for 35 minutes. Turn occasionally. Garnish with lemon wedges and parsley.

Noel Starnell

FISH SCAMPI

Sherry Wahl
G & R Publishing

¼ C. margarine or butter
¼ C. chopped parsley
1 clove garlic, minced
2 T. lemon juice

½ tsp. salt and pepper
1 pkg. fish fillets, partially thawed
or 4 to 6 fresh fish fillets

Melt margarine and minced garlic in shallow baking dish. Stir in parsley, lemon juice, salt and pepper. Add fish. Turn to coat with sauce. Bake 20 minutes or until fish flakes easily, at 400°.

SALMON LOAF

Marilyn Michaelson
Wartburg College

1 large can red salmon
½ C. melted butter

½ C. cracker crumbs
2 eggs

Flake salmon, removing any bones and skin. Add melted butter, cracker crumbs and eggs, beaten slightly. Place in a greased loaf pan. Place this pan in another pan of water and steam (uncovered) for 1 hour at 350°. Serve with creamed peas.

MEDITERRANEAN FISH ROLLS

Ann Bauman
First National Bank of Waverly

2 lbs. fillets of flounder, sole or perch
Juice of ½ lemon
Salt and pepper
¼ C. chopped onion
1 clove garlic, minced

2 T. pure vegetable oil
1-6 oz. can tomato paste
1½ C. water
¼ tsp. oregano
¼ C. dry white wine (optional)
Lemon wedges
Parsley

Cut fillets in half lengthwise. Sprinkle with lemon juice, salt and pepper. Roll up and fasten with toothpicks. Place in greased 10x6x2" baking dish. In a skillet, cook onions and garlic in oil until soft. Add tomato paste, water, ½ teaspoon salt, ¼ teaspoon pepper and oregano; mix well. Simmer, uncovered, 10 minutes. Add wine and pour over fish. Bake at 375° F. for 35 minutes or until fish flakes easily. Baste occasionally. Garnish with lemon wedges and parsley. Serves 6.

ROCK CORNISH HENS STUFFED WITH HERB RICE

Barb MacMillan

4 frozen Cornish hens
1-6 oz. pkg. herb rice
½ C. butter or margarine
½ C. dry white wine
1 tsp. rosemary

Thaw hens; remove giblets. Cook giblets until tender in 2½ cups of water. Drain giblets, saving broth. Chop giblets. Cook rice according to package directions using giblet broth instead of water. Add chopped giblets to cooked rice. Stuff hens with this mixture. Truss with small skewers and white string. Heat butter, wine and rosemary in saucepan until butter is melted. Arrange hens in shallow roasting pan, brush with butter mixture. Roast at 425° for 1 hour. Can chill for picnic.

ITALIAN MARINATED TURKEY FILLETS

Dan Crotty
G & R Publishing

4 turkey fillets (approximately 4 oz.
each)
½ C. Italian salad dressing
½ tsp. garlic salt
1 tsp. minced onions (instant)
¼ tsp. coarse ground black pepper

Combine salad dressing and seasonings in a shallow dish, large enough to accommodate turkey fillets. Slice turkey fillets horizontally not quite all the way through and open out flat (like a butterfly pork chop). Place fillets in marinade, cover and refrigerate at least 2 hours (or overnight is okay). Turn fillets in marinade occasionally. Grill over a hot fire about 3 to 4 minutes on each side, basting with marinade, until done. Serves 4 to 6.

SHORTCUT CHICKEN OR TURKEY TETRAZZINI

I.F. Blume
Koehring

1½ C. 2" spaghetti (uncooked)
1½ to 2 C. cooked turkey or chicken
¼ C. minced pimento
¼ C. minced green pepper
2 C. undiluted mushroom soup
½ C. turkey broth (or ½ C. chicken
broth made with 1 cube bouillon and
½ C. boiling water)
1/8 tsp. celery salt
1/8 tsp. pepper
½ small onion, grated
1½ C. grated cheese

Cook spaghetti in salted water till tender. Regular spaghetti may be used, just broken into 2" pieces. Drain. Mix all ingredients except spaghetti and ½ cup of the cheese. Lightly grease a 2½- to 3-quart casserole. Place spaghetti on the bottom of the casserole and add the mixed ingredients. Lightly toss with a fork. Top with reserved cheese. Bake uncovered in a 350° oven for 45 minutes or until cheese is melted and browned.

APRICOT CHICKEN

Darlene Churchman

- | | |
|---------------------------------|----------------------------------|
| 1 T. margarine | ½ C. apricot preserves |
| 1 T. olive oil | 1 T. Dijon mustard |
| 4 skinned chicken breast halves | ½ C. nonfat plain yogurt |
| ½ C. unbleached white flour | 2 T. slivered almonds (optional) |
| 1 tsp. salt | |

Preheat oven to 375° F. Melt margarine with oil in shallow baking pan. Shake chicken with flour and salt to coat. Place chicken in single layer in baking pan. Cover and bake 25 minutes. Combine apricot preserves, mustard and yogurt. Spread apricot mixture over chicken. Bake for 30 minutes or until well done. Toast almonds lightly in oven; sprinkle over chicken. Serve over rice.

CHICKEN BREASTS BLANKETED BY CORNED BEEF

Tom Thomsen
Wartburg College

- | | |
|----------------------------------|---------------------|
| 1 pkg. dried beef or corned beef | 1 pkg. bacon |
| Chicken breasts | 1 can mushroom soup |
| Monterey Jack cheese in slices | 1 C. sour cream |

Roll chicken breasts in cheese. Wrap corned beef around, then bacon strips around and keep in place with toothpick. Place in greased pan. Pour mushroom soup and 1 cup of sour cream over chicken. Bake a total of 1 hour at 350°. Cover with foil for first 45 minutes. Uncover to brown during last 15 minutes of baking.

LEMON-MUSTARD CHICKEN

Elaine Kosbau
Teacher, Irving Elementary School

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|---------------------------------|------------------|
| 6 skinned chicken breast halves | 3 T. lemon juice |
| ¼ C. margarine | 1 tsp. tarragon |
| 3 T. mustard | ½ tsp. salt |

Preheat oven to 350°. Place chicken in a shallow baking pan. In a small saucepan, melt margarine. Stir in lemon juice, tarragon, mustard and salt. Pour over chicken. Bake chicken for 45 minutes or until cooked through. Spoon sauce from pan over chicken. Serves 6; 204 calories per serving.



CHICKEN DIVON

Dee Hansen
Waverly Newspapers

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|--|--|
| 2-10 oz. pkgs. frozen broccoli | 1 tsp. lemon juice |
| 3 chicken breasts, cooked and sliced | ½ tsp. curry powder |
| 2 cans condensed cream of chicken soup | ½ C. shredded sharp or mild Cheddar cheese |
| 1 C. mayonnaise | |

Cook broccoli; drain. Arrange broccoli in a greased 11x7x½" baking dish. Place chicken on top. Combine soup, mayonnaise, lemon juice, curry powder and cheese. Pour over chicken. Bake at 350° for 25 to 30 minutes, until heated through.

CHICKEN MORNAV

Kim Swinton
Financial Aid Office
Wartburg College

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|-----------------------------|------------------------------|
| 1 bag frozen broccoli | 1 can cream of mushroom soup |
| 4 chicken breasts | ⅓ C. bread crumbs |
| ¼ C. mayonnaise | ⅓ C. margarine (melted) |
| 1 T. lemon juice | Cheese (grated) |
| 1 can cream of chicken soup | |

Place frozen broccoli on bottom of greased casserole dish or 9x13" cake pan. Cover with cooked, chopped chicken breasts. Mix soups, mayonnaise and lemon juice and pour over chicken. Sprinkle grated cheese over the soup mixture. Sprinkle bread crumbs over the cheese. Pour melted margarine over all. Bake 30 to 45 minutes at 350°.

BAKED REUBEN CHICKEN

Lynne Williams
Wartburg College

- | | |
|----------------------------------|--|
| 4 whole chicken breasts | 4 slices natural Swiss cheese (4x6") |
| ¼ tsp. salt | 1¼ C. bottled Thousand Island dressing |
| 1/8 tsp. pepper | 1 T. parsley |
| 1-16 oz. can sauerkraut, drained | |

Place chicken in greased pan. Sprinkle with salt and pepper. Add sauerkraut over chicken, top with cheese. Cover with foil. Bake at 325° for 1½ hours or till fork soft. Sprinkle with parsley.

CHICKEN BAKE (WEIGHT WATCHERS)

Nancy Rand
State Bank of Waverly

2 lbs. chicken breasts, skinned	2 C. cubed carrots
12 oz. cubed potatoes	½ C. water
8 tsp. reduced-calorie margarine	No-Salt seasoning to taste
¼ C. green onion with tops, chopped	¼ C. reduced-sodium soy sauce
2 T. green peppers	2 T. ranch-style dressing seasoning mix (dry)

Place chicken in roaster and add potatoes, carrots and pour water on top. Dot with margarine. Sprinkle with No-Salt seasoning, soy sauce and ranch-style seasoning mix. Bake at 375° for 40 minutes or until done. Makes 4 servings. Equals 1 vegetable, 1 bread serving, 1 fat exchange and 4 protein exchanges on the Weight Watchers diet.

CORN BREAD STUFFING FOR TURKEY

Mayor Evelyn Rathe

1 lb. sausage	1½ tsp. sage
4 C. chopped celery	1½ tsp. thyme
3 C. chopped onion	1 tsp. salt
3 C. bread crumbs	½ tsp. pepper
2 pkgs. corn bread mix	1-13 oz. can chicken broth
¾ C. fresh parsley, chopped	3 eggs, slightly beaten
1½ tsp. savory	

Bake corn bread per instructions. Cool and crumble into large bowl. Brown sausage; remove meat. Saute celery and onion in sausage fat. Drain. Add sausage, celery, onion and other ingredients to crumbled corn bread. Mix well. Stuff lightly in turkey cavity. Bake any extra in 325° oven for 45 minutes to 1 hour.

FRUIT STUFFING (FOR DUCK OR GOOSE)

Dorothy Rathe

2 C. dried bread croutons	1 T. butter
2 C. tart apples, diced	¼ tsp. pepper
½ C. currants or raisins	¼ tsp. cinnamon
½ C. diced celery	¼ tsp. nutmeg
1 T. sugar	

Rinse currants under hot water. Drain. Cook apples and celery in butter for 5 minutes. Add currants to croutons and seasonings. Mix together in skillet. Add water if more moisture is needed. Bake in casserole or use to stuff goose or duck.

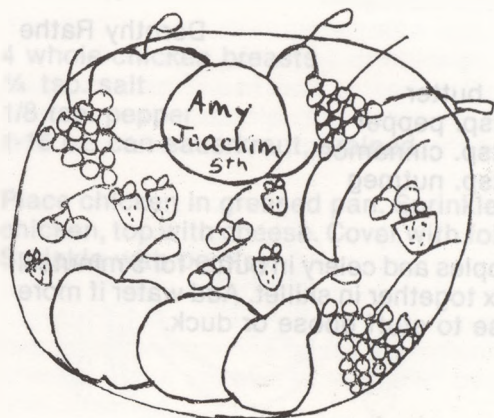
FAVORITE HAWAIIAN CHICKEN

Marilyn Demuth
Waverly Newspapers

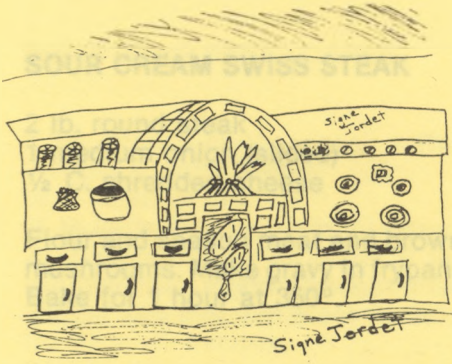
Chicken parts (legs, 2nd joints,
breasts)

1 C. pineapple juice
2 T. soy sauce

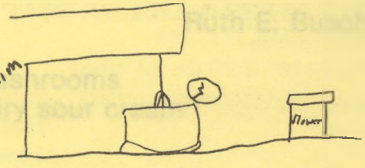
Brown chicken in hot fat. Place in shallow baking dish. Add 1 cup pineapple juice, mixed with 2 tablespoons soy sauce. Bake in 350° oven about 35 minutes, uncovered. Occasionally, dip sauce over chicken. Don't allow to become too dry - add a little chicken broth if necessary, so you have the sauce to serve over the chicken. Do not add salt as the soy sauce is salty. Serve with rice.



Samantha Kemming

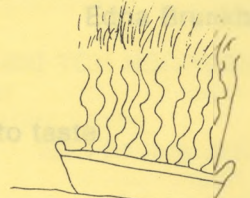


Emily Joachim

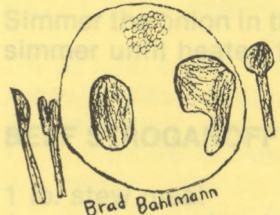


BEEF RAGOUT (RAGOO)

- 2 to 3 C. leftover roast beef
- 1 C. onion, diced
- 1 C. water
- 2 C. canned tomatoes

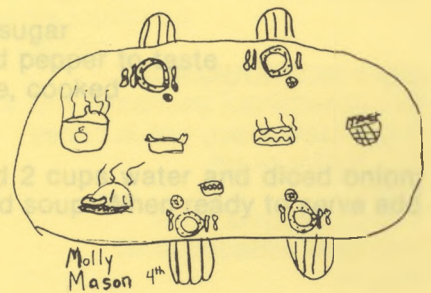


Andy Richman



Brad Bahlmann

DANNY NELSON



Molly Mason 4th

STEAK MARINARA



Heather HUNT



Main Dishes

SOUR CREAM SWISS STEAK

Ruth E. Busching

2 lb. round steak
1 medium onion (sliced)
½ C. shredded cheese

1 can mushrooms
½ C. dairy sour cream

Flour and season meat and brown. Put meat in casserole and top with onions and mushrooms. Make gravy in frypan. Add cheese and sour cream. Pour over the meat. Bake for 1 hour at 350°.

BEEF RAGOUT (RAGOO)

Edna Brunkhorst

2 to 3 C. leftover roast beef
1 C. onion, diced
1 C. water
2 C. canned tomatoes

Leftover gravy
1 T. vinegar
Salt and pepper to taste

Simmer the onion in the cup of water for 5 minutes; add the rest of ingredients and simmer until heated through. Serve on rice or noodles.

BEEF STROGANOFF

Helen Salge

1 lb. stew meat
1 small onion, diced
1 can golden mushroom soup
¼ C. sour cream

¼ tsp. sugar
Salt and pepper to taste
1 C. rice, cooked

Brown beef in small amount of shortening. Add 2 cups water and diced onion; simmer covered. When beef is partially done, add soup. When ready to serve add sour cream and sugar. Serve over cooked rice.

STEAK MARINADE

Deb Brandos
First National Bank of Waverly

¼ C. soy sauce
¼ C. oil
2 T. ketchup
1 T. vinegar

2 large cloves garlic (minced)
Fresh ground pepper to taste
Steak

Remove all fat and cut steak in cubes. Mix above ingredients and pour over steak placed in a GLASS baking dish. Marinate overnight. Thread beef cubes on skewers. Alternate with fresh mushrooms, cherry tomatoes, onions or green peppers. Grill.

ROAST TENDERLOIN OF BEEF

Susan Taiber

1 whole tenderloin of beef
Soft butter (or margarine)

Flour
Onion salt
Pepper

Place meat in a shallow, buttered pan. Rub soft butter (or margarine) over all of it. Dust meat with flour, onion salt and pepper. Let it come to room temperature (IMPORTANT). Place in a preheated 325° oven. Let it roast **exactly** 1 hour, with no peeking! Place on platter or carving board and let sit for a few minutes before carving.

HAMBURGER HOT DISH

Marilyn Michaelson
Wartburg College

1½ lbs. ground beef
1 T. flour
1 C. celery, cut fine
½ C. chopped onion

1 can tomato soup
1 can whole tomatoes
1 can cream of mushroom soup
1 qt. sliced potatoes

Brown meat. Add flour, celery and onions and continue frying until onions are golden brown. Add tomato soup, tomatoes, mushroom soup and potatoes. Bake 1 to 1½ hours at 350°. Makes enough for 2 medium-sized casseroles.

BEEF BOURGUIGNON

Donna Matthias

3 lbs. stew meat, cut in cubes
2 T. butter or oil
Flour
1½ C. red wine
1 C. beef consomme
Pepper

2 bay leaves
¼ tsp. thyme
¼ C. chopped parsley
2 to 5 carrots, cut up
6 small white onions
1½ C. mushrooms, sliced or whole
Rice, cooked

Lightly brown stew meat in oil or butter in a heavy pot. When browned, remove and pour off grease. Sprinkle meat with flour. Return to pot and stir until light brown. Add remaining ingredients, except rice. Bake in oven (covered) for 3½ to 4 hours at 250°. Or may simmer for several hours on top of stove. May thicken with cornstarch, if thin, just before serving. Serve over rice.

BAR-B-QUED BEEF LOAVES

Marlene Becker
Staff, Carey School

2 lbs. ground beef
2 eggs, slightly beaten
½ C. cracker crumbs
¼ C. milk

¼ C. catsup
1½ tsp. salt
¼ tsp. pepper

Mix together and divide in 8 portions. Shape into loaves. Brown on Jenn-Air or outside grill on all 4 sides. Place in 9x13" cake pan and put sauce over loaves. Bake at 375° for 30 to 45 minutes.

SAUCE: Melt ¼ cup oleo in saucepan. Add ½ cup chopped onion; cook until tender. Stir in remaining ingredients. Simmer 5 minutes.

½ C. catsup
1 tsp. chili powder

¼ C. brown sugar
1½ T. Worcestershire sauce

BARBECUED BEEF

Selma Serfoss
Warburg College

3½ to 4 lb. chuck roast
1 can tomato soup
1 C. water
1 small bottle catsup
2 T. lemon juice
2 T. Worcestershire sauce

2 T. brown sugar
1 tsp. mustard
1 medium onion (chopped)
½ C. celery
4 bay leaves (optional)
Salt and pepper

Cook meat slowly; remove fat and bone when cool. Mix remaining ingredients and simmer ½ hour. Add meat and simmer 1 hour.

SURPRISE MINCE PARCELS

Annette Hinderacker
Bartels Lutheran Home

*1½ lbs. hamburger (lean)
½ C. instant oats
1 beef cube, crumbled
1 small onion, finely chopped
1 tsp. mixed herbs
1 garlic clove, crushed

2 tsp. soy sauce
4 eggs, boiled and shelled
2 sheets ready-made rolled puff
pastry
1 egg, lightly beaten

Preheat oven to 350°. Combine first 7 ingredients. Divide into 4 equal portions. Place an egg into the center of each mince portion. Mold meat around each egg. Cut each sheet of pastry into 2 pieces. Place an egg-meat portion into the center of each pastry. Fold ends of pastry over meat. Brush joints with lightly beaten egg. With sharp knife make 3 incisions on top of each pastry parcel. Glaze complete parcel with beaten egg. Place parcels onto a greased oven tray, cook at 350° for 10 minutes, then reduce heat to 325° for 15 minutes or until done (golden brown).

*Use premium ground beef.

SOUPER MEAT 'N POTATOES PIE

Tammy McKenzie
Waverly Newspapers

- | | |
|------------------------------|---------------------------------|
| 1 can cream of mushroom soup | 2 T. chopped parsley |
| 1 lb. hamburger | ¼ tsp. salt and pepper |
| ¼ C. chopped onion | 2 C. mashed potatoes |
| 1 egg, slightly beaten | ¼ C. shredded mild cheese |
| ¼ C. fine dry bread crumbs | 6 strips fried bacon (optional) |

Mix ½ cup soup, hamburger, onion, egg, crumbs and seasoning. Press firmly in 9" pie plate. Bake in 350° oven for 25 minutes. Spoon off fat. Frost with potatoes, top with remaining soup and cheese. Bake 10 minutes more. Garnish with fried bacon.

BEEF BURGUNDY

LeAnn Walker

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|-----------------------------|--------------------------|
| 3 lbs. beef stew meat | 1 pkg. Lipton onion soup |
| ¾ C. Burgundy wine | 1 lb. fresh mushrooms |
| 3 cans golden mushroom soup | |

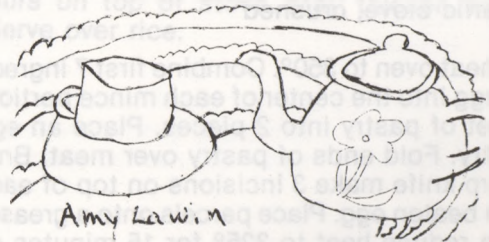
Mix in casserole dish; cover. Bake at 300° to 325° for 4 hours. Serve over rice.

CHEESE BALLS

Mary Jo Kramer
Carnation Company

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|-------------------------|---------------------------------|
| 2 lbs. hamburger | ¼ tsp. pepper |
| 3 C. fresh bread crumbs | 2 T. parsley flakes |
| ½ C. chopped onions | ¼ tsp. basil (optional) |
| ¼ C. milk | 1 can vegetarian vegetable soup |
| ½ C. green pepper | ½ lb. Swiss cheese |
| 1 tsp. salt | 1 jar Ragu spaghetti sauce |

Cut Swiss cheese into squares. Mix all the ingredients except spaghetti sauce together. Wrap hamburger mixture around Swiss cheese chunks. Pour spaghetti sauce over balls. Bake uncovered 2 hours at 325°. Pour off grease.



BEEF WITH PEA PODS

Geneva Liebau
Geneva's

- | | |
|--|---|
| 1 lb. beef round steak, cut thin in 2" to 2½" slices | 1 medium head cauliflower, broken into buds |
| 2 T. cooking oil | 1-6 oz. pkg. pea pods (partially thawed) |
| 1 C. water | 2 T. cornstarch |
| ½ C. chopped onion | ¾ C. water |
| 1 clove garlic, minced | 2 T. soy sauce |
| 1 beef bouillon cube | |

Brown meat quickly in hot oil; add 1 cup water, onion, garlic and bouillon. Heat and stir until bouillon is dissolved. Add cauliflower; season with salt and pepper. Cover and simmer 5 minutes. Stir in pea pods, cover and continue cooking 5 to 8 minutes until cauliflower is tender. With slotted spoon, transfer meat and vegetables to serving dish. Combine cornstarch, remaining water and soy sauce into pan juices. Cook, stirring until thickened. Add to vegetables and meat. Serves 6 to 8.

IMPOSSIBLE TACO PIE

Sandy Bright

- | | |
|--|-----------------------|
| 1 lb. ground beef | ¾ C. Bisquick |
| ½ C. chopped onion | 3 eggs |
| 1 env. taco seasoning mix | 2 tomatoes, sliced |
| 1-4 oz. can chopped green chilies, drained | 1 C. shredded lettuce |
| 1¼ C. milk | Cheddar cheese |

Grease pie plate. Brown beef and onion; drain. Stir in taco seasoning mix. Spread on plate, top with chili. Beat milk, baking mix and eggs till smooth. Pour onto plate. Bake at 400° for 25 minutes, or until knife inserted comes out clean. Serve with tomatoes, lettuce, cheese, taco sauce and even sour cream. Serves 6 to 8.

CHIMICHANGAS

Sherry Wagner

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|---------------------------------|------------------------------|
| 4 lbs. lean ground beef | 2 pkgs. (8") flour tortillas |
| 2 pkgs. onion soup mix | Grated Cheddar cheese |
| 1-7 oz. can diced green chilies | 1 jar taco sauce |

Brown beef; drain. Add soup mix, chilies and taco sauce; mix well. Warm tortillas; put 3 tablespoons meat and 1 tablespoon grated cheese in center. Roll up, tuck ends and fasten with toothpick. Preheat 1" of oil to 400° in skillet or wok. Fry each until brown; turn once. Drain on paper towels. Keep warm in 200° F. oven. Garnish with lettuce, green onion, tomato, grated cheese, avocado, taco sauce, sour cream and chopped ripe olives to serve.

OVEN BEEF STEW

Dolly Kreger

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|---------------------------|-------------------------------------|
| 1 lb. cubed stew meat | 4 medium potatoes |
| 1 pkg. dry onion soup mix | Onions |
| 1½ C. sliced carrots | 1-10 oz. box frozen peas (optional) |
| 1½ C. sliced celery | 2-10 oz. cans tomato soup |

Put meat in bottom of roaster with 1 cup water; add 1 package dry onion soup mix, then add carrots, celery, potatoes, onions and peas. Spread 2-10 ounce cans tomato soup on top. Bake in 275° oven for 4 to 5 hours. (Can use frozen stew vegetables.)

KID'S FAVORITE MEATBALLS

Carolyn Kielman
First National Bank

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|------------------------|--------------|
| 1½ lbs. ground beef | 1 C. catsup |
| ¾ C. oatmeal | ¼ C. vinegar |
| ½ C. milk | ½ C. water |
| 2 small chopped onions | 1 T. oil |
| 1½ tsp. salt | ¼ C. flour |

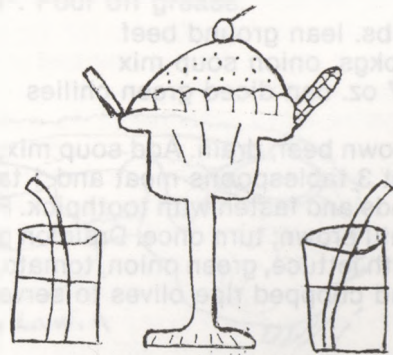
Combine first 5 ingredients and form into balls, roll in flour and brown in 1 tablespoon oil, put in a roaster. Combine last 4 ingredients and pour over meatballs; cover and bake 1 hour at 350°.

PLENTY MORE IN THE KITCHEN

Opal Lampe

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|---------------------------|-----------------------------|
| 2 lbs. ground beef | 1 tsp. Worcestershire sauce |
| 1 onion, chopped | 1 T. chili powder |
| 1-15 oz. can tomato sauce | 1 T. brown sugar |
| 2 cans mushroom soup | 1 C. cheese |
| 1 can whole kernel corn | 1-14 oz. pkg. noodles |

Brown beef. Add ingredients. Cook. Add water as needed.



Kelli Kramer

LATTICE TOP CHICKEN BAKE

Susie Jenison
Mane St. Hair Co.

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|--|------------------------------|
| 1 can cream of chicken soup | 1 C. shredded Cheddar cheese |
| $\frac{3}{4}$ C. milk | 1 can French-fried onions |
| $\frac{1}{4}$ tsp. salt | 1 C. biscuit mix |
| 2 C. diced, cooked chicken | 1 egg, slightly beaten |
| 1 pkg. frozen California veggies
(thawed and drained) | $\frac{1}{4}$ C. milk |

Combine soup, milk, salt, chicken, veggies, $\frac{1}{2}$ Cheddar cheese and $\frac{1}{2}$ can onions. Spread mixture into a greased 8x12" baking dish. Bake uncovered at 425° for 10 minutes. Meanwhile, combine biscuit mix, egg and milk to form a soft dough. Spoon over hot chicken mixture to form a lattice design. Bake uncovered at 425° for 20 to 25 minutes, or until biscuits are golden. Top lattice with rest of cheese and onions. Bake 3 to 5 minutes more.

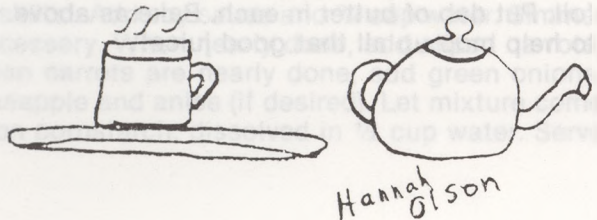
CHICKEN & HAM ROLLUPS

Deb Berstler

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|---|--|
| 3 whole chicken breasts (split,
skinned and boned) | 2 T. oleo |
| 6 thin slices cooked ham | 1 can cream of chicken soup |
| | $\frac{1}{4}$ C. Chablis (or other white wine) |

Place a ham slice on top of each breast. Roll up and secure with toothpick. Brown in oleo in skillet. Combine soup and wine and pour over. Cover. Cook over low heat for 20 minutes or until tender. Stir occasionally. Serves 6.

A quick gourmet meal!



HOISIN CHICKEN

Sherry Wagner

- 8 oz. fresh broccoli
- 2 medium yellow onions
- 1 red or green pepper
- 2 small cans whole button mushrooms
- 1-3 lb. broiler-fryer chicken
- ½ C. cornstarch
- 3 C. vegetable oil
- 2 tsp. grated ginger root
- 1 C. water
- 1 T. cornstarch
- 3 T. cider vinegar
- 3 T. hoisin sauce
- 4 tsp. soy sauce
- 2 tsp. instant chicken bouillon granules

Cut broccoli into 1" pieces. Peel and chop onions. Remove seeds from pepper and chop coarsely. Drain mushrooms. Cut chicken into small serving-size pieces. (Example: drumstick - 3 pieces.) Coat with ½ cup cornstarch. Heat oil in wok over high heat to 375° F. Add chicken pieces, one at a time. (Cook only ⅓ of the pieces at a time.) Cook until golden and completely cooked, about 5 minutes. Drain on absorbent paper. Remove all but 2 tablespoons oil from wok. Stir-fry ginger over medium heat 1 minute. Add onion, stir-fry over high heat 1 minute. Add broccoli, pepper and mushrooms; stir-fry 2 minutes. Combine water and all remaining ingredients. Add to vegetable mixture. Cook and stir until liquid boils and becomes translucent. Return chicken to wok. Cook and stir until chicken is hot throughout, about 2 minutes. Makes 6 servings.

CHICKEN KIEV

Mary-Claire Uselding
Wartburg College

- 2 sticks butter, melted
- 1 tsp. lemon juice
- 1 tsp. lemon rind, grated
- 2 T. chopped parsley
- 1 T. chopped chives
- 2 cloves crushed garlic
- ½ tsp. pepper
- ¼ tsp. salt
- 6 whole chicken breasts, split, skinned boned and pounded flat
- Flour
- 2 eggs (or more)
- ¼ C. white wine (approximately)
- Toasted bread crumbs

Make herb butter with first 8 ingredients. Freeze in an oblong pan. Cut into 12 fingers. Roll and fold breasts around butter fingers. Dip into flour. Mix eggs and wine together. Dip breasts in egg-wine mixture. Roll in bread crumbs. Wrap separately in foil. Freeze. To bake, place in greased pan directly from freezer, after first removing foil. Put dab of butter in each. Bake as above. Be sure to serve bread or potatoes to help mop up all that good juice!

BAKED PORK CHOPS WITH STUFFING

Barbara Westendorf
Westendorf DX

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|--------------------------------|---|
| 1 pkg. pork Stove Top stuffing | ½ pkg. onion soup mix |
| 2 T. butter | 1-1 lb. pkg. frozen broccoli, cauliflower
and carrot mix |
| 4 to 6 pork chops | ½ C. milk |
| 3 C. water | 1 T. flour |

In 9x13x2" baking dish, sprinkle dry stuffing and seasoning on bottom. In skillet, brown chops in butter. Remove and drain. In same skillet, add water, onion mix and frozen vegetables. Cover and bring to boil. With slotted spoon, remove and arrange vegetables around edge of baking dish. Pour 1¾ cups of liquid from skillet over vegetables and stuffing. Lay pork chops down center, overlapping if necessary. Cover with foil. Bake 15 to 20 minutes. Make gravy with remaining water in skillet plus milk and flour. Makes a very attractive dish for company.

BAKED CORN CHOPS

Helen Imbrock

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|------------------------|-----------------------|
| 4 pork chops | 1 small onion, minced |
| 3 slices bread, cubed | 3 T. butter |
| 1 can cream-style corn | |

Brown chops in a heavy skillet. Combine the rest of the ingredients. Place the chops in a layer in a baking dish and spread the corn mixture over the top. Add ⅓ cup of cold water (pour over top of corn mix), then bake covered first 30 minutes, uncovered second 30 minutes in 350° oven.

SWEET AND SOUR PORK

Barb MacMillan

- | | |
|---|-------------------------------------|
| 1½ to 2 lbs. pork (chops or
spareribs) | 4 to 5 T. brown sugar |
| 3 to 6 T. soy sauce (more, if desired) | 1 T. cornstarch |
| ¾ C. water | ⅓ C. water |
| 3 green onions (½" pieces) | 1 small can crushed pineapple |
| 1 green pepper (cut up) | 2 to 3 carrots, sliced |
| 2 T. vinegar | ½ tsp. anise (if desired, optional) |

Cut pork into ¾" pieces. Brown in skillet. Add soy sauce and ¾ cup water. Simmer until tender. Add more water if necessary. When nearly done, add sliced carrots; cook about 10 to 15 minutes. When carrots are nearly done, add green onions, peppers, vinegar, brown sugar, pineapple and anise (if desired). Let mixture come to a boil. Thicken with 1 tablespoon cornstarch, dissolved in ½ cup water. Serve over rice. Serves 4.

PIZZA MEATBALLS

Monta Wedeking
Waverly Sales Co. Cafe

- | | |
|---------------------------|---------------------------------|
| 1½ lbs. ground beef | 1½ tsp. garlic salt |
| 1½ C. dried bread crumbs | Pepper to taste |
| ¾ C. milk | ¾-8 oz. pkg. mozzarella cheese |
| 3 T. instant minced onion | 1-12 or 15½ oz. jar pizza sauce |

Mix ground beef, bread crumbs, milk, onions, garlic salt and pepper. Cut cheese into bite-size cubes. Shape ground beef mixture into balls with 1 cube of cheese in center of each. Coat each meatball in flour. Brown in 2 tablespoons salad oil over medium heat on all sides. Add pizza sauce and heat to boiling. Reduce heat to low. Cover and simmer 10 minutes.

BAR-B-QUE MEATBALLS

Shilotte Epley
First National Bank of Waverly

- | | |
|-------------------------|-------------------------|
| 1 C. milk | A little pepper |
| 1 C. bread crumbs | 1 C. ketchup |
| 1 lb. hamburger | 1 C. brown sugar |
| 1 lb. ground pork | 4 tsp. vinegar |
| 1 tsp. salt | 4 tsp. minced dry onion |
| 8 tsp. minced dry onion | |

Mix milk and bread crumbs; add hamburger, pork, salt, onion and pepper. Mix, shape into balls and put in a 9x13" pan. Mix ketchup, brown sugar, vinegar and dry onion. Pour over balls and bake at 350° for 1 hour.

PORCUPINE MEATBALLS

Susan Lenius
Wartburg College

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|---------------------|------------------------|
| 1½ lbs. ground beef | 1 tsp. salt and pepper |
| ½ C. uncooked rice | 1 can tomato soup |
| 1 T. grated onion | 1 can water |

Combine the first 4 ingredients, form into small balls and place in an electric skillet. Combine soup and water and pour over formed balls. Cook 1 hour.

MEATBALLS

Susan Lenius
Wartburg College

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|-----------------------|--------------------|
| 1 lb. raw ground beef | ½ C. chopped onion |
| 1 egg, beaten | ¼ tsp. garlic salt |
| ½ C. crushed Wheaties | Salt and pepper |
| ½ C. applesauce | |

Combine all of the above. Shape into small meatballs. Place in lightly greased baking dish. Pour over:

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|------------------|--------------|
| 1 C. catsup | ¼ C. vinegar |
| ½ C. brown sugar | |

Cover dish and bake at 350° for 1 hour or microwave on HIGH for 20 minutes.

SWEDISH MEATBALLS

Sherry Wagner

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|--------------------------|---------------|
| 2 lbs. ground beef | 2 eggs |
| 1 lb. ground pork | 1 T. salt |
| 6 slices bread, crumbled | 2 tsp. sugar |
| 1 C. milk | 1 T. allspice |
| 1 medium onion, chopped | 2 T. vinegar |

Soak bread in milk. Mix all ingredients, except soup mix; let stand about an hour. Form into balls. Roll in flour and fry until brown. Add onion soup mix and 1 to 2 cups water. Cook through.

PORCUPINE MEATBALLS

Grace Westendorf
Westendorf DX

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|--------------------|-------------------|
| 2 lbs. ground beef | Salt and pepper |
| ½ C. diced onion | ½ C. tomato sauce |
| ¾ C. Minute rice | |

Mix well, shape into small balls and put in heavy skillet. Cover with 1 cup tomato sauce and 1 tablespoon sugar. Cook 45 to 50 minutes.

SAUSAGE SKILLET SCRAMBLE

Colleen Liming
Wartburg College

1 lb. smoked sausage, cut in slices 2 apples, cored and thinly sliced
2 medium onions, thinly sliced 2 T. vegetable oil or butter

Saute sausage, onions and apples in oil in large skillet until tender, stirring constantly.

SKILLET SPANISH RICE

Nancy Bingham
Wartburg College

¼ C. oil ½ lb. ground beef
1 medium onion ½ can tomato juice
½ medium green pepper 1 tsp. prepared mustard
1 C. rice (regular, uncooked) Dash of pepper
1 tsp. salt

Brown meat, onion and green pepper in oil. Add remainder of ingredients; bring to boil. Cover and simmer for 30 minutes. Serves 4.

MEXICAN BEEF AND RICE

Sharon Knight
Wartburg College

1 lb. ground beef ⅔ C. tomato sauce
½ C. onion, chopped ½ C. milk
2 tsp. chili powder ⅓ C. Cheddar cheese, shredded
1½ C. cooked rice Corn chips

Cook beef, onion and chili powder in skillet over medium heat till onions are soft. Stir in rice, tomato sauce and milk. Heat 10 minutes. Remove from heat and stir in cheese. Serve with corn chips. Serves 4 to 6.

MEXICAN DINNER

Jean Lanske
Hy-Vee Food Store

3 lbs. pork, cut in small pieces
(leave a little fat on meat) 1-12 oz. can tomato sauce
2-12 oz. cans tomatoes and chilies 1/8 tsp. garlic powder
(Ortega) Salt and pepper to taste
2 small cans chopped chilies 1 C. cooked rice
(Ortega)

Brown meat with garlic powder, salt and pepper. Add the rest of the ingredients and simmer for 1 hour. Serve with Cheddar cheese grated on top of rice. Serve refried beans on the side.

ELDER'S CHILI-VERDE BURRITOS

Sheryl Beenken
Rada Manufacturing

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|------------------------------------|-------------------------------------|
| 1 jar Pace picante sauce | Salt and pepper |
| 6 pork steaks | 1½ capfuls Tabasco sauce (optional) |
| 2 cans Ortega green chilies, diced | 1 brick Monterey Jack cheese |
| 2 medium tomatoes | 8 tortillas |
| 1 medium white onion | Ground cumin and garlic |

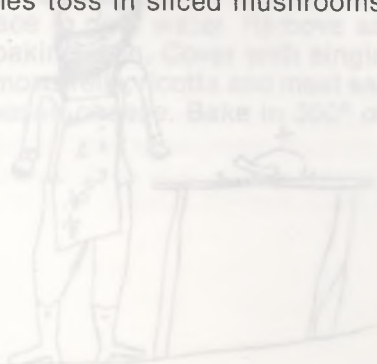
Dice pork steak small and cook covered over low flame. Drain. Dice tomatoes, chop onions and add. Add chilies; simmer. Add salt and pepper as desired. Add garlic. Add 1 teaspoon cumin. Simmer 10 minutes. Prepare the cheese, hot sauce and tortillas. Goes good with salad and pop.

MOM'S LASAGNE

Judy (Butzloff) Pattschull
Carnation Company

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|--------------------------|---|
| 1½ lbs. ground beef | 1 lb. pkg. lasagne noodles |
| 1 tsp. garlic salt | 1 pkg. (3 C.) shredded mozzarella
cheese (or more) |
| 1 T. basil leaves | 1¾ C. cottage cheese |
| ½ tsp. salt | ¼ C. Parmesan cheese |
| 1½ C. canned tomatoes | 1 T. dried parsley flakes |
| 1-6 oz. can tomato paste | 1 beaten egg |
| 1½ tsp. oregano leaves | 1 tsp. salt |
| Onion salt (to taste) | ¼ tsp. pepper |

Brown ground beef and drain. Add next 7 ingredients and simmer 10 minutes. In medium mixing bowl, stir together cottage and Parmesan cheese, parsley, egg, salt and pepper and set aside. Cook lasagne noodles according to package directions. Drain and rinse. In 9x13x2" pan, place ½ the noodles, ½ the cheese mixture, then ½ the meat mixture. Now, sprinkle ½ the mozzarella. Repeat this procedure, using other halves. Cover with foil and bake at 375° F. for 30 minutes. (As a variation I sometimes toss in sliced mushrooms and sliced black olives.)



CAROLYN'S VEGGIE PIZZA

Barbara Westendorf
Westendorf DX

2 pkgs. crescent rolls

Prepare as a crust, pressing edges together before baking. May not take as long to bake as instructions indicate. Cool completely. Cream together:

1-8 oz. pkg. cream cheese, softened 2 to 3 T. mayonnaise
1 pkg. Hidden Valley Ranch dressing ½ C. sour cream

Spread creamed mixture over cooled crust. Layer with the following diced veggies: broccoli, cauliflower, green onions, green pepper. Top with shredded Cheddar cheese. Slice and serve.

MEAT CRUST PIZZA

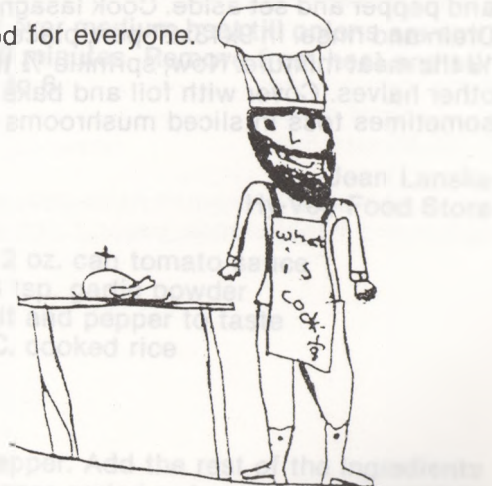
Barb Henze
State Bank of Waverly

1 lb. ground turkey (raw)
4 slices bread, crumbled
2 tsp. onion powder
½ tsp. garlic powder
1 tsp. salt
¼ tsp. pepper
½ tsp. oregano

TOPPING:
8 oz. tomato paste or sauce
1½ green peppers, sliced thin
½ tsp. basil
4 oz. shredded mozzarella cheese
4 oz. mushrooms, drained
Onions

Mix turkey mixture; press into 10" pie pan and bake 15 minutes at 375°. Add Topping; bake for an additional 15 minutes. Yields 2 ounces turkey, 1 bread, 1 ounce cheese, 1 bonus. Serves 4.

This is a Weight Watchers recipe, but good for everyone.



Heinrichs
Jeremiah

SUMMERTIME GARDNER'S LASAGNE

Jean Fredrick
WSR United Way Board of Directors

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|--|--|
| 6 C. sliced zucchini (about 1 3/4 lb.) | 1/4 tsp. dried basil leaves |
| 1/2 lb. ground beef | 1 C. small curd cottage cheese |
| 1 clove garlic, minced | 1 egg, beaten |
| 1-8 oz. can tomato sauce | 1 T. parsley flakes |
| 1 tsp. salt | 1/4 C. dry bread crumbs |
| 1/4 tsp. dried oregano leaves | 1 C. shredded mozzarella cheese
(4 oz.) |

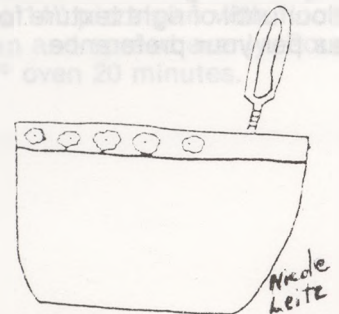
Cook zucchini in boiling water about 5 minutes and drain. Cook beef and garlic until brown; stir in tomato sauce, salt, oregano and basil. Stir together cottage cheese, egg and parsley. Place half of zucchini in greased pan (8" square). Sprinkle with half of bread crumbs. Spread with half of cottage cheese mixture, then with half of beef mixture and half of mozzarella. Repeat layers, but reserve remaining mozzarella cheese. Bake in 350° oven for 25 minutes. Sprinkle with reserved cheese, return to oven just long enough to melt cheese (about 3 minutes). Makes 4 to 5 servings.

HOME STYLE LASAGNE

Jan Striepe
Wartburg College

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|-------------------------|----------------------------------|
| 1 T. olive oil | 1 tsp. oregano |
| 2 cloves garlic, minced | 1/2 lb. wide lasagne noodles |
| 1 lb. lean ground chuck | 1 lb. ricotta or cottage cheese |
| 1 pkg. onion soup mix | 1/2 to 3/4 lb. mozzarella cheese |
| 1 1/2 C. water | 2 T. Parmesan cheese |
| 1/2 tsp. salt | 1-6 oz. can tomato paste |
| 1/4 tsp. pepper | 1-8 oz. can tomato sauce |
| 1/2 tsp. sugar | |

Brown garlic and ground chuck in olive oil. Stir in remaining ingredients, except noodles and cheeses. Cover and simmer 30 minutes. Cook noodles (do not overcook). Drain. Place in cold water. Remove as needed. Place small amount of sauce in 12x8x2" baking dish. Cover with single layer of noodles placed lengthwise, then layers of mozzarella, ricotta and meat sauce. Repeat as necessary, ending with sauce and Parmesan cheese. Bake in 350° oven for 30 to 40 minutes. Serves 8 to 10.



PIZZA BURGERS

Lois Leary
Clerk of Court

1 lb. hamburger
1 medium onion, diced
½ green pepper, diced

1-10¾ oz. can tomato soup
1 tsp. oregano
½ tsp. garlic salt
½ lb. sharp Cheddar cheese

Brown hamburger; add onion and peppers. Simmer until vegetables are tender. Cool. Add tomato soup, Cheddar cheese, oregano and garlic salt to hamburger mixture. Mix well. Spread mixture on bun halves. Top with mozzarella cheese, if desired. Broil until slightly brown.

DEEP-DISH PIZZA

Joyce Williams
WSR Area United Way

1 pkg. yeast
1 C. warm water
½ tsp. salt
1 T. vegetable oil
Approximately 3½ C. flour
1½ lbs. ground beef, seasoned
½ lb. Italian sausage
1½ C. spaghetti sauce

Sliced pepperoni (optional)
Diced turkey, bologna or ham
Chopped fresh onion
Chopped green pepper
Canned, sliced mushrooms
½ lb. grated Cheddar cheese
1 lb. (or more) grated mozzarella

Dissolve yeast in warm water. Stir in salt and oil. Gradually mix in 3 to 3½ cups flour to form a soft dough. Knead 5 minutes. Oil and let rise in warm place for 10 minutes. Punch and knead into a smooth ball. Press dough into bottom and up the sides of a greased 9x13" cake pan. Brown and drain the seasoned beef (salt and pepper to taste) and the Italian sausage. Spread ½ cup spaghetti sauce over prepared crust. Spoon in the meat mixture. Spoon on 1 cup sauce. Arrange pepperoni, turkey, bologna, onion, peppers and mushrooms over sauce. Sprinkle with cheeses. Bake at 425° for 30 to 40 minutes. Remove from oven and let set 15 minutes before serving.

NOTE: We enjoy this with a whole wheat crust, using a combination of whole wheat flour, wheat germ and unbleached flour. Start with ¾ cup whole wheat flour, ¼ cup wheat germ and 1¼ cups unbleached white flour, then add additional white flour until of right texture for kneading. Also, vary meat and vegetable combinations as per your preference.

DEEP-DISH PIZZA

Kathy Folkerts
Mode O'Day

- 1 pkg. Pillsbury crescent rolls
- 1 pkg. spaghetti sauce mix
- 1 can tomato sauce
- ¼ C. water
- 1 lb. browned hamburger
- 2 C. mozzarella cheese, grated

Butter large glass pie plate and line with crescent rolls. Mix spaghetti sauce, tomato sauce and water with the browned hamburger. Put half of this mixture over the crescent rolls, sprinkle half the cheese on, add rest of the meat mixture, then top with rest of cheese. Bake at 350° for 20 to 25 minutes. Serves 4 to 6.

BUBBLE PIZZA

Mrs. Paula Wehling
Bartels Lutheran Home

- 2 tubes buttermilk biscuits
- 1-16 oz. jar pizza sauce
- 1½ lbs. ground beef
- 2 C. mozzarella cheese
- 2 C. Cheddar cheese

Brown the ground beef and drain. Quarter the biscuits and mix with the ground beef and pizza sauce. Put in 9x13" greased pan. Bake in a 400° oven for 20 minutes. Remove from oven and top with the cheeses. Bake for 10 minutes more. Let stand 10 minutes before serving.

CRAZY BATTER PIZZA

Michael Butler
Teacher, Junior High

BATTER:

- 1 C. + 2 T. flour
- 1 tsp. salt
- 1 tsp. Italian seasoning
- 1/8 tsp. pepper
- 2 eggs
- ⅔ C. milk

SAUCE:

- 1 lb. hamburger (sausage)
- ¼ C. chopped onion
- 1-4 oz. can mushrooms
- 1 can tomato soup
- ½ C. water
- ¼ tsp. paprika
- 1/8 tsp. pepper
- 1 tsp. salt

Brown hamburger; drain well. Lightly grease and dust 14" pizza pan with flour. Prepare batter: Mix well until a bit runny. Pour into pan and spread evenly. Pour Sauce on top of Batter. Spread carefully. Bake in 425° oven 20 minutes.

SPAGHETTI PIZZA

Beverly K. Leisinger
First National Bank of Waverly

16 oz. spaghetti, cooked	1 tsp. garlic salt
1 C. milk	32 oz. jar spaghetti sauce
1 egg	3 C. mozzarella cheese
1 lb. cooked meat (your choice: hamburger, sausage, pepperoni)	Any other ingredients (onions, mushrooms, olives, etc.)

Combine egg and milk, then mix with spaghetti; add garlic salt and put in a greased 9x12" or 2-8x8" pan(s); cover with sauce, then 2 cups cheese, then the meat and any other extras, then top with 1 cup cheese. Bake at 350° for 30 to 45 minutes, or until cheese is bubbly and just begins to brown.

MEAT LOAF

Sandy Bright
Wartburg College

2 lbs. ground beef	2 T. chopped onion
¾ C. unsweetened applesauce	½ C. milk
1 tsp. salt	1 egg
1 C. bread crumbs	

TOPPING:

3 T. brown sugar	¼ C. catsup
1 tsp. prepared mustard	

Combine the first 7 ingredients and form into baking dish. Mix catsup, sugar and prepared mustard together and pour over top of loaf. Bake 1 hour at 350°.

HAM BALLS

Mary Goetzinger
Drs. Trerotola, Roelfs and Van Daalen

2½ lbs. ground ham	SAUCE:
2 lbs. hamburger	2 cans tomato soup
3 C. cracker crumbs	2¼ C. brown sugar
3 eggs	¾ C. vinegar
2 C. milk	2 tsp. dry mustard

Mix and form in shallow pan. Pour sauce over Ham Balls. Bake at 350° for 1 hour.

HAM BALLS

Darla Troutman
Wartburg College

2 lbs. ground ham
3 eggs
2 lbs. ground pork
3 C. graham crackers
1 lb. ground beef
2 C. milk

SAUCE:
4 cans tomato soup
1½ C. vinegar
2 C. brown sugar
2 tsp. dry mustard

Order 3 meats ground together at your local meat department. Add eggs, crackers and milk. Shape into balls, fairly large, approximately 16 will fit in a 9x13" pan. Heat sauce in large pan on stove until all ingredients blend together. Pour over Ham Balls making sure to cover them. Bake at 350° for 1 hour and 250° for 1½ hours. These can be made ahead of time and frozen until you want them. Just rewarm slowly in warm 250° oven. The sauce should be poured into a bowl and set on table at mealtime.

HAM LOAF

Mrs. A.H. Niewohner

1½ lbs. ground smoked ham
1 T. mustard
1 small onion, chopped
1 T. chopped parsley
½ C. quick-cooking oatmeal

¾ C. evaporated milk
1 beaten egg
¼ C. light brown sugar
¼ C. vinegar

Combine ham, mustard, onion, parsley, rolled oats, milk and eggs; mix well and form in loaf in greased loaf pan. Combine sugar and vinegar; heat until sugar melts. Pour over Ham Loaf. Bake in moderate oven (350°) for 1 hour. Serves 6.

From the old Tabitha cookbook.

HAM LOAF

Helen M. Stumme
Clerk of Court Office, Courthouse

2½ lbs. ground ham
1½ lbs. pork
2 lbs. ground beef
3 C. graham crackers
2 C. milk

1 C. tomato soup
2 C. brown sugar
¼ C. mustard
¾ C. vinegar

Mix meats, milk and crackers. Shape into loaves or balls. Pour sauce over and bake 1 hour at 350° in greased pans. Can freeze in foil.

UPSIDE-DOWN HAM LOAF

From the 1939 Cooking School
sponsored by the Waverly
Independent-Democrat

- | | |
|------------------------|-------------------------|
| 2 C. soft bread crumbs | 1 lb. smoked ground ham |
| 1 egg | 3 T. melted butter |
| ¼ tsp. pepper | ¼ C. brown sugar |
| 1 tsp. salt | 3 slices pineapple |
| ¾ C. milk | 3 red cherries |
| 1 lb. lean ground pork | |

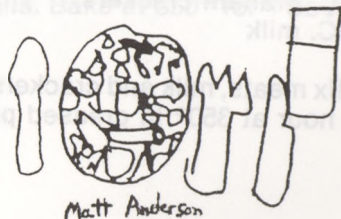
Mix bread crumbs, egg, seasonings and milk. Work into meat. Place butter in bottom of loaf pan, sprinkle with brown sugar, arranging pineapple slices in pan with cherry in center of each. Pack meat into pan. Bake at 350° until well done, about 1½ hours. Pour off fat. Turn out on platter (the fruit will then be on top). Garnish with greens and radish roses. Makes 8 good servings.

TURKEY POT PIE

Danita (Mrs. Ken) McCormick
Wartburg College

- | | |
|-----------------------------------|--|
| ½ C. margarine | 1 ¾ C. cut-up, cooked turkey or chicken |
| ½ C. Bisquick | 1-10 oz. pkg. frozen peas and carrots
OR mixed vegetables |
| ½ tsp. onion powder | 1½ C. Bisquick |
| ¼ tsp. pepper | ½ tsp. poppy seeds (optional) |
| 1/8 tsp. thyme leaves | 3 T. hot water |
| 1-14½ oz. can clear chicken broth | 3 T. margarine, softened |
| ⅔ C. milk | |

Heat ⅓ cup margarine in large 3-quart kettle until melted. Stir in ½ cup Bisquick, onion powder, pepper and thyme. Cook, stirring constantly, until mixture is bubbly; remove from heat. Stir in chicken broth and milk. Heat to boiling, stirring constantly until thick. Stir in turkey and frozen vegetables; heat through. Keep warm over low heat. Mix remaining ingredients until dough forms. Smooth dough into a ball on bread board dusted with baking mix. Kead 6 to 8 times. Roll dough into 9" square. Pour turkey mixture into an ungreased glass baking dish. Place dough over turkey mixture. Bake until crust is deep golden brown, about 25 minutes at 400°. Makes 3 or 4 servings. (Louis Rich roasted turkey breast meat, cut into small cubes, works well for this recipe.) Served with white rice and a tossed lettuce salad, this makes a quick, nutritious supper.



CHILI TOFU

Mark Schmidt
Wartburg College

1 lb. firm tofu, cut into small cubes
¼ lb. ground beef
1 medium chopped onion
2 cloves garlic, crushed
2 T. oil

SAUCE:

1 to 3 tsp. chili paste
½ tsp. sugar
3 T. soy sauce
2 tsp. cornstarch in ¼ C. water

Heat oil in wok (or skillet). Add onion and garlic and stir-fry briefly. Add beef and cook until meat is browned evenly. Add bean curd and sauce mixture, with the exception of the cornstarch. Bring to boil and stir gently. Thicken with the cornstarch paste, simmer, mixing well. Serve over steamed rice. Serves 3 to 4. Recipe can be easily doubled.

FRIED RICE

Jean Lanske
Hy-Vee Food Store

2 C. rice, cooked
⅓ C. shrimp
⅓ C. pork (strips) or ham
¼ C. green onions, cut fine
3 T. soy sauce (or more)

2 eggs, slightly beaten
2 tsp. Accent
Salt and pepper to taste
3 T. oil

Cook pork till brown; add shrimp and mix thoroughly. Set aside. Crumble rice loosely, then mix with pork and shrimp mixture. Add oil, Accent, salt, pepper and soy sauce. Stir constantly and mix well for 5 minutes. Add more oil if it's too dry. Fry eggs separately and strip. Garnish with carrots and green onions.

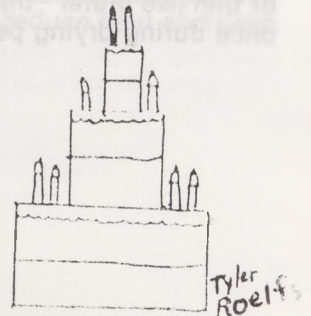
BETSY'S RICE

Barbara Bishop
Wartburg College

1 stick melted margarine
1 can beef consomme
1 can French onion soup

1-4 oz. can mushrooms
1½ C. long-grain rice

Mix ingredients together. Pour into 2-quart baking dish. Cover. Bake 1 hour in 350° oven.



BROCCOLI-RICE BAKE

Janet Noel
Engelbrecht, Ackerman & Hassman

- | | |
|------------------------------|---------------------------------------|
| ½ C. chopped celery | 1-8 oz. jar pasteurized cheese spread |
| ½ C. chopped onion | 1-10 oz. pkg. frozen chopped broccoli |
| ½ C. butter | 1-7 oz. pkg. precooked rice |
| 1 can cream of mushroom soup | |

Saute celery and onion in melted butter in saucepan until tender. Combine soup, water and cheese spread; add to saucepan. Heat until cheese melts. Add broccoli. Cook rice according to directions. Combine hot cheese mixture with rice. Turn into greased 2-quart casserole. Bake at 350° for 45 minutes.

BEEF & RICE FLORENTINE

Rose Meyer
Mode O'Day

- | | |
|--|-----------------------------|
| 1 lb. ground beef | 1 C. water |
| 1 T. oil | 1 medium tomato, diced |
| 1 T. diced onion | 1 tsp. salt |
| 1-10 oz. pkg. Birds Eye chopped spinach (I use chopped broccoli) | 1 tsp. oregano |
| | 1½ C. dry Minute rice |
| | 1 T. grated Parmesan cheese |

Brown beef and onion in oil, leaving bite-size pieces. Push meat mixture to side of pan and add spinach or broccoli, water, tomatoes, salt and oregano. Break up spinach or broccoli and bring to a boil. Stir in rice, cover, remove from heat and let stand 5 minutes. Sprinkle with cheese and serve.

HOMEMADE NOODLES

Lavon McEnany
Wartburg College

- | | |
|----------------------|---------------|
| 7/8 C. flour | 1 egg, beaten |
| ½ tsp. baking powder | 3 T. milk |
| ¼ tsp. salt | |

Sift flour, baking powder and salt together; set aside. Beat egg. Add milk. Add dry ingredients. Stir with fork till mixed well. Turn out on floured board. Roll out, thick or thin (we prefer "thick"). Leave set to dry (usually 2 to 4 hours); turn, if you can, once during drying period. Cut for use. Ready for your soups or whatever.

TORTA PASCUALINA
(ARGENTINE SPINACH PIE)

Gloria Strickert
St. Paul's Lutheran Church

Have ready 1 pie shell and crust for top, unbaked. Cook, drain and chop finely 1½ cups frozen or 2 quarts fresh spinach. Saute until tender 2 tablespoons oil (olive oil*) and 1 onion, chopped. Combine:

Spinach	½ tsp. salt
Sauteed onion	2 beaten eggs
¼ tsp. nutmeg	1 C. grated Swiss or feta cheese
1 tsp. oregano	

Pour into pie shell. Arrange top crust and seal. Bake at 350° for 30 to 40 minutes. Serve hot in wedges. Serves 4.

*Use the olive oil and feta cheese for a good Greek flavor.

MEAT-POTATO QUICHE

Gloria Strickert
St. Paul's Lutheran Church

Preheat oven to 425°. In 9" pie pan, stir together:

3 T. vegetable oil	3 C. coarsely shredded raw potato
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Press evenly into pie crust shape. Bake at 425° for 15 minutes until just beginning to brown. Remove from oven. Layer on:

1 C. grated Swiss or Cheddar cheese	¼ C. chopped onion
¾ C. cooked, diced chicken, ham or browned sausage	

In a bowl, beat together:

1 C. evaporated or rich milk (part cream)	2 eggs
	½ tsp. salt
	1/8 tsp. pepper

Pour egg mixture onto other ingredients. Sprinkle with 1 tablespoon parsley flakes. Return to oven and bake at 425° about 30 minutes, or until lightly browned and knife inserted 1" from edge comes out clean. Allow to cool 5 minutes before cutting into wedges. Serves 4 to 5.

PRIME RIB LINK

Dan Crotty
G & R Publishing

- | | |
|--|--|
| 1 pkg. prime rib link (any kind of hot dogs) | 1 jar Grey Poupon mustard |
| 1 loaf French bread or hot dog buns | Timely-aged cucumbers (pickles and relish) |
| 1 bottle reconstituted tomato (catsup) | 1 medium pungent bulb (onion) |

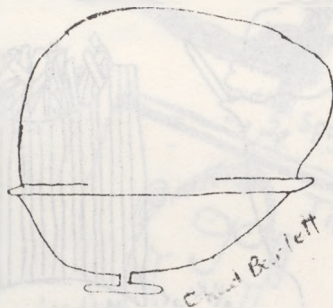
Cook prime rib link to desired doneness (best if done in a fireplace over hot coals). Slice French bread to desired size (much easier to use hot dog buns). Season to personal preference.

ZUCCHINI-BULGUR STIR-FRY

Barb Waltmann
Homemaker

- | | |
|-------------------------|----------------------------|
| 4 C. beef broth | 1 clove garlic |
| 2 C. bulgur | ½ tsp. ginger |
| 2 T. cold water | 2 small zucchini, sliced |
| 2 tsp. cornstarch | ¼ C. sliced green onions |
| 2 T. tamari (soy sauce) | 1 C. peanuts |
| 1 T. oil | ½ tsp. shredded lemon peel |
| 3 C. sliced carrots | |

Bring beef broth to a boil and pour over bulgur. Let stand 1 hour so bulgur can absorb broth. Blend together the cold water, tamari and cornstarch and set aside. Preheat skillet and add oil, carrots, garlic and ginger and stir-fry for 8 minutes. Add zucchini and onion and stir-fry another 2 minutes. Stir tamari mixture and add to the vegetables; stir and cook until thick and bubbly, then add bulgur and heat through well. Stir in peanuts and lemon peel and serve. Any leftovers make a wonderful soup by adding sausage, onion, beef broth, canned tomatoes and Worcestershire sauce.



Notes

ARILAUOS DAA GRYI
GAINHAYWIC SPACH (PIE)

WIKING WIL LINK
St. Paul's Lutheran Church

1 loaf French bread or hot dog bun
1 bottle reconstituted tomato
1 medium pungent onion
Spinach
Sautéed onion
Eggs
Cook pasta in boiling water (best if done in a large pot)
Slice French bread to desired size (much easier to use hot dog buns)
Pour into pie shell. Arrange hot sauce and cheese on top.
Bake at 350°F for 45 minutes.
Serve hot in 4 servings.

1 clove garlic
1/2 tsp. ginger
2 small zucchini, sliced
1/2 C. sliced green onions
1 C. peanuts

In a bowl, beat together:
1/2 C. oil
1/2 C. sugar
1/2 C. milk
1/2 C. eggs
1/2 C. flour
1/2 C. oil
1/2 C. sugar
1/2 C. milk
1/2 C. eggs
1/2 C. flour



Synelle
7-wisner



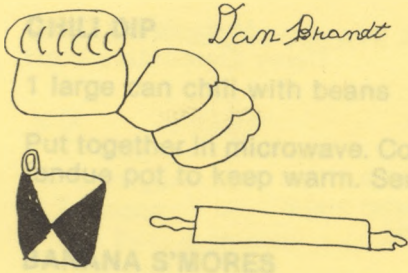
Michael
Leary
Grade 4



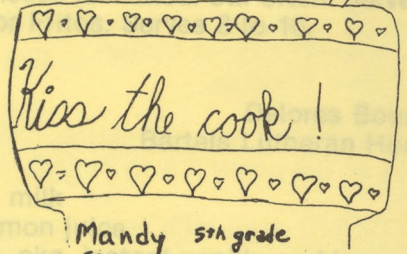
Brian
Martin



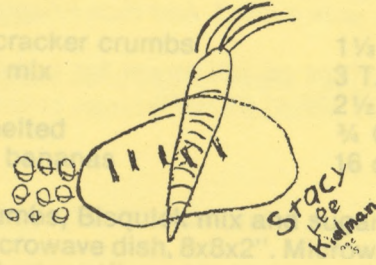
Rachel
Smith



Dan Shardt

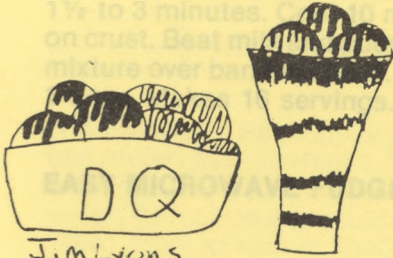


Mandy Olson 5th grade

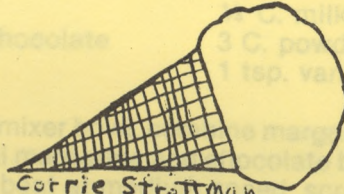


Stacy Kee Kuhlman

Microwave



JIM LIONS



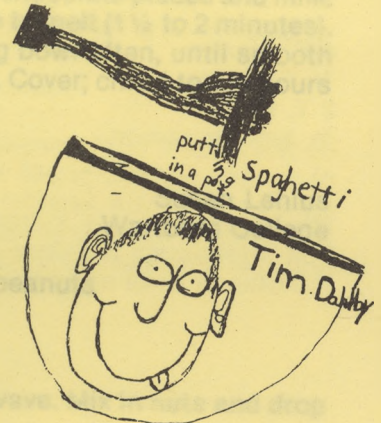
Corrie Ströttman



Mike Shaw



Amy Reinhardt



putting in a pig Spaghetti

Tim Dobby

CHILI DIP

Mary Cheville

1 large can chili with beans 1-8 oz. pkg. cream cheese

Put together in microwave. Cook until cream cheese is melted. Stir often. Serve in fondue pot to keep warm. Serve with Doritos or Fritos. Serves 8 to 10.

BANANA S'MORES

Delores Bourke
Bartels Lutheran Home

$\frac{3}{4}$ C. graham cracker crumbs $1\frac{1}{3}$ C. milk
 $\frac{1}{2}$ C. Bisquick mix 3 T. lemon juice
2 T. sugar 2 $\frac{1}{2}$ oz. pkg. instant vanilla pudding
 $\frac{1}{4}$ C. butter, melted $\frac{3}{4}$ C. mini-marshmallows
2 or 3 medium bananas 16 chocolate stars

Mix cracker crumbs, Bisquick mix and sugar. Stir in butter until moistened. Press in bottom of microwave dish, 8x8x2". Microwave uncovered on HIGH, rotating dish $\frac{1}{2}$ turn every minute until crust bubbles up slightly and then begins to flatten, about $1\frac{1}{2}$ to 3 minutes. Cool 10 minutes. Slice bananas, dip in lemon juice and arrange on crust. Beat milk and pudding until smooth. Stir in marshmallows. Spread pudding mixture over banana slices. Press chocolate stars on and refrigerate no longer than 1 hour. Makes 16 servings.

EASY MICROWAVE FUDGE

Mardella Koch
Wartburg College

$\frac{1}{2}$ C. margarine $\frac{1}{4}$ C. milk
6 oz. pkg. semi-sweet chocolate 3 C. powdered sugar
pieces 1 tsp. vanilla

In large microwave-safe mixer bowl, combine margarine, chocolate pieces and milk. Microwave on HIGH until margarine and chocolate begin to melt ($1\frac{1}{2}$ to 2 minutes). Stir in powdered sugar; beat at medium speed, scraping bowl often, until smooth (2 to 3 minutes). Spread in greased 8" square baking pan. Cover; chill 1 to $1\frac{1}{2}$ hours or until firm. Cut into squares. Yield: 3 dozen.

PEANUT CLUSTERS

Susan Lenius
Wartburg College

$\frac{3}{4}$ lb. (or $\frac{1}{2}$ - $1\frac{1}{2}$ lb. pkg.) 2-12 oz. pkgs. peanuts
almond bark
1-12 oz. pkg. chocolate chips

Mix almond bark and chocolate chips and melt in microwave. Mix in nuts and drop on foil or waxed paper.

O'DILLY BARS

Mrs. James Epley
Carey Elementary Staff

- ½ C. margarine
- 1 C. chocolate chips
- 10½ oz. bag miniature marshmallows
- 1 C. chunky peanut butter
- 2 C. Rice Krispies

FROSTING:

- ⅓ C. milk
- 1 C. chocolate chips
- 2 C. powdered sugar
- 1 tsp. vanilla

In 2-quart bowl, mix margarine, chocolate chips, marshmallows and peanut butter. Cook on full power 2½ to 3 minutes, or until melted. Add Rice Krispies. Put in 9x13" pan.

FROSTING: Melt milk and chocolate chips on full power for 1 to 2 minutes. Add powdered sugar and vanilla; spread on top of mixture.

MICROWAVE PEANUT BRITTLE

Erma Clausing

Englebrecht, Ackerman & Hassman

- 1 C. raw peanuts
- 1 C. granulated sugar
- ½ C. white corn syrup
- ½ tsp. salt
- 1 tsp. butter or margarine
- 1 tsp. vanilla
- 1 tsp. baking soda

Stir together peanuts, sugar, corn syrup and salt in 1- to 1½-quart casserole and microwave on HIGH for 7 minutes (stirring well after 4 minutes). Add butter and vanilla and microwave 1 to 2 minutes more (my microwave requires 2 minutes). Peanuts will be lightly browned and syrup very hot. Add baking soda and gently stir until foamy. Pour onto lightly buttered cookie sheet. Cook ½ hour or more, break apart and store in airtight container.

APPLE CRISP

Mrs. James Epley
Carey Elementary Staff

- 4 C. apples
- ¾ C. sugar
- 2 T. flour
- ½ tsp. cinnamon

TOP:

- ¾ C. flour
- ¾ C. brown sugar
- ¾ C. oatmeal
- ⅓ C. melted margarine

Mix together apples, sugar, flour and cinnamon. Pour into an 8x8" baking dish. Mix Top ingredients together and sprinkle over apples. Microwave on HIGH 13 to 15 minutes or until apples are done.

MICROWAVE CHOCOLATE PUDDING CAKE

Deb Hesse
Wartburg College

MIX:

1 C. flour
¾ C. sugar
2 T. cocoa
1 tsp. baking powder
½ tsp. salt
ADD AT VERY LAST:
2 C. boiling water

ADD:

1 tsp. vanilla
2 T. oil
½ C. milk

TOPPING:

¾ C. sugar
¼ C. cocoa

Put mixture in glass cake pan. Sprinkle Topping on top of mixture. Pour boiling water over all. Cook for 11 minutes or until done. Serve with ice cream or whipped cream.

FRUIT SALAD

Roxanne Klaas
U.S. Navy

1-3 oz. pkg. American tapioca
pudding
1-3 oz. pkg. vanilla pudding (not
instant)

1-20 oz. can fruit cocktail
1-20 oz. can peaches
1-16 oz. can mandarin oranges
2 large bananas, cut into chunks

Drain juices of fruit into large glass microwave bowl to measure 3 cups (if not enough juice to measure 3 cups add water to make up the difference). Add the 2 packages of pudding; microwave on full power 8 to 10 minutes or until bubbly and thickened. Take out and add drained fruits and bananas. Stir together. Chill and serve.

CREAM OF BROCCOLI & CHEESE SOUP

Marilyn Demuth
Waverly Newspapers

2 C. chopped celery
1 C. finely chopped onion
1-10 oz. pkg. chopped broccoli
1 C. cottage cheese

2 C. milk
1-10¾ oz. can cream of chicken soup,
undiluted
1/8 tsp. white pepper

Cook celery, onion and broccoli in 2½-quart covered casserole in microwave on HIGH for 6 minutes, stirring after 3 minutes. Set aside. Blend cottage cheese in blender until smooth; slowly add milk while continuing to blend. Add chicken soup to cheese/milk mixture; blend; add mixture to cooked, undrained vegetables. Microwave on HIGH until heated through (about 3 minutes), without boiling. Add pepper. Serves 6.

MUG MEAT LOAF

Colleen Liming
Wartburg College

- 1/4 lb. hamburger
- 2 T. oatmeal
- 2 tsp. catsup
- 1 T. onion soup mix

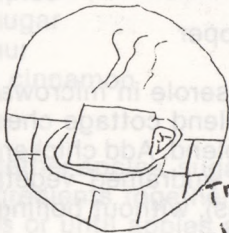
Put all ingredients in a coffee mug. Bake in microwave oven for 4 minutes.

POOR MAN'S STROGANOFF

Doris Rosel
First National Bank of Waverly

- 1 lb. ground beef
- 1 C. sour cream
- Onion
- 2 to 3 C. cooked egg noodles
- 1-10 oz. can cream of mushroom soup

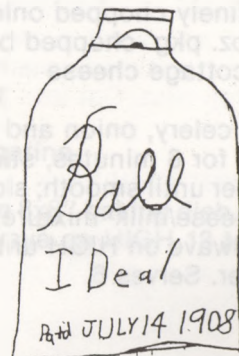
Brown ground beef and onion in 3-quart casserole in microwave. Cook egg noodles, rinse and drain; add to browned ground beef-onion mixture. Add cream of mushroom soup and sour cream; mix. Microwave 5 to 10 minutes until heated through.



Tricia
Coleman

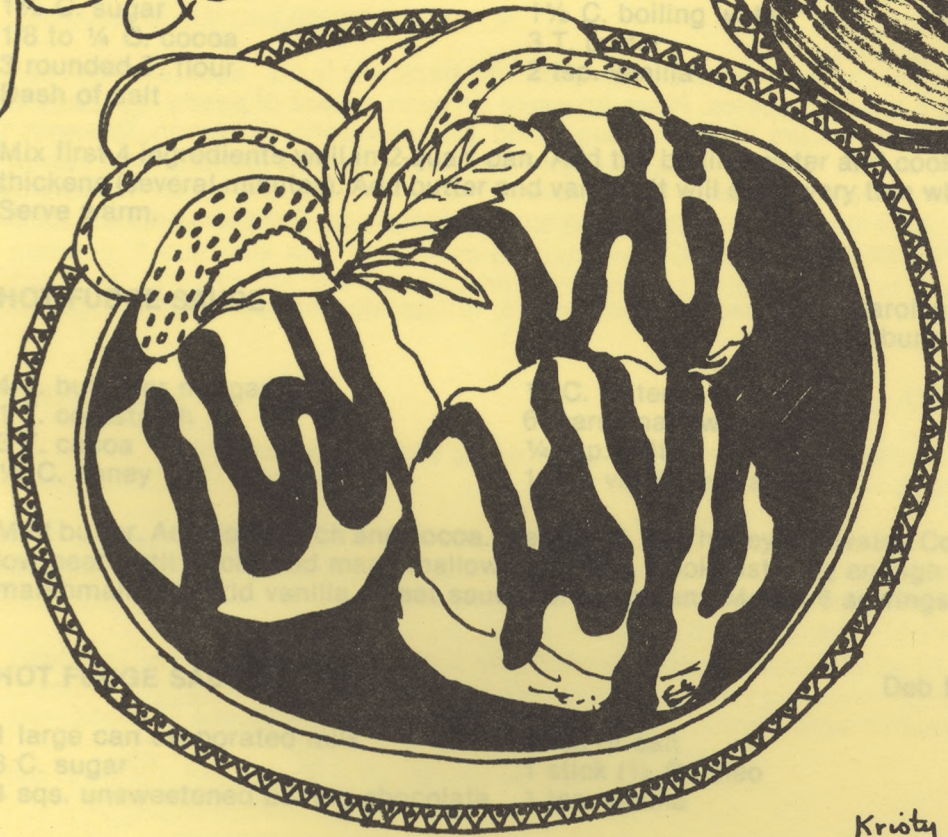


Ben Hartman



Philip
Edman

Desserts and Pastries



Kristy
Dieterich

CHOCOLATE SAUCE

Marilyn Michaelson
Wartburg College

1 C. sugar
1 heaping T. cornstarch
1/8 tsp. salt

1/4 C. cocoa
1 C. water

Mix sugar, cornstarch, salt and cocoa in pan. Gradually add water. Cook until thick. Add 1 tablespoon butter and 1 teaspoon vanilla. Serve hot over ice cream on brownies.

HOT FUDGE SAUCE

Susan Lenius
Wartburg College

1 1/2 C. sugar
1/8 to 1/4 C. cocoa
3 rounded T. flour
Dash of salt

1 1/2 C. boiling water
3 T. butter
2 tsp. vanilla

Mix first 4 ingredients well in 2-quart pan. Add the boiling water and cook until it thickens (several minutes). Add butter and vanilla. It will seem very thin when hot. Serve warm.

HOT FUDGE SAUCE

Carolyn Eggers
Wartburg College

4 T. butter or margarine
1 T. cornstarch
3 T. cocoa
1/2 C. honey

1/2 C. water
6 marshmallows
1/4 tsp. salt
1 tsp. vanilla extract

Melt butter. Add cornstarch and cocoa. Blend well. Add honey and water. Cook over low heat until thick. Add marshmallows and salt. Cook just long enough to melt marshmallows. Add vanilla. Great sauce for ice cream. Makes 6 servings.

HOT FUDGE SAUCE

Deb Berstler

1 large can evaporated milk
3 C. sugar
4 sqs. unsweetened baking chocolate

Dash of salt
1 stick (1/2 C.) oleo
1 tsp. vanilla

Melt butter and chocolate over low heat in medium saucepan. Stir in sugar and salt, then add milk. Cook till thick; add vanilla. Serve over ice cream. Can be stored in covered container and then heated in microwave as needed. Serves lots!

CORN OIL PIE CRUST

Dorothy Mueller

¼ C. skim milk
Pinch of salt

½ C. corn oil
2 C. flour

Divide dough and roll between wax paper. Good for persons with cholesterol problems.

APPLE DUMPLINGS

Jo Dorman

PASTRY FOR 8 DUMPLINGS:

2¼ C. flour
¾ tsp. salt
¾ C. shortening
5 T. water

SYRUP:

1 C. sugar
2 C. water
4 T. butter
¼ tsp. cinnamon

Mix flour, salt, shortening and water. Roll 1/8" thick, cut in 8-7" squares. Now, pare and core 8 medium apples. Place an apple on each square of pastry. Fill cavities of apple with mixture of ½ cup sugar and 1½ teaspoons cinnamon. Dot with 1 teaspoon butter. Bring points of pastry squares (opposite points) over apples, overlapping them. Seal well. Place about 2" apart in pan. Boil syrup ingredients together for 3 minutes. Pour hot syrup around dumplings. Bake immediately for 40 or 45 minutes in hot oven (425°).

NOTE: These can be made the day before, refrigerated and the next day baked.

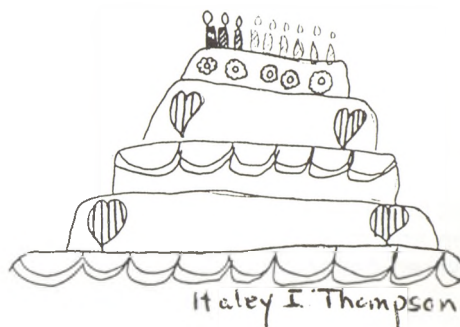
ANGEL PIE

Louise Liebau

20 Ritz crackers, rolled fine
½ C. chopped pecans

4 egg whites, beaten stiff

Fold crackers and nuts into egg whites and put into well-buttered 9" pie tin. Bake 20 minutes at 325°, or until lightly browned. Cool. Cover the above with 2 cups Cool Whip or whipped cream. Shave chocolate and sprinkle over top. Refrigerate. Will keep several days. Serves 8.



APPLE CREAM PIE

Dorothy Rathe

Single unbaked pie shell
5 C. apples, pared and cut into eighths
 $\frac{3}{4}$ C. sugar
2 T. flour
Margarine
Cinnamon and nutmeg
1 C. half and half (cream)

Place pie crust in pie plate. Crimp edges high. Preheat oven to 400°. Mix flour and sugar together and sprinkle $\frac{2}{3}$ of mixture into crust. Arrange apple slices closely together in crust. Sprinkle with cinnamon and nutmeg. Dot with 2 tablespoons margarine. Pour cream over all. (To avoid spilling, place pie on oven shelf before pouring in cream.) Bake for 50 to 60 minutes. Center should boil for 10 minutes. (Use early transparent or Jonathan apples.)

BANANA SOUR CREAM PIE

Sandy Bright
Wartburg College

3 bananas
1 large box instant vanilla pudding
16 oz. sour cream (I use less)
1 C. milk
8 oz. Cool Whip
1 baked pie shell

Slice bananas into baked pie shell. In a bowl, mix together the instant vanilla pudding, 1 cup milk and 16 ounces of sour cream. Pour into pie shell over the bananas. Smooth out the pudding mixture and top with a layer of Cool Whip. Refrigerate until ready to serve.

BROWNIE PIE

Charlotte Westpfahl
Waverly Newspapers

3 egg whites
Dash of salt
 $\frac{3}{4}$ C. sugar
 $\frac{3}{4}$ C. finely crushed chocolate wafer crumbs
 $\frac{1}{3}$ C. chopped walnuts
 $\frac{1}{2}$ tsp. vanilla
Whipped cream

Beat egg white and salt until soft peaks form, adding sugar gradually. Fold in crumbs, add nuts and vanilla. Spread evenly in a buttered pie plate. Bake in 325° oven about 35 minutes. Cool thoroughly. Spread top with sweetened whipped cream.

NOTE: Much like Brownie Pie served at the Brown Bottle.

CHOCOLATE PIE

Evelyn Chellevoid

Pastry for 9" pie	1-6 oz. pkg. semi-sweet chocolate chips
2 egg whites	2 egg yolks
½ tsp. vinegar	¼ C. water
¼ tsp. cinnamon (optional)	1 C. whipping cream
¼ tsp. salt	¼ C. sugar
½ C. sugar	¼ tsp. cinnamon

Line pie plate with pastry. Prick generously with fork. Bake about 10 minutes at 400°, or until lightly browned. Beat together egg whites, vinegar, cinnamon and salt until stiff, but not dry. Gradually add the ½ cup sugar and beat until very stiff. Spread meringue over bottom and sides of baked shell and bake in slow oven (325°) for 15 to 18 minutes, or until lightly browned. Cool. To make filling, melt chocolate chips over hot, not boiling, water. Blend in egg yolks and water and stir until smooth. Spread 3 tablespoons of this mixture over cooled meringue. Chill the remainder until it begins to thicken. Beat together whipping cream, ¼ cup sugar and cinnamon until thick. Spread half of it over chocolate layer. Fold chilled chocolate mixture into remaining whipped cream mixture. Spread over whipped cream and chill at least 4 hours before serving.

SCHOKOLADE PASTETE (CHOCOLATE PIE)

Rose Kramer

2¼ C. sugar	4 eggs
3 T. cocoa	2 T. vanilla
5 T. cornstarch	1 T. butter
2½ C. boiling water	Baked pie crust for 9" pie
½ tsp. salt	

MERINGUE:

4 egg whites	½ C. sugar
¼ tsp. cream of tartar	½ tsp. vanilla

Mix 2¼ cups sugar, cocoa and cornstarch together; add boiling water, stirring constantly. Cook over low heat until thick, about 10 minutes. Take off stove and add 4 egg yolks, vanilla and butter. Beat vigorously by hand for about 2 minutes. Pour into baked pie crust. Add Meringue and bake at 400° for 10 minutes or until nicely browned.



CHOCOLATE SILK PIE

Sherry Wagner

½ lb. butter
½ lb. powdered sugar
2 sqs. unsweetened chocolate
½ tsp. vanilla
2 eggs
9" baked and cooled pie shell
Whipped cream
Shaved chocolate

Cream butter; add powdered sugar gradually. Melt chocolate; cool. Add to butter-sugar mixture. Add vanilla. Add eggs, one at a time, beating 4 minutes at high speed of electric mixer after each addition. Spoon into pie shell. Refrigerate at least 2 hours. Cut with hot knife; serve with whipped cream and garnish with shaved chocolate. (Pie may be frozen; soften slightly to serve.)

CRANBERRY-APPLE PIE

Jeanne Baumgartner
Ladies Plus Size Fashions (B.E. Mick)

MIX TOGETHER:

2 C. sugar
3 C. sliced and pared apples
⅓ C. flour
2 C. fresh cranberries

Prepare pie crust for 2-crust pie. Mix together sugar and flour mixture and cranberries. Alternate layers of sliced apples and cranberry mixture, beginning with apples and ending with apples. Dot with 2 tablespoons margarine. Cover with crust. Bake 40 to 50 minutes. Cool. Or using a microwave dish for pie pan, microwave 10 minutes on power level 9, then put in regular oven at 350° for 38 minutes. (Cover with brown paper so the top doesn't brown too much. Spread lightly with milk and sprinkle the top with sugar first, then top with brown paper.)

SUPER LEMON PIE

Mrs. E.H. (Mabel) Meyer

1 baked pie shell
1 can Eagle Brand sweetened condensed milk
1-6 oz. can lemonade, thawed
1-8 oz. carton Cool Whip

Mix the last 3 ingredients thoroughly. Put in pie shell. Refrigerate. Will freeze if you so desire. Serves 8.

LAZY PEACH PIE

Danita (Mrs. Ken) McCormick
Wartburg College

1 stick margarine ($\frac{1}{2}$ C.) $\frac{1}{2}$ tsp. salt
1 C. sugar $\frac{3}{4}$ C. milk
1 C. flour 1-29 oz. can peach slices in syrup
2 tsp. baking powder

Melt stick of margarine in 9x13" glass baking dish while warming oven to 350°. Sift together flour, baking powder and salt. Combine the sifted mixture with milk and pour over melted margarine in baking dish. Pour peaches and syrup over batter. Bake in 350° oven for 1 hour or until dessert is browned nicely. This recipe can be cut in half; use a 9x9" pan instead.

STREUSEL PEACH PIE

Grace Westendorf
Westendorf DX

1 unbaked pie shell 4 C. quartered fresh peaches

Lay peaches in pie shell. Sprinkle $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoon nutmeg over peaches. Beat 1 egg and 2 tablespoons half and half together; pour over peaches.

CRUMB MIXTURE:

$\frac{1}{4}$ C. brown sugar $\frac{1}{2}$ C. flour
 $\frac{1}{4}$ C. margarine

Mix and crumble over top. Bake at 425° for 35 to 40 minutes.

PEANUT BUTTER PIE

Grace Westendorf
Westendorf DX

CREAM TOGETHER:

1-3 oz. pkg. cream cheese, softened $\frac{1}{2}$ C. peanut butter
1 C. sifted powdered sugar $\frac{1}{2}$ C. milk

Add $1\frac{1}{2}$ cups Cool Whip. Mix all together. Pour into chocolate crumb crust. Freeze.



PECAN PIEPatty Kaiser
J.C. Penney

1/2 C. sugar
1 C. light corn syrup
4 T. butter
3 eggs

Vanilla
1/2 C. chopped pecans
Unbaked pastry shell

Bring sugar, syrup and butter mixture to a boil. Beat eggs and pour syrup over eggs gradually. Flavor with vanilla and add chopped pecans. Pour into an unbaked pie shell. Bake at 350° F. for about 30 minutes.

PECAN PIE

Shirley Ann Huck

4 eggs (beaten)
1 C. dark Karo
1/2 tsp. salt
1 C. pecans

1 C. sugar
1 T. flour
3 T. melted butter
2 tsp. vanilla

Mix above and put in an unbaked pie shell. Bake at 425° for 10 to 15 minutes and then 350° for 45 to 50 minutes until firm.

PECAN PIELorna Gumz
Wartburg College

1 3/4 C. sugar
1/4 C. dark corn syrup
1/4 C. butter or margarine
3 eggs

1 C. chopped pecan nutmeats
Few grains of salt
1 tsp. vanilla extract
9" unbaked pastry shell

Mix sugar, corn syrup and butter or margarine; bring to boiling point SLOWLY. Beat eggs; gradually add syrup mixture to eggs. Add nutmeats, salt and vanilla. Pour into pastry shell. Bake in moderately hot oven (375°) 35 to 40 minutes.

PUMPKIN PIE

Jo Dorman

1 C. pumpkin
1 egg
1 T. flour (heaping)
1/2 tsp. salt

1 tsp. cinnamon (heaping)
1/4 tsp. ginger
1 C. sugar
1 1/2 C. milk

Combine all ingredients and place in an unbaked pie shell. Bake in 350° oven for 1 hour.

PUMPKIN CHIFFON PIE

Betty Hartzell
Wartburg College

- | | |
|----------------------|--|
| 3 egg yolks | ½ tsp. each: ginger, cinnamon and nutmeg |
| ½ C. sugar | 1 T. (1 env.) Knox gelatin |
| 1¼ C. cooked pumpkin | ¼ C. cold water |
| ½ C. milk | 3 stiffly beaten egg whites |
| ½ tsp. salt | ½ C. sugar |

Beat egg yolks and ½ cup sugar until thick; add pumpkin, milk, salt and spices. Cook in double boiler till thick. Soften gelatin in cold water; stir into hot mixture. Beat egg whites and ½ cup sugar. Add to pumpkin mixture. Pour into cooled, baked pie shell and chill. Top with whipped cream.

ROTE HIMBEEREN PASTETE (RED RASPBERRY PIE)

Rose Kramer

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|-----------------------------------|-----------------------|
| 3 C. raspberries, fresh or frozen | ½ T. almond flavoring |
| 2 T. quick-cooking tapioca | 1 T. butter |
| 3 T. flour | Pie crusts for 9" pie |
| 1¼ C. sugar | |

Mix raspberries, tapioca, flour, sugar and almond flavoring. Pour into 9" pie pan lined with unbaked crust. Dot with butter and add top crust. Bake at 425° for 15 minutes, then at 350° for 30 minutes. Serve warm.

RHUBARB CUSTARD PIE

Rose Kramer

- | | |
|-------------|-------------------------------|
| 3 eggs | 1 tsp. nutmeg |
| 2 T. milk | 4 C. rhubarb, fresh or frozen |
| 1¾ C. sugar | 1 T. butter |
| 4 T. flour | Pie crust for 9" pie |

Beat eggs slightly; add milk. Mix together sugar, flour and nutmeg and mix with eggs. Add rhubarb. Pour rhubarb mixture into an unbaked pie shell. Dot with butter and add lattice top crust. Bake at 350° for 1 hour or until set and nicely browned. Serve slightly warm.

STRAWBERRY PIE WITH EASY CRUST

Dolly Kreger

CRUST (combine and mix):

1½ C. flour

½ C. liquid shortening

½ tsp. salt

2 T. sugar

2 T. milk

FILLING (boil until clear):

1 C. sugar

1¼ C. water

2 T. cornstarch

1 T. white Karo syrup

CRUST: Press into a pie plate and bake 15 to 20 minutes at 400°. Let cool.

FILLING: Add 1-3 ounce package strawberry jello. Let cool. Add 4 to 5 cups fresh, sliced strawberries. Pour in a crust and chill.

APPLE PUDDING

Marilyn Michaelson
Wartburg College

7 or 8 Jonathan apples

1 C. sugar

½ C. butter or margarine

1 C. flour

¼ C. water

Slice apples in casserole. Cream sugar and butter. Add flour and mix until crumbly. Put mixture on top of apples. Sprinkle with water. Bake at 350° about 45 minutes, or until top is a little brown.

“BEGGARS” APPLE PUDDING

Ed Freese
Waverly Newspapers

10 slices day-old pumpernickel or
rye bread, cubed

1 to 1½ C. apple cider

1 tsp. cinnamon

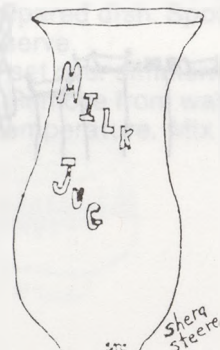
⅓ C. sugar

Apples, peeled, cored and sliced

¼ C. raisins

2 T. margarine or butter

Mix bread cubes with enough cider to moisten and soften. Combine cinnamon and sugar. Alternate layers of bread, apple slices, cinnamon and sugar. Add raisins and place in 2-quart buttered casserole. Dot top with margarine. Bake in moderate oven (350°) for 45 minutes. Serve with cream or vanilla ice cream.



GRANDMA'S UPSIDE-DOWN APPLE PUDDING

Anna E. DeBower
B.E. Mick's

1 C. brown sugar
1 T. butter

8 to 10 apples (sliced)

BATTER:

2 eggs, beaten
1 C. brown sugar
4 T. water

1 tsp. vanilla
1 C. flour
1½ tsp. baking powder

Grease deep, round pan with butter. Put first 2 ingredients in bottom of pan (sugar dotted with butter). Then put sliced apples on top of sugar and butter mixture. Over the apples pour the batter mixture. Bake 55 to 60 minutes at 350°. Turn upside-down on plate while hot. Serve warm with whipped cream or can let cool and use ice cream. (Good and gooey just plain.)

APPLE RAISIN CRUNCH PUDDING

Mayor Evelyn Rathe

6 slices bread
1 C. milk
3 T. margarine
½ C. sugar (white)
1 C. diced, pared apples

⅔ C. raisins
½ tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. salt
¼ C. brown sugar

Toast bread lightly; cut into small ½" cubes; place in buttered 6-cup baking dish. Heat milk slowly with margarine until margarine melts (microwave in glass cup 1 minute). Pour over bread cubes and let stand ½ hour. Beat eggs until thick in medium bowl. Stir in granulated sugar, apple, raisins, spices and salt. Pour over bread mixture and fold in. Sprinkle brown sugar over top. Bake in slow oven for 45 minutes, or until apples are tender. Serve warm with whipped cream or cream.



CARROT STEAMED PUDDING

Joyce Heyer
Walston-Dandy Ins. Assoc. Inc.

1 C. shredded carrots
1 C. shredded potatoes
1 C. sugar
1 C. flour
1 tsp. cinnamon

1 tsp. nutmeg
 $\frac{3}{4}$ tsp. salt
1 tsp. baking soda
 $\frac{1}{2}$ C. melted shortening
1 egg

VANILLA SAUCE:

1 C. sugar
2 T. flour
2 C. boiling water

2 T. butter
 $\frac{1}{4}$ tsp. salt
1 tsp. vanilla (or 1 tsp. orange rind)

Mix carrots, potatoes, shortening and sugar. Add egg and mix well, then stir in dry ingredients and mix well. Fill well-greased 1-pound cans $\frac{2}{3}$ full and steam 2½ hours. Serve with vanilla sauce, either warm or cold.

VANILLA SAUCE: Combine sugar, salt, flour and water and cook over hot water for 8 minutes. Add vanilla or rind and stir until blended.

AMARETTO BREAD PUDDING

Dr. Doris Cottam
Wartburg College

1-1 lb. challah bread with poppy seeds, broken into 1" pieces
1 qt. half and half
2 T. ($\frac{1}{4}$ stick) unsalted butter, room temperature
1½ C. sugar
3 eggs, room temperature

2 T. almond extract
 $\frac{3}{4}$ C. golden raisins
 $\frac{3}{4}$ C. sliced almonds

AMARETTO SAUCE:

1 C. powdered sugar
1½ C. (1 stick) unsalted butter
1 egg, well beaten
 $\frac{1}{4}$ C. Amaretto liqueur

Combine bread and half and half in large bowl. Cover and let stand 1 hour, stirring occasionally. Position rack in center of oven and preheat to 325°. Grease 9x13x2" baking dish with 2 tablespoons butter. Whisk sugar, eggs and almond extract. Stir into bread mixture. Gently fold in raisins and almonds. Spoon into prepared dish. Bake until pudding is firm, about 50 minutes. Cool. Preheat broiler. Butter broiler-proof baking dish. Cut pudding into 8 to 10 squares. Place in prepared dish. Spoon Amaretto Sauce over pudding. Broil until sauce bubbles and serve.

AMARETTO SAUCE: Stir sugar and butter in top of double boiler set over simmering water until butter melts, sugar dissolves and mixture is very hot. Remove from water and whisk in egg. Continue simmering until cooled to room temperature. Mix in Amaretto.

BREAD PUDDING WITH BRANDY SAUCE

Rose Kramer

2 C. bread cubes
1 qt. milk
3 eggs, slightly beaten

$\frac{1}{2}$ C. sugar
Pinch of nutmeg and cinnamon

Soak bread in milk for 20 minutes. Add sugar, nutmeg and cinnamon to beaten egg and add this to bread. Put into a greased baking dish. Place baking dish in pan of water and bake at 350° for 1 hour. Serve warm with Brandy Sauce.

BRANDY SAUCE: Beat 1 egg until thick. Add $\frac{1}{2}$ cup powdered sugar. Whip 1 cup cream and add 2 ounces (4 tablespoons) brandy. Mix with eggs and sugar.

MOTHER'S BREAD PUDDING

Ruth Coonradt

1 qt. sweet milk
1 qt. bread crumbs
4 eggs

4 T. sugar
1 C. raisins

Soak bread in half the milk until soft. Add the rest of milk, the well-beaten eggs and sugar; add a cup of raisins. Bake 1 hour. Serve warm.

NOTE: This is my mother's recipe.

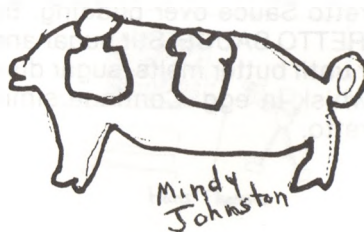
STEAMED CRANBERRY PUDDING

Sandy Johnson
Teacher, St. Paul's School

$\frac{1}{2}$ C. molasses
2 tsp. soda
 $\frac{1}{2}$ C. hot water
 $1\frac{1}{3}$ C. flour
1 tsp. baking powder

$\frac{1}{3}$ tsp. salt
1 heaping C. raw cranberries
 $\frac{1}{2}$ C. butter
1 C. sugar
 $\frac{1}{2}$ C. thin cream

Mix together molasses, soda and water. Sift together flour, baking powder and salt. Add to first mixture. Add cranberries. Steam 2 $\frac{1}{2}$ hours. For sauce, mix together butter, sugar and cream. Heat until it is about to boil. Serve warm.



HOT FUDGE PUDDING

Karen Millius
Strotman Building Center

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|----------------------|--------------------------|
| 1 C. sifted flour | 2 T. cooking oil |
| 2 tsp. baking powder | 1 C. chopped nuts |
| ¼ tsp. salt | 1 C. brown sugar, packed |
| ¾ C. sugar | ¼ C. cocoa |
| 2 T. cocoa | 1¾ C. hot water |
| ½ C. milk | |

Heat oven to 350°. Blend in bowl the flour, baking powder, salt, sugar and cocoa (2 tablespoons). Stir in milk, oil and nuts. Spread this in a 9" square pan. In small bowl, blend together the packed brown sugar and ¼ cup cocoa. Sprinkle sugar mixture over top of batter. Pour the 1¾ cups hot water over all. Bake 45 minutes. Serve warm or cold with rich milk or cream. Makes 9 servings.

STEAMED PLUM PUDDING

Jim Thompson
Wartburg College

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|---|---|
| 3 C. finely chopped suet | 1½ tsp. each: cloves, allspice and nutmeg |
| 3 C. fine dry bread crumbs | 1½ T. soda |
| 3 C. molasses, or if dark use 1½ C. molasses and 1½ C. dark Karo or sorghum | 3 C. buttermilk |
| 4 eggs | 1½ C. chopped, mixed candied fruit |
| 6 C. flour, sifted | 1½ C. chopped nuts |
| 1½ T. salt | 1½ C. seedless raisins |
| 1 T. cinnamon | 1½ C. currants |

HARD SAUCE:

- | | |
|---------------------|--------------------|
| 1 C. powdered sugar | 1/8 tsp. salt |
| 2 to 5 T. butter | 1 T. rum flavoring |
| | 1 egg |

Combine suet, bread crumbs, molasses and eggs and mix well. Sift together flour, spices and soda and add to first mixture alternately with milk. Add the fruit, nuts and raisins. Fill well-greased molds or #2 or #2½ cans scant ¾ full. Cover tightly with waxed paper and tie with a string. Steam 1½ hours. Serve hot with foamy Hard Sauce. Makes 45 to 50 servings.

HARD SAUCE: Beat butter until soft. Sift sugar and add gradually to butter. Beat well. Add salt and flavoring. Beat in 1 egg. When smooth, chill thoroughly.

ENGLISH PLUM PUDDING

Ruth Coonradt

1 C. orange juice	1½ C. bread crumbs
3½ C. raisins	1 C. flour
⅔ C. citron	2 tsp. baking powder
2 apples, chopped	1 tsp. soda
2 tsp. grated orange rind	½ C. sugar
4 eggs	1 tsp. salt
1 C. molasses	1 tsp. cinnamon
2 C. Brazil nuts	½ tsp. allspice
1 C. ground beef suet	½ tsp. cloves

Pour orange juice over raisins, citron, apple and orange rind; steep and let stand for an hour. Beat eggs; add molasses. Stir in nuts, suet and brown crumbs. Add remaining ingredients, turn into greased cans. Cover with foil and tie snugly. Place rack in deep kettle. Pour in boiling water to half cover cans. Cover and steam 5 hours. Add more boiling water if necessary. Serve with pudding sauce or softened vanilla ice cream. Makes 24 servings.

GRAMMA'S RICE

Selma Sommer

4 C. milk	¾ tsp. salt
1 C. rice	⅔ C. sugar

Use a double boiler. Heat milk. Add the washed rice, cook about 30 minutes, stir carefully with a fork and add sugar and salt which have been mixed together. Cook 1 hour more. To serve, put in bowl with a hunk of butter on top. Sprinkle generously with sugar and cinnamon. (Skim milk makes very good rice.)

NOTE: This is my grandmother's and mother's recipe. Great favorite at potlucks at Waverly Homes/Waverly Manor.

GERMAN RICE PUDDING

Susan Garbes
Teacher, St. Paul's School

3 C. water	½ C. sugar
½ tsp. salt	¼ C. milk
½ C. long-grain rice	Sugar and cinnamon
¼ C. raisins	

Bring to boil 3 cups water. Add ½ teaspoon salt, ½ cup long-grain rice and ¼ cup raisins. Cover pan and bring to a boil. Then lower temperature and cook on low for about an hour till water is absorbed. Add ½ cup sugar and ¼ cup milk. Cook 15 minutes more. Sprinkle with sugar and cinnamon. Serves 6.

I use a double boiler.

VANILLA ICE CREAM

Don Roiseland
Wartburg College

5 extra-large eggs
2½ C. sugar
3 C. milk

5 C. heavy cream
5 tsp. vanilla
½ tsp. salt (heaping!)

Beat eggs until thick (they won't get very thick!), then add sugar very slowly while continuing to beat. Add remaining ingredients and mix thoroughly. Pour into gallon freezer and freeze as directed by your freezer instructions. For chocolate, forget the vanilla and dump in a can of Hershey's syrup. For strawberry, forget vanilla, grind up a couple of cartons of frozen berries, dump.

BARB'S BUNDT ROLLS

Susan Lenius
Wartburg College

18 or 19 frozen dinner rolls
1-3¼ oz. pkg. butterscotch pudding
6 T. margarine

½ C. brown sugar
¾ tsp. cinnamon
Pecans

Grease bundt pan, sprinkle pecans in bottom of pan. Place 18 frozen rolls in pan. Sprinkle with dry butterscotch pudding. Mix melted margarine, brown sugar and cinnamon. Pour over rolls. Let rise all night, or day, at room temperature, uncovered. Bake at 350° for 30 minutes. Don't overbake.

KROLLETTE'S

Betty Lageschulte
Waverly Public Library

2 eggs
1 T. sugar
¼ tsp. salt

1 tsp. vanilla
1 C. milk
1 C. flour

Beat eggs slightly with sugar and salt; add milk and flour. Beat only until smooth. For best results fry in a deep kettle about 5" around, at least 4" deep. Screw handle into 1 of the irons and place in oil to heat. A white bread crumb turns golden brown quickly when the oil is ready. Remove iron from oil, tap it twice on several thicknesses of toweling to remove excess oil. Dip hot iron quickly into batter. Don't let batter come up over the top of the iron. Return batter-covered iron to the oil and completely submerge in oil from 20 to 30 seconds. When Krolette is fried, tip iron upside-down for an instant to drain. Push finished Krolette from iron with a tip of a knife. Dust with powdered sugar. Krolettes can be kept 2 or 3 weeks, but usually don't last that long!

DANISH PUFF

Joyce Borglum
Teacher, Carey School

CRUST:

1 C. flour
½ C. **butter**

2 T. water

Mix like pie crust. Divide in half. Put on cookie sheet in 2-12x3" rectangles.

SECOND LAYER:

1 C. water
½ C. **butter**
1 tsp. almond flavoring

3 eggs
1 C. flour

Boil water. Add butter. Stir in flour until thick. Add 1 egg at a time and beat after each egg (like cream puffs). Spread on rectangles of Crust. Bake at 350° for 1 hour. Cool and frost.

FROSTING:

$\frac{2}{3}$ stick **butter**
Powdered sugar (enough for good consistency)

3 T. milk
½ tsp. almond flavoring

Spread on frosting. Top with sliced almonds.

BUTTERHORNS

Catherine Richmann

2 sticks butter
1½ C. cottage cheese (12 oz. small curd)

2 C. flour
Dash of salt

GLAZE:

1 C. powdered sugar

2 T. orange juice

Cream butter and cottage cheese. Add flour and salt. Refrigerate overnight or at least 4 hours. Divide dough into 3 parts. Roll into 10" circle on floured board. Cut each circle into 16 wedges. Roll up, beginning with wide end. Place on greased cookie sheet. Bake at 350° for 25 minutes. Frost with powdered sugar frosting or powdered sugar and orange juice glaze.

APPLE CRISP

Jane Huck
Waverly Public Library

3 C. sliced apples
1 heaping T. flour
½ tsp. cinnamon
1 C. sugar
Pinch of salt

TOPPING:
¾ C. quick oatmeal
¾ C. brown sugar
¼ tsp. baking powder
¾ C. flour
¼ tsp. baking soda
⅓ C. butter (melted)

Mix first 5 ingredients. Put in a 9x9" pan either lined with waxed paper or buttered. Mix Topping until crumbly and put over the apples. Bake at 325° for 25 to 30 minutes.

PEACH CRUNCH

Lena Mercer

6 or more peaches
¼ C. sugar (per 6 peaches)

2 tsp. lemon juice

Slice peaches in bottom of greased baking dish and sprinkle with sugar and lemon juice.

TOPPING:

¾ C. brown sugar
¼ tsp. salt

⅓ C. butter
¾ C. flour

Mix and put on top of peaches. Bake for 50 to 55 minutes at 350°.

RHUBARB DESSERT

Mrs. Ed. (Doralina) Zelle

CRUST:

1 C. flour
5 T. powdered sugar

1 stick margarine

Blend and press into an 8x8" pan. Bake 15 minutes at 325°. Cut up 3 cups rhubarb and pour over Crust. Cover with:

2 beaten eggs
1½ C. sugar

¼ C. flour
¾ tsp. salt

Bake 35 minutes at 350°.

CHOCOLATE TORTE

Mary Ann Clefisch
First National Bank of Waverly

1 C. flour	1 C. powdered sugar
1 stick margarine	9 oz. carton Cool Whip
½ C. chopped nuts	2 pkgs. chocolate instant pudding
8 oz. cream cheese	

Mix flour, margarine and nuts; spread in an 11x14" pan. Bake at 350° for 15 minutes. Let cool. Mix cream cheese and powdered sugar until light and fluffy. Fold in ⅔ of a 9-ounce container Cool Whip. Spread on cooled first layer. Mix pudding (3½ ounces each) according to package directions. Spread on 2nd layer. Top with remaining ½ carton of Cool Whip. Sprinkle with chopped nuts, if desired. Serves approximately 24.

FRENCH VANILLA TORTE

Barb Henze
State Bank of Waverly

1ST LAYER:

1 C. flour	1 C. nuts
½ C. butter	

2ND LAYER:

1-8 oz. pkg. cream cheese, softened	1 C. powdered sugar
	1 C. Cool Whip

3RD LAYER:

2 pkgs. instant French vanilla pudding	3 C. milk
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1ST LAYER: Mix and put in an 8x13" pan. Bake at 375° for 15 minutes.

2ND LAYER: Blend cream cheese and powdered sugar. Add Cool Whip.

3RD LAYER: Mix pudding and milk together; whip. Spread rest of Cool Whip over top and sprinkle grated German chocolate or chocolate chips and nuts over the top.

HUMMEL TORTE

Rosamond Hoffman

2 eggs	1 C. sugar
Pinch of salt	4 T. flour
1 tsp. baking powder	½ C. chopped dates
½ C. nuts	

Combine all ingredients and place in a 9x13" cake pan. Bake at 350° for 20 minutes. Cool. Crumble cake and alternate on a large serving plate with 4 bananas, 2 cups grapes, 6 oranges, 2 cans chunk pineapple and 2 cups strawberries. You may use other fruit you like. Alternate the fruit when putting it on the plate with the cake and top with whipped cream.

ANGEL FOOD DELIGHT

Favorite of Mrs. A.H. Niewohner

½ C. sugar
¼ tsp. salt
1 env. Knox gelatin
1 pt. whipping cream

1 C. milk
1/8 C. cold water
1 tsp. vanilla
½ medium-sized angel food cake

Make custard of sugar, milk, salt and beaten egg yolks. Cook over low heat until creamy; remove from stove and add gelatin, which has been dissolved in water. Cool and add whipped cream, stiffly beaten egg whites and vanilla. Break cake in small pieces and place in an 8x10" pan. Pour mixture over angel food cake pieces. Can be topped with drained pineapple, nuts and maraschino cherries. Serves 12.

BANANA BREEZE (NO COOK CRUST, NO COOK FILLING)

Roxanne Klaas
U.S. Navy

¼ C. sugar
1 can Eagle Brand sweetened
condensed milk
1 C. Kellogg's corn flake crumbs
1 tsp. cinnamon

⅓ C. margarine
1-8 oz. pkg. cream cheese
1 tsp. vanilla
⅓ C. lemon juice (real reconstituted)
3 bananas

Mix corn flakes and margarine (melted) and cinnamon thoroughly in 9" glass pie pan; press evenly and chill. Beat the cream cheese until fluffy. Add condensed milk and blend well. Stir in lemon juice and vanilla. Place bananas on crust and pour mixture evenly over. Place in the refrigerator 3 to 4 hours or until firm.

BANANA SPLIT DESSERT

Nancy Bonorden
Carnation Company

MIX TOGETHER:

2 C. crushed graham crackers

½ C. soft margarine

Pat in 9x13" pan; do not bake. Beat 10 minutes:

½ C. soft margarine
2 eggs

2 C. powdered sugar

Layer this over the crust. Add the following by layer on top of crust: 1) drizzle ¼ cup chocolate syrup or caramel syrup; 2) 4 sliced bananas; 3) 1-20 ounce can well-drained pineapple; 4) 1-8 ounce container Cool Whip; 5) ½ cup pecans or walnuts; 6) sliced maraschino cherries (garnish). Keep refrigerated.

BANANA SPLIT DESSERT

Rhonda Beadhorn
Best Western Red Fox Inn

Prepare graham cracker crust as follows:

COMBINE:

1 C. graham cracker crumbs 4 T. butter
2 T. sugar

Reserve 2 tablespoons of mixture. Pat remainder in 9x13" cake pan. Bake at 325° for 10 minutes. Cool. Beat together for 10 minutes:

2 C. powdered sugar 2 eggs
1 stick butter or oleo

Put beaten mixture on cooled graham cracker crust, then top with the following (one layer of each):

1 large can drained, crushed 3 to 4 sliced bananas
pineapple 1 container Cool Whip

Sprinkle reserved graham cracker crumbs on top. Refrigerate.

BLENDER CHEESECAKE

Dorothy Knoedler
Century Company

16 graham cracker squares 2 T. lemon juice
½ C. margarine, melted 2 C. cottage cheese
1-3 oz. pkg. lemon jello 1-8 oz. container whipped topping,
½ C. boiling water defrosted
1 can fruit pie filling (optional)

Combine crumbled graham crackers with margarine. Press into bottom of 7x11" pan. Set aside. Pour boiling water into blender container; add gelatin and process at low until gelatin is dissolved. Add lemon juice and 1 cup cottage cheese. Process at "liquefy" until smooth. Add remaining cottage cheese and process until smooth. Pour into large mixing bowl. Add frozen whipped topping and mix until smooth. Pour over graham cracker crust. Chill until set. Top with pie filling, if desired.



BUSTER BAR DESSERT

Margaret Campbell

1ST LAYER: 1 pound Hydrox cookies, crushed and ½ cup melted butter. Mix and pat in 9x13" pan. Refrigerate 1 hour.

2ND LAYER: ½ gallon ice cream, softened. Put over bottom layer. Freeze.

3RD LAYER: ½ cup Spanish peanuts.

4TH LAYER: 2 cups powdered sugar, 1½ cups (large can) evaporated milk, 2 cups chocolate chips and 3½ cups butter. Boil 8 minutes, stirring constantly. Add 1 teaspoon vanilla. Cool. Pour over top. Freeze overnight. Keeps indefinitely.

BUTTER BRICKLE DESSERT

Mary Wood
Waverly Sales Co. Cafe

CRUST:

12 soda crackers
12 graham crackers

½ C. margarine, melted

FILLING:

2-3¾ oz. pkgs. instant vanilla
pudding

2 C. milk
1 qt. butter brickle ice cream

TOPPING:

1 carton Cool Whip

3 Heath candy bars

Crush crackers into crumbs; mix with melted butter and press in 9x13" pan. Combine pudding mix with milk; beat 2 minutes. Add ice cream; mix until well blended. Pour over cracker crumbs. Spread Cool Whip over filling. Crush candy bars and sprinkle on Cool Whip. Refrigerate several hours or overnight.

CHERRY COCONUT BARS

Diane Reinhardt
State Bank of Waverly

PASTRY:

1 C. flour
½ C. butter or oleo

3 T. powdered sugar

FILLING:

2 eggs, slightly beaten
1 C. sugar
¼ C. flour
½ tsp. baking powder

¼ tsp. salt
1 tsp. vanilla
¾ C. nuts
½ C. coconut
½ C. quartered cherries

Heat oven to 350°. With hands, mix flour, powdered sugar and butter until smooth. Spread thin with fingers in a 10x6x1½" pan (or an 8x8" pan). Bake 25 minutes. Combine Filling ingredients. Spread on top of baked Pastry. Do not cool. Bake 25 minutes. Cool. Cut in squares and serve as dessert.

CHOCOLATE ROLL-UP

Doris Fish
Fish Magnavox

5 eggs, separated	½ C. flour
1 C. powdered sugar	3 T. cocoa
	1 tsp. vanilla

Beat egg whites stiffly and let set. Beat egg yolks till thick and lemon-colored. Stir 3 dry ingredients together, add to egg yolks and beat together. Add vanilla and beat again. Fold beaten egg whites into chocolate mixture. Pour into prepared (greased and lined with waxed paper) jelly roll pan. Bake at 350° for 20 minutes. After it is baked, turn out right away on a towel sprinkled with powdered sugar, roll up from short end and let cool on rack. When cool, unroll and spread with semi-soft ice cream. Reroll and place on serving plate. Sprinkle with powdered sugar. Cover with large plastic bag and freeze. Slice to serve.

CHOCOLATE SUNDAE DESSERT

Margaret Schellhase

8 double graham crackers	2 C. sifted powdered sugar
1-6 oz. pkg. chocolate chips	¾ C. chopped pecans
½ C. margarine	½ gal. softened vanilla ice cream
3 eggs, slightly beaten	½ C. whole pecans

Crush graham crackers and put in a 9x13" pan. Melt chocolate chips and margarine. Remove from heat and add powdered sugar and pecans. Beat well. Spread over graham crackers. Spread ice cream over chocolate mixture. Top with whole pecans and freeze until hardened. When ready to serve, remove from freezer, let set for about 10 minutes, cut and serve. Makes about 15 servings.

CREME DE MENTHE DESSERT

Diane Reinhardt
State Bank of Waverly

1 white cake mix	1-8 or 9 oz. carton Cool Whip
2 T. creme de menthe	2 to 3 T. creme de menthe
1 can Hershey's fudge topping	

Add 2 tablespoons creme de menthe to ingredients listed on cake mix package. Bake cake as directed. After cake has cooled, spread 1 can of Hershey's fudge topping over the top. Add 2 to 3 tablespoons creme de menthe to carton of Cool Whip. Spread this over chocolate fudge topping. Refrigerate.

GRAHAM CRACKER DESSERT

Evelyn Mae Duwe

1 pkg. graham crackers, crushed fine	1 pkg. Dream Whip
1 large pkg. Philadelphia cream cheese	2 T. powdered sugar
	1 can pie mix (cherry or blueberry)

Grease a 9x13" cake pan. Put crushed graham crackers in a greased pan. Mix powdered sugar and Philadelphia cream cheese until smooth. Mix Dream Whip (follow directions on package). Add to powdered sugar and cheese. Place on top of graham crackers. Add pie mix. You may add crushed nuts on top.

EASY LEMON DESSERT

Karen Dickman

1 stick oleo	¼ C. chopped nuts (optional)
1 C. flour	

Mix and pat into buttered 9x13" pan. Bake 15 minutes at 350°. Blend:

8 oz. cream cheese	1 C. powdered sugar
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Put on cooled crust. Fold in ½ bowl Cool Whip (quart size). Mix 2 packages **instant** lemon pudding with 3 cups milk. Let thicken and spread over cream cheese mixture. Spread rest of Cool Whip over lemon pudding. Refrigerate.

LEMON SQUARES

Fran Zelle

1 C. flour	2 eggs, beaten
½ C. butter or margarine	2 T. lemon juice
¼ C. powdered sugar	2 T. flour
1 C. sugar	½ tsp. baking powder

FROSTING:

¾ C. powdered sugar	1 T. butter
½ tsp. vanilla	1 T. milk

Mix first 3 ingredients and pat into an 8x8" or 7x10" pan. Bake 15 minutes at 350°. Mix next 5 ingredients and spread on baked crust and bake for 20 minutes at 350°. Then frost with the above Frosting when still warm.

FROSTING: Mix thoroughly.

HAWAIIAN DELIGHT

Lorna Gumz
Wartburg College

1-20 oz. can crushed pineapple,
drained

1 doz. marshmallows, cut up

Add marshmallows to pineapple; let stand several hours. Fold into $\frac{1}{2}$ pint whipped cream, flavored with sugar and vanilla. Roll out about 18 vanilla wafers and heat with 1 tablespoon butter. Sprinkle the crumb mixture into an 8x8" pan and spread on cream mixture. Sprinkle additional crumbs on top and chill thoroughly before serving.

OREO COOKIE DESSERT

Cindy Nelson

1 small pkg. Oreo cookies, crushed
1 stick margarine
1 large container Cool Whip

1 jar chocolate ice cream topping
 $\frac{1}{2}$ gal. vanilla ice cream, softened
1 bag salted peanuts

Melt margarine and add crushed Oreo cookies, reserving $\frac{1}{4}$ cup for topping. Press into bottom of 9x13" pan. Add a layer of softened ice cream and next a layer of peanuts. Spread on chocolate ice cream topping and then Cool Whip. Sprinkle with reserved crumbs. Keep frozen. When ready to serve, let it set out for approximately 5 minutes, then cut into squares.

PEANUT BUTTER FINGERS

Kim Swinton
Wartburg College

CREAM:

$\frac{1}{2}$ C. butter (margarine)
 $\frac{1}{2}$ C. sugar

$\frac{1}{2}$ C. brown sugar

BLEND IN:

1 egg
 $\frac{1}{3}$ C. peanut butter

$\frac{1}{2}$ tsp. soda
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla

STIR IN:

1 C. flour

1 C. oatmeal

Spread in a greased 9x13" pan. Bake at 350° for 20 to 25 minutes. Take out of oven and sprinkle on 1-6 ounce package chocolate chips. Let stand 5 minutes and smooth out chocolate. Combine:

$\frac{1}{3}$ C. peanut butter
 $\frac{1}{3}$ C. powdered sugar

2 to 4 T. milk

Stir till smooth and creamy; drizzle over melted chocolate chips.

PUMPKIN PIE DESSERT

Dianne Westendorf
Stauffer Pharmacy

BOTTOM CRUST (combine):

1 pkg. yellow cake mix (reserve 1 C.) 1 egg
½ C. margarine, melted

FILLING:

1 lb. can pumpkin ½ C. brown sugar
1 tsp. cinnamon 2 eggs
⅔ C. milk

TOPPING:

1 C. cake mix ¼ C. sugar
1 tsp. cinnamon ¼ C. oleo, softened, not melted

Grease 9x13" pan. Combine cake mix (reserve 1 cup), butter and eggs; press in pan. Prepare Filling and beat well until smooth. Pour over crust. Combine ingredients for Topping and sprinkle over Filling. Bake 45 to 50 minutes at 350° to 375°, or until inserted knife comes out clean. Serve with Cool Whip.

ST. LOUIS GOOEY BUTTER

Laurel Kurtt
Wartburg College

1 box Duncan Hines golden butter cake mix 1 stick margarine, melted
1 egg

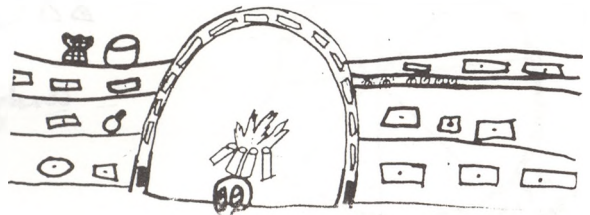
Mix and press into a 9x12" pan, including bottom and sides to form a crust.

FILLING:

8 oz. cream cheese, softened 1 tsp. vanilla
2 eggs 1-1 lb. box powdered sugar

Beat until smooth. Pour into crust. Bake for 30 minutes at 350°. Do not overbake. Sprinkle with powdered sugar. Drizzle powdered sugar frosting over top. Eat while warm.

Sarah 2nd grade
Droste



STRAWBERRY DESSERT

Nancy Rand, State Bank of Waverly
Marianne Beck,
Wartburg College/St. Paul's School

CRUST:

1 or 1½ C. flour
¼ or ½ C. brown sugar
½ C. walnuts, broken
½ C. melted margarine

FILLING:

2 egg whites
⅔ C. sugar
1-10 oz. pkg. frozen strawberries
1½ to 2 T. lemon juice
9 to 12 oz. pkg. frozen whipped topping

CRUST: Stir together ingredients. Spread on cookie sheet and bake at 350° for 20 to 25 minutes, stirring 2 or 3 times during baking. Sprinkle ⅔ of baked mixture in bottom of 13x9x2" cake pan.

FILLING: Combine egg whites, sugar, berries and lemon juice. Beat until stiff peaks form (about 10 minutes) at high speed. Fold in whipped topping. Spoon over crumbs. Sprinkle remaining crumbs over top. Freeze at least 6 hours or overnight. Cut in squares to serve. Serves 12 to 15.

STRAWBERRY FLUFF

Elinore Zelle
Teacher, St. Paul's School

2 egg whites
Pinch of salt
1 C. sugar
1 small box frozen strawberries

1 C. Cool Whip
Graham cracker crumbs
1 stick melted margarine
1 T. sugar

Crush graham crackers; add melted margarine and sugar. Mix with fork, put in bottom of 9x13" pan. May save some crumbs for topping. Beat 2 egg whites and salt until foamy. Add 1 cup of sugar and strawberries; continue to beat at medium speed for 15 minutes. Fold in 1 cup of Cool Whip, pour over graham cracker crust and freeze.



TEXAS BARS

Nancy Blake
Wartburg College

1 stick oleo
4 T. cocoa
1 C. water
2 C. sugar
2 C. flour
½ C. buttermilk

1 tsp. soda
2 eggs
Dash of salt
2 tsp. cinnamon
1 tsp. vanilla

FROSTING:

½ box powdered sugar
½ stick oleo
4 T. milk
4 T. cocoa

Dash of salt
1 tsp. vanilla
½ C. chopped pecans

Bring first 3 ingredients to boil and add to sugar and flour. Mix well. Combine buttermilk and soda (this will double). Add buttermilk mixture to batter. Add remaining ingredients. Spread in greased jelly roll pan and bake 20 minutes at 400°. Frost while hot with Frosting.

FROSTING: It seems to work best when you melt the oleo and cocoa first.

TROPICAL CAKE

Beth Triplett
Wartburg College

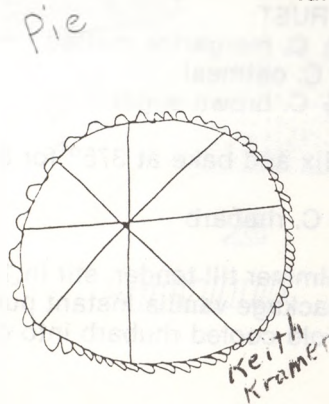
1 box lemon cake mix
4 eggs
1 can mandarin oranges and juice
½ C. cooking oil

FROSTING:

1 box lemon instant pudding
1 large can crushed pineapple
1 carton Cool Whip

CAKE: Beat all together until real fluffy. Bake in 2 layer cake pans at 300° about 35 minutes. Cool. Split into 4 layers.

FROSTING: Mix together instant pudding and crushed pineapple. Put between layers until you get to the top layer. Fold the remaining pudding and pineapple mixture (about 1 cup) into Cool Whip. Frost the top and sides of the cake with this mixture. Must keep refrigerated!



TWINKIE DESSERT

Dianne Poppe
Bartels Lutheran Home

1 box Twinkies
2 boxes vanilla instant pudding
1 large can crushed pineapple

2 or 3 bananas
8 oz. Cool Whip

Cut Twinkies in half lengthwise and lay in bottom of 9x13" pan, cream-side up. Mix 2 boxes of vanilla instant pudding and pour over Twinkies. Drain 1 large can of crushed pineapple and spread over pudding. Slice bananas and put over pineapple. Spread 8 ounces Cool Whip over all. Refrigerate.

FRUIT PIZZA

Dr. Augie Waltmann
Wartburg College

1 lb. 2 oz. pkg. sugar cookie dough
8 oz. pkg. cream cheese
1/3 C. sugar
1/2 tsp. vanilla

1 can fruit cocktail
Fresh or canned fruit
1/2 C. preserves
2 T. fruit juice

Slice cookie dough 1/8" thick and lay slices on a cookie sheet, slightly overlapping. Bake at 375° for 12 minutes. Cool. Blend cream cheese, sugar and vanilla and spread over the baked cookie crust. Drain cocktail well and spread over the cream cheese. Top with additional fresh or canned fruit as desired: bananas, strawberries, peaches, oranges, raspberries, blueberries, pears. Mix the preserves with the fruit juice and drizzle over fruit. Chill. This is best if served soon after preparing or juices may seep into crust.

VARIATION: 1) Make a crust of 2 cups flour, 1 cup butter and 1/2 cup powdered sugar rather than the cookie dough.

2) Substitute pie filling for the fresh or canned fruits.

RHUBARB SWIRL

Ilene Blume
Koehring Co.

CRUST:

1/2 C. margarine melted
2 C. oatmeal
1/4 C. brown sugar

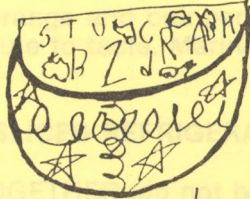
1 C. coconut
1/2 C. nuts, optional

Mix and bake at 375° for 8 to 11 minutes. Stir and watch closely.

3 C. rhubarb
3/4 C. sugar

Simmer till tender, stir in 1 package strawberry jello till dissolved and cool. Mix 1 package vanilla instant pudding with 1 1/2 cups milk. Fold in 8 ounces Cool Whip. Fold cooled rhubarb into cream mixture. Pour on the baked crust.

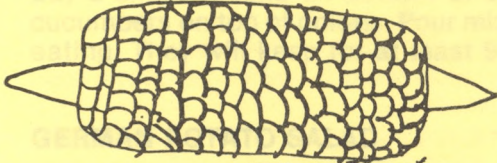
Soups and Salads



alphabet soup
Brad Becker



Kacie Lee

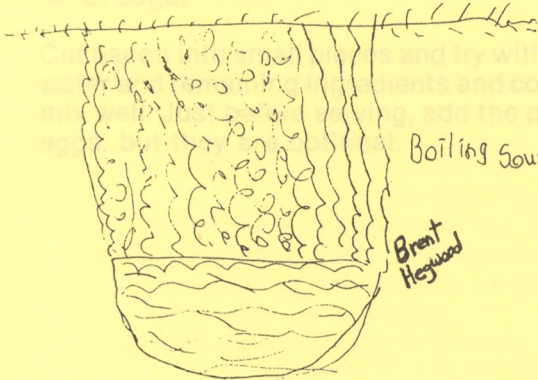


Jenny Tyer

MARK'S
Cupcake



Mark
Lenius



Boiling Soup

Brent
Heywood



Adam
Traetow



CRANBERRY RELISH

Lois Lindell
Wartburg College

1 small orange
1 lb. cranberries

½ C. finely chopped celery

Wash cranberries; sort. Slice orange into quarters (do not peel). In a food grinder, grind orange and cranberries. Mix in finely chopped celery. Add sugar or sugar substitute to taste. Marinate overnight. Keep refrigerated. May freeze.

EASY SLICED REFRIGERATOR PICKLES

Shari Anderson

MIX TOGETHER (do not boil):

4 C. sugar

1½ tsp. mustard seeds

4 C. white vinegar

1⅓ tsp. turmeric

¼ C. canning salt

1 tsp. celery seeds

Lay 2 slices onions on bottom of a gallon-size glass jar. Add 1 gallon of sliced cucumbers on top of onions. Pour mixture over all. Refrigerate about 2 weeks before eating. They will keep for at least 9 months in your refrigerator.

GERMAN POTATO SALAD

Aileen Solheim

¼ lb. bacon

½ C. vinegar

2 medium onions

½ tsp. salt

¼ C. flour

8 medium potatoes, boiled

2 C. water

1 T. parsley

¾ C. sugar

Cut bacon into small pieces and fry with the chopped onion. When brown, add flour, water and remaining ingredients and cook until thick. Pour over sliced potatoes and mix well. Just before serving, add the parsley, and I often add 4 sliced, hard-boiled eggs, but they are optional.



CHICKEN SALAD

Audrey Leisinger
Wartburg College

- | | |
|--|--|
| 4 C. cooked, chopped chicken | $\frac{3}{4}$ C. mayonnaise |
| 1-8 oz. can water chestnuts, drained and sliced | $\frac{3}{4}$ C. sour cream |
| 1 lb. seedless green grapes, halved | 1 T. soy sauce |
| 1 C. sliced celery | 2 tsp. lemon juice |
| 1-15 $\frac{1}{4}$ oz. can pineapple tidbits, drained and halved | Lettuce leaves, washed and crisped |
| | $\frac{1}{3}$ C. slivered almonds, toasted |

Combine chicken, water chestnuts, grapes, celery and half of pineapple. Mix mayonnaise, sour cream, soy sauce and lemon juice thoroughly; add to chicken mixture. Toss well and chill. Serve on lettuce leaves. Garnish with remaining pineapple and sprinkle with almonds. Yield: 8 to 10 servings.

FRUITED CHICKEN SALAD

Mary Goetzinger
Drs. Trerotola, Roelf and Van Daalen

- | | |
|-------------------------------|--|
| 2-10 oz. pkgs. shell macaroni | 4 C. cubed, cooked chicken |
| 2 C. mayonnaise | 4 C. melon balls (1 use watermelon and honeydew) |
| 2 tsp. salt | 2-20 oz. cans pineapple chunks, drained |
| 2 tsp. dry mustard | $2\frac{2}{3}$ C. sliced almonds, toasted |
| 1 tsp. paprika | |

Cook macaroni; drain and rinse under cold water. In large bowl, combine mayonnaise, salt, mustard and paprika; stir until well blended. Fold in remaining ingredients, except almonds. Sprinkle over top. Refrigerate 2 to 3 hours to blend flavors. Makes 12 servings.

HOT CHICKEN SALAD

Ruth Disrud

- | | |
|---|----------------------------------|
| 1 C. diced, cooked chicken | $\frac{3}{4}$ C. mayonnaise |
| 1 can cream of chicken soup (do not dilute) | $\frac{1}{2}$ tsp. salt |
| 2 tsp. minced onion | 2 $\frac{1}{2}$ tsp. lemon juice |
| 1 C. cooked rice | 1 small can mushrooms, drained |
| | 2 hard-cooked eggs, chopped |
| | 1 small pimento, chopped |

Mix all ingredients and put in greased 8x8" casserole. Sprinkle Rice Krispies over the top before baking. Bake in 350° preheated oven 45 minutes.

NOTE: I always double this recipe for potlucks. The remaining (if any) is good warmed in microwave. It is delicious!!

APRICOT SALAD

Mary Lou Leary
Waverly Newspapers

½ C. sugar	5 T. milk
1-20 oz. can crushed pineapple	1-8 oz. pkg. cream cheese, softened
1-3 oz. pkg. apricot gelatin	1 small carton Cool Whip

Bring sugar and pineapple to a boil. Stir in gelatin; cool until partially set. Whip milk and cream cheese. Fold cream cheese mixture and Cool Whip into gelatin. Chill in refrigerator for several hours. Makes 10 to 12 servings.

APRICOT SALAD

Grace Westendorf
Westendorf DX

1 can apricot pie filling	2 C. miniature marshmallows
1 can crushed pineapple, drained	1 can mandarin oranges, drained

Mix above ingredients and chill. Just before serving slice 3 bananas into salad and ½ cup diced maraschino cherries.

GRANDMA'S COMPANY ORANGE SALAD (OR DESSERT)

Bonnie Graser

To 1 cup of boiling water add:

1-3 oz. pkg. orange jello	1 C. vanilla ice cream
1-6 oz. can frozen orange juice, as is (not diluted)	1 small can mandarin oranges, drained

Stir and chill till set. Works well in a mold.

CHERRY SALAD

Fran Zelle

1-3 oz. pkg. cherry gelatin	1 C. pecans, broken
1 pkg. plain gelatin	1 C. sugar
¼ C. cold water	Juice of 1 orange
1-20 oz. can crushed pineapple	Juice of 1 lemon
1-20 oz. can pie cherries	1 tsp. grated orange and lemon rind

Mix sugar with cherry gelatin. Measure liquid from drained pineapple and cherries. Add juice of lemon and orange. Then add enough water to make 3 cups of liquid. Heat liquid to boiling. Dissolve plain gelatin in ¼ cup cold water. Add to hot liquid. Fold in fruits, nuts and grated orange and lemon rind. Congeal in 2-quart mold or individual molds.

VELVET SALAD

Verna B. Brandt
First National Bank of Waverly

1-3 oz. pkg. lemon gelatin
3 C. boiling water
½ lb. (31) large marshmallows
1 small can crushed pineapple,
undrained

1-3 oz. pkg. cream cheese, softened
½ C. salad dressing
1 C. whipped topping
1-3 oz. pkg. raspberry gelatin
1-1 lb. can whole cranberry sauce

Dissolve lemon gelatin in 1 cup boiling water. Melt marshmallows in 1 cup boiling water. Combine the lemon gelatin with the melted marshmallows and let cool. Mix the pineapple, cream cheese, salad dressing and whipped topping together and add to cooled mixture. Spread into a 9x13" pan and let set. Dissolve the raspberry gelatin in the remaining cup of boiling water. Combine raspberry gelatin with the cranberry sauce which has been whipped. Chill until syrupy and spread over the first firm layer.

FROZEN CHERRY SALAD

Jeanne Baumgartner
Ladies Plus Size Fashions (B.E. Mick)

1-16 oz. can Bing cherries
1-8¾ oz. can crushed pineapple
1-11 oz. can mandarin oranges
1-8 oz. pkg. cream cheese

1 C. sour cream
¼ tsp. salt
2 C. miniature marshmallows
½ C. pecans

Drain fruits. Let cream cheese soften. Beat cheese until fluffy. Blend in sour cream, sugar and salt. Fold in nuts, fruit and marshmallows. Pour into bread pan (glass bread pan is best). Freeze overnight. Slice and serve. To thaw and serve, put in refrigerator about an hour before serving. Keeps 6 months frozen wrapped in foil.

MACARONI SALAD

Sally Wilson
Drs. Trerotola, Roelfs and Van Daalen

8 oz. pkg. rotini macaroni
10 oz. pkg. frozen peas
1 C. chopped celery
½ C. chopped green pepper
1-15 oz. can French green beans
1 can kidney beans, drained and
soaked in white vinegar for 1 hour,
then drained

1-2 oz. jar pimentos
1 chopped onion
Velveeta cheese to taste
DRESSING:
½ C. half and half
2 C. mayonnaise
½ C. (scant) sugar
1 T. prepared mustard

PASTA SALAD

Dr. Doris Cottam
Wartburg College

1 lb. rotini, rainbow (varied colors)
1 pkg. frozen artichoke hearts
1 can sliced black olives
1 can Parmesan cheese, grated

DRESSING:

$\frac{3}{4}$ C. vegetable oil
 $\frac{3}{4}$ C. olive oil
 $\frac{1}{2}$ C. lemon juice
1 tsp. garlic powder
Salt and pepper to taste

SALAD: Cook rotini until al dente (about 7 minutes). While rotini is cooking, cook artichoke hearts according to instructions on package. Drain rotini. Marinate drained artichoke hearts in some of the dressing. Add to rotini along with sliced olives and Parmesan cheese. Add enough dressing to make moist. Chill in refrigerator. When ready to serve you may need to add a little more dressing.

DRESSING: Combine vegetable oil, olive oil, lemon juice, garlic powder, salt and pepper and beat well.

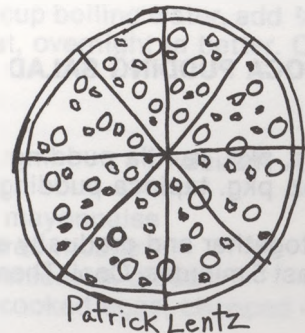
BEAN SALAD

Rose Meyer
Mode O'Day

1 can green beans
1 can yellow beans
 $\frac{1}{2}$ C. each: onion, celery, sweet pickles, pimentos and green pepper, all chopped

1 C. sugar
 $\frac{1}{2}$ C. vinegar

Dissolve sugar in vinegar. Put everything together, juice and all. Keep in glass container. Will keep for some time.



SPINACH SALAD

Carol Herman
Prior Gift & China Shoppe

2 bags small leaf spinach
1 can water chestnuts
2 hard-cooked eggs
1 can bean sprouts (can be fresh)
½ lb. bacon
1 red onion

DRESSING:

1 C. salad oil
½ C. cider vinegar
¾ C. sugar
1 tsp. salt
⅓ C. catsup

Wash spinach **very well** and drain. Wash, drain and slice water chestnuts thin. Cut egg into thin rounds. Wash bean sprouts in cold water and drain. Fry crisp, drain and then crumble bacon. Slice onion into thin rings. Pour dressing over salad just before serving.

DRESSING: Mix in blender.

CHINESE SALAD

JoAnn Strotzman
Prior Gift & China Shoppe

5 slices bacon
1 head lettuce
4 to 6 green onions, chopped
1 large can chow mein noodles
4 T. sesame seeds
½ C. sliced almonds
DRESSING:
4 T. sugar
1½ tsp. salt
1 tsp. pepper
2 tsp. Accent
½ C. vegetable oil
6 tsp. vinegar

Tear lettuce in small pieces and mix with onion. In a small bowl, mix ingredients for dressing. Cook and crumble bacon. Just before serving, toss bacon, almonds, sesame seeds, noodles and lettuce with prepared dressing.

TAPIOCA PUDDING SALAD

Barb Henze
State Bank of Waverly

1-3 oz. pkg. vanilla pudding
1-3 oz. pkg. tapioca pudding
1-3 oz. pkg. peach jello
1 can drained peaches

Mix together and gradually add 3 cups boiling water. Stir, then bring to a boil for at least 5 minutes. Cool. Then fold in small carton of Cool Whip and cut up peaches. Chill.

REUBEN SALAD

Mona Wurdinger
Southeast School Staff

6 C. torn lettuce
1-16 oz. can sauerkraut, drained
6 oz. corned beef, chopped
1/3 C. chopped dill pickle
1/4 C. sliced olives
1 1/2 C. cubed Swiss cheese
2 slices rye bread, toasted and cubed

DRESSING:

1 C. sour cream
1/4 C. chili sauce
1 T. sugar
Dash of dill seed (optional)

Layer each ingredients in a 9x12" pan, ending with the cubes of rye bread. Mix ingredients for dressing thoroughly and let stand awhile.

FESTIVE RAINBOW JELLO SALAD

(7 LAYERS)

Judy Pattschull
Carnation Company

LAYER 1: Dissolve black cherry or grape jello in 3/4 cup boiling water, then add 3/4 cup cold water. Pour in a 9x12" pan sprayed with Pam. (I use a Tupperware Cold Cut Keeper.) Let set in refrigerator 30 minutes or until set-up.

LAYER 2: Dissolve cherry or raspberry jello in 1/2 cup boiling water, then add 1/2 cup cold water and 1/2 cup Carnation evaporated milk. Pour over above layer and let set (about 20 minutes).

LAYER 3: Dissolve lime jello in 3/4 cup boiling water, add 3/4 cup cold water. Pour over above layers and let set.

LAYER 4: Dissolve lemon jello in 1/2 cup boiling water, add 1/2 cup cold water and 1/2 cup evaporated milk. Pour over above and let set.

LAYER 5: Dissolve orange jello in 3/4 cup boiling water, add 3/4 cup cold water, pour over above and let set.

LAYER 6: Dissolve peach jello in 1/2 cup boiling water, add 1/2 cup cold water and 1/2 cup evaporated milk. Pour over above and let set.

LAYER 7: Dissolve strawberry or raspberry jello in 3/4 cup boiling water, add 3/4 cup cold water and pour on top. Let set an hour at least, overnight is better. Cut in squares with oiled knife and enjoy!!

CLASSIC RICE SALAD

Beulah Jensen

3 C. cooked rice, cooled
1/2 C. each: finely chopped onions
and sweet pickles
1/2 tsp. salt
1/4 tsp. ground black pepper
3/4 C. "lite" mayonnaise
1 tsp. prepared mustard
1-2 oz. jar pimientos, diced
3 or 4 hard-cooked eggs, chopped

Blend all ingredients thoroughly. Chill. Serve on lettuce leaf, if desired. Makes 6 generous servings.

MOUNTAIN DEW SALAD

Luanne Peterson
Bartels Lutheran Home

- | | |
|---|---|
| 2-3 oz. boxes orange jello | 1 box instant lemon pudding and pie filling |
| 2 C. boiling water | |
| 2 C. Mountain Dew (can substitute 7-Up) | 1 C. Cool Whip |

Mix first 3 ingredients and let cool. Just before it is ready to set, add mandarin oranges or any other fruit. Prepare instant pudding according to directions (can reduce milk slightly). (If you substitute regular pie filling, let it cool completely!) Add 1 cup Cool Whip to pudding and spread over jello.

CUCUMBER SALAD

Nancy Hertel
Wartburg College

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|--------------------------|----------------------------------|
| 2-3 oz. pkgs. lime jello | 2 small cucumbers, chopped |
| 1½ C. hot water | Onion, chopped |
| 1 tsp. lemon juice | 1 pt. cottage cheese |
| ¼ tsp. salt | 1 C. salad dressing (mayonnaise) |
| | 1 C. chopped almonds |

Dissolve jello in boiling water. Mix with all other ingredients. Jell.

TACO SALAD

Carole Bruns
Drs. Trerotola, Roelfs and Van Daalen

- | | |
|---------------------|----------------------------|
| 1 lb. hamburger | 2 C. tomatoes, diced |
| ½ C. catsup | 1 C. grated Cheddar cheese |
| 1 tsp. chili powder | 1 can garbanzo beans |
| 1 tsp. oregano | 1 regular bag Fritos |
| Salt and pepper | ½ C. mayonnaise |
| 1 head lettuce | ¼ C. taco sauce |

Brown hamburger; drain. Add catsup, chili powder, oregano, salt and pepper. Tear up lettuce and add tomatoes, Cheddar cheese and garbanzo beans. Add meat mixture to lettuce mixture. Add Fritos. Mix together mayonnaise and taco sauce and toss this lightly with the other ingredients. Serve warm.

TACO SALAD

Mardella Koch
Wartburg College

- | | |
|--|--|
| 1 head lettuce, torn into bite-size pieces | 1 lb. ground beef, browned and drained |
| 1 onion, chopped | ¼ C. catsup |
| 4 tomatoes, chopped | ½ tsp. chili powder |
| 1 can chili beans, drained | ½ C. mayonnaise |
| 1 C. grated Cheddar cheese | ½ C. hot taco sauce |
| 1 C. grated mozzarella cheese | 1 bag taco-flavored corn chips |

Toss lettuce, onion, tomatoes, chili beans and cheeses together. Add catsup and chili powder to the ground beef. Mix mayonnaise and taco sauce. Toss all ingredients, except corn chips, which should be added just before serving.

SHRIMP SALAD

Kristin Herman
Keller's Home Furnishings

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|---------------------------|---|
| 1 C. Miracle Whip | 3 C. cooked rice (= 1 C. uncooked) |
| 2 T. chopped onion | 1½ C. cut-up and cooked (frozen) shrimp |
| ¾ C. finely sliced celery | 1-10 oz. pkg. frozen peas, cooked and drained |
| ½ tsp. salt | |
| Dash of pepper | |

Combine; mix lightly and chill. Great as a main course on a hot, summer day!

SPRING SALAD

Ruth Disrud

- | | |
|---------------------------|--------------------------|
| 1 small pkg. lime gelatin | 1 T. cucumber, diced |
| 1 C. hot water | 1 T. onion, grated |
| 1 C. cottage cheese | 1 T. carrot, grated |
| 1 C. mayonnaise | 1 T. green pepper, diced |

Dissolve gelatin in hot water. Stir well. Chill until syrupy. Add the cottage cheese and mayonnaise that have been mixed in the blender (can beat with egg beater). Stir well. Add vegetables. Pour into a jello mold of your choice. Chill until firm. Unmold for serving. I like to garnish this salad with tomato wedges and halved, stuffed olives in an attractive design. Delicious with ham or ham balls.

JELLO EGG SALAD

Sally Wilson
Drs. Trerotola, Roelfs and Van Daalen

- 1 small pkg. lemon jello
- 1 C. hot water
- 1 C. shredded carrots

- 1 C. Hellmann's mayonnaise
- 6 chopped eggs
- Olives to taste

Decorate top with olives and paprika.

MYSTERY LIME SALAD

Ann D. Gordon

- 1 pkg. lime gelatin
- 1 C. boiling water
- 1 C. miniature marshmallows
- 1 C. finely shredded cabbage

- ½ C. crushed pineapple, drained
- ½ C. salad dressing
- ½ C. chopped pecans
- ½ C. whipped topping

Prepare gelatin with boiling water. Add marshmallows and refrigerate to cool. Combine rest of ingredients and add to gelatin mixture. Very good for a molded salad. Double for a 9x13" size dish.

CAULIFLOWER SALAD

Ann D. Gordon

- 1 head cauliflower, cut up
- ½ C. onion, chopped
- ½ C. green pepper, chopped
- ½ C. diced celery
- ½ C. bacon bits

- ½ to 1 C. salad dressing
- Dash of garlic powder
- Sprinkle of sugar
- Small jar pimentos (optional)
- Black olives, cut up (optional)

Mix all together. Chill several hours or overnight.

STRAWBERRY SALAD

Dorothy Diers
Wartburg College

- 2 pkgs. strawberry jello
- 2 C. hot water
- 1 small can crushed pineapple

- 2 bananas, mashed fine
- 2 pkgs. frozen strawberries

Pour hot water over jello. Add fruit. Let partially set. Spread in an 8x12" pan.

CHERRY CREAM FREEZE

Veronica McKenzie
Wartburg College

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|---|---|
| 1 1/3 C. Eagle Brand sweetened condensed milk | 3/4 C. (9 oz.) crushed pineapple, drained |
| 1/2 C. lemon juice | 1/4 tsp. almond extract |
| 2 1/2 C. (9 oz.) cherry pie filling | 2 C. Cool Whip |

Combine first 5 ingredients in a large bowl. Mix well. Gently fold in Cool Whip till blended. Put in a 9x5x3" pan or fancy mold. Cover and freeze 24 hours. Unmold and serve. You may garnish base and top with long-stemmed cherries (optional).

PURPLE LADY SALAD

Valerie Mormann
Century Companies

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|-------------------------------|---|
| 2-3 oz. pkgs. raspberry jello | 1 small can crushed pineapple and juice |
| 1 can blueberry pie filling | 1-8 oz. container Cool Whip |

Mix jello with 1 1/4 cups boiling water. Let set until it starts to gel. Add all other ingredients and mix thoroughly; refrigerate until set.

ORANGE TAPIOCA PUDDING SALAD (LARGE RECIPE)

Lavon McEnamy
Wartburg College

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|-------------------------------|---------------------------------|
| 3 C. water | 1 pkg. orange jello |
| 1 pkg. orange tapioca pudding | 2 C. whipping cream |
| 1 pkg. vanilla pudding | 1 can mandarin oranges, drained |

Boil water. Add tapioca pudding and vanilla pudding. Boil till clear. Add orange jello. Dissolve. Cool. Add whipped cream and oranges.

RED, RED SALAD

Selma Serfoss
Wartburg College

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|---------------------------------|---|
| 2-3 oz. pkgs. raspberry gelatin | 1-10 oz. pkg. frozen raspberries |
| 2 C. boiling water | 1-16 oz. can jellied cranberry sauce or whole berry cranberry sauce |

Dissolve the gelatin in boiling water. Add raspberries and cranberry sauce. Beat with an egg beater. Place in mold and chill.

APRICOT SALAD

Lori Poehler
Wartburg College

- 2 pkgs. orange jello
- 2 C. boiling water
- 1 medium can apricots
- 1 medium can crushed pineapple
- 1 C. combined apricot and pineapple juice (reserve remaining juice for Topping)

- TOPPING:
- 1 C. combined juices
 - ½ C. sugar
 - 2 T. flour
 - 1 beaten egg
 - 2 T. butter
 - 1 C. whipped cream

Dissolve jello in boiling water. Drain fruit, reserving all juice. Add fruit and 1 cup juice to jello. Cool till set. Combine 1 cup juice, sugar and flour. Bring to a boil over low heat. Remove from heat; add egg and butter. Bring to a boil again. Cool. Add whipped cream. Pour over jello. Chill till set. May garnish with grated Cheddar cheese.

5 CUP SALAD

Grace Westendorf
Westendorf DX

- 1 C. mandarin orange slices
- 1 C. pineapple tidbits
- 1 C. coconut

- 1½ C. colored miniature marshmallows
- ½ C. sour cream

Mix all together. Chill.

STRAWBERRY DELUXE SALAD

Lori Poehler
Wartburg College

- 2 pkgs. strawberry jello
- 2 C. boiling water
- 2 pkgs. frozen strawberries, undrained

- 1 large can crushed pineapple
- 3 bananas, mashed
- ½ pt. sour cream

Mix strawberry jello and boiling water. Add strawberries and juice, pineapple and bananas. Pour half of mixture in pan and refrigerate till set. Spread sour cream over this. Then pour remaining jello mixture on top and chill till set.



SWEET & SOUR SALAD

Kelley Coffman

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|-------------------------------|---------------------------------|
| 1 small pkg. rigatoni, cooked | ½ tsp. garlic powder |
| 1 tsp. salt | 2 T. chopped parsley (optional) |
| 1 tsp. oil | 6 to 8 small green onions |
| ¾ C. vinegar | 1 cucumber, diced |
| ¾ C. sugar | 1 can pimento, undrained |
| 2 T. oil | Chopped green pepper to taste |
| 2 T. prepared mustard | Sliced celery to taste |
| 1 tsp. salt | Shredded carrots to taste |

Cook the rigatoni with 1 teaspoon salt and 1 teaspoon oil. In another pan, cook to boiling point the vinegar, sugar and 2 tablespoons oil. Add mustard, 1 teaspoon salt, garlic powder and parsley. Combine all ingredients in large bowl and mix well. Chill 12 to 24 hours. Stir before serving. This keeps well in refrigerator.

24 HOUR FRUIT SALAD

Grace Westendorf
Westendorf DX

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|--------------|------------|
| 2 eggs | 4 T. sugar |
| 4 T. vinegar | |

Mix and cook till thick. Add:

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|---------------------|----------------------------------|
| 2 T. butter | 2 C. pineapple tidbits |
| 2 C. white cherries | ½ C. chopped maraschino cherries |
| | 16 marshmallows, quartered |

Mix all the above and then fold in ½ cup stiffly beaten whipped cream. Chill 24 hours.

FANCY SALAD

Grace Westendorf
Westendorf DX

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|-----------------------|----------------------|
| 2 lbs. cottage cheese | 1 can fruit, drained |
| 1 pkg. dry jello | 1 carton Cool Whip |

Sprinkle dry jello over cottage cheese. Add drained fruit. Fold in Cool Whip. Suggestions: orange jello and mandarin oranges; red jello and fruit cup; peach jello and peach slices; lemon jello and pineapple tidbits.

MARINATED CORN-VEGGIE SALAD

Judy (Butzlaff) Pattschull
Carnation Company

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|--------------------------------|--------------------------------|
| 1 can white corn (Shoe Peg) | BOIL AND COOL: |
| 1 can pickled baby corn | $\frac{3}{4}$ C. Wesson oil |
| 1 can tiny tot peas | $\frac{3}{4}$ C. sugar |
| 1 can French-style green beans | $\frac{3}{4}$ C. white vinegar |
| 1 jar pimentos | 1 tsp. salt |
| 1 C. diced green pepper | $\frac{1}{2}$ tsp. pepper |
| 1 C. chopped onion | |
| 1 C. sliced celery | |

Drain canned veggies and toss together with remaining veggies. Pour cooled brine over all. Stir, cover and refrigerate overnight.

FRUIT COMPOTE

Eleanor Iserman

- | | |
|---------------------------------|---------------------------------------|
| MIX: | ADD: |
| 1-3 oz. pkg. lemon jello | 1-20 oz. can drained pineapple chunks |
| 1 C. boiling water | 1-11 oz. can drained mandarin oranges |
| 1-6 oz. can frozen orange juice | 3 bananas, diced |

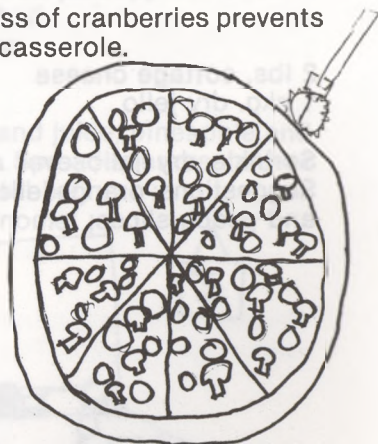
Refrigerate several hours or overnight. Decorate with strawberry slices.

SIMPLE CRANBERRY SALAD

Louise Liebau

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|-----------------------------|---------------------------------|
| MIX: | |
| 1 can whole cranberry sauce | $\frac{1}{4}$ C. chopped pecans |
| 1 diced banana | |

Fold in grated rind of 1 small orange. Stir and serve. Tartness of cranberries prevents banana from turning dark. Very good with any chicken casserole.



Cam Hassman
Grade 4

PINEAPPLE SALAD

Margaret Lenius

1 C. miniature marshmallows
1 C. pineapple chunks (cut in small pieces)

DRESSING:

1 C. pineapple juice (part water may be added)
1 T. flour
3 T. sugar
1 egg, well beaten

Cook dressing until thick. Let cool before pouring over the marshmallows and pineapple. One-half cup English walnuts may be added.

OVERNIGHT SALAD

Ruth E. Busching

3 eggs
1/3 C. sugar
1/3 C. ReaLemon
1 C. whipping cream, whipped
3/4 C. miniature marshmallows
3/4 C. pineapple tidbits, drained
3/4 C. white grapes
1 can mandarin oranges

Beat eggs; add sugar and ReaLemon. Cook until thick; cool. Then add remaining ingredients. Place in refrigerator overnight.

OREGON SALAD

Edith Milius

1 medium can crushed pineapple
3/4 C. sugar
Pinch of salt
Juice of 1/2 lemon or 2 T. ReaLemon
1 pkg. lemon jello
1 C. whipped cream or Cool Whip
1 C. grated cheese

Mix and cook 10 minutes the first 4 items. Dissolve 1 package of lemon jello in 1 cup boiling water. Add to above mixture. Cool. When thick, fold in 1 cup of cream, whipped, and 1 cup of grated cheese.

PINEAPPLE CHEESE SALAD

Linda Williams
First National Bank of Waverly

1 small can crushed pineapple
1/2 C. sugar
1 C. water
Juice of 1/2 lemon
1/4 lb. longhorn cheese, grated
1 C. whipped cream
1/2 C. chopped nuts

Heat pineapple and sugar to boiling point and remove from heat. Add gelatin and stir until dissolved. Add water and lemon juice, then chill. When partly set, add cheese, whipped cream and nuts. Mix well and chill until set. More whipped cream, pineapple rings or grated cheese may be used for garnish.

PINEAPPLE SALAD

Marlys Berg
Wartburg College

1 can Borden's milk (The Dessert
Maker)
¼ C. lemon juice
1-20 oz. can crushed pineapple
(drained)

1-8 oz. carton Cool Whip
1 C. chopped nuts
Maraschino cherries (cut up)

Combine all the ingredients and refrigerate.

FRANKFURTER SCHLOSS SALAD

Martin Vollmer
Executive Chef,
Best Western Red Fox Inn

8 oz. American cheese
16 oz. frankfurters
4 oz. Swiss cheese
16 oz. dill pickles
8 oz. onions (thinly sliced)
1 T. mustard

½ C. oil
½ C. vinegar
½ T. salt
1 tsp. pepper
1 T. Worcestershire sauce
½ T. sugar

Slice cheese, frankfurters and dill pickles. Mix together with remaining ingredients. Garnish with egg slices. Serve with home fried potatoes. Serves 4.

BROCCOLI SALAD

Marilyn Vaught
Teacher, Carey School

1 bunch broccoli (top part only,
cut in bite-size pieces)
1 medium onion (sliced)

Carrot (grated for color)
Celery (diced)
1 C. raisins (plumped in steamer 3 to
4 minutes)

Place in covered bowl and refrigerate. Fry 10 strips bacon very crisp. Keep bacon separate and cold. Crumble in small pieces just before serving. Keeps crisper. Sprinkle on top at serving time, after adding dressing.

DRESSING:

1 C. Hellmann's mayonnaise
2 T. sugar
2 T. vinegar

BROCCOLI SALAD

Carol Cole
Wavery Sales Co.

- | | |
|----------------------------------|--|
| 1 large head broccoli (flowered) | Fresh mushrooms (sliced) |
| 1 C. celery (chopped) | 1 bunch cauliflower (flowered) |
| 1 C. water chestnuts (optional) | Onion (chopped) |
| 1 C. ripe olives (sliced) | 1 C. cucumber |
| Cherry tomatoes (sliced) | 1 C. Kraft Wish-Bone Italian dressing
(without oil) |

Cut broccoli, celery and cauliflower. Drain olives, adding dressing to above. Mix well and refrigerate overnight.

BROCCOLI SALAD

Sharon Neal
Wartburg College

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|----------------------------------|---------------------------------|
| 1 bunch broccoli, cut up | 1 C. green seedless grapes |
| 1 C. chopped celery | 1 C. red seedless grapes |
| ½ C. green onion, chopped | ½ C. slivered almonds (toasted) |
| ½ lb. bacon, cooked and crumbled | |

DRESSING:

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|------------|------------------|
| ⅓ C. sugar | 1 T. lemon juice |
|------------|------------------|

Mix ingredients. Put dressing and almonds on salad just before serving.

SHRIMP SALAD

Ruth E. Busching

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|------------------------------------|-------------------------------|
| 1-6 oz. pkg. frozen shrimp, cooked | 1 C. chopped celery |
| 5 hard-boiled eggs, chopped | ½ C. minced onion |
| 1 C. macaroni shells | 4 drops Tabasco sauce |
| ½ C. diced Velveeta cheese | 1 tsp. garlic salt |
| | 6 T. mayonnaise (or to taste) |

Cook macaroni and drain. Combine all ingredients and place in the refrigerator. Chill before eating.

CHERRY-EGGNOG SALAD

Gracia Harms
Wartburg College

FIRST LAYER:

- 1 large box cherry or black cherry jello
- 1 C. boiling water
- 3 C. eggnog

SECOND LAYER:

- 1 C. water
- 1 pkg. Knox unflavored gelatin
- 1 C. eggnog
- ½ C. ground pecans

FIRST LAYER: Dissolve jello in boiling water and heat until all is dissolved. Cool. Add eggnog and pour into mold sprayed with Pam or into glass serving dish. Chill until set.

SECOND LAYER: Sprinkle gelatin on cold water. Let stand 10 minutes until softened. Heat this mixture until all gelatin is dissolved. Cool. Stir in ½ cup ground pecans and 1 cup of eggnog and pour on top of cherry layer. Chill until set. To serve, unmold on plate and serve with Bing cherries (may be frozen kind which have been thawed). Garnish with whipped cream and ground pecans, if desired.

VEGETABLE SALAD

Doris Fish
Fish Magnavox

- 1½ C. lite Miracle Whip
- 1 C. sour cream
- 3 T. sugar
- 2 T. tarragon vinegar

- 1 head chopped cauliflower
- 1 head chopped broccoli
- 12 green onions, chopped
- Celery and carrots, chopped, to suit your taste

Cover and let set overnight in refrigerator before serving.

COPPER PENNY SALAD

Janice Johnson
First National Bank of Waverly

- 2 or 3 lbs. carrots
- 1 medium onion
- 1 medium green pepper
- 1 can tomato soup
- 1 C. sugar
- ½ C. oil

- ¾ C. vinegar
- ½ tsp. yellow mustard
- ½ tsp. celery salt
- 1/8 tsp. salt
- 1 T. Worcestershire sauce

Chop carrots and cook slightly. Drain well. Chop onion and green pepper. Mix with the remaining ingredients and marinate for 2 to 4 days in the refrigerator.

FRUIT SALAD WITH ??

Bonnie J. Kukral
First National Bank of Waverly

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|--|------------------------------|
| 4 C. chopped, cooked turkey or chicken | 1 C. chopped apple, unpeeled |
| 1 C. pineapple tidbits | 1 C. chopped walnuts |
| 1 C. seedless grapes | 1 C. salad dressing |

Combine all ingredients and toss lightly. Chill. Serves 6.

FROZEN FRUIT SALAD

Neva Kaesser
First National Bank of Waverly

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|----------------------------------|---|
| 1 C. sugar | 1 can mandarin oranges, drained |
| 1-20 oz. can pineapple chunks | 1-16 oz. can apricots, drained (save juice) |
| 1 C. pineapple juice | 2 bananas, sliced |
| 1-1 lb. pkg. frozen strawberries | |

Boil sugar with pineapple juice and apricot juice until sugar dissolves. Add juice to remaining fruit in large container. Spoon fruit into individual containers and freeze. Set out ½ to 1 hour before serving.

SPAGHETTI SALAD

Grace Carolus

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|--------------------|-------------------------------|
| 2 C. raw spaghetti | 6 apples |
| 4 eggs | 1 large can crushed pineapple |
| 2 C. sugar | 2 C. Cool Whip |
| ¼ C. ReaLemon | |

Break spaghetti in short lengths to make 2 cups. Cook as usual; drain. Rinse in cold water. Mix 4 eggs, 2 cups sugar and ¼ cup ReaLemon; cook till thick. Cool. Cube 6 raw apples (need not peel) and drain pineapple. Mix above together and let set 12 hours in icebox. Add 2 cups Cool Whip just before serving.

CRAB SALAD

Barb MacMillan

Remove crust from 1 large loaf French bread. Slice and butter lightly. Cube. Add 1 chopped onion and toss together. Cover and refrigerate overnight. Add:

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|--------------------------|---------------------------|
| 4 boiled eggs, quartered | 1½ C. finely cubed celery |
| 2 cans shrimp | 2½ C. mayonnaise |
| 1 can crab | |

Mix thoroughly, cover and refrigerate 3 to 4 hours before serving. Serves 12.

CURLY LETTUCE SALAD

Susan Taiber

Any combination of specialty lettuce, curly and red tipped, washed and patted dry
1 pkg. slivered almonds
½ lb. bacon, cooked, drained and crumbled
2 cans mandarin oranges
1 large red onion, sliced thin

DRESSING:
⅓ C. sugar
½ C. oil
½ tsp. paprika
½ tsp. dry mustard
1/8 tsp. salt
Dash of pepper
2½ T. honey
2½ T. vinegar
½ tsp. celery seeds

Combine Dressing ingredients and mix thoroughly. Pour over tossed salad and serve.

DIANE'S SALAD

Gloria Campbell
Wartburg College

½ head lettuce, shredded
1 C. green pepper, chunks
1 T. minced parsley (fresh)
2 green onions, chopped
¼ C. slivered, toasted almonds (5 to 7 minutes in 350° oven)
1 can mandarin oranges, drained

DRESSING:
¼ C. Wesson oil
2 T. tarragon vinegar
¼ tsp. Tabasco
Pinch of pepper
½ tsp. salt
2 T. sugar

Mix salad ingredients, except nuts. Prepare dressing 2 hours before using. Shake all dressing ingredients. Refrigerate. Pour dressing over salad and mix. Garnish with nuts.

SKY ROCKETS

Opal Lampe

Slice of pineapple
2" piece of banana
Maraschino cherry

Dip banana in pineapple juice to keep fresh. Stand on pineapple slice. Fasten 1 maraschino cherry on top with toothpick.

SPICY FRENCH DRESSING

Ann Henninger Trax
Wartburg College

1-10 $\frac{3}{4}$ oz. can tomato soup
 $\frac{3}{4}$ C. salad oil
 $\frac{3}{4}$ C. sugar
 $\frac{1}{2}$ C. vinegar
1 small onion, cut up slightly

1 tsp. Worcestershire sauce
1 small clove garlic or $\frac{1}{2}$ tsp. garlic powder
 $\frac{3}{4}$ tsp. pepper
 $\frac{3}{4}$ tsp. paprika
 $\frac{1}{2}$ tsp. dry mustard

Place all ingredients in blender and mix until smooth.

BEAN SOUP

Jo Dorman

2 C. Great Northern beans
8 C. water
1 lb. ham bone or shank
1 medium onion, chopped

2 carrots, sliced
2 stalks celery, chopped
 $\frac{1}{4}$ C. green pepper, diced
1 C. tomato puree
Salt and pepper to taste

Soak beans overnight. Drain. Combine all ingredients. Bring to a boil and simmer $1\frac{1}{2}$ to 2 hours or until tender.

CREAM OF BROCCOLI SOUP

Carol Waltmann

$1\frac{1}{2}$ C. chicken broth
 $\frac{1}{2}$ C. chopped onion
2 C. chopped broccoli
 $\frac{1}{2}$ tsp. thyme
1 bay leaf

Dash of garlic powder (optional)
2 T. margarine
2 T. flour
1 C. milk

Combine chicken broth, onion, broccoli and seasonings. Simmer 10 minutes until broccoli is tender. Remove bay leaf and discard. Place in blender or food processor and blend until broccoli is as fine as desired. Melt margarine. Blend in flour. Add milk and cook until thick and bubbly. Stir in blended vegetable mixture. Cook and stir until heated through. Add salt and pepper, if desired. Serves 3 to 4.

BROCCOLI CHEESE SOUP

Kathryn Dietz Coffman

- 2 carrots
- 2 stalks celery
- ½ onion
- ½ C. margarine
- 2-10¾ oz. cans chicken broth
- 1 lb. fresh or frozen broccoli
- ½ tsp. salt
- ½ tsp. paprika
- 1/8 tsp. pepper
- ½ C. water
- ½ C. Bisquick
- 1½ C. milk
- ½ C. cream or half and half
- 2 C. sharp Cheddar cheese, shredded

Slice carrots and celery into small, thin pieces. Dice onion. Brown for 10 minutes over medium heat in margarine. Add chicken broth. When boiling, add broccoli and cook until tender. Add salt, pepper and paprika. Mix water and Bisquick together and stir into simmering broccoli mixture. Add milk and cream and stir until thickened. Add the cheese, stir until melted and serve immediately.

PHIL'S LENTIL SOUP

Philip J. Juhl

- 2 smoked ham hocks (have butcher cut each one in 3 pieces)
- 2½ C. dried lentils
- 1 medium onion, coarsely chopped
- 3 stalks celery, chopped
- 1 red pepper and 1 green pepper, finely chopped
- 4 carrots, sliced
- 1 bay leaf
- 2 tsp. dry mustard
- 2 tsp. "Mrs. Dash" spices
- 2 tsp. ground cloves

Bring everything except lentils and carrots to a boil in 4 quarts of water. Simmer, covered, for 2 to 3 hours. Remove hocks and cut meat from bones. Let soup cool and skim off fat. Return meat to pot (if you want more meat, cube a small ham steak and add that as well). Add lentils and simmer for 1 more hour. Forty-five minutes before serving, add carrots. Remove the bay leaf or warn folks who will eat it that it is still in there somewhere. Goes well with garlic bread and hungry people. It is great for Saturday supper. If you start it at noon it will be just right for supper.



GOURMET SOUP

Danita (Mrs. Ken) McCormick
Wartburg College

- | | |
|------------------------------|--|
| ½ qt. water | 1 tsp. onion powder |
| 4 chicken bouillon cubes | 1-16 oz. pkg. mixed vegetables |
| 1 T. + 1 tsp. parsley flakes | 2 cans cream of chicken soup,
undiluted |
| 2 C. cubed potatoes | ¼ lb. Velveeta cheese, cubed |
| 3 carrots, sliced | |

Cook water, bouillon cubes, parsley flakes, potatoes, carrots and onion powder until potatoes are about half done. Add mixed vegetables and continue cooking until they are done. Remove from heat. Add cream of chicken soup and Velveeta cheese. Stir to melt; simmer until ingredients are blended and soup is hot. Makes 3 quarts of soup. Reheats well.

CREAMY CAULIFLOWER SOUP

Kathy Schultz
Wartburg College

- | | |
|--|-----------------------------------|
| 1 medium head cauliflower
(cut up into flowerets, 6 C.) | 2 cubes chicken bouillon |
| 1 C. onion | ½ C. water |
| ½ C. chopped celery | 1 tsp. salt |
| 1 C. chopped potato chunks (cook
first) | 1/8 tsp. pepper |
| | ½ T. Worcestershire sauce |
| | 1½ C. light cream (half and half) |

Combine cauliflower, onion, celery, broth, water, salt, pepper and Worcestershire sauce in pan; bring to a boil uncovered. Reduce heat and cover; simmer 15 minutes, until veggies are tender. Puree veggies in blender (not potato); return puree to pan and add the cream. Heat 5 minutes. Add potato.

CAULIFLOWER SOUP

Elvira Hebell

SIMMER IN KETTLE FOR 10 MINUTES:

- | | |
|-----------------------------------|--|
| 7½ C. water | 3½ C. carrots (in small pieces) |
| 5 lbs. potatoes, peeled and cubed | ½ bunch celery |
| 3½ C. chopped onion | 7½ T. instant chicken bouillon
granules |

Then add 15 cups sliced cauliflower flowerets. Cook another 10 minutes. Stir in 5 quarts milk, 18 cups cubed ham and scant teaspoon white pepper. Blend 1 quart milk with 1 cup flour and add to soup. Add some parsley flakes. Serves 30 to 35.

HOMEMADE TOMATO SOUP

Dr. Doris Cottam
Wartburg College

- | | |
|---|--|
| ½ C. butter or margarine | Salt and pepper |
| 2 T. oil | 6 large tomatoes, peeled, cored,
seeded and chopped |
| 2 medium onions, thinly sliced | ¼ C. flour |
| 2 T. fresh thyme, minced (or 1 tsp.
dried) | 3½ C. vegetable broth |
| 1 T. fresh basil, minced | 1 C. heavy cream |

In heavy, large pot, heat ¼ cup butter and oil. Add onion, thyme, basil, salt and pepper to taste. Cook over medium heat until onions are soft. Add tomatoes and simmer until soft, about 10 minutes. Blend flour with small amount of broth and stir into tomato mixture. Add remaining broth and simmer 5 minutes, stirring constantly. Put soup through blender and blend until smooth. Return to heat and add cream and sugar to taste. Simmer, stirring constantly, until heated through, about 5 minutes. Add remaining butter and blend in. Garnish with croutons. Serves 8.

ASPARAGUS & WILD RICE SOUP WITH PECANS

Dr. Doris Cottam
Wartburg College

- | | |
|-------------------------------|--------------------------|
| 2¾ lbs. asparagus | ½ C. chopped pecans |
| 3 T. unsalted butter | 1 tsp. sugar |
| 1 lg. onion, coarsely chopped | Pinch of salt |
| 4 C. rich chicken stock | 1 C. whipping cream |
| 1 C. wild rice | 1 tsp. fresh lemon juice |
| | Salt and pepper |

Melt 2 tablespoons butter in heavy skillet. Add onion and chopped asparagus stalks (reserve the tips to garnish bowl) and cook until onion is translucent, about 12 minutes. Add stock and wild rice and bring to boil. Reduce heat and simmer until rice is tender and soup thickens, about 1 hour. Meanwhile bring 4 cups lightly salted water to boil. Add asparagus tips and cook until crisp-tender, about 2 minutes. Melt 1 tablespoon butter in small skillet, add pecans, sugar and pinch of salt, and cook until caramelized. Serve soup topped with asparagus tips and a few caramelized pecans. Serves 8.

POTATO SOUP

Minetta Jones
Mane St. Hair Co.

- | | |
|--------------------------|--|
| 6 C. diced, raw potatoes | 1 small onion, diced fine |
| 6 C. water | ½ stick summer sausage (about 4 to 6 oz., diced) |
| 1 tsp. salt (optional) | 2 eggs |
| 1/8 tsp. pepper | |
| 1½ C. flour | |

Combine potatoes, water, onion and seasoning. Bring to a boil. Add sausage. Mix eggs and flour until crumbly. Drop small pieces of egg mixture into boiling soup. Stir to keep separated. Reduce heat and cook about 20 minutes. The flour will thicken the soup. A little more water can be added if a thinner soup is desired.

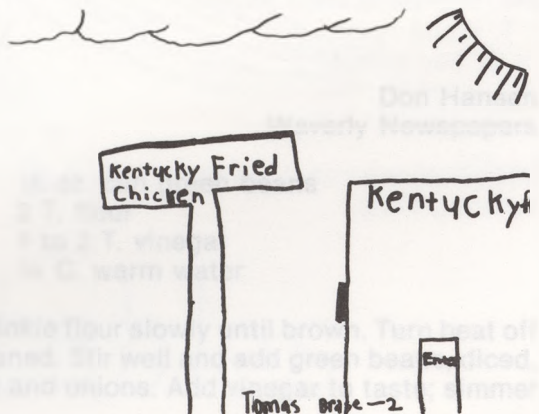
NOTE: This is a very old recipe. The egg/flour mixture resembles small chewy unrolled noodles. They are called "rubbins".

SPLIT PEA SOUP

Sally Strottman
Teacher, St. Paul's School

- | | |
|-----------------------|-------------------------------|
| 1 C. dried split peas | 2 C. milk |
| 1 tsp. salt | 1 small ham bone or salt pork |
| 1 qt. water | 1 onion, grated |
| 1 bay leaf | 1 carrot, cut in small pieces |

Wash and pick over dried peas. Cover with water and allow to stand and soak overnight. Place soaked peas, with an additional 1½ cups of water, in a 3-quart vegetable pan. Cover **medium** heat until cover vibrates. Then reduce to **low** and simmer 2 hours. Remove ham bone and put remainder through a colander, using masher to puree. Add milk and dash of pepper to puree. Heat and serve. Makes 8 servings.



PAUL'S FRESH PEA SOUP WITH DUMPLINGS

Betty Lageschulte
Waverly Public Library

3 C. fresh peas
½ C. water
2 qts. milk
1 tsp. salt

DUMPLINGS:
1 C. flour
2 tsp. baking powder
½ tsp. salt
1 egg
Milk
Chives

Combine peas and water and bring to a boil; add milk and simmer till peas are almost tender and milk is hot.

DUMPLINGS: In a mixing cup, combine first 3 ingredients. Break 1 egg and fill to ½ cup with milk. Beat egg and milk with a fork and add to dry ingredients. Add 1 tablespoon chopped chives (optional). Drop by teaspoonful into simmering soup, cover and cook 10 minutes on low setting. Serve immediately.

TACO SOUP

Bonnie J. Kukral
First National Bank of Waverly

1½ lbs. ground beef
½ C. chopped onion
1-28 oz. can whole tomatoes, with
juice
1-14 oz. can red kidney beans, with
juice

1-17 oz. can whole kernel corn with
juice
1-8 oz. can tomato sauce
1 pkg. taco seasoning
1½ C. water
Salt and pepper to taste
1 C. grated Cheddar cheese

Brown beef and drain off fat; add onions and cook until tender. Add remaining ingredients, except cheese. Simmer for 15 minutes. Top bowls of soup with the grated cheese. Serves 6 people.



CASHEW AND CARROT SOUP

Gloria Strickert
St. Paul's Lutheran Church

You can serve this soup either hot or cold. Its sweetness comes naturally from the carrots, apples, raisins, cashews and tomato paste.

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|--|--|
| 1 T. butter | 6 C. stock |
| ¼ C. oil | 2 tsp. salt |
| 1½ C. chopped onion | *⅓ C. raw brown rice |
| 4 C. grated carrots (packed tight for measuring) | 1 C. raisins |
| 3 oz. tomato paste | *1 C. raw cashew pieces OR chopped whole cashews |
| 1 C. chopped apples | *2½ C. dairy products (see the last step) |

1. Melt the butter and oil in a soup pot or pressure cooker; saute the chopped onions for 1 minute, stir in the carrots and saute until the onions are soft and transparent. They will be orange rather than brown.
2. Stir in the tomato paste, apple, stock and salt. Bring the mixture to a boil and stir in the brown rice.
3. Cover and pressure cook for 15 minutes, OR cook regularly for about 45 minutes, until the soup is a beautiful orange and the carrots are tender, but not mushy.
4. Optional step: Remove 1 cup of soup from the pot; put it in the blender and buzz until smooth; return to the pot.
5. Add the raisins and cashews, bring to a boil again and simmer until the raisins are plump, about 5 minutes.
6. *You may now EITHER:
add 2½ cups of milk and heat through. OR serve as is but add ¼ cup of yogurt to each bowl of soup, OR serve the soup cold, adding ¼ cup yogurt or buttermilk, OR serve the soup cold after the 2½ cups of milk have been added. Makes about 2½ quarts.

1 cup = approximately 4 grams of usable p
9% to 11% of average daily protein

DON'S GREEN BEAN SOUP

Don Hansen
Waverly Newspapers

- | | |
|-------------------|------------------------|
| 1 stick margarine | 16 oz. can green beans |
| 2 large potatoes | 3 T. flour |
| 1 medium onion | 1 to 2 T. vinegar |
| 5 slices bacon | ¼ C. warm water |

Melt margarine in large frypan, then sprinkle flour slowly until brown. Turn heat off and add warm water until gravy is thickened. Stir well and add green beans, diced, cooked potatoes, sauteed, diced bacon and onions. Add vinegar to taste; simmer 15 minutes and serve.

CYCLONE CHILI

Bruce Coleman
WSR United Way Board of Directors

1/3 C. shortening	1 1/2 C. beef broth
4 lbs. beef chuck, cut into 1/2" cubes	1 1/2 tsp. ground coriander
1 large onion	5 tsp. crushed cumin seeds
3 cloves garlic	1 1/2 tsp. salt
1 C. green sliced peppers	1/2 tsp. black pepper
2 cans Rotel	

Heat shortening. Add beef chuck until brown. Place onion and garlic in kettle and cook until soft. Return beef to heat. Add Rotel and 2 or 3 jalapeno peppers, if desired. Add beef stock, coriander, cumin, salt and pepper. Cover and simmer about 2 1/2 hours. Makes 2 1/2 quarts. Serves 10.

CHILI

Snooky Randall
Bartels Lutheran Home

2 lbs. lean ground beef	1 can tomato soup
2 small cans chili beans	1 can tomato juice
1 small onion, chopped	1 pkg. chili seasoning
1 small green pepper, chopped	

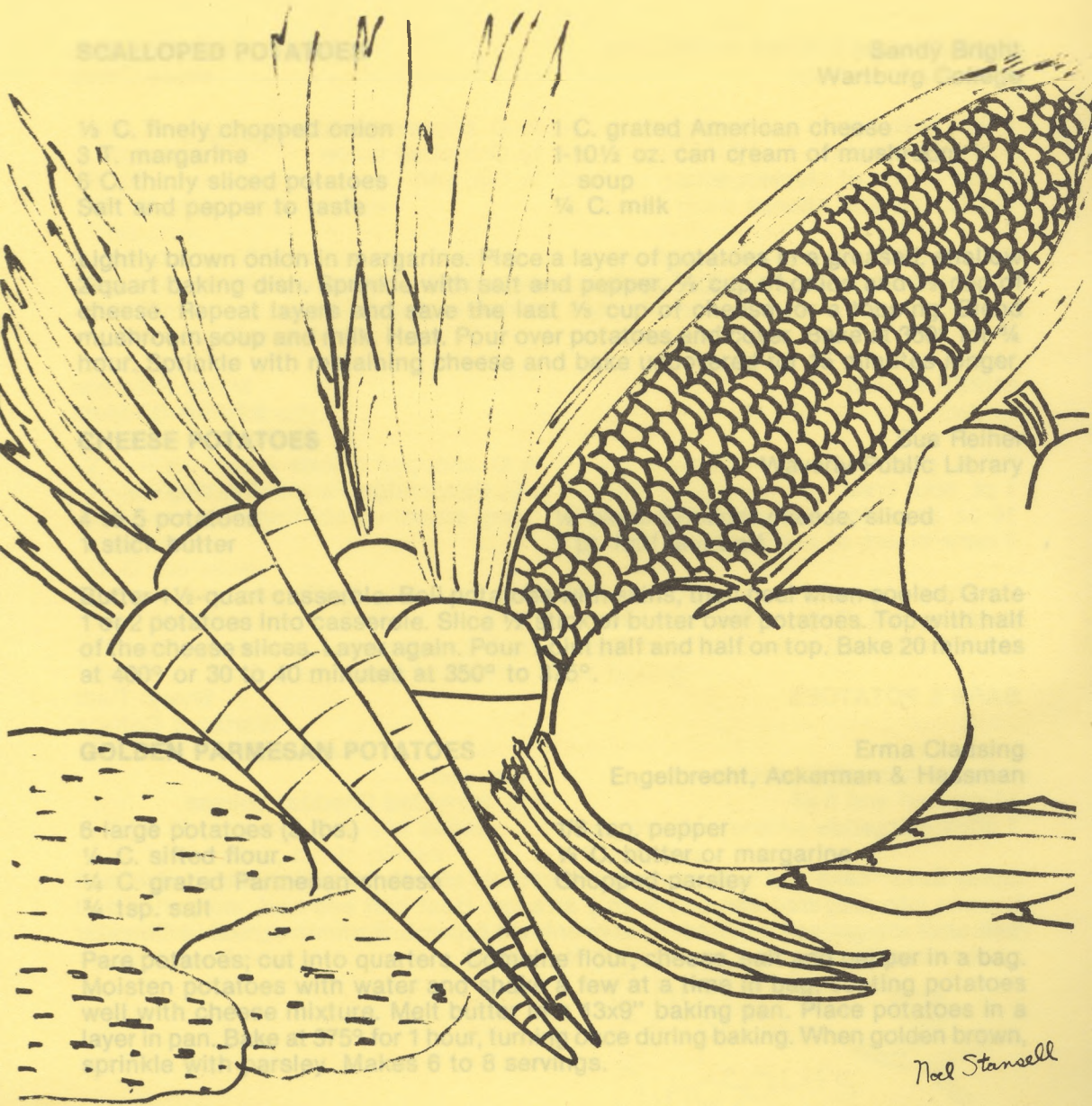
Brown beef, onion and green pepper; add tomato soup, chili seasoning and 1/2 can of water. Simmer 5 minutes. Place in a 4-quart kettle; add chili beans and can of tomato juice. Bring mixture to a boil slowly. Simmer at least 20 minutes.

MARINADE SAUCE FOR STEAK

Marilyn Michaelson
Wartburg College

1/4 C. oil	1 tsp. celery salt
1 T. Worcestershire sauce	1 T. dry mustard
1 T. liquid smoke	1 T. ginger
1/2 C. soy sauce	1/4 C. brown sugar
1 T. vinegar	Onion powder to taste
	Garlic powder to taste

Mix all ingredients in blender. For best flavor, marinate steak in this sauce overnight before grilling.



Noel Stansell

Vegetables

SCALLOPED POTATOES

Sandy Bright
Wartburg College

1/3 C. finely chopped onion
3 T. margarine
6 C. thinly sliced potatoes
Salt and pepper to taste

1 C. grated American cheese
1-10 1/2 oz. can cream of mushroom
soup
1/4 C. milk

Lightly brown onion in margarine. Place a layer of potatoes in a greased, shallow 2-quart baking dish. Sprinkle with salt and pepper, 1/3 cup of onion and 1/3 cup of cheese. Repeat layers and save the last 1/3 cup of cheese for a topping. Blend mushroom soup and milk. Heat. Pour over potatoes and cover. Bake at 350° for 3/4 hour. Sprinkle with remaining cheese and bake uncovered for 15 minutes longer.

CHEESE POTATOES

Sue Reiher
Waverly Public Library

4 to 5 potatoes
1 stick butter

1/2 block Cheddar cheese, sliced
1 pt. half and half

Butter 1 1/2-quart casserole. Boil potatoes with skins, then peel when cooled. Grate 1 or 2 potatoes into casserole. Slice 1/2 stick of butter over potatoes. Top with half of the cheese slices. Layer again. Pour 1 pint half and half on top. Bake 20 minutes at 400° or 30 to 40 minutes at 350° to 375°.

GOLDEN PARMESAN POTATOES

Erma Clausing
Engelbrecht, Ackerman & Hassman

6 large potatoes (3 lbs.)
1/4 C. sifted flour
1/4 C. grated Parmesan cheese
3/4 tsp. salt

1/8 tsp. pepper
1/3 C. butter or margarine
Chopped parsley

Pare potatoes; cut into quarters. Combine flour, cheese, salt and pepper in a bag. Moisten potatoes with water and shake a few at a time in bag, coating potatoes well with cheese mixture. Melt butter in a 13x9" baking pan. Place potatoes in a layer in pan. Bake at 375° for 1 hour, turning once during baking. When golden brown, sprinkle with parsley. Makes 6 to 8 servings.

BAKED HASH BROWN POTATOES

Kathy Folkerts
Mode O'Day

2 lbs. hash brown potatoes, frozen 1/3 C. chopped onion
1 pt. sour cream 1/2 C. melted butter
1 can cream of chicken soup 1/4 tsp. salt
1 1/2 C. Cheddar cheese

Stir together and bake in large casserole. Bake 45 minutes at 350° or 2 hours at 300°. I use a 9x13" glass baking dish. I also sprinkle with cornflake crumbs for a garnish.

SUPER SPUDS

Mavis Peterson
Waverly Newspapers

1-2 lb. pkg. frozen hash browns 1/3 C. chopped onions
1 pt. sour cream 2 C. Pepperidge Farms dressing (or
10 oz. shredded Cheddar cheese any seasoned stuffing mix)
2 cans cream of chicken soup

Combine ingredients (except dressing mix). Pour into 9x13" pan and top with dressing mix. Bake at 350° for 1 hour.

BARB'S POTATOES

Sheryl Tiedt
Wartburg College

2 lbs. frozen hash browns 1 tsp. salt
12 oz. half and half 2 C. shredded Cheddar cheese
1 stick margarine

Spray 9x13" cake pan with non-stick vegetable shortening. Pour the frozen hash browns into prepared pan and evenly arrange. Heat half and half, margarine and salt until margarine is melted. Pour over hash browns. Sprinkle shredded Cheddar cheese evenly over all. Bake at 350° for 1 hour.

PARSLEY POTATOES

Betty Klobassa
Century Companies

8 to 10 potatoes, cooked and
mashed
½ pt. sour cream
1-8 oz. pkg. cream cheese
1 tsp. salt
½ tsp. pepper
1/8 C. milk
Dash of garlic powder
½ tsp. or more parsley flakes

Mix all together and spread in buttered baking dish. Dot generously with butter and sprinkle with paprika. Refrigerate or bake; keeps for several days. Bake, uncovered, at 350° for 45 minutes.

BAKED BEANS

Jo Dorman

2 C. dried beans
½ lb. ham or bacon
3 T. brown sugar
1 tsp. salt
¼ C. molasses
½ tsp. mustard
1 medium onion, diced
2 T. catsup
Water

Soak beans overnight. Drain. If using bacon, brown and drain. Add rest of ingredients. Use enough water to cover beans. Bake in 350° oven 2 hours or until done. If they appear to be dry, add more hot water while baking.

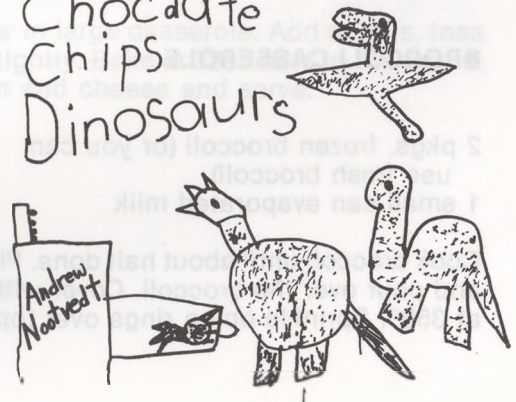
SAVORY BAKED BEANS

Ann Bauman
First National Bank of Waverly

2-1 lb. 13 oz. cans pork and beans
1 lb. lean bacon, cut in pieces
2 medium onions, cut in chunks
2 tsp. Worcestershire sauce
1 C. ketchup
1 C. brown sugar

Combine all ingredients and put in 2-quart casserole. Bake, covered, in slow oven at 325° for 3 hours.

Chocolate
Chips
Dinosaurs



BROCCOLI SOUFFLE

Tammy McKenzie
Waverly Newspapers

Beat 6 eggs slightly. Add:

- | | |
|-------------------------------|--|
| 1 large carton cottage cheese | 6 T. flour |
| 1 stick margarine, cubed | ½ tsp. salt |
| 1-10 oz. pkg. frozen broccoli | 1 small jar Cheez Whiz or ½ lb.
Velveeta, cubed |

Stir all together. Put in 2-quart casserole and bake 1 hour in 350° oven.

SHOEPEG CORN

Pumpkin Seeds*

- | | |
|------------------------------------|--------------------------------|
| 1 C. onion, chopped | 1 can cream of celery soup |
| 1 C. shredded sharp Cheddar cheese | ½ pt. sour cream |
| 1 can white corn, drained | Salt and pepper |
| 1 can French-style beans, drained | |
| 1 stick margarine, melted | 1 stack Ritz crackers, crushed |

Mix vegetables, cheese, soup and sour cream. Season with salt and pepper. Bake at 350° for 45 to 60 minutes in greased casserole dish. Add crackers to margarine. Spread on top of casserole for last ½ hour. May be doubled by adding an extra can of corn and beans.

*Pumpkin Seeds is a women's club in Waverly which was founded in 1903.

BRAISED ONIONS & RICE

Catherine Richmann

- | | |
|---------------------------|------------------------------|
| 1 C. rice (raw) | ½ tsp. salt |
| 10 T. butter | ½ C. shredded Cheddar cheese |
| 2 lbs. mild onions (7 C.) | Dash of pepper |
| ½ C. sour cream | |

Cook rice in boiling, salted water. Melt butter in large casserole. Add onions, toss lightly till coated. Stir in rice and salt. Cover tightly. Bake at 325° for 1 to 1½ hours. When onions are cooked, stir in sour cream and cheese and serve.

CHEEZY CARROTS

Lori Poehler
Wartburg College

- 1 lb. carrots
- 1 small onion
- 2 T. butter
- ¼ C. flour
- 1½ C. milk
- ¼ tsp. dry mustard
- ¼ tsp. celery seed
- ¼ lb. or more Velveeta cheese

Peel, slice and cook carrots until done. Set aside. Brown onion in butter. Add flour till bubbly. Slowly add milk. Then add mustard and celery seed. Cube cheese and add; cook until cheese is melted. Add drained carrots to cheese sauce. Bake in casserole dish at 325° for 45 minutes.

SUPER GREEN BEANS

Judy (Butzlaff) Pattschull
Carnation Company

- 12 C. fresh green beans
- 3 small onions, sliced into rings
- 1½ C. vinegar
- 1½ C. sugar
- ¾ C. water
- 3 T. Wesson oil
- 1½ tsp. salt

Cook beans; drain. Put beans and onions into bowl with tight seal. Boil together remaining ingredients and pour over beans and onions. Refrigerate at least 24 hours.

SWEET-SOUR STRING BEANS

Mary Lou Leary
Waverly Newspapers

- 4 strips bacon
- 1 T. flour
- 3 T. white sugar
- 1 T. vinegar
- 1 C. minced onion
- ½ C. liquid from beans
- 1 tsp. salt
- 2 C. green beans
- Dash of black pepper

Fry bacon until crisp. Remove bacon and cook onion in bacon fat until clear in color. Stir in flour. To this add other ingredients, except beans, and bring to a boil. Stir in beans and bacon. Stir gently until heated through.

RHINELANDER BEANS

Marian Anderson

6 slices chopped bacon
½ C. sugar
½ C. vinegar
1½ tsp. salt

½ tsp. pepper
½ C. chopped onion
6 C. (small head) shredded cabbage
1 qt. or 2 cans green beans, drained

Fry bacon until crisp; drain and set aside. Add vinegar, sugar, onion, salt, pepper and shredded cabbage to bacon drippings. Cover and cook until tender (about ½ hour). Add drained beans and cook until heated through. Place in serving dish and sprinkle with bacon.

I use a Dutch oven.

KALE

Verbena Brown

2 qts. steamed kale
½ lb. crisp bacon, or more as you
like

¾ C. quick oatmeal
4 medium raw potatoes, chopped fine

Cook kale an hour till wilted; drain almost all the water off. There is always some left in bottom of kettle. Put raw potatoes on top and oatmeal, then the crisp bacon. Salt and pepper. Cook slowly till potatoes are done. When done, stir or mash all together.

CHEESY CORN & NOODLES

Sheryl Tiedt
Wartburg College

2 C. frozen corn
2 C. cooked ¼" noodles
¼ stick margarine

2 C. Velveeta
¼ C. milk
1 C. crushed Ritz crackers

Thaw frozen corn and drain. Cook noodles following directions on package and drain. Melt margarine, Velveeta and milk together, stirring until smooth. Spray 2-quart casserole dish with non-stick vegetable shortening. Combine corn, noodles and melted cheese mixture, stirring to blend ingredients in prepared casserole dish. Bake at 350° for 1 hour. During last 30 minutes of baking, sprinkle crushed Ritz crackers evenly over top.

POTLUCK CORN CASSEROLE

Lola Smith
Waverly Homes

- 1 can whole kernel corn, drained
- 1 can cream-style corn
- 2 eggs
- 1 box corn muffin mix (Jiffy)
- ½ stick butter or margarine (cut up)
- 4 T. chopped onion
- 1 C. sour cream

Mix in order given. Pour into large greased casserole. Bake uncovered 45 minutes to 1 hour at 350°.

“BY GUESS AND BY GOSH” ESCALLOPED CORN

Carolyn Hemingway
Wartburg College

- Good brand of yellow cream-style corn
- About 1/8 C. cracker or bread crumbs
- 1 beaten egg
- About ¼ C. milk
- 1 tsp. sugar
- Few “dots” of butter or margarine

Stir all this together in mixing bowl. Pour into a **low**, greased baking dish. Sprinkle over 6 or 8 crushed Waverly crackers. Dot again with butter or margarine. Bake at 350°, uncovered, 30 minutes.

Bake at the same time as “Baked Mushrooms”.

ESCALLOPED CARROT-CORN CASSEROLE

Laurel Kurtt
Wartburg College

- 2 cans cream-style corn
- 1 C. soda cracker crumbs
- ½ C. evaporated milk
- 4 beaten eggs
- 4 T. chopped onion
- 1 C. finely chopped carrots
- Sugar, salt and pepper to taste
- At least 12 oz. shredded Cheddar cheese

Mix all ingredients together. Top with buttered soda cracker crumbs. Bake 30 to 40 minutes at 350°.

FREEZER CORN

Lori Poehler
Wartburg College

35 large ears corn
1 pt. half and half
1 lb. butter

Cut corn off cob and put in large turkey-size roaster. Pour half and half and butter over top. Bake at 325° for 1 hour, stirring every 15 minutes. Cool thoroughly and freeze in bags or containers.

BAKED MUSHROOMS

Carolyn Hemingway
Wartburg College

Wash box of fresh mushrooms. Dry them (paper toweling). Dip in beaten egg. Roll in seasoned crumbs (suggestion: Pepperidge Farm croutons). Place in buttered pan. Place dot of butter on top of each. Bake uncovered 20 minutes at 350°. Yum! Good!

CHAMPGNONS SOUS CLOUCHE (MUSHROOMS UNDER GLASS)

Jean Schloemer
Wartburg College

1 lb. fresh mushrooms
10 slices bread
1½ C. half and half
½ stick margarine, melted

Butter a 2-quart casserole (deep, not shallow). Toast bread and butter generously. Remove crusts and cut into quarters. Starting with a layer of toast, alternate toast with mushrooms, ending with a layer of the largest mushrooms. Salt and pepper lightly as you go. Pour the half and half gently over all. Refrigerate overnight. Bake uncovered at 350° for 1 hour. This may be served in an open casserole, or the French way, in a beautiful glass covered dish. Serves 8.

POTATO PANCAKES

Pauline E. Koch
First National Bank of Waverly

2 eggs
2 T. flour
1 small onion, chopped fine
1 tsp. salt
¼ tsp. baking powder
3 C. cubed, raw spuds

Process potatoes in blender. Mix together eggs, onion, salt, baking powder and flour. Add potatoes to this mixture. Pour onto well-greased griddle and bake until golden brown. Drain pancakes on absorbent paper towels. Serve with nice brown gravy.

POTATO PANCAKES

Mrs. Milton Westendorf
Westendorf DX

4 large potatoes
1 medium onion
1 egg

$\frac{1}{2}$ C. milk
 $\frac{1}{4}$ C. flour

Peel potatoes and clean onion. Grate potatoes and cover with cold water. Beat egg, milk and flour till smooth. Grate onion into egg mixture. Just before frying, drain grated potatoes thoroughly and add to above mixture. Pour about $\frac{1}{2}$ " deep Wesson oil in electric skillet. Heat to 360° to 375° . Drop spoonfuls of potato mix, about 4 at a time, to fry. When golden brown, turn carefully with slotted spoon. Continue frying other side. Place on plate with paper towel to absorb some of the oil. Serve hot. Can be eaten plain or with applesauce or dab of butter.

MONTGOMERY STREET SPINACH

Gloria Strickert
St. Paul's Lutheran Church

1 qt. spinach, wash and tear bite-size
3 hard-cooked eggs, diced

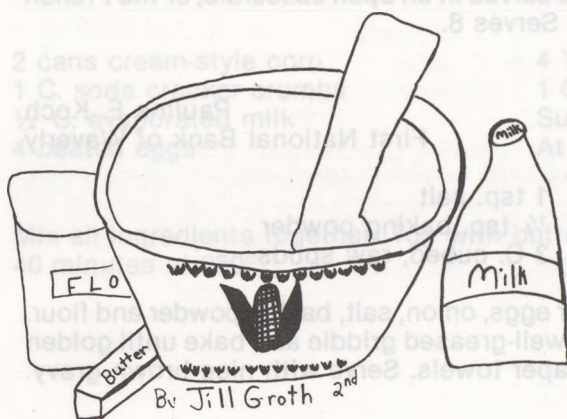
4 strips bacon, crisp and crumbled
 $\frac{1}{4}$ C. chopped green onion

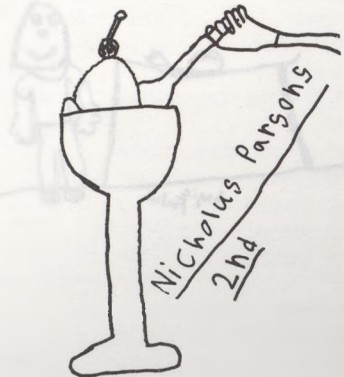
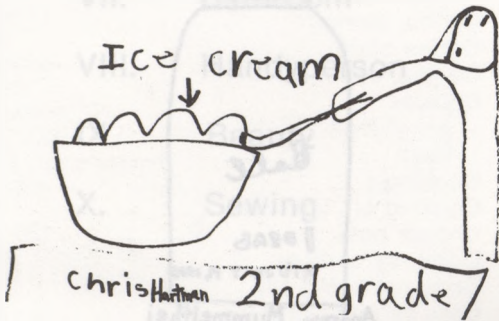
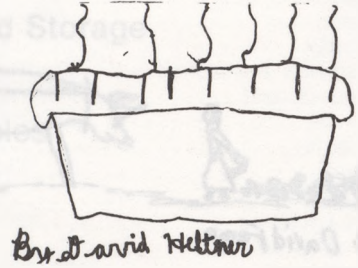
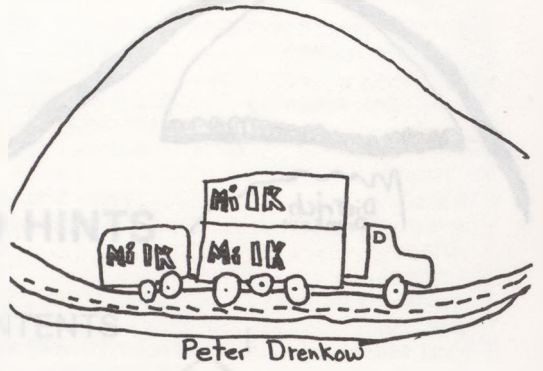
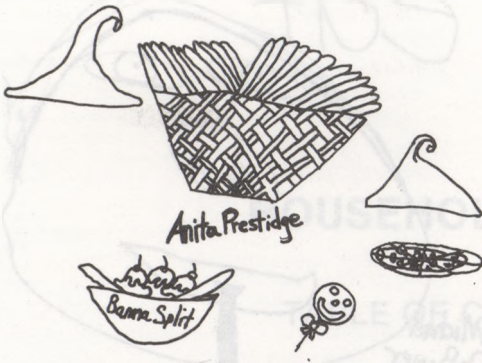
DRESSING:

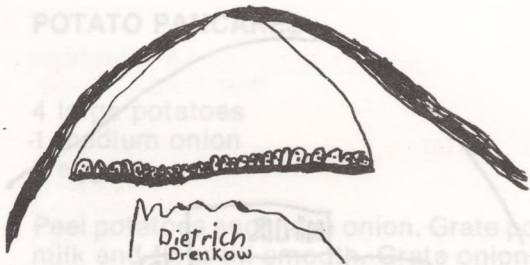
2 T. lemon juice
 $\frac{1}{4}$ tsp. lemon peel
3 T. salad oil

3 drops Tabasco
1 tsp. sugar
 $\frac{3}{4}$ tsp. Lawry's seasoning salt

Shake Dressing well in jar. Pour over just before serving.

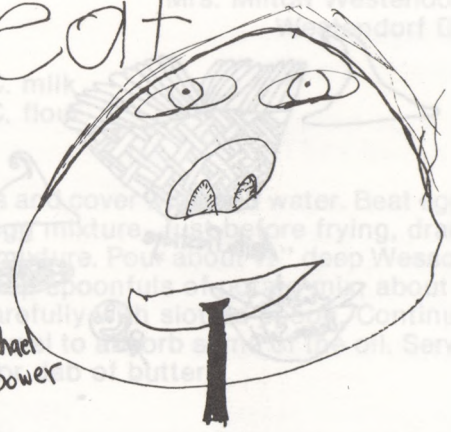




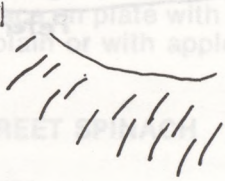


Dietrich
Drenkow

eat



Michael
DeBower

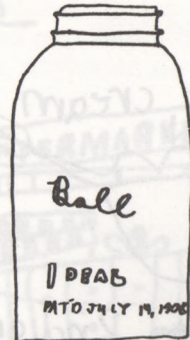


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HOUSEHOLD HINTS

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I. THE KITCHEN

GENERAL

Salt

1. If stew is too salty, add raw cut potatoes and discard once they have cooked and absorbed the salt. Another remedy is to add a teaspoon each of cider vinegar and sugar. Or, simply add sugar.
2. If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.

Gravy

3. For pale gravy, color with a few drops of Kitchen Bouquet. Or to avoid the problem in the first place, brown the flour well before adding the liquid. This also helps prevent lumpy gravy.
4. To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water. Shake, and in a few minutes you will have a smooth paste for gravy.
5. To remedy greasy gravy, add a small amount of baking soda.
6. For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.

Vegetables

7. If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour or so.
8. Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.
9. Lettuce and celery will crisp up fast if you place it in a pan of cold water and add a few sliced potatoes.
10. If vegetables are overdone, put the pot in a pan of cold water. Let it stand from 15 minutes to ½ hour without scraping pan.
11. By lining the crisper section of your refrigerator with newspaper and wrapping vegetables with it, moisture will be absorbed and your vegetables will stay fresher longer.
12. Store leftover corn, peas, green beans, carrots, celery, potatoes and onions in a container in the freezer. Add to other ingredients when making stew.
13. To keep the flavor in the vegetables, add a small amount of sugar to the water after cooking carrots, peas, beets, and corn.

14. Onions, broccoli and Brussels sprouts will cook faster if you make an X-shaped cut at the base of the vegetable.

Eggs

15. If you shake the egg and you hear a rattle, you can be sure it's stale. A really fresh egg will sink and a stale one will float.
16. If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.
17. The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.
18. To make light and fluffy scrambled eggs, add a little water while beating the eggs.
19. Add vinegar to the water while boiling eggs. Vinegar helps to seal the egg, since it acts on the calcium in the shell.
20. **STORING EGGS:** 1. Place your eggs in those tight-sealing egg containers and they will last longer in the refrigerator. You really shouldn't keep eggs longer than 11 days. 2. Cover them with oil on the top in a sealed container in the refrigerator. 3. For long term storage: If there's a special on eggs at your local supermarket, you can take advantage of it. Just crack all the eggs open and put them in the freezer unit. To use one egg at a time, put single eggs in the ice tray. When frozen, put the egg cubes in a sealed plastic bag. You can take out the cubes one at a time for daily use. If you use eggs in twos or threes, freeze them that way in a plastic sack.
21. To make quick-diced eggs, take your potato masher and go to work on a boiled egg.
22. If you wrap each egg in aluminum foil before boiling it, the shell won't crack when it's boiling.
23. To make those eggs go further when making scrambled eggs for a crowd, add a pinch of baking powder and 2 teaspoons of water per egg.
24. A great trick for peeling eggs the easy way. When they are finished boiling, turn off the heat and just let them sit in the pan with the lid on for about five minutes. Steam will build up under the shell and they will just fall away.
25. Or, quickly rinse hot hard-boiled eggs in cold water, and the shells will be easier to remove.

26. When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.

27. Fresh or hard-boiled? Spin the egg. If it wobbles, it is raw - if it spins easily, it's hard boiled.

28. Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.

29. Add one tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.

30. Try adding eggshells to coffee after it has perked, for a better flavor.

31. Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.

32. Pierce the end of an egg with a pin, and it will not break when placed in boiling water.

33. Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).

34. A small funnel is handy for separating egg whites from yolks. Open the egg over the funnel and the white will run through and the yolk will remain.

35. For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.

36. Brown and white shells are the same quality.

37. Egg whites can be kept up to 1 year. Add them to a plastic container as you "collect them" for use in meringues, angel food cake. ...1 cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.

38. For fluffier omelets, add a pinch of cornstarch before beating.

Potatoes

39. Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

40. To hurry up baked potatoes, boil in salted water for 10 minutes, then place in a very hot oven. Or, cut potatoes in half and place them face down on a baking sheet in the oven to make the baking time shorter.

41. When making potato pancakes, add a little sour cream to keep potatoes from discoloring.

42. Save some of the water in which the potatoes were boiled - add to some powdered

milk and use when mashing. This restores some of the nutrients that were lost in the cooking process.

43. Use a couple of tablespoons of cream cheese in place of butter for your potatoes; try using sour cream instead of milk when mashing.

Onions

44. To avoid tears when peeling onions, peel them under cold water or refrigerate before chopping.

45. For sandwiches to go in lunchboxes, sprinkle with dried onion. They will have turned into crisp pieces by lunchtime.

46. Peel and quarter onions. Place one layer deep in a pan and freeze. Quickly pack in bags or containers while frozen. Use as needed, chopping onions while frozen, with a sharp knife.

Tomatoes

47. Keep tomatoes in storage with stems pointed downward and they will retain their freshness longer.

48. Sunlight doesn't ripen tomatoes. It's the warmth that makes them ripen. So find a warm spot near the stove or dishwasher where they can get a little heat.

49. Save the juice from canned tomatoes in ice cube trays. When frozen, store in plastic bags in freezer for cooking use or for tomato drinks.

50. To improve the flavor of inexpensive tomato juice, pour a 46-ounce can of it into a refrigerator jar and add one chopped green onion and a cut-up stalk of celery.

A quick way to whip cream

51. A pinch of salt added to the cream before whipping strengthens the fat cells and makes them more elastic. This helps the cream stiffen much more quickly.

Cream that will not whip

52. Chill cream, bowl and beater well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not separate if you add a touch of unflavored gelatin (1/4 teaspoon per cup of cream). To eliminate a lot of mess when whipping cream with an electric beater, try this: Cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the machine. Simply place paper and beaters over the bowl and whip away.

Rock-hard brown sugar

53. Add a slice of soft bread to the package of brown sugar, close the bag tightly, and in a few hours the sugar will be soft again. If you need it in a hurry, simply grate the amount called for with a hand grater. Or, put brown sugar and a cup of water (do not add to the sugar, set it alongside of it) in a covered pan. Place in the oven (low heat) for a while. Or, buy liquid brown sugar.

Thawing frozen meat

54. Seal the meat in a plastic bag and place in a bowl of very warm water. Or, put in a bag and let cold water run over it for an hour or so.

Caked or clogged salt

55. Tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.

Soggy potato chips, cereal and crackers

56. If potato chips lose their freshness, place under the broiler for a few moments. Care must be taken not to brown them. You can crisp soggy cereal and crackers by putting them on a cookie sheet and heating for a few minutes in the oven.

Pancake syrup

57. To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.

Easy topping

58. A good topping for gingerbread, coffeecake, etc., can easily be made by freezing the syrup from canned fruit and adding 1 tablespoon of butter and 1 tablespoon of lemon juice to 2 cups of syrup. Heat until bubbly, and thicken with 2 tablespoons of flour.

Tasty cheese sandwiches

59. Toast cheese sandwiches in a frying pan lightly greased with bacon fat for a delightful new flavor.

No spattering or sticking

60. To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape.

61. Always heat the frying pan before adding oil or butter. This will keep things from sticking to the pan.

62. Boil vinegar in a brand new frying pan to keep things from sticking to it.

Hurry-up hamburgers

63. Poke a hole in the middle of the patties while shaping them. The burgers will cook faster and the holes will disappear when done.

Shrinkless links

64. Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll them lightly in flour before frying.

Frozen bread

65. Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325° oven to thaw completely.

Removing the corn silk

66. Dampen a paper towel or terry cloth and brush downward on the cob of corn. Every strand should come off.

Nuts

67. To quickly crack open a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.

68. If nuts are stale, place them in the oven at 250° F. and leave them there for 5 or 10 minutes. The heat will revive them.

Preventing boil-overs

69. Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

Softening butter

70. Soften butter quickly by grating it. Or heat a small pan and place it upside-down over the butter dish for several minutes. Or place in the microwave for a few seconds.

Measuring sticky liquids

71. Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.

Scalded milk

72. Add a bit of sugar (without stirring) to milk to prevent it from scorching.

73. Rinse the pan in cold water before scalding milk, and it will be much easier to clean.

Tenderizing meat

74. Boiled meat: Add a tablespoon of vinegar to the cooking water.

75. Tough meat or game: Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.

76. Steak: Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.

77. Chicken: To stew an old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.

Instant white sauce

78. Blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

Unpleasant cooking odors

79. While cooking vegetables that give off unpleasant odors, simmer a small pan of vinegar on top of the stove. Or, add vinegar to the cooking water. To remove the odor of fish from cooking and serving implements, rinse in vinegar water.

Don't lose those vitamins

80. Put vegetables in water after the water boils - not before - to be sure to preserve all the vegetables' vitamins.

Clean and deodorize your cutting board

81. Bleach it clean with lemon juice. Take away strong odors like onion with baking soda. Just rub it in.

Keep the color in beets

82. If you find that your beets tend to lose color when you boil them, add a little lemon juice.

No-smell cabbage

83. Two things to do to keep cabbage smell from filling the kitchen: don't overcook it (keep it crisp) and put half a lemon in the water when you boil it.

A great energy saver

84. When you're near the end of the baking time, turn the oven off and keep the door

closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.

Grating cheese

85. Chill the cheese before grating and it will take much less time.

Special looking pies

86. Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!

Removing ham rind

87. Before placing ham in the roasting pan, slit rind lengthwise on the underside. The rind will peel away as the ham cooks, and can be easily removed.

Sluggish catsup

88. Push a drinking straw to the bottom of the bottle and remove. This admits enough air to start the catsup flowing.

Unmolding gelatin

89. Rinse the mold pan in cold water and coat with salad oil. The oil will give the gelatin a nice luster and it will easily fall out of the mold.

Leftover squash

90. Squash that is left over can be improved by adding some maple syrup before reheated.

No-spill cupcakes

91. An ice cream scoop can be used to fill cupcake papers without spilling.

Slicing cake or torte

92. Use dental floss to slice evenly and cleanly through a cake or torte - simply stretch a length of the floss taut and press down through the cake.

Ice cream

93. Buy bulk quantities of ice cream and pack in small margarine containers. These provide individual servings.

Canning peaches

94. Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.

Angel food cookies

95. Stale angel food cake can be cut into 1/2" slices and shaped with cookie cutters to make delicious "cookies". Just toast in the oven for a few minutes.

How to chop garlic

96. Chop in a small amount of salt to prevent pieces from sticking to the knife or chopping board. Then pulverize with the tip of the knife.

Excess fat on soups or stews

97. Remove fat from stews or soups by refrigerating and eliminating fat as it rises and hardens on the surface. Or add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.

Broiled meat drippings

98. Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.

Fake sour cream

99. To cut down on calories, run cottage cheese through the blender. It can be flavored with chives, extracts, etc., and used in place of mayonnaise.

Browned butter

100. Browning brings out the flavor of the butter, so only half as much is needed for seasoning vegetables if it is browned before it is added.

Cooking dried beans

101. When cooking dried beans, add salt after cooking; if salt is added at the start, it will slow the cooking process.

Tasty carrots

102. Adding sugar and horseradish to cooked carrots improves their flavor.

Carrot marinade

103. Marinate carrot sticks in dill pickle juice.

Clean cukes

104. A ball of nylon net cleans and smooths cucumbers when making pickles.

Fresh garlic

105. Peel garlic and store in a covered jar of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.

Leftover waffles

106. Freeze waffles that are left; they can be reheated in the toaster.

Fluffy rice

107. Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.

Nutritious rice

108. Cook rice in liquid saved from cooking vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.

Perfect noodles

109. When cooking noodles, bring required amount of water to a boil, add noodles, turn heat off and allow to stand for 20 minutes. This prevents overboiling and the chore of stirring. Noodles won't stick to the pan with this method.

Easy croutons

110. Make delicious croutons for soup or salad by saving toast, cutting into cubes, and sauteeing in garlic butter.

Baked fish

111. To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.

Non-sticking bacon

112. Roll a package of bacon into a tube before opening. This will loosen the slices and keep them from sticking together.

Tasty hot dogs

113. Boil hot dogs in sweet pickle juice and a little water for a different taste.

Golden-brown chicken

114. For golden-brown fried chicken, roll it in powdered milk instead of flour.

Double boiler hint

115. Toss a few marbles in the bottom of a double boiler. When the water boils down, the noise will let you know!

Flour Puff

116. Keep a powder puff in your flour container to easily dust your rolling pin or pastry board.

Jar labels

117. Attach canning labels to the lids instead of the sides of jelly jars, to prevent the chore of removing the labels when the contents are gone.

Different meatballs

118. Try using crushed cornflakes or corn bread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips.

* * * * *

CLEAN-UP TIPS

Appliances

119. To rid yellowing from white appliances try this: Mix together: $\frac{1}{2}$ cup bleach, $\frac{1}{4}$ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

120. Instead of using commercial waxes, shine with rubbing alcohol.

121. For quick clean-ups, rub with equal parts water and household ammonia.

122. Or, try club soda. It cleans and polishes at the same time.

Blender

123. Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Breadboards

124. To rid cutting board of onion, garlic or fish smell, cut a lime or lemon in two and rub the surface with the cut side of the fruit.

125. Or, make a paste of baking soda and water and apply generously. Rinse.

Copper pots

126. Fill a spray bottle with vinegar and add 3 tablespoons of salt. Spray solution liberally on copper pot. Let set for a while, then simply rub clean.

127. Dip lemon halves in salt and rub.

128. Or, rub with Worcestershire sauce or catsup. The tarnish will disappear.

129. Clean with toothpaste and rinse.

Burnt and scorched pans

130. Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

131. Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, $\frac{1}{2}$ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets

132. Clean the outside of the pan with

commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Can opener

133. Loosen grime by brushing with an old toothbrush. To thoroughly clean blades, run a paper towel through the cutting process.

Enamelware or casserole dishes

134. Fill a dish that contains stuck food bits with boiling water and 2 tablespoons of baking soda. Let it stand and wash out.

Dishes

135. Save time and money by using the cheapest brand of dishwashing detergent available, but add a few tablespoons of vinegar to the dishwasher. The vinegar will cut the grease and leave your dishes sparkling clean.

136. Before washing fine china and crystal, place a towel on the bottom of the sink to act as a cushion.

137. To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

Dishwasher

138. Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains

139. When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

140. Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Garbage disposal

141. Grind a half lemon or orange rinds in the disposal to remove any unpleasant odor.

Glassware

142. Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

143. Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

144. When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater

145. For a fast and simple clean-up, rub salad oil on the grater before using.

146. Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.

Meat grinder

147. Before washing, run a piece of bread through it.

Oven

148. Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

149. Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

150. A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

151. An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers

152. Coffee or tea stains can be scoured with baking soda.

153. Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

154. To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator

155. To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants)

and place it on a shelf in the refrigerator. It absorbs odors rapidly.

156. An open box of baking soda will absorb food odors for at least a month or two.

157. A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

158. To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus.

159. Use a glycerine-soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerine. The next time you defrost, the ice will loosen quickly and drop off in sheets.

160. Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks

161. For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.

162. Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleanser.

163. Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

164. Spots on stainless steel can also be removed with white vinegar.

165. Club soda will shine up stainless steel sinks in a jiffy.

Sponges

166. Wash in your dishwasher or soak overnight in salt water or baking soda added to water.

Teakettle

167. To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.

Thermos bottle

168. Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Tin pie pans

169. Remove rust by dipping a raw potato in cleaning powder and scouring.

Fingerprints off the kitchen door and walls

170. Take away fingerprints and grime with a solution of half water and half ammonia. Put it in a spray bottle from one of these expensive cleaning products, you'll never have to buy them again.

Formica tops

171. Polish them to a sparkle with club soda.

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KEEPING FOODS FRESH AND FOOD STORAGE

Celery and lettuce

172. Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Onions

173. Wrap individually in foil to keep them from becoming soft or sprouting.

174. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Cheese

175. Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Milk

176. Milk at room temperature may spoil cold milk, so don't pour milk back into the carton.

Brown sugar

177. Wrap in a plastic bag and store in refrigerator in a coffee can with a snap-on lid.

Cocoa

178. Store cocoa in a glass jar in a dry and cool place.

Cakes

179. Putting half an apple in the cake box will keep cake moist.

Ice cream

180. Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

Lemons

181. Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

Limes

182. Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Smoked meats

183. Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Strawberries

184. Keep in a colander in the refrigerator. Wash just before serving.

Soda crackers

185. Wrap tightly and store in the refrigerator.

Vegetables with tops

186. Remove the tops on carrots, beets, etc. before storing.

Bread

187. A rib of celery in your bread bag will keep the bread fresh for a longer time.

Cookies

188. Place crushed tissue paper on the bottom of your cookie jar.

Cottage cheese

189. Store carton upside-down. It will keep twice as long.

Garlic

190. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.

191. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic-flavored oil for salad dressing.

Honey

192. Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

Marshmallows

193. They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Olive oil

194. You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

Parsley

195. Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Popcorn

196. *It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".*

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SUBSTITUTES

For bread crumbs

197. *Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.*

For butter

198. *Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.*

For fresh milk

199. *To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water.*

200. *For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2 1/2 teaspoons butter or margarine.*

For sugar

201. *Use brown sugar, although it will result in a slight molasses flavor.*

For superfine sugar

202. *Process regular granulated sugar in your blender.*

For red and green sweet pepper

203. *Use canned pimientos.*

For vanilla extract

204. *Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.*

For flour

205. *Use 1 tablespoon cornstarch instead of 2 tablespoons of flour. Or try using instant potatoes or cornmeal.*

For buttermilk

206. *Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.*

For catsup

207. *Use a cup of tomato sauce added to 1 1/4 cups of brown sugar, 2 tablespoons of vinegar, 1/4 teaspoon of cinnamon and a dash of ground cloves and allspice.*

For unsweetened chocolate

208. *Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened cocoa to equal 1 square of unsweetened chocolate.*

For corn syrup

209. *Use 1/4 cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.*

For eggs

210. *Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.*

For cake flour

211. *Use 7/8 cup of all-purpose flour for each cup of cake flour called for in a recipe.*

For fresh herbs and spices

212. *Use 1/3 the amount of dried herbs or spices. Dried herbs are more concentrated.*

For honey

213. *To substitute 1 cup of honey, use 1 1/4 cups of sugar and 1/4 cup of water or other liquid called for in the recipe.*

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II. TO REMOVE STAINS FROM WASHABLES

Alcoholic beverages

214. *Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.*

Blood

215. *Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.*

Candle wax

216. *Use a dull knife to scrape off as much as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.*

Chewing gum

217. Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Chocolate and cocoa

218. Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

Coffee

219. Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

Crayon

220. Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda. NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

Deodorants

221. Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye

222. If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Egg

223. Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

Fruit and fruit juices

224. Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass

225. Pre-soak in cold water for at least 30

minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar

226. Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

227. Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Ink—ball-point pen

228. Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

Lipstick

229. Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Meat juices

230. Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

Mildew

231. Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric. NOTE: Mildew is very hard to remove; treat promptly.

Milk, cream, ice cream

232. Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

Nail polish

233. Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

Paint

234. Oil base: Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

235. Water base: Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

Perspiration

236. Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Rust

237. Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used. CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

Scorch

238. Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well. CAUTION: Severe scorching cannot be removed because of fabric damage.

Soft drinks

239. Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

Tea

240. Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

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III. CARPETS AND FLOORS

Flattened shag carpets

241. Raise flattened spots in your carpeting

where heavy furniture has stood by using a steam iron. Hold the iron over the spot and build up a good steam. Then brush up the carpet.

Candle drippings

242. For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains

243. Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care

244. When washing and drying foam-baked throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

Cleaning rugs

245. If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

What to do with new carpet

246. Wait about three months before attempting to clean your new carpet. It needs that amount of time to spring up and keep its normal nap.

Spills on the rug

247. When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

Liven up your carpet

248. Give your carpet a new lease on life. Sprinkle some salt on it right before you vacuum. The rug will be much brighter when you have finished vacuuming.

Ballpoint ink marks

249. Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue

250. Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Repairing braided rugs

251. Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

Repairing a burn

252. Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the baking of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and you will get the best results.

Spot remover for outdoor carpeting

253. Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

Blood on the rug

254. When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

255. Use silver polish to remove from vinyl tile or linoleum.

Spilled nail polish

256. Allow to almost dry, then peel off of waxed floors or tile.

Tar spots

257. Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors

258. Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors

259. Use cold tea to clean woodwork and varnished floors.

Spilled grease

260. Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine

261. Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors

262. Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care

263. Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Floor polisher

264. When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors

265. In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors

266. Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Fix those loose linoleum edges

267. Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books, over the whole area and keep it weighed down for the amount of time it says on the can of adhesive.

Stop squeaking floors

268. Just dust some talcum powder between the cracks and it should do the job. If you have really serious squeaking, it could be that you need to wedge in some slivers of wood to the underneath side.

Heel marks

269. Just take a pencil eraser and wipe them off.

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IV. WINDOWS

Window cleaning

270. Newspaper is much cheaper to use for drying freshly-washed windows than paper toweling.

Drying windows

271. Dry the inside panes with up-and-down strokes, and the outside with back-and-forth motions to see which side has smudges.

Window cleaning solution

272. The best mixture for cleaning windows is ½ cup of ammonia, 1 cup of white vinegar, and 2 tablespoons of cornstarch in a bucket of warm water.

Cold weather window cleaning

273. Add ½ cup of rubbing alcohol to the above mixture on cold days to prevent ice from forming on your windows.

Clean window sills

274. To remove spots on window sills, rub the surface with rubbing alcohol.

Puttying windows

275. Mix some putty to match the woodwork before puttying windows.

Loosening window panes

276. Dig through old putty with a very hot instrument to loosen a window pane.

Aluminum window frames

277. Use cream silver polish to clean aluminum window frames.

Grease spots

278. Any cola drink will remove grease spots from windows.

Numbered windows

279. When cleaning, painting or changing windows, number each with a ballpoint pen and put the corresponding number inside the proper window frame.

Window shade tears

280. Repair with colorless nail polish. This works wonders on small tears.

Cleaning screens

281. For a thorough job, brush on both sides with kerosene. Wipe with a clean cloth. This method will also prevent rust from forming. Be sure to dust the screens with a small paintbrush before you begin.

282. For small jobs, rub a brush-type hair roller lightly over the screen and see how easily it picks up all the lint and dust.

V. FURNITURE

Fantastic polish

283. Use ⅓ cup each boiled linseed oil, turpentine and vinegar. Mix together and shake well. Apply with a soft cloth and wipe completely dry. Wipe again with another soft cloth. Do not try to boil your own linseed oil - it is not the same. Buy it at a hardware or paint store.

To remove polish build-up

284. Mix ½ cup vinegar and ½ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

Polishing carved furniture

285. Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette burns

286. For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

287. Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

288. Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of the wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

Scratches

289. Make sure you always rub with the grain of the wood when repairing a scratch. Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

290. Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

291. Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

292. Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

293. Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

294. Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

295. Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

296. For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

297. For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Removing paper that is stuck to a wood surface

298. Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

299. Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

Three solutions to remove white water rings and spots

300. Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

301. Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

302. Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains

303. Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

304. Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes

305. Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops

306. You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

307. Or, rub in toothpaste and buff.

Glass table tops

308. Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

309. Toothpaste will remove small scratches from glass.

Chrome cleaning

310. For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue

311. Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker

312. Wicker needs moisture, so use a humidifier in the winter.

313. To prevent drying out, apply lemon oil occasionally.

314. Never let wicker freeze. This will cause cracking and splitting.

315. Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture

316. To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery

317. Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Leather upholstery

318. Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains

319. Absorb grease on furniture by pouring salt on the spill immediately.

Soiled upholstery

320. Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

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VI. LAUNDRY

Spot removal

321. Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine

322. Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

Too sudsy

323. When your washer overflows with too many suds, sprinkle salt in the water - the suds will disappear.

Final rinse

324. Add a cup of white vinegar to the final rinse when washing clothes to make sure the alkalines in the soap are dissolved.

Hand-washed sweaters

325. Add a capful of hair cream rinse to the final rinse water when washing sweaters.

Whiter fabric

326. Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Whitest socks

327. Boil socks in water to which a lemon slice has been added.

Clean work clothes

328. To your wash water, add ½ cup of household ammonia.

Freshen feather pillows

329. Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy

330. While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip

331. When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

Creaseless garments

332. Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems

333. Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing

334. A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover

335. When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.

336. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover

337. Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.

Washer advice

338. Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars

339. Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing

340. Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through to the underside of the garment.

Ironing embroidery

341. Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

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VII. BATHROOM

Bathroom tile

342. Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand 10 minutes and buff or polish.

343. Use a typewriter eraser to clean spaces between bathroom tiles.

Metal shower head

344. To clean mineral deposits from a

clogged shower head, boil it with half a cup of white vinegar and one quart of vinegar for awhile.

Plastic shower head

345. Soak a plastic shower head in a hot vinegar and water mixture to unclog it.

Shower curtains

346. Before hanging shower curtains, soak them in a salt water solution to prevent mildew.

347. To remove mildew on shower curtains, wash them in hot soapy water, rub with lemon juice, and let them dry in the sun.

Bathroom fixtures

348. Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.

Removing film and scum

349. Use a piece of very fine steel wool to remove film from the shower stall.

Porcelain cleaners

350. Lighter fluid will remove most dark, stubborn stains from sink and bathtub.

Yellowed bathtub

351. Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.

Shower mat tip

352. Dip a stiff brush in a kerosene and warm water solution to clean the bath mat.

Rust stains

353. Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 or 3 hours.

Rusty tile

354. Rust stains on tile can be removed with kerosene.

Cleaning shower doors

355. Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.

Steam-free mirror

356. If your medicine cabinet has two sliding mirrors, slide one side open before taking a

bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.

Steamy bathrooms

357. If you run about an inch of cold water before adding hot water to your bath, there will be absolutely no steam in your bathroom.

Medicine cabinet

358. It's a good idea to go through your medicine cabinet several times a year and throw away medicines that are old or outdated. They could be dangerous.

Easy bathroom cleaning

359. Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc., will be much easier to clean because the steam will have loosened the dirt.

Sink cleaners

360. Light stains can often be removed by simply rubbing with a cut lemon.

361. For dark stains, and especially rust, rub with a paste of borax and lemon juice.

Dripping faucet

362. If the drip occurs during the night and you can't sleep, simply wrap a cloth around the opening of the faucet.

Sweet-smelling bathroom

363. Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When the light is on, the heat releases the aroma.

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VIII. HANDYPERSON

Leaky vase

364. Fix a leaky vase by coating the inside with paraffin and letting it harden.

Plywood cutting

365. Put a strip of masking tape at the point of plywood where you plan to begin sawing to keep it from splitting.

Locating wall studs

366. Move a pocket compass along the wall. When the needle moves, usually the stud will be located at that point. Studs are usually located 16" apart.

Fraying rope

367. Shellac the ends of the rope to prevent fraying.

Fraying nylon cord

368. Heat the cut end of nylon cord over a match flame to bond the end together.

Loosening rusty bolts

369. Apply a cloth soaked in any carbonated soda to loosen rusted bolts.

Sandpaper hint

370. By dampening the backing on sandpaper, it will last longer and resist cracking.

Tight screws

371. Loosen a screw by putting a couple of drops of peroxide on it and letting it soak in.

Screwdriver tip

372. Keep a screwdriver tip from slipping by putting chalk on the blade.

Loosening joints

373. Loosen old glue by applying vinegar from an oil can to the joint.

Rule to remember

374. Left is loose and right is tight.

Sticking drawers

375. Rub the runners of drawers with a candle or a bar of soap so they will slide easily.

Stubborn locks

376. Dip key into machine oil or graphite to loosen up a lock.

Loose draw knobs

377. Before inserting a screw into the knob, coat with fingernail polish to hold it tightly.

Slamming doors

378. Reduce the noise level in your home by putting self-sticking protective pads on the inside edges of cabinet doors, cupboards, etc.

Icy sidewalk tip

379. Sprinkle sand through a strainer on an icy sidewalk to distribute evenly.

Garbage can tip

380. Garbage cans will last longer if they are painted. Use primer on galvanized metal, then

paint with matching house paint.

Towel rack tip

381. Replace the bottom screws of towel racks with cup hooks. Small towels and washcloths may be hung from them.

Screen repair

382. Use clear cement glue to repair a small hole in wire screening.

Hairdryer hint

383. Thaw a frozen pipe with a portable hairdryer.

Finding a gas leak

384. Lather the pipes with soapy water. The escaping gas will cause the soapy water to bubble, revealing the damaged areas. You can make a temporary plug by moistening a cake of soap and pressing it over the spot. When the soap hardens, it will effectively close the leak until the gasman comes.

Hanging pictures

385. Before you drive nails into the wall, mark the spot with an X of cellophane tape. This trick will keep the plaster from cracking when you start hammering.

386. When the landlady says, "no nails in the wall", hang pictures with sewing machine needles. They will hold up to 30 pounds.

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IX. BEAUTY

Natural facial

387. A good and inexpensive facial to try: mash half an avocado, spread thickly on face, and remove with warm water 20 minutes later.

Cuticle treatment

388. Apply a mixture of equal parts of castor oil and white iodine to your cuticles every night.

Sunburn relief

389. A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.

390. Dab on some apple cider vinegar. The pinkness and pain will disappear.

391. For a super bad burn, put on a paste of water and baking soda.

Hair shiner

392. *These hair rinses will remove soap film and shine hair: For blondes, rinse water containing a few tablespoons of lemon juice. For brunettes and redheads, a few tablespoons of apple cider vinegar in the rinse water.*

Broken lipstick

393. *Hold a match under the broken ends until they melt enough to adhere to each other. Cool in the refrigerator.*

Nail polish

394. *Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.*

395. *Instead of storing the nail polish bottle right-side-up, put it on its side. Stir it up with the brush when you need some.*

396. *Before you put on polish, put vinegar on your nails. It will clean them completely and help nail polish stick longer.*

Deodorant

397. *To make your own pump-spray deodorant, just add 4 tablespoons of alum to 1 quart of water. Mix it up and put into a spray bottle. If you want a scent, add your favorite cologne.*

Your own manicure

398. *Soak your hands in warm water with lemon juice added. Take them out after about 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.*

Baking soda for teeth

399. *Baking soda instead of toothpaste does as good a job. It also works on dentures.*

Cleaning combs and brushes

400. *A solution of baking soda and hot water cleans hair brushes and combs.*

Hair conditioner

401. *Mayonnaise gives dry hair a good conditioning. Apply ½ cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Rinse a few times before shampooing thoroughly.*

Homemade dry shampoo

402. *Mix together 1 tablespoon salt and ½ cup cornmeal for your own homemade dry*

shampoo. Transfer to a larger-holed shaker, sprinkle it on oily hair lightly and brush out dirt and grime.

403. *Baby powder or cornstarch can also be used as dry shampoos.*

Tired eyes

404. *Place fresh cold cucumber slices on your eyelids to rid them of redness and puffiness.*

X. SEWING.

Threading needles

405. *Apply some hair spray to your finger and to the end of the thread, stiffening it enough to be easily threaded.*

Sharp machine needles

406. *Sharpen sewing machine needles by stitching through sandpaper.*

Buttons

407. *Coat the center of buttons with clear nail polish and they'll stay on longer.*

408. *On a four-hole button, sew through two holes at a time, knotting the thread and tying off for each set of holes.*

409. *Use dental floss or elastic thread to sew buttons on children's clothing. The buttons will take a lot of wear before falling off.*

Dropped needles and pins

410. *Instead of groping around your floor for fallen needles and pins, keep a magnet in your sewing kit. Simply sweep it across your rug to pick up those strays.*

Sewing machine oil

411. *Stitch through a blotter after oiling your sewing machine to prevent extra oil from damaging your garments.*

Patterns

412. *Instead of trying to fit used patterns back into their envelopes, store them in plastic bags.*

413. *Keep patterns from tearing and wrinkle-free by spraying with spray starch.*

Recycled elastic

414. *Remove elastic waistband from used pantyhose for use in other sewing projects.*

Heavy seams

415. Rub seams with a bar of soap to allow a sewing machine needle to easily pass through.

Sewing on nylon

416. When repairing seams on nylon jackets or lingerie, make the job a lot simpler by placing a piece of paper underneath the section you are going to sew. Stitch through the fabric and paper. When finished, tear the paper off.

Threaded needles

405. Apply some hair spray to your finger and the end of the thread, allowing it to slip into the needle.

406. Grip the sewing machine needle by the shank, not the eye, and push it through the fabric.

407. Cut the center of buttons with a sharp knife and then a slit or notch.

408. On a four-hole button, sew through two holes at a time, knotting the thread and pulling it off for each set of holes.

409. Use dental floss or elastic thread to sew buttons on children's clothing. The floss will take a lot of wear before falling off.

410. Instead of going around your foot when you sew, simply sew it across.

411. Sewing machine oil.

412. Sewing machine oil.

413. Sewing machine oil.

414. Sewing machine oil.

415. Sewing machine oil.

Dear Friend:

I hope you have enjoyed this cookbook as much as I have. I am sure you have found several recipes that you will prize for many years.

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Just drop a line to me and I'll send you complete details.

Regards,

Sara Lynne

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