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RECIPES
OF
Oskaloosa

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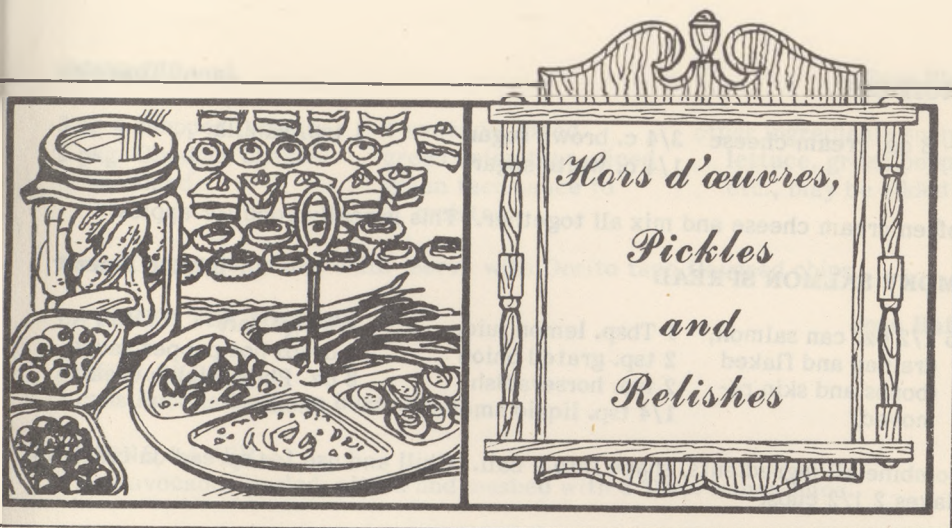
*Keys of Success,
Bible's*

RECIPE OF LIFE

Pat Taylor

- | | | |
|----------------|--------------------|------------------|
| 1 c. greetings | 2 large handshakes | 1 tsp. sympathy |
| 1/4 c. smiles | 1/2 c. love | 2 c. hospitality |

Cream greetings and smiles thoroughly. Add handshakes, beaten slightly. Add love slowly. Sift in sympathy and hospitality. Serve with humility.



CHEESE BALL

Pat Taylor, Janet Townsley

- | | | |
|--|--------------------------------|---|
| 1 jar Kraft Old English
Sharp cheese spread | 2 - 8 oz. pkg. cream
cheese | 1/2 small onion, ground
2 Tbsp. parsley
1 c. chopped pecans |
| 1 jar Kraft Roka Blue
cheese spread | | |

Allow cheeses to warm to room temperature. Mix cheeses and onion until smooth. (I put everything into the food processor and whip it together). Add 1 Tbsp. parsley and 1/2 c. chopped pecans. Refrigerate until firm. Shape into ball and roll in 1 Tbsp. parsley and 1/2 c. chopped pecans.

MOUSSE OF CHICKEN LIVERS

Lynn Howard

- | | | |
|---------------------|--------------------------|------------------------------|
| 1/2 c. butter | 1 1/4 lb. chicken livers | 1 1/2 Tbsp. Cognac or wine |
| 1 large diced onion | 1 hard cooked egg | 1/2 tps. salt
dash pepper |

Saute onion in 2 Tbsp. butter until tender. Remove from skillet. In same skillet, heat remaining butter and saute livers over medium heat until golden brown, about 5 minutes. Put 1/2 the onion, liver, egg, Cognac in blender or food processor. Blend until smooth. Repeat with other 1/2 of ingredients. Stir in salt, pepper and chill.

DILL DIP

Pat Taylor

- | | | |
|-------------------|-------------------|--------------------------|
| 2/3 c. mayonnaise | 1 Tbsp. dill weed | 1 Tbsp. minced dry onion |
| 2/3 c. sour cream | 1 tsp. parsley | 1 tsp. season salt |

Mix ingredients together and chill for at least 1 hour before serving. Serve with raw vegetables for dipping.

FRUIT DIP**Janet Townsley**

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

Soften cream cheese and mix all together. This is really good for apples.

SMOKY SALMON SPREAD**Edythe Fleenrr**

15 1/2 oz. can salmon, 1 Tbsp. lemon juice 1/8 tsp. salt
 drained and flaked 2 tsp. grated onion 3 drops hot pepper sauce
 (bones and skin re- 2 tsp. horseradish 8 oz. Philadelphia cream
 moved) 1/4 tsp. liquid smoke cheese

Combine all ingredients, shape into a ball. Chill and use for spread on crackers. Makes 2 1/2 cups.

SWEET & SOUR COCKTAIL FRANKFURTERS**Jean Hafner**

3 lb. small cocktail 1/2 c. finely chopped 1/2 c. lemon juice
 frankfurters onion 1/4 c. dark brown sugar,
 2 - 1 lb. cans pine- 2 c. chili sauce firmly packed
 apple chunks 1/4 c. vinegar 1/2 tsp. paprika
 2 Tbsp. butter or 2 Tbsp. Worcestershire 2 tsp. dry mustard
 margarine sauce 1 tsp. salt
 1/2 tsp. pepper

Place frankfurters in a sauce pan; cover with water, bring to a boil and drain. Drain pineapple chunks and reserve 1 c. of juice. Heat butter in a large skillet over moderately low heat (about 225 degrees) add onion and cook until tender. Add the reserved pineapple juice, chili sauce, vinegar, Worcestershire, lemon juice, brown sugar, paprika, mustard, salt and pepper to onions in skillet; mix together. Add frankfurters and pineapple; cover and cook over moderately low heat for 20 minutes. At serving time place in an electric skillet with heat control set at warm or place in a heated chaffing dish. Serve with toothpicks. Serves 24.

SWEDISH MEAT BALLS**Sandra J. Kool & Jean Hafner**

5 slices white bread 2 tsp. salt 4 Tbsp. sour cream
 1 c. water dash pepper 1 c. dry bread crumbs
 2 lb. ground beef 2 onions, chopped fine 6 Tbsp. butter or oleo

Break bread into small pieces. Soak in water; squeeze out excess water with your hand. Add bread to beef, and season with salt, pepper and chopped onion. Mix thoroughly. Add sour cream and mix well. Shape into tiny, bite-size balls. Roll in bread crumbs. Melt butter in large skillet. Fry meat balls over medium heat, turning constantly to brown on all sides. Takes about 10 minutes. Remove from skillet; drain and place in an aluminum foil pan. Cover with foil, freeze. At party time, remove the foil cover. Put the meatballs in a pre-heated 350 degree oven to thaw. Heat them about 30 minutes.

TACO DIP**Pam Plendl**

3 or 4 chopped tomatoes	1 avocado, diced	other ingredients such as
1 pkg. Cheddar cheese, shredded	green onion tops, diced	lettuce, green peppers, etc., may be added
	green taco sauce to moisten	

Mix all ingredients and chill. Serve with Dorito taco flavored chips.

LAYERED TEX MEX DIP**Jean Hafner****FIRST LAYER:**

2 cans Enchilada dip or bean dip

SECOND LAYER:

3 ripe avocados peeled, pitted and mashed with 2 Tbsp. lemon juice.

THIRD LAYER:

1 c. sour cream	1/2 c. mayonnaise	1/2 to 3/4 pkg. taco seasoning mix
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FOURTH LAYER:

1 bunch green onions (chopped). (Use tops of onions also)

FIFTH LAYER:

3 tomatoes cubed and drained

SIXTH LAYER:

1 can pitted ripe olives, sliced

SEVENTH LAYER:

shredded cheese to cover.

Spread layers 1 through 7 on 2 large platters or 4 small size platters. NOTE: I always use enchilada dip and the full pkg. of taco seasonings. I use a Longhorn cheese.

VEGETABLE DIP**Pam Plendl**

3/4 c. sour cream	1/2 c. green pepper	1/4 tsp. pepper
1 1/4 c. mayonnaise	1/4 c. pimento	1/8 tsp. Tabasco sauce
1/2 c. onion	salt to taste	1/8 tsp. garlic powder

Dice onions and green peppers. Mix with all other ingredients and refrigerate. Serve with fresh vegetables.

SPICEY WIENER SNACKS (Microwave)**Sandra J. Kool**

1 lb. wieners	1/2 c. catsup	1/4 c. water
1 pkg. (5/8 oz.) brown gravy mix	1/2 c. brown sugar	1 tsp. Tabasco sauce

Continued.....

SPICEY WIENER SNACKS (Continued)

Mix together in a glass dish; Microwave on HIGH for 8 to 9 minutes, stirring often so they will cook evenly. Serve with toothpicks. Great snack hot or cold. (Flavors have more time to develop if made ahead and reheated just before serving.)

CHERRY OLIVES

Gwenn Fuller

- 1 c. vinegar
- 1 c. water
- 1 Tbsp. salt
- 1/2 c. sugar

Wash and sort out 2 pt. Bing cherries, leaving the stems on. Bring above syrup to a boil and pour into cherry filled jars. Seal.

CUCUMBER LIME PICKLES

Alice M. Jones

- 7 lb. cucumbers (sliced crosswise or sticks)
- 2 gal. water
- 8 c. distilled white vinegar, 5% strength
- 8 c. sugar (4 lb.)
- 3 tsp. salt
- 2 tsp. mixed pickling spices
- 1 tsp. celery salt

Soak clean cucumbers in water and lime mixture in enamel pan for 12 hours or overnight. Wash 3 times in clean water and soak in fresh water for 3 hours. Combine remaining ingredients, stir until sugar is dissolved. Add cucumbers and soak 5 - 6 hours or overnight. Boil pickles in soaking syrup liquid for 35 minutes. Fill jars with slices and pour hot syrup over cucumbers, leaving 1/8 inch space. Cap each jar when filled. Can seal hot, or process in boiling water for 5 minutes.

PICKLED OKRA

Irene Layton

- 6 qt. whole okra
- 6 buds garlic
- 1 qt. vinegar
- 6 heads dill
- 2 qt. water
- 1 c. salt

Select firm medium sized okra. Pack whole into sterilized jars. Add to each quart jar a head of dill and bud of garlic. Make brine of water, vinegar and salt and bring to a boiling point. Pour hot brine over okra in jars, seal. These are ready in 4 to 6 weeks.

SWEET PICKLES - OPEN JAR

Gwenn Fuller

- 1 to 2 gal. pickles, sliced
- 1 gal. boiling water
- 1 pt. salt
- 1 gal. boiling water
- 1 heaping Tbsp. alum

Let pickles stand in water and salt for 1 week. Then drain off liquid and wash with cold water. Pour 1 gal. of boiling water on pickles and let stand 24 hours. Drain and pour 1 gal. hot water with 1 heaping Tbsp. of alum dissolved in it. Let stand again 24 hours. Drain.

Continued.....

SWEET PICKLES - OPEN JAR (Continued)

SYRUP:

2 1/2 pt. vinegar	1 oz. cinnamon sticks	1 oz. whole allspice
4 qt. sugar		1 tbsp. mustard seed

Heat together to make syrup. Pour over pickles. Repeat 4 days; then put in jars and seal.

PICKLE RELISH

Mary R. Seberg

9 lb. cucumbers, ground fine. Remove some of the skin if tough and large seeds. Salt to the amount of 2 cupfuls to a gal. of cold water. Soak the ground cucumbers in the cold brine for 3 days. Stir once or twice a day. Then soak in clear water for 2 days. Simmer in weak vinegar water with 2 Tbsp. alum tied in a clean cloth and dropped in, for 3 hours. Bring to a boil: 3 lb. sugar, 3 pt. vinegar, 1 oz. allspice and 1 oz. cinnamon (tie these in bag also). Add ground pickles, bring to a boil again. Put in clean jars and seal. This relish is great to put in meat salad sandwiches and potato salad. Also a way to use large cucumbers.

ZUCCHINI RELISH

Jean Hafner

10 c. ground zucchini, (seeded, not peeled)	4 c. ground onion	2 ground red peppers
		2 ground green peppers

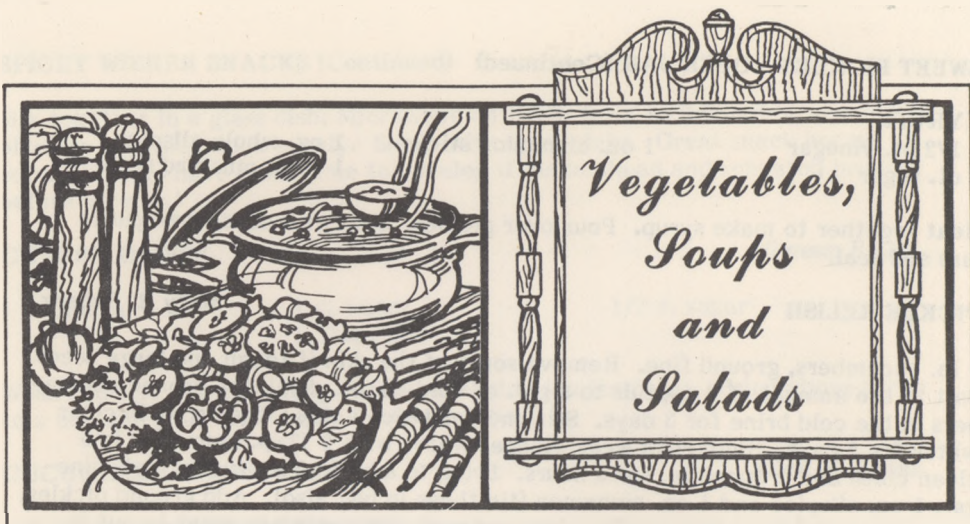
Combine. Mix and sprinkle with 3 Tbsp. canning salt. Cover with cold water. Let stand overnight. Drain and rinse, press out liquid.

In large kettle:

6 c. sugar	1/2 tsp. black pepper	1 tsp. nutmeg
2 1/4 c. vinegar (brown)	3/4 Tbsp. turmeric	1/4 tsp. allspice
1 1/2 c. water	2 tsp. celery salt	1/4 tsp. ginger (optional)

Boil syrup hard. Add drained ground mixture. Simmer 30 minutes, stirring often. Seal in sterilized jars. Approximately 9 pints. This can be used in anything that calls for sweet pickle relish.

Write extra recipes here:



HARVARD BEETS

Leona Ashman

- | | | |
|--------------|--------------------|-------------------------|
| 1/2 c. sugar | 1 Tbsp. butter | 1/2 c. vinegar |
| 1 tsp. salt | 1 Tbsp. cornstarch | 1 large can diced beets |

Mix sugar, salt, cornstarch together, add vinegar and mix. To beets add the butter, heat and add vinegar mixture. Cook slow till thick and clear. Serve warm.

BEET-PINEAPPLE

Helen Rinehart

- | | | |
|------------------------|--------------------|------------------------|
| 1/4 c. vinegar | 1/2 c. sugar | 1 c. pineapple tidbits |
| 1/4 c. pineapple juice | 1 Tbsp. cornstarch | drained |
| | | 2 c. beets |

Boil 1st 4 ingredients until thick. Add pineapple and beets. Good hot or cold.

NEW GREEN BEANS & POTATOES

Catharine Johnson

- | | | |
|--------------------------------|--------------------------|---------------|
| 1/2 gal. cut up green
beans | 1 onion (egg size) | 1 tsp. salt |
| 12 tiny new potatoes | 2 c. cut up ham or bacon | 1/2 tsp. soda |

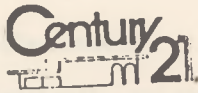
Wash and bring beans to boil, add soda, drain, and then return to stove. Cover with water, add onion, ham or bacon, salt and some pepper. Cook 45 minutes. Scrape the new potatoes and add to the beans and continue cooking until beans and potatoes are tender.

CANNED TOMATO SAUCE

Nadine Armbruster

- | | | |
|---------------------|---------------------------|--------------------|
| 10 lb. tomatoes | 2 c. chopped onion | 1 c. parsley |
| 3 c. chopped celery | 1 c. chopped green pepper | 3 Tbsp. salt |
| | | 2 1/2 - 3 c. sugar |

Continued.....



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CANNED TOMATO SAUCE (Continued)

Cook all of the ingredients until soft - not mushy; about 25 - 30 minutes. Fill jars with sauce and seal. Makes 10 - 11 pints. Serve as you would cold stewed tomatoes. Tasty!

TOMATO BAKE

Lucile Catterson

3 strips bacon	1/4 c. chopped onion	1 tsp. salt
2 c. soft bread cubes, (3 slices)	6 medium tomatoes	1/8 tsp. pepper
1/4 c. chopped green pepper	1/2 c. sugar	dash of sage
	2 Tbsp. flour	1/3 c. grated sharp cheese

Fry bacon. Remove and drain, leave 3 Tbsp. fat in skillet. Add bread cubes, green peppers and onion. Saute lightly. Peel tomatoes, cut into cubes and add to bread mixture. Combine sugar, flour, salt, pepper and sage, sprinkle over tomatoes and toss lightly. Spoon into greased 1 1/2 qt. casserole. Combine crumbled bacon and cheese on top. Bake 350 degrees 30 - 40 minutes.

CHEESY BEEF-STUFFED PEPPERS (Microwave)

Jean Hafner

3 to 6 peppers	1 can (8 oz.) tomato sauce	1/3 c. oatmeal or dry bread crumbs
1 lb. ground beef	1 small onion, finely chopped	1 Tbsp. Worcestershire sauce
1 c. creamed cottage cheese	1 egg	1 tsp. salt

Cut pepper in 1/2 lengthwise. Place peppers in 2 qt. glass baking dish, set aside. Combine remaining ingredients. Mix well. Spoon into pepper halves. Microwave for 24 - 26 minutes on ROAST or until meat is well done. Top with shredded cheese and continue on ROAST until cheese melts.

CHILLED AVOCADO SOUP

Darlene Fleck

3 fully ripe avocados	1 tsp. salt	1 tsp. lemon juice
1 c. chicken broth	1/4 tsp. onion salt	lemon slices to garnish
1 c. light cream	pinch of white pepper	

Halve avocados lengthwise, remove seeds and peel. Blend with chicken broth in electric blender until smooth. Combine and mix with cream and seasonings. Pour into glass container, cover and refrigerate for at least 3 hours or overnight. Stir in lemon juice, garnish with lemon slices and serve chilled.

BROCCOLI-CAULIFLOWER SOUP

Lena Doller

1 pkg. chopped broccoli	pepper to taste	1 can water
1 pkg. cauliflower	1 can cream of mushroom soup	1 can evaporated milk
1/2 stick margarine		
onion powder to taste	1 can cream of chicken soup	

Cook frozen vegetables as directed (or use similar amounts of fresh). Combine all ingredients and cook slowly in crock pot. Can be made after breakfast and served for dinner in evening.

CABBAGE SOUP

Edna Scheuermann

1 head cabbage	2 green peppers	1 tall can V-8
1 bunch celery	1 can tomatoes, medium size	1 envelope Lipton onion soup
6 onions		

Cook first 4 ingredients until tender in water to cover. Add last 3 ingredients. Heat.

NEW ENGLAND CLAM CHOWDER

Darlene Fleck

2 Tbsp. butter, or margarine	1 c. water	2 c. nonfat milk
1 large onion, finely chopped	2 to 3 medium potatoes peeled and diced	1 small can evaporated skim milk
1 - 8 oz. bottle clam juice	2 (7 1/2 oz.) cans minced clams	salt, pepper (you can add 1/2 c. chopped celery if desired, saute with onion).

Melt butter in large sauce pan. Add onion and saute until limp. Add clam juice, water and potatoes. Simmer until potatoes are tender. Add clams and both milks. Heat slowly over low heat about 45 minutes. Season to taste with salt and pepper. Serves 5 - 6.

CHEESY CHOWDER

Marianne Braaksma

1 c. chopped potato	4 Tbsp. butter or margarine	1/2 c. flour
1/2 c. each of chopped carrot, celery, onion and green pepper	3 c. chicken broth dash white pepper	3 c. (12 oz.) shredded sharp process American cheese
	2 c. milk	1 tbsp. snipped parsley

In Dutch oven or heavy skillet with close-fitting lid, cook potato, carrot, celery, onion and green pepper in butter or margarine until tender but not brown. Add chicken broth and pepper. cover and simmer 30 minutes. Blend together milk and flour. Add cheese and parsley. Stir into chowder. Cook and stir until thickened and bubbly. Makes 7 or 8 servings.

CREAMY CHEDDAR CHEESE SOUP

Darlene Fleck

4 c. chicken broth	2 c. Cheddar cheese, grated	salt & pepper to taste
1 lb. carrots, grated	1 c. cream	1/2 c. flour
1 1/2 c. celery, chopped	2 c. milk	1 c. water
1/2 c. onion, chopped		8 slices bacon, cooked & crumbled

In a large sauce pan, cook carrots, celery and onions in chicken broth until tender, about 20 - 25 minutes. Add cream, milk and cheese and heat to boiling, but do not boil, stirring constantly. Blend flour and water together and add to hot soup to thicken. Remove from heat and serve immediately. Or, pour into crock pot on low temperature and serve up to 4 hours later. Garnish each serving with bacon if desired. Serves 8.

VELVET CORN SOUP**Mary Else**

8 oz. can creamed corn	1 Tbsp. cornstarch	1 egg white
3 c. chicken broth	1/4 c. water	1/4 c. sliced green onion

In a 2 qt. sauce pan combine corn with chicken broth, bring to boil. Combine cornstarch and water. Stir into soup and boil 1 minute. Beat egg white and add to soup. Garnish with sliced green onions.

CREAM OF PEANUT BUTTER SOUP**Maxine Main**

1/2 c. butter	1 c. peanut butter	1 Tbsp. salt
1 Tbsp. minced onion	1 qt. chicken stock	1 c. cream or Half &
1 Tbsp. flour	dash white pepper	Half

Melt butter, add onion and simmer until tender, but not brown. Add flour and peanut butter and stir to smooth paste. Add stock gradually, season and cook for 20 minutes in a double boiler, stirring constantly until thickened. Strain and add cream. Serves 8 to 10. Soup will be thin - a Virginia Specialty. Don't be afraid to try!

SALMON CHOWDER**Lucile Catterson**

3/4 c. diced potatoes	3/4 c. water	2 Tbsp. flour
1/3 c. celery	1 1/2 tsp. salt	8 oz. can salmon
2 Tbsp. onion	2 c. milk	1/3 c. tomato juice
		dash Worcestershire sauce

Simmer potatoes, celery in water with salt until tender. Melt butter over low heat, add flour, stir until blended. Gradually add milk. Cook until smooth, lightly thickened, stirring constantly. Combine with vegetables including liquid. Add salmon (in pieces) with liquid from canned tomato juice. Worcestershire sauce. Heat to serve.

SAUSAGE BEAN CHOWDER**Ruth Stanley**

1 lb. ground pork sausage	1 qt. water	1/2 tsp. garlic salt
2 cans red kidney beans	1 large onion, chopped	1/2 tsp. thyme
1 can tomatoes, 13 oz.	1 bay leaf	1/8 tsp. pepper
	1 1/2 tsp. seasoned salt	1 c. diced potatoes
		1/2 green pepper

In skillet cook pork until brown. Pour off fat. In a large kettle combine beans, tomatoes, water, onion, bay leaf, seasoned salt, garlic salt, thyme and pepper. Add sausage, simmer covered 1 hour. Add potatoes and green peppers. Cook covered 15 or 20 minutes until potatoes are tender. Remove bay leaf.

POTATO SOUP**Darlene Fleck**

3 c. leeks (or onions)	4 c. potatoes, cubed	3 c. milk
2 - 3 Tbsp. butter	1 Tbsp. salt	butter or sour cream to
3 Tbsp. flour	greens of leeks or green	garnish
4 c. hot water	onion tops	

POTATO SOUP (Continued)

Chop leeks and cook in butter until soft (limp). Add flour and cook. Add hot water, potatoes, salt and greens of leeks or green onion. Simmer partially covered for 30 - 40 minutes. Add milk. Serve with butter or sour cream as garnish. Serves 4 - 6.

THURSDAY SOUP

Janet Peters

1 lb. dried split peas	2 leeks	1 qt. water
1 small onion	3 lettuce leaves	1 1/2 Tbsp. salt
1 carrot	1/4 lb. fat salt pork	1 1/2 tsp. sugar

Wash and drain peas. Cover with water and bring to a boil. Cook 5 minutes. Remove from heat. Let peas soak overnight in water in which they cooked. Drain. Chop onions, carrot, leeks and lettuce coarsely together. Cook 1 or 2 minutes with salt pork, stirring until hot fat coats all. Remove pork. Pour vegetables and fat into drained peas. Add water, salt and sugar. Cover and cook slowly for 2 hours. If soup is too thick, add a little water or consomme. Serve in warm bowls. Makes 4 - 6 servings.

OLD WORLD SOUP

Jean Barnhill

3 cans beef bouillon	2 diced carrots	1 large can stewed tomatoes
3 cans water	2 celery stalks (cut up)	1/2 small head cabbage, shredded
1 1/4 c. large Lima beans (washed)	1 chopped onion	2 servings of broken spaghetti
2 ham hocks or 2 c. diced ham		

Cook beans, bouillon, water and ham till beans are done. Remove ham hock if used. Add other ingredients except cabbage and spaghetti, cook 45 minutes. Add cabbage and cook 1/2 hour. Add spaghetti, cook 1/2 hour, if ham hock was used add the diced ham back to soup when adding spaghetti. This is a delicious hearty soup. With fresh loaf of homemade bread it is a meal. Also freezes well.

APRICOT FRUIT SALAD

Bette J. Wright

1 can apricot pie filling	1 can pineapple chunks drained	1 c. small marshmallows 3 or 4 bananas, sliced
1 can Mandarin oranges drained	1 can grapefruit sections, drained	

Combine all in bowl and chill well. You can serve on a lettuce leaf. Serves 8 to 10 people.

AUTUMN APPLE SLAW

Mary R. SEberg

1 Tbsp. butter or oleo	1 Tbsp. Parmesan cheese	1/2 tsp. salt, optional
1 c. toasted bread cubes	2 c. shredded cabbage	2 Tbsp. creamy type dressing
	2 apples, shredded or cubed	

Continued.....

BUTTERMILK SALAD**Lucile Catterson**

1 - 6 oz. pkg. lemon or lime Jello	20 oz. can crushed pineapple, undrained 2 c. buttermilk	1 c. chopped pecans 1 - 9 oz. carton whipped topping
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Mix Jello and pineapple in large sauce pan. Heat on stove, until Jello dissolves (do not boil), allow to cool. Mix in buttermilk, pecans, whipped topping until blended. Pour into 8 X 13 inch glass pan. Refrigerate.

CABBAGE SLAW**Ruth Stanley, Sandra K. Herrick**

1 large cabbage, shredded	2 medium green peppers chopped	1 1/2 tsp. celery seed 2 c. sugar
1/2 bunch celery, chopped	2 medium red peppers, chopped	1 c. vinegar 1/2 c. water
1 Tbsp. salt	1 1/2 tsp. mustard seed	

Combine sugar, vinegar and water. Boil 5 minutes. Cool, sprinkle salt on cabbage, let stand 1 hour. Add peppers, celery, mustard seed and celery seed. Add cooled vinegar mixture. Mix well, chill. Better if made the day before. Store in tight container in refrigerator. Makes 3 qt.

CABBAGE SALAD**Gwenn Fuller**

3/4 c. sugar	1/4 c. water	1 green pepper, chopped
1/2 tsp. salt	1 - 3 oz. pkg. lemon Jello	1 onion, chopped
1 tsp. celery salt	5 c. cabbage, chopped	2 carrots, grated
1/4 c. vinegar		1/2 c. salad oil

Mix the sugar, salt, celery salt, vinegar, and water. Heat to the boiling point. Add Jello. Stir well and cool. Combine cabbage, green pepper, onion, carrots and oil. Add to cooked mixture and stir well. Chill overnight. Keeps well for several days in refrigerator.

CARROT SALAD**Sandra Kay Herrick**

2 lb. sliced carrots	1 tsp. prepared or dry mustard	1 tsp. Worcestershire sauce
1 can tomato soup	1 tsp. salt	1 medium onion, diced
1 c. sugar	1 tsp. pepper	1 green pepper, diced
1/2 c. oil		1/2 c. celery, diced
1/4 c. vinegar		

Cook carrots till tender. Pour off water and add all the rest of ingredients to carrots. Cook for 10 minutes. Let set for 8 hours. Can be eaten warm or cool. This keeps several days.

CAULIFLOWER SALAD**Ethel Taylor**

2 medium heads lettuce	1 - 8 oz. jar stuffed olives	1 - 10 oz. stick sharp Cracker Barrel Cheese
1 medium head cauliflower		1 medium sized onion

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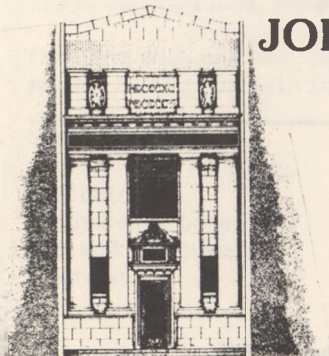
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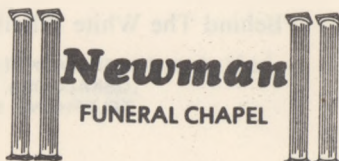
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CAULIFLOWER SALAD (Continued)

Break or cut lettuce in bite-size chunks. Slice cauliflower. Slice olives. Coarsely grate cheese. Slice onion thin. Layer in large salad bowl lettuce, cauliflower, olives, onions and grated cheese.

SALAD DRESSING:

1 c. salad oil	3 tsp. sugar	2 Tbsp. chopped parsley flakes
1/4 c. vinegar	1/8 tsp. white pepper	few grains cayenne pepper
1 tsp. salt		

Mix all together with electric whipper. May use blender. Keep refrigerated. Keeps well for days. Pour over salad just before serving and toss all together.

CAULIFLOWER - GRAPE SALAD

Donna Gatton

1 head cauliflower	2 c. white seedless grapes	1 c. English walnuts
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DRESSING:

3 Tbsp. plain yogurt	3 Tbsp. mayonnaise	yellow mustard to taste
	2 tsp. sugar	

Break cauliflower into bite-size pieces. Combine cauliflower, grapes and walnuts. Combine dressing ingredients and pour over cauliflower mixture.

CAULIFLOWER SALAD BOWL

Lynn Howard

4 c. raw cauliflower, thinly sliced	1/2 c. chopped pimento	3 Tbsp. wine vinegar
	1/2 c. chopped onion	2 tsp. salt
1 c. chopped ripe olives	1/2 c. salad oil	1/2 tsp. sugar
2/3 c. chopped green pepper	3 Tbsp. lemon juice	1/4 tsp. pepper

In medium bowl, combine cauliflower, olives, green pepper, pimento and onion. In small bowl, combine salad oil, lemon juice, vinegar, salt, pepper and sugar. Beat until well blended. Pour over cauliflower mixture. Refrigerate, covered, until well chilled, 4 hours or overnight. Toss before serving.

CHICKEN SALAD

Ruth Stanley

2 c. cold cooked diced chicken	1 c. diced celery	2/3 c. diced apples
	2/3 c. diced pineapple	mayonnaise dressing
1/2 c. chopped nuts, pecans		

Combine with chicken, celery, nuts, apples and pineapple. Moisten with mayonnaise. Mix lightly with forks, serve in crisp lettuce cups. 6 servings.

CHICKEN SALAD

Catharine Johnson

2 c. chicken, cooked & boned	1 c. diced raw apple	1/2 c. salad dressing or mayonnaise
1 c. white seedless grapes	1 c. celery (cut in small pieces)	1/2 tsp. salt
		1/4 tsp. pepper
		1/2 tsp. onion salt

Continued.....

CHICKEN SALAD (Continued)

Combine the ingredients and press into oiled mold. Cool in refrigerator. When ready to use, turn out of mold onto plate, fill the center with cottage cheese. Place dollops of sauce made from 1/2 c. mayonnaise or salad dressing and 1 large pkg. cream cheese blended together around top of molded chicken.

CHICKEN SALAD

Darlene Fleck

1 qt. (about 4 lb.) coarsely cut up chicken or turkey breast meat	8 oz. water chestnuts, drained and sliced 1 lb. seedless green grapes, halved	1 c. sliced celery 1 to 1 1/2 c. toasted slivered almonds
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DRESSING:

1/2 Tbsp. curry powder	1 1/2 c. mayonnaise	1 Tbsp. lemon juice
1 Tbsp. soy sauce		pineapple slices

Cook meat until tender. Cool. Cut into bite-sized pieces. Combine chicken with water chestnuts. Add celery, grapes and 1/2 to 3/4 c. almonds. Add dressing. Mix well. Chill several hours. Put into large serving bowl. Sprinkle on remaining almonds. Garnish with pineapple slices. Serves 10.

CHICKEN SALAD

Ethel Taylor

3 1/2 c. cooked chicken cut into chunks	1 c. green seedless grapes	1 can drained Mandarin oranges
1 Tbsp. salad oil	1 c. chopped celery	1 1/2 c. pineapple tidbits, drained
1 1/2 Tbsp. orange juice	1 c. nuts, toasted almonds, sliced, pecans or cashews	1 c. mayonnaise, with 2/3 tsp. curry powder
1 1/2 Tbsp. vinegar		
2/3 tsp. salt		
2 c. cooked rice		

Combine chicken, oil, orange juice, vinegar and salt. Refrigerate. Prepare rice, grapes, celery, Mandarin oranges and pineapple tidbits, add to chicken, refrigerate overnight if you wish. Just before serving add mayonnaise with curry powder and nuts. Toss all ingredients together.

FROZEN CHRISTMAS SALAD

Bernice Boston

1 - 16 oz. can Ocean Spray cranberry sauce	3 Tbsp. lemon juice (fresh or frozen) 1 c. cream, whipped (or Dream Whip)	1/4 c. sugar 1/4 c. mayonnaise 1 c. chopped nuts
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Crush cranberry sauce with fork. Add lemon juice and pour into paper cups or molds. Then combine whipped cream, sugar, mayonnaise and nuts and pour on top of cranberry mixture and freeze firm. Unmold on lettuce leaf.

CRANBERRY-PINEAPPLE SALAD**Margaret Bishop**

1 large raspberry Jello	1 can (14 oz.) crushed pineapple	3/4 c. cranberry juice
1 1/4 c. boiling water	1 can (16 oz.) jellied cranberry sauce	1 c. chopped pecans

Dissolve Jello in boiling water. Allow to cool and thicken slightly. DO NOT DRAIN PINEAPPLE. With slotted spoon or fork, mash jellied cranberry sauce. Combine this sauce, crushed pineapple with its juice, cranberry juice and chopped pecans. When Jello is thickened, mix all together and refrigerate till set.

CRANBERRY SALAD**Beth E. Slobe**

1 pkg. cherry Jello	1 pkg. frozen cranberry relish	1 - 8 oz. can crushed pineapple
1 1/2 c. hot water		1/2 c. chopped nuts

Dissolve Jello with hot water and add frozen cranberry relish. Stir occasionally until frozen salad is soft. Add pineapple (include juice). Add nuts. Chill until firm.

CUCUMBERS IN SOUR CREAM**Edna Scheuermann**

6 medium cucumbers (peeled and thinly sliced)	3/4 c. sour cream 2 Tbsp. vinegar	1 Tbsp. chopped chives salt and pepper to taste
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Mix all ingredients except cucumbers and mix well. Vinegar will make the sour cream frothy. Toss in cucumbers and chill well.

DARN GOOD SALAD**Edythe Fleener**

1 large lemon Jello	1 - 8 oz. pkg. Philadelphia cream cheese	1 #2 can crushed pineapple (drain)
1 c. miniature marshmallows	1 c. chopped nuts	1 pkg. Dream Whip
	1 c. grated carrots	

Pour 2 c. boiling water over Jello. Add cheese and marshmallows, blend well. After this starts to set add carrot, pineapple and nuts. Mix well and fold in Dream Whip. Put in 9 X 13 inch pan.

FRUIT MEDLEY**Mary Else**

1 - 8 oz. can fruit cocktail (drained)	1 - 4 oz. Cool Whip (thawed)	1 c. miniature marshmallows
	1 c. flaked coconut	1/8 c. milk

Combine all ingredients, mixing well. Chill at least 1 hour. Serves 6 - 8.

FRUIT AND CABBAGE SLAW**Lynn Howard**

2 oranges, pared and sectioned	2 c. shredded cabbage	1 Tbsp. sugar
2 apples, chopped	1 c. seedless grapes	1 Tbsp. lemon juice
	1/2 c. whipping cream	1/4 tsp. salt
		1/2 c. mayonnaise

Place oranges, apples, cabbage and grapes into bowl. Beat whipping cream in chilled bowl until stiff. Fold whipped cream, sugar, lemon juice and salt into mayonnaise. Stir into fruit mixture.

FROSTY GREEN FRUIT SALAD**Lena Doller**

1 1/2 c. crushed pineapple	1 small pkg. lime gelatin	1/3 c. salad dressing
	1/2 c. frozen limeade concentrate	2 c. whipped topping

Drain pineapple, reserving juice. Add water to make 1 cup liquid. Bring to a boil and add Jello. Stir to dissolve. Add salad dressing and limeade. Stir well. Chill 45 minutes. Fold in pineapple and whipped topping. Chill until set.

GLAZED FRUIT SALAD**Bernice Hahn**

1 (1 lb. 4 oz.) can pineapple chunks, well drained	2 (11 oz.) cans Mandarin orange segments, well drained	7 or 8 bananas, sliced
1 (1 lb. 14 oz.) can fruit cocktail, well drained		2 Tbsp. lemon juice
		1 (1 lb. 6 oz.) can apricot or peach pie filling
		lettuce

Combine pineapple chunks, fruit cocktail and Mandarin oranges in large bowl. Add bananas, lemon juice and apricot pie filling; mix gently. Cover and chill several hours or overnight. Serve in lettuce cups. Makes 12 servings.

GREEN BEAN SALAD**Mary R. SEberg**

1 medium can French cut green beans	1 medium cucumber, diced	1/4 c. tarragon vinegar
3 to 4 stalks diced celery	1 small jar red pimento, diced	1/8 to 1/4 c. sugar, or use sugar substitute
1/2 tsp. dried onion	1 small green pepper, chopped	small amount of salt, optional

Mix all ingredients together in bowl, cover and let stand in refrigerator all night before eating. Serves 4.

GOOSEBERRY SALAD**Jane L. Coffey**

1 pkg. lemon gelatin	1 c. sweetened, cooked gooseberries	1/2 c. chopped celery
2 c. hot water		1/2 c. walnuts
10 marshmallows (cut fine)		1/2 c. orange segments

Dissolve gelatin in hot water. Add marshmallows, stir until dissolved, when begins to thicken add other ingredients.

HOMINY SALAD

Virginia Dunbar

1 - 15 1/2 oz. can white hominy	1/4 c. drained pickle relish	1 c. diced ham
1/4 c. green pepper	1 tsp. salt	1 c. grated cheese
2 Tbsp. chopped onion	1/4 tsp. pepper	3 hard boiled eggs, chopped
1 c. diced celery	1/4 tsp. celery seed	1/2 c. mayonnaise

Rinse hominy and drain well. Combine with remaining ingredients and chill for several hours.

LEMON SALAD

Kay Boot

2 lemon Jello - 3 oz.	2 bananas, cut up	1 c. lemon pudding
1 can crushed pineapple (drained)		1 - 8 oz. Cool Whip

Make Jello as directed. Mix in pineapple and bananas. Spoon into 9 X 13 inch dish, let set. Mix lemon pudding and Cool Whip together. Spoon over top. Refreshing salad.

LIME MINT SALAD

Mabel P. Howell

2 - 11 1/2 oz. cans crushed pineapple, do not drain	1 pkg. miniature marshmallows	3 oz. pkg. lime gelatin - added dry
	2 pkg. butter mints, crushed	1 pt. whipped cream

Crush mints. Combine all ingredients except whipped cream and 1/2 of the mints. Refrigerate overnight. Next morning combine cream with the other 1/2 crushed mints and use as top layer. Place in a 9 X 15 inch pan and freeze.

ORANGE SALAD

In Memory of Arva Buechler, by Helen Rinehart

1 pkg. orange Jello	1 pkg. vanilla pudding	1 (16 oz.) can crushed pineapple
1 pkg. orange tapioca pudding	2 cans Mandarin oranges	1 (9 oz.) Cool Whip

Put Jello and puddings in sauce pan with 2 2/3 c. of juice. Heat to boiling until thick. Cool about 1 hour. Fold in fruit and Cool Whip. Can also use cherries and nuts.

ANITA'S ORANGE SHERBET SALAD

Janet Townsley

1 pkg. orange Jello	1 pt. orange sherbet	2 large can Mandarin oranges, drained
1 c. hot water		

Dissolve Jello in hot water. Stir until dissolved, add orange sherbet and stir well. Add the Mandarin oranges and chill until firm.

ONION & TOMATO SALAD WITH ROQUEFORT CHEESE**Darlene Fleck**

1 onion, finely chopped	1 (2 oz.) pkg.	1/4 tsp. white pepper
4 tomatoes, quartered	Roquefort cheese	1/8 tsp. oregano
	salt to taste	1/4 c. oil
		1 Tbsp. vinegar

Combine onion, tomatoes, cheese, salt, pepper and oregano in a salad bowl. Sprinkle with oil and vinegar. Toss lightly.

OVERNIGHT TOSSED SALAD**Bernice Hahn**

6 c. chopped lettuce	1/2 lb. bacon, crisp	1/2 c. chopped celery
1/2 tsp. salt	cooked & crumbled	2 c. shredded Cheddar
1/2 tsp. sugar	1/2 c. sliced green	cheese
1 (10 oz.) pkg. frozen	onions	1 1/2 c. mayonnaise or
peas		salad dressing

Spread lettuce in large bowl or 13 X 9 inch pan. sprinkle with salt and sugar. Layer other ingredients except salad dressing over top of lettuce. Spread mayonnaise or salad dressing over top to cover. Cover bowl tightly and refrigerate 24 hours. Toss just before serving if desired.

QUICK PIMENTO CHEESE SALAD**Leona Ashman**

1 jar pimento cheese	1 medium Cool Whip	1 small can crushed pine-
1 c. miniature		apple (do not drain)
marshmallows		nuts to taste

Mix all together and refrigerate and serve.

PINEAPPLE SALAD**Evelyn Vos**

1 pkg. orange Jello	1 small can crushed	2 egg whites
1 1/2 c. hot water	pineapple	1/4 c. sugar

Dissolve Jello in hot water. Beat egg whites stiff. Add sugar and mix. Add pineapple with juice to Jello and mix; add egg whites and mix well. Refrigerate.

PINEAPPLE SALAD**Ethel Taylor**

3 cans 20 oz. chunk	10 - 12 large marsh-	2 red Delicious apples
pineapple	mallows or 1 1/2 c.	2 golden Delicious apples
1 - 8 oz. Maraschino	miniature	3 eggs
cherries	2 c. green grapes	3 heaping Tbsp. flour
3 cans Mandarin	3 bananas	1/2 tsp. salt
oranges		3/4 c. sugar

Beat eggs slightly, add sugar, salt and flour to juice from 3 cans pineapple. Cook all together in double boiler until very thick and sorta clear. Add marshmallows and stir. Pour over drained pineapple, Maraschino cherries and Mandarin oranges and stir all together. Let stand until cool or until ready to serve, then add sliced bananas, grapes and unpeeled apples, cut in chunks. Serves 12 - 15.



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RASPBERRY SALAD OR DESSERT**Nadine Armbruster**

1/2 c. & 1 tsp. margarine	1 c. flour	1 Tbsp. sugar
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Mix together for crust. Press into a 9 X 13 inch pan. Bake 20 minutes in a 300 degree oven. Cool.

2 - 8 oz. pkg. softened cream cheese	2 c. powdered sugar 1/2 tsp. salt	2 tsp. vanilla 2 1/2 c. Cool Whip
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Mix together adding the Cool Whip last. Spread this on the cooled crust and chill.

2 - 3 oz. pkg. raspberry gelatin	2 1/2 c. boiling water	2 - 10 oz. pkg. frozen red raspberries (thawed)
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Dissolve the gelatin in the boiling water, add the red raspberries. Chill until partially thick. Spread over the cheese layer and chill overnight.

RIGATONI SALAD**Gwenn Fuller**

1 lb. bag or box Rigatoni (or mostaccioli)	1 medium onion, chopped fine	1 1/2 c. oil
1 Tbsp. oil	1 1/2 c. vinegar	1 tsp. prepared mustard
1 chopped green pepper	1 1/2 c. sugar	1/2 tsp. garlic powder
4 oz. jar chopped pimento		1 tsp. salt
		1/2 tsp. pepper

Cook Rigatoni in water as directed on pkg. Add 1 Tbsp. oil. Drain. Add green pepper, pimento and onion. Combine vinegar, sugar, oil, mustard, garlic powder, salt and pepper and add to other ingredients. Chill 24 hours for flavors to blend. Stir 3 or 4 times. Keeps several weeks in refrigerator.

SHRIMP SALAD**Karen K. Baack**

1 1/2 c. cooked, clean shrimp or (12 oz. frozen shrimp)	1 c. fresh, frozen or canned pineapple chunks	1/2 tsp. minced onion
1 c. sliced celery	1/2 c. broken pecans	1/4 c. French dressing
	1/2 c. mayonnaise	1/4 c. sliced stuffed olives
		salt & lemon juice to taste

Combine all ingredients. Refrigerate until well chilled. Serve in lettuce cups. 4 generous servings.

FRESH SPINACH SALAD**Margaret Bishop**

fresh spinach	4 hard boiled eggs, sliced	1 c. chopped cheese
1 can water chestnuts		6 bacon slices, fried crisp and crumbled
1 can bean sprouts		

DRESSING:

1/4 c. catsup	1/4 c. oil	6 green onions, thinly sliced
1/4 c. vinegar	1/4 c. sugar	

FRESH SPINACH SALAD (Continued)

Wash spinach, drain, tear into serving size. Combine all ingredients and toss with dressing. (Dressing should be mixed several hours before use.)

SPINACH SALAD

Virginia Dunbar

10 oz. fresh spinach	2 Tbsp. chili sauce	1 1/2 c. mayonnaise
6 boiled eggs	2 Tbsp. vinegar	1/4 c. milk
4 green onions, cut up	1 Tbsp. salad oil	1/2 c. sugar
1/2 lb. bacon		salt and pepper

Fry bacon crisp and cut into pieces. Tear spinach into pieces, add chopped eggs and green onions. Add bacon pieces. Mix rest of ingredients and toss.

SPAGHETTI SALAD

Helen D. Rinehart

1 lb. spaghetti, cook and drain	1/3 jar Salad Supreme seasoning	1 green pepper, chopped
1 - 16 oz. Wishbone Italian dressing	1 red onion, chopped	2 tomatoes
		1 avocado

Mix all ingredients except tomato, avocado. This can marinate overnight. Just before serving add cut up tomato and avocado. This is a large salad.

TEXAS SALAD

Edna Scheuermann

2 c. water	2 pkg. orange jello	1 c. shredded Cheddar cheese
1/2 c. sugar		1 c. chopped pecans
1 #2 can crushed pineapple, juice & all		small carton Cool Whip

Bring water, sugar and pineapple to full boil. Add Jello and stir. Let cool till partly set. Add cheese, pecans, Cool Whip.

VEGETABLE SALAD

Donna Gatton

20 oz. or large bag frozen broccoli	a few cooked carrots	1 can sliced mushrooms, drained
1 large head cauliflower	1 can sliced water chestnuts, drained	1 can ripe pitted olives, sliced

DRESSING:

1 - 8 oz. bottle creamy Italian Dressing	1 pkg. Green Goddess Salad dressing mix
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Break broccoli and cauliflower into bite-size pieces. Mix together and add dressing.

SPRING SALAD**Carolyn Beason**

1 large pkg. lime Jello	1 c. green onions, diced	1 c. mayonnaise (not
1 - 12 oz. carton cottage cheese	1 medium cucumber, diced	salad dressing)

Dissolve Jello in 1 1/2 c. hot water, cool and add remaining ingredients.

TUNA SALAD**Pat Taylor**

1 c. grated carrots	2 Tbsp. onion, diced	1 tsp. mustard
1 can tuna, drained	1/2 c. mayonnaise	1 small can shoestring potato
1/2 c. diced celery		

Mix all ingredients together except the shoestring potatoes. Seal and chill. Just before serving, add the shoestring potatoes, mix together and serve.

TUNA MYSTERY SALAD**Mary R. Seberg**

3 pkg. lemon Jello	3 cans water pack tuna	6 tsp. green pepper
1 1/2 c. hot water	1 can water chestnuts	1 1/2 c. mayonnaise or salad dressing
3 cans chicken-noodle soup, chilled	1 1/2 c. chopped celery	1 1/2 c. whipped topping
	6 tsp. onion, dried	

Large recipe, serves 12 to 15, 13 X 9 inch pan. Dissolve Jello in hot water. Chill until thickened (partially). Add soup and rest of ingredients, folding in whipped topping. Garnish with sliced stuffed olives. For a small family use 1/3 of this recipe - 1 Jello, 1 soup, etc.

YUMMY SALAD**Gwenn Fuller**

1 c. water	1 c. crushed pineapple	1 c. cream whipped (or 8 oz. Dream Whip)
1/2 c. sugar	1 c. grated cheese	1/2 c. Maraschino cherries (optional)
3 Tbsp. vinegar	1 c. chopped nuts	
1 - 3 oz. pkg. lemon Jello		

Boil together water, sugar and vinegar. Dissolve Jello in this mixture. Cool and add pineapple, cheese, nuts, whipped cream and cherries. Pour into 6 X 10 inch pan and let set. Cut into squares to serve.

Write extra recipes here:



BACON STIR (Microwave)

Irene Layton

10 thin bread sticks,
any flavor

5 slices thick bacon

1/2 c. grated Parmesan
cheese

Cut bacon in 1/2 lengthwise. Dredge 1 side of bacon strip in cheese. Roll it against bread sticks diagonally. Place sticks on bacon fryer. Cover with paper towel. Microwave on HIGH 4 to 6 minutes.

BAR-B-CUE BEEF

Nancy Van Zee

3 lb. beef stew meat
or chuck roast

1 can (6 oz.) tomato
paste

3 Tbsp. chili powder

2 c. chopped onion

1/2 c. packed brown
sugar

2 tsp. salt

3 chopped green peppers
(optional)

1/4 c. cider vinegar

2 tsp. Worcestershire
sauce

1 tsp. dry mustard

Combine the ingredients and put into slow cooker in order given. Cover and cook on HIGH for 8 hours. With wire whisk, stir mixture until meat is shredded. Serve on long hard buns or hamburger buns. Makes 12 servings.

BARBECUE RIBS

Bernice Boston

SAUCE:

1 small onion

1 c. water

3 Tbsp. Worcestershire
sauce

2 Tbsp. butter

1/2 c. chopped celery
or 2 Tbsp. celery
seeds

1/2 Tbsp. mustard

2 Tbsp. vinegar

2 Tbsp. brown sugar

1 small bottle catsup

4 Tbsp. lemon juice

salt & pepper

2 sides of ribs. Brown under broiler. Then put in pan and cover with sauce and cook 350 degrees for 1 hour.

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BEEF ENCHILADAS

Lynn Howard

16 flour tortillas	3 Tbsp. snipped parsley	3 Tbsp. chopped green chilies
1 1/2 lb. ground beef	1 1/2 tsp. salt	1 Tbsp. chili powder
2 c. shredded Monterey Jack cheese	1/4 tsp. pepper	1/4 tsp. ground cumin
3/4 c. sliced green onion	3 cans (8 oz. each) tomato sauce	1/3 c. sliced ripe olives
3/4 c. sour cream	1/2 c. chopped green pepper	

Cook and stir beef in 12 inch skillet until light brown; drain. Remove from heat. Stir in 1 1/2 c. of the cheese, the green onion, sour cream, parsley, salt and pepper. Cover and set aside. Heat remaining ingredients except olives to boiling; reduce heat. Simmer uncovered 5 minutes. Spoon about 1/4 c. beef mixture onto each tortilla; roll tortilla around filling. Arrange in 2 ungreased oblong baking dishes, 12 X 7 1/2 X 2 inches. Pour sauce over enchiladas; sprinkle with remaining cheese. Cook uncovered in 350 degree oven until bubbly, about 20 minutes. Garnish with olives.

CHOP SUEY

In Memory of Ruth Adams

1 1/2 lb. stew meat, cut in small pieces	2 small cans mushroom bits and pieces	1/2 c. chopped celery
2 butterfly chops or 3 pork chops cut in small pieces	1 onion, diced	1 can bean sprouts or Chinese vegetables
1 qt. water	3 Tbsp. La Choy brown gravy sauce	cooked rice or Chow Mein noodles
	1/2 c. soy sauce (check for taste)	

Brown meat in 2 Tbsp. oil. Add water, onions, mushrooms, celery, brown gravy sauce and soy sauce. Simmer until meat is done. Add undrained bean sprouts or vegetables. Cook for about 10 minutes. Thicken slightly with cornstarch. Serve over rice or noodles. Put soy sauce on table for everyone to add to their own taste. I have also added 1 can of water chestnuts (sliced) for a crunchy effect. DO NOT add any salt to this or you will be sorry. The soy sauce is all the salt you need.

PEPSI POT ROAST

Nancy Van Zee

3 - 4 lb. pot roast	1 can cream of mushroom soup	1 pkg. Lipton dry onion soup mix
1 - 16 oz. bottle Pepsi		

Place the roast in a pan that can be covered tightly. Spread the can of soup over the roast. Sprinkle the onion soup over the top. Pour the Pepsi over the top. Cover the pan tightly. Place in a 325 degree oven for 3 1/2 to 4 hours or 250 degrees for 6 - 8 hours. Can also be done in a slow cooker.

GRAVY TOPPED MEAT BALLS

Nancy Van Zee

1 lb. ground chuck	1/4 c. catsup	1/4 c. chopped onion
1 tsp. salt	1 Tbsp. Worcestershire sauce	1/2 c. corn flake crumbs
1/4 tsp. pepper		1/2 c. evaporated milk

Continued.....

GRAVY TOPPED MET BALLS (Continued)

Mix all ingredients together and form into small balls and brown in electric skillet. Pour off all grease and cover with 2 or 3 cans beef gravy. Simmer for another 1/2 hour slowly, or place in slow oven for an hour.

HAMBURGER BALLS

Sandra Kay Herrick

1 lb. hamburger	1/2 c. milk	1/4 c. cornmeal
2 Tbsp. green pepper, chopped	1/4 c. flour	1 1/2 tsp. dry mustard
1 tsp. chili powder	1 1/2 c. canned tomatoes	1/8 tsp. pepper
1 tsp. salt	2 Tbsp. onion, chopped	1 egg
		1/4 c. shortening

Combine hamburger, onion, green pepper, cornmeal, seasonings, milk and egg. Blend and form into 12 balls. Roll in flour and brown in skillet. Add remaining flour and tomatoes. Cover and bake 450 degrees.

MEAT BALLS

Lana Murry

2 1/2 lb. ground beef	1 minced onion	1/2 c. brown sugar
1 can tomato soup	1 tube crushed soda crackers	3/4 c. catsup
2 beaten eggs		

Bake first 5 ingredients at 350 degrees for 40 minutes. Drain. Mix last 2 ingredients and spoon 1/4 c. per ball on the meatballs. Bake 20 more minutes.

PORCUPINE MEAT BALLS

Edna Scheuermann

1 lb. ground steak	1 Tbsp. diced onion	1/2 Tbsp. salt
1 1/2 c. uncooked rice	1 Tbsp. green pepper	dash pepper

Mix in order given and make into meat balls the size of walnuts. Do not make larger as the rice swells and they are larger when cooked. Put into baking dish and pour over them 1 #2 can tomatoes. Cover and bake 1 1/2 hours, 350 degrees. Makes 26 meat balls.

SPAGHETTI SAUCE

Sandra Kay Herrick

2 lb. hamburger	1 can 12 oz. tomato paste	2 large cloves garlic
4 cans 15 oz. tomato sauce	1 can 4 oz. mushrooms (stems & pieces)	1/2 c. chopped onion
		1 Tbsp. Italian seasoning
		1 Tbsp. sugar

Brown hamburger with onion. Add rest of ingredients. Simmer several hours.

QUICKY SPANISH RICE

Gwenn Fuller

1 lb. ground beef	3/4 tsp. salt	3/4 c. shredded Cheddar cheese
1/2 c. chopped onion	2 c. cooked rice	1 - 8 oz. can tomato sauce

Brown beef with onion; pour off fat, if any. Add salt. Stir in rice and cheese. Pour in tomato sauce and heat through. Variation: Mix together all except rice and serve meat mixture over rice.

BEEF STROGANOFF**Mary R. Seberg**

2 lb. round beef steak, cut in 1/2 X 2 inch strips	6 Tbsp. butter or margarine	1 - 4 oz. can mushrooms, undrained
1/4 c. flour	1 tsp. salt	1 c. dairy sour cream or
1/2 c. chopped onion or dried onion flakes	1/8 tsp. pepper	1 c. plain yogurt
	1/2 c. water	
	1 can cream of mush- room soup	

Dredge steak in flour. Brown with onions in butter. Add seasonings and water. Cover and simmer gently until almost tender, 45 minutes to 1 hour. Add more water if needed. Stir occasionally. Add soup and mushrooms. Stir to mix. Cook a bit more until beef is tender. When ready to serve have mixture piping hot, turn off heat and add cream or yogurt. Serve over poppy seed noodles.

NOODLES:

1 - 12 oz. pkg. egg noodles	1/4 c. butter	1 Tbsp. poppy seed
		1/3 c. slivered almonds

Cook noodles as directed. Drain brown butter in skillet and add poppy seed and almonds, mixing well. Add noodles and toss lightly to mix. If desired, the beef stroganoff can be served with buttered rice as well.

CABBAGE MEAT LOAF**Sandy Kool**

1 medium head cabbage	3/4 c. flour	2 eggs
1 1/2 lb. ground beef	1/2 tsp. celery seeds	8 oz. can tomato sauce
2 tsp. salt	1/2 c. milk	1 Tbsp. sugar
1 1/4 tsp. pepper	2 Tbsp. chopped parsley	1 tsp. Worcestershire sauce
1 1/2 Tbsp. finely chopped onion		

Cut cabbage in quarters, removing core. Cover with boiling water and cook 10 minutes. Drain. Combine meat with salt, pepper, onion, flour, celery seeds, milk, parsley and eggs. Grease a 9 x 5 inch loaf pan and fill alternately with layers of meat and cabbage leaves, beginning and ending with meat. Combine tomato sauce, sugar and Worcestershire sauce; pour over top. Bake at 375 degrees for 1 hour.

CHEESY MEAT BALLS**Gwenn Fuller**

1 lb. ground beef	1/2 c. chopped onion	1/2 tsp. garlic powder
1/2 c. bread crumbs	1/2 tsp. salt	1 can tomato soup
1 egg, beaten	1/2 tsp. pepper	1 c. grated Parmesan (or other sharp cheese)

Combine all ingredients except soup and cheese. Mix well. Make into 14 balls. Cover meat balls with soup and then the cheese. Bake uncovered in 350 degree oven for 1 hour.

TACO BURGERS**Sandra Kay Herrick**

1 lb. ground beef	1 c. cheese	6 hamburger buns, toasted
1 pkg. taco seasoning mix	1 can 16 oz. tomatoes	2 c. lettuce, shredded

Brown beef till crumbly; drain off fat. Add tomatoes and seasoning mix. Stir well. Break up large pieces of tomato. Bring to boil; reduce heat and simmer 10 minutes. Spoon over toasted buns. Sprinkle with cheese and lettuce.

DRIVE-IN BURGERS**Sandy Kool**

3 lb. ground beef	1 1/2 c. catsup	1 1/2 tsp. pepper (or less to taste)
1/2 c. chopped onion	4 Tbsp. paprika	1 Tbsp. Worcestershire sauce
1 c. water	2 Tbsp. chili powder	
	1 1/2 tsp. salt	

Brown ground beef with onion. Add remaining ingredients and simmer 20 minutes. Serve in hamburger buns.

CANNED HAM**Marilyn Sears**

1/2 c. barbecue sauce	1/2 c. maple syrup	5 lb. canned ham
	3 Tbsp. garlic juice	

Punch holes in can 1/4 inch apart with can opener. Take turn key off. Bake at 300 degrees 1/2 hour and pour juices off of meat through the holes. Pour above mixture into holes and return to oven for 2 1/2 hours.

HAM BALLS**Sandy Kool and Donna Gatton**

2 lb. ground ham	2 lb. sausage	2 c. milk
2 lb. ground beef	3 eggs	3 c. graham cracker crumbs

Combine meats, eggs, milk and crumbs. Form medium-sized meat balls. Place in baking pans and bake for 30 minutes covered with aluminum foil, 350 degrees. Put ingredients for sauce in sauce pan and heat. Pour over meat balls and bake for 60 minutes, uncovered.

HAM WITH GINGERED PINEAPPLE**Edna Scheuermann**

5 lb. canned ham	1/4 c. sugar	1/2 tsp. ground ginger
1 - 8 slice can pineapple in it's own juice	1 tsp. soy sauce	1 Tbsp. cornstarch

Bake ham on rack in roasting pan at 350 degrees for 1 1/2 hours (meat thermometer, 140 degrees). Blend juice from pineapple with sugar, soy sauce, ginger and cornstarch in sauce pan. Cook, stirring until thickened. Twist pineapple slices and arrange on ham. Brush sauce over ham and pineapple. Bake 30 minutes longer, brushing with remaining sauce after 15 minutes.

TACO BURGERS

Sandra Kay Herrick

1 lb. ground beef	1 c. cheese	6 hamburger buns, toasted
1 pkg. taco seasoning mix	1 can 16 oz. tomatoes	2 c. lettuce, shredded

Brown beef till crumbly; drain off fat. Add tomatoes and seasoning mix. Stir well. Break up large pieces of tomato. Bring to boil; reduce heat and simmer 10 minutes. Spoon over toasted buns. Sprinkle with cheese and lettuce.

DRIVE-IN BURGERS

Sandy Kool

3 lb. ground beef	1 1/2 c. catsup	1 1/2 tsp. pepper (or less to taste)
1/2 c. chopped onion	4 Tbsp. paprika	1 Tbsp. Worcestershire sauce
1 c. water	2 Tbsp. chili powder	
	1 1/2 tsp. salt	

Brown ground beef with onion. Add remaining ingredients and simmer 20 minutes. Serve in hamburger buns.

CANNED HAM

1/2 c. barbecue sauce

Punch holes in can
300 degrees 1/2
mixture into hole

HAM BALLS

2 lb. ground ham
2 lb. ground beef

Combine meats,
in baking pans and
Put ingredients f
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HAM WITH GINGER

5 lb. canned ham
1 - 8 slice can p
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Bake ham on rack
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We goofed!

HAM BALL RECIPE

(page 26)

Sauce omitted:

2 cans tomato soup
1/4 c. vinegar
2 tsp. dry mustard
2 c. brown sugar
Mix well. Pour over meat
balls and bake 350° 1-hour

HAM LOAF**Jean Barnhill**

2 lb. ground ham	1 lb. ground beef	1 1/2 c. milk
1 lb. ground pork	2 c. graham cracker crumbs	4 eggs, slightly beaten

TOPPING:

3/4 c. brown sugar	1 Tbsp. horseradish	1 Tbsp. mustard
1/4 c. vinegar		1/2 c. tomato soup

Bake 1 1/2 hours, 325 degrees. Mix all ingredients together, form into 2 loaves. Put into 9 X 13 inch baking pan. Mix topping ingredients and put 1/2 of mixture over 2 loaves. Baste with remaining topping several times during baking.

POACHED SALMON (Dill Sauce)**Darlene Fleck**

3 lb. fresh salmon, filleted	sour cream dill sauce	3 Tbsp. minced onion
white wine, enough to cover bottom of baking dish	2 1/2 c. mayonnaise	1 Tbsp. + 1 tsp. cider vinegar
juice of 1/4 lemon	1 c. sour cream	1 tsp. freshly ground pepper
salt, butter, dill weed, capers	3 Tbsp. grated Parmesan cheese	2 Tbsp. fresh lemon juice
	3 Tbsp. chopped fresh dill or 1 Tbsp. dried dill weed	2 tsp. Worcestershire sauce
		2 cloves garlic, crushed

Grease bottom of a glass baking dish. Cut fillets into serving size portions and place in dish. Pour on wine, but don't drown the fish. Sprinkle on lemon juice. Salt lightly. Sprinkle with dill weed and capers. Dot with butter. Cover with aluminum foil. Bake at 375 degrees for about 10 minutes. Serve with your favorite dill sauce. Serves 6. Also good when served cold). **SOUR CREAM DILL SAUCE:** Combine ingredients in food processor or blender and mix well. Chill before serving. Yields 4 c. Keeps well in refrigerator.

CHICKEN ASAPAO (Puerto Rican)**Mrs. Alvan Jones**

1 chicken, cut in pieces	garlic cloves	olives
1/4 lb. ham, cut in chunks	onions	1 lb. dry rice
	2 Tbsp. tomato paste	2 1/2 qt. boiling water

Saute in 3 Tbsp. shortening; 1/4 lb. ham, garlic, onions, green pepper, olives. Add 2 Tbsp. tomato paste, tomato soup, or stewed tomatoes. Salt to taste. Cook chicken, remove from bones and cut in chunks. Add chicken to mixture and cook until chicken takes on color. Add 1 lb. dry rice and stir. Add about 2 1/2 qt. boiling water. Cook at low temperature, stirring occasionally, until rice is done. Amounts of chicken, ham, etc., vary as to taste. Add water until it is the consistency desired.

BAKED CHICKEN

Lena Doller

1 cut up chicken (or your favorite pieces. we like breasts)	1/4 c. melted butter or margarine 1 tsp. salt	1/4 tsp. pepper 3 c. crushed Rice Krispies herbs (your favorite mix)
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Line cookie sheet with aluminum foil. Dip each piece of chicken in melted butter. Roll in Krispie crumbs and salt. Sprinkle with mixed herbs, whatever your family likes. Bake at 425 degrees for an hour. Serve immediately.

CHICKEN CORDON BLEU

Jean Hafner

2 whole chicken breasts (halved)	2 (1 oz.) pieces Gruyere cheese, or Swiss	1/2 c. bread crumbs 1/2 tsp. salt
4 thin slices ham	4 Tbsp. butter	1/2 tsp. paprika

Fold ham around cheese. Wrap chicken around this. Secure with toothpicks, if necessary. Roll in melted butter, then bread crumbs mixed with salt and paprika. Bake in buttered dish at 400 degrees for 40 minutes. Can be served on rice. Top with a jar of Heinz chicken gravy mixed with 1 can clear chicken broth that has been thickened.

CHICKEN L'ORANGE

Lucile Catterson

1 c. orange juice	1/2 c. flour mixed with 1 tsp. salt	1/2 c. white wine
8 chicken breasts, split, remove skin	1 tsp. paprika 6 Tbsp. oleo	1/2 c. toasted almonds 1 can (11 oz.) Mandarin oranges, drained

Pour orange juice over chicken in shallow dish. Marinate 1 hour at room temperature or overnight in refrigerator, turning once. Drain chicken, (reserve marinade) coat chicken with flour. Heat butter or oleo in large skillet over medium heat, add chicken, brown on both sides, drain on paper towel. Stir marinade and wine into drippings in skillet. Return chicken to pan, reduce heat to low, cover and cook 20 minutes. Uncover and simmer 10 - 15 more minutes or until chicken is tender. Remove chicken to platter, sprinkle with almonds. Add Mandarin orange segments to sauce in skillet and heat. Pour it over the chicken. 4 - 5 servings.

DELUXE PARTY CHICKEN BREASTS

Maxine Main

1 - 4 oz. pkg. chipped dried beef, finely chopped	6 slices bacon 1 - 8 oz. carton sour cream	2 Tbsp. dry Vermouth grated Parmesan cheese paprika
6 whole chicken breasts, skinned, boned & halved	2 - 10 1/2 oz. cans cream of mushroom soup	

Place dried beef in bottom of 9 X 12 inch baking dish. Wrap each chicken breast with 1/2 slice of bacon and place on beef. Mix together sour cream, soup and Vermouth. Pour over chicken. Sprinkle on cheese and paprika. Bake at 300 degrees for 2 1/2 hours. Can be prepared day before and then baked. Serves 6 - 8.

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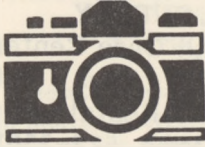
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SOY SAUCE CHICKEN - Baked**Margaret Bishop**

1 tsp. Monosodium Glutamate (Accent)	1/4 c. soy sauce 1/4 c. sugar	1/2 tsp. garlic powder 1/2 tsp. grated ginger
1/4 c. oil		8 chicken thighs

Combine all ingredients except chicken, mixing well to dissolve dry powders. Arrange chicken single layer on shallow baking pan or deep cookie sheet. Pour sauce over each piece. Bake 325 degrees for 1 hour, turning halfway through time. Skin fat off sauce. Serve with chicken or as gravy over rice.

CHICKEN SUPREME**Virginia Dunbar**

4 chicken breasts, halved and boned	8 slices uncooked bacon 1 - 3 oz. pkg. dried beef	1 can mushroom soup 1 c. sour cream
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Line bottom of greased baking dish with dried beef. Wrap each breast with bacon. Place on dried beef. Mix soup and sour cream together and pour over chicken. Bake 250 degrees for 3 hours uncovered, or 350 degrees for 1 hour. May double the soup and sour cream and serve this with chicken over rice.

TURKEY BROCCOLI DIVAN**Pam Plendl**

2 pkg. (10 oz. each) frozen broccoli spears, fresh broccoli spears may be used	8 slices cooked turkey breast (chicken may be substituted) 2 cans (10 3/4 oz.) cream of chicken soup 1 c. mayonnaise	1 tsp. lemon juice 3/4 tsp. curry powder 8 slices American cheese 1 can (3 1/2 oz.) French fried onion rings
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Cook broccoli till it is crisp and tender, then drain. Place turkey slices in a 9 X 13 inch baking pan. Top each slice with broccoli spears. Heat the soup, mayonnaise, lemon juice and curry powder. Pour this over the broccoli. Top with cheese slices. Sprinkle with onion rings. Bake at 350 degrees until cheese bubbles. Serve.

Write extra recipes here:



DUTCH APPLE LOAF

Pat Taylor

1/2 c. shortening	1 tsp. vanilla	1 tsp. soda
1 c. sugar	1 tsp. vinegar	1/2 tsp. salt
2 eggs	2 c. flour	1 1/2 c. raw diced apples
TOPPING:	2 Tbsp. sugar	2 tsp. cinnamon

Mix ingredients. Put into loaf pan, sprinkle topping and bake 45 minutes at 350 degrees.

BANANA BREAD

Marianne Braaksma

1 1/2 c. sugar	1 tsp. soda in	1 tsp. baking powder
2 Tbsp. shortening	1/3 c. sour milk	1/4 tsp. salt
2 eggs, beaten	2 c. flour	1 tsp. vanilla
		2 large bananas, mashed

Cream together sugar and shortening. Add eggs, sour milk and vanilla. Stir in rest of ingredients. Bake at 350 degrees for 40 - 50 minutes. Makes 1 large loaf or 2 small loaves.

BANANA ORANGE BREAD

Ethel Taylor

1 c. sugar	2 beaten eggs	1 tsp. baking soda
3/4 c. cooking oil	1 1/2 c. all purpose	1/2 tsp. salt
3 ripe bananas	flour	1/2 c. chopped pecans
1/2 c. orange	1/2 c. unprocessed	1/2 c. flaked coconut
marmalade	wheat bran	

In mixing bowl combine sugar, oil; blend bananas, orange marmalade and egg. Stir together all purpose flour, bran, baking soda and salt; stir into banana mixture. Stir in nuts and coconut. Pour into 2 greased 7 1/2 X 3 1/2 X 2 inch loaf pans. Bake in 350 degree oven for 45 to 50 minutes or until done. This bread freezes well.

ONION BREAD**Janet Townsley**

1/2 c. onion (diced fine)	1 1/2 c. Bisquick	2 Tbsp. minced parsley
1 egg	1 c. grated sharp cheese	1/2 c. milk

Cook onions in small amount of butter. Combine egg and milk. Stir in Bisquick till moistened, add onions and 1/2 of the cheese and aprsley. Put in greased loaf pan and sprinkle with rest of cheese, then drizzle 2 Tbsp. melted butter on top. Bake at 350 degrees about 1/2 hour or until bread tests done.

PISTACHIO BREAD**Nancy Van Zee**

1 box yellow cake mix	1 c. sour cream	1/2 c. oil
1 box pistachio pudding instant	4 eggs	1/4 c. sugar
		1/4 c. water

TOPPING:

2 Tbsp. brown sugar	2 tsp. cinnamon	1/4 c. nuts (chopped fine)
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Mix all ingredients and pour 1/4 of batter into 2 bread pans, which have been greased and floured. Put part of topping over each batter, pour on remaining cake mix in each pan. Top with remaining topping. Makes 2 loaves.

RYE BREAD-CARAWAY SEED**Ethel Taylor**

2 c. boiling water, pour over	2 tsp. salt	2 pkg. yeast
1/4 c. sugar	1/4 c. dark molasses	1/2 c. lukewarm water
1 Tbsp. shortening	2 Tbsp. caraway seed	1 1/2 c. rye flour
		6 c. sifted white flour

In large mixing bowl add yeast with 1/2 c. lukewarm water. Mix with first ingredients when cool. Add flour, stir until smooth. Knead in flour as any other bread. Let rise for about 2 hours. Knead and let rise again. Divide into 2 or 3 loaves. 2 X 9 X 5 inch pans or may shape in oblong loaves. Place in well greased pans or on baking sheet and let rise again until double in bulk. Oven 325 degrees for 45 minutes to 1 hour. Test for doneness by tapping crust. If sounds hollow it will be done.

WHOLE WHEAT HONEY-BREAD**Ethel Taylor**

1 medium potato	1 1/2 tsp. salt	5 c. all purpose flour
1 3/4 c. water	1 1/2 c. lukewarm water	3 c. whole wheat flour
2/3 c. cooking oil	2 envelopes yeast	1 c. bran
3/4 c. honey		

Cut potato into chunks with 1 3/4 c. water. Cook until potatoes tender. Measure potato water - need 1 1/2 c. Mash potatoes and add to potato water. Add cooking oil, honey and salt to hot potato water. When this becomes lukewarm, add yeast softened in 1 1/2 c. lukewarm water. Stir carefully for several minutes. Combine flour and bran in a bowl and add potato mixture. Stir thoroughly. Knead until elastic and smooth, about 10 minutes. Place in a greased bowl. Cover and let rise until double. Form into 3 loaves. Place in greased pans 8 1/2 X 4 1/2 X 2 inches.

WHOLE WHEAT HONEY-BREAD (Continued)

Allow to rise again until doubled. Bake in a 350 degree oven for 1 hour or until brown and sounds hollow when tapped. Remove from pan at once. Place on wire rack to cool. Brush crust with butter immediately.

POPPY SEED BREAD

Karen K. Baack & Lena Dollar

1 lemon supreme cake mix	1 c. hot water	4 eggs
1 box instant lemon pudding	1/2 c. oil	1/4 c. poppy seed

Combine all ingredients. Beat 4 minutes with mixer. Divide batter into 4 small loaf pans. Bake at 350 degrees for 35 to 40 minutes.

BISCUITS

Lucile Catterson

2 c. flour	4 tsp. baking powder	2 tsp. sugar
1/2 tsp. salt	1/2 tsp. cream of tartar	1/2 c. shortening
		2/3 c. milk

Combine all ingredients together and add milk. Dough should be moist, not sticky. Roll out to 1/4 to 1/2 inch thick. Bake at 400 degrees for 12 - 15 minutes. Makes 8 - 9 biscuits.

BREAKFAST QUICKIES (Microwave)

Sandra J. Kool

1 tube refrigerated baking powder biscuits	1/4 c. margarine	1/2 c. sugar
		1/2 tsp. cinnamon

Melt margarine in 2 qt. casserole or 9 inch pie plate. Cut biscuits in 1/2's or 1/4's and coat with margarine. Combine cinnamon and sugar and dip biscuits in mixture. Push mixture away from center and insert glass or custard cup. Microwave 2 1/2 or 3 minutes, or until no doughy spots remain. Let stand 2 minutes. Remove glass and invert onto serving dish. A ring mold may be used for this in place of the casserole or plate.

BASIC SWEET DOUGH

Janet Townsley

1/2 c. warm water	1/2 c. shortening	2 tsp. salt
2 pkg. dry yeast	1/2 c. sugar	2 eggs, slightly beaten
1 1/2 c. scalded milk		7 c. sifted flour

Pour warm water into large bowl, add yeast and stir until dissolved. Cool milk to lukewarm and add to yeast mixture with the sugar, salt, eggs, shortening and 1/2 the flour. Beat with spoon until smooth. Add enough of remaining flour to handle easy, turn dough onto lightly floured board and knead until smooth. Put into greased bowl and cover until double. Punch dough down with fist and shape. Let rise until doubled in size. Bake at 375 degrees for 30 minutes. This dough makes great cinnamon rolls and keeps well in refrigerator.

BUTTER DIPS**Jean Barnhill**

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

Sift dry ingredients, add milk slowly, mixing with fork. Turn out on floured board. Knead. Roll out 1/2 inch thick. Cut dough in 16 strips. Dip in melted butter. Place close together on baking sheet. Bake at 450 degrees till brown. Serve with jam or jelly.

REFRIGERATOR MUFFINS - BRAN**Nancy Van Zee**

1 c. boiling water	1 1/2 c. sugar	2 1/2 c. flour
1 c. 100% All Bran (Nabisco)	2 eggs, beaten	1/2 tsp. salt
1/2 c. shortening	2 c. buttermilk	2 1/2 tsp. soda
		2 c. regular All Bran

Pour boiling water over Nabisco bran. Set aside. Cream shortening and sugar. Add eggs and buttermilk. Mix well and add sifted flour, salt and soda. Stir in Kellogg's All Bran and Nabisco Bran. Mix well. Cover and refrigerate 24 hours. Stir before using. Fill greased muffin tin 1/2 full or use cupcake papers. Bake 375 degrees for 20 - 30 minutes. They can be stored in the refrigerator for 2 weeks before baking. Makes 3 dozen muffins. You can also add fruits such as raisins or pineapple and that is good also.

OVERNIGHT COFFEE CAKE**Irene Layton & Betty Wright**

3/4 c. oleo	1 tsp. soda	1 tsp. nutmeg
1 c. white sugar	1/2 tsp. salt	1 c. sour milk
2 eggs	1 tsp. cinnamon	1 c. nuts (optional)
2 c. flour		1 tsp. baking powder

TOPPING:

1/2 c. brown sugar	1 tsp. cinnamon	nuts (if desired)
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Cream shortening (oleo), sugar and egg. Sift the dry ingredients together. Add sour milk, also the nuts if desired. Pour into a 9 X 13 inch greased cake pan. Sprinkle topping over top and cover. Refrigerate overnight. The next morning preheat the oven to 350 degrees. Bake 35 to 40 minutes.

CHERRY COFFEE CAKE**Janet Townsley**

2 c. flour	1 egg	2 tsp. baking powder
1 c. sugar		1/2 c. oleo

Put egg in cup and beat; fill cup with milk, mix and pour into greased jelly roll pan. Cover with 1 1/2 cans cherry pie filling, 1/4 c. sugar and 2 tsp. almond flavoring. Top with 1 c. flour, 1 c. sugar, 1/2 c. oleo and crumble, sprinkle over cake and cherries. Bake 30 - 40 minutes at 375 degrees.

DONUT MUFFINS**Evelyn Vos**

1/2 c. sugar	1/2 c. milk	1 tsp. baking powder
1/4 c. margarine, melted	1 c. flour	1/4 c. butter, melted
1 egg	3/4 tsp. nutmeg	1/2 c. sugar
		1 tsp. cinnamon

Mix 1/2 c. sugar, margarine, egg, milk, flour, nutmeg and baking powder. Place in greased muffin tin (makes 6 - 9 muffins). Bake at 375 degrees for 15 - 20 minutes. Dip each muffin in melted butter and then in mixture of cinnamon and 1/2 c. sugar.

EASY ROLLS**Janet Townsley**

1 c. Crisco	1 c. boiling water	1 c. warm water
1 c. sugar	2 beaten eggs	6 c. flour (unsifted)
1 tsp. salt	2 pkg. yeast	

In a large bowl put Crisco, sugar, salt, pour boiling water over this, add eggs and stir well. Add yeast which has been dissolved in warm water. Stir in flour, mix well and refrigerate overnight. Roll out and cut with 2 inch cutter. Put in greased muffin tins and let raise till doubled (3 or 4 hours), bake at 425 degree oven 7 to 8 minutes. Makes 4 dozen.

GARLIC PULL APARTS**Pat Taylor**

1/4 c. margarine	1/2 tsp. dill weed	1 egg
1/2 tsp. garlic powder	1/4 tsp. salt	2 pkg. buttermilk biscuits

In top of 16 oz. Ultra 21 Casserole, beat egg. In bottom of casserole, melt margarine, add garlic powder, dill weed and salt. Mix egg into this mixture. Coat each biscuit and arrange in Ultra 21 Loaf Pan. Bake at 350 degrees 25 - 30 minutes.

APPLE SAUCE COOKIES**Eileen Holub**

1 c. packed brown sugar	1 egg	1/4 c. flour
1/4 c. margarine or butter, softened	2/3 c. apple sauce	2 tsp. ground cinnamon
	2 1/2 c. Bisquick baking mix	1 c. raisons
		2/3 c. chopped nuts

Heat oven to 375 degrees. Mix brown sugar, margarine and egg; stir in remaining ingredients. Drop dough by teaspoons onto ungreased cookie sheet. Bake until light brown - 10 to 12 minutes. Immediately remove from cookie sheet. Cool Slightly. Frost if desired. **HIGH ALTITUDE DIRECTIONS:** (3500 - 6500 feet): Heat oven to 400 degrees. Decrease baking mix to 2 c. and increase flour to 3/4 c. Bake 10 minutes.

AUNT LEOTA'S BUTTER COOKY RECIPE**Jean Barnhill**

1 c. soft butter	1 1/2 tsp. vanilla	1/2 tsp. grated lemon rind
1/2 c. sugar	1 tsp. baking powder	1/4 tsp. lemon juice
1 egg, unbeaten	1/4 tsp. salt	3 c. sifted all purpose flour

Mix butter, sugar, egg and vanilla. Add flour, baking powder and salt. Mix well. Add juice and rind. Mix thoroughly. Divide in 1/4's and chill 1 hour or longer. Roll 1/8 inch thick. Bake on ungreased cookie sheet - 400 degrees, for 8 minutes. Cool and decorate. Makes about 6 dozen.

BUTTER COOKIES**Leona Ashman****SIFT:**

2 1/2 c. flour	1 tsp. soda	1/2 tsp. salt
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CREAM:

1 c. butter	1 c. sugar	1/2 c. firmly packed brown sugar
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ADD:

2 whole eggs, 1 at a time	1 Tbsp. water	1 tsp. vanilla
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Mix thoroughly, chill 2 hours. Drop by balls or spoonfuls onto ungreased cookie sheet. Bake 375 degrees 10 to 15 minutes. Frost with powdered sugar frosting or an orange frosting. Makes 40 - 50 cookies.

CHERRY CHOCOLATE CHIP COOKIES**Helen D. Rinehart**

1 c. butter or oleo	1 1/2 tsp. vanilla	1 c. chocolate chips
1 c. brown sugar	2 1/2 c. flour	1/2 c. chopped nuts
1/2 c. white sugar	1 tsp. soda	1/4 c. cut up Maraschino cherries
1 egg	1/2 tsp. salt	

Cream butter and sugar. Add egg and vanilla. Sift dry ingredients. Add to butter and sugar mixture. Stir in chips, nuts, cherries. Drop by teaspoon or chill and roll into balls. Bake at 375 degrees for 12 to 15 minutes.

CHOCOLATE DROP COOKIES**In Memory of Arbor Robertson
Jaxie Robertson**

1 c. sugar	1/2 c. milk	1/2 c. cocoa
1 egg	1/2 c. black walnuts	1 1/2 c. flour
1/2 c. butter or oleo		1 tsp. baking powder

Makes 2 dozen 2 inch cookies. Use a greased, floured cookie sheet. Cream sugar, and butter. Add egg, baking powder, cocoa, flour and milk. Stir in nuts. Spoon out on cookie sheet. Bake at 350 degrees for 5 to 7 minutes. Watch carefully. Test and as soon as finger does not leave a print remove. Cool and frost. Make a powdered sugar frosting, using a pinch of salt, cocoa and 1/2 tsp. vanilla and cold coffee for liquid.

DATE ROLLS**Eileen Holub**

1 c. brown sugar	1 c. shortening	3 eggs
1 c. granulated sugar	1 tsp. vanilla	pinch salt
		4 c. flour

FILLING:

1 lb. chopped dates	1/2 c. granulated sugar	1/2 c. hot water
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Mix filling together. Cool. Mix rolls together. Roll out on floured bread board. Spread filling on dough and roll. Cool 2 hours or overnight. Slice 1/4 inch thick and bake in 350 degree oven for 12 - 15 minutes.

JAM THUMB-PRINT COOKIES**Beth E. Slobe**

1 c. butter	1 tsp. vanilla	2 beaten egg whites
1/2 c. sugar	1/2 tsp. almond extract	1 1/2 c. chopped nuts
2 egg yolks	2 c. flour	

Cream butter and sugar. Add egg yolks, flour and flavorings. Chill. Form in balls and dip in egg whites then roll in nuts. Bake at 350 degrees for 5 minutes. Remove from oven and press indentation in each cookie with a thimble. Continue baking until lightly brown. Fill with jam just before serving.

MOM'S DELICIOUS COOKIES**Jean Hafner**

1 c. oleo margarine	2 tsp. vanilla	1 c. coconut
1 c. oil	3 1/2 c. flour (sifted)	1 c. oats
1 c. brown sugar	with 1 tsp. salt	1 c. Rice Krispies
1 c. white sugar	1 tsp. soda	1 c. nuts
2 eggs	1 tsp. cream of tartar	1 c. chocolate chips

Blend together and beat well first 6 ingredients. Add flour, salt & soda, and cream of tartar. Mix well. Add remaining ingredients. Drop by rounded tablespoons on ungreased cookie sheet. Makes about 36 - 3 inch cookies. Bake at 350 degrees 10 - 12 minutes. (Don't let them get too brown).

ORANGE-CHIP COOKIES**Mary R. SEberg**

1 c. shortening	1 Tbsp. grated orange	1/4 tsp. salt
1/2 c. white sugar	peel	1 oz. sq. semi-sweet
1/2 c. brown sugar	2 3/4 c. flour	chocolate, grated, or
1 egg	1/4 tsp. baking soda	chopped chocolate chips
2 Tbsp. orange juice		

Cream shortening and sugars. Add egg, orange juice and peel. Mix well. Stir in the dry ingredients and chocolate. Form into 2 rolls and wrap in waxed paper. Chill several hours or overnight. Slice then, about 1/4 inch. Bake on ungreased cookie sheet 10 to 12 minutes or until lightly browned, 375 degrees. Makes 7 to 3 dozen.

PEANUT BUTTER COOKIES**Eileen Holub**

1 yellow cake mix	1 c. peanut butter	2 Tbsp. water
1/2 c. Crisco oil		2 eggs

Mix together all ingredients. Drop by teaspoon on ungreased cookie sheet. Flatten with fork dipped in water. Sprinkle lightly with sugar. Bake at 350 degrees 10 - 12 minutes.

SUGAR COOKIES**Jane L. Coffey**

1 c. white sugar	1 c. oil	pinch salt
1 c. powdered sugar	2 eggs	4 c. flour
1 c. oleo or butter	1 tsp. soda	2 tsp. vanilla or almond

Mix in refrigerator. Roll in small balls. Dip in sugar and press down with a glass with a fancy bottom. Bake 350 degrees 10 to 12 minutes.

TURTLE COOKIES**Carolyn Beason**

1 1/2 c. sugar	4 eggs	2 c. flour
1 c. shortening	2 tsp. vanilla	1/2 c. cocoa
		pinch of salt

Cream sugar and shortening. Add eggs and vanilla and beat well. Sift together flour and cocoa, add pinch of salt, and mix all together. Bake on hot waffle iron for a minute or 2. Cool and frost with your favorite frosting.

UNBELIEVABLE COOKIES**Pat Taylor**

1 c. peanut butter	1 c. sugar	1 egg
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Mix ingredients. Roll into approximately 1 inch balls. Place on cookie sheet and crisscross with fork. Bake at 375 degrees 10 minutes. Remove from oven and let sit a few minutes. Remove from pan and ENJOY!

WALNUT FROSTIE COOKIES**Nancy Van Zee**

1/2 c. butter or margarine	1 egg	2 c. flour
1 c. brown sugar	1 tsp. vanilla	1/2 tsp. soda
		1/4 tsp. salt

TOPPING:

1 c. walnuts, chopped	1/2 c. brown sugar	1/4 c. sour cream
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Combine butter, brown sugar, egg and vanilla. Beat until light and fluffy, sift flour, soda and salt together. Gradually add to sugar mixture. Shape dough into 1 inch balls. Place on ungreased cookie sheet. Make a depression in center of each cookie. Mix walnuts, sugar and sour cream together, for topping. Fill each cookie depression with 2 tsp. topping. Bake in 350 degree oven for 10 minutes.

DELICIOUS BABE RUTH BARS

Nancy Van Zee

2/3 c. margarine	1/4 c. corn syrup (white)	1 tsp. vanilla
1 c. brown sugar	1 c. crunchy peanut butter	4 c. quick cooking oatmeal

Melt margarine, brown sugar, syrup and peanut butter over low heat or in microwave, until they are all blended together. Pour this over the oatmeal and stir until it is mixed well. Put in a 9 X 13 inch greased pan. Bake 12 minutes at 375 degrees.

TOPPING:

12 oz. pkg. chocolate chips	6 oz. pkg. butter-scotch chips	2/3 c. peanut butter
		1 c. salted peanuts

Melt chocolate chips and butterscotch chips together, then add peanuts. Spread over top of baked oatmeal mixture. Refrigerate until it sets before cutting into bars.

BROWNIES AND FROSTING

Pam Plendl

1 stick oleo	1 c. Hershey chocolate syrup	1 tsp. vanilla
1 c. sugar	1 c. + 1 Tbsp. flour	1/2 tsp. baking powder
4 eggs		

FROSTING:

6 Tbsp. oleo	6 Tbsp. milk	1 c. Real chocolate chips
1 1/2 c. sugar		

Mix sugar, oleo and 2 eggs, 2 at a time. Beat well and add flour, baking powder, syrup and vanilla. Bake in a greased and floured 10 X 15 inch pan for 35 minutes. Add 1/2 c. peanut butter and a little extra flour, if needed. After cool mix oleo, sugar and milk. Boil 1 minute and add 1 c. chocolate chips. Beat and frost brownies.

"POUR THE FROSTING ON" BROWNIES

Nancy Van Zee

1 c. brown sugar	4 eggs	pinch of salt
1 c. white sugar	1 c. flour	1 tsp. vanilla
1 c. softened margarine	1/2 c. cocoa	1/2 c. chopped nuts

Cream sugars and margarine; add eggs and beat very well. Add remaining ingredients and pour into 12 X 15 inch greased and floured pan. Bake 25 minutes at 350 degrees.

FROSTING:

1 c. white sugar	1/3 c. milk	1 c. chocolate chips
5 Tbsp. margarine		

Put sugar, margarine and milk in sauce pan and boil for 1 minute. Remove from stove. Add chocolate chips and stir until chips are melted. Immediately pour on brownies and let set.

BUTTERSCOTCH BARS**Eileen Holub**

1/2 c. butter or margarine	1 tsp. vanilla	2 tsp. baking powder
2 c. brown sugar	2 c. sifted all purpose flour	1/4 tsp. salt
2 eggs		1 c. shredded coconut
		1 c. chopped walnuts

Heat oven to 350 degrees. In sauce pan combine butter and brown sugar; cook over low heat till bubbly, stirring constantly. Cool. Add eggs to cooled mixture; one at a time, beating well after each; add vanilla. Sift together dry ingredients, add with coconut and nuts to brown sugar mixture, mix thoroughly. Spread in greased 15 1/2 X 10 1/2 X 1 inch pan. Bake in a moderate oven (350 degrees) about 25 minutes. Cut in bars while warm. Remove from pan when almost cool.

CHERRY WALNUT BARS**Nancy Van Zee**

2 1/4 c. sifted flour	1/2 c. white sugar	1 c. butter or margarine
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Mix and press into 13 X 9 X 2 inch pan. Bake at 350 degrees for 15 minutes.

TOPPING:

2 eggs, + yolk (save white)	1/2 tsp. salt	1/2 c. Maraschino cherries (chopped)
1 1/2 c. brown sugar	1/2 tsp. baking powder	1/2 c. nuts

Mix and place on top of baked mixture and return to oven for 20 - 25 minutes. When cool, cut and ice with the following:

FROSTING:

1 unbeaten egg white	2 Tbsp. melted butter	2 c. powdered sugar
2 Tbsp. cherry juice		

Mix all together with electric mixer and you are sure to have a smooth frosting.

DOUBLE CHOCOLATE CRUMBLE BARS**Jean Hafner**

1/2 c. margarine	2 Tbsp. unsweetened cocoa	2 c. miniature marsh- mallows
3/4 c. sugar	3/4 c. flour	6 oz. pkg. chocolate chips
2 eggs	1/4 tsp. baking powder	1 c. peanut butter
1 tsp. vanilla		1 1/2 c. Rice Krispies
1/2 c. chopped pecans		

Cream margarine and sugar, beat in eggs and vanilla. Stir together; flour, nuts, cocoa, baking powder and 1/4 tsp. salt. Stir into egg mixture. Spread in bottom of greased 13 X 9 X 2 inch pan. Bake at 350 degrees for 15 - 20 minutes. Sprinkle marshmallows evenly on top. Bake 3 minutes. Cool. Combine; chocolate chips, peanut butter, melt, stir in cereal. Spread on top of cooled bars. Chill and cut. Recipe makes approximately 3 - 4 dozen bars.

CREAM CHEESE BARS**Mabel P. Howell**

1 pkg. butter brickle cake mix	1 egg 2 1/2 c. powdered sugar	8 oz. cream cheese, softened 2 eggs
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Mix first 3 ingredients and pat in greased 9 X 13 inch pan. Mix remaining ingredients and pour over cake mix. Bake 350 degrees for 40 minutes.

DELICIOUS CAKE OR BARS**Kay Boot**

1 - 1 step angel food cake mix	1 can lemon pudding 1 c. coconut	white frosting coconut or nuts
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Mix all together (first 3 ingredients). Bake 350 degrees until done, 30 - 35 minutes. 9 X 13 inch pan. Frost with confectionary sugar frosting. Top with coconut or your favorite.

FARM COOKIES (An old family receipt)**Leona Ashman**

1 c. white sugar	2 eggs	2 c. flour
1 c. brown sugar	1 tsp. vanilla	1 c. coconut
1 c. shortening (oleo, butter or Crisco)	1 tsp. salt	1 c. chopped nuts
	1 tsp. soda	1/2 c. ground raisins (white or dark)
	2 c. rolled oats (quick)	

Blend the shortening, sugar, eggs; add vanilla. Sift flour, soda, salt and stir into flour mixture the rolled oats, coconut, nuts and ground raisins. Mix with shortening mixture. Drop on oiled baking sheet. Bake 10 - 15 minutes 350 degree oven.

FRUIT BARS**Evelyn Vos**

1 c. margarine	1 tsp. vanilla	1/2 tsp. salt
1 3/4 c. sugar	3 c. flour	1 1/2 tsp. baking powder
4 eggs		1 can fruit pie filling

Cream margarine and sugar. Beat in eggs (one at a time). Add vanilla. Sift together flour, salt and baking powder, add to butter mixture. Save out 1 1/2 to 2 cups of mixture and spread the rest in a greased jelly roll pan. Spread on pie filling. Dot on the remaining butter mixture. Bake at 350 degrees for 40 - 45 minutes. When cool, drizzle with powdered sugar icing.

ORANGE FRUITCAKE BARS**Mary R. Seberg**

1 can frozen orange juice, 6 oz.	1 jar (16 oz.) mixed candied fruits, chopped	1/8 tsp. soda (baking)
1/2 + 2/3 c. brown sugar, divided	1/2 c. butter or margarine	1/2 tsp. nutmeg
1 c. raisins	4 eggs	1/2 tsp. cinnamon
1 pkg. chopped pitted dates	1 c. unsifted flour	1/4 tsp. allspice
		1/4 tsp. cloves
		1 c. chopped nuts

Continued.....

ORANGE FRUITCAKE BARS (Continued)

In medium sized pan, combine undiluted orange juice and 1/2 c. brown sugar. Stir over low heat until mixture comes to a boil. Add raisins and dates, bring to a boil again. Remove from heat and stir in fruit and set aside. Cream butter and 2/3 c. brown sugar. Beat in eggs, one at a time. Combine dry ingredients and nuts. Add all together. Turn into 15 X 10 X 1 inch jelly roll pan and 1 - 13 X 9 inch cake pan. Bake at 300 degrees for 35 to 40 minutes until light golden brown when test comes clean. Glaze if desired; 1 1/2 c. powdered sugar, 1/4 c. orange juice and 1 Tbsp. butter. Good with or without glaze.

QUICK BARS

Kay Boot

1 roll crescent rolls	1 can sweetened condensed milk	1 box coconut pecan frosting mix
		1/4 c. butter

Spread 1 roll crescent roll dough in a 9 X 13 inch pan. Pour 1 can sweetened condensed milk over dough. Sprinkle 1 box of coconut pecan frosting mix over that. Melt 1/4 c. butter and drizzle over top. Bake 400 degree oven for 15 minutes.

LACEY'S RAISIN BARS

Ethel Taylor

2 c. seedless raisins. Cover and boil until plump (1 c. juice). Cool.

1 1/2 c. sugar	1 tsp. cinnamon	3 c. flour
2 eggs, beaten	1/2 tsp. salt	1 c. pecans, chopped
1/2 c. oleo	1 tsp. soda	1 tsp. vanilla

Cream sugar and oleo together. Add beaten eggs. Blend in juice from raisins. Add flour, soda, salt and cinnamon. Beat, then add raisins, nuts and vanilla. Pour in greased 11 X 17 inch pan. 350 degrees, 25 to 30 minutes. Cool.

ICING:

1 1/2 c. brown sugar	6 Tbsp. oleo	6 tsp. milk
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Boil brown sugar, oleo and milk about 30 seconds. Beat in mixer bowl until spreading consistency.

RED RASPBERRY GEMS

Mary R. Seberg

3 Tbsp. margarine or butter	1 egg	1 tsp. baking soda
3/4 c. sugar	1 1/2 c. flour	2/3 c. sour milk
	1 tsp. cinnamon	1 c. red raspberries

Cream butter, sugar and egg. Sift dry ingredients together and sift a little over the berries. Add milk and dry ingredients alternately by hand and stir in berries. half fill paper lined baking cups. About 20 - 25 minutes in 400 degree oven.

RHUBARB BARS

Lynn Howard

1 c. packed brown sugar	1/4 c. shortening	1 c. granulated sugar
1/2 c. margarine, softened	2 c. Bisquick	1/4 c. Bisquick
	1 1/2 c. quick cooking oats	1 egg
	1 pkg. frozen rhubarb, thawed or 2 c. fresh	

Heat oven to 375 degrees. Grease square pan, 9 X 9 inches. Mix brown sugar, margarine and shortening until well blended. Stir in 2 c. Bisquick and the oats until crumbly. Press 1/2 of the mixture in the pan. Bake until set, about 10 minutes. Mix rhubarb, granulated sugar, 1/4 c. Bisquick and the egg in 2 qt. sauce pan. Heat over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 30 seconds. Spread over hot baked layer. Spread remaining crumbly mixture over top. Press gently. Bake until golden brown, about 30 minutes. Cool completely. Cut into bars and refrigerate. Serve warmed with ice cream or whipped topping.

WALNUT RAISIN BARS

Beth E. Slobe

1 egg	3/4 c. whole wheat flour	1/4 c. raisins
1/2 c. honey	1/2 tsp. baking soda	3/4 c. chopped walnuts
1/2 tsp. vanilla		

Beat together egg, honey and vanilla. Add flour and soda. Add raisins. Mix well. Spread batter in a lightly buttered 9 X 9 inch pan. Sprinkle with nuts. Bake at 325 degrees about 25 minutes. Cut into bars while warm.

CHRISTMAS BARS

Kay Boo!

6 Tbsp. butter	1 c. green cherries, candied	1 c. chopped pineapple, candied
1 1/2 c. graham cracker crumbs	1 c. red cherries, candied	1 c. nuts
2 c. dates, cut up		1 c. sweetened condensed milk
1 c. flaked coconut		

Melt butter in 9 X 13 inch pan. Mix graham cracker crumbs in. Sprinkle with dates, coconut, cherries, red and green, pineapple, chopped nuts. Pour sweetened condensed milk over top. Bake 15 - 25 minutes 350 degrees. Burns easy - watch. If not done will have milky appearance.

CREAM CHEESE ZUCCHINI BARS

Nancy Van Zee

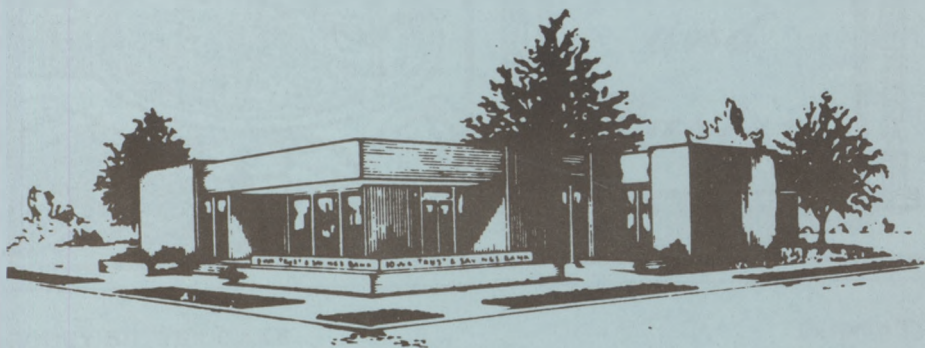
4 eggs	1 tsp. soda	2 tsp. cinnamon
1 c. oil	1 tsp. baking powder	2 c. flour
2 c. sugar	1/2 tsp. salt	nuts and raisins (optional)
1 c. grated zucchini		

Beat eggs and sugar. Add oil. Add all other ingredients and place in greased and floured 11 X 15 inch pan with 1 inch sides. Bake 350 degrees for 30 minutes. Cool.

FROSTING:

4 oz. cream cheese	2 1/2 to 3 c. powdered sugar	1 tsp. vanilla
6 Tbsp. oleo		

Beat well and spread on cooled bars. -42- Oskaloosa, Iowa



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Cakes and Pastry

GOOEY BUTTER CAKE

Barbara Fye

- | | | |
|--------------------------------|--------------------------------|----------------------|
| 1 box yellow cake mix
(dry) | 3 eggs | 1 lb. powdered sugar |
| 1 stick oleo | 1 - 8 oz. pkg. cream
cheese | 2 eggs |

Blend first 3 ingredients together and spread in 9 X 13 inch greased cake pan. Blend cream cheese and eggs until smooth, add powdered sugar and pour over 1st mixture. Bake at 350 degrees for 30 - 40 minutes. Do not over bake. When cake is cool sprinkle with powdered sugar and serve.

BUTTERCUP CAKE

Lucile Catterson

- | | | |
|------------------------------------|----------------------|-----------------|
| 1/2 c. shortening
(part butter) | 2 1/4 c. flour | 1 c. buttermilk |
| 1 1/2 c. sugar | 1 tsp. baking powder | 1 tsp. vanilla |
| 2 eggs | 1/2 tsp. salt | 1/4 tsp. almond |
| | 1/2 tsp. soda | 1/4 tsp. lemon |

Cream shortening and sugar together. Add eggs, one at a time, beat well. Add dry ingredients alternately with buttermilk. Then add vanilla, almond, and lemon. Beat well. Bake at 350 degrees for 40 - 50 minutes. Use an oiled 8 inch square cake pan. Icing of your choice.

RUSK CARAMEL CAKE

Nancy Van Zee

- | | | |
|-------------|----------------------|----------------|
| 6 egg yolks | 1 c. rusk (6) | 1 tsp. vanilla |
| 1 c. sugar | 1 tsp. baking powder | 1/2 c. nuts |
| 1/2 c. milk | 5 boxes Milk Duds | 2 tsp. butter |

Beat egg yolks, add sugar and beat. Add rusk (crumbled fine), baking powder, vanilla and nuts. Beat egg whites and fold yolk mixture into it. Bake at 325 degrees for 30 minutes. Bake in a greased baking dish, 13 X 9 X 2 inches. When cool cover with Dream Whip. Then top with Milk Duds mixture: Melt over low heat and when cool add 1 c. powdered sugar. Dribble over the top.

CARROT CAKE

Bernice Boston

1 1/2 c. flour	2 jars strained carrots	1 - 8 oz. can crushed pine-
1 1/4 c. sugar	(4 1/2 oz. each)	apple, drained
1 1/2 tsp. baking soda	2/3 c. oil	2/3 c. coconut
1 1/2 tsp. cinnamon	2 eggs, slightly beaten	1/2 c. chopped nuts
1/4 tsp. salt	1/2 tsp. vanilla	

In 8 X 11 inch pan, with fork, mix well the flour, sugar, soda, cinnamon and salt. Add carrots, oil, eggs and vanilla. Mix briskly until thoroughly blended. Stir in pineapple, coconut and nuts. Bake in preheated 350 degree oven 45 minutes.

CREAM CHEESE FROSTING:

3 oz. softened cream cheese	1/4 c. oleo, softened	1/2 tsp. vanilla
		2 c. powdered sugar

CHOCOLATE CARAMEL NUT CAKE

Marilyn Sears

1 pkg. German chocolate cake mix with pudding	1 pkg. caramels	1 c. dry roasted peanuts
	1/2 c. water	3/4 c. chocolate chips
	1/3 c. milk	

Prepare cake according to directions. Pour 1/2 batter into greased 9 X 13 inch cake pan. Bake 350 degrees for 10 minutes. Cool 10 minutes. Combine caramels, butter, and milk in a sauce pan and stir until caramels melt. Spread over cake. Sprinkle peanuts and chocolate chips over caramel mixture. Spread rest of cake batter evenly over top. Bake 350 degrees for 20 - 25 minutes. Cut into squares. 15 - 18 servings.

CHOCOLATE POUND CAKE

Edna Scheuermann

2 c. sugar	1 tsp. baking powder	5 Tbsp. cocoa
1 c. Wesson oil	1/2 tsp. salt	1 c. hot water
2 eggs	1 c. buttermilk	2 tsp. soda
2 1/2 c. flour		1 tsp. soda vanilla

Dissolve soda in hot water and mix the remaining cake ingredients. Bake in greased and floured tube pan. Bake at 350 degrees 35 - 45 minutes. Mix frosting, adding enough milk to good spreading consistency.

FROSTING:

4 oz. cream cheese	1/4 c. butter	vanilla
2 c. powdered sugar		milk

BOB'S CHOCOLATE SOUR CREAM CAKE

Jean Barnhill

2 c. flour	1 stick soft oleo	1/2 c. cocoa
2 c. sugar	1 c. hot water	1 c. sour cream
2 eggs	1/2 tsp. salt	2 tsp. soda
		1 tsp. vanilla

Continued.....

BOB'S CHOCOLATE SOUR CREAM CAKE (Continued)

Put sugar, sour cream, eggs and margarine in bowl and beat till smooth, add salt, vanilla and cocoa. Put soda in hot water and add alternately with flour and beat smooth. Put in greased and floured 9 X 13 inch pan and bake 30 minutes at 350 degrees.

ICING:

1 lb. powdered sugar	1 tsp. vanilla	3 or 4 drops almond extract
1 stick margarine		milk to make thickening

FABULOUS CHOCOLATE CAKE

In Memory of Georgia Chalfont
Ethel Taylor

1/2 c. butter or oleo	3 oz. unsweetened	2 tsp. baking powder
2 c. sugar	chocolate, melted	1/2 tsp. salt
2 eggs	1 1/2 c. milk	2 tsp. vanilla
	2 c. flour	1 c. nut meats, chopped

Cream shortening and sugar. Add beaten eggs, then melted chocolate. Sift dry ingredients together and add alternately with milk. Add vanilla and chopped nuts. Bake in 9 X 13 inch or 2 - 8 inch pans for 35 to 40 minutes at 325 to 350 degree oven. If using glass pans, 325 degrees. Check with toothpick for doneness.

FROSTING:

1/4 c. butter or oleo	1 egg	pinch salt
1 1/2 sq. chocolate	2 tsp. vanilla	1/2 c. chopped nuts
3 c. powdered sugar	1 Tbsp. lemon juice	3 Tbsp. cream

Melt butter and chocolate; beat in egg; add salt, sugar, lemon juice and nuts and cream to spreading consistency. Spread on cooled cake.

DATE CAKE WITH CHIP TOPPING

Marianne Braaksma

1 c. dates, cut up	3/4 c. shortening	2 c. flour
1 tsp. soda	1 c. sugar	1/2 tsp. salt
1 1/4 c. boiling water	2 eggs	1 Tbsp. cocoa

TOPPING:

1/4 c. sugar	1 c. nuts	1 - 6 oz. pkg. chocolate chips
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Combine dates and soda. Pour boiling water over dates and let stand. Cream sugar and shortening; add eggs. Sift together flour, salt and cocoa and add alternately with date mixture. Spread in large cake pan and sprinkle with topping. Bake 350 degrees for 35 minutes.

DUMP CAKE**Edna Scheuermann**

20 oz. can crushed pine-
apple, juice & all 1 can cherry pie filling 1 stick of oleo
white cake mix (dry) nuts if desired

Put fruit in pan. Sprinkle on dry cake mix. Pour melted oleo over this. Add nuts if desired. Bake at 350 degrees 48 to 53 minutes.

FRUIT CAKE**Irene Layton**

3 c. pecan halves 1 tsp. vanilla 3/4 c. flour
2 oz. candied pineapple 4 oz. whole glazed 1/2 tsp. baking powder
1 lb. pitted dates cherries 3 beaten eggs
3/4 c. sugar 2 oz. diced glazed 1/4 c. Sherry or Brandy
1/2 tsp. salt orange peel

Coarsely cut up dates. Mix fruit and nuts. Sift together flour, sugar, baking powder and salt. Stir eggs and vanilla into flour mixture. Add fruits and nuts. (I dust a little of the flour over the fruit so they don't stick together). Mix well. Spoon into foil lined 9 X 5 inch pan (or 2 - 3 X 7 pans). Bake 300 degrees for 1 hour and 45 minutes, or until done. When cake has cooled, wrap in foil, pour Sherry or Brandy over it. More Sherry or Brandy may be added later to keep cake moist.

NEIMAN-MARCUS CAKE**Janet Townsley**

Mix together and then press in bottom of 9 X 13 inch pan, 1 yellow cake mix, 1 stick margarine, 1 egg and 1 c. chopped nuts. Cream together 1 - 8 oz. pkg. softened cream cheese and 3 eggs, add 1 box powdered sugar, mixing well. Pour over pressed mixture. Bake at 350 degrees for 35 minutes.

INSIDE OUTSIDE PISTACHIO CAKE**Edna Scheuermann**

1 pkg. white cake mix 8 oz. Club Soda 1 c. oil
1 pkg. instant pistachio 3 eggs 1/2 c. nuts
pudding

Add all cake ingredients and beat 2 minutes. Bake in bundt pan 350 degree oven for 50 minutes. Cool 15 minutes before removing from pan. Freeze, then slice into 3 layers.

FILLING:

1 1/2 c. milk (cold) 1 envelope Dream Whip 1 pkg. instant pistachio
pudding

Whip all filling ingredients until thick. Spread over layers and on top.

PUMPKIN CAKE**Eileen Holub**

1 can (large) Libbey's 1 spice cake mix 1/3 c. water
pumpkin pie mix 2 tsp. soda 2 eggs

Grease and flour 13 X 9 inch pan. Mix all cake ingredients together. Bake 40 - 45 minutes at 350 degrees.

Continued.....

PUMPKIN CAKE (Continued)

FROSTING:

1/3 c. brown sugar 1 large container Cool Whip 1 tsp. vanilla

Beat together and spread on cooled cake.

RANGER CAKE

Irene Layton

1 c. shortening	1/2 tsp. baking powder	1/2 tsp. salt
1 c. white sugar	1 c. nuts	2 c. oatmeal
1 c. brown sugar	1 tsp. vanilla	2 c. Rice Krispies
2 eggs	2 c. flour	1 c. coconut
1 tsp. soda		1 c. raisins or dates

Mix as per usual. This is a heavy batter. You'll need to use your hands. Drop by teaspoon onto greased cookie sheet. Bake at 350 degrees for 10 or 12 minutes. Let steam before removing from pan.

RHUBARB CAKE

Lena Doller

1 1/2 c. brown sugar	1 c. sour milk	2 c. flour
1/2 c. oleo	1 tsp. vanilla	1/2 tsp. salt
1 egg	1 tsp. soda	1 1/2 c. finely chopped rhubarb
1/4 c. white sugar	1 tsp. cinnamon	1/4 c. chopped nuts

Cream brown sugar and margarine. Add the egg. Sift flour and soda. Add salt to flour mixture. Add to creamed mixture alternately with sour milk. Stir in vanilla and rhubarb. Put in 9 X 13 inch greased pan. Combine white sugar, cinnamon and nuts. Sprinkle over cake batter. Bake at 350 degrees for 45 minutes.

QUICK MIX SPONGE CAKE

Ethel Taylor

1 1/4 c. sifted cake flour	1/2 tsp. baking powder	1/2 c. egg yolks
1 c. sugar	3/4 c. egg whites	1/4 c. cold water
1/4 tsp. salt	1 tsp. cream of tartar	1 tsp. vanilla
	1/4 c. additional sugar	1 tsp. lemon or almond extract

Use 10 inch tube pan. Sift flour, 1 c. sugar, salt and baking powder together. Combine egg whites and cream of tartar in large mixer bowl. Beat with mixer at high speed until soft mounds begin to form. Beat flour, sugar mixture into egg whites a tablespoon at a time. Continue beating until stiff straight peaks are formed. Don't under beat at this time. Combine egg yolks, water and flavorings. Blend into sifted dry ingredients. Beat at medium speed for 1 minute. Fold egg yolk mixture (1/4 at a time) into beaten egg whites with wire whip or spatula. Fold gently until egg whites are well blended (but do not stir). Pour into ungreased 10 inch tube pan. Cut gently through batter to remove air bubbles. Bake at 350 degree oven 40 - 50 minutes. Turn upside down and for at least 1 hour to cool. Frost with lemon flavored powdered sugar frosting.

HIDDEN TREASURE CUP CAKES

Nancy Van Zee

1 pkg. German choco- late cake mix 1 - 8 oz. pkg. cream cheese, softened 1/3 c. sugar dash salt 1 - 6 oz. pkg. chocolate chips

Mix cake according to directions and fill cup cake pans 2/3's full. Cream the cheese with sugar. Beat in salt and egg. Stir in chips. Drop 1 rounded teaspoon of mixture into each cup cake. Bake for 25 - 30 minutes at 350 degrees.

WACKY CAKE

Nadine Armbruster

3 c. flour 2 tsp. soda 2 Tbsp. vinegar
2 c. sugar 1 tsp. salt 2 tsp. vanilla
6 tsp. cocoa 10 Tbsp. melted butter 2 c. cold water

Mix all of the ingredients together in a large mixing bowl until well blended. Put in a cake pan, ungreased, and bake at 350 degrees until done (approximately 30 - 40 minutes). Cover with favorite icing.

MIRACLE WHIP CHOCOLATE CAKE

Leona Ashman

1 c. sugar 2 tsp. soda 1 c. cold water
2 c. flour 3 Tbsp. cocoa 1 c. Miracle Whip
1 tsp. vanilla

Mix all ingredients together and pour into baking dish, 9 X 13 inches, 350 degree oven, 30 minutes. I use the Surprise pudding recipe over this and serve with whipped cream or ice cream for a quick and very delicious dessert. If you use the pudding over, use the larger cake pan.

APPLE & CREAM PIE

Eileen Holub

3/4 c. walnuts 1 unbaked 9 inch pie crust 3 Tbsp. all purpose flour
4 medium cooking apples, peeled, quartered, cored 1 c. whipping cream 1 tsp. cinnamon
1 c. sugar 1 c. sugar 1 tsp. vanilla
1 egg 1/4 tsp. nutmeg
1/8 tsp. salt

Bake for 10 minutes at 450 degrees. Reduce heat to 350 degrees. Bake until apples are tender, 35 to 40 minutes longer.

APPLE CRUMB PIE

Bernice Boston

1 - 9 inch unbaked pastry shell 1/2 c. sugar 3/4 c. flour
5 to 7 tart apples 1/4 tsp. cinnamon dash of cinnamon
1/2 c. sugar 1/2 c. butter

Pare apples and slice thin; arrange in pastry lined pan. Combine 1/2 c. sugar with 1/4 tsp. cinnamon; sprinkle over apples. Combine 1/2 c. sugar, flour and dash of cinnamon; cut in butter with pastry blender until mixture is crumbly. Sprinkle over apples. Bake in 400 degree oven for 45 minutes, or until done. Cool. Garnish with whipped cream or ice cream when serving, if desired.

BANANA SPLIT PIE**Nancy Van Zee**

1 stick unsalted butter, softened	1 (8 oz.) can crushed pineapple, drained well	1/4 c. chopped peanuts
1 c. powdered sugar	1 1/2 to 2 bananas, sliced	1/2 c. whipping cream, whipped
1 tsp. white vanilla	1 c. fresh whole strawberries	1 Big Block Hershey bar
1 egg		7 Maraschino cherries
		1 (9 inch) baked pie shell

Blend butter, sugar, vanilla and egg and beat for 20 minutes, scraping bowl often. When done, spread in bottom of pie shell and refrigerate about 1 hour. Drain pineapple, saving juice to coat bananas. Slice bananas into juice. When filling is set, spread pineapple on top of filling. Then place bananas on top of pineapple. Place strawberries on top of bananas. Whip the cream and spread to cover all of strawberries to edge of pie. Chop peanuts and sprinkle on top of whipped cream. Make chocolate curls from candy bar, using potato peeler. Carefully place on top of peanuts. Drain cherries on paper towels. Place pie in refrigerator several hours or overnight to set completely. Just before serving, place cherries around edge of pie so each slice of pie has a cherry on it.

CANDY BAR PIE**Jean Barnhill**

large Hershey candy bar with almonds	16 large marshmallows	small carton whipped topping
	1/2 c. milk	Graham cracker crust

Melt first 3 ingredients in double boiler. Cool. Add 1/2 or more whipped topping. Blend gently. Pour in crust and cool. Garnish with remaining whipped topping and shaved chocolate.

CRUMB TOPPED CHERRY PIE**Edna Scheuermann**

2 - 1 lb. cans tart red cherries	3 1/2 Tbsp. cornstarch	2 Tbsp. lemon juice
3/4 c. sugar	1/4 tsp. salt	few drops red coloring
	1/2 tsp. grated lemon peel	9 inch unbaked shell

TOPPING:

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

Drain cherries, reserving 1 1/4 c. liquid. Combine 3/4 c. sugar, cornstarch and salt. Add reserved liquid; cook until thick, stirring constantly. Add cherries, lemon peel, lemon juice and food coloring. Pour into pastry shell. Combine flour, 1/2 c. sugar and spices; cut in butter until crumbly. Sprinkle over cherries. Bake in 400 degree oven about 30 minutes or until crust is light brown. Serve warm.

CHOCOLATE PIE**Ethel Taylor**

3 Tbsp. flour	3 egg yolks	1 1/2 c. hot water
1 1/2 c. sugar	1/2 tsp. salt	2 sq. chocolate
1/2 c. Carnation milk		1/3 c. butter

Continued.....

CONCORD GRAPE PIE**Mary R. Seberg**

3 c. Concord grapes	1 scant tsp. grated	pastry for bottom crust
1 c. sugar	lemon peel	and latticed top.
3 Tbsp. flour	1 to 2 Tbsp. butter or	
pinch of salt	margarine	

Slip skin from grapes. Bring pulp to boiling in small sauce pan. Press through a sieve to remove seeds. Mix skins and sieved pulp together. Mix sugar, flour, lemon peel and salt and add to grapes. Fill 9 inch pastry lined pie plate and dot with butter. Cover with latticed crust top. Bake at 400 degrees for 40 to 50 minutes or until grapes are bubbling and crust is browned.

LEMON MERINGUE PIE**Bernice Boston**

4 egg whites	1/4 tsp. cream of tartar	1 c. sugar
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Beat egg whites and cream of tartar, adding sugar gradually. Beat until very stiff and glossy. Bake 1 hour 15 minutes at 275 degrees. Grease pan a little.

4 egg yolks	1/2 c. sugar	juice & rind of 1 lemon
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Beat egg yolks, adding sugar gradually, then juice and rind of lemon. Cook in double boiler until thick. Cool. If too thick, add a little cold water.

1 c. whipping cream: Whip cream. Put 1/2 on meringue, then spread lemon mixture, then balance of whipped cream. Keep in refrigerator.

RAW PEACH PIE**Edna Scheuermann**

1 1/2 c. flour	1/2 tsp. salt	2 Tbsp. sugar
1/2 c. liquid shortening		2 Tbsp. milk

Combine and mix with electric beater. Press into pie pan. Bake 400 degrees 15 to 20 minutes (15 minutes usually enough).

1 c. water	3 Tbsp. cornstarch	2 Tbsp. white Karo syrup
1/2 c. sugar		

Combine and cook till clear. Stir constantly. Remove from stove and add 2 Tbsp. dry peach Jello. Cool slightly and add about 6 sliced peaches. Pour into shell and refrigerate. Recipe can be doubled and put in 9 X 13 inch pan.

BEST PECAN PIE**Lana Murry**

3 eggs	2 Tbsp. melted margarine/	1 tsp. vanilla
1 c. Karo syrup	Mazola	1 1/2 c. pecans
1 c. sugar		1 unbaked pie shell

In large bowl stir first 5 ingredients. Stir in nuts. Pour into pie shell. Bake in 350 degree oven 50-55 minutes.

HARVEST PIE (Squash)

Edna Scheuermann

Butternut, Buttercup or Hubbard may be used.

9 inch pie shell	1 Tbsp. flour	1/4 tsp. ginger
1 1/2 c. mashed, cooked squash	1 tsp. cinnamon	1 egg, slightly beaten
1/4 c. brown sugar	1/2 tsp. nutmeg	1 1/2 c. milk
		1 c. pecan halves

Combine squash, sugar, flour, cinnamon, nutmeg and ginger in large bowl. Add eggs and milk. Beat until well blended. Pour into shell. Bake at 450 degrees for 15 minutes. Reduce heat to 325 degrees. Sprinkle with pecans. Bake 40 more minutes or until firm to touch.

RHUBARB PIE

Donna Gatton

4 1/2 c. rhubarb	1 1/2 - 2 c. sugar	1 box strawberry Jello
4 Tbsp. flour		

Combine ingredients and put in 9 inch unbaked pie shell. Cover with the 2nd crust and bake.

RHUBARB CUSTARD PIE

Jean Barnhill

4 c. diced rhubarb	1/4 tsp. nutmeg	1 - 2 Tbsp. butter
1 1/2 c. sugar	dash salt	crust for 2 crust pie
	3 beaten eggs	9 inch pan

Mix rhubarb, sugar, nutmeg and salt. Add beaten egg. Mix. Put into 9 inch pastry lined pan. Dot with butter. Cover with top crust. Put film of milk over top of crust and sprinkle with sugar. Bake at 400 degrees for 15 minutes then lower temperature to 350 degrees and bake 30 to 40 more minutes, or until crust nicely browned.

RHUBARB PIE

Mary R. Seberg

2 Tbsp. flour	2 c. raw diced rhubarb,	2 eggs, beaten
1 c. sugar	(pink makes a pretty pie)	1 tsp. butter or margarine
		1 tsp. lemon flavoring

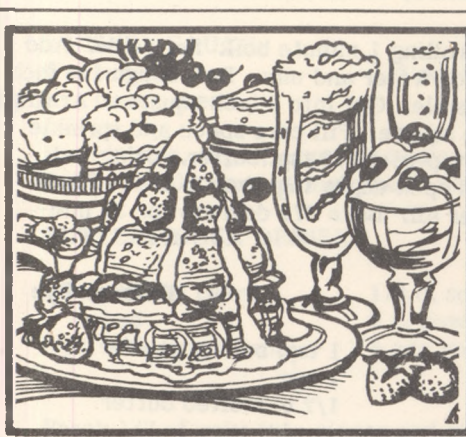
Mix all these ingredients together. Beat eggs, add flour and sugar and butter. Add rhubarb and flavoring. Let stand a few minutes. Put in pie shell and bake, 350 degrees for 30 - 40 minutes or until custard is firm.

STRAWBERRY PIE

Helen Rinehart

1 c. sugar	3 Tbsp. cornstarch	1 qt. strawberries
1 c. water	1/2 pkg. strawberry Jello	Cool Whip

Cook until thick, sugar and water. Add 1/2 pkg. strawberry Jello. Cool. Put strawberries in baked crust. Pour cooked mixture over berries. Chill. Top with Cool Whip when serving.



Desserts

APPLE TAPIOCA - Old Fashioned

Catharine Johnson

- | | | |
|-----------------------|--------------------------------|---------------------------|
| 6 apples | 1 heaping Tbsp. Minute Tapioca | 1/4 tsp. cinnamon |
| 1/2 c. sugar | 1 tsp. vanilla | 1 Tbsp. butter |
| 1/2 c. water, or more | | 1/4 c. raisins (optional) |

Stew the apples, sugar and water until tender. Soak the tapioca in cold water, then add to hot apple mixture and cook until thickened. Add last 4 ingredients, cool and serve with milk or cream. Canned cherries, peaches and berries can be substituted for apples.

APPLE COBBLER PUDDING

Beth E. Slobe

- | | | |
|------------|----------------------|---------------------------|
| 1 c. flour | 1 tsp. baking powder | 1 beaten egg |
| 1 c. sugar | 1/4 tsp. salt | 2 Tbsp. liquid shortening |
| | | 4 apples, diced |

Sift together first 4 ingredients. Mix in separate bowl the beaten egg, shortening and apples. combine with dry ingredients. Put into a 9 X 9 inch baking dish. Sprinkle with brown sugar. Bake at 350 degrees for 30 to 40 minutes.

APPLE DUMPLINGS

Margaret Bishop

PASTRY:

- | | | |
|----------------|---------------|--------------------|
| 2 2/3 c. flour | 1/2 tsp. salt | 2 sticks margarine |
| | | 1/3 c. ice water |

SYRUP:

- | | | |
|------------|------------|----------------------------|
| 2 c. sugar | 2 c. water | 1/4 tsp. cinnamon |
| | | 1/4 c. butter or margarine |

8 baking apples cinnamon/sugar mixture

Continued.....

APPLE DUMPLINGS (Continued)

Combine syrup ingredients and bring to a rolling 1 minute boil. Set aside. Add salt to flour, cut margarine into it. Add ice water and mix. Roll dough 1/4 inch thick, keep in a square or rectangle if possible. Cut into 6 inch squares. Arrange apples, cored and pared, in center of each square. Fill core space and sprinkle apple with sugar/cinnamon mixture. Dot top with 1/2 tsp. butter. Bring 4 corners of dough to top, pinch corners and open edges together to seal. Place 1 inch apart in baking dish, pour syrup over all. Bake 375 degrees for 35 minutes.

APPLE STRUDEL

Barbara Fye

10 medium sized apples, peeled and sliced	1 tsp. salt 1 c. sugar	1 tsp. baking powder 1 egg 1/2 c. melted butter
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Butter 8 X 8 inch cake pan, place sliced apples in cake pan. Combine flour, salt, sugar, baking powder, egg and melted butter. Spoon mixture over apples. Bake at 350 degrees until apples are fully cooked and mixture is golden brown.

BANANA CREAM DELIGHT

Nancy Van Zee

1 c. flour	2 tbsp. sugar	1/2 c. margarine 1/4 c. chopped nuts
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Mix together as for pie crust and press into a 9 X 13 inch pan. Bake at 375 degrees for 15 minutes.

FILLING:

1 - 8 oz. carton cream cheese	1 c. powdered sugar 3 large bananas	2 pkg. small instant French vanilla pudding mix 3 c. milk nuts
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Mix cream cheese and powdered sugar until creamy. Add Cool Whip and mix together. Spread on crust. Slice bananas and place on top of cream cheese mixture. Mix pudding with 3 c. cold milk and spoon over bananas. Top with Cool Whip and nuts.

BREAD PUDDING SUPREME

Maxine Main

12 slices regular bread, remove crust	4 eggs, separated 1 tsp. vanilla 1 c. granulated sugar	1 stick margarine 1 large apple, cored & sliced in round slices
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Cream margarine and sugar until light, add egg yolks and vanilla. Add bread which has been soaked in milk and stir well. Grease baking dish. Fill with alternate layers of bread mixture and apples, ending with bread on top. Place casserole in pan of water and bake in 350 degree oven, until knife comes out clean when testing - about 30 - 35 minutes. Remove from oven and add meringue topping made from beating 4 egg whites with 4 Tbsp. sugar until peaks form. Brown lightly in 325 degree oven. Serve with Whiskey Sauce if desired.

BREAD PUDDING SUPREME (Continued)

WHISKEY SAUCE:

1 c. sugar	1/2 stick butter	1 well beaten egg
1 c. heavy cream		1/4 c. Bourbon

Heat butter, sugar, eggs in a heavy pan over low heat. Remove and add Bourbon. Put in blender; run at high speed till frothy.

BUTTERFINGER DESSERT

Nancy Van Zee

1 angel food cake, baked	1/4 c. softened butter	2 tsp. vanilla
1 pt. whipping cream	2 c. powdered sugar	6 large Butterfinger candy bars, crushed
	4 egg yolks	1/2 c. chopped nuts

Break 1/2 of cake into pieces and put in bottom of 13 X 9 inch pan. Beat egg yolks until light and fluffy. Add butter, sugar and vanilla to egg yolks and beat well. Whip the cream and add to this mixture. Pour 1/2 of this mixture on cake pieces. Sprinkle with 1/2 of the crushed candy bars. Repeat the procedure so that there will be 2 layers. Cover with chopped nuts and refrigerate overnight.

SUPERB CHEESE CAKE

Nancy Van Zee

2 1/2 c. graham cracker crumbs	1/3 c. sugar	1/4 tsp. cinnamon
	1/3 c. butter, melted	1/4 tsp. nutmeg

Mix together and reserve 1/2 c. for topping. Spread crumbs in bottom of a spring form pan and press up the sides to 3/4 way up. Set aside.

4 - 8 oz. pkg. softened cream cheese	1 1/3 c. sugar	1/4 tsp. salt
	4 eggs	2 tsp. vanilla
		1 1/3 c. sour cream

Beat sugar into softened cheese. Beat until smooth. Add 1 egg at a time, then add salt and vanilla. When all ingredients are mixed, fold in sour cream. Put in crust and bake at 350 degrees for 1 hour. Take out and cool.

CHERRY DESSERT (For Microwave)

Mabel P. Howell

1 - 20 oz. can cherry pie filling	1 - 20 oz. can apple sauce	1/2 tsp. cinnamon
	9 oz. pkg. Jiffy cake mix	1/2 c. butter, melted

Mix cherry pie filling and applesauce in an 8 inch dish. Sprinkle this with dry cake mix and cinnamon. Melt butter. Drip over mixture. Microwave 12 to 15 minutes till bubbly.

\$10,000.00 DESSERT

Edna Scheuermann

1 cube butter	1 c. sugar	1 Tbsp. baking powder
1 c. flour	1 c. milk	1 qt. fruit

Melt butter in bottom of baking dish. Mix next 4 items and put on top of butter. Have fruit boiling hot and spoon on top of above mixture. Bake about 30 minutes at 350 degrees. Serve with Dream Whip or whipped cream.

DREAM DESSERT**In Memory of Marjorie Patchett
Virginia Dunbar**

1 c. flour	2 beaten eggs	1/2 tsp. salt
5 Tbsp. powdered sugar	1 1/2 c. sugar	2 c. fresh fruit (rhubarb or peaches)
1/2 c. butter	1/4 c. flour	

Blend first 3 ingredients and press into ungreased 7 X 11 inch pan. Bake at 350 degrees 15 minutes. Mix remaining ingredients together and spoon onto crust. Bake 350 degrees 35 minutes.

FRUIT TORTE**Kay Boot**

1/2 lb. oleo	4 eggs	3 c. flour
2 c. sugar	1 tsp. vanilla	1 can pie filling (cherry, blueberry, etc.)

Cream oleo and sugar together. Add eggs, 1 at a time, then vanilla and flour. Put 3/4 of the mixture in greased pan, 9 X 13 inches. Spread pie filling over this. Add rest of dough in spoonfuls and spread with spoon over pie filling. Sprinkle with sugar. 350 degrees, 55 minutes.

MARSHMALLOW DESSERT**In Memory of Lacey Allsup
Ethel Taylor**

1 c. sugar	1 envelope Knox gelatin	1 pt. cream, whipped
1/4 c. water	2 c. miniature marsh- mallows	nuts for garnish, or red & green cherries
2 large or 3 small egg whites	1 small can crushed pineapple	for Xmas garnish
pinch salt		

Beat egg whites with salt until small peaks are formed. Boil sugar and water until spins a thread. Pour over egg whites, beating all the time. At once add gelatin that has been dissolved in 3 Tbsp. cold water. Mix well. Add marshmallows and mix again. Let stand while whipping cream. When marshmallows are softened and mixture cooled add pineapple and fold in. Then fold in whipped cream. Pour in mold to set. Makes large amount.

OREO COOKIE DESSERT**Ethel Taylor**

1 large pkg. chocolate sandwich cookies, or chocolate-mint sand- wich cookies	1 - 8 oz. Philadelphia cream cheese	2 boxes (3 1/2 oz.) instant vanilla or French vanilla pudding
	1/2 c. butter or oleo	3 c. milk
	1 c. powdered sugar	1 tsp. vanilla
	1 - 8 oz. carton whipped topping	

Crush cookies and put 1/2 of crumbs in 9 X 13 inch pan. Mix cream cheese and butter until smooth with electric mixer. Mix in powdered sugar. Fold in whipped topping. In separate bowl, mix pudding, milk and vanilla. Fold cream mixture and pudding mixture together and pour into pan on cookie crumbs. Sprinkle remaining crumbs on top. May be served chilled or frozen.

PINK LEMONADE DESSERT (Continued)

FILLING: Mix together Eagle Brand milk, Cool Whip, and lemonade. Spread over crust. Sprinkle remaining crumbs over top and refrigerate. If using plain lemonade, add 1 drop of red food coloring.

SCALLOPED RHUBARB

Lucile Catterson

1 stick oleo	2 c. uncooked cubed	1 c. sugar
3 c. cubed day old bread	rhubarb	1/4 tsp. red cake coloring

Melt butter in 8 inch square baking dish. Add bread and food coloring and stir well. Add rhubarb and sugar, mix well. Place in baking pan and put 1 Tbsp. water in each corner. Bake at 325 degrees for 45 - 60 minutes, last 30 minutes on top rack.

STRAWBERRY FROST

Ethel Taylor

1 c. flour	1/4 c. brown sugar	1/2 c. pecans, chopped
1/2 c. soft oleo		fine

Mix and bake in a 9 X 13 inch pan. While baking stir several times. Cool. Save a small amount for sprinkling on top. Bake at 350 degrees 15 minutes.

TOPPING:

2 egg whites	1 small box frozen straw-	1 - 8 oz. container Cool
1 c. sugar	berries, thawed some	Whip
2 tsp. real lemon juice		(Raspberries may be used)

In large bowl beat egg whites, add sugar. Beat 20 minutes. Then add lemon juice and small box strawberries WITH THE JUICE. Beat until it is thick. Fold in Cool Whip. Spread on crumbs in 9 X 13 inch pan. Top with extra crumbs and freeze.

STRAWBERRY RHUBARB DESSERT

Mary R. Seberg

2 c. pink rhubarb	3 Tbsp. quick cooking	8 baked 3 1/2 inch tart
1/2 c. water	tapioca	shells, if desired
1 1/2 c. sugar	2 c. crushed straw-	whipped cream or whipped
pinch of salt	berries	topping
		whole strawberries

Can also be put in a baked pie shell or in dessert dishes. Cut rhubarb into 1/2 inch pieces before measuring. Combine with water, sugar and salt in sauce pan. Bring to a boil, stirring a few times and simmer 5 minutes. Add tapioca and strawberries. Bring to a boil stirring constantly. Remove from heat and cool, stirring occasionally. Chill and serve in individual dishes as a compote or in tart shells or crust. Garnish with whipped cream or topping and whole strawberries. makes 8 tarts or 4 or 5 servings without pastry. If using a pkg. of frozen strawberries cut back sugar to 3/4 c.

TWINKIE DESSERT**Kay Boot**

1 pkg. Twinkies (large 10 inch box)	12 oz. pkg. chips 3 eggs, separated	1 - 16 oz. Cool Whip 2 Tbsp. sugar
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Cut Twinkies in 2; slice long ways. Melt chips with 2 Tbsp. sugar, 2 Tbsp. water. Beat egg yolks and mix in chocolate mix. Beat egg whites, fold in chocolate and let cool. 9 X 13 inch pan; 1 layer Twinkies, 1 layer chocolate, 1 layer Cool Whip. Repeat layers.

JELLO VANILLA PUDDING DESSERT**Kay Boot**

angel food cake	1 Tbsp. butter	1 Tbsp. lemon juice
1 pkg. vanilla pudding	1 lemon Jello	1 c. pineapple, crushed
1 3/4 c. milk	1 1/2 c. water	1/2 pt whipping cream cherries

Break up cake in little pieces. Place in large pyrex dish. Make custard; 1 pkg. pudding using 1 3/4 c. milk and adding 1 Tbsp. butter. Make lemon Jello using only 1 1/2 c. liquid, 1 Tbsp. lemon juice and juice from crushed pineapple. Mix Jello and pudding when its congealed add pineapple, cherries cut up. Whip cream. Mix all together. Pour over cake. Sprinkle nuts on top. Refrigerate 1 day before serving.

HOMEMADE ICE CREAM**Barbara Fye**

2 c. sugar	1/2 gal. whole milk	4 eggs
1 can condensed milk		2 Tbsp. vanilla

Mix egg yolks, sugar, condensed milk, vanilla and 1/2 of whole milk. Beat egg whites until fluffy - combine with other ingredients and add remaining whole milk. Pour into ice cream container - freeze. Makes 1 gallon.

ICE CREAM SQUARES**Ruth Stanley, Mary Else**

2 c. crushed Rice Chex	1/3 c. melted butter	1 c. chopped pecans
2/3 c. brown sugar	1 c. coconut	1/2 gal. ice cream

Mix Rice Chex, brown sugar, butter, coconut and nuts. Bake for 20 minutes in 325 degree oven. Use 9 X 12 inch cake pan. Put 1/2 mixture on bottom, 1/2 gal. of softened ice cream on second layer, other 1/2 of mixture on top layer. Freeze. Cut into squares and serve.

STRAWBERRY BAN-NUT ICE CREAM**Janet Townsley**

6 eggs	1 pt. or 16 oz. frozen sweetened strawberries	1 c. chopped pecans
2 c. sugar		1 - 8 oz. Cool Whip
1 can Eagle brand milk	2 mashed bananas	1 1/2 tsp. vanilla

Beat eggs until foamy, add sugar, milk, vanilla, mix fruits and nuts with Cool Whip and fold into egg mixture. Put in 1 gal or 5 qt. ice cream container, fill container to 2/3 with milk, add red food coloring. This is better if you put in deep freeze for awhile after it is frozen.

HOMEMADE ICE CREAM

Gwenn Fuller

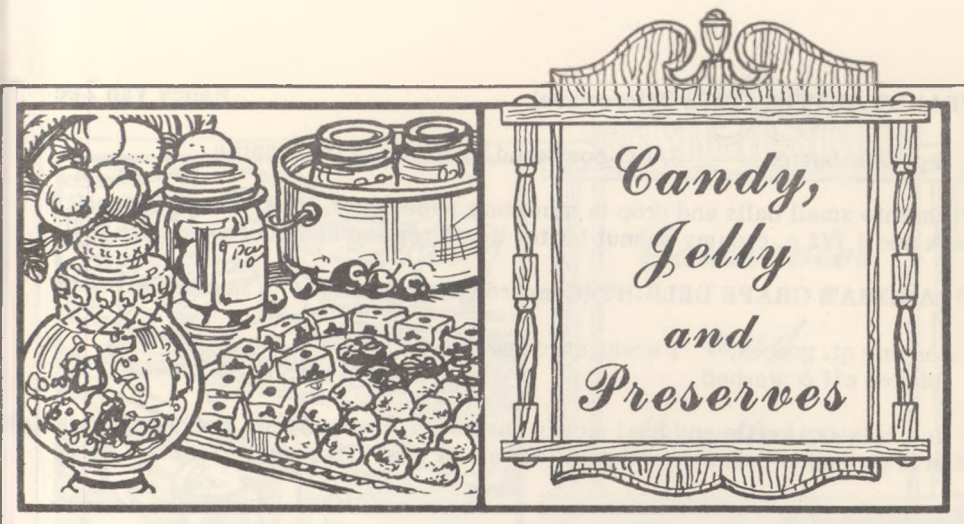
4 eggs, beaten
2 c. sugar

1 pkg. instant pudding
(vanilla, lemon or
chocolate)

1 - 9 oz. carton frozen
whipped topping
2 qt. milk (approximately)

Mix together beaten eggs, sugar and pudding. Fold in whipped topping. Add milk (enough to fill freezer to required amount. (May add additional vanilla or lemon flavoring if desired). Keeps well in freezer without crystallizing.

Write extra recipes here:



MICROWAVE CHINESE CHEWS (Candy)

Sandra J. Kool

- | | | |
|--|--|------------------------------------|
| 1 - 6 oz. pkg. semi-sweet
chocolate chips | 1 - 6 oz. pkg. butter-
scotch chips | 1 can (3 oz.) Chow Mein
noodles |
| | | 6 1/2 oz. cocktail peanuts |

In 2 qt. glass dish or measuring cup, melt; chocolate and butterscotch chips, stir until smooth and add the Chow Mein noodles and peanuts. Stir until well coated. Drop by teaspoon onto waxed paper. Let stand until firm. Makes 4 dozen.

MICROWAVE PEANUT BRITTLE

Sandra J. Kool

- | | | |
|-----------------------|-------------------------|--------------------|
| 1 c. raw peanuts | 1/2 c. white corn syrup | 1 tsp. butter |
| 1 c. granulated sugar | 1/8 tsp. salt | 1 tsp. vanilla |
| | | 1 tsp. baking soda |

Stir peanuts, sugar, syrup and salt together in 1 1/2 qt. casserole and microwave on HIGH for 7 - 8 minutes, stirring well after 4 minutes. Add to syrup after 7 - 8 minutes. Blend well; butter and vanilla. microwave 1 - 2 minutes more. Peanuts will be lightly browned and syrup very hot. Add and gently stir in baking soda until foamy; pour onto lightly buttered cookie sheet; let cool 1/2 hour. When cool, break into small pieces and store in an airtight container.

MICROWAVE PEANUT CLUSTERS

Sandra J. Kool

- | | | |
|-------------------------|--|--|
| 1/2 lb. white chocolate | 1 1/3 c. semi-sweet
chocolate chips | 6 1/2 oz. Planters cocktail
peanuts |
|-------------------------|--|--|

Microwave white chocolate and chocolate chips in large glass bowl until melted. (Stir often.) Add ; cocktail peanuts. Stir until well coated and drop by teaspoon onto waxed paper. Let stand until firm. Makes 4 dozen. Easy and very good.

PEANUT BUTTER CUPS (Microwave)**Nancy Van Zee**

1 c. peanut butter 3/4 c. powdered sugar 3 tsp. vanilla

Form into small balls and drop in miniature paper cups. Melt 24 oz. chocolate bark and 1 1/2 c. creamy peanut butter in microwave and pour over each ball.

GRANDMA'S GRAPE DELIGHT (Concord Grapes)**Lucile Catterson**1 heaping qt. grapes, 1 scant qt. sugar
picked off & washed

Place in heavy kettle and heat slowly until sugar is dissolved. Boil for 20 minutes. Run it through a colander and pour into small jars. This can be frozen.

RHUBARB JAM**Catharine Johnson**5 c. rhubarb (cut in 1 small can crushed 1 pkg. raspberry or straw-
pieces) pineapple berry Jello
4 c. sugar

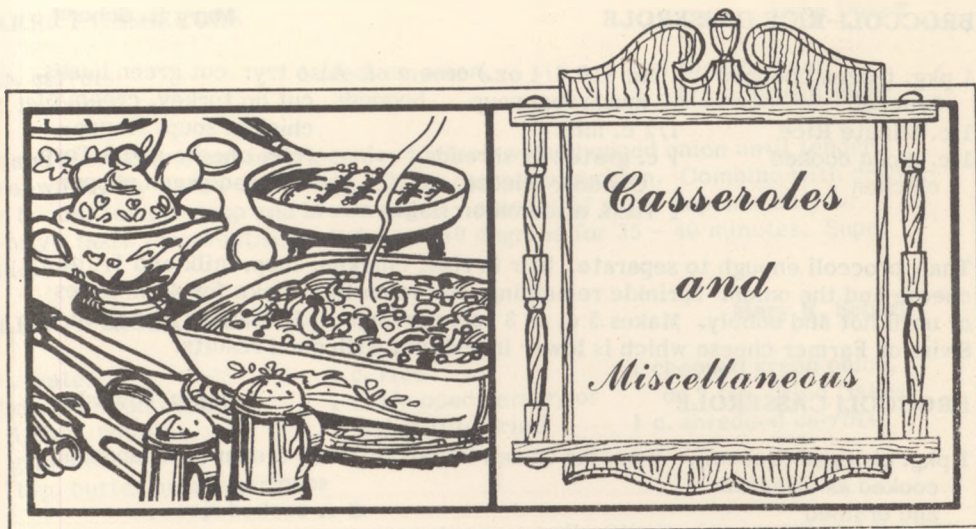
Cook rhubarb and sugar until soft, add the pineapple (if too juicy, drain), cook until the mixture boils. Add Jello slowly until dissolved. Pour in jars, cool and refrigerate.

STRAWBERRY JAM**Darlene Fleck**

4 c. strawberries 4 c. sugar

Clean and wash strawberries. Measure and put in large pan. Add cup for cup sugar to berries, putting sugar over berries. Turn on low heat allowing sugar to melt very slowly. After sugar is melted, bring to boil (medium heat), let boil 2 minutes, then increase heat and let boil 5 minutes (rolling boil). Turn off heat and let jam remain on burner until cooled off. Jar and seal.

Write extra recipes here:



ALMOND RICE

Gwenn Fuller

1 c. raw rice
3 c. hot water

3 beef (or chicken)
bouillon cubes
1 small can mushrooms

2 oz. slivered almonds
1/4 lb. butter (or mar-
garine)

Dissolve bouillon cubes in hot water. Brown rice and almonds in butter. Add mushrooms and water mixture. Mix. Place in covered casserole. (Keep covered the whole time). Bake 1 hour at 300 degrees.

SWEET & SOUR BAKED BEANS

Nancy Van Zee

2 large cans pork &
beans

1 can green Lima beans
1 can kidney beans

1 can large yellow butter
beans

Cut up 1/2 to 1 lb. bacon in small pieces. Fry bacon and add to mixed beans. In part of bacon grease brown 1 chopped onion. Add 1/2 c. water, 1/2 c. vinegar, 1 c. brown sugar and 1/4 c. white sugar and simmer about 10 minutes. Mix sauce and beans and bake at 350 degrees for about 1 hour. This makes 2 large dishes, and 1 can just be frozen for later use.

GROUND BEEF & TATER CASSEROLE

Mary Else

1 lb. ground beef
11 - 9 oz. pkg. frozen
cut green beans,
cooked & drained

1 can condensed tomato
soup
1/4 c. water
1/2 tsp. salt
1/8 tsp. black pepper

2 c. mashed potatoes
1 can 2.8 oz. French fried
onions
1/2 c. shredded Cheddar
cheese

Brown beef in skillet and drain. Combine beef, beans, soup, water, salt and pepper. Pour into 1 1/2 qt. casserole. Combine mashed potatoes and 1/2 can French onions. Spoon potato mixture around edge of casserole. Bake uncovered 350 degrees for 25 minutes. Top with remaining 1/2 can onions and cheese. Bake 5 minutes longer.

BROCCOLI-RICE CASSEROLE**Mary R. Seberg**

1 pkg. frozen chopped broccoli	1 can (10 3/4 oz.) cream of mushroom soup	Also try: cut green beans, cut up turkey, cream of chicken soup, Mozza- rella cheese and 2 Tbsp. chopped green pepper
1 c. Minute Rice	1/2 c. milk	
1 c. diced cooked chicken	1 c. grated or shredded Cheddar cheese	
	1 Tbsp. dried onion flakes	

Thaw broccoli enough to separate. Stir in rice, chicken, soup, milk and 1/2 the cheese and the onion. Sprinkle remaining cheese on top. Bake for 40 minutes or until hot and bubbly. Makes 5 c. or 3 to 4 servings. NOTE: I've also used Swiss or Farmer cheese which is lower in sodium, with good results.

BROCCOLI CASSEROLE**Janet Townsley**

1 pkg. chopped broccoli, cooked as directed and drained	8 oz. jar Cheez Whiz	1 can cream of mushroom soup
		2 c. cooked rice

Mix all together. Bake at 350 degrees for about 20 minutes.

BEAN N' FRANK BOWL**Pam Plendl**

1/2 lb. hot dogs, cut in 1/4 inch slices	1/2 c. onion, chopped	3 1/2 soup cans of water
1 c. celery, thinly sliced	2 Tbsp. oleo	1 c. Elbow macaroni, uncooked
	2 cans (11 1/2 oz. each) condensed Bean with Bacon soup	1/4 c. ketchup

Brown hot dogs and cook celery with onion in oleo until tender. Stir in soup and water; add macaroni and ketchup. Bring to boil; reduce heat. Cook 15 minutes or until macaroni is done; stir occasionally. Makes 9 cups, 4 servings.

BEEF-POTATO SUPPER**Marianne Braaksma**

2 lb. stew beef, cut into 1 inch cubes	2 Tbsp. vegetable oil	3/4 c. dairy sour cream
salt	1 - 4 1/2 oz. can mush- rooms	1 tsp. salt
pepper	1 can cream of mush- room soup	1/4 tsp. pepper
2 large onions, sliced	4 medium potatoes, thinly sliced	2 c. (8 oz.) shredded Cheddar cheese

Season meat with salt and pepper. Cook and stir meat and onions in oil in large skillet over medium heat until meat is brown and onions are tender. Pour off oil. Drain mushrooms, reserving liquid. Add enough water to mushroom liquid to make 1 cup. Stir mushrooms and liquid into meat and onions. Heat to boiling, reduce heat and cover. Simmer for 2 hours. Heat oven to 350 degrees. Pour meat mixture into 13 X 9 inch baking dish. Arrange potatoes over meat. Mix soup, milk, sour cream, salt and pepper. Pour over potatoes. Sprinkle with cheese. Bake uncovered for 1 hour. Sprinkle with cracker crumbs if desired. Bake uncovered until potatoes are tender and crumbs are brown, about 20 to 30 minutes. Makes 6 servings.

CARROT CASSEROLE**Lena Doller**

2 lb. carrots	1 medium onion,	1 can tomato soup
1/2 lb. bacon	chopped	1/4 - 1/2 c. brown sugar

Scrape carrots and cut into "pennies". Cook with chopped onion until tender. Meanwhile, fry bacon until crisp. Drain carrots and onion. Combine with crumbled bacon, tomato soup and brown sugar - amount of sugar depends on your family's taste for sweetness. Bake at 350 degrees for 35 - 40 minutes. Super delicious!

CARROT-RICE CASSEROLE**Mary R. Seberg**

2 c. water	1 c. rice	1 chopped green onion,
1 beef bouillon cube, or	1 c. chopped parsley or	or 2 tsp. dried flakes
1 Tbsp. bouillon	substitute dried	1 c. shredded carrots
granules	parsley	
1 Tbsp. butter or margarine		

Combine water, bouillon, butter and bring to a boil. Stir in rice, cover and simmer 8 to 20 minutes (can also use Minute Rice). Stir in carrots, parsley and onion. Simmer until carrots are tender-crisp. Put into a casserole and bake for 30 minutes. 6 servings. A low calorie dish.

CORN & SALMON CASSEROLE**Margaret Bishop**

1 can (large) Red	1 can whole kernel	milk
salmon	corn	salt & pepper
1 can cream style corn	cracker crumbs	butter

Butter large baking dish well. Arrange ingredients in layers, beginning with a thin layer of cracker crumbs and 1/2 can of each corn, then the full can of salmon, broken into chunks. Cover salmon with thin layer of cracker crumbs. Add the remaining 1/2 cans of each corn. Top with crumbs and dot with butter. Add milk, cutting through ingredients to allow it to reach top of crackers. Bake at 325 degrees for 1 hour or until milk is absorbed.

CRUNCHY CHEESERONI**Evelyn Vos**

2 c. macaroni	1 can (10 3/4 oz.) cream	2 c. Colby cheese, cubed
1 lb. ground beef	of mushroom soup	1 can (3 oz.) Durkee real
1 can (10 3/4 oz.) tomato	1 medium green pepper,	French fried onions
soup	diced	

Cook macaroni per pkg. directions, drain. Brown ground beef, drain; add soups, pepper and cooked macaroni. Place 1/2 mixture in greased 2 qt. casserole. Sprinkle with 1/2 the cheese and onions. Top with remaining mixture and cheese. Bake at 350 degrees for 25 minutes. Sprinkle with remaining onions and bake 5 minutes longer. Serves 6.

CHICKEN CASSEROLE

Marilyn Sears

2 large chicken breasts (cooked)	1 Tbsp. minced onion	pepper to taste
1 can cream of chicken soup	1 c. slivered almonds	1 box Uncle Ben's wild & white rice, cooked - omit herbs
1 can cream of mushroom soup	1/4 tsp. salt	1/2 c. crushed potato chips
	1 Tbsp. lemon juice	
	1/2 c. mayonnaise	

Mix well and put in casserole. Sprinkle 3/4 c. crushed potato chips over top. Bake 450 degrees for 30 minutes.

CHICKEN AND BROCCOLI

Helen D. Rinehart

1 1/2 c. diced, cooked chicken	2 cans cream of chicken soup	1/2 c. chicken broth
20 oz. chopped, frozen broccoli	4 Tbsp. lemon juice	1 c. Cheddar cheese, grated
3 c. cooked rice	1 c. mayonnaise	1/2 c. bread crumbs
	1/2 tsp. curry powder	

Butter 14 X 9 inch dish. Add chicken, then broccoli. Mix soup, juice, mayonnaise, broth and curry. Pour over broccoli. Top with cheese. Cover with crumbs. Bake 45 minutes at 350 degrees. Serves 12.

CHINESE-FRIED RICE

Mary R. Seberg

4 c. cooked rice	1 - 2 whole eggs, beaten, fried until firm, then cut in pieces	1 c. frozen green peas
1/2 c. finely chopped onion (I use dried onion flakes)		1 small can mushrooms
		2 Tbsp. soy sauce (I use low salt soy sauce)
		1/4 c. cooking oil

For main dish, add cooked ham, chicken, shrimp or other cooked meat - beef, pork, etc. Put oil into hot frying pan and fry rice for 5 minutes. Turn into bowl and keep hot. Add onion and brown, add mushrooms, egg and peas, cook 2 - 3 minutes. Add rice (meat) and soy sauce and toss lightly and serve. Serves 4 to 6.

CHICKEN-BROCCOLI CASSEROLE

Marianne Braaksma

2 pkg. frozen broccoli	1 can cream of chicken soup	1 Tbsp. curry powder
6 to 8 cooked chicken breasts (taken off bone)	1 c. mayonnaise	1/2 c. bread crumbs
	1 Tbsp. lemon juice	shredded Cheddar cheese for topping

Cook broccoli and drain well. Arrange in buttered 13 X 9 inch pan. Arrange chicken pieces on top. Combine soup, mayonnaise, lemon juice and curry powder. Spread over broccoli-chicken mixture. Top with bread crumbs and Cheddar cheese. Bake at 350 degrees for 40 minutes.

HOT CHICKEN SALAD

Karen K. Baack

2 c. chicken, cooked	2 tsp. lemon juice	3/4 c. Miracle Whip
1 1/2 c. celery, diced	1 can cream of chicken soup	1/2 c. grated cheese
grated onion		1 c. crushed potato chips

Combine first 6 ingredients. Put in casserole dish. Spread grated cheese over top. Top with crushed potato chips. Bake 1 hour at 350 degrees.

GOOD ITALIAN CORN

Nancy Van Zee

1 can (16 oz.) cream style corn	1 c. dry macaroni	1/4 c. diced margarine
1 can (16 oz.) whole kernel corn, reserving 1/4 c. liquid)	1 c. shredded Cheddar cheese	1/2 c. diced onion green pepper, optional

Mix all ingredients together and bake in 350 degree oven for 1 hour. Stir occasionally, adding reserved liquid if mixture seems dry THIS IS VERY GOOD!

"THE HEN LAID IN THE GRAVY" For Easter

Catharine Johnson

My Mother and Grandmother always served this dish of hard cooked eggs, covered with golden chicken gravy for Easter. A stewing hen was cooked, boned and part of the broth used for creamed chicken on biscuits and the rest thickened for gravy. In olden days on the farm, the contest on Easter Sunday was to see who could eat the most eggs.

BAKED EGGS

Evelyn Vos

6 eggs, slightly beaten	1/3 c. shredded Cheddar cheese, or Velveeta	salt and pepper
2/3 c. milk		

Melt cheese in a little of the milk. Melt 1/4 stick margarine in 8 X 8 inch glass pan. Add eggs, milk, cheese, salt and pepper and stir. Bake at 350 degrees for 15 to 20 minutes. Cut in squares to serve.

EASY CHEESY POTATOES

Lana Murry

2 lb. frozen hash browns	2 cans celery (or potato) soup	1/2 stick oleo salt and pepper
1 small Cheez Whiz	2 Tbsp. dried onions	

Arrange potatoes in dish. Sprinkle with onions, salt and pepper. Spread with cheese and soup. Dot with butter. Bake 40 minutes at 325 degrees. Serves 8.

HOMINY GRITS

Edna Scheuermann

1 c. regular grits	1/3 to 1/2 lb. Velveeta cheese	sauteed onions 2 beaten eggs
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Cook hominy grits according to pkg. While still hot add cheese and some sauteed onions, when this has cooled add beaten eggs. Put in 8 X 8 inch pyrex dish that has been greased. Bake at 350 degrees for 30 - 45 minutes. Other suggestions: garlic salt or green pepper.

BAKED KRAUT**Virginia Dunbar**

1 #2 1/2 can sauerkraut, drained	1 #2 1/2 can tomatoes, drained	1 medium onion 1 c. brown sugar 4 slices bacon
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Fry bacon and onion. Remove bacon and cut into pieces. Add sauerkraut and tomatoes to fryings. Also, add brown sugar. Put into baking dish and bake 1 hour at 350 degrees.

BAKED LIMA BEANS IN SOUR CREAM**Jean Barnhill**

1 lb. dried baby Lima beans	1 Tbsp. dry mustard 8 oz. sour cream	3 tsp. salt 3/4 c. brown sugar 1 Tbsp. molasses
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3/4 c. butter

Soak Lima's overnight in water. Next day drain. Cover with fresh water and 1 tsp. of the salt. Cook until tender. Drain and put in casserole. Dab butter over beans, add all other ingredients and mix gently. Bake at 350 degrees 1 hour.

MIXED VEGETABLE CASSEROLE**Sandy Kool**

2 c. broccoli	2 c. carrots	1/2 can milk
2 c. cauliflower	1 can cheese soup	crumb topping

Cook vegetables until just tender in salted water. Drain and place in casserole. Combine soup and milk. Heat and pour over vegetables. Crushed croutons, potato chips or crackers may be used for topping. Bake in 350 degree oven until bubbly or about 1/2 hour.

MICROWAVE PIZZA CASSEROLE**Nancy Van Zee**

1 lb. ground beef	1 can (4 oz.) mush- rooms, drained	1 c. water
1/3 c. green pepper	1 pkg. (3 1/2 oz.) sliced pepperoni, or 1/2 c.	2 c. uncooked curly macaroni
1 small onion, chopped	1/2 c. shredded Mozzarella cheese	
1/2 tsp. garlic salt		
1 can 16 oz. pizza sauce	ham or Canadian bacon	

Combine ground beef, green pepper and onion in a 2 qt. casserole dish. Cover and cook on HIGH (Full Power) for 5 minutes, stirring once, or until beef loses its pink color; drain. Add remaining ingredients except Mozzarella cheese, and mix well. Cover and cook 15 to 17 minutes on HIGH, stirring at 5 minute intervals. Top with Mozzarella cheese, re-cover and let stand 5 to 10 minutes.

HASH BROWN POTATOES**Kay Boot**

2 lb. frozen hash browns	1 stick melted oleo	2 Tbsp. minced onion (optional)
1 can cream of chicken or mushroom soup	1/2 tsp. salt	8 oz. shredded Cheddar cheese
1/2 pt. sour cream	1/4 tsp. pepper	

Continued.....

HASH BROWN POTATOES (Continued)

Mix well and put into a baking dish or 9 X 13 inch pan. Put 1 1/2 c. crushed corn flakes and 2 Tbsp. melted oleo on top. (Mix oleo with flakes). Bake at 350 degrees for 1 hour.

HASH BROWN POTATOES

Mary Else

- | | | |
|---------------------------|---------------------------|-------------------------------|
| 2 lb. hash brown potatoes | 1/2 tsp. salt | 1/2 tsp. horseradish |
| 1 can mushroom soup | 1/4 tsp. pepper | 8 oz. shredded Cheddar cheese |
| 1/2 pt. sour cream | 2 Tbsp. minced onion | crushed corn flakes |
| 1 stick melted oleo | 1/2 tsp. prepared mustard | 2 Tbsp. melted oleo |

Thaw hash browns. Mix all ingredients except corn flakes and 2 Tbsp. oleo. Put in baking dish, cover with cornflakes and oleo. Bake 350 degrees for 1 hour.

TATER TOT CASSEROLE

Jane L. Coffey

- | | | |
|-------------------|------------------------------|-------------------|
| 1 lb. ground beef | 1 can cream of mushroom soup | 1/2 chopped onion |
| | | 1 pkg. Tater Tots |

Layer meat in 9 X 12 inch baking dish, add onion and soup, top with Tater Tots. Bake 350 degrees for 35 to 45 minutes.

TEXAS POTATOES

Mrs. Alvan Jones

- | | | |
|---|---------------------------------|---|
| 3 pkg. (12 oz. each) frozen hash brown potatoes | 1 tsp. salt | 1 small carton (1 c.) commercial sour cream |
| 1/2 c. melted oleo | 1 can cream of chicken soup | 2 c. crushed corn flakes |
| | 1/2 c. chopped onion (optional) | 1/4 c. melted oleo |

Defrost potatoes. Mix all other ingredients together, then add to thawed potatoes. Put in 9 X 13 inch baking dish and top with 2 c. crushed corn flakes, 1/4 c. melted oleo. Bake 45 minutes at 350 degrees.

JO'S PIZZA POTATOES - A crock pot recipe

Lena Doller

- | | | |
|------------------------|--------------------------|--------------------------------------|
| 6 or 7 medium potatoes | 1 can pizza sauce | 1 pkg. (3 or 4 oz.) pepperoni slices |
| 1 large onion, sliced | 1 pkg. Mozzarella cheese | |

Slice potatoes as for fried potatoes. In well greased crock pot layer the potatoes, onions, pepperoni and cheese. Repeat. Pour pizza sauce over the top. Cover. Cook on Low for at least 5 or 6 hours.

RED BEANS AND RICE NEW ORLEANS STYLE**Maxine Main**

1/2 lb. small red beans (not kidney beans)	1 Tbsp. parsley, chopped	1/8 lb. margarine
1/2 lb. ham hocks or smoked ham	1/2 green pepper, chopped	pepper to taste
1 large yellow onion, peeled & chopped	1 or 2 bay leaves	1 tbsp. Worcestershire sauce
3 stalks celery, chopped	2 large cloves garlic, crushed	Tabasco to taste, 2 - 3 drops salt to taste
		3 c. cooked white rice

Soak beans overnight in ample water. Next day drain water from beans and place in heavy kettle. Add ham, onion, celery, parsley, bay leaves and garlic. Add water to the pot to barely cover the contents. Bring to a boil, then turn to a simmer. Simmer uncovered for 2 hours being careful that the beans do not stick or become too dry. You may have to add a little water after initial 2 hours of cooking. Add margarine, pepper, Worcestershire sauce and Tabasco to the pot. Continue cooking for 1 more hour with lid on pot and heat quite low. Correct seasonings. You may wish to add salt, but ham hocks have salt in them and season it very well. Serve over white rice with a nice green salad and good white wine or beer. Serves 4 to 6.

BAKED RICE**Helen D. Rinehart**

1 c. rice, cook & cool	2 Tbsp. parsley flakes	1 tsp. salt
1 green pepper, chopped	1/2 c. salad oil	1 c. milk
1 sweet onion, chopped	1 egg, slightly beaten	1 c. grated cheese

Mix rice, pepper, onion and parsley flakes. Mix oil, egg, salt, milk. Stir into rice mixture. Add cheese and stir. Grease 10 inch casserole. Pour into casserole. Bake 45 minutes at 350 degrees.

ESCALLOPED SALMON**Nancy Van Zee**

1 can pink salmon	1/2 c. milk	2 eggs
1 can cream of chicken soup	1 c. celery, chopped	1 c. cracker crumbs salt & pepper to taste

Combine ingredients, stirring well, and pour into a greased casserole. Bake 45 minutes at 350 degrees.

SALMON SPECIAL**Marilyn Sears**

1 can pink salmon	1 egg	1 heaping tsp. baking powder 1/2 c. flour
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Drain salmon and keep 1/4 c. of juice. Add 1 egg in with drained salmon and mix with fork. Add flour and mix well with fork. Add baking powder with drained liquid and mix well. Add this mixture to salmon and mix. Dip into deep fat.

SAUSAGE, SWEET POTATO, APPLE CASSEROLE**Mary R. Seberg**

1/2 to 1 lb. sausage (Original was a World War II recipe, with 1/2 lb. I use 1 lb. now)	2 medium sweet potatoes or equal amount of canned sweet potatoes	1/4 tsp. salt 1 Tbsp. flour 2 Tbsp. sugar 1/2 c. water 1 Tbsp. sausage drippings or 1 Tbsp. oil
	3 medium apples, peeled and diced	

Precook bulk sausage and break up as it cooks. Peel apple and potatoes and slice. Arrange layers of potatoes, apples and sausage. Blend water with sugar, flour and salt. Pour over layers along with sprinkling oil or drippings. Bake until apples and potatoes are tender at 375 degrees, covered, 45 minutes if using raw sweet potatoes - less time if canned. Serves 4 or 5.

SHRIMP AND MUSHROOMS**Karen K. Baack**

2 Tbsp. butter	1 tsp. ginger	1/2 c. beef broth
2 c. chopped celery	1/8 tsp. pepper	9 oz. frozen shrimp (thawed)
1 can (6 oz.) sliced mushrooms, drained	1 Tbsp. cornstarch	OR 2 cans shrimp, rinsed and drained
1 Tbsp. soy sauce	1 Tbsp. water	2 c. hot cooked rice

In large skillet, melt butter, cook and stir celery and mushrooms, soy sauce, ginger and pepper until celery is tender, about 5 minutes. Mix cornstarch and water. Stir cornstarch mixture and broth into celery and mushrooms. Cook, stirring frequently, until mixture thickens. Stir in shrimp and heat through. Serve over rice.

SPAGHETTI SUPPER PIE**Marilyn Sears**

1 box Kraft Italian style spaghetti mix	2 Tbsp. parsley flakes	6 oz. tomato paste
2 eggs, slightly beaten	8 oz. grated Mozzarella cheese	meat if desired

Prepare spaghetti noodles as pkg. directs. Drain. Toss with 1 Tbsp. butter. Combine beaten eggs, parsley flakes and grated cheese from mix. Gently stir in noodles. Place 1/2 noodle mixture in greased 9 inch pie plate, sprinkle with 1/2 Mozzarella cheese, repeat layers with remaining 1/2 of noodle and cheese. Bake at 400 degrees for 10 - 12 minutes till cheese melts and browns. While it bakes, prepare sauce as directed, using tomato paste and adding meat if desired. Cut pie in wedges and serve with sauce. Serves 4 - 6.

SUMMER STROGANOFF**Mary Else**

1 c. sour cream or sour Half & Half	8 oz. roast beef (cooked rare to medium.) Cut thinly sliced into 1 inch strips	1 medium onion, thinly sliced and separated into rings
2 Tbsp. prepared grainy mustard	8 oz. fresh mushrooms	salt & pepper to taste
2 Tbsp. lemon juice		chopped parsley shredded lettuce

Continued.....

SUMMER STROGANOFF (Continued)

In a bowl mix together cream, mustard and lemon juice. Toss beef, mushrooms and onion rings with sour cream mixture. Season with salt and pepper. Cover and chill several hours or overnight. Before serving either mix with or serve over shredded lettuce. Garnish with parsley.

SWEET POTATO CASSEROLE

Maxine Main

4 sweet potatoes	1/2 c. brown sugar	chopped pecans (optional)
1/2 c. butter	1 tsp. vanilla	pineapple rings
1 - 2 eggs	mini-marshmallows	cherries
1/2 c. hot milk	(optional)	

Boil sweet potatoes until tender. Peel and mash. Add butter and mash with potatoes. Add 1 or 2 eggs and beat into potatoes vigorously, then add hot milk, brown sugar and vanilla. If you wish, mini-marshmallows and chopped pecans may be mixed in. Place in a casserole, cover top with pineapple rings and cherries and sprinkle brown sugar over top. Bake 20 minutes at 375 degrees.

SWEET-POTATO-ORANGE CUPS

Bette J. Wright

6 oranges	2/3 c. packed brown sugar	1 tsp. pumpkin pie spice
2 c. cooked mashed sweet potatoes	1/4 c. melted butter	1/4 c. chopped pecans
	1/2 c. orange juice	1/2 c. raisins
		6 marshmallows

Slice off tops of oranges and scoop out sections. Notch rims of orange shells. Mix the sweet potatoes, sugar, butter, orange juice, pie spice, pecans and raisins and place in orange shells. Bake in a 375 degree oven for 30 minutes. Top with marshmallows and bake until bubbly and brown.

TACO CASSEROLE

Mrs. Alvan Jones

12 corn tortillas	1 pkg. taco seasoning mix	2 small cans tomato sauce
1 lb. hamburger	1 can mushroom soup	1 1/2 c. grated cheese
	1 soup can milk	

Line baking dish (9 X 13) with 6 tortillas. Brown hamburger, mix in seasonings and tomato sauce. When thickened, pour over tortillas. Put other 6 tortillas on top. Mix soup and milk and pour over all. Put grated cheese on top. Bake 350 degrees for 45 minutes. Let stand for 15 minutes before serving. Serve on shredded lettuce.

WILD RICE DRESSING

Edythe Fleener

1 c. wild rice, cooked	6 slices toast	1 can chopped mushrooms
1 1/4 c. chopped celery	2 cans chicken rice soup	3/4 lb. sausage
1/2 c. chopped onion		salt & pepper to taste

Saute onions and celery, cook and crumble sausage. Drain off grease. Mix all ingredients together and bake covered at 350 degrees for 1 1/2 hours. Easy way to cook wild rice: Wash 1 c. rice, add 3 1/2 c. water and 3 tsp. chicken bouillon and put in 350 degree oven for 1 hour. Check if still moist and cook 30 minutes more.

ZUCCHINI CASSEROLE

Jean Barnhill

1 lb. ground beef	1 large can tomatoes	3 Tbsp. grated Parmesan
1 c. chopped celery	3 Tbsp. Worcestershire	Cheese
1 large zucchini squash (sliced)	sauce	salt & pepper to taste
		1 tsp. sugar

Brown beef and celery. Remove from skillet, brown zucchini in pan drippings. Alternate layers and beef in shallow 2 qt. baking dish. Sprinkle with salt and pepper. Stir tomatoes, Worcestershire sauce and sugar together. Pour over casserole and sprinkle with cheese. Bake 40 - 45 minutes or till zucchini is tender. 400 degree oven.

CARAMEL CORN

Pat Taylor

5 qt. popper popcorn	1 c. butter	1 - 10 oz. bag marsh-
	1 c. brown sugar	mallows

Fill Fix N Mix bowl with popped corn. Melt butter, brown sugar and marshmallows together in Ultra 21 - 2 qt. casserole. Pour over popped corn and stir. Ready to eat - or - if you would like to use this later, put mixture onto a cookie sheet - bake at 250 degrees for 30 minutes. Cool and put into Fix N Mix bowl - stays crunchy & crisp.

CHEESE CRACKERS

Helen Rinehart

1 (10 oz.) Cracker Barrel cheese, grated	2 c. Rice Krispies	2 c. flour
		2 sticks oleo

Mix ingredients together. Roll into balls. Mash with fork. Bake 350 degrees 15 minutes. Makes 60.

BUTTER CRUNCH SNACK

Pat Taylor

6 c. favorite Chex cereal	3 Tbsp. butter	1/2 c. grated Parmesan
	1/2 tsp. garlic powder	cheese

Use 5 qt. kettle to melt together butter and garlic powder. Stir in Chex cereal until coated with butter/garlic mixture. Pour over Parmesan cheese and stir together. Pour onto paper towels and let sit for 1/2 hour. Put into airtight container. Ready for quick pick up snacks.

POTATO LORENA

Janet Townsley

Peel, quarter and boil a medium potato until tender. Drain, add 1 egg yolk, 1 Tbsp. butter and 1/2 tsp. salt and whip until fluffy. Melt 3 Tbsp. butter and a pinch salt in sauce pan, add 1/2 c. flour all at once, stir until smooth, return to heat and beat constantly until mixture leaves side of pan and forms a mass. Remove from heat and add 2 eggs, 1 at a time until dough is smooth and well blended. Combine flour mix with potatoes and beat well. Heat oil for deep frying, drop mix by teaspoonful and cook until puffy and golden brown, drain on paper towel, serve piping hot. These freeze well, if frozen, bake unthawed at 400 degrees for 10 - 15 minutes.

ZUCCHINI ROUNDS

Mrs. Alvan Jones

1/3 c. biscuit mix 1/8 tsp. pepper
1/4 c. Parmesan cheese 2 eggs

2 c. shredded zucchini
1 Tbsp. butter
1 Tbsp. oil

Mix all ingredients, except the butter and oil together in a bowl. Heat the butter and oil in a heavy skillet. When hot, drop in spoonfuls of the vegetable batter. fry until the bottom is brown, then turn and brown other side. Serve with syrup. Can add a little chopped green pepper and onion to the batter.

FLUFFY STRAWBERRY FROSTING

Pat Taylor

1 egg white 1 c. sugar

1 c. strawberries, (drained
if frozen)

Put ingredients into 3 qt. mixer bowl. Beat with an electric mixer 15 to 20 minutes. YES, IT DOES TAKE THIS LONG. This will almost fill your mixing bowl. Delicious on an angel food cake - light and airy like your cake!

ARIZONA MORMAN PUNCH

Mabel P. Howell

3 1/2 (?) c. sugar 1 - 6 oz. can frozen
1 large can pineapple orange juice
juice

1/2 c. lemon juice or
2 lemons
5 bananas, mashed

Mix well and chill. Add ginger ale or water.

CHRISTMAS CRANBERRY PUNCH

Helen D. Rinehart

1 - 3 oz. pkg. cherry 1 qt. cranberry juice
Jello 1 - 12 oz. bottle ginger
1 - 6 oz. frozen ale
lemonade

1 c. boiling water
3 c. cold water
cranberry sherbet

Dissolve Jello in 1 c. boiling water. Stir in lemonade. Add cranberry juice. Add 3 c. cold water. Pour in punch bowl. Add ginger ale gradually. Add spoonfuls of sherbet. Yield 25 servings.

FRUIT SLUSH

Carolyn Beason

1 - 6 oz. frozen orange 1 - 2 1/2 can crushed
juice pineapple with juice
1 - 6 oz. frozen lemon- 1 large king size bottle
ade diet 7-Up

2 large bananas (sliced
1 large pkg. frozen straw-
berries (not sugared if
desired)

Thaw everything and mix. Freeze in paper cups. Remove 30 minutes before serving. Makes 15 or more servings.

CHOCOLATE SYRUP

Sandra Kay Herrick

1/2 c. oleo, 1 stick	2 c. powdered sugar	1 can evaporated milk
1 c. chocolate chips		1 tsp. vanilla

Melt chips and oleo. Add sugar and milk to blend. Stir constantly and bring to a boil for 3 minutes. Take off heat and add vanilla.

BARBECUE SANDWICH

Jean Hafner

2 lb. ground beef	2 Tbsp. vinegar	1 1/2 Tbsp. Worcester- shire sauce
1 1/2 tsp. salt	1 tsp. chili powder	
little pepper	2 Tbsp. brown sugar	1/2 c. catsup
1 medium onion		1 Tbsp. water

Cook until nearly done, ground beef. Add remaining ingredients and cook until done.

SATURDAY NIGHTS

Alice M. Jones

3 lb. hamburger	6 slices bacon, cooked and crumbled	1/4 tsp. salt
1/2 lb. Velveeta cheese		dash Worcestershire sauce
1 small onion, chopped fine	1 can tomato soup	

Brown hamburger and drain. Add 1/2 lb. Velveeta cheese, onion, bacon, tomato soup, salt and Worcestershire sauce. Cook all together for a little while. Can be put in buns and frozen, or kept in refrigerator. When ready to use, warm 15 to 20 minutes in 300 degree oven. Can be used in crock pot.

BAKED SANDWICHES

Alice M. Jones

8 slices bread (trim off crusts)	1 lb. sliced Spam or ham grated cheese	salt 4 eggs 4 c. milk
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Butter bottom of baking dish. Put 4 slices of bread on the bottom, cover with cheese, a large layer of meat, then another layer of cheese. Put other 4 slices of bread on top. Beat 4 eggs, add 4 c. milk. Pour over sandwiches and let stand 12 hours in refrigerator. Dot with butter. Bake 1 hour at 350 degrees. Serve with cream of mushroom soup.

FRENCH TOASTED CHEESE AND JAM

Mabel P. Howell

3 oz. pkg. cream cheese, softened	raspberry jam 4 eggs	3 Tbsp. milk 4 Tbsp. butter or oleo
4 slices white bread		

Spread 2 slices of bread with a thick layer of cream cheese. Cover with a layer of jam; top with the remaining 2 slices of bread; press edges together. Beat the eggs with the milk. Dip each sandwich in the mixture. Melt the butter in a large skillet (I use the electric). When the butter is foaming, add the sandwiches and brown on each side. Makes sandwiches for 2.

BURRITOS

Jean Barnhill

To make Burrito:

2 lb. ground beef, browned	Burrito Sauce (green chili) por'k roast	1 large can green chilies, minced
refried beans, heated	1 large diced onion	3 or 4 cans cream of
grated cheese	5 cloves garlic, diced	celery soup (depending
chopped tomatoes	3 jalapeno pepper, minced	on how much pork)

GUACAMOLE SAUCE:

Avocados, mashed	1 tsp. or more grated	hot sauce to taste
1 Tbsp. lemon juicie	onion	

To make Green Chili sauce: Cube pork roast and brown well. Then add other ingredients and cook well. Thicken to gravy thickness with either cornstarch or instant potatoes. To make Burrito: Take flour burrito and fill middle 1/3 with following: ground beef, refried beans, grated cheese, Green Chili sauce. Fold each side to middle and cover with more Green Chili Sauce. Sprinkle cheese on top. Sprinkle lettuce and chopped tomato around sides. Add a Tablespoon of sour cream on top. Add Guacamole Sauce if desired. To make Guacamole Sauce: Mash avocados; then add remaining ingredients.

EASY OMELET

Jane L. Coffey

1 small onion, chopped	2 c. shredded potatoes	6 eggs
1/2 lb. to 1 lb. ground sausage, ham or bacon	3/4 tsp. salt, divided in recipe	1/4 c. milk 1/8 tsp. pepper 1 c. shredded cheese

Brown meat and onion, drain. Sprinkle 1/4 tsp. salt over potatoes and spread in greased 8 inch square or round pan. Combine eggs, 1/2 tsp. salt, milk, pepper. Pour over potatoes, spread meat and cheese on top. Bake 1 hour 300 degrees, or to hurry, 350 degrees 40 minutes. Double recipe for 9 X 13 inch pan.

24 HOUR OMELET

Pat Taylor

8 slices white bread, buttered, cut into 1 inch cubes	1/2 lb. grated Longhorn cheese 6 eggs 1 c. milk	2 c. Half & Half 3/4 tsp. salt 3/4 tsp. dry mustard 1/8 tsp. cayenne pepper
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Put bread into Ultra 21 Rectangular baking pan. Sprinkle grated cheese on top. Beat eggs slightly in the Quick Shake - pour into Large Mix N Stor or large mixing bowl - add milk, Half & Half and seasonings. Stir together and pour over bread and cheese. Seal and refrigerate overnight. Cover with foil and bake at 325 degrees 1 hour. Remove from oven and sprinkle crumbled bacon on top. Return to oven for 10 minutes. You may add green pepper, mushrooms, ham, sausage, etc. to this. Delicious for brunch or breakfast after church!

OVEN TEMPERATURE CHART

Slow	250 degrees	- 325 degrees	F.
Moderate	325 degrees	- 375 degrees	F.
Moderate hot	375 degrees	- 425 degrees	F.
Hot	425 degrees	- 450 degrees	F.
Very hot	450 degrees	- 475 degrees	F.

BREADS	Minutes	Temperature
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325

PIES		
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300

COOKIES		
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350

CAKES		
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325

MEAT AND POULTRY		
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375

MISCELLANEOUS		
Custard cup	20-30	300
Custard casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
 Beef — rare — 10-16 medium — 17-22 well done — 23-30
 Veal, pork, lamb — well done — 30 Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks — 1-inch thick	Rare or medium, 8-10
1 1/2-inch	Rare or medium, 10-15
2-inch	Rare or medium, 18-25
Pork chops, thin — 8-10	Lamb chops, rib — 6-8
Mutton chops 1-inch thick — 15-20	Loin or shoulder — 8-10
	Veal cutlets, very thin — 6-8
	Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine)	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup	1 tsp.	4 c.	4 to 6 hours

TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium.	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick.	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.

Use No. 2 sauce for creamed or scalloped dishes or gravy.

Use No. 3 sauce for souffles.

Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles.	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age.	20-40	60	
Beans, string.	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional.	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across.	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips.	60	75	75
Peas, green.	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size.	20-40	60	45-60
Pumpkin, in cubes.	30	45	60
Potatoes, sweet.	40	40	45-60
Salsify.	25	45	
Spinach.	20	30	
Squash in cubes.	20-40	50	60
Tomatoes, depending on size.	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

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
1/3 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 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

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

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread230 degrees to 234 degrees
Soft ball234 degrees to 238 degrees
Medium ball238 degrees to 244 degrees
Firm ball244 degrees to 248 degrees
Hard ball248 degrees to 254 degrees
Very hard ball254 degrees to 265 degrees
Light crack265 degrees to 285 degrees
Hard crack290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, peneuche and cream candies

Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows.	234-236 degrees, soft ball
Marshmallows.	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies.254-270 degrees, hard ball
Butterscotch.280-300 degrees, crack
Brittles290-310 degrees, hard crack

Boiled frostings:

- 1 egg white to 1 c. sugar — 238-242 degrees, soft ball or thread
- 2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread
- 3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake	275-325 degrees - 40 minutes to 1 hour
Loaf cake.	325-350 degrees - 40 minutes to 1 hour
Cup cakes	350-375 degrees - 15 to 25 minutes
Layer cake	375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7½ hours
20 to 24-lb. turkey	7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F.	4 to 4½
10 to 12	325 degrees F.	4½ to 5
12 to 14	325 degrees F.	5 to 5½
14 to 16	325 degrees F.	5½ to 6
16 to 18	325 degrees F.	6 to 6½
18 to 20	325 degrees F.	6½ to 7½
20 to 24	325 degrees F.	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3½ to 5	325 degrees F.	3 to 3½
5 to 8	325 degrees F.	3½ to 4
8 to 12	325 degrees F.	4 to 5

(Foil Wrapped Turkeys)

8 to 10	450 degrees F.	2½ to 2½
10 to 12	450 degrees F.	2½ to 3
12 to 16	450 degrees F.	3 to 3½
16 to 20	450 degrees F.	3½ to 3½
20 to 24	450 degrees F.	3½ to 3½

INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1¾ cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1½ cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2½ cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- ½ teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equal 1 can (tall)
- 2½ cups equals No. 2 can
- 3½ cups equals No. 2½ can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals ½ cup juice
- 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T	1 c. (4 T. - ¼ c.; 8 T. - ½ c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints.	1 qt.
qt.	quart	4 qt	1 gal.
lb	pound		

MEASURE OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3¼ to 3½ cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans Dried	Same as above 3 lbs.	6 lbs.	12 lbs.
Beans, string fresh	5-6 lbs.	10-12 lbs.	20-24 lbs.
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn canned	6-3 oz. cans 1 #10 can	2 #10 cans	4 #10 cans
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING

15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

*High = 275 to 350 degrees F

SLOW COOKER

*Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes sauces, olives, pimientos, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and splatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

- | | |
|---|---|
| 1. Warm pancake-waffle syrup | 9. Heat baby bottle. |
| 2. Clarify sugared honey. | 10. Reheats leftovers without warmed over flavor. |
| 3. Heat pie and hot ice cream ala mode. | 11. Freshens bread. |
| 4. Dry herbs - mint, parsley, onion, pepper, sage, etc. | 12. Baked foods need less leavening. |
| 5. Peel tomato or peaches - split skin. | 13. Dries flowers. |
| 6. Warm citrus fruits for more juice. | 14. Dry decoupage - painting. |
| 7. Melt chocolate, cream cheese, butter. | 15. Dry girdle or panty hose. |
| 8. Make jelly, jam, preserves, etc. | 16. Easy for a child to learn and use. |
| | 17. Helps handicapped or elderly. |

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.